



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

Dorothy Andrews

The Lady Behind the Box



Every OAHA newsletter prominently features a boxed notice on the front page providing information about Patient Visiting and Support Services. This information is part compliance with UOAA requirements and more importantly, part of our Association's Mission commitment to "help ourselves by helping other to help themselves." Every notice contains a reference to

contact Coordinator Dorothy Andrews.

Who is this Dorothy Andrews? You might ask this question if you have not attended a Holiday Party or have not had Visitor Training yet, or been one of the hundreds of new ostomates that she has seen or coordinated their visit.

Ms. Andrews had her ostomy surgery because of cancer in 1973. She recalls making a personal vow that "if I came through this surgery, I would spend the rest of my life helping other people who had this type of surgery." To date, Ms. Andrews is doing just that.

Ms. Andrews recalls being ready to help people right after her surgery but she was told by her group that she would have to wait a year first and get used to being an ostomate. She has belonged to three different UOA/UOAA Organizations in Chicago, Dallas and finally Houston. Additionally she used to speak each year at the MD Anderson WOCN/ET training before that program was discontinued.

Her visitor work began here by assisting Dave Johnson, Visitation Chairman. After Mr. Johnson was no longer available to manage the program, Ms. Andrews officially took over as the Visitor Program Coordinator.

The process is fairly simple; Ms. Andrews receives a request from a health care professional and provides a matching service with a trained visitor. Similar types of surgery, gender, age are considered in the matching process, but there is also the 'magic'. Having dealt with ostomates for 37 years, Ms. Andrews is able to listen to the

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.

patient's needs in order to match them much closer to a visitor based on spirit, presence and attitude.

Ms. Andrews has been married to her husband Tom for 61 years. They have two children, five grandchildren and two great grandchildren. Ms. Andrews is very active. She plays tennis, golf and exercises three times a week with friends. Additionally, she has offered her Pine Forest country club for the OAHA Holiday Party for several years.

Ready to meet this incredible woman? Come to the Visitor Training on February 26, 2011!

In This Issue

Dorothy Andrews	1
Group News	2
2011 Visitor Training	2
Air Travel and the Ostomate	3
CCFA Take Steps Walk	3
WOCN Directory	4
Meeting Dates/Times	4
Opportunities and Announcements	5
Membership Information	6
Advertising Support	5-7
Contact Information	8

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

We had a bit of trouble for some of the people coming to the Central Group Meeting on January 17th since there apparently was a fire at the Best Western next door to the American Cancer Society building where we hold our meeting and the Houston Police blocked access to the ACS driveway for a while right around meeting time when several of our people were arriving that we know of; some of them had to park across the street and walk from there to the meeting. We just hope that this problem didn't discourage any newcomers from attending, or any of our regular members also that may have given up getting around the Police blockade.

We thank Jane Fieldcamp for bringing a wide variety of refreshments to the meeting including sandwiches, brownies, chips and dips and cran-pomegranate juice. We had a roundtable discussion about any problems or issues that any of the attendees were having, including one relatively new urostomate who was having some problems with getting the wafer to stay sealed for as long as it should.

In 2011, Wei-Ping Kuo a Professional Acupuncturist is scheduled to give a February presentation, we will have a 55th Anniversary Dinner as part of our March meeting, and a Funeral Negotiator is going to give a presentation at our April meeting on how to avoid being taken advantage of by the funeral industry when we are very vulnerable. On Saturday, February 26th we are going to have a Visitor Training Session to train new visitors and hone the skills of those of us who have had the training in years past.

Terry Marriott

President, Ostomy Association of the Houston Area

Baytown Group News

Baytown group did not shy away from January 3rd as our first Monday meeting in 2011. Nine enthusiastic souls showed up for Roundtable which included updates from the UOAA organization in regards to travelling and advocacy. The upcoming Houston visitor training session was mentioned as well as an engaging discussion of potential presentations for the year. The consensus of the group was to focus on ostomy-related topics such as nutrition, exercise, tips to prevent pouch leakage, hernia prevention, odor control, irrigation and troubleshooting for ostomates in general. Cindy will coordinate these presentations in addition to our vendors who share updates with us when they visit during the year. Our 7th year together looks promising—won't you join us?

Baytown Ostomy Support Group meets the 1st Monday of each month at 6:00 p.m. in the Community Room in the Lobby at San Jacinto Methodist Hospital.

Cindy Barefield, RN, WOCN

281-420-8671

Northwest Group News

The Northwest Group rung in the New Year with 15 in attendance for a roundtable discussion and 2011 program line-up meeting. We welcomed a new urostomate and many faces from the previous years. Topics discussed included membership, the upcoming 55th OAHA Anniversary celebration at the Central Group's meeting, the upcoming national conference in Reno, Visitor training and the Take Steps fundraising walk. Future programs will include vendor visits, doctor visits, specialty visits, the Ice Cream Social and Fall Picnic. Gay Nell brought some yummy snacks and several extra were seen going home in pockets.

Our February program will include Nick Sprague, Acute Care Territory Manager of the Houston-West Skin/Wound/Ostomy area for Coloplast.

Gay Nell Faltysek

281-446-0444

Tony Romeo

281-537-0681

2011 OAHA Visitor Training

Course prerequisite: At least one year with an ostomy

Certified Visitor training will be held on February 26, 2011, Saturday, 8:30 a.m.–1:30 p.m. at the American Cancer Society building located at 6301 Richmond Avenue. In order to be certified or re-certified as a Visitor, you must attend this class. The next class will be held in two years.

Please RSVP by contacting President Terry Marriott by phone 713-668-8433 or by email at marriot@rice.edu to register for training.

Light breakfast refreshments will be provided in the morning, but please bring your lunch.



Program highlights include new UOAA information and/or updates. The Visitor Certification training will cover/include:

- Basic policies and procedures
- Ostomy anatomy
- Psychological and social issues
- Basic visiting skills

Join us for this unique opportunity to share and learn together.

Air Travel and the Ostomate

Comment by Patti Suler

I don't think I have attended a meeting without hearing personal stories relating to airport security issues since that 'gentleman' placed an explosive device in his underwear. Longtime 'mates everywhere groaned as the story broke because they knew what was coming in one form or another.

Ostomates have always traveled and always held concerns when doing so. That much has not changed. We adapt as needed. The following advice is excerpted from a *UOAA Updated—Special Advocacy Issue*, 23 November 2010.

Understand Your Rights:

1. You do NOT have to go through the scanner if you don't want to, but if you elect not to, you will be patted down. That will be done by a person of the same gender as you.
2. If you go through the scanner and they note something under your clothing—which is very likely—they will need to ask what it is and will need to carry out a pat-down.
3. You have the right to ask that the pat-down be carried out in a private place. If you ask for such a private pat-down, there will be TWO TSOs in the room with you. It may seem intimidating, but it is for your protection as much as theirs.

Please do not feel they are picking on you because of the pouch—all they know is that there is something there and they have to find out what it is. It could be a wadded handkerchief in a pocket, papers, a bandaged wound, or something more dangerous—but



Drawing Conclusions by Paul Beckman

Re-printed with permission from *Benefits Pulse*, Winter 2011

they have to find out. You can use this as a teaching opportunity, and overcome any embarrassment you might feel by showing pride in your status as a survivor against great odds.

The UOAA also issued a downloadable travel card. Both the card and the complete advisory article above may be found at www.uoaa.org.

CCFA Take Steps Walk 2011

Team Ostomy Association of the Houston Area will be walking for the third year in the Crohn's and Colitis Take Steps event. This year, the walk will be held on May 14, 2011, and we expect much cooler and nicer weather. The walk is less than two miles, basically a comfortable stroll around Discovery Green area downtown. Music, food and lots family based entertainment will be there. Come join us. Contact Team Captain Patti Suler for more information.



For more information about the conference, please visit the UOAA website at: http://www.ostomy.org/conference_2011.shtml

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.

WOCN and ET Directory

Cindy Barefield, RN, CWOCN (281) 420-8671

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@tenefhealth.com

Catherine Walsh RN, BSN, CWOCN (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**

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: **February 21, 2011**
Program: **Guest Speaker: Dr. Wei-Ping Kuo,**
Professional Acupuncturist

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: **February 7, 2011**
Program: **Guest Speaker: Matt Potter, RD, LD, SJMH**
Dietitian; "Promoting Healthy Ostomy Output"

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: **February 15, 2011**
Program: **Guest Speaker: Nick Sprague,** Acute Care
Territory Manager of the Houston-West Skin/
Wound/Ostomy area for Coloplast

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: **February 21, 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.

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.

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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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or For More Information Contact
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Tel: +49 30 / 65 07 36-0 ▪ Fax: +49 30 / 65 72 26 4 ▪ email: FOR_LIFE_GmbH@t-online.de

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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