



Oostomy Association of the Houston Area

October 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: October 16th, Monday evening

Program: Hollister Representative

Spencer Jackson, Hollister's new rep, will present our October program.

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: October 17th, Tuesday evening

Program: Fall Picnic

Bring a dish and join us for our annual fall picnic. We will meet at our regular time and place. See you there!!



Trick or Treat

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: October 24th, Monday evening

Program: ConvaTec Representative

Tabatha Schroeder is scheduled to present our October program. See you on the 24th!!

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: October 16th, 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.

19 people were in attendance at the September meeting. The first part of the meeting, we broke into three groups and shared responses to various questions that allowed us to get to know each other better. We found out that some previous jobs were flight attendant for Texas International Airlines, analyst of uranium ore, landmine and demolition expert, computer chip designer, lab tech in animal science project, Camp Fire Girls leader, backup for Jimmie Page, Robert Plante, and Lyle Lovett, Study Abroad Advisor for the University of Vermont. This was just one of six questions that were on the form. We collected the forms and plan to break up into different groups at a future time to share with others the responses.

The second part of the program was a travel panel. We appreciate the panelists – Terry Marriott, Kathleen Duplessis, Denise Parsons and Clarice Kennedy. They covered many situations in light of the recent changes in plane travel, problems while fishing in remote Alaskan rivers, extended international trips, etc. Clarice found that in her recent trip to Germany that a prescription from her doctor reflecting that she had an ostomy and needed to carry on her supplies was very helpful in passing through inspections. She was allowed to carry on her paste. Clarice always carries a prescription medication for diarrhea. Many of the panelists emphasized the need for being careful in the consumption of the local water. Using bottled water for colostomy irrigation was a consideration.

We are very appreciative to Krogers and Randalls for their programs that refund 1% of sales to the Ostomy Association of the Houston area. This program has provided our organization a return of more than \$200 each six months. We are approaching the Thanksgiving and December holidays which will usually involve frequent trips to the grocery store. If you would like to participate and you do not have the card for Krogers and information about the Randalls program please contact Ed Wood at ewood6@houston.rr.com or 281-493-5015. We appreciate your help in this program.

With the holiday season comes our Holiday Dinner at Pine Forest Country Club. Each year Tom and Dorothy Andrews host us at the event. It is a beautifully decorated place, especially during the holiday season. We have not been able to match the reasonably priced food and having a room to ourselves with any other location. Dorothy is a terrific negotiator. She was able to negotiate for the same price that we paid for the dinner last year, which is unbelievable. Prices will probably rise in March at our Anniversary Dinner. You can find more information about the dinner on page 4 of the newsletter.

Clarice Kennedy continues to represent us with the

column “Ask the ET” which is a link on our website www.ostomyhouston.org. In the past year, she has answered more than 30 questions submitted to her. It has been interesting for me to see each of the questions and the helpful responses that Clarice has given.

For our October meeting we will have Spencer Jackson the new representative from Hollister. Hope to see you that evening.

Ed Wood
President

WHY YOU SHOULD GET A FLU SHOT

From The Visiting Nurse Association, Evansville, IN

What do a sore throat, fever, chills, headache, cough and muscle aches have in common? They are all signs of influenza. If you have ever experienced the “flu”, once is enough for a lifetime and obtaining a flu shot is an obvious choice. For those who have managed to avoid contracting flu, subjecting one’s self to an injection may seem unnecessary. If you are considering “skipping” your flu shot this year, please read the information below before you make that decision. It could save your life.

Influenza, more commonly known as the “flu” results in approximately 36,000 deaths each year, making it the sixth leading cause of death in the U.S. Additionally, nearly 114,000 Americans are hospitalized each year as a result of the flu.

A flu shot is recommended every year because the influenza viruses change often and the vaccine is updated every year. A flu immunization should be obtained during the months of October or November. This will allow the body ample time to develop the necessary immunity before the most widespread outbreaks occur in December and continuing into March. It takes one to two weeks for the body to develop antibodies to protect against the flu. This protection lasts through the high-risk months of the flu season and then gradually fades.

Don’t become one of the 90 million individuals who contract the flu this year. Get your flu shot and have a healthy winter. ♦

*“Out of clutter, find simplicity.
From discord, find harmony. In the
middle of difficulty, lies opportunity.”*

- 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 supplies of all kinds. Consider donating ostomy supplies that you no longer use to assist your fellow ostomates in the Houston area. Please contact Terry Marriott at 713-668-8433 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) 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.

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

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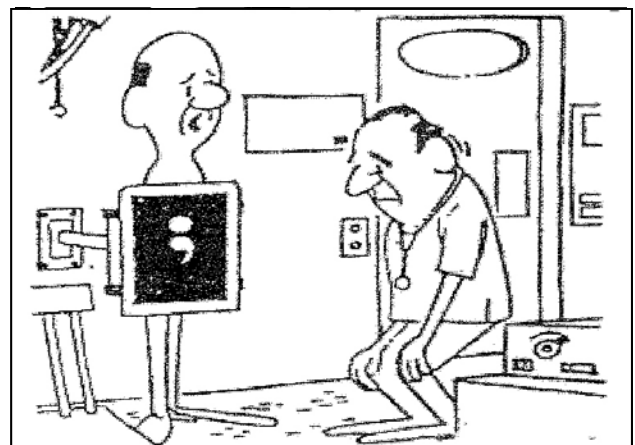
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You can also order online at www.uoaa.org

URINARY DISCHARGE CAN AFFECT SKIN

Urostomates have to be especially careful about cleanliness. Bacteria from stale urine can cause white, gritty deposits on the skin and stoma which can be irritating, abrading the skin like sandpaper. Fresh urine doesn't usually hurt the skin unless it is trapped in contact with it. If urine collects under the appliance, the bacteria multiply rapidly. This skin should be completely cleansed and dried before applying tapes, barriers, faceplates, etc. Empty the pouch frequently. Keep the urine acid to prevent gritty deposits. A quarter cup of half water and half white vinegar sloshed in the pouch around the stoma will dissolve any deposits. Solutions for cleaning and disinfecting urostomy equipment can be obtained at your appliance dealer. ♦



"I had part of my colon removed."



Holiday Dinner Party



Date: Tuesday, December 5

Time: 6:30 p.m. - Hors d'oeuvres and Cash Bar
7:30 p.m. - Dinner

Place: Pine Forest Country Club
18003 Clay Road
Houston, Texas 77084

Menu: Entrée Choices: (Includes salad, dessert, coffee or tea)

1. Chicken Chasseur (Chicken in rich wine sauce with tomatoes, mushrooms and herbs. Served with rice blended with cranberries and pecans and seasoned asparagus.
2. 6 Oz. Filet Mignon with Bernaise (Chargrilled). Served with Garlic Mashed Potatoes and seasoned asparagus.
3. Herbed Seared Salmon with light, lemon butter sauce. Served with rice blended with cranberries and pecans and seasoned asparagus.

Cost: \$25.00 per person (includes gratuity)

- **Reservations can be made by sending your check (payable to Ostomy Association of the Houston Area) to:**
Chuck Bouse, Treasurer, 12427 Millbanks, Houston, TX 77031.
- **Your check will serve as your reservation.**
- **Also, please call Ed Wood, 281-493-5015, to make your Entrée selection. (This must be done at the time of your reservation.)**

The Holiday Dinner is a wonderful way to start this joyous season.

Please join us to enjoy the beautiful surroundings, great food, good friends, and fun door prizes.



EMOTIONAL ISSUES OF OSTOMY SURGERY

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

As a new ostomate you can expect to experience a number of often conflicting emotions during the weeks and months following your surgery. Relief that the ordeal of surgery is over and that your recovery is progressing, joy because you're still alive, and perhaps hope because you feel better than you have in years and new possibilities are opening for you. These are some of the more positive feelings you will experience. But you may also find yourself frightened and confused. It is a natural and nearly universal experience for a new ostomate to become frustrated with that new appliance and to worry about how life will change because of it. It is also common for a new ostomate to engage in a trace (or more) of self-pity (the "why me?" syndrome). These negative feelings can combine to cause introversion, depression and even a kind of immobilization where it is just too frightening to walk out the front door, and resuming your place in the world seems beyond all possibility.

First and foremost, as a new ostomate you should try to stay focused on the things that are positive in your life. I have yet to meet an ostomate who, given a choice between "ostomy" and "no ostomy," would choose to have the surgery. But your decision was more complicated than that and probably involved choices between life and death or between a meaningful life and a life dictated by debilitating illness. Always remember that while an ostomy might not be the kind of thing you would ask Santa for, it is invariably better than the alternatives. You are alive and nothing else (including that clumsy-clod feeling you get when you change your new appliance) is as important as that.

Second, don't ignore the negatives. Denial gets you nowhere and negative emotions will not go away simply because you ignore them or pronounce them uncontrollable. There are several ways to address these issues. I'm a big fan of UOAA meetings. At these meetings, you see and meet other ostomates and soon learn that we look like everyone else and lead lives that are really no different than those lived by others. Amazon.com has a nice collection of books on the subject available or you can call your local bookstore. Surgical supply stores sometimes carry helpful literature or....as is true with any ostomy-related issue....your WOCN (Wound Ostomy Continence Nurse) can help. ♦

By Mark Shaffer via UOAA

The United Ostomy Association of Associations (UOAA) can be contacted at www.uoaa.org.

BAYTOWN SUPPORT GROUP

"Howdy Partners" from the Fort Worth area where I recently attended the South Central Regional WOCN Conference. Thanks to the great folks I work with, I had the chance to network with other WOCN professionals and attend several educational programs. In addition, I was able to meet several volunteers from the local UOAA and American Cancer Society. Sharing ideas with these folks was renewing for me.

I hope to see all of you at our meetings each month. We have invited our new ConvaTec Ostomy Specialist, Tabatha Schroeder, to join us in October. Don't miss it!! Sincerely,

Cindy Barefield, RN, WOCN
281-420-8671

NORTHWEST GROUP HAPPENINGS

Fourteen members and visitors attended our September meeting. We welcomed the new attendees and look forward to seeing them again soon.

The nutrition program presented by Byron Richards was enjoyed by everyone. "Thank you" GayNell for providing the nutritious refreshments in keeping with our program.

Our annual Fall Picnic will be held on October 17th at our usual meeting time and place. If you have not yet signed up for bringing a covered dish, call GayNell at 281-446-0444. We will be discussing whether to have a meeting in November and also taking a vote on wearing nametags.

See you at the picnic . . .

Tony Romeo
281-537-0681

PSYCHOLOGICAL ISSUES AFTER OSTOMY SURGERY

These are some types of people who fare better after ostomy surgery:

- Those who think of others before themselves
- Those who look outward and upward
- Those who are busy and active
- Those who are interested and always inquiring and learning
- Those who are not bogged down in the grief process.

FOUR "L's" OF THE OSTOMY PATIENT:

1. Learn—through the ostomy association chapter
2. Lean—on each other
3. Laugh—through troubles and with a positive outlook
4. Lead—others through use of your time, by volunteering.

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**

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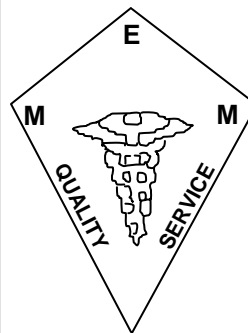
Please contact the newsletter editor for sponsorship and advertising opportunities.

**“When everything’s coming your way,
you’re in the wrong lane.”**

YOU HAVE ADJUSTED TO YOUR OSTOMY WHEN

- You stop spending all of your spare time in the bathroom waiting for your stoma to work so you can empty the pouch right away.
- You can move about freely, without holding your appliance as though it might fall off any minute.
- You make that first trip to the mailbox without taking along your ostomy supplies.
- You stop grabbing your abdomen when the grocery clerk asks if you need help to the car with your bag.
- You go out for the evening and realize too late that you left your emergency kit at home.
- You begin to think how lucky you are to be alive instead of how unlucky you are to have an ostomy.
- You attend the monthly support group meetings with an expectation of learning more about your ostomy rather than staying at home worrying about it all. ♦

*Success is getting up one more time than
you fall down.*



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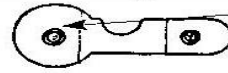


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Opened view
(hole opening to pouch)

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DID YOU KNOW?.....

- The average American spends 6 months of his life waiting at red lights.
 - In the last 4,000 years, no new animals have been domesticated.
 - Rubber bands and nail polish last longer when refrigerated.
 - "Typewriter" is the longest word that can be made using the letters only on one row of the keyboard.
 - Al Capone's business card said he was a used furniture dealer.
- NOW YOU KNOW EVERYTHING.....well, maybe.



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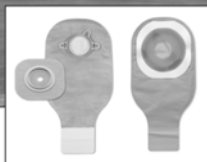
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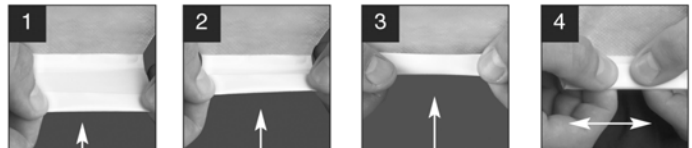


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Ostomy Association of the Houston Area

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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
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Ron Meisinger	J-Pouch Coordinator	(281) 491-8220

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