



January 2022

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

Paying it Forward with the Ostomy Association of the Houston Area

by Lorette Bauarschi, Vice President, OAHA



When people ask me why I spend so much time volunteering with the Ostomy Association of the Houston Area (OAHA) despite my busy practice as a solo lawyer and despite being a caregiver for my elderly mother until her recent death, I honestly answer it is because I am paying it forward. After suffering for many years with ulcerative colitis, deciding to have ileostomy surgery

was momentous for me. Despite having the luxury of having months to prepare for the surgery, I was not truly prepared for the physical and emotional experiences that I had to go through when undergoing such a life-changing surgery. The people with the OAHA (Kathleen Duplessis, Clarice Kennedy, Mary Harle and Ed Wood just to name a few) were all there for me. They told me "we understand" and "you will get through this." And they were completely right. I have been so happy and healthy with my ileostomy. I will never forget the support that I received at a time when I was very vulnerable.

I have been a member of the OAHA since shortly after my ileostomy surgery in 2004. I have been on the Board and served in many (all!) officer positions for the last 16 years. After the original United Ostomy Association disbanded in 2005, I helped our group incorporate under Texas law so that we became our own

Texas non-profit corporation, and I applied to the IRS so that we obtained our own 501(c)(3) tax exemption. With the assistance of our Board members and other longtime members of the group, I helped fundraise to meet our milestones, I helped organize our 50th and 60th anniversary celebrations, I helped transition our all snail-mail newsletter distribution to mostly email distribution, I have helped solicit and maintain the advertisers in our newsletter, and I helped develop our website to a user friendly resource for many in the ostomy community. But, most importantly, I have visited with many, many people who were planning to have ostomy surgery and who have had ostomy surgery. I was able to provide support and education to these people who were experiencing what I went through years ago.

Like a lot of support groups, our membership has suffered some decline over the past few years. There is a lot of information available over the internet now about ostomy surgery and appliances, which was not always the case. The pandemic has exacerbated this issue. Some have suggested that to encourage membership, the Board should offer more "perks" for people who pay the \$25 annual dues to become a member of the OAHA. However, I think expecting "perks" for membership fundamentally misunderstands our mission, which is to aid patients and their

(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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News from the OAHA Board Happy New Year 2022!!

NEWS FLASH

Please join us in January for an in-person or a virtual support group meeting. In January the Central Group will resume in-person support group meetings. There are also several virtual support group meetings each month hosted by our affiliated groups in Baytown, Woodlands-Pediatric, Northwest and Sugar Land. You have the option to attend one or all of the Ostomy Association of the Houston Area's support group meetings—for more information go to the Group News section of our newsletter.

Did you know that our monthly newsletters may also be found on our website under the Publications tab? They go back as far as January 2004! Also under the publications tab is our Heroes section. Here, you can read about Patti Suler and her inspiring story *Looking for a Pony*. Do you have an inspiring story you'd like to share in our newsletter or our website – send it to us and help us inspire others.

SAVE THE DATE: UOAA's 8th National Conference, August 11–13, 2022, Royal Sonesta Hotel–Houston Galleria, 2222 West Loop South, Houston, 77027. The theme is “Embracing New Frontiers” and one of the highlights is a Free Stoma Clinic which will be managed by Pat Thompson RN, CWON (Northwest Ostomy Support Group) and Cindy Barefield, BSN, RN-BC, CWCN (Baytown Ostomy Support Group) will be the co-manager!! Thank you- Pat and Cindy! OAHA members, Kathleen Duplessis, Mike McGinity and Pat Thompson are on the 2022 Conference Planning Committee and we want you to know that there will be several volunteer opportunities available at the conference. We will be sharing these volunteer opportunities soon so stay tuned!

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

Central Group News

Happy New Year! 2022 is here and hopefully it's the year we put the Coronavirus behind us.

I have some exciting news to share—beginning at 7:00 p.m. on Monday, January 24th the Central Group will resume our monthly in-person support group meetings! So, get masked up, vaccinated and boosted or whatever you need to do and join us at the Tracy Gee Community Center, 3599 Westcenter Drive, Houston, 77042, (713) 266-8193.

If you are new to the ostomy community, this is also a great opportunity to have some of your questions answered and learn about living with an ostomy. I encourage you, your family members and/or support groups to join us. We are a very friendly and welcoming support group and we look forward to continuing our mission of providing mutual support for people with a colostomy, ileostomy, urostomy, and j-pouch and providing education for loved ones, health care professionals, and the general public.

We encourage mask wearing and social distancing and if you have your booster—that's even better! We won't be serving any food or beverages but you are certainly welcome to bring your own.

I hope to see you in 2022!

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

Northwest Group News

Northwest Group will meet on Wednesday, January 19, 2022, for our annual program planning roundtable.

You are invited to 2022 Northwest Group Zoom meeting.

When: January 19, 2022, 7:00 p.m.
Central Time (US and Canada)

Registration: Register in advance for this meeting using this link:

<https://tinyurl.com/5759n9e7>

After registering, you will receive a confirmation email containing information about joining the meeting.

Billy Locke
337-515-6354

HOPE—TCH Woodlands, Pediatric Group News

The HOPE group will not be meeting in January. You are welcome to join the other support groups listed in this newsletter.

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

Sugar Land Group News

The Houston Methodist Sugar Land Ostomy group met December 16th for a presentation from Ashley Duggan, CHES, CHWC, Sr. Wellness Coordinator, who provides guided meditation to help manage stress through the holidays.

Meditation is a way for us to be open to the moment and be accepting of where we are in a moment of time. Meditation is a place free of judgement and expectations. It is recommended to practice meditation when you are feeling good and to find a consistent time to meditate. Start with a small amount of time and then build up to where you are comfortable with your meditation practice and know that eventually you will be able to pull on those skills to use in time of stress and anxiety.

There are three types of meditation – Mindfulness Meditation, Body Scan/Passive Muscle Relaxation, and Guided Imagery/Visualization Meditation.

The elements of mindfulness meditation are focused attention, relaxed breathing, a quiet setting, a comfortable position and an open attitude. The benefits of a meditation practice include:

- Improved focus and attention
- Improved immune function
- Reduced brain chatter
- Improved connection (internal and external)
- Increased patience and tolerance
- Increased self-awareness
- Reduces negative emotions
- Increased imagination and creativity

When meditating, some people find more comfort with their eyes closed, while others may prefer to keep their eyes focused on something that is calming or loving, a picture, a pet, or an object. When meditating focus on the breathing, if your mind

wanders return to the breathing and to the present. You may need to repeat this process of refocusing to your breathing often when meditating.

When practicing meditation, be patient with yourself, show kindness to yourself, and use a comfortable place to practice. Use these skills you practice following **STOP** when stressed.

Stand and breathe

Tune into your body noting posture, breathing, heartrate and emotions

Observe your surroundings and your reaction to the situation

Possibility – be open to the possibilities of the situation and opportunities for something positive

Ashley then guided the group through a 20 minute Loving Kindness Meditation.

We then opened the lines up to questions. Discussion noted prior practice of meditation to be helpful, the use of yoga and breathing to prepare oneself for meditation and holding a still position to meditate, and to always be non-judgmental when meditating and being open to what you experience.

The meeting concluded with a wish for a blessed and peaceful Christmas holiday and a Happy New Year.

Our next meeting will be on Thursday, January 20, 2022 at 6:00 p.m., virtually, the meeting link below. Our topic will be **Smart Phone Apps for Ostomates – Help at the Touch of a Fingertip!** For more information, please call Joan Burnham.

Joan Burnham, MSN, RN, OCN, MEDSURG-BC

Oncology Nurse Navigator

281-274-0188 jmburnham@houstonmethodist.org

New Year's Resolutions of an Ostomate

via Rose City Ostomy News, Tyler, Texas

- | | |
|---|--|
| 1. To remember my own early days and realize that no questions by a new ostomate are silly. | 9. To live all day every day. |
| 2. To not begrudge the time necessary for my personal care. | 10. To help others whenever I can. |
| 3. To keep myself neat and presentable at all times. | 11. To urge my fellow ostomates to see people, go places, and do things. |
| 4. To keep my bathroom shareable. | 12. To give credit to modern medicine. |
| 5. To value the cooperation of my family. | 13. To be grateful for my present good health. |
| 6. To appreciate the fact that I am one of the lucky ones. | 14. To be of good cheer. |
| 7. To try to do the things I want to do, but think I can't. | 15. To renew my pledge the first of each month |
| 8. To be patient. | |

Happy New Year! May the new year bring you peace, happiness, health, and prosperity!

Paying it Forward *(continued from page 1)*

families in the practical and emotional adjustments to an ostomy - whether they choose to join our group or not. We help people because people helped us. Our overriding purpose is to pay it forward! That is the only perk that I ever needed to be involved in this group, and I am guessing if you asked any of our other Board members and other longtime members, they would say the same thing. Although the form of our support may change – for example, we may do more virtual visits than in-person visits now – the results are the same. Unlike some information that is provided over the internet, we actually have experienced the surgery, the recovery and life with an ostomy. We are uniquely qualified to provide support. I personally feel an obligation to help others because of the help that I received.

Despite the pandemic, we are still receiving many calls and emails from patients and families who need our help. So, if you have ever been helped by us in the past, please consider joining us in our mission of paying it forward. If you can, please pay the \$25 in annual dues to become a member (or gift any dollar amount) and support our WOCN scholarship fund, our newsletter and our website. Please attend our visitor training so that you also can visit with patients and their families. Most importantly, please attend a virtual or in-person support group meeting so that you can help new ostomates with your personal experiences. We serve an important and vital role in the ostomy community. But, we need your help to continue this work – please make it your New Year's resolution to PAY IT FORWARD!!! Like me, you will find it one of the most rewarding things you can do.

5k Get Your Rear in Gear

The OAHA Team raised a total of \$965.95 for the Colon Cancer Coalition this year. We had three members: Patti Suler, my friend Michelle Garza, and me! I am a two time colorectal cancer survivor with my first diagnosis at age 28. My father passed away from the disease at age 31. I truly know the importance of early screening, especially for those with a family history. I have Lynch Syndrome, and only received the testing for the gene mutation in 2014 after my second diagnosis. I have a permanent ileostomy now, and I'm proud to be a part of the OAHA and also support colon cancer awareness! Michelle lost her mother to colon cancer a few years ago, and also values the mission of the Colon Cancer Coalition for helping those in need to get screening, support and education. Patti has always been supportive of screening and together we've supported each other with the 5K Get Your Rear in Gear and the Take Steps–Crohn's & Colitis Foundation fundraisers. We both know the importance of open discussions about diseases of the colon, and the benefits of living a full life with an ostomy! Individually, we raised \$690.95, \$50, and \$125 respectively.

I hope we can grow this event within our OAHA community each year, and hopefully meet the \$2,500 goal one day! I'd love to add a few new teammates each year from our important group of survivors!

Warm regards,
Laurie Pitzer, Team Captain



Laurie Pitzer



Michelle Garza

Ostomy Academy—New Year, New Mindset

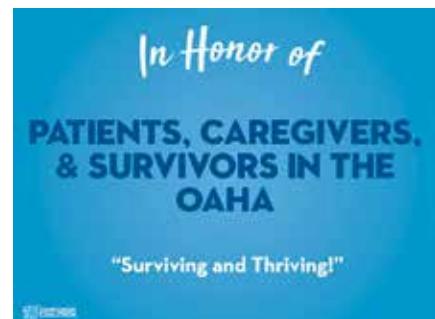
Wednesday, January 12, 2022 at 5 p.m. Central Time

Start the new year off with a fresh perspective on your mental health and living with an ostomy or chronic condition. Join host Brenda Elsagher for the next Ostomy Academy with guest speakers Stephanie Brenner LCSW, Danielle Gulden and Joe Teeters of Double Baggin' It, and UOAA's Director of Young Ostomate Outreach, Molly Atwater. Presented by UOAA and Powered by 11 Health. Sign-up for more information.

Ostomy Academy quarterly online educational seminar to bring trusted and comprehensive ostomy information to all members of the ostomy community. Top experts, medical professionals, and experienced ostomates will focus on a new series of quality of life topics in each presentation with special attention given to emotional well-being strategies.

REGISTER HERE:

<https://www.ostomy.org/ostomy-academy/>



Physical Rehabilitation After Surgery

by Charlotte Foley, MS OTR/L, CBIS, from UOAA

Have you ever wondered what you should be doing to fill your time as you recover from ostomy surgery?

After my first surgery at the age of 17, and even after my third surgery at the age of 23, I spent most of my time lounging around my parents' house, waiting for the day that I would be cleared by my surgeon to return to "normal" activity. My parents would coax me out of the house to go on one walk a day, but I spent almost all of my time watching television and YouTube videos and sleeping.

Fast forward to age 30. At age 30, I ended up having my sixth major abdominal surgery. And by this point in time, I had been working as an Occupational Therapist (OT) in a hospital setting for six years. For six years, I had been helping other individuals recover and rehabilitate from major illness and injury. I had also spent years recreating in the mountains and enjoying a highly active lifestyle. So when I found out that I needed a stoma revision, I knew that my recovery would look very different from my previous surgeries. I knew that in order to improve my recovery time, decrease my risk for complications, and get back to the mountains, I had to put in more work.

For those who are less familiar with the rehabilitation professions, "Occupational Therapists enable people of all ages to live life to its fullest by helping them promote health, and prevent – or live better with—injury, illness, or disability" and "Physical therapists [PTs] are movement experts who improve quality of life through prescribed exercise, hands-on care, and patient education". Although I'm an OT, seeking out my own rehab professional to work with was the best thing I could have done.

I already knew a lot of the basics of how to rehab myself, but having someone else who I would be accountable to and who I could bounce ideas off of was a bonus. I knew from my training as an OT that one 30-min therapy session prior to abdominal surgery, reduces the risk of complications by 50%. So the first thing I did was set up an appointment with a pelvic health therapist prior to my surgery. I was able to find a local pelvic health PT to work with, although, both OTs and PTs may specialize in pelvic health. I sought out a pelvic health therapist because of her specialty training in digestive and urinary systems and the interaction between the abdomen and pelvic floor. In my time working as an OT, and in my time spent working with many PTs, I've learned that there are fundamental areas that ostomates should be targeting after surgery to improve their outcomes. Working with a therapist in the following areas can be quite beneficial:

Therapeutic Breathwork. Breath is necessary for life. If you aren't breathing properly, you certainly won't be getting back up on your feet and recovering from surgery any time soon. Breathing properly can also help decrease the pressure in your abdomen (i.e. intra-abdominal pressure) which decreases your risk for parastomal hernia and other complications.



Mobility Training. Focusing on walking in a strategic manner following surgery can also set you up for success in the long run. Not only is walking good for building up your endurance again, but it is a great way to begin engaging your core in a gentle manner.

Core Recovery. After surgery, your abdomen can be very tender. But it's important to begin exercising in order to coordinate your abdominal muscles again and gain strength so that you will be less likely to injure yourself in the future.

Functional Daily Activities. Finally, as you go about your day-to-day routine, some tasks will feel more difficult than they used to. For example, bending to put on your socks can be painful and can pull at your incision. Working with a therapist on strategies to increase your independence and return to the daily activities you enjoy is invaluable.

I'm lucky that I decided to become an Occupational Therapist. It has enabled me to empower myself with knowledge about the human body and recovery from surgery. But you don't have to be a therapist to have a positive recovery experience and lead a fulfilling life. If you're feeling stuck, seek out a rehabilitation professional. You deserve quality care and support to feel confident and strong after surgery.

Wishing you well on your ostomy journey,

Charlotte

About the author:

Charlotte Foley, MS OTR/L, CBIS, received her Occupational Therapy degree at Boston University and began her career in the adult Inpatient Rehabilitation setting. She now works in the adult Acute Care setting at Providence Alaska Medical Center in Anchorage, Alaska. Because of her own personal and professional experience, Charlotte founded and runs her own education and consulting business, Restorative Ostomy Solutions, to empower individuals to feel strong and confident as they recover from ostomy surgery.

Having The Guts to Get a Black Belt

By Cassandra Kottman, from UOAA

I started Shaolin Kempo Karate back in 2012. I had trained in Shotokan Karate in high school and really wanted to get back into martial arts. I've struggled with ulcerative colitis since I was 12 and staying active always seemed to help. My UC was still severe and I was in and out of the hospital quite often, so training was still a struggle. Eventually, my colon ruptured in 2016, and I was rushed to the ER and had to have an emergency colectomy. I was in pretty bad shape, and almost didn't make it, even after the procedure. I was bedridden for about 9-months and on TPN for almost half of that dealing with the symptoms of pancreatitis.

I slowly got back on my feet. The whole time nurses were telling me that I wasn't going to be able to live a normal life, and that I couldn't do martial arts or many other kinds of activities. It was a very depressing time. Fortunately, I thought to ask my surgeon what kind of limitations I was going to have. She was so positive and let me know of another one of her patients who was a professional water skier, and the precautions he took to get back into his sport. That same day I went and ordered an ostomy guard, foam to make a belly pad, and texted my karate instructor to let him know I was coming back in.

My first class was absolutely horrible. All my muscles had atrophied. I did 3 stationary "jumping jacks." Basically, I lifted my arms over my head three times and that was all I could manage. I almost passed out and ended up laying on the floor watching everyone else for the rest of class. I kept going back and pushed myself a little more every week. It took a good year and a half to get back to "normal."

Because of the trauma I had gone through and my passion to continue training, I was inducted into the U.S. Martial Arts Hall of Fame as 2017's Woman of the Year. Happy to say I am the first ostomate to ever be inducted. It's a little weird to say, but I



Cassandra Kottman in training

actually inspired myself, knowing everything I had gone through, and that I pushed myself to be my best. So, I continued to push my training to where I was able to train 3-4 hours 5 times a week. In 2018, I was invited to perform for the Abbot and test for my black belt at the Shaolin Temple in Dengfeng, China, which was a tremendous honor.

So, on November 6th, I took the test. Six intense hours of high-intensity drills, sparring and defense maneuvers against fists, knives, and clubs. I could barely move the next day, but it was all worth it because I passed. It really is a good feeling, and I've impressed myself with how hard I can push myself.

I still deal with day-to-day issues like hydration, or general fatigue, but overall, everything is manageable. If I have learned anything it's that you need to listen to your body, and if there is something you really want to do, you can find a way to make it happen. It might not be the way everyone else is doing it, but all that matters is that it works for you.

Save the Date!

UOAA's 8th National Conference August 11-13 2022

Registration opens 1/1/2022

Inspiring speakers, stoma clinic, exhibit hall, social events, educational sessions and surgery-specific meet-ups, young adult and pediatric tracks and much more.



Central Group

Date: Monday, January 24, 2022
Time: 7:00 p.m.
Place: **In-Person Meeting:** Tracy Gee Community Center, 3599 Westcenter Drive, Houston, Texas 77042
Program: Open House, Roundtable, Q & A
Contact: Denise Parsons 713-824-8841 rockynme2@gmail.com

Baytown Group

Date: Monday, January 17, 2022
Time: 6:00 p.m.
Place: **Virtual Meeting** (Contact group leader for more information.)
Program: TBD
Contact: Cindy Barefield, CWOCN, 281-428-3033

Northwest Group

Date: Wednesday, January 19, 2022
Time: 7:00 p.m.
Place: **Virtual Meeting** (See Group News for More Information on Registration)
Program: Annual Program Planning Roundtable
Contact: Billy Locke 337-515-6354

Sugar Land Group

Date: Thursday, January 20, 2022
Time: 6:00 p.m.
Place: **Virtual Webex Meeting** (Information is provided in the email of your January Newsletter.)
Program: Smart Phone Apps for Ostomates – Help at the Touch of a Fingertip!
Contact: RSVP to Joan at 281-274-0188 or jmburnham@houstonmethodist.org
Contact: Joan Burnham, MSN, RN, OCN, RN-BC, Oncology Nurse Navigator (info above)

Woodlands Pediatric Group

Date: No meeting in January.
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.)



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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5/16/2019

2022

HAPPY NEW YEAR

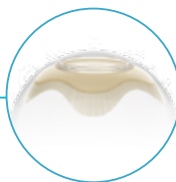
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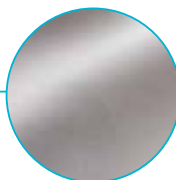
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All you pay is shipping and handling. 877-678-6690

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.



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**.

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

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Ostomy Care
Healthy skin. Positive outcomes.