



# 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

## Travel Tips: Holiday Traveling Season 2017

*Susan Buckland, Senior Policy Advisor, Management and Program Analyst, TSA POC and Liaison*

I am writing to share some important tips to help you better prepare for security screening at our Nation's airport screening checkpoints for the 2017 holiday traveling season. Wait times and long lines are expected to increase as more people travel during the holidays. With this in mind, the following tips may help you better prepare for screening:

- All travelers should arrive at least two hours early for domestic and three hours early for international flights, to allow plenty of time to get through security screening.
- Travelers with disabilities or medical conditions who have concerns about airport screening should contact TSA Cares at least 72 hours before travel: call TSA Cares toll free at (855) 787-2227 or Federal Relay 711, between 8:00 a.m. and 11:00 p.m. ET Monday to Friday; between 9:00 a.m. to 8:00 p.m. ET on weekends/holidays; or by email at TSA-ContactCenter@tsa.dhs.gov. TSA Cares agents provide callers with specific information about what to expect during screening so that travelers with disabilities or medical conditions may better prepare for travel. To learn more about TSA Cares visit <https://www.tsa.gov/contact/customer-service>.



- Travelers with disabilities or medical conditions can provide a TSA Cares agent with a flight itinerary, and TSA Cares will coordinate assistance available from a Passenger Support Specialist (PSS) and/or customer service manager at the airport. This assistance may also be requested at the checkpoint, but pre-travel (72-hour notice) arrangements are recommended, and travelers should still arrive at least two hours early for domestic flights and three hours early for international flights. The Passenger Support Specialists assist travelers, address traveler-related screening concerns immediately and provide in-person on the spot assistance to travelers requesting assistance in order to enhance the traveler experience, and maintain efficiency in carrying out TSA's mission. When requesting PSS assistance, keep in mind that each airport has different resources; therefore, the level of assistance received at the checkpoint can vary. Some airports have an individual who will call the traveler to gather additional information and arrange a meeting time and place. Other locations notify the checkpoint manager of the traveler's itinerary, but no pre-contact is made. Travelers who are traveling with a companion may request that

*(continued on page 3)*

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](mailto:newmarian@gmail.com).

## Central Group News

At our November meeting, we had Stacy and Natalie from the Kelsey Research Foundation who told us about their program, Active Living after Cancer. This is a program, co-sponsored by MD Anderson, that is funded by the Cancer Prevention & Research Institute of Texas and used to be limited to breast cancer survivors. They now have opened it up to all cancer survivors. This free program consists of 12 sessions in which survivors will learn how to be more physically active, learn about resources for cancer survivors and get support from other cancer survivors. The goal is to get cancer survivors to follow healthy habits after diagnosis to reduce the risk of recurrence by reducing stress and fatigue and improving strength. To join, you must have a previous diagnosis of cancer and not currently be receiving chemotherapy and radiation for cancer. They have programs at several locations throughout the Houston area. To find a location near you, call (713) 442-1231 or (713) 442-1219. To find out more information about the program, you can contact Lizette Rangel at [ALACprogram@mdanderson.org](mailto:ALACprogram@mdanderson.org). The program appears to be well worth your time. Check it out!

We had our holiday lunch on Saturday, December 2, at Maggiano's Little Italy. Twenty-two people attended. We were so happy to start off the holiday season with fellow ostomates and their families.

I want to give a shout out to Board member Ron Cerreta. As many of you know, Ron had J-Pouch surgery about 10 years ago. Ron joined our group when he had a temporary ostomy, and after he had the J-Pouch surgery, he not only continued to come to our meetings, but has served on our Board for years, including as our Treasurer. We have quite a few people who attend our support group meetings and who contact our group who are trying to decide between J-Pouch surgery and a permanent ostomy, who are about to have J-Pouch surgery or who have recently had J-Pouch surgery. Ron has done yeoman's work responding to all of these inquiries, including spending hours on the phone, meeting people individually and talking to visitors at our meetings. He provides compassion, kindness and education, and is an inspiration to me personally. Please take a minute to thank Ron for taking time out of his very busy schedule to do such important work for our group.

As a reminder, we will not have a meeting in December. Our next meeting will be on January 22. For one month only, our meeting will be on the fourth Monday of the month because of the Tracy Gee Community Center's schedule. We have not yet scheduled a speaker. But, come anyway and we will have a round table discussion about how we survived December.

I hope you all have a wonderful holiday season, and I look forward to seeing you in January.

Regards,

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

## Northwest Group News

We had a last minute program change because our planned presenter Stomaspan had to cancel due to unforeseen circumstances. Stomaspan will be coming to our 2018 January program and bringing samples to share. For more information on their stoma saving product go to [Stomaspan.com](http://Stomaspan.com) to learn more about protecting your stoma with seatbelts.

None the less, we had a blow-out session with 15+ in attendance ranging from a brand new ostomate to an ostomate that had a fifty-something stoma. Family and friends were present as we conducted a holiday roundtable. Everyone participated and learned something new.

There will not be a December meeting. We hope everyone attends the Holiday Ostomy of the Houston Area event. We will resume meetings in January on the 17th at 7:00pm. We missed Suzanne, Christy, Craig, Gen, Jane and especially Jay. Everyone have a safe and peaceful holiday season.

**Billy Locke**

337-515-6354

### Why Do I Bruise So Easily?

*UOAA Update*

Bruising can occur for a number of reasons. Most of them are benign; some can be serious. Some people simply bruise more than others. Certainly older people bruise much more easily than young folks. This may have something to do with the friability of the tiny blood vessels and the thickness and structure of the skin, which changes as we age. Certain medicines such as aspirin increase the likelihood of bruising.

There are illnesses that may lead to serious bruising, as well. Scurvy, which is an almost complete lack of vitamin C, can lead to bruising. But scurvy is virtually unheard of in this country. There is no proof that taking vitamin C will get rid of bruising. Bottom line: If you have started to bruise easily for the first time, get it checked out. A simple examination and blood test can determine whether or not it's anything to worry about.



## Baytown Group News

A timely presentation “Healthier Holiday Eating” was presented by Amber Hammonds, Dietitian from Houston Methodist San Jacinto Hospital at the November meeting. With various circumstances resulting in lower attendance than usual, the group enjoyed the opportunity to interact with each other and the speaker. Amber discussed some helpful hints to keep on track during the holidays—avoiding the pitfalls of mindless eating. These helpful hints include:

- Plan ahead,
- Watch for satiety cues,
- Avoid appetizers at holiday parties (mindless eating, high in fat and calories),
- Watch alcohol intake (loaded with calories) and
- Be reasonable with your choices at Thanksgiving dinner (you don't have to eat everything!)
- Amber helped the group take a look at a typical Thanksgiving dinner (3,300 calories) versus a Healthier Thanksgiving dinner. 2,100 calories can be saved if you are willing to do the following:
  - Go skinless—remove skin from the turkey,
  - Use skim milk instead of whole,
  - Use no calorie spray butter
  - Avoid fried foods
  - Avoid creamy dishes!

Best wishes to you and yours as the holiday season begins. In December, we welcome Kim and Robert from McKesson Patient Care Solutions—a company from “doctor to doorstep” with online support, customer service, and convenient shipping right to your door!

We hope you will join us to learn more!

Best regards,

**Cindy Barefield, RN, CWOON, 281-428-3033**

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.

## Travel Tips *(continued from page 1)*

they remain together throughout the security screening process. If a traveler arrives at the checkpoint and has any concerns before, during, or after the screening process, he or she should immediately request to speak with a Supervisory TSA Officer or a Passenger Support Specialist for assistance.

- Travelers may also download TSA's Disability Notification Card, which allows a traveler to discreetly notify the TSA Officer of a disability, medical condition, or request for accommodation or assistance. This card does not exempt a traveler from screening. Access the wallet-sized card at [https://www.tsa.gov/sites/default/files/disability\\_notification\\_card\\_508.pdf](https://www.tsa.gov/sites/default/files/disability_notification_card_508.pdf).
- If you would like to learn more about what to expect for disability or medical condition screenings please visit <https://www.tsa.gov/travel/special-procedures>.
- Finally, you may find shorter lines and wait times by enrolling in TSA Pre✓®. TSA Pre✓® passengers do not need to remove shoes, laptops, liquids, belts, or light jackets during the screening process at participating airports. However, passengers are required to undergo screening at the checkpoint by technology or a pat-down. TSA Officers may swab your hands, mobility aid, equipment and other external medical devices to test for explosives using explosives trace detection technology. Traveling companions of TSA Pre✓® passengers also must have TSA Pre✓® in order to access the TSA Pre✓® lanes. For more information about how to apply for TSA Pre✓® please visit <https://www.tsa.gov/precheck>.

TSA works hard every day to ensure that you and your loved ones arrive at your destinations safely. TSA remains committed to ensuring that all travelers are treated with respect, dignity and courtesy.

### **Susan Buckland**

Senior Policy Advisor

Management and Program Analyst

TSA POC and Liaison

Disability and Medical Condition Coalition

Disability Branch

Office of Civil Rights and Liberties, Ombudsmen and Traveler

Engagement Transportation Security Administration

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



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**WOC Nurse Directory**

Cindy Barefield, RN, CWOCN (281) 428-3033  
Houston Methodist San Jacinto Hospital  
cbarefield@houstonmethodist.org

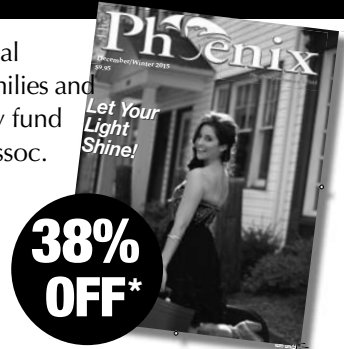
Charlene Randall, RN, CWOCN (713) 465-8497  
Specialty Wound & Ostomy Nursing, Inc.  
charlene@swoni.com

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:** **NO MEETING IN DECEMBER**  
**Our January meeting is January 22, 2018 (4th Monday for this month only!)**  
**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:** No meeting in December.

## Baytown Group

- Monthly:** Second Monday of the month  
**Date:** **December 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:** **Guest Speaker:** Kim and Robert from McKesson Patient Care Solutions

## Northwest Group

- Monthly:** Third Wednesday of the month  
**Date:** **NO MEETING IN DECEMBER, January 17, 2018**  
**Program will be presented by Stomaspan.**  
**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:** No meeting in December.

## J-Pouch Group

- Monthly:** Third Monday of the Month  
**Date:** **NO MEETING IN DECEMBER**  
**Our January meeting is January 22, 2018 (4th Monday for this month only!)**  
**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](http://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](http://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](mailto: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  
 Attn: Tony Romeo, Treasurer  
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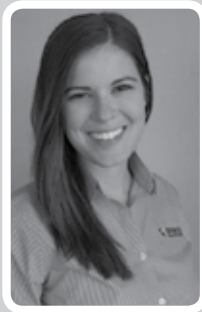
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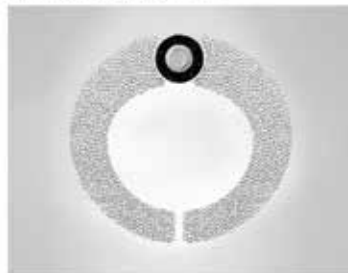
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**Ostomy Association of the Houston Area, Attention: Treasurer**  
**P. O. Box 25164, Houston, TX 77265-5164**

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.