



April 2021

# 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)

## Allison Rosen's Story: Me, Myself and Fill

by Allison Rosen, from UOAA Website

Allison Rosen here, I am an 8-year colorectal cancer survivor, passionate advocate, and proud ostomate. Fill, my ostomy will be a part of my life forever and I am grateful. To be honest grateful was never a word I thought I would utter in the same sentence as an ileostomy.

If I rewind a bit, when I was first diagnosed with Stage 2 colorectal cancer I had no idea what an ostomy was but I had read enough that I was adamant that I did not want a permanent one. I was about to embark on the hardest journey of my life and had to decide what surgeon I see and what surgical options I had to choose from. My cancer journey which included three open surgeries, two temporary ileostomies, chemotherapy, and radiation was a bumpy road and I learned much about myself. I had a history of Crohn's disease and even though I was in remission when I was diagnosed with cancer the damage to my colon was already done. From years and years of treatment and inflammation, I was told it fell apart in the hands of the surgical team. I woke up with a temporary loop ileostomy and this is when the true test began. What I once thought I did not want ultimately is the very thing that saved my life. There were many complications, more surgeries but my ileostomy was made permanent 4 ½ years ago and I have never looked back.

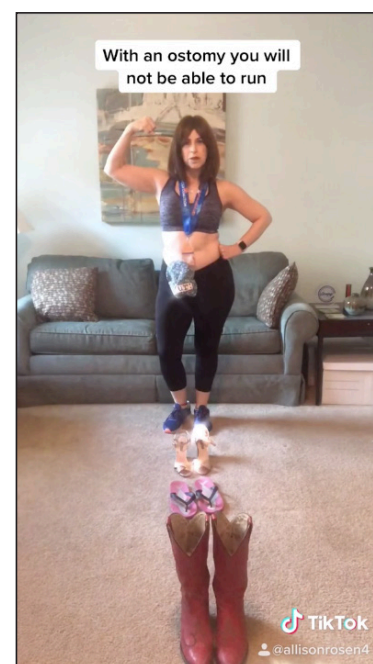
### **Once my ileostomy had a name it became so much more real.**

Allison created the TikTok videos (link upper right) after being inspired by the UOAA's Ostomy Mythbusters infographic that was promoted this past Ostomy Awareness Day.

## Tik Tok Video about the **Myths** of Having an Ostomy—click here to view!

I proudly can say I survived cancer and am now thriving. One might ask how I got to this point and the answer is not a simple one. It involved time, support, and self-love. I would never pretend that there were no tears, screaming sessions, and numerous trips to the wound ostomy clinic, but those all helped me become the person I am today.

**No one truly understands what you are going through physically and psychologically more than those who have been there themselves.**



(Continued on page 4)

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).

## In This Issue

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## Central Group News

Texans are getting vaccinated and I hope you are too. According to Texas Health and Human Services, as of March 27, 2021 in Harris County, Texas a total of 521,175 Texans have been fully vaccinated and 1,073,387 have had at least one dose. Johns Hopkins Medicine notes that two weeks after receiving your second vaccination, you have about 94%–95% protection from getting sick with Covid-19 and they recommend to continue wearing a mask, washing your hands, and continue social distancing with people outside of your “bubble”. If this progress continues, my hopes are to begin Central Group meetings on June 21st—our usual 3rd Monday of the month meetings at Tracy Gee Community Center. Mask wearing and social distancing will most likely be expected. So, please stay tuned, stay healthy and get vaccinated according to your health care provider’s recommendations.

I found this quote so amusing—I couldn’t resist sharing: “While much of the under-65 population awaits their Covid-19 vaccines, the generation that invented sex, drugs, and rock and roll is about to run amok”, writes Ruth Pennebaker in a recent issue of Texas Monthly. Like millions of older Americans, I am very happy to report that I have had both COVID-19 (Moderna) vaccines and now that my husband and I are fully vaccinated, we have planned a short trip to Montana for an owl workshop in May, and we will be returning to Southern Africa in November. I’m not sure life will ever fully return back to normal but I am looking forward to traveling, having friends over for dinner, visiting family members, dining indoors at restaurants, and yes, returning to our OAHA Central Group Monthly Meetings.

I am delighted to announce the UOAA’s 8th National Conference has finally been rescheduled for August 11–13, 2022 and will be held in Houston at the Royal Sonesta Houston Galleria Hotel. Many of you may remember the conference was originally planned for 2020 but was cancelled due to the coronavirus epidemic. Mike McGinity and I are on the planning committee and we want everyone to know there will be many opportunities to volunteer at the conference as well opportunities for speakers and presenters. So, roll up your sleeves and let’s show the UOAA some great Houston hospitality. Let me or Mike know if you would like to volunteer or present at the conference.

### Central Group Virtual Meeting—All Welcome Monday, April 19th at 7 p.m. ConvaTec

YOU are invited to join us virtually for a presentation from Tracy Baranyk, Territory Manager, ConvaTec, Cindy Meyers, WOC nurse who will share ConvaTec’s Me+Recovery program, and Sarah Biggart of Ostomy Secrets. Send me an email if you would like to attend: [Kathleen.duplessis@outlook.com](mailto:Kathleen.duplessis@outlook.com)

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

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

## HOPE—TCH Woodlands, Pediatric Group News

The HOPE group will not be meeting in April. You are welcome to join the Sugar Land Group Virtual Meeting on April 15, 2021.

MaryAnne continues to provide in-hospital ostomy education and support and follow-up in the outpatient setting. The group also has a group of moms who are available for social support via telephone on an individualized basis.

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

## Northwest Group News

Fourteen people gathered online for our March program, “Self-Care for the Caregiver”. The program was presented by OAHA Media Coordinator Patti Suler. Patti covered a variety of self-care strategies along with some interactive exercises. Everyone took something away. Member updates were shared afterward.

Our next meeting is Wednesday, April 21st at 7:00pm. Lisa Osterhaus with Hollister will be presenting a variety of information on their new two-piece soft convex product, Secure Start program and more! Come join us. Contact your program coordinator for the Zoom link.

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

## Baytown Group News

Baytown group did not meet in March due to technical difficulties with the virtual call. Look for a message about our meeting which is scheduled for Monday, April 19th.

Baytown Support Group will continue to meet virtually on the Third Monday of each month from 6-7:00 pm until further notice.

**Cindy Barefield, BSN, RN-BC, CWOCN**  
281-428-3033, [cbarefield@houstonmethodist.org](mailto:cbarefield@houstonmethodist.org)

## *Attention Everyone!!!*

**Board Elections are coming up in May and we are looking for nominees to serve on our board.** Members serve for three-year terms and our fiscal year begins July 1, 2021. Mike McGinty has been serving as treasurer and agreed to run again and we still have 2 openings to fill. If you are interested and want to learn more about our volunteer board, please contact Kathleen Duplessis at 713-299-3180 or [Kathleen.duplessis@outlook.com](mailto:Kathleen.duplessis@outlook.com) or any of the board members listed in this newsletter. Any member is eligible, and we would love some folks from our satellite groups to join us—we meet virtually by Zoom. **Please consider joining us—we need your thoughts and ideas.**

## Sugar Land Group News

The Houston Methodist Ostomy Support Group met Thursday, March 18th, 2021. Joan Burnham MSN RN OCN RN-BC, presented “Love Your Stoma—Emotions and Stomas.”

The presentation started with the reality of no one really wants a stoma and often stomas are a surprise in the recovery room after surgery. It is a loss and as such you may find that you are grieving. Joan reviewed the grief model of seven stages of loss:

**1. Shock & Denial** – You may deny the reality of the loss at some level, in order to avoid the pain. The shock provides emotional protection from being overwhelmed all at once. Some emotions may include sadness, confusion, and discomfort.

**2. Pain & Guilt** – As the shock wears off, it is replaced with the suffering of unbelievable pain. Although excruciating and almost unbearable, it is important that you experience the pain fully, and not hide it, avoid it or escape from it with alcohol or drugs. You may have guilty feelings or remorse over things you did or didn't do. Life feels chaotic and scary during this phase. Some emotions include sadness, guilt, desperation, and betrayal of your body.

**3. Anger & Bargaining** – Frustration gives way to anger, and you may lash out and lay unwarranted blame on the surgeon or other health care providers. You may rail against fate, questioning “Why me?” You may also try to bargain in vain with the powers that be for a way out of your despair: “I will never eat bad foods, or I will always take my medications if I can just get rid of my stoma!” Emotions may include anger, bargaining, resentment, and stubbornness in not caring for your stoma as you should or not learning how to manage your stoma.

**4. Depression, Reflection, Loneliness** – Just when your friends may think you should be getting on with your life, a long period of sad reflection will likely overtake you. During this time, you finally realize the true magnitude of your loss, and it depresses you. You may isolate yourself on purpose, reflect on things you did before your stoma, and focus on the past with no stoma. You may sense feelings of emptiness or despair. Emotions may include depression, heavy, crushed, or frustrated.

**5. Upward Turn** – As you start to adjust to life with a stoma, your life becomes a little calmer and more organized. Your physical symptoms lessen, and your “depression” begins to lift slightly. You have more of an interest in managing your stoma. You start to see a light at the end of the tunnel – your emotions may include feeling strengthened, motivated, awakened.

**6. Reconstruction & Working Through** – As you become more functional, your mind starts working again, and you will find yourself seeking realistic solutions to problems posed by the stoma. You will start to work on practical problems and reconstructing yourself and your life with a stoma. Emotions may include inspired, determined, and refreshed.

**7. Acceptance & Hope** – As you become more functional, your mind starts working again, and you will find yourself seeking

realistic solutions to problems posed by the stoma. You will start to work on practical problems and reconstructing yourself and your life with a stoma. Emotions may include inspired, determined, and refreshed.

The presentation then moved to Self-love.

Self-love is the foundation that allows us to be assertive, set boundaries and create healthy relationships with others, practice self-care, pursue our interests and goals, and feel proud of who we are. Self-love encompasses not only how you treat yourself but also your thoughts and feelings about yourself. So, when you conceptualize self-love, you can try to imagine what you would do for yourself, how you'd talk to yourself, and how you'd feel about yourself that reflects love and concern. Self-love does not put you on a pedestal and that you are better than others or that you are selfish. People who practice self-love know that they are flawed and make mistakes.

Self-love does not prevent you from loving others, but it does mean that you treat yourself with the same kindness and love you give to others.

There are negative thoughts that we may hear in our mind when we encounter something that is out of our normal routine and we don't like change because change is hard. Avoid these types of thoughts.

Ways to celebrate self-love or self-compassion include:

- Saying positive things to yourself
- Forgiving yourself when you mess up
- Meeting your own needs
- Being assertive
- Not letting others take advantage of or abuse you
- Prioritizing your health and wellbeing
- Spending time around people who support you and build you up (and avoiding people who don't)
- Asking for help
- Letting go of grudges or anger that holds you back
- Recognizing your strengths
- Valuing your feelings
- Making healthy choices most of the time
- Living in accordance with your values
- Pursuing your interests and goals
- Challenging yourself
- Holding yourself accountable
- Giving yourself healthy treats
- Accepting your imperfections
- Setting realistic expectations
- Noticing your progress and effort

*Sugar Land Group News (continued on page 4)*

**Sugar Land Group News** *(continued from page 3)*

The meeting then opened to a roundtable discussion that encompassed travel and dietary modifications, a vegan diet challenges, and the trial and error monitoring of diet to find out what does and does not work with your individual stoma.

Our next meeting will be April 15, 2021, at 6:00 pm online and Meghan Atchison, RN, WOC, will present "Exercise with an Ostomy: Let's Get Moving"

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

# JOIN US!

**July 2021****Annual Membership Dues Drive \$25.00**

The OAHA is an association of volunteers dedicated to serving and educating ostomates and their families within the greater Houston community. Thanks to the dues and donations we receive we are able to continue our outreach with monthly meetings, a certified visitor program training, monthly newsletters, fellowship and a website. We have been a caring support organization serving ostomates in the Houston area since 1956 and our monthly meetings and newsletters have informed and educated ostomates and their families for more than 60 years and your support helps us to 'pay it forward'.

In July we will be asking you to please renew your memberships. If you are not a member, we invite you to join us. Annual membership dues are \$25. If you would like to be a member, but cannot afford the membership dues at this time, please contact me directly at [Kathleen.duplessis@outlook.com](mailto:Kathleen.duplessis@outlook.com), 713-299-3180 as we receive donations from generous donors who support our mission of helping ostomates. All information is confidential.

**Allison Rosen's Story** *(continued from page 1)*

One of the first steps for me in accepting my new companion was going on a trip with other cancer survivors who just got it. We all had scars, we all had baggage, but we all supported one another to help each other better understand that we were not alone. It was this very group that helped me feel confident in my body again and helped to name Fill. Once my ileostomy had a name it became so much more real. My constant companion that no matter how annoying would never leave my side, literally. When I came home from that trip I felt empowered and reached out to my local UOAA support group. The members of this group had all sorts of advice, some having had their ostomies for 30 plus years. They helped me continue to heal and understand that I should and could be proud of my journey. No one truly understands what you are going through physically and psychologically more than those who have been there themselves.

Life with an ostomy is not perfect, but now, after a few years, I can give back and help others who are new ostomates. I am part of the ostomy support team at MD Anderson. When I am connected to new patients I remember being in their shoes. Helping them understand that your life is not over, however, it is just beginning provides some much-needed support. One thing I did not expect from helping others is the healing effect it would in turn have on me. Even though Fill is hidden to most of the world, it has a healing power for others as well as to me, and for that I am grateful.



## Sit or Squat: 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.

It's free from the App Store and Google Play.

We have an **Ostomy Visitor Training Workshop** every other year, so, this is the year for the workshop. Please **SAVE THE DATE: July 17, 2021 from 8:30 a.m.–1:00 p.m.** This training carries on a service that our organization has provided for over 65 years. Upon completion of this program, attendees will be specially trained to visit with an ostomy patient before or after their ostomy surgery. Trained visitors do not give medical advice, but these visits help patients in their rehabilitation process by demonstrating an ability to live a normal and active lifestyle with an ostomy. **Stay tuned for more details as we begin planning this workshop!**



## Central Group

**Date:** Monday, April 19, 2021  
**Time:** 7:00 p.m.  
**Place:** Virtual Meeting  
**Program:** Speakers: Tracy Baranzyk, Territory Manager, ConvaTec, Cindy Meyers, WOC nurse who will share ConvaTec's Me+Recovery program, and Sarah Biggart of Ostomy Secrets  
**Contact:** Denise Parsons 713-824-8841 [rockynme2@gmail.com](mailto:rockynme2@gmail.com)

## Baytown Group

**Date:** Monday, April 19, 2021  
**Time:** 6:00 p.m.  
**Place:** Virtual Meeting (Current Baytown Support Group members have been invited.)  
**Program:** TBD  
**Contact:** Cindy Barefield, CWOCN, 281-428-3033

## Northwest Group

**Date:** Wednesday, April 21, 2021  
**Time:** 7:00 p.m.  
**Place:** Virtual Meeting (Contact your group leader for login credentials.)  
**Program:** Speaker: Lisa Osterhaus with Hollister  
**Contact:** Billy Locke 337-515-6354

## Sugar Land Group

**Date:** Thursday, April 15, 2021  
**Time:** 6:00 p.m.  
**Place:** Virtual Webex Meeting (Information is provided in the email of your April Newsletter.)  
**Program:** Speaker: Meghan Atchison RN WOC, will present "Exercise with an Ostomy: Let's Get Moving"  
**Contact:** RSVP to Joan at 281-274-0188 or [jmburnham@houstonmethodist.org](mailto:jmburnham@houstonmethodist.org)  
**Contact:** Joan Burnham, MSN, RN, OCN, RN-BC, Oncology Nurse Navigator (info above)

## Woodlands Pediatric Group

**Date:** No meeting in April—Join one of the available group meetings this month.  
**Contact:** MaryAnne Lewis, [maryannelewis@hotmail.com](mailto: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](https://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](https://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.)



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

## Relationships, Sex & Intimacy with an Ostomy or IBD

*By Elaine O'Rourke, Ostomy/IBD Health Mentor*

When you are able to talk honestly about sex and intimacy, it will help build a healthier relationship. A chronic illness or an ostomy can bring up different issues around relationships, whether you are single or in a partnership.

You may wonder when to tell a potential partner about your medical history or how to rediscover passion within your current relationship. You may need to get creative with how you are having sex and pleasuring each other.

### How to communicate effectively

This is the key to everything in life! So needless to say it is the key when you are in a relationship. Yet, it can be so difficult to communicate effectively.

Personally, I try to express, with compassion, what I am experiencing and being open to hearing their perspective. This will help open the dialogue about sex and intimacy.

It is so important to get comfortable talking about your ostomy, IBD or any chronic illness with your partner. If you're not feeling sexy, desirable or if it's painful to have sex then your partner needs to know. Likewise, your partner may be having difficulty accepting your new body and feel guilty about that.

Seek help if you need it. As an Ostomy/IBD Health Mentor I help people with many of the emotional issues that arise.

Check out this [video clip](#) from my talk on "Intimacy" at the Girls with Guts retreat last year.

### Your partner's perspective

It can also be really difficult for your partner to witness you go through so much pain. It's important to nurture your partner too. Ask them if they have questions about your ostomy or how things work. They might be feeling nervous and afraid. By opening the conversation you are helping them to voice how they are feeling and how they are dealing.

### Sex

The act of sex includes sexual intercourse. But this may not be possible for everybody. Or you might discover that it feels very different depending on what surgery you have. It might be painful or you may not be able to have an erection or ejaculate. (See videos on Pelvic Floor Physical Therapy and Men's Health with IBD or Ostomy).

If you are in your head and worried about what your partner thinks, or if you are embarrassed or self-conscious about how you look, then it will be really hard to let go and enjoy sex. Feelings of being inhibited need to be addressed. This is an area included in my ostomy and IBD programs.

### Rekindling your relationship

Practicing patience and knowing you have to give your body time to heal. Your partner needs to know how you are feeling. If you are dating someone you need to explain to them what's going on. It'll either make or break a relationship.

If sexual intercourse isn't possible then get creative with other ways of pleasuring each other through oral sex, touching, kissing, cuddling, sex toys.

### Logistics

Before sex I always empty the pouch. I'm not taking any chances! You will feel much better about things and your partner will be grateful too.

If a position doesn't work for you then you have to let your partner know. Know your boundaries.

Take your time to get to know each other again, to become familiar with how your bodies work together now. Be patient with each other. And make it fun. Remember the more comfortable you are about your body, the more comfortable your partner will be.

If you are having a flare up, or going through cancer treatments then chances are you are not feeling sexy at all and a cuddle is all you can handle.

### Intimacy

Intimacy requires really opening up more and letting someone see you for who you are. Being able to share your fears and worries, being vulnerable, honest and authentic.

Intimacy is different to the act of sex but when combined then it makes a really healthy relationship.

Intimacy creates sensitivity. When you are intimate you become sensitive to yourself and to others.

### When to tell someone about your ostomy or illness

Each relationship is going to be different. It may also depend on how long you've had your ostomy or illness.

Personally I wouldn't intend to tell someone on a first date that I have an ostomy but if the timing is right then I might.

Most importantly, is to honor how you are feeling. It's all about what you are comfortable with. You want someone to form an opinion on your personality and not based around your ostomy or diagnosis.

Sometimes, just having an ostomy has been a great way to NOT have a one-night stand!

If you are having a one-night stand then tell the person beforehand. But try not to go into a feeling of rejection if they don't want to proceed. They are probably doing you a favor in that case! (See video below on Overcoming rejection with Chronic Illness or Ostomy).

I've found that when I explain the events leading to my ostomy how ill I was and then there is more empathy and understanding of why I've an ostomy and all that I've endured.

### Resources

Blog and video on [Sexual Issues with an Ostomy](#) has great information along with the <https://elaineorourke.com/sexual-issues-with-an-ostomy-or-ibd/>

UOAA has a [sexuality guide](#) which explains the types of surgeries, and how they affect sexual function and the emotional component as well.

Make sure to grab your FREE GUIDE: '3 simple ways to eliminate fears about your ostomy' by visiting Elaine's website [www.ElaineOrouke.com](http://www.ElaineOrouke.com)

## WOC Nurse Directory

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

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



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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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Get real-world answers to common questions after ostomy surgery. Yours free with a subscription.

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ASC2018



## 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.†

To learn more about how the CeraPlus skin barrier can help support healthy skin from the start, or request a **FREE** sample, contact us at **1.888.808.7456** or **[www.hollister.com/tryCeraPlus](http://www.hollister.com/tryCeraPlus)**.

†Global User Evaluation. Data on file, Hollister Incorporated.

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Ostomy Care  
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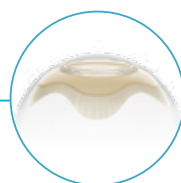


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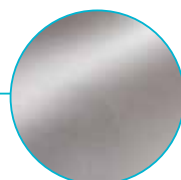
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**Newsletter Advertising:** Please contact the President or Treasurer for advertising opportunities.

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

Surgery Date: \_\_\_\_\_ Birth Date: \_\_\_\_\_ Sex: ☐ Male ☐ Female ☐ Other \_\_\_\_\_

Reason for surgery ☐ Crohn's ☐ Ulcerative Colitis ☐ Cancer ☐ Birth Defects ☐ Other \_\_\_\_\_

In addition to English, I also speak the following language(s). Foreign language spoken: \_\_\_\_\_

*Why do we ask this? We have a patient visiting program and we are occasionally contacted by ostomates who are not fluent in English and we look to our membership to assist with communication.*

### 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"/> J-Pouch             | <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    Sugar Land Group    Woodlands Pediatric 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.



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