



Ostomy Association of the Houston Area *Happy New Year!*

"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

Travel Tips and Info from the TSA

Excerpts from letter from Kimberly A. Walton, Assistant Administrator, Office of Civil Rights and Liberties, Ombudsman, and Traveler Engagement

Arrive at least two hours early for domestic and three hours early for international flights, to give yourself plenty of time to get through security screening. For general information about what to expect during security screening, you may contact the TSA Contact Center at (866) 289-9673 or email at TSA-ContactCenter@tsa.dhs.gov. The TSA Contact Center has representatives available on weekdays from 8:00 a.m. to 11:00 p.m. Eastern Time and on weekends/holidays from 9:00 a.m. to 8:00 p.m. Eastern Time. Automated information is available in 12 languages. Travelers who are deaf or hard of hearing may use a relay service to contact the TSA Contact Center (Federal Relay 711).

TSA also offers the TSA Cares helpline. I encourage anyone who may need additional assistance during the security screening process, travelers with disabilities or medical conditions, and travelers who have concerns about the screening process to contact TSA Cares at least 72 hours before travel.

TSA Cares agents have received training to provide callers with specific information about the specialized screening needs in a variety of circumstances. In addition, you may provide a TSA Cares agent with your flight itinerary, and they will coordinate assistance to be specifically available for you with a Passenger Support Specialist (PSS) and/or customer service manager at the airport. Even if you do not provide your itinerary beforehand, you may ask for a PSS or supervisor at the checkpoint.

The PSS program was created to assist travelers at the checkpoint, and Passenger Support Specialists receive specialized training, including how to assist and communicate with individuals with disabilities as well as best practices on interactions with travelers from various cultures and communities. While TSA recommends contacting TSA Cares to set up PSS assistance in advance, our goal is to have a PSS in the vicinity of every checkpoint to provide assistance as needed and resolve traveler-related screening concerns on the ground, as quickly as possible.

Any traveler who needs assistance or is concerned about his or her screening may ask for a Supervisory Transportation Security Officer or a PSS at any time.

Travelers or their companions may call **TSA Cares toll-free at (855) 787-2227**. The hours of operation for the TSA Cares helpline are 8:00 a.m. to 11:00 p.m. Eastern Time from Monday to Friday, and 9:00 a.m. to 8:00 p.m. Eastern Time on weekends/holidays. Travelers who are deaf or hard of hearing may e-mail TSA-ContactCenter@tsa.dhs.gov or may use a relay service to contact TSA Cares (Federal Relay 711).

You may also download a Notification Card from www.tsa.gov/travel/special-procedures, which allows you to discreetly notify the Transportation Security Officer of your disability, medical condition, or other circumstance that requires assistance. This card, however, does not exempt you from screening.

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.

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Patient Visiting and Support Services

Doctors and WOC Nurses, please note:
Upon request from a doctor, nurse, or social worker, a specially trained visitor will be asked to contact an ostomy patient by phone or visit them in person before and/or after surgery. The visitor will be matched as nearly as possible according to sex, age, and type of ostomy. The visitor does not give medical advice, and there is no charge for this service. Please contact our Visitation Coordinator, Marian Newman at 713-392-5768.

Central Group News

I hope everyone is enjoying the holiday season. We had a great turnout at our annual holiday party on December 5 at the Post Oak Grill. We shared great food and wonderful company. If you were able to join us, please let us know how you liked our new location (Post Oak Grill) and time (Saturday afternoon). We always strive to schedule our events to accommodate as many people as we can. I also would like to thank Ron Cerreta for generously donating his framed photos for our auction. They were beautiful, and we were able to raise some much-needed funds for our group.

Our next meeting is on January 18. Despite our earlier announcement, we will meet at the American Cancer Society Building on Richmond. ACS's move to 2500 Fondren has been postponed again. We will let you know any information about the new meeting location as soon as we know it.

We're very happy to welcome Laura Cox, the Ostomy Lifestyle Expert at Shield Healthcare to speak at our meeting. Laura is a fellow ostomate and hosts a blog and produces helpful online videos with ostomy tips and advice. Laura was originally scheduled for the November meeting, but fell ill. So, we're thrilled that she's well enough to join us for our very first meeting of 2016. It should be a great presentation and we hope you all will come.

Regards,

Lorette Bauarschi

President, OAHA, 713-582-0718

Northwest Group News

There was not a December meeting as all members were encouraged to attend the holiday party. The next meeting will be on Wednesday, January 20 at 7 p.m. This meeting will cover program selection for 2016 plus a "Let's Make A Deal" second chance gift exchange styled after what's behind door number one versus what's behind in box number three. So bring your extra, left over, do-not-want-to-keep gifts and trade up in this lively gift exchange. Looking forward to seeing everyone.

Tony Romeo

936-588-4031

Baytown Group News

Baytown Support Group met for the final time in 2015 on the first Monday of the month. Meetings in the coming year will be on the **second** Monday of the month. The group took a moment to recall those not present—Ken, a longtime supporter has relocated to Wharton to be near his son. We wish him well. He will continue to receive the newsletter each month. Fredecia continues to check in with regards to her health as well as her husband's. They are hoping to be back in attendance soon. One of our original supporters passed away this year. "Mr. Bob" rarely missed a meeting since he joined in 2004. He was always quick to welcome a newcomer, share the special soap he thought was essential to ostomy skin care or share some other interesting gadget he had found. He will be greatly missed.

We spoke of possible presentations and presenters for the coming year. Cindy will be working to coordinate these speakers each month. To end the year, Nick Gritzai the President and CEO of Cymed led us through a wonderful presentation on his products. Nick began by telling us that Cymed products were designed in the mid 80's by an ostomate who was not happy with products that were on the market at that time. The thin flexible elastic 1/1000" polyurethane breathable waterproof "micro skin" product was patented.

Nick learned the business from the ground up and bought the company from the owner when she decided to retire. He has learned that one of the main challenges for ostomates is to have a correct fit. Part of making this fit is to determine if your stoma is flush, recessed or protruding. Cymed offers a hydrocolloid washer that can help with recessed stomas. Nick was also very excited about a new HTLA (high tack low absorption) ring that will be available soon. This ring may be helpful with flush and recessed stomas.

Nick described the unique properties of Ile-sorb which turns liquid output from ileostomy into crystal and can help prevent leakage. Although there are similar products on the market; none are as effective as Ile-sorb! With a new PhD Biomedical Engineer on their team, Cymed is making many improvements to their products. Nick provided a 2015–2016 Product Catalogs and encouraged those who are interested to go to the website and request a sample www.cymedostomy.com. They will be sent promptly. Nick truly wants his customers to have the opportunity to "live a life without limitations"!

Best wishes for the Holiday Season!

Cindy Barefield, RN, CWOCN

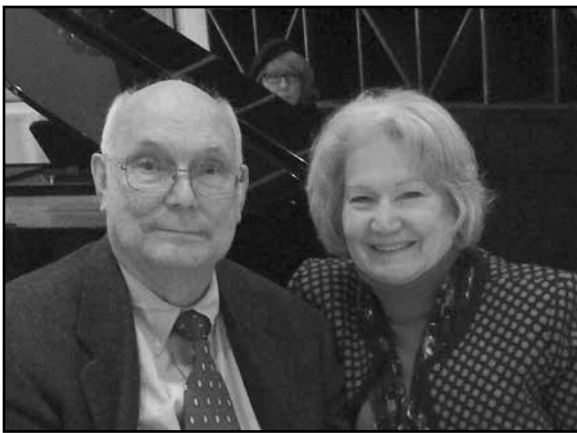
281-428-3033

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.

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



Holiday Party Pics





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8700 Long Point Road
Houston, TX 77055

(713) 465-2200
Fax (713) 461-5806

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 HLFAD



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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: **January 18, 2016**
Program: **Guest Speaker: Laura Cox**, the Ostomy Lifestyle Expert at Shield Healthcare

Baytown Group

Monthly: **SECOND** Monday (Please note new meeting day!)
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: **January 11, 2016**
Program: **Roundtable**

Northwest Group

Monthly: Third Wednesday 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 936-588-4031
 sa1t1mr@sbcglobal.net
Meeting: **January 20, 2016**
Program: **Program Discussion and "Let's Make A Deal"**
styled second chance gift exchange; so bring
 something you received that you wouldn't mind
 trading for what's behind door #2.

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: **January 18, 2016**

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

Opportunities and Announcements

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/>

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.)

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.



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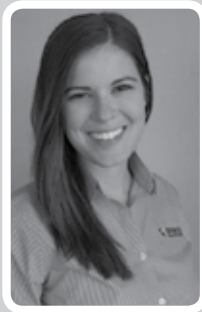
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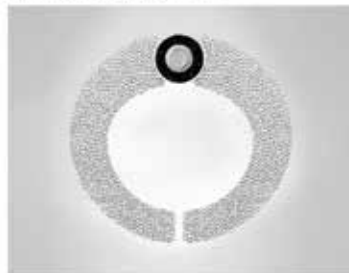
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www.ostomy.org or **800-826-0826**

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 Providing Ostomy Products to the Uninsured.
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Newsletter Advertising: *Please contact the President or Treasurer for sponsorship and advertising opportunities.*

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.

*Membership benefits include:
 Monthly Support/Information
 Meetings, Social Events,
 Monthly Newsletter*