



# Oostomy Association of the Houston Area

August 2006

PO Box 25164  
Houston, TX 77265-5164  
www.oostomyhouston.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: August 21st, Monday evening**

**Program: Round Table Discussion**

Bring you questions and comments for an evening of sharing.

## Northwest Group

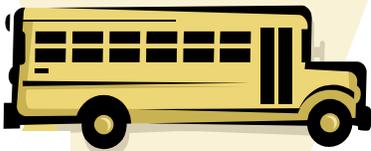
Monthly: Tuesday following the third Monday  
Time: 7:00 p.m.  
Place: NW Medical Professional Bldg. (The Cali Bldg.)  
17117 Cali Drive, Houston (This location is just off of 1960 and west of I-45. Turn north on Cali Drive from 1960. At the stop sign turn left on Judiwood and left again to park behind the Cali Building.)

Contact: Tony Romeo 281-537-0681 (sa1tmr@sbcglobal.net)

**Meeting: August 22nd, Tuesday evening**

**Program: Hollister Products**

Chris Robison, Hollister Sales Representative will be with us for a discussion about Hollister products.



***Slow down for  
the school  
children!!***

## 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: August 28th, Monday evening**

**Program: The Dangers of Heat Exhaustion**

Join us for this presentation by Edward Borner, RPh.

## 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: August 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.***

## Central Group News

Over 20 members and visitors attended the July 17th meeting of the Central Group. First time visitors included Cynthia Deasy and Louveta McClain who was accompanied by her sister and mother. Welcome to each of you!!

In the absence of Ed Wood who was on vacation, Floyd Swinger, First Vice President, conducted our meeting.

The program was presented by Tabatha Schroeder, ConvaTec's local representative. She showed various products and their advantages and also provided news about products currently being worked on for introduction later this year. Thank you, Tabatha, for an informative program and for providing the homemade cookies and the soft drinks. You are appreciated!

ConvaTec has been a part of sponsoring the Great Comebacks program for many years and Tabatha left application forms for any ostomate who would like to apply. Please see page 3 for more detailed information if you are interested in learning more about the program and how to submit an application.

We wish to say "Thank You" also to Dr. Marvin Baker for providing other refreshments for our meeting.

The August 21st meeting will be a round table discussion. Bring your questions and be prepared to share your experiences. See you then!!

**Ed Wood**  
President

### STAY FIT ON VACATION

If you're tempted to laze the day away on a beach chair, try taking a stroll instead. The ideal holiday should invigorate and rejuvenate your life. Some tips for keeping fit while on vacation: Plan fitness activities • Slot 30 minutes to an hour of activity each day • Eat low-fat breakfasts, such as vegetable omelettes and fruit plates, to establish healthy intentions each morning • Because restaurant servings are typically twice the size you need, order an appetizer. *Most of all....Enjoy your vacation to the fullest!!*

### SCHOOL BUS SAFETY

School buses are one of the safest forms of transportation around. The greatest hazard isn't riding the bus, but getting on and off.

- ! **Yellow flashing lights:** The bus is getting ready to stop and load or unload. Cars need to slow down and get ready to stop.
- ! **Red flashing lights:** The bus has stopped and children are getting on or off. Motorists must stop their cars.
- ! **Danger zone:** It's never safe to walk close to the front, sides or back of the bus because the driver may not see you. Stay away from the bus wheels and watch out for moving cars! ♦

### BEST ENERGY FOODS

Looking for a snack that will keep you energized? **Then stay away from coffee or something sugary. "Your body processes the caffeine and sugar too quickly"**, says France Alphin, R.D., a clinical associate at Duke University. She recommends staying hydrated and having one of the following five foods available:

1. **Yogurt** contains essential B vitamins which your body uses to convert other nutrients into energy. Choose low-fat plain yogurt and add fresh berries if you wish.
2. **Bran muffin's** complex carbohydrates provide long-lasting energy, plus bran contains magnesium to help convert carbohydrates into energy.
3. A **hard-boiled egg** is an excellent source of protein and B vitamins.
4. **Peanut Butter** is packed with protein and magnesium. Choose the all-natural or low sugar kind. Try with a celery stick or a banana.
5. **Trail Mix** is made with dried fruit, assorted seeds and nuts, and is loaded with iron, protein, and complex carbohydrates. It's a good yogurt topping. Make your own trail mix by combining Cheerios, dried apricots, cherries, bananas, raisins, along with nuts and pumpkin seeds. ♦

### HELPFUL HINTS FROM HERE AND THERE

- ☑ If your pouch doesn't stick well there may be an easy solution: Are you applying it in a high-humidity bathroom right after showering? Skin must be perfectly dry to hold the pouch. Oily skin care products, such as vitamin E and Dove Soap, can cause the wafer to loosen and slip. If you change your pouch before a shower, wait 15 minutes or so until the pouch seal is secure.
- ☑ Pre-warming of the tube of appliance paste will make it easier to apply. The tube can be held under hot water.
- ☑ When taking a new medication, keep a close eye on your pouch to see if the undigested pill appears there. Contact your doctor immediately if you suspect the medicine is going straight through.
- ☑ To get the most out of your supplements, take vitamins with meals. That will boost your absorption and lessen your chances of getting an upset stomach.
- ☑ Thirst is a great indicator of liquid needs. If you are thirsty, drink some water! ...then drink some more! ♦

*"There is no such thing as an insignificant act of service."*

- Unknown

## 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 supplies of all kinds. Consider donating ostomy supplies that you no longer use to assist your fellow ostomates in the Houston area. Please contact Chuck Bayens at 281-497-7749 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 cekennedy@ev1.net or call 713-647-8029 for an appointment.

**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](mailto: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.

## ***THE GREAT COMBACKS PROGRAM*** ***Celebrating Life's Second Chances***

The Great Comebacks Program began in 1984 to raise awareness of quality-of-life issues for people with inflammatory bowel disease, colorectal cancer, and/or an ostomy. In 2006, the program is expanding its mission beyond an annual award to include outreach and awareness year-round for patients and families about life after surgery.

Each year, ConvaTec and the Crohn's & Colitis Foundation sponsors the Great Comebacks Program to recognize adults, children and teenagers who are living with inflammatory bowel disease, colorectal cancer, and/or an ostomy. In addition, the program will recognize a deserving high school graduate, 24-years-old or younger, with the Ina Brudnick Scholarship Award.

Through the awards, and the efforts of the recipients, people will be given hope, guidance and the information they need to make their own great comeback.

### ***Who should apply?***

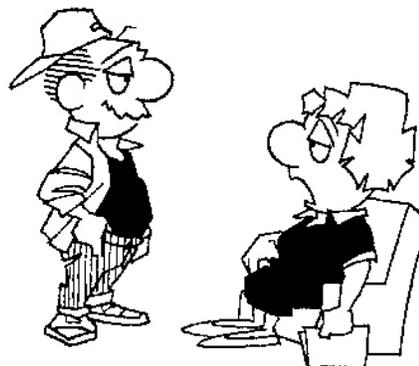
Anyone who has overcome the difficulties of living with inflammatory bowel disease (Crohn's disease and ulcerative colitis), colorectal cancer, and/or an ostomy and whose story can encourage others.

### ***How can I apply?***

For an application form and more information about applying, visit [www.greatcomebacks.com](http://www.greatcomebacks.com) or call Clarice Kennedy at 713-647-8029. ♦

**"You cannot kindle a fire in any other heart until it is burning in your own."**

*- Anonymous*



**"I hope you got your senior discount."**

## THE SECRETS OF PREVENTING BLOCKAGES AND HERNIAS

via *The Courier*, Ostomy Support Group, Tucson, AZ

Certain steps can be taken to minimize the risk of blockages. Here are some ideas:

1. When eating, always concentrate on chewing the food. Make sure it is chewed well before swallowing. For instance, if a piece of meat appears too tough and gristly, it might be better to leave it. Don't take the chance of swallowing it and having it cause a blockage.
2. Try new foods in moderation. Do not eat a huge helping of something you have not tried before. This is a good rule to follow whenever you eat anything. As an ostomate, it is better to eat small quantities of food at more times during the day than to eat one big meal. Always follow this rule for better health.
3. If a particular food has given you problems in the past, try to avoid it until you feel you can do so without a problem. Most of us try very small amounts of problem foods from time to time, and if we chew it well and drink water with it are able to tolerate most anything.
4. Drink plenty of water or other fluids throughout the day. We should drink at least 64 ounces, about two liters, of water a day. These include fruit juices and non-caffeine herbal teas. Caffeine drinks, alcohol in any form, soft drinks and beverages don't count. In fact, these items actually require you to drink additional water. These drinks are all dehydrating.

With regard to hernias, prevention is not under our control all the time. But there are certain proactive steps that we should do routinely.

1. Never lift anything heavy. For some people, even 10 pounds may be too much. Picking up children and tumbling around with them could cause a hernia.
2. Slow down your actions and be more deliberate.
3. Try to exercise three or four times a week. This means about an hour each time. You should discuss a plan with your doctor. He/she will help advise you what is best for your exact health situation. Everyone can benefit from exercise. You will build up your abdominal muscles which will prevent hernias. It is curious to note that every time a muscle is exercised, it tears a bit. When it repairs, it builds muscle. A big tear is a hernia.
4. Don't push boxes on the floor with your feet. This can definitely put a strain on your back and cause a hernia.

Above all, use common sense. God gave it to you as a tool, not an ornament. Rather be safe than sorry! ♦



**Peace starts  
with a smile.**

## LOOK PEOPLE...THINGS CHANGE

By Barb Campbell, *Winnipeg Ostomy Association*, via N. San Diego Ostomy Assn.

We who have had ostomy surgery know about change. We are challenged by the new "change" after our surgery. The challenges of change are big, but our capacity to respond is almost endless. We must make changes that are timely and provide long-range strength and health.

Change is constant. Times change, things change and circumstances change, so we must and do change, adjust, make new plans, turn in another direction, take a different path.

We are adept at being adaptable. We re-evaluate priorities and tend to take less for granted. We learn much about ourselves and much about how precious life and people are. We learn to say good things that count now and do not wait until later because we are acutely aware that later may never come.

This changes us and it changes our relationships with others. We hope that we become better people. Change is with us forever—in more ways than one!

**"Never underestimate the ability of a small dedicated group of people to change the world; indeed it's the only thing that has ever changed the world."** - Margaret Mead

There are two  
ways to live your life.  
One is as though nothing  
is a miracle. The other is  
as though everything  
is a miracle.  
- Albert Einstein

### YOU KNOW IT IS AUGUST IN TEXAS WHEN...

Trees are whistling for the dogs.  
Hot water now comes out of both taps.  
You can make sun tea instantly.  
Your seat belt buckle makes a good branding iron.  
It's below 95 and you feel a little chilly.  
You discover that 2 fingers CAN steer your car.  
You get sunburned through your car window.  
You burn your hand opening the car door.  
You realize that asphalt has a liquid state.  
Potatoes cook underground...just add butter, salt and pepper.  
Chickens eat crushed ice to keep from laying boiled eggs.  
Cows are giving evaporated milk. ♦

## BAYTOWN SUPPORT GROUP

The presenter for our August meeting is Edward Borner, RPh, Director of Pharmacy at San Jacinto Methodist Hospital. Ed will speak on avoiding the dangers of heat exhaustion in the summer...a good topic for us all to learn more about especially during the hot Texas days in August. Don't miss it!!

See you on August 28th!!

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

## NORTHWEST GROUP HAPPENINGS

Eleven members and visitors attended our July discussion of heat related issues. Welcome to our visitors...we hope to see you again.

A big "thank you" to GayNell Faltysek and Gen Stephens for providing our refreshments...the ice cream and cookies were enjoyed by all!!

The program for our August 22nd meeting will be given by Hollister's Chris Robison.

See you then . . .

**Tony Romeo**  
281-537-0681

## QUICK TIPS FOR THE WORKPLACE

Excerpt from Better Together Newsletter "Health & Vitality" by ConvaTec

Having a stoma has little bearing on your employment. Most people with ostomies return to their jobs after surgery. Deciding when to return to work should be determined by you, your doctor, surgeon, and ET nurse. You may tire more easily upon returning to work. If so, ask your employer if you can work part-time for the first few weeks back on the job.

**On the job:** You will need good toilet and washing facilities at your work site, with privacy available for changing your appliance. Keep spare wafers, pouches and accessory products—plus another set of clothing—at work, just in case.

**Job performance:** People with ostomies perform nearly every kind of job. However, some occupations, in which the work is physically uncomfortable or strenuous, may require precautions. If your work involves handling food, there is no reason why you cannot continue to do so, providing you exercise good personal hygiene. The risk of spreading germs is the same for those with ostomies as for those without.

**Work rights & responsibilities:** Under the ADA, some employers may be required to make certain accommodations for you. Inquire about this with your human resources specialist. Individuals may, however, be required to undergo a re-employment physical. Before accepting a position with a new employer, find out if their insurance company covers your ostomy-related needs. ♦

## 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: \_\_\_\_\_  
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                          |

\_\_\_\_\_ 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**

# Introducing

## STOMOCUR™

### OSTOMY PRODUCTS



- ▶ Comfortable feel & fit - feels like you are not wearing an appliance
- ▶ No tape required
- ▶ Longer wear time
- ▶ Highly absorbent durable rings & paste



FOR LIFE GmbH  
Berlin, Germany

**For a Free Sample  
or For More Information Contact  
Clarice Kennedy, CET (713) 647-8029 or cekennedy@ev1.net**

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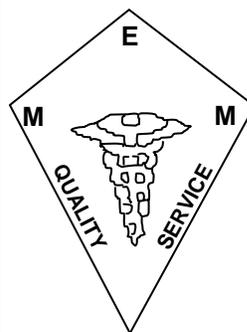
#### NEWSLETTER ADVERTISING:

*Please contact the newsletter editor for sponsorship and advertising opportunities.*

#### STRESS REDUCERS...

1. Go to bed on time.
2. Get up on time so you can start the day unrushed.
3. Delegate tasks to capable others.
4. Simplify and unclutter your life.
5. Allow extra time to do things and to get to places.
6. Don't lump the hard things all together.
7. Take one day at a time.
8. Separate *worries* from *concerns*.
9. Live within your budget.
10. Have backups; an extra car key, an extra house key, etc.
11. K.M.S. (Keep Mouth Shut). This single piece of advice can prevent an enormous amount of trouble.
12. Do something for the kid in you everyday.
13. Get enough exercise...and eat right!
14. Get organized so everything has its place.
15. Listen to a tape that can help improve your quality of life.
16. Write thoughts and inspirations down.
17. Every day, find time to be alone.
18. Laugh....and laugh some more!
19. Take your work seriously, but yourself not at all.
20. Be forgiving (most people are doing the best they can).
21. Be kind to unkind people (they probably need it the most).
22. Sit on your ego.
23. Talk less; listen more.
24. Slow down.
25. Remind yourself that you are not the general manager of the universe.
26. Every night before bed, think of one thing you're grateful for that you've never been grateful for before.

**Don't worry...be happy!!**



## MEDICAL EQUIPMENT MART

### AND OSTOMY CLINIC

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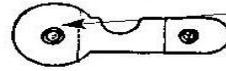


## Air release from the pouch a challenge?

### Osto-EZ-Vent

- Easy to attach
- Easy to open & close
- Easy access to vent
- Gives user control
- Attaches to any pouch
- Provides comfort, relief & confidence

• MEDICARE APPROVED #A4366 •



Opened view  
(hole opening to pouch)

Where to buy? Check our website for dealers, catalogs, online ordering, or call our toll free number to order direct by mail.



Toll Free: 1-888-562-8802

Website: www.kemOnline.com

## Fun for Lexiophiles:

- When a clock is hungry it goes back four seconds.
- The man who fell into an upholstery machine is fully recovered.
- The short fortune teller who escaped from prison was a small medium at large.
- Those who get too big for their britches will be exposed in the end.
- When you've seen one shopping center you've seen a mall.
- Show me a piano falling down a mineshaft and I'll show you A-flat minor.
- Marathon runners with bad footwear suffer the agony of defeat.
- Those who jump off a Paris bridge are in Seine.
- Time flies like an arrow. Fruit flies like a banana.
- A backward poet write inverse.
- In a democracy it's your vote that counts; in feudalism it's your count that votes.
- She had a boyfriend with a wooden leg, but broke it off.
- If you don't pay your exorcist, you get repossessed.
- A grenade tossed into a kitchen in France would result in Linoleum Blownapart.



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Houston, TX 77055  
(713) 465-2200  
Fax (713) 461-5806

Ostomy Consultations with  
Clarice E. Kennedy, CET  
By appointment only  
Call (713) 647-8029

FOUR THINGS TO REMEMBER WHEN THE GRANDKIDS VISIT: A 3-yr-old's voice is louder than 200 adults in a crowded restaurant - The words Play-Doh and microwave should never be used in the same sentence - A ceiling fan can hit a baseball a long way - A 6-yr-old CAN start a fire with a flint rock!!

# Adapt

Ostomy Accessories

For the Perfect Fit



## The perfect fit for your body and your individual needs.

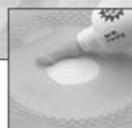
Adapt Ostomy Accessories truly deliver custom solutions – for the best in confidence and convenience. Each Adapt accessory enhances your pouching system – so you can enjoy life with unmatched ease of use, flexibility and durability. The Adapt family of products include:

- Adapt Paste
- Adapt Convex Barrier Rings
- Adapt Barrier Rings
- Adapt Barrier Strips

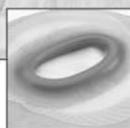


Hollister Incorporated  
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1.800.323.4060  
www.hollister.com

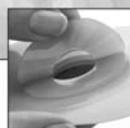
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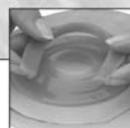
Adapt Paste



Adapt Convex Barrier Rings



Adapt Barrier Rings



Adapt Barrier Strips

## Ostomy Association of the Houston Area

### Board of Directors

Edgar C. Wood, Jr.	President	(281) 493-5015 or ewood6@houston.rr.com
M. Floyd Swinger, Jr.	First Vice President	(713) 851-4540 or swingcon@ev1.net
Mary Harle	Second Vice President	(713) 782-7864
Denise Parsons	Secretary	(713) 665-8082 or rockynme2@aol.com
Charles (Chuck) D. Bouse	Treasurer	(281) 495-1840 or dewitt@houston.rr.com
Clarice E. Kennedy	Ask the E.T.	(713) 647-8029 or cekennedy@ev1.net
Lorette Bauarschi	Fundraising Chair	(713) 690-7940 or lbauarschi@sbcglobal.net
Kathleen Duplessis	Membership Chair	(713) 467-3168 or kdup@rice.edu
Charles (Chuck) A. Bayens	Supplies Coordinator	(281) 497-7749 or cabayens@aol.com

### Appointed Positions

Dorothy Andrews	Visitation Coordinator	(713) 789-4049
Judy Swinger	Newsletter Editor	(713) 562-3279 or swingcon@ev1.net
Charles (Chuck) D. Bouse	Newsletter Distributor	(281) 495-1840 or dewitt@houston.rr.com
Shirley Mucasey	Telephone Coordinator	(713) 263-1883
Barbara Bouse	Library Coordinator	(281) 495-1840 or dewitt@houston.rr.com
Tony Romeo	Northwest Group Coordinator	(281) 537-0681 or saltmr@sbcglobal.net
Cindy Barefield	Baytown Group Coordinator	(281) 420-8671 or cbarefield@tmh.tmc.edu
Ron Meisinger	J-Pouch Coordinator	(281) 491-8220

### Medical Advisory Board

H. Randolph Bailey, MD	Ira R. Flax, MD	Clarice E. Kennedy, CET
Joseph R. Cali, MD	Margaret Waisman, MD	Richard Lucas, PhD
David A. Thompson, MD	Charlene Randall, RN, BSN, CWOCN	

### Lifetime Honorary Member

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