



# 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

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

## Central Group

**Monthly:** Third Monday  
**Time:** 7:00 p.m.  
**Place:** American Cancer Society Building  
6301 Richmond Avenue, Houston  
**Contact:** Terry Marriott 713-668-8433  
marriott@rice.edu  
**Meeting:** **No December meeting. Next meeting will be January 18, 2010.**  
**Program:** **Roundtable and Planning for 2010 (January meeting)**

## Baytown Group

**Monthly:** First Monday  
**Time:** 7:00 p.m.  
**Place:** Community Room in Lobby of San Jacinto Methodist Hospital  
4401 Garth Road, Baytown  
**Contact:** Cindy Barefield 281-420-8671  
**Meeting:** **Monday, December 7, 2009**  
**Program:** **Roundtable Discussion**

### Patient Visiting and Support Services

*Doctors and ET Nurses, please note:*

Upon request from a doctor or nurse, a specially trained visitor will be sent to visit an ostomy patient before and/or after surgery. The visitor will be matched as nearly as possible according to sex, age, and type of ostomy. There is no charge for this service. The visitor does not give medical advice. Please contact our Visitor Coordinator, Dorothy Andrews at 713-789-4049.

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.

## Northwest Group

**Monthly:** Tuesday following the third Monday  
**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:** Tony Romeo 281-537-0681  
sa1tmr@sbcglobal.net  
**Meeting:** **No December meeting. Next meeting will be January 19, 2010.**  
**Program:** **Roundtable and Planning for 2010 (January meeting)**

## J-Pouch Group

**Monthly:** Third Monday  
**Time:** 7:30 p.m.  
**Place:** American Cancer Society Building  
6301 Richmond Avenue, Houston  
**Contact:** Ron Meisinger 281-491-8220  
**Meeting:** **Monday, December 21, 2009**  
**Program:** **General Discussion**

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## Central Group News

We had 27 in attendance at the Central Group meeting on November 16th with four new visitors who had many questions most of which we were able to answer reasonably well I think. We were supposed to have a presentation about what happened at the National UOAA Convention in New Orleans in August this year, but our new member who attended the Convention and was going to give the presentation had a death in the family and could not attend the meeting. So, we showed a couple of DVD videos about "Living with an Ostomy"; one was from the National UOAA office and the other was from Convatec about regular people who have had Great Comebacks to a normal life with an ostomy.

Ed, Marian and I attended the Crohn's and Colitis Foundation of America Convention on Saturday October 31, 2009 at the Westin Galleria. Thanks to Ed who got up very early and set up our table before 8:00 a.m. I got there about 8:30 a.m. with some extra newsletters and *Phoenix* magazines for our table display. We passed out brochures, newsletters and *Phoenix's* to anybody who showed an interest in knowing about our group. We gave extra brochures and material to those who were interested in handing them out to their patients. Ed also had a notepad there so that the interested

*(continued on page 3)*

## Northwest Group News

Fourteen people attended the Northwest Group meeting. Everyone was in an upbeat mood as we enjoyed the cooler weather. Our planned discussion on personal pouching techniques quickly deviated into a variety of unrelated topics. Patti shared information about the new UOAA "Living with an Ostomy" DVD that is available for viewing on their web site at [www.uoaa.org](http://www.uoaa.org). Pat announced that she was this year's Team Captain for the CCFA Take Steps event scheduled for June 2010. Leonard provided information on upcoming tobacco legislation related to the new FDA authority. Suzanne, a newly certified concealed handgun permit holder, shared some interesting stories about trying to explain to her instructor about a holster and pouch location conflict. We all promised to attend the upcoming Holiday Party event except for Jennifer. Jennifer joined us on the eve of her final J-Pouch surgical installment. Good luck Jennifer! Tasty refreshments were provided by a variety of people. Claudia brought cookies, Jane brought peanut brittle and Gay Nell brought a variety tray of meats and cheeses. Also, Gay Nell provided two gorgeous poinsettias as door prizes.

There will be no December meeting. Our next program will be a traditional planning event on January 19, 2010. See ya at the Holiday Party.

**Gay Nell Faltysek**  
281-446-0444

**Tony Romeo**  
281-537-0681

## Baytown Group News

What a joy it was to invite Chaplain Linda Tolon to support group in November for a presentation titled "Relax, Rejoice, Renew...Stress Management for the Holiday Season." Chaplain Linda provided us with a handout of thoughtful and inspirational sayings. One from an anonymous author is "The only thing I can change is myself, but sometimes that makes all the difference." From Victor Frankl, "When we are no longer able to change a situation...we are challenged to change ourselves." Chaplain Linda also shared practical information on the practice of mindfulness and how this can decrease the stress we feel from work, sickness, or even during joyous occasions such as the holidays. The group discussed the Life Event Stress Scale which shows the kind of life pressures you are facing. Depending on one's coping skills, this scale can be predictive of the likelihood that you will experience a stress-related illness. [www.helpguide.org/mental/stress\\_signs.html](http://www.helpguide.org/mental/stress_signs.html)

The importance of the Sabbath and Sabbath day practices was discussed. "All life requires a rhythm of rest." In this day and age, we get wrapped up in work and play and forget this important concept. "Because we do not rest, we lose our way." Chaplain Linda shared a handout with Sabbath Practices from Wayne Muller's book *Sabbath: Finding Rest, Renewal and Delight in Our Busy Lives*. Some of these practices included preparing a Sabbath meal and pausing to savor the feel, taste and smell of each ingredient. Setting aside a period of time to allow your body to be soothed by the nourishment of the earth and spending time in silence.

Chaplain Linda led the group to focus on the concepts of wonder and gratitude. What surprised me today? What touched me today? What inspired me today? How was I blessed today? How did my life bless others today? What made me laugh today?

We appreciate Chaplain Linda sharing with the group. We hope you will be blessed throughout the holiday season.

Baytown Support Group will meet one more time in 2009—as always, 1st Monday of the month. We hope to see you there.

**Cindy Barefield, RN, WOCN**

281-420-8671

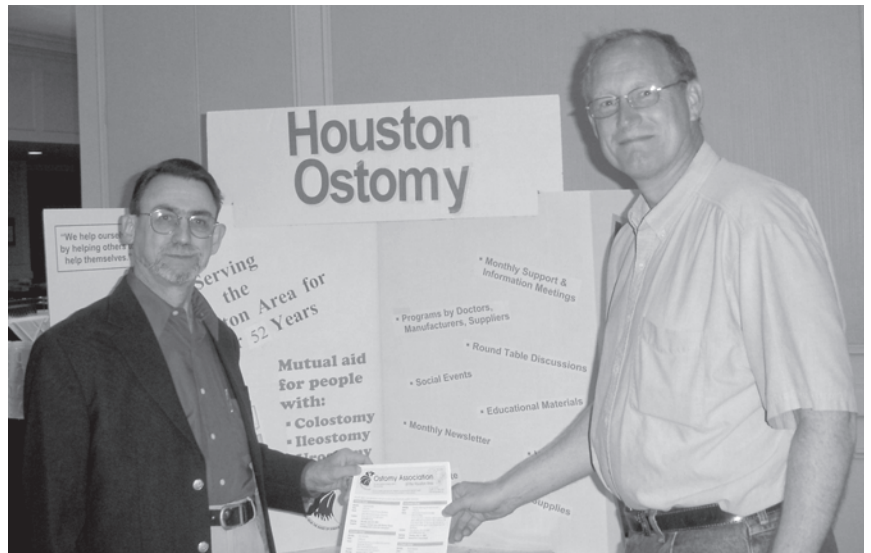
The **United Ostomy Associations of America (UOAA)**  
can be contacted at:  
**[www.uoaa.org](http://www.uoaa.org) or 800-826-0826**

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.

## CCFA's 2009 Education Day

By Ed Wood, Outreach Chair

President Terry Marriott, Secretary Marian Newman, and Outreach Chair Ed Wood, represented the Ostomy Association of the Houston area at the Crohn's and Colitis Foundation of America-Houston Chapter's 2009 Education Day. The title was **A Patient & Education Conference: "Inflammatory Bowel Diseases: Update and Management"** and **Nurse Symposium: "Inflammatory Bowel Diseases: Update and Management."** It featured leading local and nationally-known experts discussing a wide-range of issues, including diagnosis, treatment options, advances in IBD, surgical options, probiotics, and pediatric IBD. It was attended by patients and nurses from the South Texas areas of Greater Houston, Austin, San Antonio, and Corpus Christi.



President Terry Marriott and visitor Clifton displaying the local newsletter at our booth.

We handed out brochures, newsletters, and the *Phoenix* to those who came by the booth. We met some of the nurses who we have communicated by email for a number of years and can now put a face with the name. We had a number of the other nurses and patients come by and take materials. We all felt it was a worthwhile Saturday. A big thank you to Chantel Henderson, Education and Support Manager with CCFA, for the invitation to attend and participate in this wonderful event!



### Attention *Phoenix* Subscribers

Please bring your back issues to meetings. We are going to recycle them into new member and visitor information kits.

## Central Group News

(continued from page 2)

people could write their names and email addresses so that they could receive the email version of our newsletter; we got over a page of new email addresses. We also went to the sandwich lunch keynote address by Dr. David T. Rubin, MD, FACG, AGAF who is Codirector of the University of Chicago IBD Center entitled "The State of IBD." He went over a number of interesting points such as, IBD seems to be occurring more prevalently in recent years and many doctors surmise that this might be due to a larger abundance of environmental triggers (various types of pollutants and irritants in the atmosphere). Smoking was noted as having a definite cause effect on active Crohn's Disease, but something strangely (possibly the nicotine) seems to have a preventive effect on Ulcerative Colitis; however, the smoking has enough other deleterious effects that it is not recommended even for those that might be prone to have Ulcerative Colitis. Also, researchers have been looking at genetic links to IBD and have discovered over 30 genes that are somehow related to some form of IBD, but they don't really know any specifics about how these genes are actually involved with Crohn's or Ulcerative Colitis, and so it is much too early to be able to use any form of gene therapy for treatment. Doctors and researchers have developed a half dozen or more

mono-clonal anti-body type treatments for Crohn's Disease or Ulcerative Colitis but none of them have a universal type effect, the treatments have to be very personalized and what works for one person may not work for another with a very similar type of IBD. Overall, there are more and better treatments and Dr. Rubin speculates that in the hopefully not too distant future that IBDs can be treated effectively and there may be very little need for surgery. Maybe some of the younger ones of us will live to see that day?

Our December 8th Holiday Dinner at the Pine Forest Country Club has 33 people signed up as of November 23rd including some from our Baytown and Northwest Satellite groups which we are happy to see. If you see this newsletter before December 4th, remember that is the deadline that we have to have the final count for the dinner and the money has to be in to our P.O. Box or given to our Treasurer by then. We plan on having one poinsettia per table, some small exercise equipment, and some other surprise items as door prizes, and everybody should have a good time.

I hope to see many of you all on December 8th,

**Terry Marriott**

## Regina Brett's 45 life lessons and 5 to grow on

by Regina Brett

Sunday May 28, 2006

To celebrate growing older, I once wrote the 45 lessons life taught me. It is the most-requested column I've ever written. My odometer rolls over to 50 this week, so here's an update:

1. Life isn't fair, but it's still good.
2. When in doubt, just take the next small step.
3. Life is too short to waste time hating anyone.
4. Don't take yourself so seriously. No one else does.
5. Pay off your credit cards every month.
6. You don't have to win every argument. Agree to disagree.
7. Cry with someone. It's more healing than crying alone.
8. It's OK to get angry with God. He can take it.
9. Save for retirement starting with your first paycheck.
10. When it comes to chocolate, resistance is futile.
11. Make peace with your past so it won't screw up the present.
12. It's OK to let your children see you cry.
13. Don't compare your life to others'. You have no idea what their journey is all about.
14. If a relationship has to be a secret, you shouldn't be in it.
15. Everything can change in the blink of an eye. But don't worry; God never blinks.
16. Life is too short for long pity parties. Get busy living, or get busy dying.
17. You can get through anything if you stay put in today.
18. A writer writes. If you want to be a writer, write.
19. It's never too late to have a happy childhood. But the second one is up to you and no one else.
20. When it comes to going after what you love in life, don't take no for an answer.
21. Burn the candles, use the nice sheets, wear the fancy lingerie. Don't save it for a special occasion. Today is special.
22. Overprepare, then go with the flow.
23. Be eccentric now. Don't wait for old age to wear purple.
24. The most important sex organ is the brain.
25. No one is in charge of your happiness except you.
26. Frame every so-called disaster with these words: "In five years, will this matter?"
27. Always choose life.
28. Forgive everyone everything.
29. What other people think of you is none of your business.
30. Time heals almost everything. Give time time.
31. However good or bad a situation is, it will change.
32. Your job won't take care of you when you are sick. Your friends will. Stay in touch.
33. Believe in miracles.
34. God loves you because of who God is, not because of anything you did or didn't do.
35. Whatever doesn't kill you really does make you stronger.
36. Growing old beats the alternative—dying young.
37. Your children get only one childhood. Make it memorable.
38. Read the Psalms. They cover every human emotion.
39. Get outside every day. Miracles are waiting everywhere.
40. If we all threw our problems in a pile and saw everyone else's, we'd grab ours back.
41. Don't audit life. Show up and make the most of it now.
42. Get rid of anything that isn't useful, beautiful or joyful.
43. All that truly matters in the end is that you loved.
44. Envy is a waste of time. You already have all you need.
45. The best is yet to come.
46. No matter how you feel, get up, dress up and show up.
47. Take a deep breath. It calms the mind.
48. If you don't ask, you don't get.
49. Yield.
50. Life isn't tied with a bow, but it's still a gift.



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To read more of Regina's work, please go to [www.cleveland.com/brett/](http://www.cleveland.com/brett/).

### WOCN and ET Directory

Clarice E. Kennedy, CET cekennedy1@peoplepc.com	(713) 647-8029
Pat Thompson BSN, RN, CWOCN Pat.thompson@tenethealth.com	(281) 397-2799
Charlene Randall, RN, CWOCN Specialty Wound & Ostomy Nursing, Inc. charlene@swoni.com	(713) 465-8497
Catherine Walsh RN, BSN, CWOCN cmwalsh@utmb.edu UTMB @ Galveston	(409) 747-3070 Fax: (409) 747-3038

## Opportunities and Announcements

### 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 and sent to:

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

### Donation of Supplies

We are contacted on a regular basis by individuals who are in need of donated ostomy supplies. Consider donating ostomy supplies that you no longer use to assist your fellow ostomates in the Houston area. Please contact Mary Harle at 713-782-7864 with any questions.

### Sponsorship

You can sponsor a member of our ostomy support group with a tax-deductible donation to cover the cost of their membership. Send your check in the amount of \$25.00 to:

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

### 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 Lorette Bauarschi, Treasurer, at 713-582-0718 or lbauarschi@sbcglobal.net or send your request to the Ostomy Association of the Houston Area, P. O. Box 25164, Houston, TX 77265-5164.



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

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Half of each subscription funds the nonprofit United Ostomy Associations of America – the only national organization providing vital information, resources, support and advocacy for ostomates.

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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 \_\_\_\_\_

### 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

- ☐ ET Nurse ☐ Physician ☐ Newsletter ☐ Surgical Shop ☐ Website ☐ Other: \_\_\_\_\_

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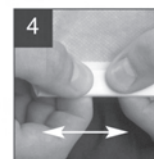
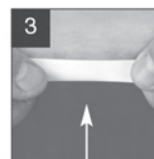
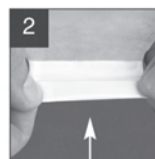
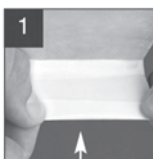
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