



# 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

## The Traveling Ostomate *By Patti Suler*

Summer is here, schools are out, and travel opportunities are everywhere. Will an ostomy prevent someone from traveling by car, bus, ship or plane? Absolutely not! Here are travel related stories collected from our own members that illustrate this very point.

### World Traveler

Since her colostomy in 1999, Gen has not looked back and continues to pursue her goal to "see the world." She has traveled by car and plane to many key cities in Texas, New Mexico, Arkansas, and Louisiana. Overseas, Gen has enjoyed going to Spain, Turkey, Greece, Italy, Florence, Scotland and the British Isles. She advises "Don't anticipate the negative, just go and enjoy, after making sure you've done all the routine ostomy care you usually do." Gen's worst experience occurred while attending a convention. She was wearing white pants when her flange came loose and covered her. Whoops! She returned to her room, changed her clothes and pouch and returned to continue having fun.

### Business Traveler

Billy just celebrated his one year anniversary after having an ileostomy. He routinely makes business trips by car to Jackson [MS], Lake Charles [LA] and Baton Rouge [LA]. His ostomy management consists of monitoring his food intake right before leaving, scheduling routine stops along the way and changing a day before leaving on a trip in order to give the pouch time to seal.



### Fun Traveler

Gay Nell's advice to new ostomates on traveling is "Go for it! There is no reason not to." Since her ileostomy in 1994, she certainly has taken her own advice. Each year for the last 10 years, she has accompanied her family on a vacation that begins with a five hour car trip to the Frio River. Once there, she enjoys a multitude of water activities including kayaking, tubing, and swimming. Gay Nell advises her best vacation victory was from playing in the water for over 12 hours without any leakage. As a matter of fact, her worst accident occurred at home while vacuuming.

*(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.

### 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.

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## Central Group News

We had 25 in attendance at the May 17 Central Group Meeting as we listened to Clarice Kennedy our long time Certified Enterostomal Therapist, CET, ileostomate, and member explain the stoma and skin-related problems that sometimes occur to cause the often disturbingly ugly or gross-looking results that she was showing us on her slides. Some problems occur due to some form of disease that needs to be diagnosed properly so it can be properly treated. Proper treatment of skin problems should usually be treated by a dermatologist MD unless that problem lies beneath an ostomy equipment faceplate or wafer and the dermatologist's treatment may cause worse problems by not allowing the faceplate or wafer to properly adhere to the skin around the stoma which will cause additional problems due to leakage. Skin problems under the ostomy appliance wafer must be treated in a way that maintains a good seal around the stoma to prevent skin digestion and irritation due to leakage, and this can be best done with the advice and help of a CET or WOCN using medications that are similar to what the dermatologist prescribed but applied in a form that allows the best adhesion possible of the faceplate to the skin.

She also showed us some things that can happen to the stoma when things don't go quite as planned during surgery and the blood supply to the stoma may not have been traced properly causing necrosis (or dying) of the stoma which means that surgery needs to be done very soon to create a stoma that remains alive and functioning.

She also showed us to have stoma prolapse and stoma relapse and what a hernia around the stoma looks like. She also went over the uses of wearing a belt to help reduce the size of the hernia if you have one and to help prevent getting a hernia if you don't.

She did go over how properly fitting an ostomy appliance can improve the appearance and ability to function for a stoma that may have been less than properly placed near a fold or a crease in the abdomen. Sometimes she told us that just the proper fitting of an appliance faceplate with convexity can dramatically extend that ostomate's wear time.

Clarice did answer some ostomy-related questions and concerns that many of you had been wondering about and did ask at the end of her presentation also.

We also had a short election at the beginning of the meeting to elect the new upcoming Board of Directors by acclamation. The new directors are:

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.

Denise Parsons will be leading the meeting on June 21 while I am touring in Italy and France. I hope to be seeing you again for the July meeting on July 19.

Terry Marriott  
President OAHA

## Northwest Group News

The Northwest Group enjoyed a presentation by Terri Anderson on the benefits of massage. Ms. Anderson is a registered massage therapist and owner of Massage Oasis. After working for years in the stressful field of Information Technology (IT) sales, Ms. Anderson decided to try something different. She became a registered massage therapist. Approximately a year and half later, she merged her business savvy and new skills to open her own business. As she spoke, Ms. Anderson gave a live massage demonstration. Massage can be used for many reasons such as stress reduction, mental and muscle therapy. Ms. Anderson advised that she had traveled as far as Canada to pick up specialized massage training and that her business provides an array of massage techniques. She advised that the best way to ensure that a massage is successful is through communication. Similar to getting your hair cut, a customer needs to explain what their needs are (tense muscles, relaxation) and what their expectations are. Massage sessions are available in 30, 60 and 90 minute appointments.



Having an ostomy is certainly no barrier to getting a massage. Patti shared that she has been attending Massage Oasis for almost three years now. Preparing for your first massage? Wear loose, comfortable clothes. No make-up needed and no need to fix your hair. Ms. Anderson offers a \$10 discount to all new customers. Gay Nell brought refreshments. We dearly missed Suzanne, Christy, Jennifer, Tony and Billy and hope everyone is doing well. Our speaker next time will be Polly Burleson with Convatec. Ms. Burleson will be introducing a new (revolutionary) ostomy system. Also at the next meeting we will be voting on changing the Meeting Day.

**Gay Nell Faltysek**  
281-446-0444

**Tony Romeo**  
281-537-0681

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

## Baytown Group News

The May meeting of the Baytown Ostomy Support Group was “Roundtable with Ostomy 101.” A general overview of colostomy, ileostomy and urostomy was presented with Q/A from the group. Patient education references from ConvaTec were utilized for medical illustrations and content. Several people commented that for the first time they understood specifically what part of their intestinal tract had been altered. They felt sure that they could explain their surgery to their family members as well. We realized through our discussion that immediately following surgery is a difficult time to learn new information. It is a good idea for people to be given this information before they have surgery, but in reality, this rarely happens. Support Group provides a great opportunity to catch up on information you may have missed!

For next month, we have invited Dr. Marcus Aquino, a Colon/Rectal Surgeon to present on the topic of peristomal hernias. We hope you will join us!

Next month: July 5—Roundtable is planned. 6:00–7:00 p.m.

**Cindy Barefield, RN, WOCN**  
281-420-8671

## OAHA Traveling Tips

- Take extra or double your normal supplies
- Carry a doctor’s note of physical needs including diagnosis and prescription medications
- Keep a well stocked rescue kit
- Do not wear white pants – they are a leak magnet
- Place a red plastic bottle [the kind hunters use] in vehicles for emergencies
- Put a new pouch on one to two days before traveling
- Reduce food intake or use low residual foods the night before or day of travel
- Use peanut butter crackers, peanut butter or marshmallows to quell hunger and noise
- Eat light before swimming or long water activities
- Keep liquids in 3 oz. bottles for air travel
- Carry all supplies in your carry-on, never place them in checked luggage
- Carry a complete change in a ziplock baggie with towelettes inside your purse or camera case
- Use pouches with vents for long air travel—save you some trips to the bathroom
- Use bottle water for irrigation if you won’t even drink the water
- Check with your supplier, many companies will ship overnight to U.S. locations

For additional reliable information on traveling, check out the UOAA traveling section on their website at [www.uoaa.org](http://www.uoaa.org).

## The Traveling Ostomate *(continued from page 1)*

### Local Traveler

Jane had her ileostomy in 2003. She continues to be active in her church and has traveled by car, plane and bus to locations including Galveston [TX], Ruston [LA], and New Orleans [LA]. Jane advises new ostomates to plan well and enjoy. Jane’s worst experience occurred when she noticed a leak on her white slacks while getting out of a car for her hairdresser’s appointment. She just returned home to change and re-scheduled the appointment for later.

### Frequent Mileage Traveler

Grass has never grown under Terry’s feet. Currently serving as the President of our Association, Terry is presently out of the county as this article posts. Since his ileostomy in 1965, Terry has traveled to 20 states by car, in five countries by bus, gone to Europe six times and 30 states plus Mexico by airplane. Additionally he has taken cruises to Alaska, the Bahamas and the Caribbean. The most interesting travel story he shares is that after fracturing his right tibia in 1978, he had to navigate through 10 different airports in three weeks for job interviews using a cane and a cast with a suitcase. His ostomy was never an issue. One of those interviews landed him a job right here at Rice University.

### Extreme Traveler

Denise’s travels are extensive since she had a colostomy in 2006. During the past four years she has gone to Galveston [TX], Kodiak [AK]; and enjoyed cruises in the Baltic Sea area, Greek Islands, Turkey, Central America, including Peru and Ecuador. She has also traveled to Boston [MA], New York [NY]; and New Zealand. Denise advises that her best experiences are “when a hotel bathroom or ship’s head is well arranged for irrigation and I don’t have to worry about it.” Bad experiences do occur and everyone deals with it and goes on. Denise shares her worst story. “The worst experience was in St. Petersburg, Russia, where we had a long wait, a long bus ride on a bus with no toilet, and the toilet at the palace was at the END of the tour. I had words with the tour guide and got the directions to the toilet at the beginning of the tour and met up with the group late. They really don’t like tourists running around loose in Russia.”



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.

## My First Trip After Surgery

By Denise Parsons

Here is my best ostomy travel story. We traveled to Kodiak, Alaska for a fishing trip about 4–5 months after my surgery. The trip had been planned before my surgery and I was determined to give it a try. When fishing in Kodiak, we fly out from the lodge on a float plane and fish for the

day on a stream or small river. We have a guide who is with us, carries lunch, and takes care of the fish. Of course, I took a backpack with extra wafers and pouches.

In order to fish the streams, one must wear waders which are like rubber overalls so bathroom breaks can be challenging for women just because you have to take off so much to take care of business.

The areas around the streams in this area don't have any trees and sometimes the bushes are small and far apart, so you must leave your modesty at home. Also, the best fishing spots for us are also the best fishing spots for the Kodiak brown bears. If a bear wants your fish, it is his fish. The main function of the guide is to watch for bears and keep us safe, so going very far from the group to protect your modesty is not a good idea. Of course, my wafer came loose during the day, and of course, I had a movement, and of course, I had a mess. I found a bush, and proceeded to undress, to clean up, and to put a new wafer on. Just as I tidily put all in a ziplock to carry back, pulled up the waders, and finished up, a yell went up, "BEAR." Sure enough, here came a young bear along the other side of the stream. He wandered on by enjoying his day as we snapped pictures. After that, I decided that if I could take care of the ostomy in the middle of the wilderness with the chance of bears nearby, I could deal with it anywhere.



### WOCN and ET Directory

Clarice E. Kennedy, CET (713) 647-8029  
cekennedy1@peoplepc.com

Pat Thompson BSN, RN, CWOCN (281) 397-2799  
Pat.thompson@tenethealth.com

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

Catherine Walsh RN, BSN, CWOCN (409) 747-3070  
cmwalsh@utmb.edu Fax: (409) 747-3038  
UTMB @ Galveston

### 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:** **June 21, 2010**  
**Program:** **Roundtable**

### 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, June 7, 2010**  
**Program:** **Guest Speaker: Dr Marcus Aquino**, a Colon/  
Rectal Surgeon will present a program on the topic  
of peristomal hernias.

### 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:** **June 22, 2010**  
**Program:** **Guest speaker: Polly Burleson** with Convatec.  
Ms. Burleson will be introducing a new  
(revolutionary) ostomy system.

### 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, June 21, 2010**  
**Program:** **Roundtable**

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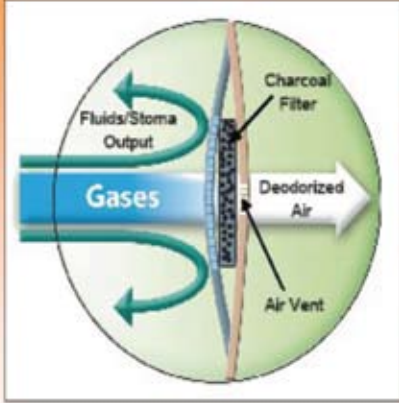
Monday through Thursday, 8:30 a.m.—8:00 p.m. ET,  
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 Saturday, 10:00 a.m.—2:00 p.m. ET.

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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.



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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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## Customer Letter



### **Step One:**

Read through this letter to understand the advantage of being a part of the Kroger Neighbor to Neighbor Donation Program.

### **Step Two:**

Take the letter with you to your neighborhood Kroger store the next time you go shopping.

### **Step Three:**

Present the letter with your organization's barcode to your cashier upon checkout. After they have scanned your KrogerPlus Card you will be enrolled for the current year of the Kroger Neighbor to Neighbor Donation Program. Every time you shop at Kroger and use your enrolled KrogerPlus Card, Kroger will contribute a percentage of your eligible purchases to the Kroger Neighbor to Neighbor Donation fund. Once a card is scanned with the barcode, it will be active for the remainder of the program year.

### **Q & A**

**How many Kroger Neighbor to Neighbor accounts can an organization have?**

One per organization.

Can a household "link" their KrogerPlus Card to more than one organization at a time?

No, the system allows for one organization per household. To change organizations, you must present your KrogerPlus Card and the new organization's barcode to the cashier.

### **Do I have to enroll each program year?**

Yes, all organization's and participants must re-enroll for each program year. Enrollment is June 1, 2010 through Dec 31, 2010 The Neighbor to Neighbor Program accumulation is **July 1, 2010 through April 30, 2011.**

### **How much can my organization earn?**

The Kroger Neighbor to Neighbor Donation Program will donate \$1 million annually. Each organization will earn a percentage of the \$1 million equal to the percentage of total earned contributions attributable to that organization.

**Kroger Cashier: 1. Scan customer's KrogerPlus Card 2. Scan the attached Organization's barcode.**

The customer's KrogerPlus Card is now enrolled in the Kroger Neighbor to Neighbor Donation Program & contributing funds to their organization. When you scan the barcode, the description on the receipt will say "**Loyalty Div 0.00**". This means the barcode was properly scanned. The following Friday, the customer's receipt will display a message at the bottom of the receipt saying "**Your card is contributing to Neighbor to Neighbor #12345**"

OSTOMY ASSOCIATION OF THE HOUSTON AREA



Please feel free to contact a Kroger Neighbor to Neighbor Donation Program Representative with any additional questions at 866-995-7643 or email to [neighbortoneighbor@kroger.com](mailto:neighbortoneighbor@kroger.com). Additional information is also available at [www.krogerneighbortoneighbor.com](http://www.krogerneighbortoneighbor.com).