



Ostomy Association of the Houston Area

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

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

New Advocacy Resources

From *ostomy.org*

As you self-advocate for change there may be times when you need to meet with people to educate them on being a person living with an ostomy or continent diversion and to persuade them to understand your cause or issue. Examples of some meetings may be:

Meeting with your employer or health plan administrator to request that they add ostomy supply coverage to the medical insurance plan

Meeting with your Federal legislators to discuss an advocacy priority that impacts people living with an ostomy such as why your ostomy supplies covered under Medicare should not be included in the Competitive Bidding Program

Meeting with your Governor's office to request a Proclamation for Ostomy Awareness Day

As suggested in the *Be an Ostomy Champion* toolkit, it is a good idea to leave behind materials to reinforce your message and make a bigger impact.

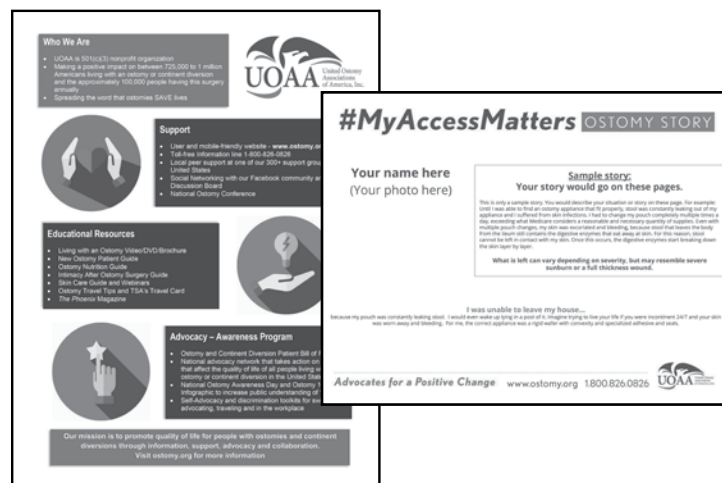
Below are some standard items that would be good to include in such a leave-behind package. The UOAA Flyer explains our organization and the population that we impact. The Ostomy

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.

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Infographic is an easy to understand tool for educating people on what is an ostomy. Lastly, we can work with you to create a handout that tells your ostomy story. (We provide a sample story example here to help you visualize this handout.) Contact the UOAA Advocacy Manager at advocacy@ostomy.org if you would like to create a personalized handout.

To print out your own copies of the materials visit these links:



Ostomy Flyer:

https://www.ostomy.org/wp-content/uploads/2018/04/uoa_flyer_20180411.pdf

My Story Sample:

https://www.ostomy.org/wp-content/uploads/2018/04/my_ostomy_story_sample.pdf

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, or newmarian@gmail.com.

Central Group News

We welcomed Scott Moore from ConvaTec for our April meeting, and he shared with us information about the new and existing products ConvaTec offers. We appreciate how much time Scott spent with us answering all of our questions. Scott told us about ConvaTec's Me+ program, which you can find at <https://meplus.convatec.com/about>. This website and program offers all kinds of support, advice and tools for ostomates. It includes information about travel, diet, relationships, exercise and everyday life. There are also blog posts about current ostomy topics. You should check it out.

As a reminder we will be voting for new Board members in May. We have a nine member Board of Directors, with members serving for three year terms. We have three members whose terms are up in June—Ron Cerreta, Mary Harle and June Huber. Our next fiscal year begins July 1, 2018, and we have selected nominees to serve July 2018 through June 2021. Our nominees are Ron Cerreta, Mary Harle and Mike McGinty. If you would like any information about these nominees, please let me know.

Also remember that our group has a team for the upcoming CCFA Take Steps fundraising walk on Saturday, May 19th, at the Houston Zoo. This walk is an easy, fun and educational fundraiser for all people. This year the OAHA team is walking to commemorate our late member, Paul Batchelder, who passed away in 2016, to honor his personal activism. Please join the walk or make a donation at the following link: <http://online.cafa.org/goto/OstomyHouston>. Patti Suler is our team captain. The OAHA also will man a table at the after-walk presentation to distribute informational materials to walkers and their families.

Our next meeting is on Monday, May 21st. Our presenters will be Dr. Terah Isaacson and Dr. Lee Howell, who are colon/rectal surgeons. Bring your questions!

Note that we will probably be in a different room than usual because the run-off election is the next day—check out the bulletin board for the room. I look forward to seeing you there.

Regards,

Lorette Bauarschi, President, OAHA, 713-582-0718

Northwest Group News

Our April program was very exciting as we welcomed Robert Martinez with McKesson to speak on Medicare updates. Mr. Martinez provided not only updates on Medicare ostomy related issues but also addressed McKesson's ability to provide a full range of product support to all levels of need—those with Medicare, insurance and private pay. We enjoyed meeting and sharing information with Trish. She is considering ostomy surgery and is in the process of learning all about ostomies.

Refreshments consisted of lemon and strawberry baby bundt cakes provided by Robert Martinez and Betty brought homemade chocolate cookies.

It is with a sad heart that we say goodbye to long-term member Gen. She passed away recently. Her quick wit and loving spirit will

Baytown Group News

The Houston Methodist Cancer Center continues to serve as the meeting location for our group. Located just off of Garth drive in front of the hospital, parking just outside the meeting room is convenient and accessible. Shannon Triplett, Coloplast Ostomy Representative began the presentation by sharing information about her family and encouraged the group to share their motivation for their support group attendance.

Shannon provided a door prize to ostomates with least and most experience as an ostomate. Gentleman with 2 months experience and another gentleman with 8 years WON this contest!

Shannon provided a brief power point that covered the origin of Coloplast and the most recent innovations. Design features of the Sensura Mio Convex with its' unique flex shell and varying degrees of convexity provides options for ostomates with many different needs. The Brava line of accessories and Coloplast Care program are also great resources as well.

The group ended the evening with a game of "FRAMily Feud" with 2 teams battling it out to the end. Shannon was impressed with the recall by both groups!

Baytown Ostomy Support Group continues to meet on the second Monday of each month at 6 p.m.

We look forward to a presentation from B.Braun in May and Stealth Belt in June. We hope you will plan to join us!

Best regards,

Cindy Barefield, RN, CWOCN, 281-428-3033

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.

be missed. We missed Jay, Suzanne, Silver, Craig and hope to see them soon.

May's meeting will be a combination program. Pat Thompson will be providing information on basic peristomal skin care, stoma problems and solutions. Patti Suler will be presenting on Ostomate Quality of Life concerns—No Excuses, Get off the couch!

Don't forget to join Team Ostomy Association of the Houston Area at the upcoming CCFA Take Steps walk on May 19th at the Houston Zoo.

Billy Locke

337-515-6354

Back To Work with an Ostomy

from *ostomy.org*

From the board room to construction, to long shifts in a hospital, people living with an ostomy (colostomy, ileostomy, urostomy, ect.) work every job imaginable. Embracing a “new normal” in life after ostomy surgery is key to living an active life, and that daily norm means going back to work.

According to the American Society of Colon and Rectal Surgeons once a person has recovered from surgery your ostomy should not limit your return to work. When you return depends on your individual recovery, ease of pouch management and how physical your job is (due to the increased risk of hernia).

Whether to tell your employer or co-workers is a personal choice depending on your unique work situation, but some feel it comes in handy if you require frequent breaks or other accommodations. Remember your co-workers will likely not realize you have an ostomy unless you tell them. With some preparation you'll soon be confident in the workplace, and for many, feeling in better health than before surgery.

Here are a few tips from the UOAA Facebook community and Advocacy Network.

Be Prepared: In the case of a possible leak have a complete change of your ostomy supplies as well as a change of clothes you can bring to the bathroom. “Pack in a backpack, zippered tote, or small duffel bag that you can store in your desk drawer or locker”

—Jane Ashley, publishing/author

Know Your Rights: You have legal rights under the American Disabilities Act prohibiting employment-based discrimination. Workplace complaints to UOAA are rare but it can still occur. “My coworkers all knew, especially of the trials and tribulations pre-op. But still, there was hostility and harassment at times.”

—Jacque, Retired Government

Dispose/Empty Your Pouch Properly: Investigate the best restroom/changing facilities to empty or change your pouch. Consider the use of pouch or ostomy type deodorants. “My purse contains a 1-ounce bottle of Poo-Pourri, a Tide pen, a lubricating deodorant sachet, and baby wipes.” —Margie, Academia

Find the Best Clothing for Your Job: Consider loose clothing if sitting for long hours or a stoma belt if you have an active job with lots of bending. A skin barrier may be helpful if you perspire on the job. “I wear a hernia belt” —Megan, Nursing

Don't Stress Stoma Noise: If your stoma decides to speak up at the next meeting relax, you may be the only one who notices “All bodies make sounds” —Penny, Construction

Hydrate: “Stay on top of your fluid intake. Don't get distracted and have it result in an ER visit.” —Heather Brigstock, Nursing

Find Support: Know that you are not alone. UOAA has about 300 affiliated support groups around the United States that offer advice, information and support.

With some preparation and patience you'll soon be confident in the workplace, and for many, feeling in better health than before surgery.

Youth Rally: Boulder, Colorado July 16-21, 2018

WHAT IS YOUTH RALLY?

The Youth Rally is a 5-night camp that provides a fun, therapeutic environment for kids between the ages of 11 and 17 living with any sort of affliction to the bowel and/or bladder systems.

The Youth Rally is designed to help campers understand that they are not alone and that everyone has the same opportunities to set and achieve personal goals regardless of medical or physical challenges. Youth Rally participants benefit from educational programs, peer support, friendship, and all of the fun activities designed to promote confident, independent living.



For many campers, and counselors, Youth Rally is the first time they've met someone with their same medical condition(s) which can play an important role in their own personal growth.

During the week campers are able to enjoy a wide variety of activities including arts & crafts, athletics, outings to local cultural centers, educational rap sessions and the infamous Youth Rally talent show. As an added bonus, camp is hosted at a fully accessible college campus, which provides an opportunity for youth to understand that they **CAN** manage their condition, even outside the comforts of home.

WHY YOUTH RALLY?

For over 30 years the Youth Rally has been a one of a kind adventure! In a setting amongst their peers, surrounded by adult mentors, Youth Rally campers gain confidence, independence, and often a fresh outlook on their medical and physical conditions.

WHAT MAKES YOUTH RALLY SO UNIQUE?

The Youth Rally is “staffed” by volunteer counselors living with the same types of conditions as the youth participants. Many of the Youth Rally counselors were once campers! Onsite volunteers also include specialty trained nurses and additional licensed medical professionals who volunteer their time to ensure the safety of all.

Visit www.YouthRally.org for more information!



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



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WOC Nurse Directory

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

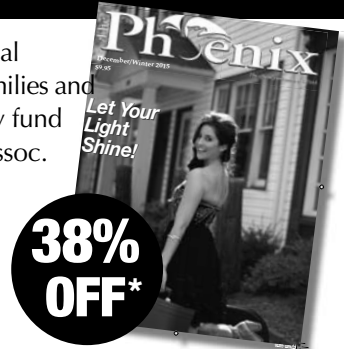
Charlene Randall, RN, CWON (713) 465-8497
Specialty Wound & Ostomy Nursing, Inc.
charlene@swoni.com

Pat Thompson RN, BSN, CWON (281) 397-2799
Patricia.Thompson6@hcahealthcare.com

Get Ostomy Answers!

The Phoenix is the leading national magazine for ostomates, their families and caregivers. Subscriptions directly fund the nonprofit United Ostomy Assoc. of America – the only national organization providing vital information, resources, support and advocacy for ostomates.

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†Global User Evaluation. Data on file, Hollister Incorporated.
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Ostomy Care
Healthy skin. Positive outcomes.

Central Group

Monthly: Third Monday of the month
Date: **May 21, 2018**
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@gmail.com
Program: **Guest Speakers: Dr. Terah Isaacson and Dr. Lee Howell**, colon/rectal surgeons

Baytown Group

Monthly: Second Monday of the month
Date: **May 14, 2018**
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: **Presentation by B.Braun**

Northwest Group

Monthly: Third Wednesday of the month
Date: **May 16, 2018**
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: Billy Locke 337-515-6354
Program: **Pat Thompson** will be providing information on basic peristomal skin care, stoma problems and solutions. **Patti Suler** will be presenting on ostomate quality of life concerns—*No excuses, get off the couch!*

J-Pouch Group

Monthly: Third Monday of the Month
Date: **May 21, 2018**
Time: 7:00 p.m. or by Appointment
Place: 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.

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

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.

AmazonSmile

On your first visit to AmazonSmile (smile.amazon.com), you are prompted to select a charitable organization from the list of organizations. You can change your selection at any time. To change your charitable organization: Sign in to smile.amazon.com on your desktop or mobile phone browser. From your desktop, go to Your Account from the navigation at the top of any page, and then select the option to Change your Charity. Or, from your mobile browser, select Change your Charity from the options at the bottom of the page. Select Ostomy Association of the Houston Area as your charity.

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 Tony Romeo, Treasurer, at 936-588-4031 or sal1mr@sbcglobal.net 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: Tony Romeo, 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.)



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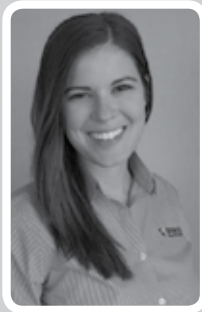
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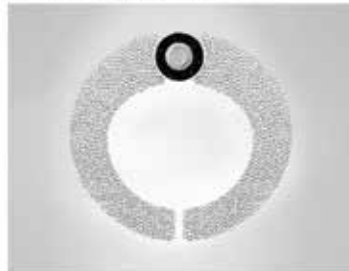
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Membership Application

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.**

<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
 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.