



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

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: Terry Marriott 713-668-8433
marriott@rice.edu
Meeting: **Monday, February 16, 2009**
Program: **Roundtable—with specific topics**

Baytown Group

Monthly: First Monday
Time: 6:00 p.m. *(please note new time!)*
Place: Community Room in Lobby of San Jacinto
Methodist Hospital
4401 Garth Road, Baytown
Contact: Cindy Barefield 281-420-8671
Meeting: **Monday, February 2, 2009**
Program: **Roundtable**

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.

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: **Tuesday, February 17, 2009**
Program: **Guest Speaker:
Dietician from Northwest Hospital**

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: **Monday, February 16, 2009**
Program: **General Discussion**

In This Issue

| | |
|---|---|
| Group Meeting Dates/Times | 1 |
| Letter from the President/Group News. | 2 |
| Helpful Advice. | 4 |
| Opportunities and Announcements | 5 |
| Membership Information. | 6 |
| Contact Information | 8 |

Central Group News

The Central Group meeting on January 19, 2009 had 22 in attendance including a first-time visitor Jennie with her very supportive husband, Tom, who were looking for helpful information on dealing with her recent ostomy surgery. Since we had a round table discussion scheduled, they couldn't have picked a better night and hopefully, we did give them some helpful information and some sources where they might get additional help. We hope to see them again in February.

At the beginning of the January meeting we did have a vote to endorse the National UOAA Board of Directors proposal to shorten the length of the term for UOAA President, President-elect, and Vice-President from 3 years to 2 years. I have sent a copy of this UOAA proposal to a leader that has email in both the Baytown Satellite Group and the Northwest Satellite Group so they also can vote on this proposal so that I can send the results of our voting back to the National UOAA before February 28.

We also circulated a list for people at the Central Group to sign up for the Visitor Training Session that is scheduled to occur at the ACS Building at 8:30 a.m. on Saturday February 7. At the time of the meeting, including call-in reservations from Satellite Groups, we had 17 people signed up for the Visitor Training. Since most of you probably won't get this newsletter before the Training Session occurs, I hope that I will have seen some of you all reading this at the Session. Mary, our hospitality chairperson, also sent around a list for members to pick a month in which they would bring refreshments to the regular central Group meeting; thank you to all you who volunteered.

We voted at the Central Group meeting for members to vote to go to the Pine Forest Country Club for our December 2009 Christmas party as we have in the past. The dates we selected (for Dorothy to check with her contact there to see if these are still available) are Dec. 1 or Dec. 8, 2009. We would like to hear any input that our Satellite members might have about this Christmas Party choice.

In March we will be celebrating the 53rd Anniversary of the formation of our local Houston Ostomy Association, and will be having a reception with special refreshments for the occasion probably at the ACS Building at the regular meeting time for the Central Group. The local Board of Directors will be meeting in February to decide for sure where and when and it will be posted in the March Newsletter and on our website, www.ostomyhouston.org.

Also, after the February Visitors Training Session the local Board of Directors are to meet with a candidate for the Newsletter editor position for which we have been advertising

in our newsletter. She normally attends the Northwest Satellite Group meetings and she has been recording some of the things from their meetings in a newsletter which she has been writing as part of her personal website whose address we may put in this newsletter at a later date after we OK it with her.

Hope to see you all at the February meeting,

Terry Marriott

Baytown Group News

January 5th turned out to be a cold and rainy day but this did not keep two very diverse individuals from attending the first meeting of the year! Thank goodness they did. One had ostomy surgery less than a month ago and the second had surgery years ago. The "seasoned ostomate" had much advice and insight to offer.

When asked about support group, they each had very different motivation for attending. You might guess the new ostomates reason—remember that initial adjustment period? What does a support group offer to someone who had surgery years ago? Well, believe it or not, the opportunity to learn something new, review what you may have forgotten, and help a few folks along the way.

Our topic, Ostomy Skin Care: Road Map for Healthy Skin and Prevention of Common Problems was a springboard to a myriad of topics. We utilized one of the many Lifestyle Booklets available on the Hollister website (www.hollister.com): *Skin Care for Your Stoma* as a resource for our discussion and found it to be very helpful.

We look forward to seeing more of our Baytown group next month for Roundtable.

REMEMBER... 1st Monday at 6 p.m.

Cindy Barefield, RN, WOCN

281-420-8671

Northwest Group News

We had 10 people in attendance at our January roundtable and planning session. Alicia was a new attendee and we look forward to seeing her next month. With all the suggestions, we now have programs for most of the months for 2009. Thanks to Gay Nell for the great coffeecake. Come next month and hear from the dietician from Northwest Hospital.

Gay Nell Faltysek

281-446-0444

Tony Romeo

281-537-0681

Heard You Were An Ostomate

By Louis J. Wray

I heard that you're an ostomate. Is it true what I heard about you?
 That you have no guts, your bladder is gone, and that you're all washed up and through?
 Yet, whenever I look at you, you're beaming with joy and grace.
 You never hint at the strife you've borne, disguised by the smile on your face.
 You seem to be a special breed, bent on helping others to live.
 Your suffering must have battered your life, yet you reach out and always forgive.
 I'd think that you might be angry at the way fate has picked on you.
 But, I'd never suspect it if you are, for your love always seems to shine through.
 I assume your second chance at life makes each day a pleasure.
 And, your thankfulness for health and friends makes itself a treasure.
 Now, I better appreciate the Phoenix (bird), the symbol of your dear UOA,
 "Reborn from the ashes of disease".....What a message of hope this conveys.
 See, I know you are an ostomate—a pattern you have set for me.
 Like you, I'll try to help others cope with their new way of life, cheerfully.
 A second chance, reborn to serve, and as happy as can be.
 Ostomates inspire me and my friends with service offered so free.
 So, out in the open—your secret is known, your formula for success is in view.
 You're an asset to this weary old world—we're blessed for having ostomates like you!

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.

Your Body is a Busy Machine

For an adult of average weight, these accomplishments of the human body have been estimated over a 24-hour period:

Your heart beats about 103,690 times. Your blood travels 168 million miles. You breathe 23,240 times, You inhale 438 cubic feet of air. You eat at least 3.25 pounds of food. You drink 3 quarts of liquid. You activate 7 million brain cells. You speak 7,800 words. You use 750 muscles. You turn in your sleep 25-30 times a night. Did you ever consider how perfectly your body is tuned and controlled—how your blood pressure is normally regulated at just the right level? How a normal body temperature of 98.6 degrees is maintained? Why you breath 12 times and the heart beats 72 times a minute? How the food you eat is digested chemically and the nutritive part transformed into body tissue, bone, muscle and fat, hair and nails, blood and skin, and properly distributed while wastes and poisons are eliminated with no ill effects? *Think about it* and keep your body healthy and fit.

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.

It's All Here!



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.



Half of each subscription funds the nonprofit United Ostomy Associations of America – the only national organization providing vital information, resources, support and advocacy for ostomates.

Annual subscriptions: \$25 (4 issues)



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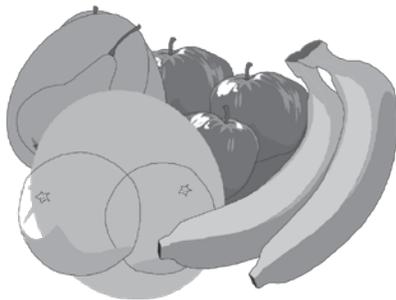
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Helpful Advice

Foods and Their Effect on an Ostomate

via *Rose City Ostomy News, Tyler, TX*

The following foods may present problems for some ostomy patients. The problems and foods will vary with each individual and are grouped to help you decide how you and your stoma can best function together.



Low fiber foods: (Diet of choice for the first 6 weeks after ostomy surgery). White bread, cooked/steamed or canned fruits and vegetables, diluted fruit juices, tortillas, pastas, white rice, chicken, fish, biscuits, plain muffins, plain jello, custards, and puddings.

Gas-forming foods: Asparagus, alcohol, beer, broccoli, brussel sprouts, cabbage, carbonated drinks, cauliflower, corn, strong-smelling cheeses, cucumbers, dairy products, dried beans and peas, eggs, fish, melons, mushrooms, nuts, onions, radishes, spinach, string beans, sugar, sweet potatoes, and yeast.

Gas-producing activities: Chewing gum, drinking through straws, missing meals, talking while eating, chewing with mouth open, and snoring.

Odor-forming foods: Asparagus, beans, cabbage, chicken, coffee, dairy products, eggs, fish, garlic, onion, peas, and some spices.

Foods that prevent odor: Buttermilk, cranberry juice, cottage cheese, parsley, and yogurt.

Bulk forming foods (fiber foods): (Ileostomates must give special consideration before eating these foods because if not chewed well, these foods can block the ileostomy stoma). Celery, Chinese foods, coconut, coleslaw, corn, dried fruits, foods with seeds or kernels, meats in casings, nuts, popcorn, whole grain, whole vegetables, and wild rice.

Diarrhea-causing foods: Beer, broccoli, greens beans, highly seasoned foods, fatty and fried foods, raw fruits and vegetables, popcorn, nuts, caffeine beverages, and refined sugar.

Foods to control diarrhea: Applesauce, bananas, creamy peanut butter, white rice, tapioca, potatoes without skins, and cheese.

Actions/foods that control mild constipation: Increase fluids, increase fruit juices, increase cooked fruits and vegetables, 3 oz. prune juice at bedtime, or 4 or 5 dried apricots.

Experience is the Best Teacher

via *Rose City Ostomy News, Tyler, TX*

Having an ileostomy does require some patience, I'm afraid... even though, as a person with an ostomy, I have a 100% better quality of life than I did when I had ulcerative colitis.

There are, of course, some minor drawbacks. One of which is pouch leaks; infrequent, but not predictable. The best approach to these situations is to be calm and relaxed as best one can. I have had several accidents (pouch leaks) in the last three years and have dealt with them in various ways.

In the beginning, I would get frantic and anxious and thought that this was the ultimate in disasters. I really did not have the coping skills to deal with a half-full or full pouch coming off or leaking. Almost always it was due to my not completely clicking the two-piece together or not closing the end of the pouch completely.

My first reaction was horror...not, "what can I do?" Of course, the answers were obvious...clean myself up, throw out the pouch that leaked or fell off, put on a new one and go about my business. However, in the early months after surgery, I was very apprehensive that an "accident" was going to occur and I really was not prepared as to how to deal with one. Now I have experienced occasional leaks and, thankfully, know what to do.

The Few Things You Really Need to Remember

- Remember that your presence is a present to the world.
- Remember that you are a unique and unrepeatable creation.
- Remember to always reach for the best that is within you.
- Remember that nothing wastes more energy than worry.
- Remember that not getting what you want is sometimes a wonderful stroke of luck.
- Remember that the longer you carry a grudge, the heavier it gets.
- Remember not to take things too seriously.
- Remember to laugh.
- Remember that a little love goes a long way...and that a lot goes forever.
- Remember that happiness is more often found in giving than getting.
- Remember that life's treasures are people, not things.
- Remember that miracles can still happen.

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 and sent to:

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

(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 Laura Beth Jackson at 281-530-8912 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 cekennedy1@peoplepc.com or call 713-647-8029.

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
Lorette Bauarschi, Treasurer
P. O. Box 25164
Houston, TX 77265-5164

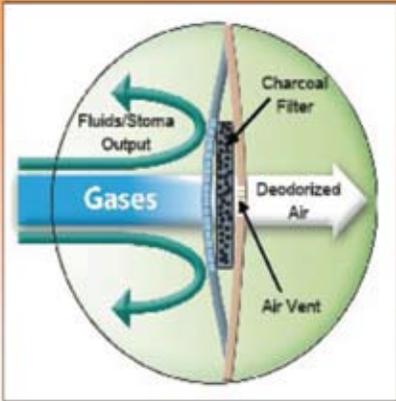
Use Those Shopping Cards

Kroger 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 or ewood6@comcast.net.

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 713-460-1955 or lbauarschi@sbcglobal.net or send your request to the Ostomy Association of the Houston Area, 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 _____

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

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