



# 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)

## Stress and Coping

Excerpts from *www.cdc.gov* via *It's in the Bag*, Niagara Ostomy Association

The outbreak of coronavirus disease 2019 (COVID-19) may be stressful for people. Fear and anxiety about a disease can be overwhelming and cause strong emotions in adults and children. Coping with stress will make you, the people you care about, and your community stronger.

Everyone reacts differently to stressful situations. How you respond to the outbreak can depend on your background, the things that make you different from other people, and the community you live in.

Stress during an infectious disease outbreak can include:

- Fear and worry about your own health and the health of your loved ones
- Changes in sleep or eating patterns
- Difficulty sleeping or concentrating
- Worsening of chronic health problems
- Increased use of alcohol, tobacco, or other drugs
- People with pre-existing mental health conditions should continue with their treatment and be aware of new or worsening symptoms

Taking care of yourself, your friends, and your family can help you cope with stress. Helping others cope with their stress can also make your community stronger. Things you can do to support yourself:

- Take breaks from watching, reading, or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting.

- Take care of your body. Take deep breaths, stretch, or meditate. Try to eat healthy, well-balance meals, exercise regularly, get plenty of sleep, and avoid alcohol and drugs.
- Make time to unwind. Try to do some other activities you enjoy.
- Connect with others. Talk with people you trust about your concerns and how you are feeling. Call your healthcare provider if stress gets in the way of your daily activities several days in a row.

## Ostomy Heroes!

The OAHA is planning on launching a new section on our website celebrating journeys and adventures of our local ostomy heroes. Our first ostomy hero is Patti Suler and her story ***Looking for a Pony*** will make you laugh, cry and bring a smile to your face.

Patti is a long-time member, and a tireless volunteer. This story was originally published in the Winter 2019 issue of the *Ostomy Canada* magazine. Thank you, Patti, for sharing your inspirational story with us!

Patti Suler is our Media Coordinator and attends the Northwest Group meetings.

Please let us know if you have a story to share.



[Click here or on the image to read entire article!](#)

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

As many of us get acquainted with virtual meetings and the new normal, Mike McGinity and I had our first Zoom meeting as members of the Conference Planning Committee for the UOAA 8th National Conference 2021. The conference is scheduled to be held in Houston August 5–7, 2021 at the Royal Sonesta Houston Galleria Hotel.

We need every single member and friend of the OAHA to get on board in order to make this a success. There will be many ways to get involved and some of these include:

- Volunteering at the conference
- Suggesting local educational speakers
- Wound and ostomy nurses volunteering at the stoma clinic
- Participation by doctors and the surrounding hospitals and medical centers
- Opportunities to participate for our local vendors/exhibitors

We are all very excited. This will be a great opportunity for the Houston and Texas ostomy community! Please save the dates and please get involved.

Central Group will have our first virtual meeting on June 15th at 7:00 pm with Shannon Triplett from Coloplast. Shannon is the Houston Territory Manager and we will be meeting via Microsoft Teams. We will be sending invitations to the meeting via email. This meeting is for everyone so please feel welcome to attend. If you are not sure we have your email, please send it to me at: Kathleen.duplessis@outlook.com.

June is the month we vote for our Board of Directors and we have three members 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. We will be asking members to vote at their virtual meetings in June.

We will also be sending out membership renewals in July. Membership dues are important and help support our website, monthly newsletters, membership dues for the UOAA and more. Membership dues are \$25 per year – thank you!

Take care and stay well!

**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.

## Northwest Group News

The Northwest Group met on May 20th. Nineteen people gathered online to listen to dietician Taylor Drake, RDN, LD, from HCA Northwest Hospital. Taylor presented a PowerPoint on Mindful Health (During a Pandemic). She provided background on how the body responds to stressful situations and how to combat them with diet, exercise and calming behavior such as meditation. We learned to make creative food substitutions, try new things and how to shop grocery stores from the outside in to reduce the amount of processed foods in our baskets. Afterwards, Taylor took questions from the group. It was a fun and educational night for everyone. We hope to make Taylor a regular speaker with our group.

In June we will meet on Wednesday, June 17th at 7:00pm, online again and experience a group favorite *Farang Ba*. This inspiring documentary details Craig Wilson's journey back to his love of boxing after having ostomy surgery due to Ulcerative Colitis. Craig will be joining us online afterwards from his home in Thailand to take questions and provide special insights. We are thrilled at the opportunity to welcome him and hear more about his story. Please contact your program leader to get the links to this meeting.

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

## HOPE—TCH Woodlands, Pediatric Group News

The HOPE group will hold a VIRTUAL MEETING on Zoom on June 14. Contact MaryAnne for more information on how to join.

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

## Baytown Group News

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

Baytown Support Group appreciate the meeting invitations from the Northwest and SugarLand groups. Please check your email for Educational Materials from Hollister.

Best regards,

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



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 hold a WEBEX VIRTUAL MEETING on June 18th, from 6-7 p.m. We welcome all participants by using the WebEx link below; Topic will be Coping with Anxiety and Stress.

For more information contact Joan Burnham at [jmburnham@houstonmethodist.org](mailto:jmburnham@houstonmethodist.org) or call at 281-274-0188.

[Join Webex meeting](#) (click to access and install Webex)

Meeting number (access code): 597 006 913

Join by phone

Tap to call in from a mobile device (attendees only)

404-397-1503 US Toll

877-209-1359 US TF

At our May meeting online we tried to view a video about pancaking and managing stool, unfortunately, we had audio issues. Below are the links to the online video about Pan-caking and the blog links for more information.

## VIDEO

- <https://youtu.be/3EIC4zrUups>

## BLOG LINKS

- <https://www.veganostomy.ca/pancaking-ostomy-tips/>
- <https://www.veganostomy.ca/dealing-thick-ostomy-output/>

## TIPS

- Lubricate inside of the pouch
- Drink more liquids
- Increase fiber intake, INSOLUBLE fiber (whole grains, vegetables and produce with skins)
- Laxatives, such as psyllium (Metamucil) or polyethylene glycol (Miralax)
- Check the filter—put on a sticker it to close it (remove the sticker at bedtime)
- Stuff the pouch—add a piece of wet tissue/toilet paper
- Manually push stool down in the pouch

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

## 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 June. Please contact Kathleen for any additional information about these candidates or the election. Members will vote at their virtual meeting in June.

# SAVE THE DATE!



## UOAA's 8th National Conference AUGUST 5–AUGUST 7, 2021 UOAA Houston Conference

Are you ready to put on your cowboy hat and boots and head to Houston, Texas! Mark your calendar to attend UOAA's 8th National Conference at the Royal Sonesta Houston Galleria in August of 2021. The Conference will run for three full days beginning on Thursday morning, August 5th, finishing up on Saturday evening, August 7th.

New and updated educational sessions will be offered throughout the conference for both new and experienced ostomates. There will also be multiple general sessions that speak to the issues concerning the ostomy community as a whole, as well as a free Stoma Clinic with WOC nurses. Young adults will once again have their own track addressing subjects important in their community. We've also planned the Pediatric Track to be held on Saturday, allowing entire families to be part of the discussion.

Visit with ostomy product manufacturers, suppliers and other related industries in our Exhibit Hall, which will be open on Thursday afternoon (August 5th) and Friday morning (August 6th). And we'll have fun kicking up our heels with several social events planned in the evenings.

Look for more information in the coming months, and see you in 2021 in the "Friendship" State of Texas!

## Central Group

**Monthly:** Third Monday of the month  
**Date:** **June 15, 2020**  
**Time:** 7:00 p.m.  
**Place:** **VIRTUAL MEETING ON MICROSOFT TEAMS**  
**(Look for invitation in your email.)**  
**Program:** Shannon Triplett from Coloplast  
**Contact:** Denise Parsons 713-824-8841 rockynme2@gmail.com

## Baytown Group

**Monthly:** Second Monday of the month  
**Date:** **NO MEETING IN JUNE (Watch your email for Educational materials from Hollister.)**  
**Time:** 6:00 p.m.  
**Contact:** Cindy Barefield, CWOCN, 281-428-3033

## Northwest Group

**Monthly:** Third Wednesday of the month  
**Date:** **June 17, 2020**  
**Time:** 7:00 p.m.  
**Place:** **VIRTUAL MEETING ON ZOOM.** Our next meeting will be online in a Zoom virtual meeting. Contact program leader for more information.  
**Program:** We'll watch *Farang Ba*, an inspiring documentary that details Craig Wilson's journey back to his love of boxing after having ostomy surgery. Craig will join us online to take questions.  
**Contact:** Billy Locke 337-515-6354

## Sugar Land Group

**Monthly:** Third Thursday of the month  
**Date:** **June 18, 2020**  
**Time:** 6:00 p.m.  
**Place:** **VIRTUAL WEBEX MEETING** (Learn more on page 3 or contact Joan Burnham for login info.)  
**Program:** Stress and Anxiety, with discussion  
**Contact:** Joan Burnham, MSN RN OCN, Oncology Nurse Navigator, 281-274-0188

## Woodlands Pediatric Group

**Monthly:** Second Sunday of the Month  
**Date:** **June 14, 2020**  
**Time:** 2:00 p.m.  
**Place:** **VIRTUAL MEETING ON ZOOM**  
**Program:** Jay Walls from Ostomy Accessories  
**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](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.)





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8700 Long Point Road  
Houston, TX 77055

(713) 465-2200  
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

# Get Ostomy Answers!

Save  
\$15<sup>00</sup>\*

### Special Discount for ASGs!

Now until June 30th, 2020, NEW Subscribers and NEW ASG Members can enjoy a \$15 discount on a year subscription to the *Phoenix Ostomy Magazine*. That's a savings of 40% off the cover price.

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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### FREE New Patient Guide!

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

New Patient Guides are made possible by the UOAA. [www.ostomy.org](http://www.ostomy.org)

☐ One-year Subscription \$24.80 (Save 40%\*)

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### Send Magazine To:

Name \_\_\_\_\_ Email (opt.) \_\_\_\_\_

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Send Payment to: The Phoenix, P.O. Box 15755, North Hollywood, CA 91615-5755



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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.†

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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***"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**

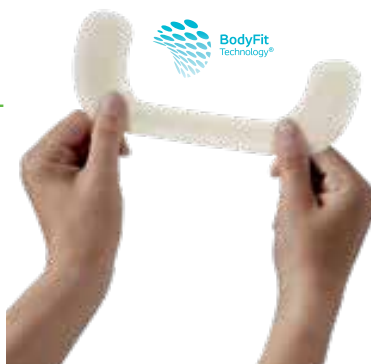


#### **Brava Elastic Barrier Strip XL**



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

Helps keep the edges of the barrier firmly in place



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

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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.