



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."

Recovery from an Ostomate's Perspective

By Patti Suler, Ostomy Association of the Houston Area

My eyes were weary and crossed as the weatherman validated the last stages of Hurricane then Tropical Storm Harvey as it finally left Texas. The sheer exhaustion of watching thousands suffer in southeast Texas day after day was pure stress for the onlookers and worse for those of us directly involved. The statistics of loss, water, and damage will take weeks to months to calculate.

This week, countless native and transplant Texans came together with assistance from all over the United States [Washington, Kentucky, New York] and who couldn't resist the home styled Cajun Navy. First responders united with military, local police, and civilians to reduce the burden of millions caught in Harvey's crosshairs. We became 'neighbor helping neighbor'.

The emails and inquiries began to hit our support group's Facebook and web site by Monday, the third morning. Fellow ostomates, nurses, and concerned UOAA groups began to offer assistance and look for ways to help because as we all know, ostomy supplies are special and they are not commonplace nor available over the counter. Many of us know firsthand that many emergency rooms are not even equipped with basic ostomy supplies.

One such contact was from Sara Whamby, CWOCN. In her own words she shared, "As a CWOCN here in the Texas Medical

Center, I felt the need to reach out to my fellow colleagues including the Ostomy Association inside and outside of Texas for assistance with ostomy supply donations. I wanted to make sure that the shelters had the supplies they needed to assist the victims of Harvey who have an ostomy. An ostomy pouch

is not high on the medical personnel's priority list but it is for an ostomate and I wanted to make sure they had what they needed. The first donation was made to the shelter at the George R. Brown Convention Center on Tuesday, August 29. I am hopeful one, if not many, ostomates benefited from these supplies."

The Ostomy Association of the Houston Area (OAHA) began to work with local nurses and others to set up emergency support for displaced local ostomates only to have the need expand to support Southeast Texas. Aside from ourselves, two other UOAA support groups, Victoria and Beaumont, are also located in the affected southeast Texas area.

Neighbor helping neighbor. A message requested donations of supplies was posted on our website, Facebook page and blasted via email to members and caregivers in our area on Wednesday, less than 48 hours from the first inquiry.

Thank you for the outpouring of ostomy supplies and the offers to send more. As FedEx, UPS, and even USPS is running in many

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We are a health support group, a non-profit, tax-exempt, organization of volunteers whose purpose is to provide mutual aid and education to persons who have ostomies and to their families. We are a Texas non-profit corporation. Membership fees and donations are tax deductible.

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Patient Visiting and Support Services

Doctors and WOC Nurses, please note:

Upon request from a doctor, nurse, or social worker, a specially trained visitor will be asked to contact an ostomy patient by phone or visit them in person before and/or after surgery. The visitor will be matched as nearly as possible according to sex, age, and type of ostomy. The visitor does not give medical advice, and there is no charge for this service. Please contact our Visitation Coordinator, Marian Newman at 713-392-5768, or newmarian@gmail.com.

Central Group News

Denise Parsons, Vice President, writes about our August meeting:

Our speaker was Ricki McKenna, Certified Nutritionist and Health Care Consultant, cell: 970-618-7607, email: rmchealthy@gmail.com, www.rickimckenna.myunicity.com.

Ricki used the Ostomy Nutrition Guide on the UOAA web site for some of her discussion. It is good to note that the guide was just updated this year. The Super Nutrients Chart has a description of key vitamins and minerals, their health effects, and food sources for them. There are charts elsewhere that note where in the system these vitamins and minerals are absorbed in the system. If you are missing that part of your colon, there may be other ways to get the needed nutrients. As always, Ricki stressed the need to drink water. She also recommended hot water with lemon first thing in the morning to encourage bowel movement, if needed. In her practice, she promotes the use of Unicity Balance, an evidence based fiber supplement that treats every aspect of metabolic syndrome at once. It also helps with weight loss. Please contact Ricki for more information about it.

Our next meeting is September 18. Our speaker will be Melissa Horne, Regional Chronic Care Specialist, with B. Braun Medical.

I hope to see you there.

Regards,

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

Northwest Group News

We had over a dozen folks gather to hear the latest Coloplast news from representative Tabatha Schroeder. Ms. Schroeder told us all about the origins of the Coloplast company and shared information on their latest product hit, the MIO. Additionally, Coloplast has a new wipe available that is chemical-free to help cleanse peristomal skin.

Next month we will host a special event. Movie Night. Come join us and bring your favorite snack. We will be showing, "Farang Ba" a highly acclaimed documentary featuring ostomate Craig Wilson. This is a special opportunity to share in one man's courage to pursue his dream even though he had an ostomy—before it was popular to do so. The movie run time is just about an hour, so come early to get a good seat.

Additionally we will be recording your entry in our picnic side dish/dessert competition for our annual October picnic. This is a do not miss meeting. See you soon.

Billy Locke
337-515-6354

Baytown Group News

Baytown was blessed in August by having Stefanie Hutchins from Shield Healthcare visit our Support Group. Stefani's presentation "Strength in Numbers: Living Well with an Ostomy" was heartfelt as she began by sharing some of her own story as an ostomate. With a diagnosis of ulcerative colitis at 15, Stefani worried that her life was over! Fortunately, she had a mother who was not afraid to advocate and support Stefani along her ostomy journey. Following some trials and tribulations with an ileostomy over the Christmas holiday and then a second J pouch surgery—Stefani found her life improving.

Stefani went to work for Shield Healthcare—the company that features Laura Cox, "Ostomy Lifestyle Specialist". Laura became "famous" after she decided to start a YouTube channel called "Ostomystory" to talk about the trials, tribulations, and beautiful moments of life with an ostomy. After two years of making videos Laura was approached by the producer of the Comedy Central show "Tosh.0." Laura was familiar with his humor and wasn't sure this was the best way to spread her message. Her goal has been to spread ostomy awareness, normalize ostomies as much as she can, and show that you can live a normal, productive, wonderful life with an ostomy.

In case you are not familiar with Tosh.0—a synopsis of this program follows: "Tosh.0 is a weekly topical series hosted by comedian Daniel Tosh that delves into all aspects of the Internet, from the ingenious to the absurd to the medically inadvisable. Through segments like Video Breakdown, 20 Seconds on the Clock and Web Redemption, Tosh has established himself as the preeminent expert on exhibitionist weirdos, injurious idiots and the best worst things on the Web." <http://www.cc.com/shows/tosh>

Laura debated with herself for a few months about the offer before deciding to go for it. The result was better than she could have imagined, and the reaction of the ostomy community was overwhelmingly positive. Through her Tosh.0 episode, Shield HealthCare discovered her. They offered her the title of "Ostomy Lifestyle Specialist." Laura's goal while working for Shield HealthCare is still to spread awareness, normalize and educate people about life with an ostomy. Laura wants to encourage a happy, healthy, full life with an ostomy. Stefani is thrilled to work for a company that supports Ostomy Lifestyle Specialists! She is passionate about ostomy care.

Shield Healthcare has been in the Houston market for 7 years. They work closely with ostomates and will ship 2 weeks supplies as soon as they are requested and then go to work on getting the confirmation from their physician and insurance provider.

During the recent crisis with Hurricane Harvey, Stefani reached out to let me know that Shield Healthcare would be happy to provide supplies for anyone who needed them. They did not have to be a current customer. "Our company wants to help where they can and is offering to do their best to get supplies to them

Baytown Group News (continued)

wherever they are—including shelters.” We appreciate Stefani and Shield Healthcare! <http://www.shieldhealthcare.com/>

We hope to see you on the second Monday (September 11th) in the Community Room at the Garth Campus. Our presentation: I will survive: Assessing your Resilience Factors

Sincerely,

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

Recovery from an Ostomate's Perspective

(Continued from page 1)

areas, ostomates are able to get supplies from their usual sources. We have made the decision to stop collecting supplies.

Over 400 people were reached with the initial Facebook posting. Denise Parsons, OAHA Vice President stated, “I am so heartened by the response of UOAA groups all over the country. I was getting calls about sending donations while the rain was still falling. We have several members in our area who are calling with supplies to spare, too, as the word gets out. Our local nurses are working to inform medical teams at the shelters that ostomy people are special and not “one size fits all”. It was good to hear from the Medical Center in Victoria that they are up and running after enduring Hurricane Harvey, too.

Cindy Barefield, CWOCA, Baytown Methodist, has donated supplies for persons on her side of town. Additionally, OAHA has confirmed that both Spring Branch Medical and Medic Pharmacy (flooded, but back open) have supplies for sale and via insurance in the Houston area.

Thanks to all for your response to this crisis. We are very grateful for the supplies offered and the concern shown from all over the country. We are pleased to report that by the time we moved into the recovery stage that we had reached over 1,000 people (ostomates, family and friends and supporters)

Neighbor helping neighbor—nuff said.

Hurricane, Tropical Storm, Flood Recovery

by Patti Suler

The first thing you do after it is all over is take a moment to breathe. Next, take stock of the basics. Safety, shelter and food. Once that is covered, it is time to begin the slow process of recovery, which is unique to each of us.

Notify your insurance agent. File Fema paperwork. Have your car checked out if you drove in high water, especially have the tire pressure checked. Take stock in mosquito repellent companies and buy their products in bulk plus dump all containers around your home and office that collect even a thimble full of water. They call Houston the bayou city for a reason and we were just one big bayou very recently.

If you are in a position to help others, volunteer your time and money as available. All the normal things everyone else is doing. Yet for the ostomate, there is a bit more to do.

Re-stock ostomy supplies. Order replacements as soon as possible. If you lost supplies and must wait for allowances, try seeking temporary assistance via your support group, WOC nurse or even try some pouch samples while waiting.

Watch for changes in your stoma and output. Your system is a great stress barometer. Treat it gently too. Comfort foods are always good in moderate amounts.

Hydration is very important but be careful with your water choices. Areas with high flooding incidence could carry extra nasties in the water, so treat yourself to bottled water for a bit and let the systems flush out and recover. Check local postings for boil information if needed.

If you have any problems, always seek appropriate medical attention. Like a vehicle—it is always easier to change the oil regularly rather than the replace the engine.

Above all, enjoy life abundantly. We are at our best level as survivors.

Sample Resources:

Hollister—www.hollister.com (Ostomy-Secure Start Services)

Convatec—www.ConvaTec.com (free sample form)

Coloplast—www.coloplast.us (request free samples)





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

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.

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



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

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

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Central Group

- Monthly:** Third Monday of the month
Date: **September 18, 2017**
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@aol.com
Program: **Guest Speaker: Melissa Horne, Regional Chronic Care Specialist**, with B. Braun medical.

Baytown Group

- Monthly:** Second Monday of the month
Date: **September 11, 2017**
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: *I Will Survive: Assessing your Resilience Factors*

Northwest Group

- Monthly:** Third Wednesday of the month
Date: **September 20, 2017**
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: **Movie Night:** Come join us and bring your favorite snack. We will be showing, *Farang Ba*

J-Pouch Group

- Monthly:** **Third Monday of the Month**
Date: **September 18, 2017**
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.

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
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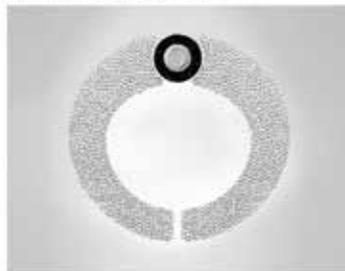
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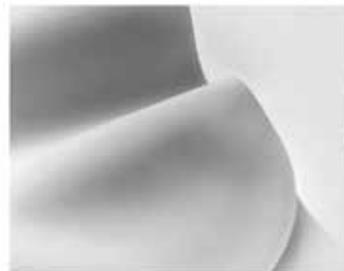
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Membership Application

Membership in the Ostomy Association of the Houston Area requires one easy payment. Please complete the following form and mail as directed with payment as shown. Dues of **\$25.00 per year** are payable to:
Ostomy Association of the Houston Area, Attention: Treasurer
P. O. Box 25164, Houston, TX 77265-5164

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Street Address: _____

City: _____ State: _____ ZIP: _____ E-mail: _____

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Reason for surgery: Crohn's Ulcerative Colitis Cancer Birth Defects Other _____

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<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
 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.

*Membership benefits include:
 Monthly Support/Information
 Meetings, Social Events,
 Monthly Newsletter*