



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

Summertime Survival

Compiled from past newsletters and meetings

You know it is hot, really hot, when you step out early in the morning and the temperature is already in the upper eighties. High humidity is pushing the heat index into the triple digits and there is no breeze. You consider stopping to see if the soles of your shoes are melting and leaving prints behind as you walk. Houston has been hot since May and we are just starting into July with more to come. Aside from being dangerous to humans and animals, these conditions can be fatal to ostomy equipment. Consider these tips, stay safe and cool.

- Change your pouching system more often. The adhesives are sensitive to heat and humidity and will degrade much faster based on temperature and activity levels. Do not leave product in your car—it will melt.
- Drink, drink, drink. Ostomates are a lot like cars without radiators, they need constant fluid intake to make their bodies work properly.
- Peristomal skin giving you a new itch? Watch out for monilla. It is characterized as a red itchy rash and is very common during the summer months. Monilla can affect pouch adherence so seek out a WOCN for assistance.
- Water sports are best enjoyed before a big meal and concerned mates can secure their wafer in a frame style with pink tape. Try sealing exterior tape edges with skin protectorant or using a Sure Seal product.
- Outdoor events, cook-offs, craft shows, and garden centers are great to visit except for the dreaded port-a-pottys. Don't be left out, just pack a few extra tissues and wet wipes in your pockets!
- Wear sunglasses and a wide-brimmed hat. Choose loose, lightweight, light-colored clothes and shoes (think cotton).
- If you must do hard labor, work in the coolest times of the day. Replace fluid loss with water at the rate of one liter per hour or more.
- Stay on the lowest floor of your home out of the sunlight. Consider investing in window film. The newer films can reduce incoming temperatures as much as 50% or more.
- Don't rely on fans—they may not stave off heat illness in 90°-plus temperatures.



Gay Nell Faltysek, from the Northwest Group, enjoys kayaking.

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 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.

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Central Group News

On Monday June 20th, the Central Group of the Ostomy Association of the Houston Area had 20 in attendance at their meeting.

We had a roundtable discussion where anyone could ask for or give advice about anything that is ostomy or health-related (anything at all that affects a person's life can be included here). We had an introduction round where everybody was supposed to give a brief description of themselves and their ostomy or their relationship to somebody who has, might have, or used to have an ostomy. We found we had a new visitor Kathy A. who has had a colostomy for three years and teaches seniors crafts and ceramics, but has just now decided that she might be able to make time to attend meetings. We also discussed possible ways of helping one of our urostomates reduce problems with leakage and skin irritation problems especially when travelling.

On Monday June 6th, 2011, the current Board of Directors of the Ostomy Association of the Houston Area met and all the newly elected directors were present:

Lorette Bauarschi (Central Group)
 Ron Cerreta (Central Group)
 Jenrose Foshee (Central Group)
 Mary Harle (Central Group)
 Suzanne Hill (Northwest Group)
 Clarice Kennedy (Central Group)
 Terry Marriott (Central Group)
 Marian Newman (Central Group)
 Denise Parsons (Central Group)

I wish to present the new slate of officers to you so we can welcome them and wish them a happy and successful term while they are in office. The new President, 1st Vice President, and Secretary were elected for 2-year terms ending in 2013 with the possibility of re-election to a second term before they would become term-limited, and the 2nd Vice President was re-elected to a second term and will be term-limited in 2013:

President	Denise Parsons
1st Vice President	Marian Newman
2nd Vice President	Ron Cerreta (re-elected)
Secretary	Jenrose Foshee
Treasurer	Lorette Bauarschi (term expires 2012)

We confirmed with Dorothy Andrews that we have reservations for our Christmas Dinner on December 13th at Pine Forest Country Club with more information about the dinner and menu this Fall.

The Central Group at our Monday July 18th meeting will be having a presentation by Caleb Alford who will be attending the Youth Rally at San Diego State University in San Diego, California for which the Ostomy Association of the Houston Area provided his registration and room and board fees. He returns

from the Youth Rally on July 16th, but he says this is the best meeting for the presentation since later meetings might conflict with his school work, and he assures us that he won't have any problem getting it ready.

Our National affiliate group the UOAA is having an election and the announcement and listing of the candidate information is listed on page 68 of the current issue (June, 2011) of the UOAA magazine *The Phoenix*. All the affiliate ostomy groups vote for these candidates based on their official membership of which ours is 109; so, we have 109 votes as a group to put toward each office and the results of the elections in each of our three Houston area groups will be averaged and applied to give the appropriate portion of our 109 votes to each candidate for each office. Please go to www.uoaa.org to get more information.

Thank you all for the signed remembrance card and the Pappas gift card. See you all at the July meeting.

Terry Marriott

Past-President as of July 1, 2011, Ostomy Association of the Houston Area

Northwest Group News

Eighteen people turned out for Polly Johnson's presentation. Ms. Johnson is with Convatec and she provided information on the continuing product changes and innovations by her company. Ms. Johnson also shared information on a 'wrap' product by Ostomate Secrets that was recently worn in a half marathon competition. These wraps are designed for daily wear, exercising and even come in a swim model. We were pleased to welcome back Bob Wiabel, a former NW Group member who last joined us in 1998. Mr. Wiabel had driven in from Arkansas for family graduations and stopped in to visit. He shared that he had his urostomy in 1987 and was in his 24th year. We also enjoyed the company of two new ostomates and their family members. Newly elected Director Suzanne Hill spoke and shared information on an ostomy library maintained at Central as well as the purchase of a new projector. Ms. Hill advised there was always someone available to assist with problems.

Gay Nell was missed by all when everyone realized that Patti forgot the cookies and there were no refreshments. Next month is our annual Ice Cream Social so please join us for homemade ice cream.

Gay Nell Faltysek
 281-446-0444

Tony Romeo
 281-537-0681

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.

Baytown Group News

Baytown group had a great session in June, “New Options for Home Medical Equipment” presented by Linda Crater. Linda is the Department Manager for the new Home/Durable Medical Equipment Division at Walgreens.

Nancy Kibbe, RN, CWON facilitated the meeting as Cindy Barefield was off to National WOCN Conference in New Orleans. Nancy was happy to welcome 12 participants who came to learn what the new service at Walgreens had to offer.

The goal of this new home medical equipment service is to help patients and/or their loved ones manage their health care at home. These items may include:

- Mobility devices such as scooters, walkers with and without wheels, seats and brakes, crutches, adjustable and quad canes, transport and wheel chairs and ramps.
- Medical equipment and supplies such as mastectomy fitting, diabetic shoes and inserts, incontinence supplies, compression hosiery, lift chairs, catheters, bedside commodes, as well as pillows and cushions.
- Wound care such as tape, gauze, sponges, cleansers, and packing strips.
- Bathroom safety items such as grab bars, transfer benches, elevated toilet seats, and bath and shower chairs.
- Braces and supports such as splints, hernia belt, knee stabilizer, short leg walker and abdominal binder.
- Ostomy supplies including 1 and 2-piece systems both drainable and closed, accessories such as seals, deodorant, skin prep, tape and adhesive remover.

The Baytown community is so fortunate to have another option for durable medical equipment and supplies. Think Walgreens for your health care needs at home!

Phone 281-420-5529 www.walgreens.com

Baytown Ostomy Support Group meets the 1st Monday of each month at 6:00 pm in the Community Room in the Lobby at San Jacinto Methodist Hospital. Please join us!

Cindy Barefield, RN, WOCN

281-425-2164

Kroger Cards—Renewal Time!

We received \$1084.42 from the Kroger Neighbor to Neighbor Program this year. Every year, we must all renew our Kroger card connection to our organization by scanning the bar code assigned to us. A copy of the bar code and instructions are included in this newsletter.

Reno Conference

The UOAA conference in Reno is less than 30 days away. This year’s conference is promising an awesome lineup:

- Rob Hill, the first ostomate to climb seven peaks, will be present to speak about his latest climb up Mt. Everest.
- Edgepark Medical Supplies will be hosting four concurrent workshops on ostomy and diversion specifics.
- A free stoma clinic will be staffed by WOC nurses to assist with questions or problems.
- Topic specific breakout sessions will be created to address a variety of issues.

Additionally the Hotel and Tahoe area offers a wide variety of entertainment, dining and shopping.

Make your hotel and airfare reservations asap to be a part of this year’s event. Please note: The cut off date for our special hotel rate is **July 15**. If you book your hotel after this date, rooms may be available, but not at the special conference rate.

Make your reservation by calling **800-648-1177** and mention **“GOSTOMY.”**

The room rate is \$79/night + 13.5% tax, and includes round trip shuttle service to/from the airport, as well as access to the Atrium swimming pool, and the fitness center. For those who want to tour in the Reno/Tahoe area the Conference Rate applies 3 days before and 3 days after the Conference.

Editor’s Note: This conference is held once every two years. People who have attended prior conferences have always reported enjoying the event and workshops.



Observations On Growing Older

- Going out is good...coming home is better!
- You realize you’re never going to be really good at anything...especially golf.
- Your spouse is counting on you to remember things you don’t remember.
- You miss the days when everything worked with just an “ON” and “OFF” switch.
- You tend to use more 4 letter words...“what?” ...“when?”
- Now that you can afford expensive jewelry, it’s not safe to wear it anywhere.
- Everybody whispers!
- Now that your husband has retired...you’d give anything if he’d find a job!

WOCN and ET Directory

Cindy Barefield, RN, CWOCN (281) 425-2164

Clarice E. Kennedy, CET (713) 647-8029
cekennedy1@peoplepc.com

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

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

Catherine Walsh RN, BSN, CWON (409) 747-3070
UTMB @ Galveston Fax: (409) 747-3038
cmwalsh@utmb.edu

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

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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3/11 SG HLFAD

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
marriot@rice.edu
Meeting: **July 18, 2011**
Program: **Guest Speaker: Caleb Alford** who will be attending the Youth Rally at San Diego State University in San Diego, CA.

Baytown Group

Monthly: First Monday
Time: 6:00 p.m.
Place: Community Room in Lobby of San Jacinto Methodist Hospital
4401 Garth Road, Baytown
Contact: Cindy Barefield 281-420-8671
Meeting: **July 11, 2011**
Program: **Roundtable Discussion**

Northwest Group

Monthly: Third Tuesday of the month
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: **July 19, 2011**
Program: **Ice Cream Social**

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: **July 18, 2011**

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

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

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 address shown at the right (in the box).

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/>

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 at the top right (in the box). 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 Lorette Bauarschi, Treasurer, at 713-582-0718 or lbauarschi@sbcglobal.net or send your request to the provided address at the top right of this page.

Donation of Supplies

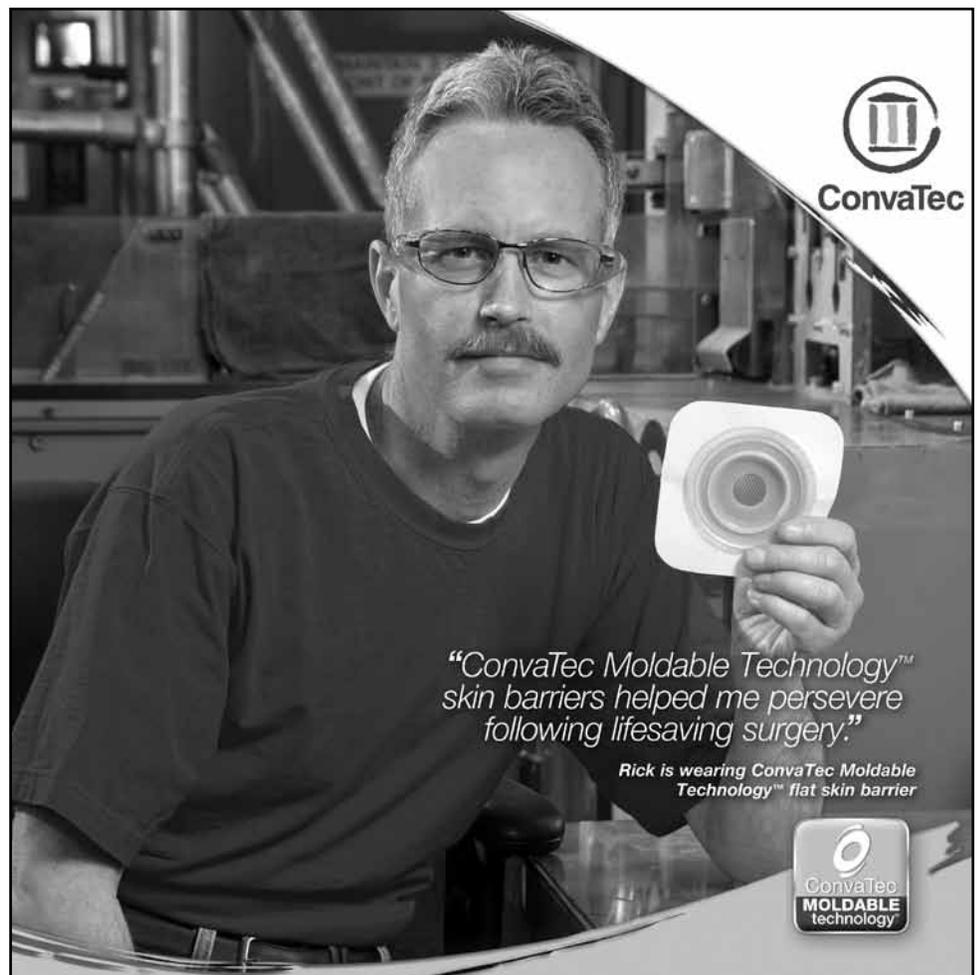
We are contacted on a regular basis by individuals who are in need of donated ostomy supplies. Consider donating ostomy supplies that you no longer use to assist your fellow ostomates in the Houston area. Please contact Mary Harle at 713-782-7864 with any questions.

Sponsorship

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

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

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



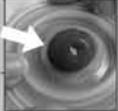
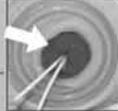
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Membership Application

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

- ET 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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