



Ostomy Association of the Houston Area

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

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

Affordable Care Act "Repeal and Replace" Debate

from UOAA Advocacy Manager, Jeanine Gleba

These are important and exciting days for UOAA's advocacy program. We are in the final stages of forming an Advocacy Committee to help us achieve our goals and look forward to introducing you to our Committee in the coming weeks. Joanna Burgess-Stocks, ostomate, WOC nurse and current member of UOAA's Management Board of Directors is the Chair of this committee, and I am honored to work with her. In the meantime, we have charted our course and hope you will take the opportunity to review UOAA's Advocacy Agenda.

Once again in 2017, healthcare reform is in the spotlight and it is critical that we ensure the needs of persons living with an ostomy and continent diversions are included in the stakeholder conversations. In particular, we must make certain that the 115th Congress preserves the basic patient protections from the Affordable Care Act:

- Prohibit discrimination against patients with pre-existing conditions
- Prohibit lifetime and annual caps on insurance benefits
- Allow young adults to stay on family coverage until they are 26
- Limit patient out-of-pocket spending in a meaningful way

These protections have made it possible for many people living with an ostomy to obtain insurance coverage and protect them from stratospheric medical bills. Furthermore, they are essential to ensuring access to quality, affordable healthcare coverage.



UOAA is pleased to launch a new advocacy software platform to help you take action on important initiatives, and where you can keep on top of the latest advocacy news by signing up for our Advocacy Network.

Use the link provided below to **TAKE ACTION!**
http://www.ostomy.org/Advocacy_Action.html

*We will be counting on you to help make our voices heard!
Because every voice counts.
And every person living with an ostomy should be heard.*

Please feel free to email me at advocacy@ostomy.org, if you have any questions or comments. We look forward to accomplishing great things with all of you in 2017!

—Jeanine Gleba
UOAA Advocacy Manager

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.

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

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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, or newmarian@gmail.com.

Central Group News

We had one of our very favorite speakers at our January meeting—Tabatha Schroeder with Coloplast. She discussed some new and interesting news from Coloplast. First, for people with sensitive skin, Tabatha explained how Coloplast's Brava Protective Barriers can help with adhesion of your pouch. It is particularly helpful with those whose peristomal skin is extremely irritated and broken down. The barriers have zinc oxide in them which help with healing. Second, Tabatha reminded us that Coloplast is the only manufacturer that has no-sting paste. Finally, she mentioned that Coloplast is coming out with some new rings mid-year and will come back to tell us about them.

Also, Coloplast has started a new patient assistance program for those ostomates who do not have health insurance and are unable to afford to purchase ostomy supplies. To qualify, you must be a legal U.S. citizen or resident and you must complete a questionnaire about your financial situation. If you are eligible, you will receive six months of supplies and then you may reapply. For those who are not legal U.S. citizens or residents, Coloplast may be able to refer you to someone in your country of origin for supplies. The phone number for the Patient Assistance Program is 1-877-781-2656.

Our next meeting is on February 20. Our speaker will be Travis (TJ) McLaughlin with Byram Healthcare. We hope you'll be able to join us.

Regards,
Lorette Bauarschi, President, OAHA, 713-582-0718

SAVE THE DATE!—Visitor Training April 29, 2017

Visitor training is offered every two years to people who have had their ostomies for at least a year. This training is important to meet our obligation to maintain a no-cost support system for people considering ostomy surgery, having just had the surgery or post surgical circumstance. Support for new ostomates during the first six months is critical to their successful recovery and affects their future quality of life. Visitor training offers multiple benefits. It builds personal confidence to deal with an array of ostomy-related issues. It can teach you how to tell new friends, family members or co-workers about your ostomy, train you how to share basic ostomy information with new people at meetings and provide an opportunity to answer those small questions you may have. The training is interactive and fun. Keep watch for more information on the upcoming visitor training this year.

Baytown Group News

Baytown Ostomy Support Group kicked off 2017 with a presentation titled: "Ostomy Support System for Everyday Life, Start Living!" by Jay Walls, a local designer and creator of an innovative ostomy accessory. Jay, a fellow ostomate from Katy, Texas shared his motivation for creating an ostomy belt. After a lengthy ulcerative colitis battle, Jay decided to have surgery to remove his colon in 2012. After the surgery, he was afraid to go swimming. His 4 children desperately wanted their dad to join them in the pool! As we know from the Greek philosopher Plato "necessity is the mother of invention". With his creative juices flowing, Jay pulled out his sewing machine and created an ostomy belt that he has worn for several years. "I make these belts to help people live a better life with ostomies" Jay shared. Each belt is custom made in a variety of colors and closures in both child and adult sizes. Jay notes that wearing the belt can extend the wafer up to seven days.

Jay's custom belts are sold on Etsy: www.etsy.com/shop/ostomyaccessories or by contacting Jay at ostomyaccessories@yahoo.com. You can also follow Jay on YouTube and Facebook to see demonstrations with his ostomy belt.

I hope you will mark your calendar to attend Support Group the second Monday of each month. We have some great presentations planned for the new few months that include the following:

- **February:** Blake Kelting, B. Braun Medical Inc, will introduce Flexima Ostomy Products
- **March:** Making Sense of Insurance Coverage & Co-Pays for DME—Byram Healthcare
- **April:** Updates in the "Brava World"—Coloplast Ostomy Specialist, Tabatha Schroeder
- **May:** Updates with Hollister—Ostomy Sales Specialist, Kris McNeill
- **June:** ConvaTec Updates—Houston Territory Manager, Ostomy Care —Kerriane Pelz

Our February speaker will be Blake Kelting from B. Braun Medical Inc. Blake will introduce Flexima Ostomy Products to the group.

We look forward to seeing you!

Cindy Barefield, RN, CWOCA
 281-428-3033



The **United Ostomy Associations of America (UOAA)** can be contacted at:
www.ostomy.org or **800-826-0826**

Northwest Group News

A core group attended the first 2017 meeting for the Northwest Group. Discussion topics varied from current events, inflatable lawn decorations, LED versus traditional lighting and the upcoming programs for our group.

It was decided to continue the wildly attended Ice Cream Social in July and the annual Picnic in October. Additionally we will be inviting the major ostomy companies (Coloplast/Convatec/Hollister) as well Byram Medical, Spring Branch Medical Supply and other supply vendors to present at our meetings.

Ostomate Special Program—Once again we will host a panel of ostomy nurses to answer individual questions combined with a live model (non-ostomate) stoma pouching demonstration.

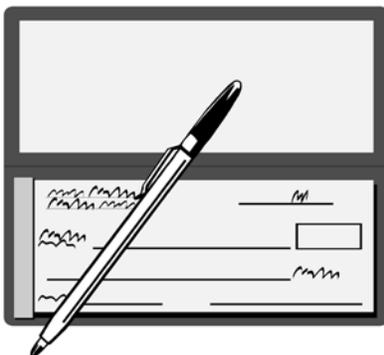
We were saddened to share the news of mate Paul Batchelder's death and send our prayers to his family. Thoughts and warm fuzzys to missing mates: Gen, Suzanne, Christy, Jane, Jay, Craig, Laurie, Beverly, and Caleta.

Wednesday, February 15, 2017, is the next meeting. Laura Brimer, Northwest Medical Center Dietician, will be returning once again to meet with us. Last year's presentation was incredible. Ms. Brimer took the time to answer individual specific questions in an easy to understand manner following her presentation. She also researched in-depth questions and provided post meeting information. A Do Not Miss This Meeting Event.

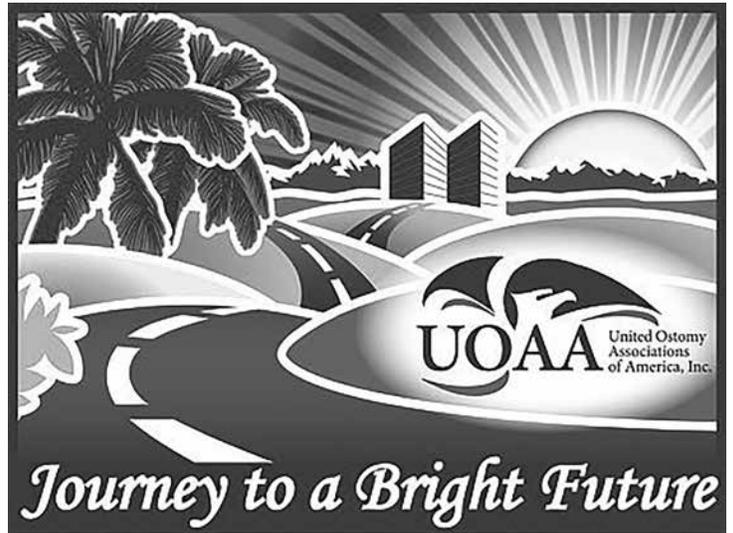
Billy Locke
337-515-6354

Semi-Annual Dues

As a completely volunteer ostomy support group, we are dependent on your dues and other gifts to continue our service to those in our community who need us. Membership dues are collected twice a year based on the initial enrollment month. Save money and time by responding to the first notice. Notices are being sent out now. Please consider renewing your membership. We all benefit from the Ostomy Association of the Houston Area in many forms: meetings, special events, visitor training and newsletters. Every one of us has received support from this organization and even if you can't make all the meetings, by continuing your support, others will have the same opportunities. If you have a little extra, consider making a donation to cover dues for someone else. If you would like to join and cannot find the funding, contact a board member to see if support is available. All membership grants are kept confidential.



Plan Now to Attend the 6th UOAA National Conference!



Tuesday–Saturday
August 22-26, 2017 Hotel Irvine, Irvine, California

Conference-Related Information

This year's conference takes us to Irvine, CA a place that boasts on average 280 sunny days per year. Abundant area attractions (think Disney and Pacific Beaches) may inspire you to plan a vacation around the conference dates. After a day of inspiring talks, educational workshops and exhibits, lounge poolside under the palm trees while socializing with new friends from around the country, or explore all the area has to offer.

Inspirational Talks, Stoma Clinic, Educational Workshops, Social Events, ASG Leadership Academy, Exhibit Hall and more!

Please go to www.ostomy.org, the UOAA website, to register and view the educational programming that is planned for you. Information regarding conference registration will be posted here when available and will be published in the March 2017 issue of *The Phoenix* magazine.

http://www.ostomy.org/2017_National_Conference_Page.html

Secure Your Special Hotel Rate Today!

UOAA National Conference Discounted Rate of \$129/night single/double + 10% tax and \$0.13/room/night CA State Assessment Fee. To get this rate reservations must be made before July 31, 2017 by calling a Hotel Irvine in-house reservation agent at 888-230-4452 or go online to <https://aws.passkey.com/go/UOAANatlConference2017>



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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. Subscriptions directly fund the nonprofit United Ostomy Assoc. of America – the only national organization providing vital information, resources, support and advocacy for ostomates.



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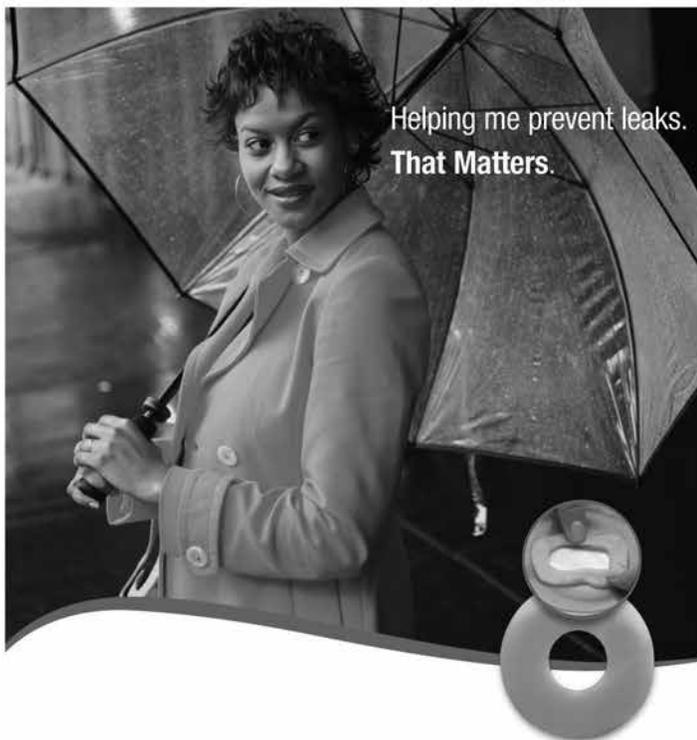
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Central Group

Monthly: Third Monday of the month
Date: **February 20, 2017**
Time: 7:00 p.m.
Place: Tracy Gee Community Center, 3599 Westcenter Drive, Houston, Texas 77042, (713) 266-8193
Contact: Denise Parsons 713-824-8841
 rockynme2@aol.com
Program: **Guest Speaker: Travis (TJ) McLaughlin** with Byram Healthcare

Baytown Group

Monthly: Second Monday of the month
Date: **February 13, 2017**
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
Program: **Guest Speaker: Blake Kelting**, B. Braun Medical Inc, will introduce Flexima Ostomy Products

Northwest Group

Monthly: Third Wednesday of the month
Date: **February 15, 2017**
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: Billy Locke 337-515-6354
Program: **Guest Speaker: Laura Brimer**, Dietician, Northwest Medical Center

J-Pouch Group

Monthly: **Third Monday of the Month**
Date: **February 20, 2017**
Time: 7:00 p.m. or by Appointment
Place: **Tracy Gee Community Center, 3599 Westcenter Drive, Houston, Texas 77042, (713) 266-8193**
Contact: Ron Cerreta 832-439-1311
 Ron Meisinger 281-491-8220

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 Tony Romeo, Treasurer, at 936-588-4031 or sal1tmr@sbcglobal.net 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: Tony Romeo, 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.

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.



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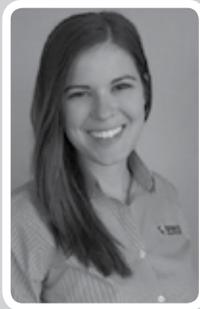
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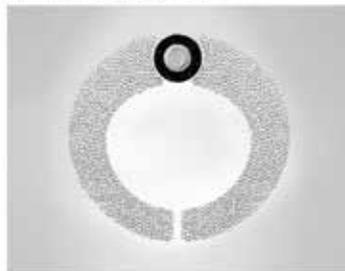
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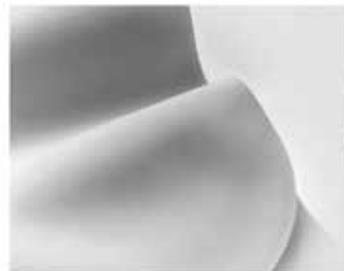
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Membership Application

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 _____

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<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
 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.