



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

Who Are We?—The Series

Clarice Kennedy, CET, Trail Blazer, Wonder Woman



Clarice Kennedy is a cornerstone of our organization. Since her first association meeting in the '70s when she volunteered to be our librarian, Clarice has not stopped serving and supporting those around her. She has served in every position, except Treasurer, many times over.

When Clarice underwent her surgery in December of 1970, there was little support available outside of her doctors and our association. Her stories of the ostomy supplies and training from the early days are chilling. Yet, lack of support did not hinder her from learning and deciding to make a difference in her life and the lives of others. Clarice decided with encouragement from her doctors, to train and become an Enterostomal Therapist. This new specialty care breed was just developing across the nation. Clarice completed her training in 1974 and became the third E.T. in Houston, Texas. Clarice has not stopped learning, contributing or helping others since.

Clarice has lectured and provided training to a cross section of the medical community in addition to maintaining her own practice for over 25 years. She has served with dedication and devotion to our organization and at times, personally supported the group by carrying multiple roles just to keep it going during the lean years.

Immediate Past President Ed Wood states, "I would say that she [Clarice] is the main reason many of us are involved with the support group. Having had her help us through the phases of being an ostomate, many of us want to show our appreciation by helping keep the support group going and give back to others. She is always the one to contact when you are having problems that you do not know how to handle. We are very fortunate to have crossed paths with Clarice."

Clarice has been recognized and honored many times over by the UOA, medical community and our own association as they

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awarded her a lifetime membership. Clarice also serves on our Board of Directors in an advisory role. She has also been a keynote speaker at many conferences.

In 2005, Clarice began a new business relationship with a German ostomy Manufacturer Karl-Thomas Brie, Owner and General Manager of Stomocur Ostomy and Wound Care products. These products are manufactured in Berlin, Germany, and have been available in Europe for many years but were not available in the U.S. He found out about Clarice through Dr. Marvin Baker, whom he had hired to help him get Stomocur products available in the U.S. and sought her out to be a representative based on her well-known reputation, skills and knowledge in the ostomy environment.

I have devoted much of my life in helping my patients and others learn to live life with an ostomy.

Clarice sees patients at a local medical supply facility by the name of Spring Branch Medical Supply and the owner of that facility

(Continued on page 3)

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 33 in attendance at the Central Group meeting on March 15 to hear Patti Suler our Newsletter Editor give a presentation on our national affiliate organization the United Ostomy Associations of America or UOAA. Of those 33 in attendance, seven were visitors and new ostomates or their spouses; two or three of which are now new members. Patti went over how the UOAA election system works and how all affiliate groups vote in their elections. How they do advocacy for ostomates related to insurance, travelling, and the workplace, and how they have a blanket 501(3c) coverage for affiliates that don't have tax-exempt 501(3c) status like our local Ostomy Association of the Houston Area, OAHA, does. She told us about how they have National Conferences on odd years alternating with Regional Conferences on even years each every two years. The next National Conference is August 7–11, 2011, Third National UOAA Conference at the John Ascuaga's Nugget Hotel in Reno NV. This year they are having a Regional Conference August 13–15, 2010 at the Northwest Regional Conference & ASG Leadership Seminar at the La Quinta Inn & Suites in Tacoma WA. At our February Central Group meeting Emilie gave presentation on the UOAA National Conference that she attended in August of 2009 in New Orleans. We are hoping to send one or more of our local OAHA people to a relatively close UOAA leadership seminar on May 1, 2010, ASG Leadership Seminar at the Crowne Plaza Suites in Arlington, TX.

Patricia Carroll, the insurance specialist who was scheduled to speak in January, but was unable to attend due to illness, will be with us for the April 19 Central Group Meeting. If you have insurance questions or specific concerns about any form of insurance or insurance related problems, she will be happy to address them. Please call or email Denise Parsons who will forward the questions to Patricia. What have you always wanted to know, but were afraid to ask about insurance? We should find out in April.

Clarice Kennedy, our own CET and member and ostomate, has consented to do a program at our May meeting. She would like to have any ostomy-related questions or concerns that you have been wondering about ahead of time so that she can give you the best possible answer. Her phone number and email address are in the newsletter, so please send those questions her way.

I especially want to thank Denise Parsons for writing the last couple of Central Group monthly meeting articles and doing a great job, as well as arranging for the great monthly presentations that we have been having at our Central Group meetings.

Hope to see you all in April,

Terry Marriott
President OAHA

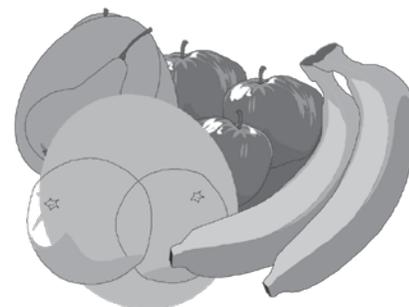
Northwest Group News

The April meeting turnout was small but lively. The weather was horrible and brave attendees had to overlook area storm warnings. The group tested a beta version of an ostomy game "Who wants to be an Ostomy Know-It-All?" The game was comprised of true or false questions involving a diverse range of ostomy topics. As contestants responded to each question with true or false, each winner was awarded a golden coin. The one with the most coins at the end of the game was declared the true Ostomy Know-It-All and awarded with a championship green derby in time for St. Patrick's Day. The best game by-product was the general discussion following each question as everyone compared personal notes on the topic. The game set the foundation for a fun roundtable discussion that was enjoyed by all levels. A request was made for another game night in the future with new questions. Chocolate edible coins in lieu of the gold ones were also requested. Contact Patti Suler for game parameters. We were excited to see Jennifer after her J-Pouch installation and how well she was doing. Our thoughts and prayers go out to absent members Jane and Suzanne as they continue to recover.

Next month's guest speaker will be Marsha Hakim, MS, RD/LD, Dietician.

Gay Nell Faltysek
281-446-0444

Tony Romeo
281-537-0681



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.

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.

Baytown Group News

The March meeting of the Baytown Ostomy Support Group was dedicated to Colorectal Cancer Awareness. The American Cancer Society has deemed March “Colorectal Cancer Screening Awareness Month.” Cindy Barefield, WOCN and Coordinator of the group shared an American Cancer Society PowerPoint presentation on Colon Cancer Awareness followed by a game of “S-I-G-N-O.” This game resembled the traditional game of Bingo but had many more free spaces and was all about the clues for screening! Beginner’s luck was with our newest attendee, Carla who won two of the three games.

Despite the emphasis on screening, Colorectal Cancer was the second leading cause of death in 2009 for men and women combined with 49,920 people killed by the disease.

The lifetime risk of developing colorectal cancer is 1 in 19. This risk can be reduced through lifestyle choices such as:

- Get regular exercise—30 minutes or more on most days of the week.
- Eat 5 or more servings of fruits and vegetables a day.
- Limit high fat foods.
- Stop smoking.
- Limit alcohol consumption.
- Stay informed and see your doctor regularly.
- Following American Cancer Society colon testing guidelines.
- Maintain a healthy lifestyle!

Nearly 90% of colon cancer patients are over the age of 50. Beginning at age 50, men and women at average risk for developing colon cancer should be screened with 1 of these 5 screening options:

- Fecal Occult Blood Test
- Flexible Sigmoidoscopy
- Double Contrast Barium Enema
- Colonoscopy

Testing should be earlier and more often for people with additional risk factors. Additional information can be found on American Cancer Society website: www.cancer.org

Baytown Support Group meets monthly on the 1st Monday. We will meet Monday, April 5 at 6 p.m. We have Polly Burseson, Ostomy Care Specialist scheduled to present updates from the ConvaTec Company. We hope you will join us!

Cindy Barefield, RN, WOCN
281-420-8671

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

Who Are We?—The Series: Clarice Kennedy

(Continued from page 1)

agreed to be the local distributor for Stomocur products. Clarice went to Berlin to tour the factories in which these products are made and with Mr. Brie explaining what the workers were doing and what skills are required in manufacturing Stomocur.

You will find her listed on the Board of Directors, Medical Advisory Board, and WOCN and ET Directory the newsletter, in addition to her website Q&A section ‘Ask The ET’ on our home page at www.ostomyhouston.org. She has authored and published several articles related to ostomy and ostomy care. In fact, Clarice is still running her private practice and gets referrals from a large number of the area surgeons. Ostomates don’t need a formal referral to see her, just give her a call. Her contact information is located throughout the newsletter.

Clarice is the mother of two daughters and has one granddaughter and three grandsons. The most important thing she wants new ostomates to realize is that having an ostomy does not mean that you cannot lead a normal life. “I have devoted much of my life in helping my patients and others learn to live life with an ostomy.”

There is an old expression that says if you love what you do, you will never work a day in your life. Following this train of thought—Clarice has never worked.

Editor’s Note: The Personal Profile article by Judy Swinger in our September 2005 newsletter was also used as source material.

UOAA News 2010 Update Highlights

We’re remodeling!

New and exciting redesigns are coming to the UOAA logo and website. Watch for the unveiling in early spring!

Body scanners, pat downs and carry-on inspections, oh my!

Many of you or your group members have written to us or called with concerns over new TSA regulations in light of recent terrorist attempts. We want you to know that we are advocating for you, and have been in touch with the TSA. UOAA is in the process of designing a travel card that would help identify the carrier as someone that uses an ostomy appliance and may be helpful in communicating your needs to the TSA. Keep in mind, however, that TSA does not endorse such cards, and carrying said document does not ensure that you will not be inspected.

More information can be found on the TSA web site on assistive devices and mobility aids at http://www.tsa.gov/travelers/airtravel/specialneeds/editorial_1370.shtm.

Local OAHA May Elections

The nomination committee has submitted the following names for the upcoming Board of Directors' election in May:

Marian Newman	3 years (repeat term)
Denise Parsons	3 years (repeat term)
Ann Mueller	3 years (replacing Ed Wood)
Dale Whittington	2 years remaining of a 3 year term. Mr. Whittington will be finishing the term of Marjorie Tucker who recently resigned.

Join Us

New faces and inspirations are always needed. If anyone is interested in joining the Board or would like more information, please contact any Board member. If being a Board member is more than you can commit to, please volunteer to work on a committee. In a volunteer organization like ours, there is always something that needs to be done. Please join us in making this the best organization it can be.

Tips of the Month

Courtesy of SVG Medical

1. Fatty foods should be kept to a minimum for people with a Colostomy or Ileostomy as these tend to induce an increase in the flow of bile into the intestines and make body waste more liquid and harder to control. These foods also tend to produce more gas.
2. Oatmeal can help slow down ileostomy activity as can Cheerios.
3. People with a Urostomy should watch for a darkening of skin around the stoma. This is likely caused from urine in constant contact with the peristomal skin. To prevent this be sure to check the fit of your appliance and change it often. If the problem persists see a WOCN, ET, or your doctor.

WOCN and ET Directory

Clarice E. Kennedy, CET cekennedy1@peoplepc.com	(713) 647-8029
Pat Thompson BSN, RN, CWOCN Pat.thompson@tenethealth.com	(281) 397-2799
Charlene Randall, RN, CWOCN Specialty Wound & Ostomy Nursing, Inc. charlene@swoni.com	(713) 465-8497
Catherine Walsh RN, BSN, CWOCN cmwalsh@utmb.edu UTMB @ Galveston	(409) 747-3070 Fax: (409) 747-3038

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:	April 19, 2010
Program:	Guest Speaker: Patricia Carroll , the insurance specialist will be with us for the April 19 Central Group Meeting.

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:	Monday, April 5, 2010
Program:	Guest Speaker: Polly Burleson , Ostomy Care Specialist will present updates from the ConvaTec Company.

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 20, 2010
Program:	Roundtable

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, April 19, 2010
Program:	Guest Speaker: Marsha Hakim MS, RD/LD , Dietician

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

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

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.

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



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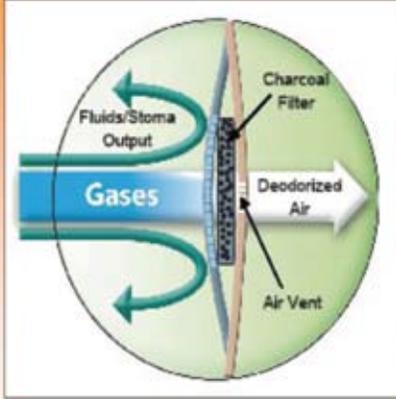
Monday through Thursday, 8:30 a.m.—8:00 p.m. ET,
 Friday, 8:00 a.m.—6:00 p.m. ET, and
 Saturday, 10:00 a.m.—2:00 p.m. ET.

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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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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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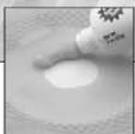
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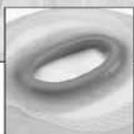
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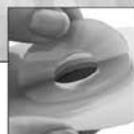
- Adapt Paste
- Adapt Convex Barrier Rings
- Adapt Barrier Rings
- Adapt Barrier Strips



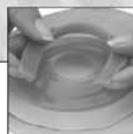
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