



April 2020

# Ostomy Association of the Houston Area

## AFFILIATED SUPPORT GROUP

"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](http://www.ostomyhouston.org)

## Coronavirus Effects on the Ostomy Community from UOAA

The ostomy community is understandably very concerned about how the COVID-19 outbreak is affecting their daily lives, health, support networks, and access to ostomy supplies.

In this time of great uncertainty, UOAA recommends all individuals consult with their own primary care physicians with questions concerning their risk factor or if they exhibit any symptoms. Please follow the Center for Disease Control (CDC) website for actual up to date information. We recognize that many people living with an ostomy or continent diversion are older people and those with chronic disease and are therefore at higher risk of developing serious illness. Please also see CDC guidelines for people at risk.

UOAA is also hearing from many Affiliated Support Groups who have prudently decided to cancel their upcoming meetings. Members should expect that their meetings will be canceled for the foreseeable future. Affiliated Support Groups are each independently run and members should contact their local leaders if they have any questions about their meetings. Community guidelines are also available from the CDC to assist leaders in deciding steps they should take to address public health concerns.

UOAA reached out to the major ostomy manufacturers to see if the outbreak is currently impacting their production or supply chain. As of March 4, 2020 none of the manufacturers reported any issues in their operations as a result of the COVID-19 outbreak. Visit [UOAA.org](http://UOAA.org) for statements from individual manufacturers on this topic. Check with your distributor to see if there are any shipping delays due to increased demand of all goods at this time.

If you develop a fever, cough and have difficulty breathing always contact your healthcare provider. They will determine if you are a candidate for a COVID-19 test. Medicare and private insurance should cover a test to see if you have coronavirus if requested from a physician. Additionally, Medicare is offering telemedicine options so people can stay home as much as possible during this crisis. Contact your private insurer to discover any additional benefits they may be offering at this time. For frequently asked questions and facts about this virus follow updates from the CDC on the latest COVID-19 guidelines.

UOAA will update the website with any information that may affect our community.

## Ostomy Apps

by Joan Burnham, MSN, RN, OCN, RN-BC, Oncology Nurse Navigator at Houston Methodist Sugar Land Hospital

The question has come up from new ostomates if there are any smart phone apps to help manage life. It turns out there are smart phone apps to help. And most of them are FREE!!!



(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.

## 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).

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## Central Group News

I hope this newsletter finds you well and safe at home during these trying times. Central Group meetings have been cancelled for April after learning Harris County is expected to extend the stay-home order until April 30th. We're not sure yet about May so please keep an eye on our website <https://ostomyhouston.org/index.html> or our next newsletter for updates. May is when we usually hold our board elections so we will have to take a wait and see approach closer to the time – stay tuned.

Here is some helpful information:

**Questions:** Denise Parsons has generously agreed to help field any questions our ostomy community members or guests may have. Denise is very well qualified for this as she has served many years on the board in roles including president, vice president and currently secretary. She will do her best to connect you with a helpful party. Denise Parsons, 713-824-8841 or [rockynme2@gmail.com](mailto:rockynme2@gmail.com)

**Visitation Coordinator:** Marian Newman manages our ostomy visitations. Obviously, we won't be doing any personal visits for a while but we can still visit by phone, email, facetime or possibly ZOOM meetings.

**Ordering of supplies:** We have heard some ostomates are having delays in ordering their supplies so please order early and don't wait until your supplies are low. You may also want to consider Spring Branch Medical Supply. They are open from 9 am–5:30 pm and allowing 3 people in the store at a time. You can also do a 'drop/ship' order by calling them at (713) 465-2200 and placing your order—and they will have it delivered to your home. You can pay for your order with a credit card. Spring Branch Medical Supply is one of our advertisers and their information is found in this newsletter.

The UOAA website has some great coronavirus articles and updates for the ostomy community on their website with links to the Center for Disease Control at UOAA.

We humans are very adaptable creatures. When I first came home after my ostomy surgery, I thought I would never get used to having an ostomy but as time went on, I did adjust and managed to live a very normal life. I returned to work, traveled a lot and managed to pick up on my running and life was just fine. I feel the same now—we will adapt and life will go on. Please everyone, wash your hands, stay home and be safe and I look forward to seeing you in what I hope will be the near future.

**Kathleen Duplessis, President, OAHA, 713-299-3180**

## Northwest Group News

The Northwest Group was thrilled to take their March monthly meeting into a virtual platform using Zoom conferencing software on March 18th at their regular time. Several brave members managed the simple software downloads and joined up to check on each other as we all deal with this COVID-19 crisis.

*Billy Locke shared a funny story. He advised that his wife had sent him to HEB for a few things and he had been looking for almond milk. He found some at HEB but was limited to only 2 half-gallon cartons. Billy further shared that on that day HEB had zero paper products so he stopped at CVS to pick up some vitamin C chewable tablets— 500mg because both Walgreen & HEB were empty. CVS had Vitamin C and toilet paper but there was a hitch:*

- *Buyers were limited to one package which had 4 rolls of off brand TP but they ran out of the 4 pack.*
- *They were allowed to sell me 4 single rolls max, but it had to be individual completed transactions.*

*So the cashier ran one roll thru the register and completed the transaction for \$1.50 tax, title etc.*

*Billy stated that he walked away with 4 rolls of TP and 4 cash register receipts—too funny—he laughed all the way home.*

Everyone is encouraged to stay safe. Our next meeting will be online again in a Zoom virtual meeting. Currently we are lining up a speaker so our status is TBD. Once we finalize our program it will be sent out via email and posted on Facebook. We will gather online April 15, 2020, at our regular time 7:00pm.

For more information on using the Zoom conference platform, contact Patti Suler (details on the back of newsletter).

**Billy Locke, 337-515-6354**

## HOPE—TCH Woodlands, Pediatric Group News

I hope everyone is doing well with our current situation with COVID-19. The HOPE group met on March 8th. We had presentation by Jennie Moe, MS, RD, LD, CNSC Pediatric Dietician Clinical Nutrition Services, Texas Children's Hospital. Jennie shared "Nutrition tips with an ostomy" and was able to answer parents questions about promoting healthy eating habits in children with ostomies. The kids even made S'mores Trail mix.

It included Wheat Chex cereal (whole grain fortified cereal with iron and fiber content (8 grams/serving), mini marshmallows (to thicken stool) and small pretzels (a little extra sodium for ostomy losses). We even added mini choc chips for fun!

*Our meeting for April has been cancelled.*

**MaryAnne Lewis, [maryannelewis@hotmail.com](mailto:maryannelewis@hotmail.com) or 281-948-1490**

## Baytown Group News

*Baytown Ostomy Support Group will not meet in April as we are in Harris County as well and will be observing social distancing requirements. We plan to stay in touch via email.*

Baytown Ostomy Support Group did not realize they were being trendsetters with the meeting on Monday March 9th. As events in the world unfolded and “social distancing” became a reality, Baytown and HOPE were the only groups to host meetings in the month of March. What a privilege to have Cindy Barefield RN, CWOCN, present “Ostomy Accessories: Evaluation of the Right Product at the Right Time for the Right Reason” to a group of 16 ostomates, family members and friends.

Cindy provided a show-n-tell of ostomy accessories with the group evaluating rationale for use, implications for discontinuation and potential disadvantages with use of such items as adhesive remover wipes and spray; barrier rings, strips and extenders; clamps and closures; various ostomy belts; skin barrier sheets; skin cleansers and moisturizers; and stoma paste and stoma powder.

The group also reviewed the educational information made available on the Coloplast, ConvaTec and Hollister websites:

- Coloplast: Ostomy Self-Assessment Tools – Find the Solution That is Right for You  
<https://tinyurl.com/uht4n4j>
- ConvaTec: Improving Your Ostomy care Routine Starts with 4 Steps  
<https://www.convatec.com/ostomy/ostomy-product-information/ostomy-accessories/>
- Hollister: Your Guide to Essential Ostomy Accessories  
<https://www.hollister.com/en/OstomyCare/OstomyLearningCenter/UsingOstomyProducts/YourGuideToEssentialOstomyAccessories>

The group thoroughly enjoyed the presentation and the opportunity to interact with one another. I am hopeful that we will be able to return to this privilege very soon.

Best regards,

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

We encourage you to bring your spouse or significant other and members of your immediate family to our meetings.



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

## Sugar Land Group News

*Houston Methodist Sugar Land Ostomy Support Group will not be meeting in April.*

*All Houston Methodist Events Cancelled Through April*

*Given the rapidly evolving coronavirus disease 2019 (COVID-19) situation, we believe that it is in the best interest of our patients, staff and community to cancel all Houston Methodist-sponsored events through the end of April.*

The planned presentation was a power point with information on Smart Phone Apps for ostomates. The handout information is contained in this newsletter on page 1.

**Joan Burnham, MSN, RN, OCN, RN-BC**, Oncology Nurse Navigator at [jmburnham@houstonmethodist.org](mailto:jmburnham@houstonmethodist.org) or 281-274-0188

## Ostomy Apps (Continued from page 1)

### Sit or Squat by Charmin Restrooms Near Me!

A clean nearby public bathroom can be hard to find. But not all restrooms are created equal. With SitOrSquat we put clean public toilets on the map. Literally. Clean locations have a green “Sit” rating. Less desirable ones have a red “Squat.”

You can even rate and review a bathroom, and share your experiences to help others.

So, the next time nature calls and you need to find a nearby restroom, SitORSquat will help you know where to go.

### OstoBuddy by The Ostomy Companion by Buddha Technologies

OstoBuddy is your ostomy companion and helps you navigate life with an ostomy. Designed and used every day by a fellow ostomate. This app helps you to manage your supplies, keep track of your usage, reminds you to change, and helps you keep track of your ostomy output.

### Stoma Steps by Eakin Healthcare Development Team

Helps people adjust to life with a stoma. Includes information for before surgery and then after surgery. Includes a support community to ask questions and connect with other ostomates.

### Me+ Ostomy Care App by ConvaTec India Pvt Ltd

This app provides insight, support, and products the ostomate needs. Includes a support group, an e-book resource, videos, and a products page to help you select the right product for you.

### Ostomy 101 by Ostomy 101 Inc.

Support and information for living confidently with an ostomy. It is a nonprofit, vendor neutral app to provide access to the tools, information and resources for successfully living with an ostomy. App provides consults with a certified ostomy nurse, connect to a patient coach and find helpful ostomy education and resources.

All these apps can be obtained through the Apple App Store and Google Play Store.

## Central Group

**Monthly:** Third Monday of the month  
**Date:** **CANCELLED FOR THE MONTH OF APRIL**  
**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@gmail.com

## Baytown Group

**Monthly:** Second Monday of the month  
**Date:** **CANCELLED FOR THE MONTH OF APRIL**  
**Time:** 6:00 p.m.  
**Place:** Houston Methodist Baytown Hospital, CRCU Community Room. (Plaza 2 of building connected to hospital) Parking available just outside door of meeting room. 4401 Garth Road, Baytown, TX 77521  
**Contact:** Cindy Barefield, CWOCN, 281-428-3033

## Northwest Group

**Monthly:** Third Wednesday of the month  
**Date:** **April 15, 2020**  
**Time:** 7:00 p.m.  
**Place:** **VIRTUAL MEETING ON ZOOM.** Our next meeting will be online again in a Zoom virtual meeting. Currently we are lining up a speaker so our status is TBD. Once we finalize our program it will be sent out via email and posted on Facebook.  
**Contact:** Billy Locke 337-515-6354

## Sugar Land Group

**Monthly:** Third Thursday of the month  
**Date:** **CANCELLED FOR THE MONTH OF APRIL**  
**Time:** 6:00 p.m.  
**Place:** Houston Methodist Sugar Land Hospital Main Conference Room A, 16655 Southwest Fwy, Sugar Land, TX 77479  
**Contact:** Joan Burnham, MSN RN OCN, Oncology Nurse Navigator, 281-274-0188

## Woodlands Pediatric Group

**Monthly:** Second Sunday of the Month  
**Date:** **CANCELLED FOR THE MONTH OF APRIL**  
**Time:** 2:00 p.m.  
**Place:** Texas Children's Hospital, The Woodlands, Inpatient Building, 1st floor, RM 0110.61  
**Contact:** MaryAnne Lewis, maryannelewis@hotmail.com or 281-948-1490

## J-Pouch

For J Pouch questions, attend any of our group meetings, or call or text Ron Meisinger at 281-491-8220

## Opportunities and Announcements

### Use Those Shopping Cards

Kroger (LB326) and Randalls (3698) 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? Changing Your Email Address?

Please make sure we have your current contact information so we can reach you by email, U.S. mail, or phone. Send updates to Lorette Bauarschi at [lorette@bauarschilaw.com](mailto:lorette@bauarschilaw.com).

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

Ostomy Association of the Houston Area  
 Attn: Mike McGinity, 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.)

### Election of Board of Directors

We have three members of the Board of Directors whose terms are up in June—Lorette Bauarschi, Terry Marriott, and Jenrose Foshee. Our nominating committee has nominated these same individuals to serve for an additional 3-year term each from July 1, 2020–June 30, 2023. The election is in May. Please contact Kathleen for any additional information about these candidates or the election.





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Fax (713) 461-5806

## WOC Nurse Directory

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

Pat Thompson RN, BSN, CWON (281) 397-2799  
Patricia.Thompson6@hcahealthcare.com

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### Special Discount for ASGs!

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Topics included in each issue include diet, exercise, intimacy, skin care, odor control, new products and so much more. Medical doctors and nurses offer concrete advice and solutions while personal stories show that almost anything is possible with an ostomy. - **Subscribe Today!**

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ASG2019



## Help maintain healthy skin around your stoma with the CeraPlus skin barrier

Ceramide is a natural component of healthy skin. People who have tried the ceramide-infused **CeraPlus skin barrier** have reported visible improvement in the appearance of their skin.<sup>†</sup>

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<sup>†</sup>Global User Evaluation. Data on file, Hollister Incorporated.

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Ostomy Care  
Healthy skin. Positive outcomes.

**Brava®**

***"I don't want to be thinking about my ostomy pouch while I'm focusing on something else."***

**– Mike**

Mike is a Brava user who has received compensation from Coloplast to provide this information.

## Security to live *everyday life*

### **The new Brava® Elastic Barrier Strip XL**

The wider shape of Brava Elastic Barrier Strip XL increases the adhesive area and fits all available SenSura® Mio barriers to improve feelings of security.

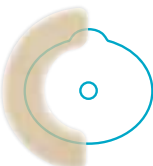
#### **Improved coverage and larger adhesive area**

Provides an increased feeling of security to those looking for extra security

#### **Brava Elastic Barrier Strip**

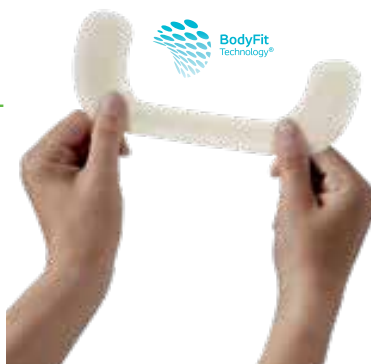


#### **Brava Elastic Barrier Strip XL**



#### **Designed for extra security**

Helps keep the edges of the barrier firmly in place



#### **Supports an active lifestyle**

Absorbs sweat and moisture, and keeps its elasticity during physical activities, which makes Brava Elastic Barrier Strip XL suitable for moving around in everyday life



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## 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: **(required)** \_\_\_\_\_

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.





# Seatbelt Relief

**STOMASPAN** is a positive solution to a difficult situation and an Ostomate's bridge to ostomy protection.

Created by an Ostomate, Stomaspan is a patent pending device that provides a bridge effect spanning ones stoma and ostomy bag, allowing relief from an uncomfortable and painful seat belt. Stomaspan is made in the USA of durable lightweight aluminum and weighs less than a cell phone. Stomaspan slips on and off a seatbelt quickly and conveniently. Its compact size allows easy movement from one vehicle to another. It can be carried in a briefcase, handbag or kept in your vehicle console.

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