



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

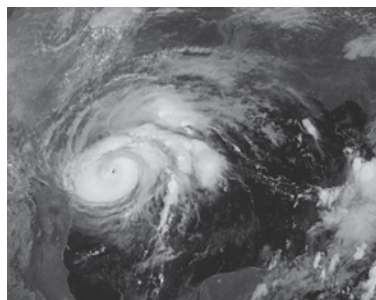
"We help ourselves by helping others to help themselves."

Harvey and the Ostomy Association of the Houston Area

by Denise Parsons

When Harvey hit landfall near Rockport, we hoped we had dodged another one. However, Harvey made landfall two more times before stalling inland over Houston...for days. The rain just kept coming. Some areas had over 50 inches. My neighbor measured over 25 inches in his rain gauge. We all saw the pictures on TV of people trying to get out of their neighborhoods in boats or walking in chest high water perhaps carrying a pet or a child. The ostomy community was watching too with the horrific thought, what will they do for supplies? My phone is the contact for the Ostomy Association of the Houston Area. While the rain was still falling, I received calls from all over Texas, San Antonio, Fort Worth, South Texas, Victoria, all offering supplies to ostomates caught in the flood.

I also started getting calls from ostomates who had evacuated with few if any supplies. Further, I was contacted by WOC nurses who were trying to get supplies to the shelters but needed an address to ship to. So, since my home was dry, and accessible to both the George Brown Convention Center and NRG Center, my address became ostomy supply central for Houston. Lorette Bauarschi, President of the Houston group, and Patti Suler, our Facebook moderator, and Scott Hiett, our web manager, were in contact and we sent out the request for supplies and the address to ship to



along with my number for those needing supplies. We also sent the message to our email contacts.

One of the first calls I received was from one of our members who had evacuated her two-story house and needed supplies until she

could return. The problem was that one could not get around in Houston. You could not get from one side of town to the other. Areas of town were islands between the bayous and flooded roadways. Moreover, the normal shipping via UPS or FedEx or USPS wasn't running either. Patti happened to have what was needed and was close enough to meet up with the member to give them some supplies. As calls came in, I tried to match up what was requested with what someone had offered in that same area of greater Houston. For one request, Patti picked up the supplies in Spring and drove to meet me on the near northside of Houston and I drove to central Houston to deliver them. One member took supplies to my daughter's house in Katy and, when streets were clear, I picked them up from her.

Meanwhile, in San Antonio, the UOAA group and the local WOC nurses assembled ziplocked individual packages containing a pouch, a wafer, adhesive remover, skin prep, or perhaps a one-piece system of various sizes and configurations of several brands, including pediatric supplies. They drove the supplies from San

(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 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.

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Central Group News

We had a great turnout at our June meeting, notwithstanding the rainy weather. We welcomed Ann Friedman, Ph.D, of Mindful Being, P.C. (www.mindfulbeinghouston.com). Ann told us about recent medical studies that appear to demonstrate how meditation and mindfulness can cause significant improvement in symptoms for people with chronic illnesses, including IBD and IBS. Although further studies are needed, the research so far is promising. Ann took us through some breathing exercises and a sitting meditation. She encouraged us to use these techniques in our daily activities (especially driving in traffic). It was a really interesting and well-received presentation.

We have re-activated our Good Neighbor account with Randalls so that when you shop there, we can receive a percentage of the proceeds. To sign up, you need to link your Randalls card with our group. You can sign up at the courtesy booth. Our charity number is 3698. Please sign up so we can benefit.

As many of you know, we are going to begin sending out our monthly newsletters by email only in the next few months. Printing costs are just too high for us to continue to mail them, and many of you have asked us to send you an email version only. If we don't have your email address, we will be sending you a letter to ask you to provide us with one. If you do not have access to email, we will make arrangements to mail you your monthly newsletter. Please be patient with us as we go through this transition.

Our next meeting is on July 16th. Shannon Triplett with Coloplast will be our presenter. See you then.

Regards,

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

Northwest Group News

The Northwest Group June meeting was canceled due to bad weather. Next month's July meeting will be our annual Ice Cream Social. We hope to see new and old members come together to enjoy this cool summer special event.

Billy Locke
337-515-6354

Baytown Group News

You should have been there! This is the conversation around June Ostomy Support Group! Community Room at the Cancer Center was the site for another great turnout with 10 in attendance for this wonderful presentation. Two representatives from Stealth Belt® were on hand to share their experiences not only with the Stealth Belt® product but with their journey as ostomates and support group stories from San Antonio. We enjoyed hosting Christine Miller and Vickie Blume who were visiting Christine's grandmother in our area. It was a fun hour of interaction.

We learned the following about Stealth Belt®:

- Support belts provide security & can help keep a hernia in place
- Stealth Belt® can provide an additional muffler made of neoprene to help muffle noise from gas
- A flexible plastic type of muffler, a "shield" for the stoma is also available for active ostomates
- Many ostomates wear their pouch horizontally (this does not impact function of the filter)
- There is a belt with an option for vertical wear of the pouch
- Reimbursement by insurance is an option with physician order and invoice from Stealth Belt®.
- You may have to re-submit to obtain reimbursement.
- Belts are available in these colors: beige, tan, nude and black
- Belt comes in Velcro or Band Style
- Band style can have lace added in pink, white or black
- Belts are made in Johnson City, Tennessee
- Wait time for a custom belt is 6 weeks

Stealth Belt® offers an interactive website with chat box available at www.stealthbelt.com

If you call 1-800-237-4491, it is likely you may speak to Christine or Vickie.

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

We look forward to a presentation about Secure Start at Hollister in July. 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.



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

Harvey and the OAHA *(continued from page 1)*

Antonio to Houston and delivered them to the medical team at the NRG center. The shelter was only needed for a short time as long-term shelter was found for those affected. I got the call to pick up the supplies from NRG. Apparently, early on supplies were needed at the George Brown Convention Center, the first large shelter, but we were not contacted and were dismissed when we called to offer supplies. This was miscommunication between the medical team and the shelter managers.

About this time, UPS, FedEX, and USPS started delivering again. We received supplies from all over the US and Canada. The ostomate community is amazing and very generous. As requests came in, we did our best to provide something to help each person, hopefully giving them enough to carry over until they had an address for their supplies to ship to or were back at their job so they could pay for supplies or get their insurance. We sent or delivered supplies all over the greater Houston area, to Montgomery, Porter, Beaumont, and points between. Some people I met at a halfway point, some were mailed, some were delivered to hotels, some came to my house to pick them up. We had a member volunteering at the Red Cross Houston

Headquarters and we were able to provide supplies to the medical team there.

And then, there was Irma. Florida was hit by Irma just a week or two after Harvey along with Puerto Rico. I was in contact with Joy Hopper, WOC, in South Georgia so we boxed up the San Antonio supplies left from the NRG shelter and sent them to Joy. She will need to tell this part of the story.

I continued to receive supply requests for several months. The remaining supplies are mostly the odd sizes and less used styles. We are going to ship them to Friends of Ostomates Worldwide. I want to thank the members of the Ostomy Association of the Houston Area, our local WOC nurses, and our local product representatives for all their help and support during this stressful time for Houston. It was heartening to see the outpouring of support we had for each other and gratefulness of the many ostomates we were able to help. The ostomy community around the U.S. and Canada was there for us and I hope we can provide aid to others in the future.

Why Don't We Have a Supply Cabinet?

by Denise Parsons, Vice President, OAHA

I've been asked why the Ostomy Association of the Houston Area is not maintaining a supply cabinet all the time. There are several aspects of this effort that have to be addressed. First, we need a location that is centrally located. What is centrally located in Houston? Houston is at least 627 square miles, and with our traffic, not the easiest to navigate. The storage location must be climate controlled as many supplies are temperature sensitive. This organization has a minimal budget without means to pay for space. Second, we need someone to manage the supplies. This involves arranging pickup or delivery of donated supplies, keeping an inventory of what has been donated, being able to help match the available supplies with what is being requested, and then facilitating delivery of the supplies. If the supplies are mailed or shipped, those costs add up. Third, we need the involvement of a WOC nurse to help match supplies to the patient. At one time, Clarice Kennedy, ET, performed this service for our group. Since her death along with the loss of our storage area, we have not been able to accept donated supplies and to share them with those who need them. We did a temporary supply cabinet during Harvey, but it is not sustainable. If anyone has suggestions as to how we could have a supply cabinet, please contact one of the Board members.

New from The Phoenix, Ask Nurse Brown, CWOCN

Showering with an Ostomy

Dear Nurse Brown,

I really enjoy a long, hot shower. The problem is my pouch gets wet and then takes too long to dry. Is there a way to keep my pouch dry in the shower? —**W.R.**

Dear W.R.,

There are many products on the market to cover your pouch, but with a long, hot shower, even the steam will dampen the pouch. Have you tried drying your pouch and wafer using a hair dryer on a cool setting? You can also fold your empty pouch up during the shower and secure it with a clip or large bobby pin. This can limit the amount of the pouch that gets wet and then towel dry or use the hair dryer. Some ostomates that use a two-piece system keep a "shower pouch" that they only use during showers, replacing it with the pouch they were going to wear, and allowing the wet pouch to dry until the next shower.





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WOC Nurse Directory

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

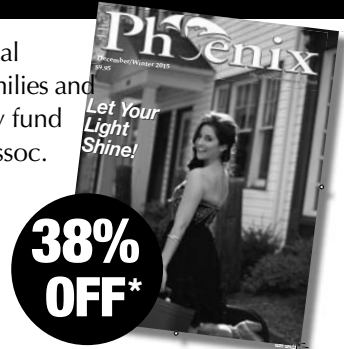
Charlene Randall, RN, CWON (713) 465-8497
Specialty Wound & Ostomy Nursing, Inc.
charlene@swoni.com

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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Central Group

Monthly: Third Monday of the month
Date: **July 16, 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 Speaker: Shannon Triplett** with Coloplast

Baytown Group

Monthly: Second Monday of the month
Date: **July 9, 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 about Secure Start by Hollister

Northwest Group

Monthly: Third Wednesday of the month
Date: **July 18, 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: **Ice Cream Social—Please join us!**

J-Pouch Group

Monthly: Third Monday of the Month
Date: **July 16, 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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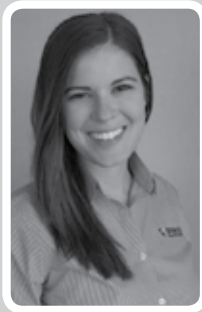
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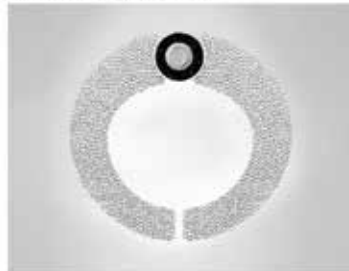
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Newsletter Advertising: *Please contact the President or Treasurer for advertising opportunities.*

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.