



Ostomy Association of the Houston Area

May 2007

PO Box 25164
Houston, TX 77265-5164
www.ostomyhouston.org

"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."

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: Ed Wood 281-493-5015
(ewood6@houston.rr.com)

Meeting: May 21st, Monday evening

Program: Home Health Care

Join us for this informative presentation by Ms. Charlene Randall, RN, BSN, CWOCN.

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: May 22nd, Tuesday evening

Program: ConvaTec Representative

Local ConvaTec Representative, Tabatha Shroeder, will show product samples and answer questions.



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: To be Announced

Program: Ostomy Specialist from Hollister

Hollister's Ostomy Specialist will present our May program. Come see samples and hear about Hollister's products.

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: May 21st, Monday evening . . .
Reservation required. No obligation. Please call 281-491-8220 for reservation.

Program: Round Table Discussion

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

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.

We had 31 in attendance at our April 16 meeting including five new attendees. Welcome!! We hope to see you at future meetings.

Dr. Joseph Cali, colorectal surgeon, and special friend of our ostomy support group, gave an outstanding Power-Point presentation on laparoscopy surgery that is now being utilized. He showed a video of this surgery in process and answered many questions. Dr. Cali is on our Medical Advisory Board and has been a strong supporter of our group for several years. We thank him for taking time to give this presentation and spend an evening with us.

We were sorry to hear of the closing of the Medical Center Surgical Shop on Bellaire. Mrs. Icenhower has supported our ostomy support group for many years. We wish her well in her future endeavors. Her advertisement space will be replaced by Medic Pharmacy located on South Braeswood. Mr. Gary Hancock, Pharmacist and Manager, will carry ostomy supplies at Medic Pharmacy and Mrs. Icenhower will be assisting him for a time.

We are waiting to hear from two individuals who were interested in being sponsored by our group as counselors for the annual Youth Rally this summer. If they cannot go, we are considering donating funds to the Youth Rally to sponsor a youth who wishes to attend.

"The Phoenix" is a quarterly magazine published by the national organization. If you are interested in receiving this magazine, information can be found on page 3.

Thanks to the Nominating Committee of Clarice Kennedy and Jane Fieldcamp. Terry Marriott and Marian Newman have agreed to be nominated for terms on the board of directors. We will be voting on two seats on the board of directors at the May meetings. At the board of directors meeting shortly after the election in May, officers will be elected for the next few years. All three local groups...Central, Baytown, and Northwest...should hold elections at their May meetings and report the results to Ed Wood at ewood6@houston.rr.com. Thanks for your cooperation in advance.

May 21 Charlene Randall, a member of our Medical Advisory Board, will talk to us about the home health care industry. See you there.

Ed Wood
President

The United Ostomy
Associations of America (UOAA) can be
contacted at
www.uoaa.org.

WHAT WOULD YOU DO IF?

By Ellice Feiveson, Metro, MD

Trust me, every ostomate has had or will have an "ostomy accident." By accident, I mean a pouch leak of some kind. The question is, "are you prepared in case an accident occurs away from home?" Not so much prepared as far as having a change of clothes and extra pouches, but prepared emotionally to deal with the unexpected mishap.

The reality of it is that every ostomate must think of what he or she would do if at a party, in a restaurant, at work or anywhere else, and your pouch leaked because it wasn't on securely, or the clasp came off and the contents were spilling out. What do you do if your pouch does not feel secure or you feel wet around your pouch? First of all, you think everyone is noticing you and knows what is happening. Stay calm. Go to the nearest bathroom and take care of business. Most likely, your friends are continuing their conversation in the restaurant or in your workplace and no one knows you are temporarily missing. When I encountered an accident while I was in a group situation, I just removed myself and took my time in freshening up before rejoining my friends. No explanation is ever necessary. The more outings you take and the more public situations you are in, the more confident you will be as time goes on. ♦

After the Winter . . . God Sends the Spring

Springtime is a season
Of Hope and Joy and Cheer,
There's beauty all around us
To see and touch and hear . . .
So, no matter how downhearted
And discouraged we may be,
New Hope is born when we behold
Leaves budding on a tree . . .
Or when we see a timid flower
Push through the frozen sod
And open wide in glad surprise
Its petaled eyes to God . . .
For this is just God saying—
"Lift up your eyes to Me,
And the bleakness of your spirit,
Like the budding springtime tree,
Will lose its wintry darkness
And your heavy heart will sing"—
For God never sends the Winter
Without the Joy of Spring.

*"It never hurts your eyes to look
on the bright side of things."*

- Barbara Johnson

OPPORTUNITIES & 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: Chuck Bouse, 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
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.)

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 Terry Marriott at 713-668-8433 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
Chuck Bouse, Treasurer
P.O. Box 25164
Houston, TX 77265-5164

Use Those Shopping Cards: Krogers 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.

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 Chuck Bouse, Treasurer, at 281-495-1840 (dewitt@houston.rr.com) or send your request to the Ostomy Association of the Houston Area, 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.

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.

To subscribe to the quarterly magazine of the United Ostomy Associations of America (UOAA) complete the following.

The Phoenix Annual Subscription - \$25

The official publication of UOAA

Name _____

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City _____

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UOAA Donation (optional) \$ _____

Check VISA MasterCard #: _____ Exp: _____

Signature _____

Send payment to: **Phoenix**
P.O. Box 3605
Mission Viejo, CA 92690-9912

You can also order online at www.uoaa.org

KEEP A MEDICAL JOURNAL

Often a problem has been nagging at your body for weeks or months. Sometimes a piece of equipment doesn't work properly. When you finally break down and go to the doctor, or consult an ET nurse, you find that they ask questions about the history of the problem that you can't answer. As a result, their diagnosis is not based on complete information. To avoid a faulty or inadequate diagnosis, it is wise to write down the symptoms as they occur. By writing down these problems and the events which precede them, often you can spot some obvious solution. A medical journal can help you to avoid false assumptions about your problems. It can also aid you when similar problems crop up in the future. Accurate information is always welcomed by your doctor or ET. ♦



MOSES MISUNDERSTANDS HIS DOCTOR'S ORDERS

CELEBRATING 2 YEARS OF SERVICE



Herman von Rosenberg, charter member of the Baytown Group of the “Ostomy Association of the Houston Area”, was honored for 2 years of outstanding service as a Certified Visitor at the monthly ostomy support group meeting.

Pictured here with Mr. von Rosenberg are grateful patients and family members from the local group: (from left to right) Patsy Hays, Earl Guidry, Herman von Rosenberg, and Barbara McLain.

“GET YOUR GUTS IN GEAR” BIKE RIDE

Spencer Jackson, Sales Specialist with Hollister, reports that he and a co-worker completed the 210 mile GYGIG bike ride from LaGrange to Austin, Texas during the weekend of March 23-25, 2007. The ride, which benefited the Crohn’s & Colitis Foundation of America, The Colon Club, the United Ostomy Associations of America, the IBD Quilt Project and GYGIG, raised \$80,000. These organizations are committed to raising awareness, finding a cure, and ending the suffering caused by Crohn’s and colitis. Spencer called the weekend “great and challenging”. Two other rides are scheduled this year...June 8-10 in New York City and August 3-5 in Seattle. Visit www.ibdride.org for more information.



WHAT IS A SUPPORT GROUP?

via Golden Spread Ostomy Association—Amarillo, TX

- A place to go for specialized information about your particular problem.
- A group of special friends who are good listeners and care about you.
- A group of other people like yourself who share a common problem, or who are vitally interested in a particular issue or need.
- A place where you can laugh at the ridiculous side of tragedy without being considered “odd” or “unfeeling”.
- A place to give and receive strength and understanding.
- A place where members can be assured of confidentiality.
- A gathering attended by people who share a common bond: the challenge of coping with a particularly difficult experience or ongoing situations.

Ever notice, the older we get, the more we're like computers? We start out with lots of MEMORY and DRIVE then we become out-dated, and eventually have to get our parts replaced . . .

THE FOUR PHASES OF SURGICAL RECOVERY

Excerpt from article by Dr. Albert G. Wagoner

Each patient, along with the family, usually goes through four phases of recovery following an accident or illness that results in loss of function of an important part of the body. Only the time required for each phase varies. Knowledge of the four phases of recovery is essential. They are:

The Shock Phase—The period of psychological impact which requires a lot of support.

The Defensive Retreat Phase—Characteristic in this period is wishful thinking or denial, or repression of your actual condition.

The Phase of Acknowledgment—In this period, you face reality. You may temporarily enter a period of depression, apathy, agitation, bitterness and high anxiety. You hate your stoma and yourself. You cry a lot and pity or condemn yourself. In this phase you need all the support that can be mustered.

The Phase of Adaptation—Now you actively cope with the situation in a constructive manner. You begin to establish new structures and develop a new sense of worth. You go about rebuilding and altering the life that brought about your condition. You are thankful to be alive.

Sound familiar??

BAYTOWN SUPPORT GROUP

Attendance at the March support group meeting was one of our largest in recent months! Special thanks to Rosalie Johnson, RN, CWON who presented an outstanding program on the latest innovations in ostomy products from Coloplast.

We were pleased to be able to honor one of our dedicated members for his service. Herman von Rosenberg, a member in our group since its origin in 2004, served as our only Certified Visitor until 2006. Herman was presented with a plaque for his outstanding service. (See picture on opposite page.) Friends and family members recalled Herman's helpful visits and unwavering support. The celebration was topped off with cake and punch for all!

As Springtime concludes and Summer approaches, make time for your ostomy support group! We have so much to share with each other!

Due to the Memorial Day Holiday, our regularly scheduled 4th Monday meeting may be altered. Members will be notified by mail. The Hollister ostomy specialists are scheduled to present....don't miss it!

Cindy Barefield, RN, WOCN
281-420-8671

NORTHWEST GROUP HAPPENINGS

Ten members were in attendance for our April 17th meeting and enjoyed hearing about Coloplast products from Rosalie Johnson, Coloplast's local representative. Members were able to fill out requests for free samples. Thank you Rosalie!

We wish Dick Ambrose and Barbie Barron well following their recent hospitalizations. Get well soon!!

Refreshments were furnished by Gen Stephens. Thank you for the delicious chocolate cake and fruit. Also thanks to Gay Nell for the home baked cookies. Tony Romeo will bring refreshments for our meeting in May.

ConvaTec Representative, Tabatha Shroeder, will be with us for our May 22nd meeting.

See you then!!

Gay Nell Faltysek
281-446-0444

Tony Romeo
281-537-0681

"Life is like an EKG. Without the ups and downs, you're not living."

- Debra Evans

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

General Data:

Name: _____ Date: _____

Street Address: _____ Phone: _____

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.

Colostomy Continent Ileostomy Parent of Child with procedure

Ileostomy Continent Urostomy Spouse/Family Member

Urinary Diversion Pull-Through Physician

Other: _____ Nurse

_____ 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.

**MEMBERSHIP BENEFITS INCLUDE: MONTHLY SUPPORT / INFORMATION MEETINGS,
SOCIAL EVENTS, MONTHLY NEWSLETTER**