



Houston Chapter United Ostomy Association

A Health Support Group

January 2004

Houston Chapter UOA
PO Box 25164
Houston, TX 77265-5164
www.uoahouston.org

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

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

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

Central Group

Monthly: Third Monday
Time: 7:30 PM
Place: American Cancer Society Building
6301 Richmond Avenue, Houston
Contact: Ed Wood 281-493-5015
(ewood6@houston.rr.com)

Meeting: Jan. 19, Monday evening

Program: Joseph R. Cali, Jr., M.D.

Plan to join us for this informative program. Dr. Cali is a colorectal surgeon who will present information about ostomy surgery and also will be available to answer questions from those who attend the meeting.

Northwest Group

Monthly: Tuesday following the third Monday
Time: 7:00 PM
Place: NW Medical Professional Bldg. (The Cali Bldg.)
17117 Cali Drive (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: Bill Propst 281-320-8005 (propst@neosoft.com)

Meeting: Jan. 20, Tuesday evening

Program: Round Table Discussion

Come join us as we all benefit from sharing our ostomy experiences.

J-Pouch Group

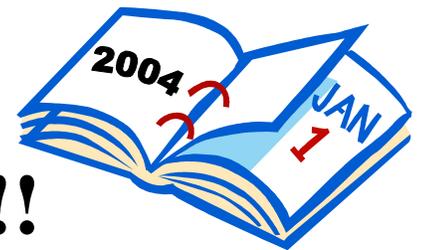
Monthly: Third Monday
Time: 7:30 PM
Place: American Cancer Society Building
6301 Richmond Avenue, Houston
Contact: Ron Meisinger 281-491-8220

Meeting: Jan. 19, Monday evening

Program: Round Table Discussion

Ulcerative colitis and the J-Pouch connection.

Happy
New
Year!!



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. Membership fees and donations are tax deductible.

Chapter News

Thirty-two members and guests of the Central and Northwest Satellite groups enjoyed our December 9th Holiday Dinner at Pine Forest Country Club. This is always a great way to 'kick-off' the holiday season. It was fun to see some new faces as well as those we see on a regular basis. We thank Tom and Dorothy Andrews for hosting us at the club. Judy Swinger, Barbara Bouse, and Joan Wertzberger are appreciated for providing the many door prizes that were available at the dinner. Judy has fun shopping the after-Christmas sales and had most of hers wrapped by the first of this year. Barbara added some of her hand-painted angels and Joan had some beautiful gifts for prizes as well. It was good to see Bill and Joan Wertzberger who have recently been spending most of their time in central Texas. Pictures of the dinner can be found on pages 4 and 5.

We were saddened to hear of the sudden passing of Mary Harle's husband, Wiley. He was an active member at Grace Presbyterian Church and had many interests to which he gave himself fully. He helped the church and the Grace Church School with his many talents and abilities in many crafts. Those who knew him were blessed. The memorial service was attended by approximately 500 people, including most of the officers of our UOA Chapter. We appreciate the work that Mary does for us and want her to know that our prayers are with her.

We celebrate the arrival of a new grandson in the Swinger family. Floyd's daughter had a baby boy the same day as our Holiday dinner. We missed them at the dinner, but we understand fully.

Mary Harle and Mary Lou Hartranft will be serving as our nominating committee. They will be nominating a 1st Vice-President and a Treasurer. These officers' duties were published in the December newsletter. We hope to publish the names of the nominees in the three newsletters leading up to the election in May.

We continue to have good response from our website. One lady informed us of supplies that she wanted to donate. These supplies just about totally filled the back of my Tahoe.

We encourage anyone who might assist us in mailing the newsletter to contact either Ed Wood or Chuck Bouse.

Dr. Cali will be with us as speaker at our January meeting. If time remains after his talk, we will discuss our 2004 plans.

Our two annual dinners come close together each year. Dorothy Andrews has arranged for us to have our Anniversary Dinner on Tuesday, March 9, 2004. Reservations will be handled the same as our December dinner. Please send your check to Terry Marriott and call Ed Wood who will be compiling a list. The February newsletter will have more details about the Anniversary dinner.

Ed Wood
President



ATTENTION... Ostomates and Medical Personnel

Clarice E. Kennedy, Certified Enterstomal Therapist and Immediate Past President of the Houston Chapter, UOA, is available for consultations by appointment only at Spring Branch Medical Supply at 8700 Long Point Road, Houston, Texas. Clarice is an ostomate herself and has over 30 years of knowledge and experience to share with anyone who has questions about, or needs assistance with, the care of an ostomy both prior to and following surgery. The Houston area is fortunate to have such a dedicated individual available for personal consultations. Appointments can be made by calling Clarice at 713-647-8029.

"The glory of friendship is not the outstretched hand, nor the kindly smile, nor the joy of companionship; it's the spiritual inspiration that comes to one when he discovers that someone else believes in him and is willing to trust him with

NEW YEAR'S RESOLUTIONS OF AN OSTOMATE

via Rose City Ostomy News, Tyler, Texas

1. To remember my own early days and realize that no questions by a new ostomate are silly.
2. To not begrudge the time necessary for my personal care.
3. To keep myself neat and presentable at all times.
4. To keep my bathroom shareable.
5. To value the cooperation of my family.
6. To appreciate the fact that I am one of the lucky ones.
7. To try to do the things I want to do, but think I can't.
8. To be patient.
9. To live all day every day.
10. To help others whenever I can.
11. To urge my fellow ostomates to see people, go places and do things.
12. To give credit to modern medicine.
13. To be grateful for my present good health.
14. To be of good cheer.
15. To renew my pledge the first of each month.

HAPPY NEW YEAR! May the new year bring you peace, happiness, health and prosperity!

WHEN SHOULD YOU CALL THE DOCTOR?

When you have:

- ◆ Cramps lasting more than 2 or 3 hours.
- ◆ A deep cut in the stoma.
- ◆ Excessive bleeding from the stoma opening (or a moderate amount in the pouch in several emptyings).
- ◆ Bleeding at the junction between the stoma and skin.
- ◆ Severe skin irritations or deep ulcers.
- ◆ Unusual change in stoma size and appearance. Change to purple or blue color may be an indication of trouble.
- ◆ Severe watery discharge lasting more than 5 or 6 hours.
- ◆ Severe odor lasting more than a week.
- ◆ Any other unusual occurrences regarding the ostomy.

5 Ways to Reduce your Cancer Risk:

1. Eat a healthy, low cal diet.
2. Don't smoke.
3. Cut your exposure to sunlight.
4. Exercise.
5. Reduce contact with environmental toxins such as herbicides and insecticides.

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

MEMORIAL FUND

The Houston Chapter of UOA has established a Memorial Fund. Donations can be made to the fund to memorialize or honor individuals. All donations should be made payable to the Houston Chapter of UOA and sent to:

Mary Harle
9643 Winsome Lane
Houston, TX 77063-3725

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

Donation of Supplies

If you have ostomy supplies that you no longer use, please consider donating them. The Houston Chapter of UOA is being contacted on a regular basis by individuals who are in need of donated supplies of all kinds. This is one way that you can assist your fellow ostomates in the Houston area. Please contact Ed Wood at 281-493-5015 with any questions.

Free Supplies for those in need.....

The Nevada County Ostomy Support group in Grass Valley, CA, receives donated supplies from manufacturers, distributors, pharmacies, UOA chapters and ostomates or their families and makes them available to needy ostomates at no cost other than shipping. To view available supplies, click www.ostomysupport.com. Contact Bob Pleski at pleski@calis.com to donate excess products or apply for free supplies.

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