



December 2014

# 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](http://www.ostomyhouston.org)

## Don't Forget to Drink

*Hydration is a habit your whole body will appreciate.*

*Courtesy Secure Start Newsletter, Summer 2014*

At the beginning of the year, we promised to focus on a healthy habit in each issue. This month we're setting our sights on hydration.

Whether you have a urostomy or not, fluids are important to the well-being of your entire body. It's essential because the body is comprised mostly of water, and the proper balance between water and electrolytes in our bodies really determines how most of our systems function, including nerves and muscles. Drinking fluids serves a range of purposes, such as removing waste through urine; controlling body temperature, heart rate, and blood pressure; and of course maintaining a healthy metabolism.

If you have a urostomy, it's even more important to make sure you keep hydrated to keep your kidneys functioning properly and to help prevent urinary tract infections. Of course each person's needs are unique and it's best to consult your doctor, Wound Ostomy Care (WOC) nurse or dietician for advice on how much fluid to drink.

### General guidelines:

- Drinking plenty of water each day is the best way to prevent urinary tract infections.
- Eat a balanced diet.

*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.*

### Patient Visiting and Support Services

*Doctors and WOC 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, Marian Newman at 713-392-5768.

- Eating beets will turn your urine a reddish color; this is temporary and is no cause for alarm.
- Asparagus and seafood may cause urine odor.
- Alcohol is a huge dehydrator. You should try to limit your intake, but if you are going to raise a glass, aim for at least a one-to-one ratio with water.
- If you don't like the taste of plain water, try adding lemon or lime.
- If you're going to exercise, make sure you drink water before, during, and after your workout.
- If you have trouble remembering to drink water, drink on a schedule. For example, drink water when you wake up; at breakfast, lunch and dinner; and when you go to bed. Or drink a small glass of water at the top of each hour.



**Editor's note:** *Alcohol can be dehydrating. Drink one glass of water with each class of alcohol.*

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## Central Group News

The Central Group had a lively round table discussion at our November 17 meeting. A few of us shared some of our personal experiences and tips we've learned over the years. This is really the most valuable aspect of our support group—the ability to share—live and in-person—with our fellow ostomates and prospective ostomates. All of us can get information about ostomies from the internet, but there really is no replacement for face-to-face communication with people who have been there. We also emptied out the remaining supplies in our storage cabinet and allowed our attendees to take home what they needed. The leftovers will be donated.

We hope to continue to see all of you at our future meetings. Note that we won't have a regular meeting in December. Instead, we have our Holiday Party on December 9 at the Pine Forest Country Club. There is more information in this newsletter about how to sign up to come. It's really a wonderful, festive way to start off the holiday season.

We will have a regularly-scheduled meeting on January 19, in which our President, Denise Parsons, will tell us all about her trip down under. Unfortunately, we are in a bit of a flux regarding where the meeting will be held. The American Cancer Society does not yet know when it will be vacating the building on Richmond, where we have held our meetings for years. If they are still located on Richmond, the meeting will be there. But don't worry—as soon as we know, we will let you know via email and telephone where the meeting will be. We also will post it on our website.

Just a reminder to do your holiday shopping on [www.Smile.Amazon.com](http://www.Smile.Amazon.com). It's the same as Amazon.com, except you get to pick a charity—us of course!—to receive a percentage of your purchases. Every little bit helps. If you need more information about how to sign up, just call me or Ron Cerreta, our Treasurer.

Finally, please put February 21 on your calendar. That's when we will have our next Visitor Training. The training will take place where the Northwest Group meets. We encourage EVERYONE who has had his/her ostomy for a year to sign up for the training. One of our group's main functions is to provide visitors who can meet with or speak with new ostomates and people who are considering surgery and/or their families. We need people of different ages, sex and experience so we can closely match up visitors with our requests. Please join us!

Happy Holidays!

**Lorette Bauarschi**  
First Vice President

## Northwest Group News

We had a great time at our last meeting for this year. Over a dozen folks attended to watch three volunteer models be pouched. The program, conducted by Wound Ostomy Nurse Pat Thompson, couldn't have gone better. Educational and fun! People were encouraged to ask their questions as the pouching was applied to each gentleman. A variety of product was used. Both seasoned and new mates joined in and the discussion was terrific. Thanks to John, David and Alan for volunteering their abdomens. *(photos on page 4)*

There will be no December meeting. Everyone is encouraged to attend the Holiday Party in December. See you in January 2015!

**Tony Romeo**  
936-588-4031

## Baytown Group News

On November 3, Jenny Jansson-Smith RN, CWON, Clinical Consultant with Stomocur met with a small but interested group. Jenny shared the latest updates from the German based company which included various color of pouches to accommodate one's clothing. With Stomocur stocked in warehouses in Texas now, the product is much more available through distributors such as Edgepark and medical suppliers such as Spring Branch Medical Supply.

One of the stand out features of the Stomocur wafer is the gelatin free option. This is particularly helpful in the very hot months of the year. With features such as a soft cotton cover, opaque pouch cover with window to view the stoma and integrated closure that requires one to pull up on the flap to empty—it is easy to see that this is a well-designed one piece system! There are many other ostomy pouches to choose from, but Jenny showed this one piece as one of the most popular and representative of the stand out features for Stomocur.

Jenny emphasized that she is available to help patients who need assistance in finding the right pouching system and samples may be sent right to the patient's door. A Stomocur product catalog is available on the For Life website at [www.forlife.info](http://www.forlife.info) along with Jenny's contact information.

December's meeting is scheduled for Monday the 1st. We plan to celebrate and reflect on the TEN years we have been meeting as a Support Group—we hope you will join us!

**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.



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

**Osto Group** [www.ostogroup.org](http://www.ostogroup.org)

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## 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.

(continued on page 4)

**SenSura® Mio**

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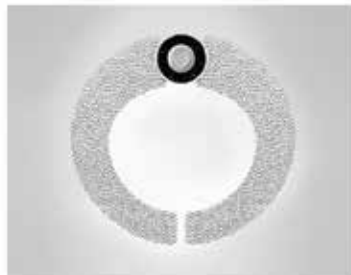
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ostomy types

## November Meeting of Northwest Group



In November, Wound Ostomy Nurse Pat Thompson met with the Northwest Group and demonstrated pouching techniques. A variety of product were used. Thanks to John, David and Alan for volunteering their abdomens.



### Reminder: Annual Holiday Dinner Party

**Date:** Tuesday, December 9, 2014

**Time:** 6:30 p.m.—Hors d'oeuvres and Cash Bar  
7:30 p.m.—Dinner

**Place:** Pine Forest Country Club  
18003 Clay Road, Houston, TX 77084

### Regina Brett's 45 Life Lessons and 5 to Grow On *(continued from page 3)*

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.

## WOC Nurse Directory

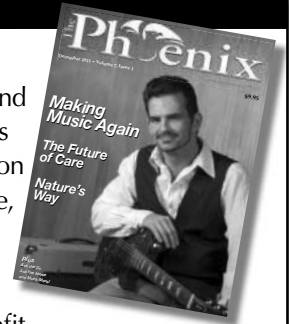
Cindy Barefield, RN, CWOCN (281) 428-3033  
Houston Methodist San Jacinto Hospital  
cbarefield@houstonmethodist.org

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. Each issue contains 72 pages of inspiration, education and information including new products, medical advice, management techniques, personal stories and more.



Subscriptions directly fund the nonprofit United Ostomy Associations of America – the only national organization providing vital information, resources, support and advocacy for ostomates.

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11/11 SG HLFAC

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/).*

## Central Group

**Monthly:** Third Monday  
**Time:** 7:00 p.m.  
**Place:** American Cancer Society Building  
 6301 Richmond Avenue, Houston  
**Contact:** Denise Parsons 713-824-8841  
 rockynme2@aol.com  
**Meeting:** *There will be no December meeting. Please join us for the Holiday Party on December 9. Info can be found on page 4 of this newsletter.*

## Baytown Group

**Monthly:** First Monday  
**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  
**Meeting:** **December 1, 2014**  
**Program:** Roundtable

## Northwest Group

**Monthly:** Third Tuesday of the month  
**Time:** 7:00 p.m.  
**Place:** **NEW LOCATION! NW Medical Center Hospital**  
 The Northwest meeting will be moving across the street into the Northwest Medical Center Hospital from the professional annex to Mall II conference rooms 1 & 2.  
**Contact:** Tony Romeo 936-588-4031  
 saltmr@sbcglobal.net  
**Meeting:** *There will be no December meeting. Please join us for the Holiday Party on December 9. Info can be found on page 4 of this newsletter*

## J-Pouch Group

**Monthly:** Third Monday  
**Time:** 7:00 p.m. or by Appointment  
**Place:** American Cancer Society Building  
 6301 Richmond Avenue, Houston  
**Contact:** Ron Cerreta 832-439-1311  
 Ron Meisinger 281-491-8220  
**Meeting:** *There will be no December meeting. Please join us for the Holiday Party on December 9. Info can be found on page 4 of this newsletter*

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

## 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 to the ***Ostomy Association of the Houston Area*** and sent to the Treasurer at the address shown below.

### 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 Ron Cerreta, Treasurer, at 832-439-1311 or texasronc@aol.com 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: Ron Cerreta, 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.)

### 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/>

### Sponsorship

You can sponsor a member of our ostomy support group with a tax-deductible donation to cover the cost of their membership. Please make the check in the amount of \$25.00 payable to ***Ostomy Association of the Houston Area*** and send to the treasurer's address above.

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.



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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                          |

☐ 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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Monthly Support/Information  
Meetings, Social Events,  
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