



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

Anniversary Celebration

Our organization's 60th Anniversary will be celebrated in October. Exciting details will be coming soon. This event will be affordable and available to all ostomates, families, friends and support personnel.

The success of our organization is not found in special funding or endowments, but in the dedication of its members and their desire to give back and provide support. Every member participates. Some just pay their dues and come to meetings, others become visitors, and still others take on more demanding responsibilities by serving in defined roles.

Our future is in today's membership, so take a moment to reflect on what you have received and what you in turn can give back.

Special edition: The newsletter will be expanded for the Anniversary October edition and share numerous anecdotal and personal stories. We are encouraging all members to put pen to paper or keyboard to email and share your thoughts, stories and how OAHA has made a difference in your life. Waste no time in submitting your personalized share to any board member or director via hard copy at the meeting.

Can You Still Drink Alcohol?

via Chicago (IL) The New Outlook; Green Bay (WI) Ostomy Support Group; and North Central OK Ostomy Outlook

Yes! And you may find that gastrointestinal upsets associated with alcohol that used to occur before surgery are gone now with the removal of the diseased bowel. A word of caution, however: those with ileostomies are at greater risk of dehydration when drinking alcohol. Have water on the side, or extra juice along with your

(Continued on page 3)



Supply and Accessory Swap-Meet

Ostomy supplies are expensive. This is the number one reason no one likes to throw them away even when they are no longer needed or pouching changes have occurred. So they pile up in closets, under counters and countless other places.

The Ostomy Association of the Houston Area no longer maintains a supply closet. Those of us who failed to donate their supplies before the final give-a-way were left holding the bag. Here is your second chance to resolve this issue and make friends in the process.

The Northwest Group is holding their second ever Supply and Accessory Swap Meet. The best part is you can bring your stuff and don't have to take any new items unless you want to. Plus, they will have cookies!

Just bring all your old, "didn't likes" or extra "won't use" products and accessories. Swap it for other stuff or not. Left over supplies will be donated to Project Cure. This is a win-win to clean out your cabinets opportunity! **Save the date for the April 20 meeting.**

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.

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.

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Central Group News

The Central Group welcomed Tabatha Schroeder with Coloplast to our March meeting. Tabatha covered the following topics in her presentation:

- Houston will be the site for the WOCN conference on September 29-30, 2017. We are invited to participate, so mark your calendars.
- Tabatha asked us to tell our surgeons about the Coloplast Pre-Surgery kit with video, sample pouches and other information to prepare patients for surgery. She is trying to get them to all the nurses she knows who work with patients before surgery.
- Coloplast has a post-surgery program with a kit to go home with the patient and the program includes follow-up calls from nurses and a contact number for questions.
- She demonstrated the Mio wafers and pouches. The wafers are now available in convex. She had samples of their alcohol-free paste. A couple of members had issues and those were discussed.

Carol Bayens also was gracious enough to visit with us about how her husband Chuck used Coloplast wafers not only for his ostomy but also for the fistulas that he developed. Carol and the nurses she worked with were quite creative in crafting the wafers to protect the skin and capture the leakages. As many of you know, Chuck was once a member of the Board of our group. We were lucky to have him as a member, and Chuck was very lucky to have Carol as such a wonderful caretaker during his life. We can't thank Carol enough for sharing her experience with us. This type of invaluable input from our members is what makes this group so important.

As a reminder, the Ostomy Association of the Houston Area is celebrating its 60th Anniversary in 2016. We are still collecting



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

written "testimonials" from our members describing how the ostomy group has helped you, why you attend or anything else you would like to share to include in our special edition of the newsletter. Please take some time to jot down a few lines - it can be anonymous if you would prefer. You can mail your testimonial to our P.O. Box, hand them in at one of our meetings or email them to me (lorette@bauarschilaw.com) or to Denise Parsons (rockynme2@aol.com). We want to hear from you!

Our next meeting will be on April 18, 2016, at the Tracy Gee Community Center. Our speaker will be Kayla Graves from Byram Healthcare. Additionally, RJ Poonawala, from Spring Branch Medical Supply, will come by to discuss the proposed changes to the way ostomy supplies will be handled by Medicare and his work to try to change this proposed legislation.

Remember that we must start our meeting promptly at 7:00 pm so please plan to be there on time.

I look forward to seeing everyone in April.

Regards,

Lorette Bauarschi

President, OAHA, 713-582-0718

Northwest Group News

Just under a dozen gathered to shower Ms. Rosalie Johnson (BBA, RN, WOCN, CWCN) with questions during her personalized 'Ask the Specialist' program provided in Paul's place.

Ms. Johnson has worked with ostomies for almost twenty years in addition to her wound care specialty work. She provided custom responses to many inquiries involving skin cleansing, wear time, strictures, managing rectal stumps and more. Everyone walked away with new knowledge.

The next April Meeting will host the second-ever ostomy Supply Swap. Bring your unwanted items and take someone else's home. Leftovers will be donated once again to Project Cure.

Kayla Graves with Byram Healthcare will also be joining us at our April meeting.

Tony Romeo

936-588-4031

**Swap Meet—Northwest Group Meeting
April 20, 2016
7:00 p.m.**

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.)

Baytown Group News

Baytown Support Group met on March 7 with “RJ” Poonawala from Spring Branch Medical Supply as our guest speaker. RJ and his family are passionate about the services they are able to provide through their durable home medical equipment and supply company. Spring Branch Medical Supply has been in business since 1985. In addition to ostomy care products, they are able to help with CPAP machines and masks, orthotics, mobility equipment such as walkers and wheelchairs, diabetic supplies, hospital beds, incontinence care products and skin health lotions and cleansers! An online catalog with their products is offered on their website as well: <http://www.houstonhme.com/>

RJ came to talk with group about Medicare’s expansion of the competitive bidding program. From the CMS.gov website, I pulled this basic information: (<https://www.cms.gov/Medicare/Medicare-Fee-for-Service-Payment/DMEPOSCompetitiveBid>)

Durable Medical Equipment, Prosthetics, Orthotics and Supplies (DMEPOS) Competitive Bidding Program was mandated by Congress through the Medicare Prescription Drug, Improvement, and Modernization Act of 2003. The statute requires that Medicare replace the current fee schedule payment methodology for selected Durable Medical Equipment, Prosthetics, Orthotics and Supplies items with a competitive bid process. The intent is to improve the effectiveness of the Medicare methodology for setting DMEPOS payment amounts, which will reduce beneficiary out-of-pocket expenses and save the Medicare program money while ensuring beneficiary access to quality items and services.

RJ is active in the DME community, and as an advocate for ostomates and others who currently have options for medical supply coverage, there is concern for the impact of competitive bidding. This will affect not only Medicare but the privately-insured as well. Durable medical suppliers believe that competitive bidding is in the President’s budget now and could be signed before the election, but there is uncertainty as to whether it would pass congress. Appealing to your representative in congress is a strategy that may help save your medical supply coverage in the future! Make the connection—let them know that you want to keep your options for ostomy care products! An organization that is working towards this goal is “People for Quality Care.” They have a website and a 1-800#. You can email your elected representative to protect access to medical equipment from their website—I hope you will check it out! 1-800-404-8702 or <http://peopleforqualitycare.org/>.

Baytown Ostomy Support Group will go back to our regular schedule in April. We will meet on the second Monday (April 11) with Tabatha Schroeder, Ostomy Specialist from Coloplast, joining us. I hope you will make plans to attend!

Cindy Barefield, RN, CWOCN
281-428-3033

Can You Still Drink Alcohol *(Continued from page 1)*

drink. Unless a fair amount of the large colon was removed, colostomates are in little danger of dehydration when drinking liquor. Urostomates need not fear dehydration, but you will be making more trips to the bathroom to empty your appliance. Beer and carbonated drinks can produce gas. Some medications are less effective if taken with alcohol—be sure to follow instructions. Alcohol may give you loose output or extra output, or it may have no effect on waste at all. In some people, with or without an ostomy, this makes the bowels more watery and a few may find that some restriction is necessary, though it is always worth experimenting. Everybody’s different. One woman reported in January that, at Christmas, she found that her ileostomy would stand up to port, sherry, gin and cider, but (regretfully) she said, “It wouldn’t take beer.” A year later, she reported: “It’s all right now – it can take beer as well!”

Abdominal Noises

UOAA Update 2014

Abdominal noises happen! However, as ostomates, we are embarrassed and wonder if something is wrong. It is usually “sound and fury, signifying nothing” important. Any of the following may be the cause:

You are hungry. Peristalsis goes on whether there is anything to move through or not. *Empty guts growl. Eat a snack between meals. Or consider four small meals a day.*

You are nervous, so peristalsis is increased. *Try to slow down. Try to eliminate some stress (especially at meals times).*

Coffee and tea, cola and beer—all stimulate peristalsis. *Beverages consumed on an empty stomach will produce gurgles as peristalsis redoubles its movements. Add a little bit of food with your beverages. Try some crackers and/or bread.*

Eating a high-fiber diet produces gas, so rumbles increase. *Mix with other foods. Reduce amount of insoluble fiber. Switch to more soluble fiber. Intestines do not digest starches and sugars as easily as proteins and fats. Reduce the amount of carbohydrates that cause you trouble. Mix with proteins and fats.*

Local OAHA Upcoming Elections

Denise Parsons and Marian Newman have been nominated to serve on the Board of Directors. Nominee(s) will be voted on at the May OAHA meetings.



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WOC Nurse Directory

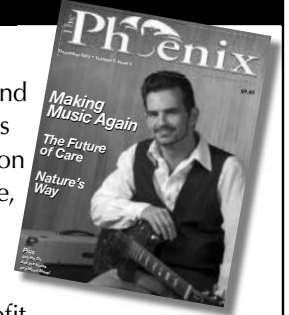
Cindy Barefield, RN, CWOCN (281) 428-3033
Houston Methodist San Jacinto Hospital
cbarefield@houstonmethodist.org

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. Each issue contains 72 pages of inspiration, education and information including new products, medical advice, management techniques, personal stories and more.



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Central Group

- Monthly:** Third Monday of the month
Date: **April 18, 2016**
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: Kayla Graves** from Byram Healthcare and RJ Poonawala, from Spring Branch Medical Supply, will come by to discuss the proposed changes to the way ostomy supplies will be handled by Medicare.

Baytown Group

- Monthly:** Second Monday of the month
Date: **April 11, 2016**
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: Tabatha Schroeder** from Coloplast

Northwest Group

- Monthly:** Third Wednesday of the month
Date: **April 20, 2016**
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 936-588-4031
 saltmr@sbcglobal.net
Program: **Swap Meet & Guest: Kayla Graves** with Byram Healthcare

J-Pouch Group

- Monthly:** Third Monday of the month
Date: **April 18, 2016**
Time: 7:00 p.m. or by Appointment
Place: **NEW LOCATION!**
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 Ron Cerreta, Treasurer, at 832-439-1311 or texasronc@gmail.com 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: Ron Cerreta, 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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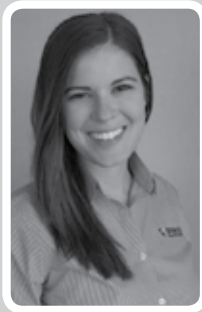
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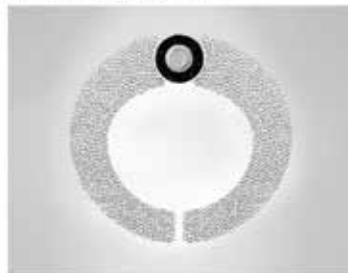
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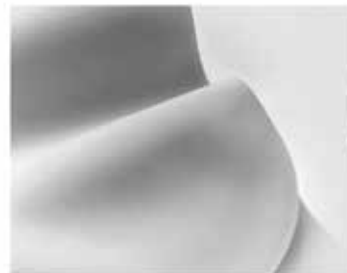
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Membership Application

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 _____

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.**

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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.