



January 2024

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

Resolutions for the Ostomate

By Patti Suler, reprinted from OAHA Newsletter, January 2012

The New Year's Resolution is founded in the belief that there is always room for improvement. Losing weight, eating better, exercising more and assorted character improvements are the mainstay of our commitments. We have all made them and failed at them. Often times the resolutions are ill defined, too numerous to manage or unattainable and lead up to certain failure.

Every New Year carries with it some very powerful timing. It offers us the opportunity to start fresh and do it at the beginning of a new year. You can utilize this timing to work in your favor.

First, select something obtainable or desirable; then define it. Simply wanting to lose weight is undefined. A more clarified statement could be to develop improved life habits encompassing better eating habits, more physical activity and positive choices which will result in weight loss and a better quality of life.

Select specific target activities, do something more each weekend, eat less junk food, weigh weekly and record the results. Attaching defined measures and goals will ensure your resolution success. Allow for slips but plan to start again. Define your victory, know when you have met your goal and plan to celebrate the win.

Ostomates have a special area of resolution material. Consider these possibilities:

- **Improve pouching techniques and wear time.** Stuck in the same old groove, settling for less wear duration? Consider investing some time in seeing your WOCN to have your pouching techniques checked. Explore new products or



methods to improve wear time and decrease change time. No WOCN? See our list in the newsletter.

- **Make routine changes.** Ostomates are the world's worst at creating routines that never vary. Try something new, do something you haven't done before. Get out, go some where. Buy a ticket to a concert, go to the zoo, go kayaking, walk the jogging trails or just go to the park. Repeat often.
- **Make every meeting.** This is much harder than it sounds. Going to meetings is not just for you but for the others there that may just need to know that someone cares. Commit to making every meeting for the entire year. You will be surprised at what you learn and share.
- **Volunteer your time.** The ostomy association is always looking for a few good mates, however, volunteering opportunities are not just with us. Consider volunteering your time with friends, neighbors, church or other organized non-profit groups. There are hundreds of opportunities in the greater Houston area. Eight hours of your time could change a life.
- **Overcome a fear.** Next to unyielding routines, ostomates are crazy about creating personal boundaries that are self limiting as a result of having listened to all types of can-nots in the media, on-line or via other mates. Horse apples! You know what your fear is. Airport security gates? Long road trips?

(Continued on page 2)

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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.

Resolutions for the Ostomate *(Continued on page 2)*

Outdoor events (port-a-pottys)? Identify it and devise a plan to overcome it. Get other friends involved if you need support. Do it.

- **Deal with the minor problem.** Ostomates have a myriad of small issues such as gas, locating supplies, seatbelts. What to do? Usually we do nothing. Take a moment to identify your small problem areas then research solutions. Other ostomates or group members could be a resource. Once solutions are found, pick the one that works best for you and implement. Resolve small issues before they become bigger ones.
- **Write it down and share.** Found something on the list that merits your attention? Were you successful in accomplishing it? Write it down and let me know. I would love to share your victories with others. Become a torch for someone else struggling in the dark.

Whatever your choices, please use this once-a-year opportunity to make a difference or improvement in your own life. It will in turn provide improvement and illumination in others. **Happy New Year!**



Embracing Ostomy Life Programs Launched in 2024

Embracing Ostomy Life (www.embracingostomylife.org) has been Rolf Benirschke's dream since he had his ostomy surgery in 1979 which almost ended his NFL career. After securing their 501c3 status in the spring, their team has been hard at work laying the groundwork for the two programs expected to launch in early 2024:

Alive & Kicking—a 30-day ostomy recovery program delivered via email with tips on adjusting to a new life that features videos and information from physicians, WOCNs, physical therapists, nutritionists, mental health professionals and “veteran” ostomates.

Team HOPE (Helping Ostomates through Peer Encouragement) will match volunteers who have completed the UOAA “Ostomy Friends” training course with new ostomates based on factors like gender, type of ostomy, lifestyle, age and other relevant factors.

Here's a sneak peek at a couple videos that will be featured in Alive & Kicking: (click on links below)

[Bitter or Better – Rolf Benirschke](#)

[Your ostomy does not dictate your future – Jearlean Taylor](#)



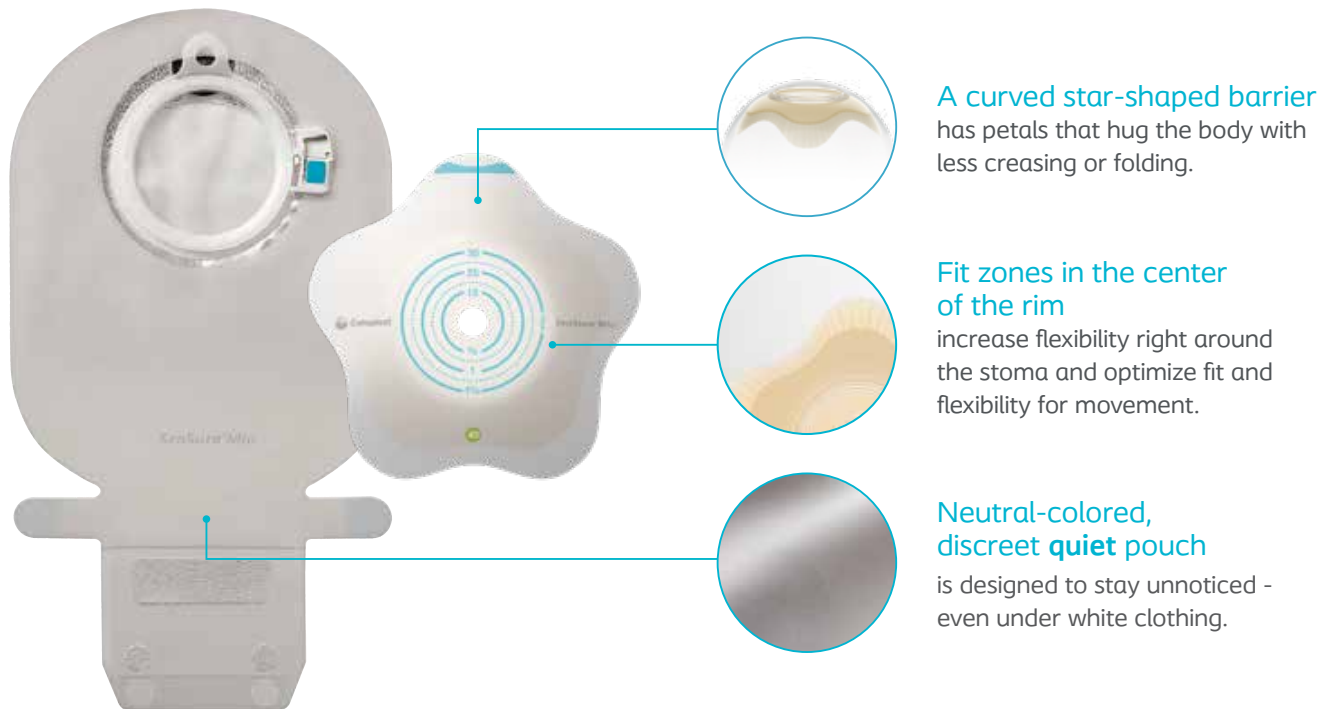


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Central Group

Date: January 22, 2024 (4th Monday because of MLK Holiday)
(typically third Monday of the month)

Time: 7:00-8:30 p.m.

Place: In-Person Meeting: Tracy Gee Community Center, 3599 Westcenter Drive, Houston, Texas 77042

Program: Introduction to Ostomy Friends and Roundtable

Contact: Denise Parsons, 713-824-8841 rockynme2@gmail.com

Baytown Group

Date: No Meeting in January
(typically second Monday of the month)

Time: 6:00 p.m.

Place: In Person Meeting: Houston Methodist Baytown Hospital, Baytown, 77521

Contact: Cindy Barefield, BSN, RN-BC, CWOCN, 281-428-3033 cbarefield@houstonmethodist.org

Northwest Group

Date: Wednesday, January 17, 2024
(third Wednesday of the month.)

Time: 7:00 p.m.

Place: In-Person Meeting:
Montgomery County South Regional Library,
2101 Lake Robbins Dr., The Woodlands, TX, 77380

Contact: Mary Kinsey, BSN, RN, WOC, WCC, OMS
832-581-5874 mkinsey815@gmail.com

North Houston Group

Date: Tuesday, January 9, 2024
(second Tuesday of the month)

Time: 12:00 p.m.

Place: In-Person Meeting
Memorial Hermann Greater Heights Hospital,
Classroom D in the South Tower
1635 N. Loop W, Houston, TX 77008

Contact: Mary Kinsey, BSN, RN, WOC, WCC, OMS
832-581-5874 mkinsey815@gmail.com

Sugar Land Group

Date: Thursday, January 18, 2024

Time: 6:00-7:00 p.m.

Place: Virtual Meeting

Program: See info in flyer on page 5. Contact Jennifer Cerda for Meeting Link.

Contact: Joan Burnham, MSN, RN, ONN-CG, OCN, MEDSURG-BC.
Oncology Nurse Navigator, 281-274-0188
jburnham@houstonmethodist.org
or Jennifer Cerda, MSN, RN, CWOCN, Nurse
Navigator, 346-901-2012 jcerda@houstonmethodist.org

Woodlands Pediatric Group

Date: January 14, 2024
(Typically second Sunday of the month)

Time: 2:00 p.m.

Place: Virtual Meeting

Contact: MaryAnne Lewis, BSN, RN, CWOCN 281-948-1490
maryannelewis@hotmail.com

J-Pouch

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

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

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

OSTOMY SUPPORT GROUP 2024

Join us for a forum providing support, encouragement, education and guidance to patients with ostomies (colostomy, ileostomy, urostomy).

Support group meetings will feature:

- Expert presentations from health care professionals
- Opportunities to share stories and discuss life after ostomy procedures

Who: Any patient with an ostomy, including cancer patients

When:	6-7 p.m.	Jan. 18	April 18	July 18	Oct. 17
		Feb. 15	May 15	Aug. 15	Nov. 21
		March 21	June 20	Sept. 19	Dec. 19

Where: This support group will be conducted virtually.
You will receive the meeting link after registering.

RSVP: Please email Jennifer Cerda, MSN, RN, OCN, at jcerda@houstonmethodist.org or call **346.901.2012**.

Please note, email is not a secure means to communicate personal identification, i.e. Social Security number, date of birth, financial information, etc.



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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Reference: 1. Lessons Learned About Peristomal Skin Complications: Secondary Analysis of the ADVOCATE Trial. Salvadale, Ginger; Colwell, Janice C.; Skountrianos, George; Pittman, Joyce.
2. Maria Teresa Szwedczyk, MD, PhD; Grazyna Majewska, RN, ETN; Mary V. Cabral, MS, FNP-BC, CWOCN-AP; and Karin Hitzel-Piontek, RN. The Effects of Using a Moldable Skin Barrier on Peristomal Skin Condition in Persons with an Ostomy: Results of a Prospective, Observational, Multinational Study. *Ostomy Wound Management* 2014;60(12):16-26.
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Ostomy Outpatient Clinics

Memorial Hermann – Greater Heights BY APPOINTMENT

Contact Mary Kinsey, BSN, RN, WOC, WCC, OMS
mkinsey815@gmail.com 832-581-5874

Memorial Hermann – Northeast FRIDAY AFTERNOONS, BY APPOINTMENT

Call 281-540-6322 or fax a referral to 281-540-7107.

Memorial Hermann Rehabilitation Hospital – Katy BY APPOINTMENT

Contact Kim Dewitt, Clinic Manager
kim.dewitt@memorialhermann.org 281-579-5541

Memorial Hermann – The Woodlands BY APPOINTMENT

Contact Stephanie Wilkins 281-602-4830 or fax 281-602-4849



GET THE LATEST INFORMATION AND INSPIRATION
 AT THE UOAA WEBSITE

<https://www.ostomy.org/news/>

OBTAIN NATIONAL MEMBERSHIP WITH UOAA

<https://www.ostomy.org/membership/>

NEW YEAR WISHES

Happy New Year!

May your troubles be
 less, and your blessings
 be more, and nothing
 but happiness come
 through your door!



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 at 4653 Nall Rd., Suite F12, Farmers Branch, TX 75244.

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



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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: _____p

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: _____p | <input type="checkbox"/> J-Pouch | <input type="checkbox"/> Nurse |

☐ I would like to attend meetings with the (please circle one):

Central Group Baytown Group Northwest Group North Houston Group Sugar Land Group Woodlands Pediatric Group

I learned about the Ostomy Association from

- ☐ WOC Nurse ☐ Physician ☐ Newsletter ☐ Surgical Shop ☐ Website ☐ Other: _____

I am interested in volunteering. ☐ Yes ☐ No

I have enclosed an additional \$ _____ as a donation to support the association's mission of helping ostomates.

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Monthly Support/Information
Meetings, Social Events,
Monthly Newsletter*



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