



Oostomy Association of the Houston Area

December 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: No December meeting.
Next meeting January 15th.**

Program: Insurance Claim Denials

Patricia Carroll will present this interesting 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: No December meeting.
Next meeting January 16th.**

Program: Round Table Discussion

Join us for a lively discussion. See you there!!



*Happy Holidays
to one and all!!*



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: January 22nd, Monday evening

Program: Ostomy 101...Exploring the anatomy and function of colostomy, ileostomy and urostomy.

See you on the 22nd!!

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: January 15th, 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

At the November meeting, Spencer Jackson, Hollister's new representative, gave an audiovisual presentation of the educational aids at Hollister's website. It is a very informative site for those who would like to learn about the different ostomies. He also had a variety of products for viewing by attendees. We appreciate Spencer giving us this presentation. We also appreciate the continued support for our support group from Hollister.

We had 22 in attendance at the November meeting and welcome visitors Howard Waldman and Rachel Davis. We hope to see them at the January meeting.

Congratulations are in order as the Baytown support group celebrates their 2nd Anniversary. Thanks to Cindy Barefield for her work in the Baytown area. Congratulations to her freshman son for his accomplishments in his high school band.

At the time of the writing of the newsletter, we have 36 members, from the Central, Baytown, and Northwest groups, signed up for the Holiday Dinner at Pine Forest Country Club. We are looking forward to a great night.

Please reserve Saturday, February 10, 2007 from 8:30 – 12 noon for the Visitors Training at the American Cancer Society Building at 6301 Richmond Ave, Houston. In addition to our organization wanting to provide a group of visitors for Houston area ostomates, the United Ostomy Associations of America requires each local support group who affiliates with them to provide an ongoing visitors training program. We do this training every other February. This training is a requirement for those who wish to become certified as a "visitor" whether taking the training for the first time or if you have taken the training previously. Great effort goes into planning this event and we hope you will consider supporting it with your attendance. Through an effort in communicating with home health care workers in the Houston area, we anticipate an increase in requests for visitors. For further questions, contact Dorothy Andrews at 713-789-4049 or Ed Wood at 281-493-5015.

Dues notices for persons who joined from January to June of 2006 will be sent out in January, 2007. Notices are sent twice a year in January and July. The July notices will cover persons who joined from July to December of 2006. Your membership support is appreciated and allows our group to continue providing services to ostomates in the greater Houston area.

Thanks to Clarice Kennedy and Jane Fieldcamp who have accepted appointment to serve on the nominating committee for the two board positions that must be filled at the May elections in 2007. We will publish nominees in the newsletter prior to the election.

We would like to thank the following for providing refreshments at the Central Group meeting in 2006: Paul and Marilyn Sweeten, Dr. Marvin Baker, Chuck and Barbara Bouse, Mary Lou and Dan Del Home, Mary Harle, John Flowers, Terry Marriott, and Mary Beth Melvyn.

January 15th will be our first meeting of 2007. Patricia Carroll will talk to us concerning insurance claim denials. I hope to see you there.

Have a Happy Holiday and a Great New Year.

Ed Wood
President



HINTS FROM HERE AND THERE

- Ziploc sandwich bags are useful for disposing of used pouches and taking care of the odor of used pouches.
- Does your stomach gurgle? Try eating solid food first at meals, then drink. Be sure to get enough fluids too, so you don't get dehydrated.
- The less an ostomate eats, the more gas he has, so don't skip meals before going out.
- If your stoma bleeds during cleaning or appliance change, don't panic. A healthy blood supply is what gives your "rosebud" a bright red color. Tiny capillaries are easily damaged and just as easily repair themselves. You might try a cold compress over the pouch to stop the bleeding. If it persists, check with your doctor.
- When the lock is broken on the restroom door, a wad of folded tissue will sometimes hold it closed. ♦

HERE ARE A FEW WELL KNOWN OSTOMATES

Fred Astaire - actor/dancer
Barbara Barrie - actress
Bob Hope - entertainer/comedian/actor
Tip O'Neil - U.S. Speaker of the House
William Powell - actor
Red Skelton - comedian
Ed Sullivan - TV host
Loretta Young - actress
Al Geiberger - professional golfer

"One of the most tragic things I know about human nature is that all of us tend to put off living. We are all dreaming of some magical rose garden over the horizon instead of enjoying the roses that are blooming outside our window today.

- Dale Carnegie

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 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 Associations of America (UOAA) complete the following.

The Phoenix Annual Subscription - \$25

The official publication of UOAA

Name _____

Address _____

Address2 _____

City _____

State _____ Zip _____

E-mail _____

UOAA Donation (optional) \$ _____

Check VISA MasterCard #: _____ Exp: _____

Signature _____

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

You can also order online at www.uoaa.org

The Marvel that is YOU!!

- **Your heart:** no pump is as perfect, if you treat it right.
- **Your eyes:** no camera can touch them for efficiency.
- **Your nervous system:** there is no telegraph system equal to it.
- **Your voice and ears:** they are better than any radio or TV.
- **Your nose, lungs and skin:** no ventilation system is as efficient and wonderful.
- **Your spinal cord:** it is superior to the most complicated switchboard for giving instantaneous warnings and reactions.

Such a marvelous, complicated mechanism as YOU is worth your highest respect and care. Take care of yourself always! ♦



"ARE YOU SURE YOU CAN REMEMBER ALL OF THIS? SHOULDN'T YOU BE WRITIN' IT DOWN?"

ABOUT COLOSTOMIES

via Hemet-San Jacinto (CA) Ostomy Association

There are several types of colostomies. The word colostomy means to create a new opening in the colon for stool to pass through. A stoma is the opening on the abdominal wall for the colostomy. The location of the stoma defines what type of colostomy a person has.

An Ascending Colostomy is on the right side of the abdomen and is made from the upward (ascending) portion of the colon. The stool is usually semi-soft to liquid. Bowel movements usually occur shortly after a meal. The pouch should fit well around the stoma without skin showing. Stool will irritate any skin that is exposed. If skin shows between the stoma and pouch opening, a pouch with a smaller stomal opening is needed or the skin should be protected with paste.

A Transverse Colostomy is on the upper part of the abdomen and can be located anywhere along the horizontal (transverse) portion of the colon. The stool is usually soft to slightly formed. Usually a bowel movement will occur a few hours after a meal. Again, the pouch must fit well to prevent skin from being irritated by stool.

A Sigmoid Colostomy is on the lower left side of the abdomen and is made from the downward portion of the colon. The stool is usually soft to firm. After a period of time a person's bowel movement may occur about the same time of day as they did before surgery. People with sigmoid colostomies usually have a choice of whether or not to irrigate. An irrigation is an enema given through the stoma to help the colon have a bowel movement at a certain time of day. Whether or not a person irrigates is a personal choice, depending on how regular bowel movements were before surgery. Irrigation is not painful but needs to be done on a regular schedule to train the bowel with a new habit.

Regardless of what type of colostomy a person has, once strength is regained, they may return to a normal day's activities. Having a colostomy will not handicap anyone in any way as long as they manage the colostomy instead of letting it manage them. ♦

Everyone has a photographic memory. Some people just don't have film.

How does an ostomate lose weight safely?

The safest course to follow is to consult your physician for a metabolic study. Educate yourself regarding vitamins, minerals, proteins, carbohydrates, calories, nutrition, absorption, allergies, side effects, etc. Eat balanced meals. Seek quality, not quantity. Stay away from junk foods. Use healthy nutritional habits. Do not use medication as a crutch. Exercise actively. ♦

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

35 THINGS TO BE GRATEFUL FOR ALL YEAR

Mistletoe (and the right person under it) • The holiday dress that still fits • Friends who are like family • Men who still open doors • Online shopping • Finding the perfect gift for a picky relative • Waking up to snow • A bank of poinsettias • Logs crackling, gift wrap crinkling • A lighted tree in a darkened room • Baking cookies for Santa • A babysitter you can trust • The family member who snaps photos at big events—and gives you prints • Hand-knit anything • Nights so clear you can see tons of stars • Remembering your grandma as you light her menorah • Taking a nap, then wrapping presents until 2:00 a.m. • Gift givers who include the batteries • All our soldiers, at home and far away • Adding a leaf to the table for new family members • Clear directions from a stranger when you're lost • Express lines • Having the row all to yourself on an airplane • A hubby who warms up the car for you • A haircut that's truly wash-and-go • Shoes that don't hurt your feet • Babies when they're babbling • Teens when they feel like talking • Midnight mass in a packed church • A sweet glance from your spouse when no one else sees • The recipe for your mom's pecan pie • Knowing you can watch *It's a Wonderful Life* any day this month • Having everyone home for the holidays • The luxury of a few moments alone • A prayer, answered. ♦

YOU ARE A STRONG PERSON

It takes a strong person to undergo ostomy surgery, to adjust to the ostomy, and then decide that it will not make a difference in his/her life-style. You have met this challenge and are a better person because of it. Some people may go through life never having to show what they are worth. You, on the other hand, have had some rough spots in your life and have had a delve deep within yourself to come through them. Having met such a challenge once, you have the confidence that you can do it again if necessary. Most people are going to admire you for this strength. You can and should use this confidence to help others who are just starting the long climb back from ostomy surgery. ♦

THE DANGERS OF PEOPLE PLEASING

No matter how hard you try, no matter how many hours you spend pondering and planning, and regardless of making your hardest efforts, you absolutely cannot please everyone. It is impossible. So do yourself a favor and stop now before you drive yourself further towards insanity. There are many drawbacks to being a people-pleaser. A big one is that you often put yourself in a position of subservience. Sometimes you even put yourself last, which helps no one. Remember that helping yourself and doing what you feel is important should be valued. Find worth in your own opinions and viewpoint, and don't let your desire to please others compel you to keep yourself in the background. Falling short of perfection only proves that you are a normal human being. ♦

BAYTOWN SUPPORT GROUP

As I thought about the presentation for our Holiday support group meeting, it occurred to me that many of us are stressed out at this time of the year. We are blessed to have the Chaplain for San Jacinto Methodist Hospital, Linda Tolon, offer a presentation, "Relax, Rejoice, Renew...Stress Management for the Holiday Season" for our group.

Synonyms for relax include unwind, calm down, slow down, and let go. Has anyone accomplished that feat lately? "Rejoice" brings up thoughts of the Holiday season. Again, celebrations and expressions of joy are moments we look forward to. "Renew" brings reminders to restore and replenish those things that make us well.

I hope that you make time this holiday season to *relax*, *rejoice* and *renew* with those activities that leave you feeling happy and healthy for the coming year!

Happy Holidays! I hope we see you in 2007. Our meeting in January is scheduled for the 22nd. Our presentation is "Ostomy 101...Exploring the anatomy and function of colostomy, ileostomy and urostomy".

Seasons greetings!!

Cindy Barefield, RN, WOCN
281-420-8671

NORTHWEST GROUP HAPPENINGS

Our next meeting will be held on January 16th. Come and participate in a lively round table discussion as we celebrate the start of a new year.

Many thanks to all members who contributed to the success of our 2006 meetings. Special thanks to those who furnished treats, door prizes, and those who volunteered to assist in other ways. Our group could not continue without your willing participation. Your regular attendance insures that we will continue to serve the needs of ostomates in the northwest section of Houston. Pat Thompson continues to be a devoted WOCN and is responsible for many of our outstanding programs during the year. Thank you Pat!!

May you all enjoy a safe and peaceful holiday season. See you in January....

Tony Romeo
281-537-0681

Benefits of Growing Older...

- Kidnappers are not very interested in you.
- No one expects you to run into a burning building.
- Things you buy now won't wear out.
- Your joints are more accurate than the Weather Service.
- Your supply of brain cells is finally down to a manageable size.
- You have a party and the neighbors don't even realize it.

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**