



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

Outreach—CCFA Event

OAHA was invited once again to participate in the Crohn's and Colitis Foundation of America's (CCFA) Patient Information and Nurse Symposium recently held at the downtown Hilton Americas hotel on November 6, 2010.

Regional Education and Support Manager Chantel Henderson with CCFA coordinated an informative event for patients and caregivers. The conference was divided into two sub-conferences. One had programs for nurses and the other had talks for patients. Ed Wood and Patti Suler manned the OAHA booth. In addition to regular patient inquiries, they responded to a variety of questions from caregivers, nurses and home health support personnel. All of the back newsletters and handouts were given out.

Several new ostomates and surgical candidates stopped by to visit and were provided with positive feedback, meeting invitations and support offers. One new ostomate from out of state shared that our own Clarice Kennedy had been her primary CET after surgery about a year ago.



Ed Wood and Patti Suler represented OAHA at a recent CCFA Event

Several groups took advantage of our complimentary offer to receive a monthly email copy of our newsletter, including the Baylor College of Medicine.

Real Life Heroes

Personal Observation by Patti Suler

I stifled a yawn as the keynote speaker took center stage and began addressing the expectant graduates. Hmm, double-checking my program to see who was left on the lineup, I noted that this guy was listed as a two-star something. Probably alumni I thought.

I half listened as he began speaking about heroes (typical military guy). I scanned the auditorium and my watch simultaneously. He was saying something about how heroes were no longer being identified by today's youth in the form of military leaders, diplomats, or even sports figures.

Today's heroes, he shared, were being identified as real flesh and blood role models such as parents, coaches and teachers. He offered that today's heroes affected people up close and personal, they made a difference in who people were and what they became.

I liked that idea when he spoke about it and I remember it now as I think about the new heroes in my life.

Up close and personal, these heroes come to meeting after meeting to share and support one another. Sometimes, it is just a smile that says it all. Sometimes it is just in the knowing that others around you have and are dealing with the same issues as you now face.

Everyone has their differences, yet it is the strength of these differences that helps all of us to become better than we were before. Heroes, like stomas, come in all sizes. You can meet my heroes any time, just join us at the next meeting.

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

Seventeen attended the October meeting of the Central Group of the Ostomy Association of the Houston Area. We had a very interesting presentation by James Gordon Scott, the creator of Ostomy Armor™. See a picture of Gordon elsewhere in this newsletter. Check out his website: <http://www.ostomyarmor.com/ostomyarmor.php> to get an idea about what “Ostomy Armor” is. Gordon was in the Army Special Forces before he got cancer and had to have ostomy surgery as well as a lot of chemo which he did come through successfully. Then, while he was getting back in shape physically, he needed something that would protect his stoma and the weakened area of his abdominal muscles around the stoma so he could resume some of the extreme physical activity that he had been doing as an avocation as well as part of his Special Forces training. That is when he developed and designed Ostomy Armor. He is now a member of the Volunteer Fire Department in Guffey, Colorado, and he enjoys all manner of strenuous outdoor activities, as you can see from his website. The Ostomy Armor not only protects the stoma, the pressure it applies to the abdomen will hold your appliance wafer on more firmly, meaning that you will probably have to change less often and it also has a tendency to keep your innards from pushing out around your stoma and forming a hernia.



James Gordon Scott spoke to both the Central and Northwest Groups in November

He also went over methods of recovery from the trauma of having ostomy surgery and chemo if you also needed cancer treatment. The main requirement is to keep your brain active even if you are not capable of doing as much physical activity as you once did. You need to keep your brain working, learning new things, playing games, starting new projects, and all this mental activity will help you maintain a positive attitude which is very important to having and keeping your good health.

Ron Cerreta, our Second Vice President, brought some delicious refreshments. Thank you, Ron.

We hope you attended our Holiday Dinner at the Pine Forest Country Club and had a great time since you probably won't be receiving this newsletter before the dinner which is on Tuesday, December 7, 2010. Our next meeting will be Monday, January 17, 2011 and we hope you all have a very Happy New Year.

Terry Marriott, President

Ostomy Association of the Houston Area

Baytown Group News

November was a scheduled Roundtable session for the Baytown Support Group. We had some lively discussion and sharing among the members. With a new ostomate in attendance again this month, there was plenty of opportunity for lots of questions to be answered.

As I look back over the year, I figured out that we had an average attendance of 10 at each meeting. This number is a confirmation to me that we are meeting a need for ostomates in East Harris County. Mary Carol Randall, MA notes on the Genetic Health website, “We know that Support Groups are made up of people with common interests and experiences. People who have been through, or are going through, a similar circumstance can do more than sympathize with you—they can relate to what you are going through and keep you from feeling like you are alone.”

Another significant component of support group attendance is keeping current. We are grateful for the physicians, healthcare providers and vendors who bring us the latest updates and share their wisdom with us.

Next month, we will be well into the Holiday Season. We have a wonderful presentation scheduled. Chaplain Linda Tolon will present, “Relax, Rejoice, Renew...Stress Management for the Holiday Season” on Monday, December 6th. Chaplain Linda will challenge you to seek out the blessings of the coming days. Please join us.

Cindy Barefield, RN, WOCN

281-420-8671

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.

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Northwest Group News

We had 21 in attendance for the last meeting of 2010. Gordon Scott, fellow ostomate and inventor of Ostomy Armor™, joined us along with a special guest. Sandy, a Law Enforcement Sergeant from Austin, introduced Mr. Scott after sharing how his product restored her life and saved her career. Sandy shared how Ostomy Armor allowed her to continue working as an active, full-duty officer with a stoma. Her work includes wearing a gun belt with accessories that weigh between 18-20 lbs. for ten-hour shifts. Sandy had been told initially after having her ileostomy surgery, that she should consider retirement. Now, she not only continues working but playing just as hard. She recently experienced an accident on a dirt bike while wearing her Ostomy Armor. "Only my pride was bruised" she advised, everything else was just fine. Sandy traveled from Austin to share her story and personally thank Mr. Gordon for all he had done.



Janice P. and son

There was a lot of anticipation as Mr. Gordon rose to speak. The crowd was full of ostomates and WOCNs from all over the Houston area including Ms. Barefield from our Baytown group. Mr. Gordon did not disappoint. He shared his story along with a PowerPoint presentation and gladly stopped to take questions as he spoke. It was hard to believe that this gentle man in a suit and bow tie was a decorated, retired member of our Special Forces. A self proclaimed 'maniac', Mr. Gordon inspired people on many levels, first telling of his illness and then of the way he attacked and overcame each obstacle level. Everyone left this meeting with more than they had upon arrival. Thank you Mr. Gordon and Sandy. You can learn more about his product by visiting his website at www.ostomyarmor.com. Special thanks to Pat Thompson for initiating the contact with Mr. Gordon.



Karl and Gen S.

Refreshments were plentiful. The December meeting will be replaced with our annual Holiday Party. If you have not purchased your tickets, please do so now and plan on sharing a wonderful meal with us at the Pine Forest Country Club.

Gay Nell Faltysek
281-446-0444

Anthony Romeo
281-537-0681

Reaching Beyond Boundaries

UCB Crohn's Scholarship Program

Thirty \$10,000 scholarships for patients with Crohn's will be awarded by UCB for 2011. There is no age limit for applicants. Applications must be submitted by **February 11, 2011**, and include an essay, two recommendations, a copy of an academic transcript and confirmation of the Crohn's diagnosis. Additional information and a copy of the application can be obtained online at www.crohnsandme.com.

Commandments for New Ostomates

by Ron Bartlett, Halton-Peel
UOAA UPDATE 2/10

Thou shalt not take out thy feelings of anger and frustration on thy spouse/significant other or family.

Thou shalt not demand special consideration. Thy ostomy doth not make thee an invalid or render thee disabled.

Thou shalt remember to use deodorizer in the bathroom after thou has emptied thy pouch. Remember thy family needs thy love and affection just as thee needs theirs.

Honor thy WOCN—she/he is your friend in need.

Thou shalt not be ashamed of thy ostomy; it may have saved thy life.

Thou shalt be ready at all times to help others as others have helped thee.

Thou shalt not feel sorry for thy self, instead thou shalt give thanks for a new lease on life.

Thou shalt remember at all times that thy partner in life suffers with thee and thou shalt not add to his/her suffering.

Above all thou shalt give thanks for a new life and freedom from pain.

WOCN and ET Directory

Cindy Barefield, RN, CWOCN (281) 420-8671

Clarice E. Kennedy, CET (713) 647-8029
cekennedy1@peoplepc.com

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

Pat Thompson BSN, RN, CWOCN (281) 397-2799
Pat.thompson@tenefhealth.com

Catherine Walsh RN, BSN, CWOCN (409) 747-3070
UTMB @ Galveston Fax: (409) 747-3038
cmwalsh@utmb.edu

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

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
marriot@rice.edu
Meeting: (No meeting in December. Holiday party, Tuesday,
December 7.)
Next meeting: January 17, 2011

Baytown Group

Monthly: First Monday
Time: 6:00 p.m.
Place: Community Room in Lobby of San Jacinto
Methodist Hospital
4401 Garth Road, Baytown
Contact: Cindy Barefield 281-420-8671
Meeting: December 6, 2010
Program: **Guest Speaker: Chaplain Linda Tolon** will
present, "Relax, Rejoice, Renew...Stress
Management for the Holiday Season"
Note: January Meeting: January 3, 2011

Northwest Group

Monthly: Third Tuesday 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: Anthony Romeo 281-537-0681
sa1tmr@sbcglobal.net
Meeting: (No meeting in December. Holiday party, Tuesday,
December 7.)
Next meeting: January 18, 2011

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: (No meeting in December. Holiday party, Tuesday,
December 7.)
Next meeting: January 17, 2011

*Monthly support and information meetings are held in three locations
for member convenience.*

It's All Here!

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.



Half of each subscription funds the nonprofit United Ostomy Associations of America – the only national organization providing vital information, resources, support and advocacy for ostomates.

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Opportunities and 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 to the ***Ostomy Association of the Houston Area*** and sent to the address shown at the right (in the box).

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/>

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 at the top right (in the box). 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 Lorette Bauarschi, Treasurer, at 713-582-0718 or lbauarschi@sbcglobal.net or send your request to the provided address at the top right of this page.

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 Mary Harle at 713-782-7864 with any questions.

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 address at the top right.

For Anniversary Gifts, Memorial Donations, Mailing Changes, or Sponsorships, please send all correspondence to:

Ostomy Association of the Houston Area
Attn: Lorette Bauarschi, Treasurer
P. O. Box 25164
Houston, TX 77265-5164





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Clarice Kennedy, CET (713) 647-8029 or ckenedy1@peoplepc.com

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Tel: +49 30 / 65 07 36-0 ▪ Fax: +49 30 / 65 72 26 4 ▪ email: FOR_LIFE_GmbH@t-online.de

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

ET 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.



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