



November 2017

Ostomy Association of the Houston Area

"We help ourselves by helping others to help themselves."

We are a volunteer-based organization dedicated to providing education, information, support and advocacy for people who have had or will have intestinal or urinary diversions.

P.O. Box 25164
Houston, TX 77265-5164
www.ostomyhouston.org

Lactose Intolerance

*National Digestive Diseases Information Clearing House
via Metro Maryland OA*

Did you know that if you do not feel well after drinking milk or eating milk products, you may have lactose intolerance? Lactose intolerance means you have symptoms, such as bloating, diarrhea, and gas, after you have milk or milk products. Lactose is a sugar found in milk and milk products. With lactose intolerance, your small intestine does not make much lactase, so it cannot break down much lactose.

Anyone can have lactose intolerance. You may feel symptoms 30 minutes to 2 hours after you have milk or milk products. Your doctor will ask about your symptoms and perform exams and tests to see if lactose intolerance is causing them.

Eating, Diet, and Nutrition - Most people with lactose intolerance do not need to avoid milk or milk products completely. You may be able to eat or drink small amounts—8 ounces or less—of milk or milk products without having symptoms. Yogurt and hard cheeses are easier to digest for some people with lactose intolerance. You can also buy lactose-free and lactose-reduced milk and milk products at the grocery store. Taking lactase tablets

(Continued on page 3)

We are a health support group, a non-profit, tax-exempt, organization of volunteers whose purpose is to provide mutual aid and education to persons who have ostomies and to their families. We are a Texas non-profit corporation. Membership fees and donations are tax deductible.

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Annual Holiday Party

Date: Saturday, December 2, 2017

Deadline for reservations and payment are due as soon as possible, but no later than November 28, 2017.

Time: 1:00–4:00 p.m.

Place: Maggiano's Little Italy—Da Vinci room
602 Memorial City Mall, Houston, TX 77024

Menu: See Menu Below

Cost: \$33 per person (includes gratuity)

Reservations can be made by sending your check (payable to Ostomy Association of the Houston Area) to **Ron Cerreta, 1218 Pelican Hill Court, Katy, TX 77494**. Your check will serve as your reservation.

The holiday dinner is a wonderful way to start this joyous season. Please join us to enjoy the beautiful surroundings, great food, and good friends.

Menu (to be served family style)

FIRST COURSE

Maggiano's Salad
Tomato Caprese
Crispy Pepperoni Risotto Bites

SIDE

Sauteed Vegetables

DESSERT

Tiramisu
NY Style Cheesecake

MAIN COURSE

Mom's Lasagna
Chicken & Spinach Manicotti
Grilled Salmon Lemon & Herb

Patient Visiting and Support Services

Doctors and WOC Nurses, please note:

Upon request from a doctor, nurse, or social worker, a specially trained visitor will be asked to contact an ostomy patient by phone or visit them in person before and/or after surgery. The visitor will be matched as nearly as possible according to sex, age, and type of ostomy. The visitor does not give medical advice, and there is no charge for this service. Please contact our Visitation Coordinator, Marian Newman at 713-392-5768, or newmarian@gmail.com.

Central Group News

We very much enjoyed visiting with Kim Thorn and Robert Martinez with McKesson Patient Care Solutions at our October meeting. The meeting was very well attended considering the Astros were in the playoffs! Go 'Stros! Given their longtime experience in the medical supply area, they provided us with helpful tips in getting our ostomy supplies in a timely manner. For example, apparently, many insurance companies are auditing the medical supply companies frequently and requiring up to date prescriptions from our doctors. Even if there is a small change in the supplies ordered, a new prescription may be required before your supplies can be shipped. We were all thrilled that Kim offered to get Denny's supply order straightened out! If you have questions about how McKesson can help you with your supplies, call Kim (832-706-9202) or Robert (832-801-5977).

I want to sincerely thank Ed Wood for all of his hard work as our Outreach Coordinator. This year, Ed has attended and manned a table with all of our educational materials at the CCFA Take Steps Walk in May (with Terry Marriott), the South Central Region WOCN Conference in September (with Jenrose Foshee) and the CCFA Educational Symposium in October. It is so important for us to have a presence at these conferences so that we are able to get the word out about our support group. We never cease to be amazed at how many nurses and medical providers have never heard of us. We very much appreciate Ed giving up big portions of his weekends to attend these events for us. Please thank him when you see him!

I hope you'll be able to attend our Holiday Lunch on Saturday, December 2, at Maggiano's Little Italy. It should be a great way to kick off the holiday season.

Our next meeting is November 20. Our speaker will be Stacy J. Duriso, CHW (Certified Senior Community Health Worker) *Active Living After Cancer: Kelsey Research Foundation*.

I look forward to seeing you there.

Regards,

Lorette Bauarschi, President, OAHA, 713-582-0718

Northwest Group Party Photos
Photos by Billy Pickett



Northwest Group News

The Northwest Group's Annual Picnic was held at Pat Thompson's home this year. We had a great turnout with excellent food.

A party pumpkin was passed around allowing everyone an opportunity to play 'Truth or Scare' and win prizes for their answers. Door prizes were awarded to Pat and Suzanne. We missed seeing Jay, Celita, Betty, Silver, Cornelius and Vivian.

Next month we will meet at our regular location on Wednesday, November 15 at 7 p.m. Stomaspan will be presenting a program. Created in response to a difficult need, Stomaspan is a product designed to assist with protecting the stoma while wearing a seatbelt. Join us as we learn more about this exciting new product!

Billy Locke

337-515-6354



Baytown Group News

Baytown Ostomy Support Group welcomed Michelle Jernsletten, Physical Therapist at Houston Methodist San Jacinto Hospital to our October 16 meeting. Michelle engaged the group with a delightful introduction to the ancient Chinese martial art form of Tai Chi. Providing us with background music, large banners displaying Chinese characters and a beautiful Chinese robe, Michelle took us on the journey she had taken some years ago. With her trip to China, Michelle developed an interest and a growing respect for Tai Chi with its gentle flowing movements



and ability to promote relaxation and stress relief. Michelle demonstrated how each of the movements were intended to help each part of the body. She led the group through a series of movements that left us all feeling renewed and relaxed. Thanks to Michelle for this introduction to a wonderful art form.

Charles Meade (certified visitor for Ostomy Association of Houston Area) shared pictures from his fun on Ostomy

Awareness Day. On October 7, he proudly wore the Ostomy Awareness Day stickers provided by Hollister highlighting his life as a double ostomate.

Cindy Barefield, RN, ostomy nurse was travelling on this day. She wore earrings with stoma shapes and a necklace with a stoma shape as well with the "Celebrate" t-shirt that ConvaTec offered in support of Ostomy Awareness Day.



We hope you were able to support Ostomy Awareness Day!

November and December meetings are back on track on the second Monday of the month. We hope you will make plans to join us!

Sincerely,

Cindy Barefield, RN, CWOCA, 281-428-3033

We encourage you to bring your spouse or significant other and members of your immediate family to our meetings.

Lactose Intolerance *(continued from page 1)*

or liquid drops when you have milk and milk products can help prevent symptoms. Check with your doctor before using these products. Milk and milk products are the most common sources of calcium. Calcium is a mineral the body needs for strong bones and teeth. Vitamin D helps the body absorb calcium. Talk with your doctor about how to get enough calcium and vitamin D in your diet. Ask your doctor if you should also take calcium or vitamin D supplements.



How will I know if a food has lactose? Lactose is in milk and all foods made with milk, such as ice cream, cream, butter, cheese, cottage cheese, and yogurt. (Information Clearinghouse (NDDIC). Rarely, even small amounts of lactose bother people with lactose intolerance.

Some canned, frozen, packaged, and prepared foods contain small amounts of lactose. Look for certain words on food labels, such as whey, curds, milk by-products, nonfat dry milk powder, and dry milk solids.

More information can be found from:
National Digestive Diseases Information Clearinghouse
2 Information Way
Bethesda, MD 20892-3570
Phone: 1-800-891-5389
TTY: 1-866-569-1162
Email: nddic@info.niddk.nih.gov
Internet: www.digestive.niddk.nih.gov

Disclaimer: The information contained within this newsletter is presented expressly for informational purposes only and may not be applicable to everyone. It should not be substituted for professional medical care or attention by a qualified practitioner. Always check with your doctor if you have any questions or concerns about your condition.



The **United Ostomy Associations of America (UOAA)** can be contacted at:
www.ostomy.org or 800-826-0826

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WOC Nurse Directory

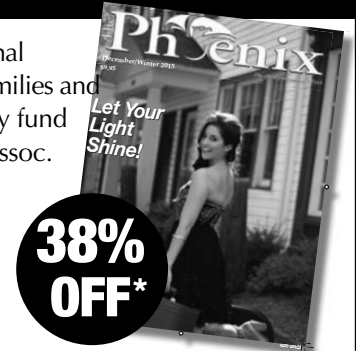
Cindy Barefield, RN, CWOCN (281) 428-3033
 Houston Methodist San Jacinto Hospital
 cbarefield@houstonmethodist.org

Charlene Randall, RN, CWOCN (713) 465-8497
 Specialty Wound & Ostomy Nursing, Inc.
 charlene@swoni.com

Pat Thompson RN, BSN, CWON (281) 397-2799
 Pat.thompson@tenethealth.com

Get Ostomy Answers!

The Phoenix is the leading national magazine for ostomates, their families and caregivers. Subscriptions directly fund the nonprofit United Ostomy Assoc. of America – the only national organization providing vital information, resources, support and advocacy for ostomates.

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Central Group

Monthly: Third Monday of the month
Date: **November 20, 2017**
Time: 7:00 p.m.
Place: Tracy Gee Community Center, 3599 Westcenter Drive, Houston, Texas 77042, (713) 266-8193
Contact: Denise Parsons 713-824-8841
 rockynme2@aol.com
Program: **Guest Speaker: Stacy J. Duriso, CHW** (Certified Senior Community Health Worker) *Active Living After Cancer: Kelsey Research Foundation.*

Baytown Group

Monthly: Second Monday of the month
Date: **November 13, 2017**
Time: 6:00 p.m.
Place: Community Room in Lobby of Houston Methodist San Jacinto Hospital
 4401 Garth Road, Baytown
Contact: Cindy Barefield 281-428-3033
Program: **Guest Speaker: Amber Hammonds**, Dietitian from Houston Methodist San Jacinto Hospital, "Tackle Healthy Holiday Eating"

Northwest Group

Monthly: Third Wednesday of the month
Date: **November 15, 2017**
Time: 7:00 p.m.
Place: NW Medical Professional Bldg., (The Cali Bldg.)
 17117 Cali Drive, Houston (This location is just off of 1960 and west of I-45. Turn north on Cali Drive from 1960. At the stop sign turn left on Judiwood and left again to park behind the Cali Building.)
Contact: Billy Locke 337-515-6354
Program: Join us as we learn more about Stomaspan, a product designed to assist with protecting the stoma while wearing a seatbelt

J-Pouch Group

Monthly: Third Monday of the Month
Date: **November 20, 2017**
Time: 7:00 p.m. or by Appointment
Place: Tracy Gee Community Center, 3599 Westcenter Drive, Houston, Texas 77042, (713) 266-8193
Contact: Ron Cerreta 832-439-1311
 Ron Meisinger 281-491-8220

Monthly support and information meetings are held in three locations for member convenience.

Opportunities and Announcements

Use Those Shopping Cards

Kroger and Randalls return a percentage of your purchases to the Ostomy Association on a quarterly basis. For information about shopping cards, please visit the website:
<http://www.ostomyhouston.org/>

Anniversary Gift

As you celebrate the anniversary of your ostomy surgery each year, consider making a monetary gift to the Ostomy Association. Checks should be made payable to the ***Ostomy Association of the Houston Area*** and sent to the Treasurer at the address shown below.

AmazonSmile

On your first visit to AmazonSmile (smile.amazon.com), you are prompted to select a charitable organization from the list of organizations. You can change your selection at any time. To change your charitable organization: Sign in to smile.amazon.com on your desktop or mobile phone browser. From your desktop, go to Your Account from the navigation at the top of any page, and then select the option to Change your Charity. Or, from your mobile browser, select Change your Charity from the options at the bottom of the page. Select Ostomy Association of the Houston Area as your charity.

Memorial Fund

Donations can be made to our Memorial Fund to memorialize or honor individuals. Checks should be made payable to the ***Ostomy Association of the Houston Area*** and sent to the address below. When sending a donation, be sure to include the name of the person being honored so that acknowledgement can be sent.

Moving?

Our newsletter is sent by bulk mail, which the Post Office will not forward even if you fill out a forwarding request. To continue receiving the newsletter after a move, contact Tony Romeo, Treasurer, at 936-588-4031 or saltmr@sbcglobal.net or send your request to the provided address below.

For Anniversary Gifts, Memorial Donations, Mailing Changes, or Sponsorships, please send all correspondence to:

Ostomy Association of the Houston Area
 Attn: Tony Romeo, Treasurer
 P. O. Box 25164
 Houston, TX 77265-5164

(When sending a donation, please include the name of the person being honored so that appropriate acknowledgement can be sent.)



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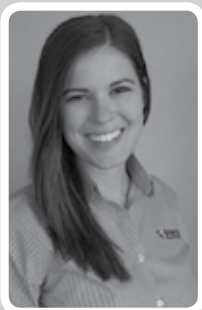
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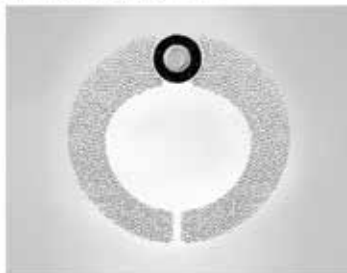
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Membership Application

Membership in the Ostomy Association of the Houston Area requires one easy payment. Please complete the following form and mail as directed with payment as shown. Dues of **\$25.00 per year** are payable to:

Ostomy Association of the Houston Area, Attention: Treasurer
P. O. Box 25164, Houston, TX 77265-5164

Date: _____

Name: _____ Phone: _____

Street Address: _____

City: _____ State: _____ ZIP: _____ E-mail: _____

Surgery Date: _____ Birth Date: _____

Reason for surgery: ☐ Crohn's ☐ Ulcerative Colitis ☐ Cancer ☐ Birth Defects ☐ Other _____

Do you speak a foreign language? ☐ Yes ☐ No Foreign language spoken: _____

Procedure or Relationship:

To help us complete our records, please answer the following. **Check all that apply.**

<input type="checkbox"/> Colostomy	<input type="checkbox"/> Continent Ileostomy	<input type="checkbox"/> Parent of Child with procedure
<input type="checkbox"/> Ileostomy	<input type="checkbox"/> Continent Urostomy	<input type="checkbox"/> Spouse/Family Member
<input type="checkbox"/> Urinary Diversion	<input type="checkbox"/> Pull-Through	<input type="checkbox"/> Physician
<input type="checkbox"/> Other: _____		<input type="checkbox"/> Nurse

Membership benefits include:
Monthly Support/Information
Meetings, Social Events,
Monthly Newsletter

☐ I would like to attend meetings with the **(please circle one)**:

Central Group Baytown Group Northwest Group J-Pouch Group

☐ I would like to become a member but cannot pay dues at this time. *(This will be kept confidential.)*

I learned about the Ostomy Association from

☐ WOC Nurse ☐ Physician ☐ Newsletter ☐ Surgical Shop ☐ Website ☐ Other: _____

I am interested in volunteering. ☐ Yes ☐ No

I have enclosed an additional \$_____ as a donation to support the association's mission of helping ostomates.



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Ron Cerreta	Secretary and J-Pouch Coordinator	832-439-1311 or texasronc@gmail.com
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Marian Newman	Visitation Coordinator	713-392-5768 or mnewman@uh.edu
Terry Marriott	Director at Large	713-668-8433 or marriot@rice.edu
Mary Harle	Phone Coordinator	713-782-7864
June Huber	Director at Large	281-486-1421 or hubers@swbell.net
Jenrose Foshee	Program Coordinator—Central Group	281-670-5976 or jffoshee@comcast.net

Appointed Positions

Carol Johnson	Visitation Coordinator	281 610-2301 or carol.johnson2@sbcglobal.net
Cindy Barefield	Baytown Group Coordinator	281-428-3033 or cbarefield@houstonmethodist.org
Billy Locke	Northwest Group Coordinator	337-515-6354 or brlocke1@yahoo.com
Ron Meisinger	J-Pouch Coordinator	281-491-8220
Edgar Wood	Outreach Coordinator	281-493-5015 or ewood6@comcast.net
Patti Suler	Media Coordinator	281-352-2566 or pattiksuler@yahoo.com

WOC Nurses

Cindy Barefield, RN, CWOCN

Charlene Randall, RN, CWOCN

Pat Thompson RN, BSN, CWON