



February 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

Ostomy Self-Care and Wellness Tips for 2020

By Elaine O'Rourke

During the winter of 2005, I went from being an active, strong, 35-year-old yoga teacher to being completely debilitated, feeling like I was 100 years old and barely able to move or walk.

An extreme flare-up of Crohn's disease resulted in a temporary ileostomy which was then made permanent after a year. I was down to skin and bones and had lost most of my muscle mass. My hips and whole body hurt when I slept as I was so skinny. There was very little that I could do. My body just needed to rest as it took too much energy for anything else.

When I began to regain my strength after my temporary ileostomy, I had a renewed appreciation for walking and what a good simple exercise it is. Just getting out for fresh air, step by step, seeing people and walking the beach. I had missed simply going to shops. Ahhh, to be able to move again, what a gift.

I had never considered going for my daily walk as a "gift" until I couldn't do it. For many people, including myself, it's not until things start going wrong that you realize how much you take your health for granted.

As I recovered I was able to slowly get back into my yoga practice and doing everything that I wanted to do. In fact, last year I started surfing which is now my greatest passion. It was previously the one thing I thought I could never do with an ostomy.

My point being, having an ostomy does not mean you can't exercise or do sports. Just do them mindfully and within your limits. Taking good care of yourself is now of utmost importance.

Real self-care not only addresses how we take care of our physical bodies but also how we deal with our emotions and how we think. After all, everything is connected.

Life with an ostomy has a lot of pent-up emotions, thoughts, and challenges. The physical body also holds on to memories and traumas within its cells. This is why you may experience or even hear of people who recall things when getting a massage, or you might start crying when you get bodywork done or when you are moving mindfully in a yoga class. The "feeling experience" is providing a release for these memories.

In my program "Surviving to Thriving: Overcoming Ostomy Challenges so you can Live a Fulfilling Life" I focus a lot on the mental and emotional issues that occur but also on the importance of keeping active and making healthy lifestyle choices. As you journey into the New Year and decade what are the more tangible things you can do for your physical well-being? We all know that New Year's resolutions go out the window by the second week in January, or that they never happen at all.

Instead, consider doing things that will contribute to your health and happiness and set a plan in place. If you find it hard to keep yourself motivated or don't know where to start then reach out and contact me.

(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.

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Central Group News

The Tracy Gee Center was closed on our usual 3rd Monday of the month—Martin Luther King Day so the Central Group met on the 4th Monday, January 27th. Our guest speaker was Heather Marchman, Account Manager, AdaptHealth Patient Care Solutions, Inc. AdaptHealth recently acquired McKesson Patient Care Solutions. So, those of us who usually order through McKesson will now seamlessly be ordering through AdaptHealth. Heather shared her contact information with us and if you need to reach Heather, here is her phone number and email: 346-225-0680 hmarchman@adapthealth.com. Heather's territory is south central Texas and she is very knowledgeable about ostomy products. She also wanted to let us know that she keeps in contact with the Houston representatives of all the major ostomy manufacturers. We enjoyed Heather's presentation and we also enjoyed the delicious treats she brought to our meeting—thank you Heather!

We were delighted to welcome special guests Ron Meisinger and Kathy Crosby. You may recognize Ron's name as he is our J-Pouch Coordinator and is listed on the last page of our monthly newsletters. Ron is a long-time member of the OAHA. We enjoyed hearing your story Ron, and many thanks for all you do for the OAHA and the ostomy community. Also attending was Kathy Crosby. Lorette Bauarschi and I met Kathy back in November at the Houston IBD Education Symposium. Thank you, Kathy, for coming to our meeting and sharing your story. Kathy also has a J-Pouch and is involved with the South Texas Chapter of the Crohn's and Colitis Foundation.

We are always happy to welcome those with ostomies as well as those who are in need of ostomy surgery. Please don't forget to bring your families or loved ones as they will want to make sure all your questions are answered and they will have a few questions of their own. As you will find out if you come to a meeting, we are a very friendly and happy group who will go out of our way to make you feel comfortable. Yes, life really is better with an ostomy.

I look forward to seeing you in February and I know everyone will enjoy Kimberly Ferguson's presentation. Kimberly is a wound ostomy nurse and she attends our Central Group meetings. One of the things you will learn at this meeting is how to properly apply stoma adhesive powder which incidentally, I just learned is also an effective treatment for diaper rash!

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.



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

Northwest Group News

We enjoyed gathering and planning our programs for this year to include our favorites and some new ones as well. We will enjoy the return of our favorite vendor representatives from Coloplast, Convatec and Hollister in addition to having a dietician and physical therapist present along with a return of our 1919 Favorite "Line Dancing with Ken Gross". New presentations this year also hope to feature a surgeon and skin care specialist.

We met at the new location inside the hospital. The chairs were comfy with restrooms just across the hall. Free parking was just outside the entrance in well-lit areas. We worked on a collection of tips and tricks for managing ostomies. Our surprise was getting to read a story by Patti that was published in the Winter edition of *Ostomy Canada*.

Join us next month on Wednesday, February 19, 2020, at 7:00pm. Our program will be provided by Sharon Triplett, Territory Manager—Houston with Coloplast Ostomy. We continue to meet at Luby's before the meetings.

Directions to our new meeting location. Turn North on Cali Dr. from Cypress Creek Parkway (FM 1960). At the 2nd stop sign turn left on to Peakwood Dr., then turn at the first left. You may park in the surface lot on the left or in the garage on the right. Enter the doors, turn left at the information desk and we are in the Boardroom, third door on the left.

Billy Locke, 337-515-6354

Sugar Land Group News

Houston Methodist Sugar Land Ostomy Support group met January 16th and had Lisa Osterhaus from Hollister present their product line. Samples were provided for items like the Cera Plus products that contained ceramides to protect skin, like the Cera Rings. Product booklets were provided for reference. Discussion ensued about ways to keep skin healthy and the optimal duration for barrier and pouch before needing to change. It was noted that it seems to take most ostomates 1-2 years to determine what routine works best for them with time between changing pouches and barriers. Support provided from WOC Nurse Sarah Arriaga. Introductions to our new Wound and Ostomy Nurse, Meghan Atchison, RN.

Our next meeting is February 20, 2020, from 6-7 PM in the Main Pavilion Conference Room A. To reserve a spot, call Joan Burnham RN OCN at 281-274-0188 or email at jmburnham@houstonmethodist.org. Topic/presenter pending.

Joan Burnham, MSN, RN, OCN, Oncology Nurse Navigator
281-274-0188

Baytown Group News

Nine interested individuals greeted Jay Walls, local designer and creator of ostomy belts at Baytown Ostomy Support Group on January 13th. Jay, a fellow ostomate from Katy shared his passion for creating his custom belts. In 2012, Jay decided to have surgery to have his colon removed after a lengthy battle with ulcerative colitis. After surgery, he was afraid to go swimming. His 4 children desperately wanted their dad to join them in the pool! With his creative juices flowing, Jay pulled out his sewing machine and created an ostomy belt that he has worn for several years. "I make these belts to help people live a better life with ostomies" Jay shared. Belts of various types to see and feel in a variety of colors and closures in children's and adult sizes were passed around for show-n-tell. Jay was able to share reviews from his customers on-line and a couple of satisfied customers were in attendance as well.

Jay's custom belts are sold on Etsy: www.etsy.com/shop/ostomyaccessories or by contacting Jay at Ostomy Support System For Every Day Life, Start Living! ostomyaccessories@yahoo.com Follow Jay on YouTube and Facebook to see demonstrations with his ostomy belt.

I hope you will make plans to join Baytown Ostomy Support Group in 2020. In addition to meetings that educate, inspire and update the group, we talked about designating a time for Roundtable for everyone to share their ostomy experiences. February we will plan for Roundtable. March and April we are expecting updates from our ostomy colleagues.

We will continue to meet from 6:00-7:00 pm in the CRCU Community Room. (Located in Plaza 2 of the building connected to the hospital.) Parking is available just outside the door of our meeting room.

Sincere regards,

Cindy Barefield, RN, CWOCN 281-428-3033

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.

Help Wanted OAHA Take Steps Team Captain

The walk team is easy to organize with established online tools. It will be held at the Houston Zoo on March 28, 2020. This is a unique opportunity to represent ostomates and raise money to support research for IBD. *If interested or seeking more information, please contact Patti Suler (contact information on the back page).*

2020 Meeting Dates—Clip and Save!

BAYTOWN

SECOND MONDAY OF THE MONTH

| | |
|-------------|--------------|
| January 13 | July 13 |
| February 10 | August 10 |
| March 9 | September 14 |
| April 13 | October 12 |
| May 11 | November 9 |
| June 8 | December 14 |



CENTRAL

THIRD MONDAY OF THE MONTH

| | |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------|
| January 27 (Please note: January 20th is the Martin Luther King Holiday) | June 15 |
| February 17 | July 20 |
| March 16 | August 17 |
| April 20 | September 21 |
| May 11 (Please note: This is the second Monday) | October 12 (Please note: This is the second Monday) |
| | November 16 |
| | December 7 |

NORTHWEST

THIRD WEDNESDAY OF THE MONTH

| | |
|-------------|---------------------|
| January 15 | August 19 |
| February 19 | September 16 |
| March 18 | October 21 |
| April 15 | November 18 |
| May 20 | No December Meeting |
| June 17 | |
| July 15 | |

*Meetings are subject to cancellation due to weather events. Monitor our Facebook page for the latest on upcoming meetings.

Ostomy Self Care

(continued from page 1)

Strategy Tips for Self-Care

1) Move your body

Buying a gym membership is useless— unless you use it! Our ancestors did not live sedentary lives, yet, these days in general, we are very attached to sitting around. Many people work at desks, sit in cars commuting and then sit on the couch to chill out! But our bodies are designed to MOVE.

Tip: Get up and walk around more, even set a chime to go off on your phone to remind yourself. As mentioned, walking is a great way to keep things moving and it's free. Even a quick five-minute walk is beneficial. Meet a friend for a walk instead of coffee, or both! Move your arms over your head more. Add in some simple stretches. Basically, MOVE as much as you can as that is what our bodies are designed to do.

2) Food choice

If we think we are going to be “depriving” ourselves of something, then we will do anything we can to sabotage our best intentions. For example, If we say we are “giving up chocolate” then chances are we become obsessed with thinking about chocolate and our resolution only lasts a day! Your body is like a temple and keeping it healthy requires the right choices. This will affect your ostomy output, energy levels, muscles, organs, bones and joints.

Tip: Focus on adding in certain foods that you know will be healthier for you. Hint – these foods are mostly in the fresh produce sections of the supermarket. Before you eat and drink ask or even visualize how your body will respond, how your organs will feel, how well your GI tract will digest. Eat slowly, chew and enjoy your food. Notice how it affects your system, energy levels, and your ostomy output.

3) Make it fun

If you dread doing something, then it won't get done. So find something that is enjoyable. Not everyone likes exercise or sports but there are many different ways that you can treat your body with more kindness.

Tip: Dancing is a great way to move. Maybe go out to hear live music where you can move on a dance floor, or take a dance class. Put music on at home that energizes you. Walk up and down the stairs a few more times. Use a fitbit watch as a way to incentivize yourself.

4) Schedule time for yourself

There are a lot of distractions that pop up during the day and before you know it, you haven't done anything you intended to do and the checklist is still staring at you.

Tip: Schedule in your planner when you are going to do your (walk, fun movement, cardio class, yoga, meditation, etc.) Be consistent and try and have it at the same time and on the same days each week.

5) Know that you deserve it

There is nothing like a promise of a “treat” or “something special” or to plan out “bribery” if you do something! Self-discipline comes more naturally to some but it takes practice.

Tip: As you decide the new ways you are going to do things in 2020, also give yourself a promise of a self-care present when you complete your goals. As you try more nutritious food, exercising, moving your body (because that is what it is supposed to do) then treat yourself to a massage, tickets to a show, a work-out outfit (that you now must have because you actually enjoy exercise) a good book, and so on!

Elaine O'Rourke is the creator of the online holistic program “Surviving To Thriving: Overcoming Ostomy Challenges So You Can Live a FulFilling Life”. She is a certified Yoga Therapist & Teacher since 2003, Sound Healer, EFT & Reiki Practitioner, Recording Artist and International Retreat Leader. Her lighthearted and fun personality shines through her teachings/programs as she loves to inspire others. She is a contributing writer to the national Phoenix Magazine, presenter at the UOAA National Conference and speaker at Girls with Guts retreat.

A free guide is available: ‘3 simple ways to eliminate fears about your ostomy’ by visiting Elaine’s website www.ElaineOrourke.com Elaine@ElaineOrourke.com

February Call to Action

Do you shop at Randalls and Kroger? Shop on Amazon? If so, please make sure to link your Reward Card to the Ostomy Association of the Houston Area as one of your charity choices for their programs. At Randalls, you can visit the Courtesy Booth for assistance. (Randalls charity #3698) For Kroger, you can enroll online (Kroger charity #LB326). And don't forget to ask friends and family to do the same. The OAHA receives checks on a quarterly basis from Randalls and Kroger and every little bit helps. Designate OAHA as the charity (see link below) when you shop at smile.amazon.com. Thank you!



Randalls
charity
#3698



Kroger
charity
#LB326



Designate OAHA at
[smile.amazon.com/](http://smile.amazon.com/ch/30-0336134)
ch/30-0336134

Central Group

Monthly: Third Monday of the month
Date: **February 17, 2020**
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
Program: **Kimberly Ferguson, RN**, Wound Ostomy Nurse

Baytown Group

Monthly: Second Monday of the month
Date: **February 10, 2020**
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
Program: **Roundtable**

Northwest Group

Monthly: Third Wednesday of the month
Date: **February 19, 2020**
Time: 7:00 p.m.
Place: HCA Houston Northwest, 710 Cypress Creek Pkwy. Turn North on Cali Dr. from Cypress Creek Pkwy. At the 2nd stop sign turn left on Peakwood Dr., then turn at the first left. Park in the surface lot on left or in garage on right. Enter doors, turn left at the info desk and go to Boardroom, third door on left.
Contact: Billy Locke 337-515-6354
Program: **Sharon Triplett**, Territory Manager—Houston with Coloplast Ostomy

Sugar Land Group

Monthly: Third Thursday of the month
Date: **February 20, 2020**
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: **February 9, 2020**
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), 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 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.

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.)



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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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Ostomy Care
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– Mike

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

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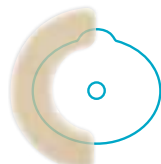
Improved coverage and larger adhesive area

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

Brava Elastic Barrier Strip

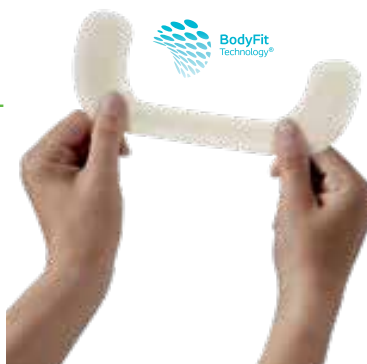


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Houston Area, Ostomy, Pediatric Education & Support Group

Presented by Texas Children's Hospital The Woodlands

Date: February 9, 2020

Time: 2:00-3:00 PM

(Offered 2nd Sunday of every month)

Location: Texas Children's Hospital The Woodlands Inpatient Building,
1st Floor, Rm 0110.61
(Near cafeteria)
17600 I-45 South, The Woodlands, TX 77384

Topic: Emergency Room Care in Pediatric Ostomy Patients

Speaker: Lucinda Berent MSN, RN, CPED
Education Coordinator, Emergency Center
Texas Children's Hospital-The Woodlands

Purpose: To foster supportive relationships with peers who share common diagnoses; to support healthy lifestyles and enhance body, mind and spirit.

Objectives:

- Patients and parents will join group discussions and activities that provide solutions and coping strategies for challenges of managing an ostomy.
 - Topics include: mental, physical, financial and social issues impacting children and adolescents managing ostomy care.

To reserve your place, contact MaryAnne Lewis via e-mail (maryannelewis@hotmail.com) or 281--948-1490

Siblings welcome! Light snacks provided.



The
Woodlands

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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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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