



# Houston Chapter United Ostomy Association

April 2005

Houston Chapter UOA  
PO Box 25164  
Houston, TX 77265-5164  
www.uoahouston.org

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

"UOA is a volunteer-based organization dedicated to providing education, information, support and advocacy for people who have had or will have intestinal or urinary diversions."

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

## Baytown Group

Monthly: Fourth Monday  
Time: 7:00 p.m.  
Place: Cancer Center Community Room  
4021 Garth Road, Baytown  
Contact: Cindy Barefield 281-420-8671

**Meeting: April 25th, Monday evening**

**Program: To Be Announced**

Come and join us for a meeting of ostomates from the

## Central Group

Monthly: Third Monday  
Time: 7:00 p.m.  
Place: American Cancer Society Building  
6301 Richmond Avenue, Houston  
Contact: Ed Wood 281-493-5015  
(ewood6@houston.rr.com)

**Meeting: April 18th, Monday evening**

**Program: Hollister Representative**

The Hollister representative will be present to show new products and answer any questions.



Spring is  
in the air...



## 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: April 18th, Monday evening**

**Program: Round Table Discussion**

Join us for a discussion about ulcerative colitis and the J-Pouch connection.

## 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: April 19th, Tuesday evening**

**Program: To Be Announced**

Come and join fellow ostomates for an evening of information and sharing.

## 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. Membership fees and donations are tax deductible.*

## Chapter News

The Houston Chapter of the UOA celebrated their 49<sup>th</sup> Anniversary at the American Cancer Society building with a delicious potluck dinner on Monday evening, March 21st. 33 people were in attendance. We were entertained by the barbershop quartet, "Note-oriety", which was enjoyed by all. The cake and decorations were beautiful...thanks to Clarice Kennedy, Mary Harle, and Judy Swinger for their hard work. Mary Harle, Clarice Kennedy, and Gladys Wood deserve special thanks for setting up in preparation for the dinner and during the dinner. Thanks also to everyone who brought food for the meal and to Floyd and Judy for arranging the quartet's performance. We appreciate the donations to cover the expenses of the quartet as well. Following the dinner, ideas were discussed concerning the celebration of our 50th anniversary next year. We hope to have a special celebration and, although we have a year to plan, it will go by quickly. Should you have any ideas about how to make this celebration a special one, contact any officer who is listed on the back of our newsletter.

We were saddened to hear about the loss of Floyd Swinger's daughter's twins. We wish Floyd and Judy peace. We wish Chuck and Barbara Bouse a speedy recovery from their illness. Harold Richmond is back at home after a lengthy hospital stay for treatment of recurrent cancer. Harold, we all miss you, wish you well and hope to see you soon.

A Saturday morning Visitor Training session will be held from 8:30 AM to 12 PM on a Saturday in mid to late April. The definite date will be determined no later than April 1st. Registration and refreshments are from 8:30 AM to 9 AM with the training session beginning at 9 AM. The directions to the Northwest Group's meeting location can be found on the front page of the newsletter. Call Ed Wood at 281-493-5015 for more information and to sign up for the training if you plan to attend and have not otherwise indicated your attendance.

As the time for your copy of this newsletter arrives each month, you may want to check advertisements that you receive in the mail. The post office is not obligated to sort the newsletter with first class mail and sometimes it will be placed with advertising that you receive.

The young lady who we were sponsoring for the UOA Youth Rally last year, but was unable to attend due to illness, is submitting her application to attend the Rally this summer. Hopefully, this will be a healthy year for her and she will be able to attend and enjoy the Rally. Shortly, we will activate her plane ticket that was carried over to this summer by Continental Airlines.

May is election time and most of that meeting will concern our national and local UOA elections. Our Nominating committee, Floyd Swinger and John Flowers, report the following nominations for the Houston Chapter of UOA: Second Vice President-Mary Harle and Secretary-Denise Parsons. We thank Mary and Denise for their willingness to continue serving our Chapter. This would be their first two-year terms of office. This announcement will appear in next month's newsletter also. We should have forthcoming information, either in the newsletter or on the website, about the candidates for the national offices.

The National UOA office has begun sending a notice for **national** dues of \$17.50 directly to each member's address. This is the amount to pay the national UOA if you pay local dues. If you do not pay local dues, then national UOA will bill you as an associate member at \$25. Houston Chapter Treasurer, Chuck Bouse, has sent a **local** dues notice of \$10.50 for members who were due to renew during the first six months of the year. We had a 95% return from those who received notices for the first six months. Thank you for your prompt response. In June or July, Chuck will send a notice for those who are due to renew in the second half of the year. If you have any questions about the dues billing process, you can call Ed Wood at 281-493-5015 or Chuck Bouse at 281-495-1840.

I hope you plan to attend the April 18<sup>th</sup> meeting, when the Hollister representative will speak to our group.

*Ed Wood*  
President

\* \* \* \* \*

**Don't forget to *spring forward* to  
Daylight Savings Time on  
April 3rd!!**

*"The most thoroughly wasted of  
all days is that on which one has  
not laughed."*

- Nicolas Chamfort

## ANNIVERSARY GIFT

After seeing the following suggestion in the Tyler Chapter newsletter, it was decided to offer the same to members of the Houston Chapter.

As you celebrate the anniversary of your ostomy surgery each year, consider making a monetary gift to the Houston Chapter UOA. A gift of \$1.00 for each year you have had your ostomy is a guideline; however, each person determines the amount, if any, he/she wishes to give. If you desire to make such a gift, make your check payable to Houston Chapter, UOA and please send it to:

Houston Chapter, UOA  
Attn: Chuck Bouse, Treasurer  
P.O. Box 25164  
Houston, TX 77265-5164

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

## MEMORIAL FUND

The Houston Chapter of UOA has established a Memorial Fund. Donations can be made to the fund to memorialize or honor individuals. All donations should be made payable to the Houston Chapter, UOA and sent to:

Mary Harle  
9643 Winsome Lane  
Houston, TX 77063-3725

When sending a donation, be sure to include the name of the person being honored so that appropriate acknowledgement can be sent.

## SUGAR UP? GO DOWNHILL

Source Prevention Magazine

If you worry that downhills are a waste of workout time, don't. Austrian researchers tracked two groups (45 people in all) for four months. The volunteers hiked 3 to 5 days a week in one direction on a long hill—either up or down. The downhill hikers had a 25% drop in blood sugar levels, compared with a 9% dip among the uphill crew. The reason may be that leg muscles demand more blood as they lengthen on a downhill, and more flow helps clear sugar. No long hills to descend? Staircases in tall buildings are another option. \*

## SIBLING SIGNS

If your brother or sister had heart disease **before age 55**, tell your doctor. A Johns Hopkins study of 8,500 adults finds that your risk mirrors your siblings' more than your parents'. \*

## ATTENTION... Ostomates and Medical Personnel

Clarice E. Kennedy, Certified Enterstomal Therapist and Immediate Past President of the Houston Chapter, UOA, is available for consultations by appointment only at Spring Branch Medical Supply at 8700 Long Point Road, Houston, Texas. Clarice is an ostomate herself and has 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. The Houston area is fortunate to have such a dedicated individual available for personal consultations. Appointments can be made by calling Clarice at 713-647-8029.

## Donation of Supplies

If you have ostomy supplies that you no longer use, please consider donating them. The Houston Chapter of UOA is contacted on a regular basis by individuals who are in need of donated supplies of all kinds. This is one way that you can assist your fellow ostomates in the Houston area. Please contact Ed Wood at 281-493-5015 with any questions.



**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.

## VISITOR TRAINING TO BE HELD IN APRIL

A second visitor training class will be held in mid to late April for those individuals who were unable to attend the class that was held in February. Please call Ed Wood at 281-493-5015 for specific details. \*

## NEW OSTOMATES

Via *Rose City Ostomy News*, Tyler, TX

One of the most daunting tasks I faced as a new ostomate was returning to the society of people outside my immediate family. Insecurity about the reliability of my appliance, post-operative pain, a sense of being radically different, and a lack of appropriate clothing, all contributed to a feeling of isolation. When I tried to see old friends, I would catch them looking me over to see how I'd changed. It made me feel diminished somehow.

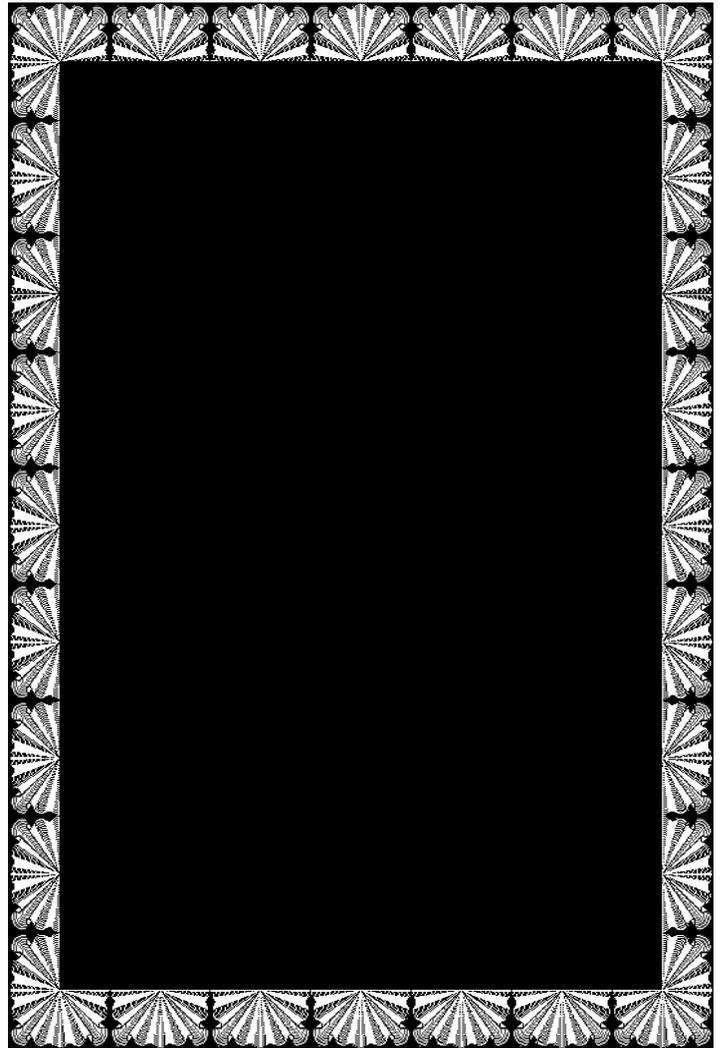
When I expressed these feelings to my UOA provided visitor, he encouraged me to go to the next Ostomy Association meeting. ("Encourage" doesn't quite tell the story: he insisted—going so far as to pick me up and take me there). At that first meeting, I found people with the same condition, and many with worse ones, which made it hard for me to continue wallowing in self pity. To my surprise, these people looked and acted like everyone else I knew. They were living normal lives, working, raising children, falling in and out of love just like the rest of the world did. If there was a difference, it seemed to be that they enjoyed life more than most. And they were all very nice people, every one of them. They were more willing to share their experiences, discuss any topic I chose to raise and suggest practical solutions to practical problems. They gave me phone numbers and told me I could call any time. Some of them remain as friends today.

I still had adjustment problems, large and small, but I knew I could solve them and I knew there were people who would help me do so. If I was asked to give only one piece of advice to a new ostomate, it would be this: GO TO A MEETING. That one action, almost forced on me, made all the difference. \*

### Really Important Stuff My Kids Have Taught Me...

- ~ Aim before you blow your straw paper.
- ~ If you stay clean, you'll never have fun.
- ~ Don't always act your age.
- ~ If splashing in puddles means you have to wear wet shoes for the rest of the day, sometimes it's worth it.
- ~ When you're being dragged, let go of the leash.

**Celery with peanut butter and raisins tastes better if you call it "ants on a log".**



### Fun Facts . . .

- \* Our eyes blink about once every 5 seconds — 17,000 times a day or about 6 million times a year.
- \* Your heart beats about 100,000 times a day sending 2,000 gallons of blood throughout your body.
- \* It took Rudolf Reitberger 10 minutes and 24 seconds to climb 86 floors and win the Empire State Building Run-Up. The oldest and last place Run-Up participant was Chico Scimone who, at age 93, finished in 49 minutes and 28 seconds. Way to go, Chico!!
- \* U.S. cell phone subscribers reached about 159 million in 2003, up from 34 million in 1995. The average call lasted 2.87 minutes, the average monthly bill: \$49.91.
- \* Drivers in the typical U.S. household traveled 21,188 miles in 2001, up from 15,100 miles in 1990.
- \* The number of households with Internet access increased to 54.6 percent in 2003, from 26.2 percent in 1998.

Sources: The Internet, Time Magazine and U.S. Census Bureau

## BAYTOWN SUPPORT GROUP

*"A good laugh is sunshine in a house."* - William Makepeace Thackeray

We are moving our meeting day to the fourth Monday of each month beginning in March. Our meeting place remains the same.

Join us for our next meeting which will be held on April 25th. Ostromates, their families, and friends are invited to attend.

*Cindy Barefield, RN*  
281-420-8671  
Pager 713-404-0296

## NORTHWEST GROUP HAPPENINGS

A Visitor Training session will be conducted on a Saturday in mid to late April. The date will be confirmed and announced soon for those who wish to attend and become certified as visitors. Please contact Ed Wood at 281-493-5015 for additional information.

See you at our regular meeting on Tuesday, April 19th.

**Tony Romeo**  
281-537-0681

## NEVER SAY TO A COP

1. Are you Andy or Barney?
2. You're not gonna check the trunk, are you?
3. Hey, you must've been doin' about 125 mph to keep up with me. Good job!
4. I thought you had to be in relatively good physical condition to be a police officer.
5. Gee Officer, that's terrific. The last officer only gave me a warning too!

## IT WAS FUN BEING A BABY BOOMER... 'TIL NOW

Some of the artists of the '60s are revising their hits with new lyrics to accommodate aging baby boomers.

1. Herman's Hermits—**Mrs. Brown, You've Got a Lovely Walker**
2. The Bee Gees—**How Can You Mend a Broken Hip**
3. Bobby Darin—**Splish, Splash, I Was Havin' a Flash**
4. Ringo Starr—**I Get By With a Little Help From Depends**
5. Roberta Flack—**The First Time Ever I Forgot Your Face**
6. Johnny Nash—**I Can't See Clearly Now**
7. Paul Simon—**Fifty Ways to Lose Your Liver**
8. Commodores—**Once, Twice, Three Times to the Bathroom**
9. Marvin Gaye—**Heard it Through the Grape Nuts**
10. Procol Harum—**A Whiter Shade of Hair**
11. Leo Sayer—**You Make Me Feel Like Napping**
12. The Temptations—**Papa's Got a Kidney Stone**
13. Abba—**Denture Queen**
14. Tony Orlando—**Knock 3 Times on the Ceiling if You Hear Me Fall**
15. Helen Reddy—**I am Woman, Hear Me Snore**
16. Willie Nelson—**On the Commode Again**
17. Leslie Gore's—**It's My Procedure and I'll Cry if I Want To**

## CARBOHYDRATE CONFUSION

via Evansville, IN UOA Chapter Newsletter

Are you among the many confused by the latest carbohydrate debates sparked by the recent wave of low carb diets? Carbohydrates are the starches, fiber and sugar in foods converted to glucose in the body for use as the main source of energy. The National Academy of Sciences recommends both children and adults eat at least 130 grams of carbohydrates each day for brain function. Most people consume far more calories from carbohydrates than necessary, often from empty calorie sources such as sweets, chips, fries and sodas. These sources of carbohydrates pack little nutritional punch and the calories add up quickly. But is the opposite necessary? Extremely low-carb diets can compromise adequate grain, fruit and vegetable intake, which are shown to fight cancer and heart disease. Not all carbs are created equal. Don't just count your carbs, make your carbs count! The best bet for long-term weight loss is to include a variety of foods each day including whole grains, fruits, vegetables, lean meats, and low-fat dairy foods. Be conscious of portion sizes and increase physical activity. Please consult a medical professional for individual advice. \*

## HANDS-ON HELP FOR ARTHRITIS SUFFERERS

Source: Readers Digest



Tying shoes. Opening jars. Such tasks are impossible for the millions of Americans with rheumatoid or osteoarthritis. A new catalog offers help: Developed by the drug maker Abbot, "Grasp" features 130 tools that can help make bathing, cooking, reading and other activities easier. For people who can't bend their fingers, there's the Turning Handle to open doors and turn on faucets. The Key Turner makes easier work of unlocking doors. Order the catalog at ra.com. \*



# Mark your calendar now!

## American Cancer Society

### 2005 Relay for Life

#### A Team Event to Fight Cancer

**Relay For Life is a community gathering where everyone can participate in the fight against cancer.** Teams of people camp out at a local high school, park, or fairground and take turns walking or running around a path. Each team is asked to have a representative on the track at all times during the event – because cancer never sleeps.

**Please join us as our honorary guest in the Survivors Lap.** Relay For Life always begins with this wonderful Survivor Celebration. The Survivors are the first ones to make their way around the track to the sound of cheers from the teams and other participants. Caregivers are welcome to join the celebration and walk the second half of the lap with the survivors. When the sun goes down, the track is glowing with the light of hundreds of luminaria to remember those lost to cancer, those fighting cancer and those who have fought cancer and won.

**With 14 different events in the Houston area during March and April,** it's easy to participate as a survivor, a team member, or by purchasing a luminaria. For a list of locations, or to register for the Survivor Celebration near you, please call the American Cancer Society at 713-266-2877 or visit [www.cancer.org](http://www.cancer.org). ♣



#### Note from the Editor:

Three of the area Relay For Life events are being held on the following dates:

- Southeast Harris County,** April 1 & 2 - San Jacinto College - Central Campus Stadium
- Northwest,** April 22 & 23 - Tomball High School
- Katy/West Houston,** April 29 & 30—Katy VFW Park

If you interested in participating in one of the Relay For Life events as part of a team for UOA and/or participating in the Survivor's Lap, please contact Judy Swinger at 281-463-0069.

## GENERAL TIPS ON NUTRITION

via *Bluebonnet*, Central TX Chapter, Waco-Temple and *Rose City Ostomy News*, Tyler, TX

- \* There is no special diet—everyone is different. Learn what you can tolerate.
- \* Know what part of your bowel was removed as this effects how nutrients and electrolytes are absorbed. Know that dietary fiber is an important part of a healthy diet. A diet high in fiber may prevent the development of diverticula, hemorrhoids, and possibly colorectal cancer. If you can't eat the recommended amount of fiber foods, try OTC bulking agents like Konsyl or Metamucil.
- \* Chew foods slowly and well. Foods that expand in water like dried fruits, mushrooms, corn, seeds, and popcorn have the potential to cause blockage.
- \* Keep yourself hydrated by drinking plenty of water to aid digestion, to help prevent constipation, and reduce kidney stone formation.
- \* Liquids that help meet daily requirements include: caffeine-free sodas, milk, juices, some fruits and vegetables.
- \* All foods are part of a balanced diet and should be added back slowly after surgery. For a healthy body, protein from meat, chicken, egg whites, fish: good energy foods from grains, fruit, vegetables, dairy products.
- \* **Ileostomate:** Drink lots of liquids and chew your food well. Try eating marshmallows or bananas to absorb liquid in stool to make pouch changes easier.
- \* **Urostomate:** Drink plenty of liquids. You need to know that asparagus will produce a strong odor in urine.
- \* **Colostomate:** Generally diets/foods tolerated before surgery will not have to change after surgery. You may prefer to reduce gas-producing foods such as beans, broccoli, and cauliflower. Eliminate odors from the pouch by chewing parsley and rinsing the pouch with mouthwash. \*

## GOOD NEWS...

via *The Toby Tabloid*, Charlotte Allen, CWOCN, Abilene, TX

I have just found out from the 3M Company that one of my favorite products for treating peristomal skin irritation can now be found at Wal-Mart. I have always recommended 3M No Sting (Cavalon) spray protective film for minor skin irritation or to use over stoma powder or anti-fungal powder. Wal-Mart now carries the same product for a fraction of the price you will pay at a medical supplier. It goes by the name 3M Nescare No Sting Liquid Bandage Spray. It is found by the Band Aids and other first aid products. It does not hurt if some of this gets on the stoma when applying. You will be able to gently remove this white-gray coating from the stoma. As the title says, this does not sting when applied to open, irritated skin. Just be sure this protective film is dry before you apply your ostomy wafer/barrier. \*



# 49th Anniversary Dinner





**2005 UOA National Conference  
August 3 - 6 ■ Anaheim, CA**

Anaheim Marriott  
\$99.00 plus tax single or double\*

Come join fellow ostomates this summer in sunny California. The hotel has great meeting space in one area, indoor and outdoor pools, a health club, plus several restaurants within a short walk. In 1985 and 1992, UOA hosted successful conferences at this hotel and this year's conference promises to be even more successful with great programming, exciting conference events, sight seeing and meeting old and new friends.

United Ostomy Association, Inc.  
www.uoa.org, info@uoa.org  
or 800-826-0826 for more information.

*\*To reserve a room at the host hotel, please call 800-228-9290 and mention you are with the UOA to receive the conference rate. Everyone who reserves their room at the conference rate will be automatically entered into a drawing to win free conference registration for the 2006 UOA National Conference. Online reservations do not qualify.*

**SUPPORT UOA WHILE YOU SHOP. . .**

**Locally:** Remember to use your Kroger and Randall's shopping cards. Both stores return a percentage of your purchase to the Houston Chapter on a quarterly basis. For card applications, contact Ed Wood at 281-493-5015.

**Nationally:** Through links on the UOA Web site, you can effortlessly help the UOA while you shop for your family, friends and loved ones at amazon.com, barnesandnoble.com, igit.com and buyforcharity.com. Tell your friends, neighbors, family, coworkers and everyone else you know that they can help a worthy cause while they shop. Visit:

[http://www.uoa.org/donations\\_associates.htm](http://www.uoa.org/donations_associates.htm).  
Questions? Call 800-826-0826. Happy shopping!!

**Moving??**

**A  
D  
D  
R  
E  
S  
S**

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 you need to contact Chuck Bouse, Treasurer, at 281-495-1840 ([dewitt@houston.rr.com](mailto:dewitt@houston.rr.com)) or Judy Swinger, Newsletter Editor, 281-463-0069 ([swingcon@ev1.net](mailto:swingcon@ev1.net)). You may also send your request to UOA, Houston Chapter, P.O. Box 25164, Houston, TX 77265-5164.

**C  
H  
A  
N  
G  
E**

**TAKE NOTE OF A NEW WEB SITE:  
Advocacy for Patients with Chronic Illness**

This site has been launched for people with IBD. Jennifer C. Jaff, author of "Know Your Rights: A Handbook for Patients with Inflammatory Bowel Disease," has inaugurated a new nonprofit corporation to advocate for patients with chronic illnesses, especially IBD. Visit [www.advocacyforpatients.org](http://www.advocacyforpatients.org) to use this free service.

**Great Truths that Adults have Learned:**

- ~ Raising teenagers is like nailing Jello-O to a tree.
- ~ Wrinkles don't hurt.
- ~ Families are like fudge...mostly sweet, with a few nuts.
- ~ Today's mighty oak is just yesterday's nut that held its ground.
- ~ Laughing is good exercise. It's like jogging on the inside.

**LANGUAGE LUNACY**

You have to marvel at the unique lunacy of a language in which your house can burn up as it burns down, in which you fill in a form by filling it out and in which, an alarm goes off by going on.

English was invented by people, not computers, and it reflects the creativity of the human race, which of course, is not a race at all.

That is why, when the stars are out, they are visible, but when the lights are out, they are invisible.

Write the phrase, "There are 3 2s (to, too, two) in the English language. I did the best I could..."

P.S. - Why doesn't "Buick" rhyme with "quick"?