



# Oostomy Association of the Houston Area

September 2007

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: Terry Marriott 713-668-8433  
(tdmarriott@yahoo.com)

**Meeting: September 17th, Monday evening**

**Program: Round Table Discussions**

Bring a sample of your appliance and join us for a time of discussion based on your type of ostomy.

## 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: September 18th, Tuesday evening**

**Program: Hollister**

The local Hollister representative will be with us for our September meeting. Come see what new products are available. We will also discuss our annual October picnic.

**Drive slowly . . .  
Keep the little  
ones safe!**

## 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: September 24th, Monday evening**

**Program: To Be Announced**

Come and join us for another good group get-together.

## 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: September 17th, 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

We wish to thank Charlene Randall, RN, BSN, CWOCN, for presenting a very interesting program at our meeting on August 20<sup>th</sup> at the American Cancer Society Building. Her company, Specialty Wound & Ostomy Nursing, Inc., provides home healthcare services. She emphasized the importance of selecting a home care agency that is Medicare registered and certified (if you are under Medicare), and also one that will be able to provide the kind of services necessary during recovery. You can get an idea of what agencies are available in your area from website: [www.medicare.gov](http://www.medicare.gov) (select Home Health Compare), or you can call 1-800-MEDICARE (1-800-633-4227) to help you choose an agency, if you need one, before the discharge nurse (or agent) checks you out of the hospital. She also said that home healthcare is needed more often now because of ever shorter hospital stays enforced by Medicare and other medical insurance providers.

We had 28 people in attendance for our August 20<sup>th</sup> meeting including 3 visitors, James Courville and his wife, and Stephen Phelps. James hasn't become an ostomate yet, but anticipates that he will in the near future; we hope that we presented him a positive outlook toward whatever the future brings for him. Stephen not only visited on August 20<sup>th</sup>, but we also welcomed him as a new member while he was at the meeting.

We all were saddened to learn of the passing of Jerry Hammack, age 85. When health allowed, Jerry and Adelin attended our Central group meetings and always brought a spark of joy with them. We express our deepest sympathy to Adelin and their family.

We wish to thank Kathleen Griswold for volunteering to become our new Supplies Coordinator. She has been approved by a quorum of the Ostomy Association of the Houston Area Board of Directors and her contact information appears on page 8. Her information will also appear on our Website within the next month.

At the September 18<sup>th</sup> meeting, we will have group sessions for the various types of ostomies where you can discuss problems and solutions specific to your type of ostomy with others who have the same ostomy type. Please bring an (unused) sample of the ostomy equipment that you use to show and compare to the others in your group.

See you on the 20th....

***Terry Marriott***

The United Ostomy Associations of America  
(UOAA) can be contacted at  
[www.uoaa.org](http://www.uoaa.org).

## POSITIVE IMAGE OF OSTOMATES? EACH OF US CAN DO OUR PART

By Pat Murphy, RN, CETN

Each of us can make life better—for ourselves and for those we meet who might someday have to face ostomy surgery for their own good. I'd like to suggest two ways to do this:

First, support the United Ostomy Associations of America—not only financially but also giving volunteer help in your local support group. Your involvement will keep the group strong and make it more interesting and fun.

Second, become aware of the image of an ostomate that you project to others. Be sure it's a positive one!

Whether an ostomate or not, everyone at some point in life chooses between life and death. You can tell which one people have chosen by observing their attitudes and lifestyles. We are advised to choose life. And that involves projecting a positive image to others.

Marvin Bush said how grateful he was that his ostomy surgery had given him a "second chance" to live. What a marvelous thing to be able to have—a second chance! To be able to live, enjoy family, friends and work or play, is a great joy.

Sometimes, though, we can get on a negative track and focus on our problems instead of being grateful. Look at yourself today. Have you been focusing on your complaints and problems? What kind of image do *you* project to others?

Here's a simple plan to help us all become more positive and project a better image:

- Watch yourself for a few days; see if negative thoughts and feelings keep repeating.
- Replace negative thoughts with thankful thoughts. You can't just remove negative thoughts; that leaves an empty space, and they'll just come back. You must put positive thoughts in their place.
- Express your thankfulness to those around you. Be optimistic in what you say. Instead of say, "I'm so busy I don't know what to do," for example, you could say, "I have so many interesting challenges I don't know which one to take on first."
- Make thankfulness a habit. If you do, you will project a wonderful, powerful, positive, attractive image to all you meet. This will help others to choose life—or an ostomy, if need be—in their future. ♦

*"Anyone who has never made  
a mistake has never tried  
anything new."*

- Albert Einstein

**OPPORTUNITIES & ANNOUNCEMENTS...**

**Anniversary Gift:** As you celebrate the anniversary of your ostomy surgery each year, consider making a monetary gift to the Ostomy Association. Checks should be made payable and sent to: **Ostomy Association of the Houston Area**  
**Attn: Chuck Bouse, Treasurer**  
**P.O. Box 25164**  
**Houston, TX 77265-5164**

**Memorial Fund:** Donations can be made to our Memorial Fund to memorialize or honor individuals. Checks should be made payable and sent to: **Ostomy Association of the Houston Area**  
**Attn: Mary Harle**  
**9643 Winsome Lane**  
**Houston, TX 77063-3725**

(When sending a donation, be sure to include the name of the person being honored so that appropriate acknowledgement can be sent.)

**Donation of Supplies:** We are contacted on a regular basis by individuals who are in need of donated ostomy supplies. Consider donating ostomy supplies that you no longer use to assist your fellow ostomates in the Houston area. Please contact Kathleen Griswold at 303-921-9892 with any questions.

**Consultation with ET:** Clarice E. Kennedy, Certified Enterostomal Therapist, is available for consultations. Clarice is an ostomate with over 30 years of knowledge and experience to share with anyone who has questions about, or needs assistance with, the care of an ostomy both prior to and following surgery. Contact cekennedy1@peoplepc.com or call 713-647-8029.

**Sponsorship:** You can sponsor a member of our ostomy support group with a tax-deductible donation to cover the cost of their membership. Send your check in the amount of \$25.00 to:  
**Ostomy Association of the Houston Area**  
**Chuck Bouse, Treasurer**  
**P.O. Box 25164**  
**Houston, TX 77265-5164**

**Use Those Shopping Cards:** Krogers and Randalls return a percentage of your purchases to the Ostomy Association on a quarterly basis. For card applications, contact Ed Wood at 281-493-5015.

**Moving??:** Our newsletter is sent by bulk mail, which the Post Office will not forward even if you fill out a forwarding request. To continue receiving the newsletter after a move, contact Chuck Bouse, Treasurer, at 281-495-1840 ([dewitt@houston.rr.com](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.

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

**The Phoenix Annual Subscription - \$25**

*The official publication of UOAA*

Name \_\_\_\_\_

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UOAA Donation (optional) \$ \_\_\_\_\_

Check  VISA  MasterCard #: \_\_\_\_\_ Exp: \_\_\_\_\_

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

You can also order online at [www.uoaa.org](http://www.uoaa.org)

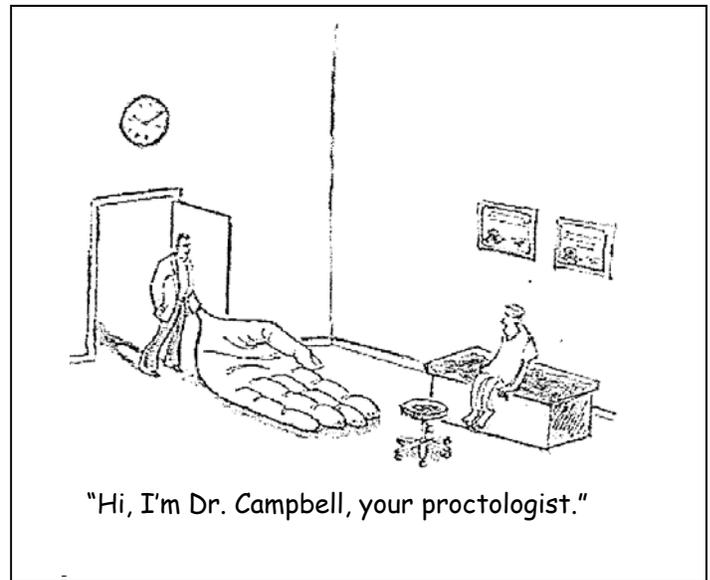
**LIFE IS A GIFT**

Life is a gift to be used everyday;  
 Not to be wasted and hidden away.  
 It isn't a thing to be stored in a chest,  
 Where you gather your keepsakes and all of the rest.  
 It isn't a joy to be experienced now and then,  
 And promptly put back in a dark place again!  
 Life is a gift that the humblest boast of,  
 And one that the humblest may well make the most of.  
 Get out and live it each hour of the day;  
 Wear it and use it as much as you may.  
 Don't keep it in niches, corners, and grooves...  
 You'll find that in service it's beauty improves.

- Author Unknown

**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.



## Ed Wood Honored

Because of his outstanding job as President of the Ostomy Association of the Houston Area for the past four years, Ed Wood was honored at the August 20th meeting. Current President, Terry Marriott, presented a Certificate of Outstanding Leadership and Cindy Barefield, WOCN and leader of the Baytown support group, presented a Certificate of Appreciation and gift certificate. Ed was previously presented a gift certificate by the Board of Directors in appreciation of his many selfless hours of work on behalf of the Houston ostomy support groups and all ostomates in the Houston area.

Thank you Ed!!!



Cindy Barefield making presentation to Ed.



Ed accepting presentation from Terry Marriott.

**SOMEONE**  
Helen Steiner Rice

In this troubled world it's refreshing to find  
Someone who still has time to be kind;  
Someone who has faith to believe  
The more you give, the more you receive.  
Someone who's ready by thought, word or deed,  
To reach out a hand in the hour of need.

**All I ask is a chance to prove that  
money can't make me happy.**

## ICE

UOAA Update 4/07

Recently, the concept of ICE is catching on. It's a simple, important method of contact during emergency situations. Since cell phones are carried by most people, all you need to do is store the number of a contact person or the person that should be contacted during an emergency as "ICE" - meaning In Case of Emergency.

The idea was thought up by a paramedic who found that when they went to the scenes of accidents, there were always cell phones but the responders didn't know which number to call. He thought that it would be a good idea if there was a nationally recognized name for this purpose.

First Responders and hospital staff would then be able to quickly contact your next of kin by simply dialing the number stored as ICE. For more than one contact name simply enter ICE I, ICE II, etc. This is a great idea that will make a difference!

Let's spread the concept of ICE by storing an ICE number in our cell phones! ♦

*"Opportunities are usually disguised  
as hard work, so most people don't  
recognize them."*

- Ann Landers

## SOOOO—HOW DO I CLEAN THIS POUCH?

via Hemet-San Jacinto, CA and Evansville, IN Support Groups

If you are cleaning a drainable two-piece pouch for reuse, use warm, rather than hot or cold water. Cold water doesn't lift stool or urine as readily from the plastic and the pouch is less pliable. Hot water will cause the pouch to wear out faster and may increase the likelihood of odor. If you want to rinse the pouch while you're still wearing it, use a small squirt bottle to get the water in it, slosh it around by holding the end and let things empty into the toilet. Unless you have no option, it's best to remove the pouch entirely for cleaning. A bit of ordinary dish detergent with warm water, or, if bacteria is a concern, a bit of white vinegar mixed with water will do the trick. Fill the pouch with the warm water/soap/vinegar solution and slosh it by hand over the toilet, drain and repeat as necessary. It's not recommended that you wash these things in the sink—the drains are usually too small to handle this sort of waste and the result will not be hygienic. Once you have things reasonably clean, you can hold the pouch under the bathtub faucet and let it rinse. Tub drains are larger and so long as you let a good flush of water follow, and scrub the bathtub on a regular basis (which you do anyway, right?) your bathroom will not smell. Baking soda in the wash water and down the drain is an excellent deodorizer. You can hang the wet pouch by the ring on a hook to dry or just leave it flat on a towel and it will be ready for use the next day. The inside doesn't have to be bone dry for use, but the outside and ring should be. A lot of products have a thin fabric covering on them—nice against the skin when dry but very uncomfortable if damp. Make sure the outside part is dry before putting it back on. ♦

## BAYTOWN SUPPORT GROUP

It was nice to take advantage of the break that the weather offered and join the Central group in their meeting on the 20<sup>th</sup>. In addition to enjoying the program presented by Charlene Randall, I had a mission for my trek from Baytown. I presented Ed Wood, President of the Ostomy Association of Houston for the last 4 years, a certificate of appreciation. Ed was supportive to our group and to me, a new group leader, as we began, back in November of 2004. Thanks again Ed!

Our program last month was presented by Chris Robison, Executive Director of Project C.U.R.E. Houston. Project C.U.R.E (Commission on Urgent Relief and Equipment) is a non-profit, humanitarian relief organization that collects and donates medical supplies and equipment to hospital and clinics in developing countries. Donors provide valuable, life-saving medical products and receive both financial and humanitarian incentives to give away *what they are not using*. If you are interested in Project C.U.R.E., contact Chris Robison at 281-250-0543 or [chrisrobison@projectcure.org](mailto:chrisrobison@projectcure.org).

Keep our monthly support group meetings on your calendar: 4<sup>th</sup> Monday at 7 pm....See you soon!

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

## NORTHWEST GROUP HAPPENINGS

We had 2 new people for a total of 12 attendees at our August meeting. Dietitian, Byron Richard, presented our program. He handed out some reference materials and left no doubt in our minds about the lack of nutritional value in Honey Buns and other sweets. Thank you, Byron, for being with us.

Dick and Dixie Ambrose were unable to be with us due to the loss of Dixie's sister. Dixie, please know that our thoughts are with you.

Gay Nell furnished refreshments and despite what Byron discussed, nearly every bite of the Sock It To Me cake and the cookies were devoured.

Our September 18th meeting will be a presentation by Hollister and Jennifer Gott will furnish refreshments. We will also be discussing plans for our annual October picnic so bring your picnic ideas to the meeting.

See you on the 18th!!

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

**Tony Romeo**  
281-537-0681

*If swimming is so good for your figure,  
how do you explain whales?*

## 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**