



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, March 16, 2009**
Program: **53rd Anniversary Meeting:**
"Who Are We?" presented by First Vice-President for Programs, Denise Parsons

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, March 2, 2009**
Program: **Guest Speaker: Polly Burleson, Ostomy Care Specialist from ConvaTec**

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, March 17, 2009**
Program: **Guest Speaker:**
Rosalie Johnson, Coloplast Representative

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, March, 2009**
Program: **General Discussion**

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Central Group News

We had 17 in attendance at the Central Group for our Monday, February 16 meeting during which we had a round table discussion. It was good to see June, a member who last attended in January of 2008, and has now recovered well enough again to be out of the various medical care facilities in which she has resided for too long. It was good to see you, June. We had three visitors who we hope we were able to provide some of the information that they were seeking. One visitor has a father who has been diagnosed with colon cancer and is under going chemotherapy, and who may potentially end up with a colostomy; she couldn't talk him into coming to the meeting, but she was determined to find out as much as she could from people who had gone through similar circumstances. She got information from several of our cancer survivor colostomy and ileostomy members who have obviously survived very well. She vented some of her frustrations with her current situation and hopefully obtained some suggestions on coping with her problems. We also had visitors Stan and his wife Vivian who has a relatively new J-pouch and was seeking some useful information which one of our new Director nominees, Ron, was able to provide.

We had a "Visitor's Training Session" on Saturday, February 7 and we had 17 people there learning the visitation techniques, including the things that the visitor should and should not do during a visit whether it is a hospital visit or a telephone visit. We are having fewer hospital visits due to the fact that people seldom stay in the hospital longer than 4 or 5 days. Most of our pre-surgery and post-surgery visits have been telephone visits and because of the short hospital stays this will probably continue to increase. We now have 17 newly trained or retrained visitors in 4 different ostomy-related categories: colostomy, ileostomy, urostomy, and J-pouch.

We are going to have an election in our May meetings for some of our Directors whose terms are expiring. Laura Beth Jackson has resigned due to family responsibilities keeping her out of town, and Kathleen Duplessis whose term expires this year does not wish to continue as a Director due to increased job responsibilities. The following list has the nominees preceded by the year their term will expire after being elected.

- 2011 Margie Tucker, new Director replacing Laura Beth Jackson
- 2012 Clarice Kennedy, new term, continuing Director
- 2012 Mary Harle, new term, continuing Director
- 2012 Ron Cerreta, new Director replacing Kathleen Duplessis

The program for the 53rd anniversary meeting on March 16 is "Who Are We?" presented by our First Vice-President for Programs, Denise Parsons. This program will show a brief history of our organization in the Houston area and give everybody some insight into the various things the organization does and some of the duties of the officers and appointed coordinator positions. She will also give us some information about our Medical Advisory Board and various other interesting information about our group.

You may wish to put April 20 on your calendar also, since we have Robert F. Gagel, MD scheduled to give a very interesting presentation on "Glucocorticoid-induced Osteoporosis" which is something many of us may have to deal with some day.

Terry Marriott

Baytown Group News

February's meeting was a great time to have a Roundtable discussion scheduled. The group was able to celebrate the awesome sound of one member's "cancer free" news and welcome back another who has been struggling with a menagerie of medical problems including kidney stones, a heart attack and an allergic response to a face cream.

In the course of sharing their recent struggles, one member told of a crisis she faced during an outing with some friends. She had a pouching system malfunction and was ill equipped to manage the situation in the Ladies Room out of her purse. This led to an interesting discussion from the group! How many persons have an Ostomy Survival Kit with them when

they leave the house? What should be in the Ostomy Survival Kit? You can bet that this ostomate will be well equipped the next time she is faced with the same situation! (Stay tuned... we decided to make this the topic for our next Roundtable in April—it's not just a ladies Topic – the gentlemen need it too!)

We look forward to seeing more of our Baytown group next month for a presentation by Polly Burleson, Ostomy Care Specialist from ConvaTec.

- REMEMBER...1st Monday at 6 p.m. Hope to see you there!

Cindy Barefield, RN, WOCN
281-420-8671

Northwest Group News

The Northwest Group had 12 attendees participate in the February meeting in spite of rainy conditions. An open discussion was held between new and seasoned members on a variety of topics. Tony shared information about his recent trip to Bangkok, Thailand, which included a visit to the open markets and several different types of eating experiences. Patti provided an anecdotal account of the recent Visitor Certification training. Gay Nell provided a marble swirl cake and muffins in honor of her upcoming birthday. Shrimp dip with crackers was also brought by Patti in celebration of her recent appointment as Newsletter Editor.

Next Meeting will be with Rosalie Johnson, Coloplast representative on March 17.

Gay Nell Faltysek
281-446-0444

Tony Romeo
281-537-0681

Pointers For The New Ostomate

Via Big Sky Informer and Stoma-Life Newsletters

There is no one answer to the question, "Why me?" but it is normal to ask, and you do need to work through the process.

Each person's ostomy is different, even as our fingerprints are different.

Support and information received from someone who has an ostomy can be helpful. Ask your doctor or ET nurse to arrange for an ostomy visitor.

It is your ostomy; learn to manage it and don't let your ostomy manage you. In the beginning it is normal for your ostomy care to be the center of your existence; however, with time and practice your ostomy and its care will become just a normal part of your life.

Basic management skills can be learned like new experiences; any problems that develop must be met and managed as they occur. With time and experience, you will become comfortable with your ostomy care.

You are alive! You will get better and stronger. Give yourself time to get over your ostomy surgery, adjust to this body change, and adapt to your ostomy.

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.

Visitors Corner

By Jeri Zaslaski, via the New Outlook and New Life Newsletters

The Visitor is living proof that life goes on. Visitors are out doing the very things the new patient wonders about. They are the symbol for hope in the midst of pain, confusion and fear. Making a visit might seem like a small thing to you. It is like lighting a candle in someone's darkness. **Please, let's keep spreading the word: the Visitor can be one of the most important aspects of a patient's full and happy recovery.**

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.

It's All Here!

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Visitor Training

Helping Others—Visitor Training

Our Chapter's visitor training program was held recently. What makes this event so special is that ostomates are trained to provide support to people about to have ostomy surgery or to those that just had it. The visitors are not health professionals, nor do they give advice. What they offer is real time, genuine support based on their own personal experiences. The visitor role, combined with the health management team, and group support, provides a foundation for the successful recovery and return to a full lifestyle by new ostomates.

The course is broken down into four segments. Dorothy Andrews, our visitor program coordinator, started off by providing information on basic policies and procedures. She added her personal insights such as "no two visits were ever the same" and how even a few times she used an interpreter to help someone who did not speak English.

Clarice Kennedy (Ask The ET) was on hand to discuss ostomy anatomy and physiology. Ms. Kennedy presented complex clinical information in a manner that was easy to understand and retain. Cindy Barefield, RN, WOCN, led a discussion on the psychological and social issues that ostomates deal with. She actively demonstrated how a positive approach versus a negative one could affect people. Denise Parsons finished up the training topics by reviewing the basic visiting skills. Her calm manner and easy presentation style underscored exactly how a visitor should provide support and most importantly, a listening ear.

Participants discussed their own memories of visitors and reflected on how supportive this program has been for each of them. Terry Marriot presented the certified visitor cards at the end of the training session. Refreshments were provided by Mary Harle. Electronic copies of the ileostomy, colostomy and urostomy fact sheets can be downloaded from the UOAA website.



Dorothy Andrews providing unique insights based on her years of service as a visitor.

Dorothy Andrews, Visitor Coordinator, reported at the recent visitor's training that less than 25 requests had been received during the prior year. There was a lot of discussion about why requests were declining and what contributing factors may be influencing the numbers. Some of the contributing points were identified as:

- Shorter hospital stays
- Temporary versus Permanent surgeries
- Home Care or Hospital Care teams relying on self coverage
- Doctors and/or Nurses not aware of the program
- Changes in communication methods, i.e. Internet access

Obviously the visitor program can be a vital role for the ostomy candidate. Solutions to address this important issue were also collected:

- Tell your doctor, tell your nurse, tell your friends about the program
- Carry and provide newsletters to medical facilities and care providers
- Share your ideas about the program with others, your board members, group leaders

Often the solution to a problem like this can be complicated, almost overwhelming, but when good people come together in a common cause, it is amazing what results can be achieved.



Seventeen members came together to be certified or re-certified as ostomy visitors.

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

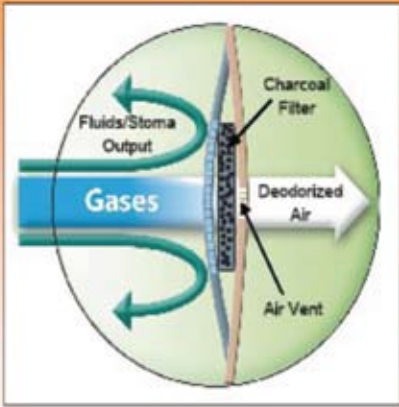
Use Those Shopping Cards

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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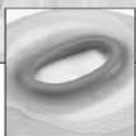
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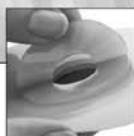
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Ostomy Association of the Houston Area

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Terry Marriott	President	713-668-8433 or marriot@rice.edu
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Marian Newman	Secretary	281-485-1961 or mnewman@uh.edu
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Clarice E. Kennedy	Ask the ET	713-647-8029 or cekennedy1@peoplepc.com
Kathleen Duplessis	Membership Chair	713-467-3168 or duplessis.kathleen@yahoo.com
Edgar Wood	Outreach Chair	281-493-5015 or ewood6@comcast.net

Appointed Positions

Dorothy Andrews	Visitation Coordinator	713-789-4049
Patti Suler	Newsletter Editor	281-448-3044 or pattiksuler@aol.com
Tom Ryan	Newsletter Distributor	281-497-3513 or ryant2@prodigy.net
Mary Harle	Telephone Coordinator	713-782-7864
Barbara Bouse	Library Coordinator	281-495-1840 or cbouse@comcast.net
Tony Romeo	Northwest Group Coordinator	281-537-0681 or saltmr@sbcglobal.net
Cindy Barefield	Baytown Group Coordinator	281-420-8671 or cbarefield@tmhs.org
Ron Meisinger	J-Pouch Coordinator	281-491-8220
Mary Harle	Supplies Coordinator	713-782-7864

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