



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

Kick-off 2025 with Ostomy Academy!

Body image can be tricky, but it doesn't have to hold you back. In this webinar, we will talk about the ups and downs of body image and how to feel good in your own skin, ostomy and all. We'll share real stories, practical tips, and a few laughs to remind you that you're not alone in this. To help you take what we discuss and put it into action, we'll also be including a 30-day challenge to keep the conversation—and the confidence—going all month long. Join us for a down-to-earth, honest talk about what it really means to show up for yourself.

OSTOMY ACADEMY Education for every ostomate

Presented by **UOAA** United Ostomy Associations of America, Inc. ostomy.org

Reflections in the Mirror
Feeling Confident with Your Ostomy

Speakers
LeeAnne Hayden
Ryan Van Voorhis

Wed. JAN 15
8 pm ET
5 pm PT

Register at <https://www.ostomy.org/ostomy-academy/> to submit questions in advance of the live event and get the latest updates.
Wednesday, January 15, 2025 at 8:00 pm ET (7:00 pm CT, 6:00 pm MT, 5:00 pm PT)

Save the Date on your calendar [HERE](#).

2025 UOAA National Conference

It only happens every two years, make this the year you attend!

Hotel Reservations are now open! Registration will open on January 1, 2025!

Orlando, Florida
August 14-16, 2025

Save the date for this highly anticipated social and educational event! Plan a vacation with family or ostomy friends at the fabulous Hyatt Regency Grand Cypress Resort. Registration will open on January 1, 2025.



Visit www.ostomy.org/2025conference/ regularly for updates.

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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.

Clear Lake Group

Date: Monday, January 27, 2025
Time: 6:30 p.m. (also available WebEx)
Place: In Person Meeting: Room AD1026 near Starbucks
 HCA Healthcare Clear Lake,
 500 Medical Center Blvd., Webster, TX 77598
Contact: RSVP: Colorectal Coordinator 281-381-3619 or
CLRHoncology@HCAHealthcare.com

Northwest Group

Date: Wednesday, January 15, 2025
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, CWON
 936-443-2565 mkinsey815@gmail.com

North Houston Group

Date: Tuesday, January 14, 2025
Time: 12:00 p.m.
Place: In-Person Meeting
 Memorial Hermann Greater Heights Hospital,
 Medical Plaza 2, Suite 234 (second entrance)
 1740 W. 27th St., Houston, TX 77008
Contact: Ericka Pitman, RN, WCC, OMS 346-263-9658
ericka.spence@memorialhermann.org
 Mary Kinsey, BSN, RN, CWON
 936-443-2565 mkinsey815@gmail.com

Sugar Land Group


Date: Thursday, January 16, 2025
Time: 6:00–7:00 p.m. Please RSVP!
Place: Virtual
Program: Share Your Voice: The Top 5 Ostomy Concerns,
 with Jennifer Cerda, MA, RN, OCN
Contact: Jennifer Cerda, MSN, RN, OCN, Nurse Navigator,
 346-901-2012 jcerda@houstonmethodist.org

Woodlands Pediatric Group

Date: Wednesday, January 15, 2025
Time: NEW TIME 6:00–7:00 p.m.
Place: In-Person Meeting:
 Montgomery County South Regional Library,
 2101 Lake Robbins Dr., The Woodlands, TX, 77380
Contact: Mary Kinsey, BSN, RN, CWON
 936-443-2565 mkinsey815@gmail.com.

J-Pouch

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



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

Get Ostomy Answers!

The Phoenix is the leading national magazine for ostomates, their families and caregivers. Subscriptions directly fund the nonprofit United Ostomy Assoc. of America – the only national organization providing vital information, resources, support and advocacy for ostomates.



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Ostomy Outpatient Clinics

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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

Outpatient Ostomy Services Locator

UOAA is excited to announce the completion of a two-year advocacy project with the unveiling of a new resource, the first-ever online locator to improve access to ostomy care. This new directory of outpatient ostomy services allows medical professionals, patients and caregivers to locate outpatient ostomy care near their specified geographical area. Nowhere else can the ostomy community find this type of user-friendly comprehensive list.

This project, led by UOAA Advocacy Manager Jeanine Gleba, would not have been realized without many certified ostomy nurses responding to the call to contribute their facilities to our database and the tireless hours of passionate volunteers who assisted her (listed at right). In particular, with deep appreciation Jeanine would like to acknowledge the following people from this project who helped her with the facility research and/or tested the locator software:

Joanna Burgess-Stocks, RN, BSN, CWOCN, Stanley Cooper, Nathan Hadlock, Joy Hooper, RN, BSN, CWOCN, OMS, WCC, Laura Kaiser, APRN, A-CNS-BC CWOCN, Dr. Edward Loftspring, Keagan Lynggard-Hysell, Elyn Mantell, Susan Mueller, BSN, Chris Mullen, Cheryl Ory, RN, BSN, Amie Leigh Reece, Ival Seacrest, Todd Sheldon, Lynn Wolfson

May your heart and home be filled with all the joy the New Year brings.



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Disclaimer: The information contained within this newsletter is presented expressly for informational purposes only and may not be applicable to everyone. It should not be substituted for professional medical care or attention by a qualified practitioner. Always check with your doctor if you have any questions or concerns about your condition.

Find Outpatient Ostomy Services Near You!

Link to the search page:

<https://www.ostomy.org/outpatient-ostomy-services-locator/>

To help ensure ostomates receive continuous care following stoma creation and/or revision surgery, UOAA has developed the first-ever “Locator” to improve access to care. Some practices/clinics only see patients who had their surgery in their acute care facility. Some require a referral. Generally, there are guidelines for each facility and they are subject to change over time.

Search for outpatient ostomy services by city, state, or zip code. Along with the name and address, if additional information was provided or visibly public on a listings’s website such as hours of operation, it will be shown with the listing. This is not an all-inclusive list.



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Join UOAA National Memberships

www.ostomy.org/membership



As a National Member of UOAA, you are helping us to achieve our goal to support, educate, empower and advocate for people who have or will have ostomy or continent diversion surgery. By joining UOAA, you will also help increase the influence and voice the ostomy community has on a national level.

You can join annually as a National Individual Member or as a National Medical Professional Member.

As a UOAA member you will receive a packet of our educational resources, national membership and stoma rose pins, be the first to receive any new publications, and can be nominated to be elected to UOAA's Board of Directors. You will also receive a special promotion code to subscribe to *The Phoenix* magazine at a discounted rate.

For more information and annual membership fee visit www.ostomy.org/membership/ and help UOAA support the next generation of ostomates.



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



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Virtual Ostomy Clinic

Whether it's a colostomy, ileostomy or urostomy, a new ostomate learning to care for their stoma or an existing ostomate grappling with new complications, the journey can be overwhelming. UOAA's Virtual Ostomy Clinic provided by The Wound Company offers support through telehealth visits and ongoing touchpoints via texting and emailing to make sure ostomates have the right supplies for their unique situation and thoroughly understand how to care for their ostomy.

- * Assess a person's ostomy in one comprehensive telehealth assessment by Zoom in the beginning of the 30-day period
- * Assist ostomates and their caregivers in choosing supplies and recommend pouching options that fit the person's lifestyle and health goals
- * Help ostomates and their caregivers prevent and manage skin irritation, rashes, and other complications around the ostomate's stoma.
- * Answer ostomy questions from ostomates over email or SMS for the 30-day program.
- * Provide personalized education, care, and support throughout the program, including tips on diet, nutrition, hydration and intimacy.
- * Follow up with one additional comprehensive telehealth assessment during the program when necessary.
- * Provide a summary of the assessment and recommendations for ongoing care after each telehealth assessment.

[Learn more about UOAA's Virtual Ostomy Clinic](#)

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

Kinsey Ostomy Care
info@kinseyostomycare.com

Amanda Dominguez, BSN, RN, CWOCN (202) 742-WOCN
Brazos Valley Ostomy & Wellness, PLLC
www.BVOstomyandWellness.com

Virtual Ostomy Clinic

Ostomies change bodies and lives. People living with an ostomy need personalized suggestions and ongoing support from medical experts who really understand ostomies. In the healthcare system today, too many ostomates do not have the regular access to a certified ostomy nurse they need for a successful health journey. This is why UOAA has partnered with The Wound Company—to bring certified ostomy nurses to ostomates and their caregivers across the United States virtually. **For a one-time direct payment of \$125**, The Wound Company's certified ostomy nurses provide people with personalized support via Zoom, text SMS and email for 30 days—in the privacy of their own home.

[Get Started Here!](#)

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 Ericka Pitman, RN, WCC, OMS 346-263-9658, or contact Mary Kinsey, BSN, RN, CWON, 936-443-2565 to arrange access.

NEW! Woodlands Area Donation Site Mary Kinsey has started a donation closet at the Woodlands. Please contact Mary Kinsey, BSN, RN, CWON, 936-443-2565 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. 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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Reference: 1. Lessons Learned About Peristomal Skin Complications: Secondary Analysis of the ADVOCATE Trial. Salvadarena, Ginger, Colwell, Janice C.; Skountrianos, George; Pittman, Joyce.
 2. Maria Teresa Szewczyk, MD, PhD; Grazyna Majewska, RN, ETN; Mary V. Cabral, MS, FNP-BC, CWOCN-AP; and Karin H. Izel-Plontek, 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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Our me+™ program provides ostomy education, resources and support to help you keep your skin healthy.

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