



AFFILIATED SUPPORT GROUP

"We help ourselves by helping others to help themselves."

Ostomy Association of the Houston Area

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

Coronavirus Effects On The Ostomy Community *(courtesy of UOAA, ostomy.org)*

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. Read our previous blog post 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.

Stay Safe

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 this blog post with any information that may affect our community. (see www.ostomy.org for updates)

Simple Ways to Reduce Anxiety and Help Your Immune System

by Elaine O'Rourke; via UOAA March 2020 E-News and UOAA Blog Post

With the increased and heightened attention on the coronavirus, it is naturally creating a lot of fear and anxiety. This fear not only affects the mind but also the body. Right now, you want to keep

(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.

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Central Group News

Central Group had their first Zoom Meeting on Monday, June 15th. Our program included a presentation from Shannon Triplett from Coloplast. Shannon is the Coloplast Territory Sales Manager for our region. As Covid-19 has affected many businesses, we were happy to learn that Coloplast is not experiencing any disruption in the distribution of their products.

Coloplast has a comprehensive support program called Coloplast Care Program. They offer nurse-validated information Monday–Friday from 7 a.m.–7 p.m. CST and they have recently extended these hours to include Saturdays from 9 a.m.–1 p.m. CST. Anyone can enroll and join the Coloplast Care Program by visiting www.coloplastcareenroll.com or calling 877-858-2656. I just visited the site and found great information for ostomates including: instructional videos, tips for going out, traveling and packing, abdominal exercises for ostomates, a printable exercise diary, a troubleshooter section on ostomy leakage, a guide to healthy skin, instructional videos and more. While you are visiting Coloplast.com look for the samples tab so you can ask for samples of the ostomy products you want to try.

Coloplast also makes a Brava Ostomy Support Belt that is comfortable, breathable and has 4-way stretch that distributes pressure evenly. Velcro allows for easy adjustment, fit and closure. These support belts are now available in a 4XL. (This item is not available as a sample).

June group meetings also included the election of three members of the Board of Directors to serve for an additional 3-year term from July 1, 2020–June 30, 2021. Congratulations to Lorette Bauarschi, Terry Marriott, and Jenrose Foshee.

Many thanks to Shannon Triplett for a great Coloplast presentation and Mike McGinity for hosting our Zoom meeting.

With the recent Covid-19 spike in Houston we won't be able to meet in person in July. I want to encourage everyone to join the July 16th virtual WebEx meeting hosted by Joan Burnham, MSN, RN, OCN, RN-BC, Oncology Nurse Navigator and her team at Houston Methodist Sugar Land Hospital. Mark your calendars for: Thursday, July 16th at 6:00 p.m.–7:00 p.m. and join us for “I smell something, do you?” – Topic is Odor and Appearance.

How to join the meeting: Please contact me at Kathleen.duplessis@outlook.com, one of our board members or your group leader for the details. I want to encourage all of you to join us in July. It's easy once you figure it out—and you will be able to join this meeting by phone, iPad or computer!

Hope you had a Happy 4th of July!

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

Northwest Group News

Almost two dozen people joined us on Zoom Wednesday, June 17th, to hear the story of Craig Alan Wilson. Craig is an American Lawyer currently practicing in Bangkok, Thailand. He joined us from his home there as we learned about his struggles overcoming ostomy surgery to return to his love of amateur boxing. Craig's journey was documented in the award-winning documentary film 'Farang Ba' [Crazy White Foreigner] by John Sullivan. 'Farang Ba' is currently available to watch on Amazon Prime Video.

We were also joined by Lisa Gausman, Senior Editor, Ostomy Canada Magazine, from her home in Calgary and Hollister representatives Lisa Osterhaus and Kadi Sickel. Additionally, we welcomed Marian Newman from the Central Group. Craig answered a variety of questions from the attendees. It was a wonderful way to enjoy these difficult times together. It was great to Ken, Paulette, Billy, Pat, Jay, Colette, Carolina, Lisa P., Earnest, Carol, Shirley, Hurlene, Tom and other regulars.

The Northwest Group will not be having a July meeting. The Ostomy Association of the Houston Area groups are currently working together to consolidate our monthly online meetings to better leverage our limited volunteer resources. Keep an eye out for this exciting new format.

Billy Locke, 337-515-6354

HOPE—TCH Woodlands, Pediatric Group News

Eight participants met virtually on June 14th. Jay Walls, of Ostomy Accessories, was the guest speaker. He presented the different types of custom ostomy support belts he makes for patients with ostomies...with emphasis on several pediatric sizes and fun patterns!

MaryAnne Lewis, maryannelewis@hotmail.com or 281-948-1490

Baytown Group News

Baytown Ostomy Support Group will not meet in July as we are still observing social distancing requirements. We plan to stay in touch via email.

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 or 800-826-0826

Sugar Land Group News

Houston Methodist Sugar Land met virtually on June 18th. Joan Burnham MSN RN OCN RN-BC presented Stress and Anxiety through the use of a PowerPoint and then two meditation videos. We discussed what kinds of stress we are having and it ranged from managing disease to living in a COVID world. The PowerPoint was e-mailed and a handout was provided.

Key points for managing stress and anxiety include:

1. Identify your stressor and how it makes you feel.
2. Detail how your stressor effects you physically and emotionally either by writing it down or talking to someone.
3. When you know you cannot avoid your stressor, think ahead about how you will manage to deal with the stressor—how you view it or what you will do when you encounter the stressor
4. Remember humor is a great stress reliever—view your stressor in the wackiest or weirdest situation outcome—an example is seeing your busted ostomy bag sprouting flowers and the best aroma—like fresh baked cookies (we know that will never happen!! but I bet you just smiled!).
5. Recognize your success over small stressors and congratulate yourself.
6. Be kind to yourself—your life is full of obstacles and you have a right to feel stressed and anxious—take a moment and take 10 deep breaths.
7. When anxiety is becoming overwhelming—stop. Look around you, notice and name what you see, what you hear, what you smell, what you taste, and what you feel on your skin. Say the words out loud and help your survival brain let go and return to your logical brain that knows it is okay where you are and what you are feeling.
8. Seek help if you need it—we all need help at some time and there is help out there, just ask.

The links for the meditation are listed below:

- 1 Minute Ocean Breathing <https://vimeopro.com/houstonmethodistwellness/employeewellness/video/404816788>
- 5 Minute Breath Awareness <https://vimeopro.com/houstonmethodistwellness/employeewellness/video/405119313>

Our next meeting is July 16, 2020, at 6-7 PM and will also be a WebEx. The topic “I smell something, do you?” The topic is odor and appearance. For more information, please contact Joan Burnham, MSN, RN, OCN, RN-BC at jmburnham@houstonmethodist.org or at 281-274-0188

Joan Burnham, MSN, RN, OCN, RN-BC, Oncology Nurse Navigator at jmburnham@houstonmethodist.org or 281-274-0188

Simple Ways to Reduce Anxiety and Help Your Immune System *(continued from page 1)*

your immune system strong and focus on calming your mind and nervous system and of course use necessary precautions.

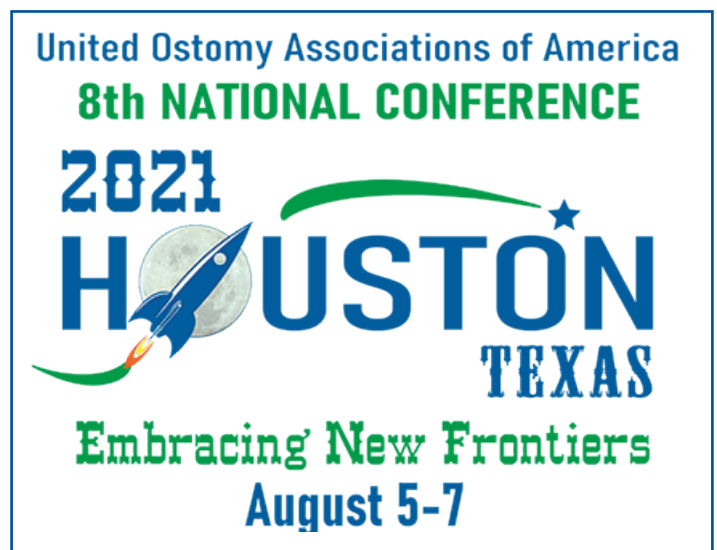
Proper Breathing, as well as other techniques, will help reduce cortisol levels (one of the stress hormones that can wreak havoc in your body) and helps promote the relaxation response in the body.

Deep focused breathing has so many benefits and there is a lot more science behind what the ancient yogis already knew. As a long-time yoga teacher, I know firsthand how amazing proper breathing is. I credit it for helping me recover from surgeries much faster and for regaining strength. Wim Hof (the Iceman) has been instrumental in recent years for promoting the benefits through his method. Many scientific studies have been done on him proving that you can control the autonomic nervous system and immune response. The following is a basic guided breathing and relaxation video:

www.youtube.com/watch?v=rgm_NVguYqg

Elaine's website: www.elaineorourke.com

SAVE THE DATE!



More information here:

<https://www.ostomy.org/event/uoa-8th-national-conference/>

Central Group

Monthly: Third Monday of the month
Date: **NO MEETING THIS MONTH**
PLEASE CONSIDER JOINING THE SUGAR LAND GROUP ZOOM MEETING ON JULY 16.
Contact: Denise Parsons 713-824-8841 rockynme2@gmail.com

Baytown Group

Monthly: Second Monday of the month
Date: **NO MEETING IN JULY**
PLEASE CONSIDER JOINING THE SUGAR LAND GROUP ZOOM MEETING ON JULY 16.
Contact: Cindy Barefield, CWOCN, 281-428-3033

Northwest Group

Monthly: Third Wednesday of the month
Date: **NO MEETING THIS MONTH**
Place: **PLEASE CONSIDER JOINING THE SUGAR LAND GROUP ZOOM MEETING ON JULY 16.**
Contact: Billy Locke 337-515-6354

Sugar Land Group

Monthly: Third Thursday of the month
Date: **July 16, 2020**
Time: 6:00 p.m.
ALL ARE WELCOME, CONTACT YOUR GROUP LEADER FOR MORE INFO.
Place: **VIRTUAL WEBEX MEETING** (Learn more on page 3 or contact Joan Burnham for login info.)
Program: The topic "I smell something, do you?" The topic is odor and appearance.
Contact: Joan Burnham, MSN RN OCN, Oncology Nurse Navigator, 281-274-0188

Woodlands Pediatric Group

Monthly: Second Sunday of the Month
Date: **NO MEETING IN JULY**
PLEASE CONSIDER JOINING THE SUGAR LAND GROUP ZOOM MEETING ON JULY 16.
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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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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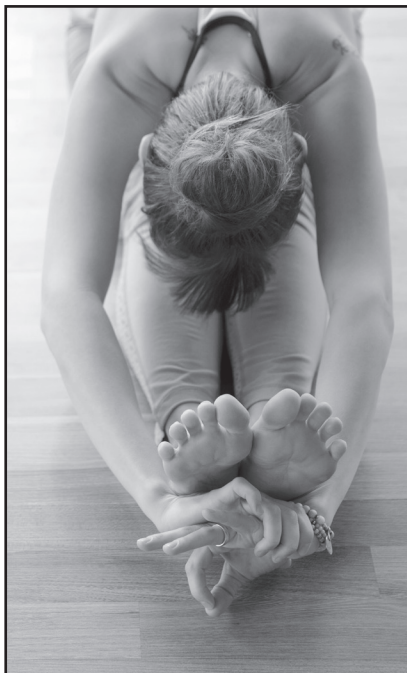
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ASC2019



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

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Brava®

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– Mike

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

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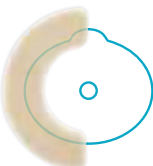
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Provides an increased feeling of security to those looking for extra security

Brava Elastic Barrier Strip



Brava Elastic Barrier Strip XL



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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: _____

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.



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