



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

Preparing for a Disaster with an Ostomy

Compliments of UOAA Fall/Winter 2022 Newsletter, Article provided by UOAA Sponsor, Convatec

Whether you are living in an area often affected by natural disasters or not, it is important to plan ahead if you are living with an ostomy. These tips may help you to feel more confident in the event of a disaster or severe weather, like a hurricane or winter weather event.

The Federal Emergency Management Agency (FEMA) suggests that if you take medicine or use medical supplies on a daily basis, be sure you have what you need on hand to make it on your own in the event of an unexpected shelter in place.

<https://www.fema.gov/faq/medications-emergency-kit>

If you don't already use a moldable skin barrier, consider sampling one now. In the event you do not have access to scissors, moldable skin barriers may be easier to manage when displaced from your home. Check out and sample the [Esteem One-Piece Moldable](#).

Keep a copy of your prescriptions, dosage or treatment information, specific order number and name of ostomy products used, healthcare provider contact information and medical insurance information with your emergency supplies.

Hydration is important. If you have advance notice of a potential disaster situation, make sure you have enough clean drinking water on hand for at least three days. If you do not have advance notice, consider water sanitation devices available from camping or outdoor equipment retailers.

If possible with your personal dietary needs, find some non-perishable,



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Donate Your Unused Ostomy Supplies For a Great Cause

When: Monday, February 20, 2023

What: OAHA's 1st Ostomy Supply Drive –
Friends of Ostomates Worldwide – USA (FOW)

Where: Tracy Gee Community Center, 3599 Westcenter
Drive, Houston, Texas 77042

Speaker: Cindy Barefield, BSN, RN-BC, CWOCN,
Wound, Ostomy & Continence Nurse, Houston
Methodist Baytown Hospital, honored winner
of the UOAA's 2022 Ostomy Nurse of the Year
and President of the Friends of Ostomates
Worldwide – USA.

Come to our February 20th Central Support Group Meeting and learn first-hand from the President of the Friends of Ostomates Worldwide – USA, Cindy Barefield about how FOW makes a difference every day for ostomates in need around the world. Don't forget to bring any unused ostomy

(Continued on page 6)

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.

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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.



News from the OAHA Board

SAVE THE DATE: We are all looking forward to **August 10-12, 2023** and attending the **United Ostomy Association of America's 8th National Conference** which will be held in **Houston!** On-line registration is now open. If you are a vendor, inspirational speaker or affiliated with a company that may be interested in advertising or getting involved at the conference, we would love to email you some of the marketing materials we have received for the conference. The following OAHA Board Members are on the planning committee and will be happy to hear from you —Lorette Bauarschi, Kathleen Duplessis, Mike McGinity, Denise Parsons and Allison Rosen. Look on the back page of this newsletter for our contact information.

The OAHA will launch an online volunteer site soon so you can sign up to volunteer. More information about the conference may be found in this newsletter.

Kathleen Duplessis, President and The OAHA Board

Northwest Group News

In January, the Northwest Group had Mike Calimbas from Byram give a very thorough presentation on ostomy products, customer service, and ordering process. The next meeting will be February 15th at 7pm. This is a hybrid meeting with a live group at HCA Houston Northwest and Zoom online. Please join us live, or in the Zoom call (link provided) in your February email newsletter.

Starting in March, the North Houston Ostomy Support Group will have in-person meetings at Memorial Hermann Greater Heights from 12-1 PM every second Tuesday of the month. More info will be provided in the March newsletter.

Mary Kinsey, BSN, RN, WOC, WCC, OMS
832-581-5874

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

Central Group News

The Central Group welcomed the New Year with an in-person meeting on Monday, January 23rd at the Tracy Gee Community Center with an attendance of 11 cheerful people! It was great to see so many smiling faces!! Welcome back everyone!!

We had a roundtable and shared our favorite ostomy tips and tricks and I think even the veteran ostomates learned something new! We munched on delicious homemade banana bread and merrily chatted the 1 ½ hours away.

Ama, our ostomy nurse who works at LBJ Hospital and our 2022 scholarship recipient was in attendance. We love sharing and learning from her. Thank you for joining us, Ama, I know the traffic is terrible and you put in a long day at work. We always look forward to seeing your smiling face!!

If you have a J-Pouch you may have visited with our fabulous volunteer and J-Pouch Coordinator, Ron Meisinger. We were sad to learn that after living in Houston for about 40 years, Ron and his wife will be returning to Nebraska to the town where they grew up. Ron has had a J-Pouch for about 30 years and has been such a wonderful advocate for J-Pouches. I don't have a clue how many folks Ron has helped over the years but I know it's a lot. The greater Houston J-Pouch community is very fortunate as Ron said he will continue to be our J-Pouch Coordinator and he's just a phone call away. Thank you, Ron—you will be missed!

Central group is also sending get well wishes and missing our long-time member and past board member, Mary Harle. Mary took a fall last month and has been recovering in the Katy, Texas area so she can be close to her two sons and their families. We all wish Mary a speedy recovery and hope to see her smiling face soon!

We meet again on Monday, February 20th at the Tracy Gee Community Center. We are looking forward to our speaker, Cindy Barefield who is not only a wound and ostomy nurse, manager of the Baytown support group, UOAA's Ostomy Nurse of the Year, Cindy is also the President of The Friends of Ostomates Worldwide-USA and she will be sharing their good work with us. We ask everyone to please bring any new/unused ostomy supplies to donate to the FOW. We are excited to host our first ostomy supply donation drive which supports our fellow ostomates all over the world. Can't wait to hear from you Cindy!! If you cannot make the meeting but have some supplies you would like to donate – check out the FOW website. For \$15 you can ship your unused ostomy supplies and bring a big smile to someone who otherwise could not afford supplies. Thank you all in advance, I know we will have a very successful donation drive to the FOW!!

Kathleen Duplessis, President, OAHA,
Kathleen.duplessis@outlook.com or 713-299-3180

HOPE—TCH Woodlands, Pediatric Group News

The HOPE group will meet on February 12 (the second Sunday of each month), from 2-3 pm. The Zoom link for future meetings will be in your email newsletter.

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

Baytown Group News

Baytown Ostomy Support Group greeted 2023 with their first meeting on Monday, January 9th. We were so pleased to welcome Collin Jarvis, Vice President of Stealth Belt virtually to our meeting.

Rebecca Amroian, WOC Nurse Liaison for Stealth Belt® sent a package of information and samples of the Vertical Stealth Belt and Hernia Stealth Belt for Support Group participants to evaluate during the meeting. This was helpful as Collin described what we were seeing and feeling.

Collin graciously shared the journey that led him to the ostomy community. Collin was one of the founders of Hurdle Barriers, LLC. Their partnership with Stealth Belt® in 2016 led to Collin becoming VP of Stealth Belt®. The 1st stealth belt was created in 2008 by Richard O'Hamill after he had ileostomy surgery. He felt more confident and more comfortable with his ostomy. In 2009 he started Stealth Belt, Inc. In 2019, Stealth Belt® celebrated its 10-year anniversary. They also acquired the UK based company ComfortBelt, to help serve UK customers. "What sets Stealth Belt® apart - we understand that the impact of living with a stoma is both physical and psychological. Many of the people who work at Stealth Belt®, including our founders and customer service representatives, have ostomies themselves."

It was great to hear that a recent academic study at the University of South Alabama found that Stealth Belt® Support garments reduce the frequency of leakage as well as incidence and frequency of skin irritation when compared to patients wearing other types of ostomy belts or those not wearing an ostomy support garment. (www.stealthbelt.com)

This website is user friendly to help you with product selection or simple information if that is what you need. Many thanks to Collin and the group at Stealth Belt® for sharing their expertise with us!

February meeting date is Monday the 13th. In a pre-Valentine state of mind, I will offer the following presentation: "Don't Fall Out of Love with Your Stoma – Making the Most of Your Ostomy Care Routine". (6:00-7:00pm in Community Resource Credit Union Meeting Room – Plaza 2 of Houston Methodist Baytown Hospital).

Kind Regards,

Cindy Barefield, BSN, RN-BC, CWOCN

281-428-3033, cbarefield@houstonmethodist.org

Sugar Land Group News

Meeting Summary – Houston Methodist Sugar Land's dietician, Araz Sarkissian presented on the topic of "Symptom Management through Nutrition: A Guide for the Ostomate."

General tips for colostomies and ileostomies were discussed, including how to manage two major symptoms that are seen with ostomy patients, and ended with an open discussion with questions and answers.

Tips for Colostomy/Ileostomy

- Avoid high-fiber foods right after surgery to prevent ostomy blockage and allow bowel to heal.
- If already consuming solid foods, recommend < 13gm fiber per day for as long as you need.
- Increase fiber slowly, as tolerated.
- Should be eating normally by ~6 weeks.
- Eat small, frequent meals: every 2-4 hours.
- Largest meal = middle of the day.
- Decrease night-time stool output; limit emptying ostomy bag.
- Eat slowly, chew foods thoroughly. (37 chews for each bite of food)
- Keep a meal/snack schedule.
- Log what you eat to get a better idea of what is triggering any issues. Add one new food item at a time.
- Check for whole foods or pills in ostomy bag; notify doctor. Grind medication if it is allowed to be crushed or grinded.
- Avoid laxatives.
- Consume fat-free or low-fat dairy.
- Eat foods that thicken stools several times a day.
- Take chewable (non-gummy) multivitamins/minerals daily, if approved by physician.
- Liquid calcium citrate = best absorption; with or without food.
- HYDRATE! At least 8-10 cups of fluids per day. Drink fluids 30 minutes before or after meals (ileostomy).
- Foods that may cause diarrhea/increase stools: Alcohol, Bran cereals, Cabbage (cooked), Fruits (fresh), Greens (leafy), Milk, Prunes, Raisins, Spices, Vegetables (raw), Whole grains.
- Foods that may thicken stools/control diarrhea: Applesauce, Bananas, Marshmallows, Peanut butter, Pectin supplement, Potatoes (without skin), Pretzels, Tapioca, Toast: white bread (low fiber), White rice (boiled), Yogurt. The BRAT diet (Bananas, Rice, Applesauce, Toast)

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Sugar Land Group News

- Foods that cause blockage: Apple peels, Cabbage (raw), Celery, Chinese vegetables, Coconuts, Corn (whole kernel), Dried fruit, Mushrooms, Nuts, Oranges, Pineapple, Popcorn, Seeds.
- Foods that relieve constipation: Caffeine/Coffee, Fruit (cooked), Fruit juices, Vegetables (cooked), Water, Warm or hot beverages.

Open Forum – At the end of the presentation we had an open forum group discussion on the presentation and different questions were answered. Araz mentioned a list that she has that shows what foods are high or low in fiber; she will email the list and it will be forwarded to the ostomy group. It was discussed that dairy products should be monitored because for some dairy products can slow your bowels while in others it can cause diarrhea. There was a discussion about if it was normal to have some blood at the end of your stoma. It was answered that it is normal because if your bag rubs the stoma it can cause it to bleed, but it should be monitored. It was mentioned that some foods or meds can also change the color of your stool. Eating beets can make your stool red, Pepto-Bismol can make your stool black, and colored fluids can change your stool color. It is also normal to have dark output when you drink coffee. The question was asked if one can eat a raw apple or papayas after peeling the skin; any fruit can be eaten as long as it is peeled first to decrease the fiber and prevent blockages. There was a discussion on how it is normal to feel pressure as if your output is trying to push its way out. If it were a blockage, you would feel abdominal pain and have no stool output. If you eat foods that can cause blockage but are not having any issues with it, then it is ok to continue eating the same foods. Just eat and chew your food slowly, introduce one food at a time, and keep track of it so you know what may have caused any changes if any. You should adjust what you eat based on your comfort level, your consistency of stool and the amount you put out in a day. There was a discussion on odor coming from the ostomy bag and different deodorizers that can be used. It was mentioned that you could also put a tic tac in your bag or eat parsley to decrease the odor. The importance of preventing dehydration was discussed with the example of measuring your output with your ileostomy and replacing it with your fluid intake.

Meeting adjourned at 7:05 PM.

Our next meeting will be on Thursday, February 16, 2023 at 6:00 PM, ONLINE for a presentation by Daniela Jofre over different pouches that are available. Link provided in your email newsletter.

Jennifer Cerda, MSN, RN, OCN
Oncology Nurse Navigator
346-463-8619
jcerda@houstonmethodist.org

United Ostomy Associations of America

8th NATIONAL CONFERENCE



Embracing New Frontiers

August 10-12, 2023

You're invited to "Discover Your People"



Royal Sonesta Houston Galleria
2222 West Loop South, Houston, TX 77027
Hotel Reservations: 855-463-3091
Room Block "2023 UOAA National Conference"

- Ask Questions of Top Ostomy Experts
- Inspirational Speakers
- Free Stoma Clinic
- Product Exhibit Hall with 35+ Vendors
- Surgery Specific Meet & Greet
- Young Adult and Pediatric Workshops
- Fun Social Events and Activities
- Dedicated Sessions for Caregivers
- IBD & Crohn's Disease Program

National Sponsors to date:



Visit www.ostomy.org/2023Conference for continued updates. Registration opens 1/1/2023

Establishing your Ostomy Routine

Compliments of UOAA Fall/Winter 2022 Newsletter, Article provided by UOAA Sponsor, Coloplast

The early days following your ostomy surgery can be challenging. There are many new things to learn and adjust to, including how to properly care for your ostomy. What's one way to help make caring for your ostomy a little easier? Create a daily routine! Having a system that works for you will help you with adjusting to your ostomy and minimizing your chances of uncomfortable bloopers. Below are some of our tips and tricks for caring for your ostomy:

Emptying your ostomy pouch

It will be helpful if you can establish a routine for emptying your ostomy pouch – try to keep it as simple as possible. You should empty your pouch when it is 1/3 to 1/2 full to help reduce your risk of leakage and other accidents. While emptying or changing your pouch, it is also a good time to make sure that your barrier is still well adhered and has not started to peel.

Routine pouching system change

Keep a log of how long your pouching system lasts and build in full changes into your weekly routine. Remember, you will need to allocate more time on appliance change days, so make sure to plan accordingly. You may find that changing your pouching system first thing in the morning before you've had anything to eat or drink is a good time for you, however, you will need to determine what schedule works best for you. Using an app to keep track of your change routine, like MyOstomyLife by Coloplast® Care, may be helpful to you.

Know your body

You should make it a habit to examine the area around your ostomy and make a note of any changes you notice. Whenever you empty or change your ostomy pouch is a good time to inspect your skin to catch and manage any irritation. Start by comparing the skin around your ostomy to the skin on the other side of your abdomen to see if it looks similar (using a mirror may help you with this).

Being aware of even the smallest changes to the area around your stoma and adjusting your products to those changes may help you reduce the risk of leakage and skin irritation.

Log your meals and pouch change times

In the beginning of your ostomy journey, you may find it helpful to keep a journal of what you eat, mealtimes, and what time you empty or change your pouch, so you can better anticipate when you will need to make a trip to the bathroom. Keeping a consistent meal schedule will also help your digestive system be more consistent. What you eat can also contribute to how quickly food moves through your system and out your stoma, which is why keeping track of what you eat can be helpful when identifying which foods agree with your body.

Avoid foods and beverages that don't agree with your stoma

As you get used to your ostomy, you'll start to recognize patterns with certain foods and how they affect your digestive system. You'll likely be able to identify which foods move quickly or slowly through your system, which cause excessive gas, and which create more output than what was consumed. Keep this in mind if you decide to indulge in a food or beverage that's not in your regular diet.

Learn your stoma's nighttime habits

Sticking to a consistent dinnertime and knowing how the contents of your meal affect your stoma will also help you determine your nighttime routine. In the beginning, you may find it helpful to set alarms periodically throughout the night to check the quantity of output in your bag. Empty or change as necessary and keep a log so you can tweak your alarm schedule accordingly.

It's all about you

At the end of the day, it all comes down to what works best for you. Every person's experience is unique, and how you care for your ostomy will likely be unique to you as well. Over time, you will find your own routine that works best for you and your lifestyle, so try to remember to be patient and open to finding new resources.

This information is for educational purposes only. It is not intended to substitute for professional medical advice and should not be interpreted to contain treatment recommendations. You should rely on the healthcare professional who knows your individual history for personal medical advice and diagnosis. Call your healthcare provider if you have any medical concerns about managing your ostomy.

Keep track of your ostomy pouch routines with the MyOstomyLife by Coloplast® Care app!

MyOstomyLife by Coloplast® Care is an app designed to help build your confidence in managing your ostomy. With the MyOstomyLife app, you can create your own stoma journal, where you can log your change routine and upload pictures of your stoma and skin to help you monitor changes over time. The app also provides a personalized library of educational content and allows you to easily connect with a Coloplast® Care Advisor if you have product or lifestyle related questions.

Download the app on your smartphone today!

Information included in the app is for educational purposes only. It is not intended to substitute for professional medical advice and should not be interpreted to contain treatment recommendations. You should rely on the healthcare professional who knows your individual history for personal medical advice and diagnosis.

Donate Your Unused Ostomy Supplies for a Great Cause *(Continued from page 1)*

supplies you would like to donate. The Ostomy Association of the Houston Area will ship the donated supplies to the FOW – USA's Louisville, Kentucky warehouse.

How You Can Help

As of December 28, 2022 FOW is in constant need of the following donated supplies.

- One-piece pouching systems
- Two-piece pouching systems
- Skin barrier pastes, rings, strips
- Belts, powder, tape, wipes, adhesive removers, barrier films, deodorants
- Stoma measuring templates
- Leg and Night Drainage Bags
- Pediatric supplies
- All other accessories

A few additional notes from FOW:

- We accept all items regardless of dates on packaging.
- We accept loose flanges and pouches; the number of each do not need to match.
- We accept aerosol and liquid containers.
- **We do not accept used items & catheters.**

How Fow Is Making A Difference Every Day

- \$26.8 Million worth of supplies sent to people in need since 1986
- 99 Countries In which individuals received donated ostomy supplies
- 476,400 Pounds of supplies sent to ostomates worldwide

Preparing for a Disaster with an Ostomy

(Continued from page 1)

ostomy-friendly foods to keep with your emergency supplies. For suggestions on what foods may work for you, read more diet information here or consult with your healthcare provider.

Disposable cleansing wipes may be helpful if your normal pouch change routine is altered due to lack of clean water. Consider keeping these with your emergency medical supplies.

Review your emergency preparedness plan with your family and friends. Having a support system in the event of a disaster may increase your confidence in handling various situations.

If you are living with an ostomy and still have questions about preparing for a disaster, consult with your healthcare professional. If you have additional ostomy information questions, need support and resources, contact the Convatec me+ team at 1-800-422-8811 or by email at

cic@convatec.com.



Donating Ostomy Supplies?

Here are a few options if you would like to donate ostomy supplies. These non-profit organizations are all volunteer run.

Local Community Ostomy Donation Closet 1740 W. 27th St., Suite 234, Houston, Texas, 77008. Open by appointment for donation drop off or pickup Monday through Friday 9:00 a.m. - 3:00 p.m. Please call or text Mary Kinsey at 832-581-5874 to arrange access.

Medical Bridges: they collect medical supplies locally. On their website, click the Get Involved link and then the donate supplies link. It provides you with various options. <https://www.medicalbridges.org/>

Friends of Ostomates USA: provides ostomy supplies and educational resources at no cost to ostomates in need around the world. Their warehouse is located in Louisville, KY. A fun fact: Our very own Cindy Barefield, BSN, RN-BC, CWOCN is President of Friends of Ostomates! Please go to their website for details: <https://www.fowusa.org/>

Kindred Box: is dedicated to improving the lives of people with ostomies and they distribute donated ostomy supplies to support the care of uninsured and underinsured ostomates in America struggling with financial hardship. Go to <https://www.kindredbox.org/> and find out what ostomy products they can accept and to learn about their Postage Program which helps with your shipping expenses. The Kindred Box is located in McKinney, Texas.

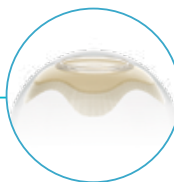
More options can be found on the UOAA's website: <https://www.ostomy.org/donate-ostomy-supplies/>

SenSura® Mio

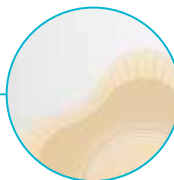
Also available
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2-piece Click

The fit is
the difference
between asking for help
and doing it yourself

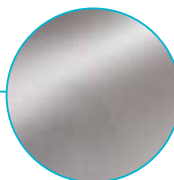
SenSura® Mio Convex Flip has a star shaped barrier to provide a secure fit over curved areas, even when bending and stretching.



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Central Group

Date: Monday, February 20, 2023
Time: 7:00 p.m.
Place: **In-Person Meeting:** Tracy Gee Community Center, 3599 Westcenter Drive, Houston, Texas 77042
Program: **Ostomy Supply Donation;**
Cindy Barefield, President, FOW-USA
Contact: Denise Parsons, 713-824-8841
rockynme2@gmail.com

Baytown Group

Date: Monday, February 13, 2023
Time: 6:00 p.m.
Place: **In-Person Meeting**
Community Resource Credit Union (CRCU)
 Community room. Avoid the front of the hospital (Garth entrance). The CRCU Meeting Room is located just inside the door of Plaza 2 on the back side of Houston Methodist Baytown Hospital. Park behind the hospital (exit off of Baker Rd.) (Contact group leader for more information.)
Program: **“Don’t Fall Out of Love with Your Stoma – Making the Most of Your Ostomy Care Routine**
Contact: Cindy Barefield, CWOCN, 281-428-3033
cbarefield@houstonmethodist.org

Northwest Group

Date: Wednesday, February 15, 2023
Time: 7:00 p.m.
Place: **Virtual Webex Meeting and In-Person** (Information is provided in the email of your February OAHA Newsletter.)
In-person: HCA Healthcare Northwest
 710 Cypress Creek Parkway
 Houston, TX 77090
Program: TBD
Contact: Mary Kinsey, BSN, RN, WOC, WCC, OMS
 832-581-5874 mkinsey815@gmail.com

Sugar Land Group

Date: Thursday, February 16, 2023
Time: 6:00 p.m.
Place: **Virtual Webex Meeting** (Information is provided in your February OAHA newsletter.)
Program: **Speaker, Daniela Jofre**
Contact: Jennifer Cerda, MSN, RN, OCN,
 Oncology Nurse Navigator, 346-463-8619
jcerda@houstonmethodist.org

J-Pouch

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

Woodlands Pediatric Group

Date: February 12, 2023
Time: Sunday at 2:00 p.m.
Place: **Virtual Meeting** (Information for accessing meetings is provided in the email of your February OAHA Newsletter.)
Contact: MaryAnne Lewis, 281-948-1490
maryannelewis@hotmail.com

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.

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.

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.)



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

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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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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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.



LeeAnne, CeraPlus™ Product User

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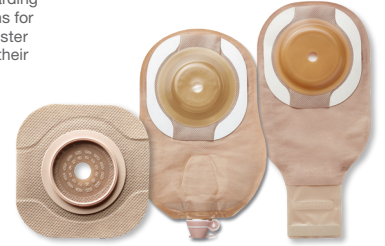
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