



Ostomy Association of the Houston Area

"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.

P.O. Box 25164
Houston, TX 77265-5164
www.ostomyhouston.org

Exercise—With a Stoma

Sharon Householder Pittsburgh Ostomy Society

If you are new to having a stoma, you may have some questions and concerns about limitations and special needs while exercising. Here are some tips from the internet:

- Stoma worries. The stoma that protrudes from your abdomen may look very vulnerable, but in fact it was made to last. There are options available for hard coverings if you are performing contact sports, but in most cases, it is not needed.
- Hernia prevention. Yes, the risk of getting a hernia is greater with a stoma than getting a groin hernia because our muscles are not as strong as before surgery. However, we can take precautions to strengthen our abdominal walls through gentle exercises such as walking or even sit ups. It also helps to stay within your normal weight range. If you already have a hernia, you will want to try a garment made to help support your hernia such as a hernia belt.
- Stay hydrated. Exercise can create a situation where you could become susceptible to dehydration. Drink plenty of water unless you have a fluid restriction. Use rehydrating solutions from the pharmacy or sports drinks to replenish your

electrolytes and salt. Your urine should be passing clear or straw colored throughout the day.

- Create new challenges. People with a stoma often make a decision to become healthier than they were before surgery—especially if they had a disabling disease which caused the need for the operation. This can lead to a tremendous determination to reach goals. These goals all start with the first step. Take it today.
- Diet and exercise. Your body needs a healthy diet to do well with activity. After you heal, you should be able to go back to fairly normal eating. Be cautious at first, of course, but you should be able to eat the healthy foods you need. See a dietician if you need help.

Youth Rally

We received a thank you letter from Mary Beth Akers with the Youth Rally in appreciation of our donation to their event. The Ostomy Association of the Houston Area donated \$200 to the 2015 camp which allowed the Youth Rally to meet their goal of never turning away a child based on inability to pay. Our donation was used to help with registration and/or travel costs.

The Youth Rally is unique in its support of campers that live with congenital birth defects, chronic illness or physical trauma that caused disruption to their bowel and/or bladder systems.

We received an additional thank you note and picture from an 11-year-old camper who directly benefited from our donation. He stated, "The best thing I liked about the camp was that I felt welcome because I have never seen so many kids with my diagnosis."

The Youth Rally is a 501(c)(3) non-profit organization. To learn more about them check out their web site at www.Rally4Youth.org

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.

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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Central Group News

We enjoyed having Tabatha Schroeder with Coloplast as the presenter at our October meeting. We had about 25 people join us to hear about Coloplast's newest products. Tabatha spent a great deal of time answering questions, and we very much appreciate all of her great advice. Thanks also to Tabatha for the delicious refreshments.

I am happy to report that our next meeting on November 16 will still be at the American Cancer Society building at 6301 Richmond. We will welcome Laura Cox, the Ostomy Lifestyle Expert at Shield Healthcare. Laura is a fellow ostomate and hosts a blog and produces helpful online videos with ostomy tips and advice. It should be a great presentation and we hope you all will come.

We won't have a regular meeting in December. Instead, we will have our annual Holiday Party. This year, we are excited to try out a new time and venue. We're hopeful that this will allow more people to join us, including those from the Northwest Group and the Baytown Group. The party will be on Saturday, December 5, 2015, from 11:30 a.m. to 2:00 p.m. at the Post Oak Grill on South Post Oak. Please look for all the details in this newsletter, and remember to RSVP to Ron and send him your check for \$40 per person as soon as possible. It should be a really festive get together to kick off the holiday season with your fellow ostomates and their families.

As I have mentioned, the American Cancer Society will be moving its location in early December. So, next year, we anticipate having our meetings at their new location at 2500 Fondren, Houston, Texas 77063. We hope to keep our meetings on the third Monday of the month, but we are still working out logistics with the ACS, who have always been so accommodating to us. We will keep you posted!

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

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.

Northwest Group News

PARTY! The annual picnic was a blast. We enjoyed great food and even better company. Everyone missed Paul and spoke well of him. Get better and come back soon. You missed seeing Suzanne, Christy and Jay!

There was a brief stoma age competition, but Carol won that hands down.

The menu consisted of Pappas B-B-Q brisket, chicken, sausage, cole slaw, beans and many sides brought by mates. The dessert table was overrun with tasties: banana coconut cream cake, apple pie, cream cheese roll cake and others.

Door prizes consisted of holiday nick knacks, baskets and a few 2016 Calendars donated by Patti Suler.

Quiet thoughts were shared for those not in attendance: Gen, Jane, Gay Nell, Craig and others close to our hearts.

Next month's program will feature Tabatha Schroeder with Coloplast who will be sharing their new product information.

No December meeting. All Northwest Group mates are encouraged to attend the December Holiday Party—details on page 3 of this newsletter.

Tony Romeo
 936-588-4031



Baytown Group News

Baytown Ostomy Support Group met on October 5 with "Healthier Holiday Eating" on the agenda. Kelly Beard, RD, LD and Rachel Herron, Dietetic Intern from Houston Methodist San Jacinto Hospital created this presentation with their supervisor Amber Hammonds RD, LD. Kelly managed the technology and allowed Rachel to present the information that focused on key concepts for the holidays. Specific ideas to avoid overeating and cutting calories in recipes were two of the main ideas discussed for the evening.

Overeating can be avoided with planning!

- Do not skip meals before the party. Eat lighter during the day. Do not attend the party hungry. Bring a low calorie/low fat dish as an option.
- Avoid appetizers as they can cause mindless eating! Appetizers are often high in fat and calories. If you eat an appetizer, choose low calorie/low fat. Avoid appetizers that are fried or have creamy sauces.
- Be reasonable! You do not have to eat everything. Pick your favorites. If you HAVE to eat one of everything, then eat smaller portions!
- Watch for satiety cues. Eat slowly. Start with small portion of the things you choose. Avoid seconds. Avoid eating until you are stuffed!
- Watch alcohol consumption. This is loaded with calories and can affect your food choices.

Cutting Calories in Recipes

- Typical Thanksgiving Dinner has more than 3300 calories.
- Consider these options to save calories: Remove skin from turkey and save 100 calories
- Replace whole milk with skim milk 75-100 calories saved; No calories butter spray 25-50 calories saved, Avoid fried foods and avoid creamy dishes
- Healthier Thanksgiving Dinner has less than 1,200 calories!
(3 oz. turkey w/o skin; 2/3 cup cornbread & apple Stuffing; 1/3 cup giblet gravy; 1 cup mashed potatoes made with skim milk; 1/2 baked sweet potato w/small pat of butter, dash of cinnamon and no calorie sweetener; 1 roll with pat of butter; 1/2 cup English Peas with no calorie spray butter; 2 slices **Pumpkin Pie**) *See recipe on page 4.*

This was a great presentation to get us all in the spirit for the upcoming holidays. In November, we have plans for Tony Thompson from Liberty Medical to join us. We hope you will be there as well.

Sincerely,

Cindy Barefield, RN, CWOCN
281-428-3033

Annual Holiday Party

Date: Saturday, December 5, 2015

Deadline for reservations and payment is 12/1/15.

Time: 11:30 a.m.–2:00 p.m.

Place: Post Oak Grill (713) 993-9966

1415 S. Post Oak Lane, Houston, Texas 77056
(Location is west of 610 West Loop and north of San Felipe)

Menu: See Menu Below

Cost: \$40.00 per person (includes gratuity)

There will be uncovered parking in front of the restaurant or covered parking in the garage behind the restaurant.

Reservations can be made by sending your check (payable to Ostomy Association of the Houston Area) to **Ron Cerreta, 1218 Pelican Hill Court, Katy, TX 77494**. Your check will serve as your reservation. Please include your entrée selection(s) with your check.

The holiday dinner is a wonderful way to start this joyous season. Please join us to enjoy the beautiful surroundings, great food, and good friends.

1ST COURSE (Select one)

Gulf Coast Jumbo Lump Crab Cake with Roasted Tomatoes Sauce and Grilled Pineapple Ragout

Post Oak Salad

Baby Mixed Greens Tossed With Signature Dressing Herb Vinaigrette, Fresh Texas Goat Cheese and Diced Tomatoes

2ND COURSE (Select one)

Alaskan Grilled Salmon
with Crawfish Risotto, Provencal Tomato And Mix Vegetables,
topped With Chive Chardonnay Sauce

Grilled Lemon Pepper Chicken Breast
with Sautéed Spinach and Fettuccine Pesto Sauce

Grilled Beef Medallions on Dijon Mustard
Potatoes, Jumbo Asparagus & Fig Merlot Reduction Sauce

3RD COURSE (Select one)

White Chocolate Bread Pudding
with Bourbon sauce

Tri Color Chocolate Mousse Cake



The **United Ostomy Associations**
of America (UOAA)

can be contacted at:
www.ostomy.org or **800-826-0826**

Pumpkin Pie*

Ingredients:

For Crust

- 2 cups Fiber One bran cereal (original)
- 1/4 cup light whipped butter or light buttery spread (like Brummel & Brown)
- 3 tbsp. Splenda No Calorie Sweetener (granulated)
- 1 tsp. cinnamon

For Filling

- One 15-oz. can pure pumpkin (NOT pumpkin pie filling!)
- One 12-oz. can evaporated fat-free milk
- 1/2 cup fat-free liquid egg substitute (like Egg Beaters Original)
- 3/4 cup Splenda No Calorie Sweetener (granulated)
- 1/4 cup sugar-free pancake syrup
- 1 tbsp. pumpkin pie spice
- 1/2 tsp. cinnamon
- 1/8 tsp. salt
- Optional Topping: Fat Free Reddi-wip or Cool Whip Free

Directions:

Preheat oven to 350 degrees.

In a small microwave-safe bowl, combine butter with 2 tbsp. water. Microwave until just melted, and set aside. In a blender or food processor, grind Fiber One to a breadcrumb-like consistency.

In a medium mixing bowl, combine butter mixture and crumbs with remaining ingredients for crust. Stir until mixed well.

Spray an oven-safe 9-inch pie dish lightly with nonstick spray. Evenly distribute crust mixture, using your hands or a flat utensil to firmly press and form the crust. Press it into the edges and up along the sides of the dish. Set aside.

In a large mixing bowl, combine all ingredients for the filling. Mix well. Pour mixture into pie crust. The filling may be taller than the crust.

Bake pie in the oven for 45 minutes. Allow pie to cool slightly. Refrigerate for several hours, overnight if possible. Keep refrigerated until ready to serve.

Cut into 8 slices and, if you like, top with Reddi-wip or Cool Whip before serving!

Makes 8 servings

Serving Size: 1 slice	Sodium: 236mg	Sugars: 8g
Calories: 133	Carbs: 28g	Protein: 6g
Fat: 3g	Fiber: 9g	

*This recipe is from *hungry-girl.com*.



WOC Nurse Directory

- | | |
|---|----------------|
| Cindy Barefield, RN, CWOCN
Houston Methodist San Jacinto Hospital
cbarefield@houstonmethodist.org | (281) 428-3033 |
| Charlene Randall, RN, CWOCN
Specialty Wound & Ostomy Nursing, Inc.
charlene@swoni.com | (713) 465-8497 |
| Pat Thompson RN, BSN, CWON
Pat.thompson@tenethealth.com | (281) 397-2799 |



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Get Ostomy Answers!

The Phoenix is the leading national magazine for ostomates, their families and caregivers. Each issue contains 72 pages of inspiration, education and information including new products, medical advice, management techniques, personal stories and more.



Subscriptions directly fund the nonprofit United Ostomy Associations of America – the only national organization providing vital information, resources, support and advocacy for ostomates.

The Phoenix ORDER FORM

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Name _____

Address _____ Apt/Suite _____

City _____ State _____ Zip _____

Central Group

Monthly: Third Monday
Time: 7:00 p.m.
Place: American Cancer Society Building
 6301 Richmond Avenue, Houston
Contact: Denise Parsons 713-824-8841
 rockynme2@aol.com
Meeting: **November 16, 2015**
Program: **Guest Speaker: Laura Cox**, the Ostomy Lifestyle Expert at Shield Healthcare

Baytown Group

Monthly: First Monday
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
Meeting: **November 2, 2015**
Program: **Guest Speaker: Tony Thompson** from Liberty Medical

Northwest Group

Monthly: Third Wednesday of the month
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 936-588-4031
 sa1tmr@sbcglobal.net
Meeting: **Wednesday, November 18, 2015**
Program: **Guest Speaker: Tabatha Schroeder** with Coloplast

J-Pouch Group

Monthly: Third Monday
Time: 7:00 p.m. or by Appointment
Place: American Cancer Society Building
 6301 Richmond Avenue, Houston
Contact: Ron Cerreta 832-439-1311
 Ron Meisinger 281-491-8220
Meeting: **November 16, 2015**

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.

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 Ron Cerreta, Treasurer, at 832-439-1311 or texasronc@aol.com 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: Ron Cerreta, 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.)

Sponsorship

You can sponsor a member of our ostomy support group with a tax-deductible donation to cover the cost of their membership. Please make the check in the amount of \$25.00 payable to ***Ostomy Association of the Houston Area*** and send to the treasurer's address above.



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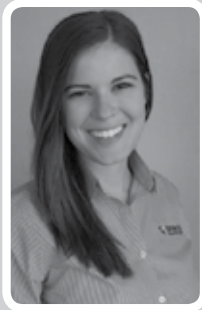
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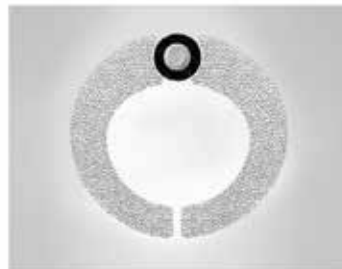
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New Products

H2ORS

by Bob Baumel, North Central OK Ostomy Association and UOAA Webmaster, 2015 UOAA Vendor Highlight

Another product I found interesting was H2ORS, an oral rehydration product based on the standard developed by the World Health Organization (WHO). People with ostomies may develop severe dehydration in various situations. This new product is one of the few sold in the U.S. that meets the WHO standard, and claims to restore fluid and electrolyte balance as quickly as IV therapy.

Peek A Boo Stretch Lace Bandeau/Hip

Sweet Vintage Couture

Have you ever look down and seen your pouch looking back? This awkward moment can be fixed with the addition of a stretch lace piece that works across the hips or chest. They come in a variety of sizes and colors that coordinate well with pants, jeans, jackets and skirts. These pieces are priced under \$20. Available at a Splash of Sass, 13215 Grant Road @ Louetta, STE #800, Cypress, TX 77429, 832-559-8789

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Newsletter Advertising: Please contact the President or Treasurer for sponsorship and 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.