



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

Practical Suggestions for Living Well with an Ostomy

Compliments of UOAA October 2022 Newsletter, Excerpts from local ostomates by Susie Leonard Weller from the "InSider" Newsletter, Spokane, WA

One of the many benefits of participating in an Ostomy Support Group is discovering a variety of practical tips from those with more experience and varying perspectives. Here's a summary of local tips:

Maintain a positive attitude to live well with your ostomy—not just survive it.

- It's important to face and overcome your fear of having an accident. Be prepared physically, as well as emotionally, that although accidents are embarrassing, they can be managed. Avoid allowing your worries about "What if?" to severely limit your ability to go out and enjoy doing things! Yes, there's a risk, but the alternative is living a very narrow and constricted life.
- Whenever possible, try to find the humor within challenging situations.

Find ways to manage the odor from your ostomy.

- Remember, odors can be a helpful signal that you're leaking and it's time to change your bag.
- Consider placing Devko™ tablets inside your bag to reduce odor. Or, add some lubricating deodorants inside your bag—such as M9™, or Adapt™.
- Try chewing Devrom™ tablets to reduce odor internally. *(Continued on page 4)*



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.

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 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.

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News from the OAHA Board

Happy New Year 2023!! We wish everyone a safe and healthy new year!

Please join the OAHA in making 2023 a year of giving. Giving your time, your thoughts, ideas and donating your unused ostomy products to organizations that help less fortunate ostomates in the USA and around the world.

Introducing:

OAHA's First Ostomy Supply Donation Drive:

Bring those unused ostomy supplies to our February 20, 2023 Central Support Group Meeting and we will ship them off to Friends of Ostomates Worldwide – USA. If you can't come to our meeting, you can go to their website and for a \$15 donation you will be able to download a shipping label and ship your unused supplies to their Louisville, Kentucky warehouse. More details in this newsletter.

SAVE THE DATES: August 10-12, 2023

We are all looking forward to August 2023 because the United Ostomy Associations of America's 8th National Conference will be held in Houston!

What: UOAA's 8th National Conference

Where: Royal Sonesta Hotel – Houston Galleria, 2222 West loop South, Houston, Texas 77027

Registration OPENED January 1st!

Discover your people and attend the national conference

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

The UOAA is looking for volunteers, vendors, inspirational speakers and more! Get involved and contact any of our board members on the back page of this newsletter and find out how you can volunteer!

Kathleen Duplessis, President and The OAHA Board

Central Group News

Happy New Year 2023!! I can hardly believe the OAHA's Central Group has been holding in-person meetings since January 2022! We have enjoyed seeing familiar faces, meeting new ostomates and we are looking forward to welcoming YOU in 2023!

The Central Group met on Monday, December 5th and enjoyed a small and intimate gathering of 7 and we were delighted to extend a warm welcome to Dawne, a new ostomate. Our evening centered around discussing topics and answering all of those questions many new ostomates are a bit too shy to ask. But, as typical ostomates, our group believes there are no questions too silly to ask!! We also enjoyed some holiday snacks and great fellowship.

The Central Group meets again on Monday, January 23rd at 7:00 p.m. (The Tracy Gee Community Center is closed the 3rd Monday of January in observance of Martin Luther King Day). We will have a 'show 'n tell' and will be talking about some of our favorite ostomy products and other tricks of trade! We hope you can join us!

Special Speaker for our February 20th Central Group Support Meeting: 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 and learn about this wonderful volunteer-run, non-profit organization that provides ostomy supplies and educational resources at no cost to ostomates in need around the world. Please bring any unused ostomy supplies you would like to donate to the organization and the Ostomy Association of the Houston Area will ship the supplies to the FOW warehouse in Louisville, Kentucky. Thank you!

The Central Group will continue to meet in-person on a monthly basis at the Tracy Gee Community Center. Our usual meeting time is 7:00 pm on the third Monday of each month unless that Monday falls on a holiday when the community center is closed. With that said, our 2023 schedule is set and the only months we WILL NOT be meeting on the third Monday are January, June, August (we will be attending the UOAA's National Conference in Houston) and December. We have our January meeting set for January 23rd, our June meeting scheduled for June 12th and our December meeting scheduled for December 4th.

Below is our 2023 Support Group Meeting Schedule:

January 23 • February 20 • March 20 • April 17 • May 15 • June 12 • July 17 • August – NO MEETING– Please attend the UOAA's National Conference in Houston • September 18 • October 16 • November 20 • December 4

Please feel free to join us - ostomates, your family, friends, significant others, medical professionals as well as anyone considering ostomy surgery - you are always welcome. And, in addition to attending the Central Support Group, you are also welcome to attend the Baytown, Sugar Land, Northwest, and HOPE support meetings – see details in this newsletter.

Kathleen Duplessis, President, OAHA,

Kathleen.duplessis@outlook.com or 713-299-3180

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

Baytown Group News

Happy Holidays! Baytown Ostomy Support Group followed through with their plans for a fun-filled Holiday Party on Wednesday, December 14th at 6 p.m. There was an array of Christmas goodies to share. We laughed and filled our tummies with crackers, meat and cheese, cookies and candy and chocolate in various forms. We shared a brief roundtable and then closed out the night with a very civil White Elephant Gift Exchange. It appeared that everyone was happy with the gift they chose—there was no stealing of gifts and everyone got rid of something from their house!

May the Christmas Season bring happiness and joy to you and your family with wishes for health, wealth, and blessings for the new year! Our next meeting will be held on January 9 at 6:00 p.m.

Sincerely,

Cindy Barefield, BSN, RN-BC, CWOCN

281-428-3033, cbarefield@houstonmethodist.org

Northwest Group News

The Northwest group had Rory Smith from Coloplast give a presentation about some new products. Our next meeting will have Mike Calimbas from Byram talk about ordering supplies, customer service, and what makes Byram different from other DME suppliers. Please join us live, or at the Zoom link (link provided) in your January email newsletter.

Billy Locke

337-515-6354

HOPE—TCH Woodlands, Pediatric Group News

The HOPE group did not meet in December but will resume virtual meetings in January, on 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

Sugar Land Group News

Houston Methodist Sugar Land hosted a Holiday Celebration combining all our survivorship programs. The event was open to all cancer survivors and caregivers in the community. It was an in person and virtual event. It was a great turnout with lots of holiday cheer and fun for our survivors. There was music, instrument playing, and singing to Christmas carols by our music therapist and even our cancer survivors joined in on the singing letting their talent shine. There was food, socialization, a photo booth, and fun for everyone. Our cancer survivors went home with a goodie bag and a decorated Holiday cookie.

Our next meeting will be on January 19, 2023 at 6:00 PM, virtually, with a presentation from our dietician Araz Sarkissian.

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

Oncology Nurse Navigator

281-274-0188 jmburnham@houstonmethodist.org

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

Practical Suggestions for Living Well with an Ostomy

(Continued from page 1)

- Poo Pourri™ **and other room deodorants such as Nascent™ can help mask odors in the air. **(There are recipes on the internet to make your own inexpensive version of Poo Pourri™.)
- Be aware that specific foods can also increase odor—such as eggs and meat, and gassy cruciferous vegetables.
- Some ostomates prefer using bags, with or without filters, to help reduce odor.
- Those with a urostomy night leg bag recommend washing out these bags on a daily basis using a 50/50 white vinegar and water solution and allowing the bag to air dry.

Explore various types of clothing accessories to expand your comfort and confidence.

Wear a “swim wrap” from www.ostomysecrets.com for extra protection while swimming, or for nighttime wear and sexual intimacy. Basically, it’s a tube of polyester material with pouches to provide support for your bag. They also sell specialized underwear with pockets for ostomy bags.

Explore different types of underwear that provide extra support for your bag. For example, some women’s underwear uses a blend with Lycra™ which can help to hold the bag more firmly to your skin. Or choose a brief with a “muffin top” extra band at the top for extra coverage to hide the top of the bag/wafer from peeking out under your pants.

Many urostomates prefer to wear suspenders vs a belt. WOC nurses often recommend wearing some type of supportive belt to prevent hernias, as well as accidents.

The *Phoenix* magazine often advertises ostomy bag covers in various designs to camouflage your bag.

Some like to wear the Stealth Belt™ for extra support and protection while doing sports activities.

Other tips:

If you have a high output ileostomy, try using a bag with a spout (similar to a urostomy) for easier emptying.

Mark your calendar when you last changed your bag to track when you need to change it again, as well as when to order future ostomy supplies.

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 & Greets
- Young Adult and Pediatric Workshops
- Fun Social Events and Activities
- Dedicated Sessions for Caregivers
- IBD & Crohn's Disease Program

National Sponsors to date:



5 Reasons It's Awesome to have an Ostomy During The Holidays

By Robin Glover, December 2022 UOAA E-News

The holiday season is here! Yay! It's a wonderful time to build lasting memories and celebrate shared traditions. The holidays always bring people together.

But is that always a good thing? In spirit, yes. But in practice... maybe not. There are crowds at the mall, long lines at the store, endless Amazon deliveries, presents to wrap, meals and small talk to make, and on top of it all, they want us to look nice and show up to parties, too.

All this bringing people together can be a bit much.

But what if you could find peace and serenity almost anytime you want? What if you could enjoy a few moments of quiet solitude among the festive chaos?

Well, if you're lucky enough to have a colostomy or ileostomy, you have that power. And it's just one of the ways having an ostomy during the holidays is pretty awesome.

1. Instant Peace and Serenity

So Uncle Bob had a little bit too much eggnog. And now he's passed out on the couch ripping off farts that would put a skunk to shame. Nobody wants to be near him.

But deep down, everyone's a little jealous. He's over there in his own little cloud getting some much-needed peace and quiet.

The problem is that Uncle Bob can't control when he lets out a little gas. But, we ostomates with an ileostomy or colostomy can! We can have our own little cloud of solitude at the ready for when we need a little time alone.

Simply "burp" your pouch and suddenly the room empties and you're surrounded by nothing but instant peace and serenity. Ahh...the joys of being an ostomate.

2. Get in the Holiday Spirit

Those beige pouches can be a little drab. But there's nothing a little holiday decorating can't fix. No matter your type of ostomy or what holidays you celebrate, a few battery-powered lights and some glittery garland can turn you into a walking celebration of the medical miracle you are. Of course, premade holiday-themed pouch covers such as those pictured from C&S Pouch Covers, or several Etsy shops, could do the trick as well.

People will be totally jealous. They'll wish they had an ostomy pouch to decorate. But they'll just have to stick to ugly sweaters they got off Amazon like everyone else...boring.



3. Last-Minute Stockings

Oh no! The dog ate Bailey's stocking! Where are you going to put those awesome stocking stuffers you got them? You search around the house and can't find a sock or a bag worth using.

You hear a commotion. Are the kids up already? You gotta hurry. Then, you remember that order of ostomy supplies that just came in. A pouch will be perfect! So you run to your supply stash and grab one.

Throw some candy in it, add the yo-yo and animal erasers, and you're saved! Thank goodness for ostomies!



4. Let It Go! Let It Go!

It's last-minute gift buying time. You've been waiting in line for twenty minutes and then those dozen latkes or half-gallon of cider suddenly kick in and you need to go to the bathroom. Now, most people would either have to hold it not knowing when they'll finally get to go, or get out of line and rush to the restroom.

But not you. Luckily, you can just go while you're in line! Of course, this only works 50% of the time depending on whether you have a urostomy or colostomy/ileostomy. Unless you're lucky enough to have both!

5. Let It Signify Your Resilience

Your ostomy is a symbol of all you've been through and the faith, fortitude, and resilience it took to get through the toughest times.

So when you do actually get a quiet moment to reflect during the holidays, remember how far you've come and that you're an inspiration to those around you.

Even if you didn't welcome it or are having a difficult time right now, look at your ostomy as the reason you get to experience everything, good or bad, that the holiday season has to offer. Because an ostomy truly is a gift and, as an ostomate, your life is the greatest gift of all to those who love you. You are a miracle.

Robin Glover is a writer based in the Houston area. He has a permanent ostomy after being diagnosed with Crohn's Disease in 2017.

Urostomy Diet Tips

Article provided courtesy of Coloplast and Metro Maryland Ostomy Association, Inc, Thrive, November/December 2022

Do I need to follow a special diet?

Is there something I can't eat? In general, the food that was good and healthy for you before your surgery is still good for you. A well balanced diet is recommended for most individuals. Eating small portions is a good idea. Right after surgery your ostomy nurse probably gave you some instructions on portion size and said to avoid eating large meals initially. You may feel better if you try to eat smaller portions.

Remember to stay hydrated!

Because of the nature of your surgery, you will produce more urine than a person without a urostomy. This means you need to drink relatively more to help your body to maintain the right fluid balance. People with a urostomy are usually advised to drink 6-8 glasses of fluid a day. Alcohol and caffeinated drinks: Alcohol is fine in moderation as is tea and coffee, but water and juices are still better sources of liquid, so be careful not to use coffee or tea as a substitute for water.

Take Care of your pearly whites!

It may reduce your risk of stroke. Raise your hand if you received a reminder card from your dentist and tossed it in the recycling bin. Now use that hand to grab the phone and call for an appointment! New research underscores the links between your oral health and your overall health, and calls attention to the importance of seeing your dental professional every six months. Multiple studies indicate a link between periodontal disease and heart disease—and, on the “good news” front, treating periodontal disease has been shown to lower your risk of heart attack. Now a new study sheds light on how the presence of Streptococcus mutans, a cavity-causing bacteria, may increase your risk of hemorrhagic

stroke. Professional cleanings can reduce not only bacteria but also harmful inflammation, which may also contribute to heart disease. Brush and floss daily, and see your dental pro twice a year for cleaning and evaluation.

If you find yourself slacking, remind yourself that, when it comes to your health, everything is connected, so that good health anywhere in the body improves the likelihood of good health everywhere.

Editor's note: These tips are useful for all ostomates.

BONNE ANNÉE FROHES NEUES JAHR
 Шинэ жилийн баярын мэнд хүргэе
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2023

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 NAV VARSH KI SUBHKAMNA TASHI DELEK
 FELICE ANNO NUOVO HAPPY NEW YEAR
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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.

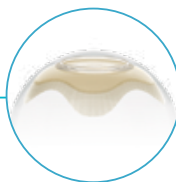
More options can be found on the UOAA's website: <https://www.ostomy.org/donate-ostomy-supplies/>

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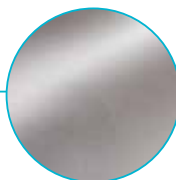
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Central Group

Date: Monday, January 23, 2023 (due to MLK holiday)
Time: 7:00 p.m.
Place: In-Person Meeting: Tracy Gee Community Center, 3599 Westcenter Drive, Houston, Texas 77042
Program: 'Show 'n tell' and favorite ostomy products and other tricks of trade
Contact: Denise Parsons 713-824-8841 rockynme2@gmail.com

Baytown Group

Date: Monday, January 9, 2023 (second Monday throughout 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: Presenter TBD
Contact: Cindy Barefield, CWOCN, 281-428-3033

Northwest Group

Date: Wednesday, January 18, 2023
Time: 7:00 p.m.
Place: Virtual Webex Meeting and In-Person (Information is provided in the email of your January OAHA Newsletter.)
In-person: HCA Healthcare Northwest
 710 Cypress Creek Parkway
 Houston, TX 77090
Program: TBD
Contact: Billy Locke 337-515-6354

Sugar Land Group

Date: Thursday, January 19, 2023
Time: 6:00 p.m.
Place: Virtual Webex Meeting (Information is provided in your January OAHA newsletter.)
Program: Speaker, dietician Araz Sarkissian
Contact: Joan Burnham, MSN, RN, OCN,
 RN-BC, Oncology Nurse Navigator at 281-274-0188 or jmburnham@houstonmethodist.org

Woodlands Pediatric Group

Date: January 8, 2023
Time: Sunday at 2:00 p.m.
Place: Virtual Meeting (Information for accessing meetings is provided in the email of your January OAHA Newsletter.)
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.

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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An app designed just for you

With the My Ostomy Journey app, you will be able to conveniently track ostomy-related activities without the hassle of keeping up with traditional paper checklists or diaries.



Keep track of your daily fluid intake



Easily track your pouch changes



Get instant access to the me+™ helpline



Access ostomy support wherever you are using your smart phone or tablet. Download the My Ostomy Journey app today!
Scan the code or visit myostomyjourney.com



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Oral Rehydration Solution

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Osto Group www.ostogroup.org

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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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