



# Oostomy Association of the Houston Area

January 2007

PO Box 25164  
Houston, TX 77265-5164  
www.oostomyhouston.org

*"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."**

**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: Ed Wood 281-493-5015  
(ewood6@houston.rr.com)

**Meeting: January 15th, Monday evening**

**Program: Insurance Claim Denials**

Patricia Carroll will present this interesting program.

## 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: January 16th, Tuesday evening**

**Program: Round Table Discussion**

Join us for a lively discussion. See you there!!



## Baytown Group

Monthly: Fourth Monday  
Time: 7:00 p.m.  
Place: Cancer Center Community Room  
4021 Garth Road, Baytown  
Contact: Cindy Barefield 281-420-8671

**Meeting: January 22nd, Monday evening**

**Program: Ostomy 101...Exploring the anatomy and function of colostomy, ileostomy and urostomy.**

See you on the 22nd!!

## 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: January 15th, Monday evening . . .**  
Reservation required. No obligation. Please call 281-491-8220 for reservation.

**Program: Round Table Discussion**

Join us for a discussion about ulcerative colitis and the J-Pouch connection.

## 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.*

## Central Group News

Thirty members and guests from the Central and Northwest groups enjoyed our December 5<sup>th</sup> Holiday Dinner at the beautifully decorated Pine Forest Country Club. It was great to see some first-time attendees and we hope to see them at some of our meetings this year. We are always appreciative of Tom and Dorothy Andrews who are our hosts at the event. We appreciate Barbara Bouse, Judy Swinger and Mary Harle who helped provide the door prizes and gifts this year.

We wish Lorette Bauarschi, Chuck and Barbara Bouse well as they recover from illness.

This month we begin to recognize advertisers who also sponsor printing for one month of our group's newsletter. We thank all those who are generously offering their support in printing the newsletter.

The first part of the dues renewal notices will be sent out in January. Those included in the notices will be persons who joined from January to June of 2006. We send notices out twice a year in January and July. The July notices will cover persons who joined from July to December of 2006. Thanks for your ongoing support that allows our group to continue to provide services to ostomates in the greater Houston area.

Please reserve Saturday, February 10, 2007 from 8:30 – 12 noon for our Visitors Training which will be held at the American Cancer Society Building at 6301 Richmond Avenue, Houston. This training is open to ostomates who are interested in helping new ostomates by phone call or personal visit. To be eligible for the training you must be one-year post op and well adjusted to your ostomy. Besides our organization wanting to provide a group of visitors for the Houston area, the United Ostomy Association of Associations specifies an ongoing visitors training program as a requirement to affiliate with them. This training is conducted every other February. This training is a requirement for certification of new visitors and provides renewal certification for visitors who have previously been trained. Great effort goes into planning this event and we hope that you will consider supporting it with your attendance. Through an effort in communicating with home health care workers in the Houston area, we anticipate an increase in requests for visitors. For further questions, contact Dorothy Andrews at 713-789-4049 or Ed Wood at 281-493-5015.

We appreciate Clarice Kennedy and Jane Fieldcamp serving on the Nominating Committee for the two board positions to be filled. We will publish the nominees in upcoming newsletters and the election will be in May.

The Board of Directors will meet January 8, 2007 to continue planning for the year including the project to communicate with the home health care workers in the

Houston area.

January 15<sup>th</sup> will be our first meeting of 2007. Patricia Carroll will talk to us concerning insurance claim denials. I hope to see you there.

**Ed Wood**

President



**Don't  
Forget...**

### Visitor Training is February 10th

On Saturday, February 10, the Ostomy Association of the Houston Area will have their biannual Visitor Training at the American Cancer Society building at 6301 Richmond Ave. This will train new visitors and will renew for another two years those visitors who previously have been trained. Training will take place from 8:30 AM to 12 noon. For more information call Ed Wood 281-493-5015 or Dorothy Andrews 713-789-4049. ♦

### Ten (new) Commandments for Ostomates

1. Thou shalt allow thyself to be sad, or angry, or depressed on occasion. Who said you always have to have a good attitude.
2. Thou shalt not let the above emotions become a way of life.
3. Thou shalt seek help, education, and support if thine unhappy emotions overcome thee.
4. Thou shalt learn to care for thy ostomy. Letting others do it for you, if you are physically able, is a cop-out.
5. Thou shalt seek out thy ET nurse if thou art not satisfied with thine products.
6. Thou shalt not hide thyself away. Get out and do the things you used to do. You can.
7. Thou shalt not be ashamed.
8. Thou shalt cultivate a sense of humor about thine ostomy. There are worse things. Far worse.
9. Thou shalt set an example to the non-ostomy world. An example of triumph over adversity, courage over pity, and pride over embarrassment.
10. Thou shalt help other ostomates. Join your local UOA chapter, donate money, volunteer your time.

*The path you're on looks  
different when you turn around.*

## OPPORTUNITIES & 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: Chuck Bouse, Treasurer**  
**P.O. Box 25164**  
**Houston, TX 77265-5164**

**Memorial Fund:** Donations can be made to our Memorial Fund to memorialize or honor individuals. Checks should be made payable and sent to: **Ostomy Association of the Houston Area**  
**Attn: 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:** 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 Terry Marriott at 713-668-8433 with any questions.

**Consultation with ET:** Clarice E. Kennedy, Certified Enterostomal Therapist, is available for consultations. Clarice is an ostomate with 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. Contact cekennedy@ev1.net or call 713-647-8029 for an appointment.

**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**  
**Chuck Bouse, Treasurer**  
**P.O. Box 25164**  
**Houston, TX 77265-5164**

**Use Those Shopping Cards:** Krogers and Randalls return a percentage of your purchases to the Ostomy Association on a quarterly basis. For card applications, contact Ed Wood at 281-493-5015.

**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 Chuck Bouse, Treasurer, at 281-495-1840 ([dewitt@houston.rr.com](mailto:dewitt@houston.rr.com)) or send your request to the Ostomy Association of the Houston Area, P.O. Box 25164, Houston, TX 77265-5164.

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

**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.

To subscribe to the quarterly magazine of the United Ostomy Associations of America (UOAA) complete the following.

**The Phoenix** Annual Subscription - \$25  
*The official publication of UOAA*

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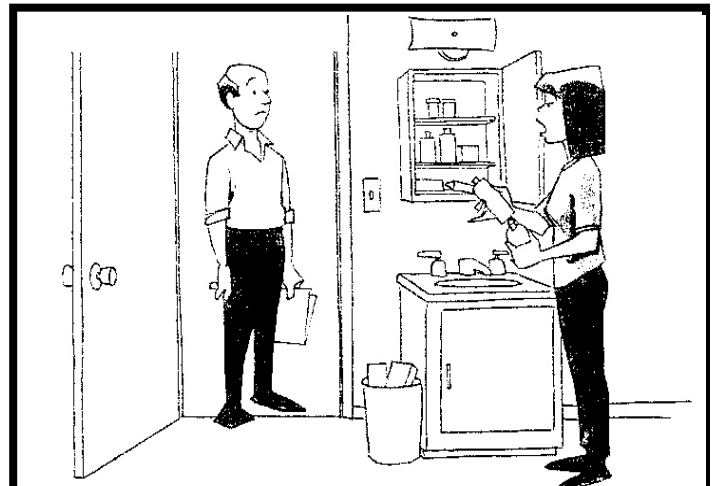
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You can also order online at [www.uoaa.org](http://www.uoaa.org)

**When the reporter asked the 104-year-old gentleman what was the best thing about being 104, the answer was: "No peer pressure!"**

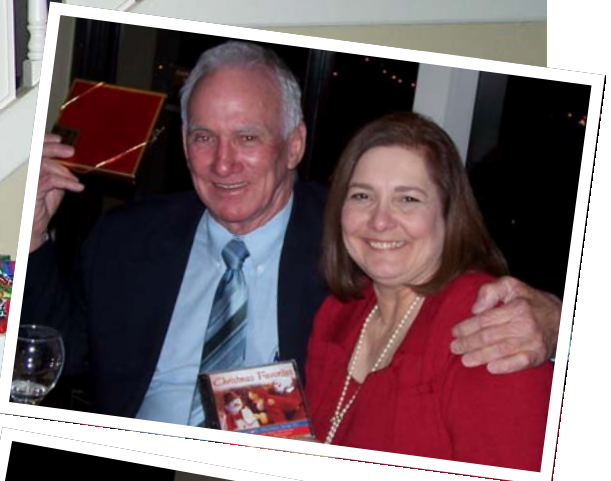
## Mall Walking for Fitness

According to the Mayo Clinic, over three million Americans are avid mall walkers. An indoor shopping mall offers a number of advantages, especially to middle age and older people. Malls are generally safe, the floor is usually level, stairs in malls can be used to raise the degree of difficulty, store displays provide visual stimulation, and the temperature is agreeable. ♦



**"I'm cleaning old stuff out of the medicine cabinet. Do you mind if I toss your styling gel?"**

# December 5th Christmas Party



## BAYTOWN SUPPORT GROUP

**H**appy New Year!! Our meeting this month is scheduled for the 22nd. We will have an interesting presentation titled "Ostomy 101...Exploring the anatomy and function of colostomy, ileostomy and urostomy".

See you on the 22nd.

*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).

## A Word About Ulcers

Just because you have an ileostomy or a colostomy does not make you impervious to ulcers. About 20 million Americans will suffer from them in their lifetime. Duodenal (beginning of the small intestine) ulcers often occur between the ages of 30 and 50, and are twice as common among men. Stomach ulcers occur more often after the age of 60 and are more commonly seen in women. ♦

**He was deeply in love. When she spoke, he thought he heard bells, as if she were a garbage truck backing up.**

## NORTHWEST GROUP HAPPENINGS

**O**ur next meeting will be held on January 16th. Come and participate in a lively round table discussion as we celebrate the start of a new year.

See you on the 16th....

**Tony Romeo**  
281-537-0681

## Anemia: What It Is and What You Can Do About It

*Community Services of CGH Medical Center*

Too often, anemia in older adults is an undetected health problem. Generally referred to as "low blood count," anemia is a decreased amount of hemoglobin in the blood. Hemoglobin, found in red blood cells, is the pigment that carries oxygen from the lungs to the body's tissues. Anemia is a symptom, not a disease. The most common causes of anemia are deficiencies of iron, folic acid and Vitamin B12.

### Symptoms of Anemia

Fatigue  
Headache  
Anxiety  
Shortness of Breath  
Chest Pain

## 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

### General Data:

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Street Address: \_\_\_\_\_ Phone: \_\_\_\_\_

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                          |

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

**MEMBERSHIP BENEFITS INCLUDE: MONTHLY SUPPORT / INFORMATION MEETINGS,  
SOCIAL EVENTS, MONTHLY NEWSLETTER**