

July 2023



**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](http://www.ostomyhouston.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 & Greets
- 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](http://www.ostomy.org/2023Conference) for continued updates.

## Ostomy Patients are Not Alone—Unique Gathering Coming to Houston

About 100,000 people have their lives saved or improved by ostomy surgery in the U.S. each year, but many feel alone in their journey. United Ostomy Associations of America (UOAA) is hosting a National Conference on August 10-12, 2023 at the Royal Sonesta Houston Galleria to help change that. People of all ages from around the world will have a rare opportunity to meet, socialize and learn from peers and top medical professionals from Texas and around the United States.

Stigmas about living with an ostomy pouch will be shattered. In a keynote address, former Miss Texas Magen Cherry will share her journey with IBD and ostomy and j-pouch surgery. Educational sessions will address topics such as body image, travel, sexuality, active lifestyle, ostomy tips and more.

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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.

## Ostomy Patients are Not Alone—Unique Gathering Coming to Houston

(Continued from page 1)

Attendees will also have the opportunity to connect at social events, learn Texas line dancing, and take morning exercise classes.

Local ostomy nurses are volunteering their time to help patients at a free stoma clinic. A large ostomy product exhibit hall will enable to attendees to ask questions and discover products to improve their quality of life.

“After attending my first UOAA conference, I finally felt like I had come home to the community I had been waiting for my whole life. I’m so grateful for the friends I’ve met and know I will never feel alone again,” says Joanna Burgess-Stocks who is a WOC nurse, an ostomate since childhood, and UOAA’s advocacy chair.

Special sessions are planned for parents/children with an ostomy, young adults, caregivers, IBD patients and anyone who has or will have a colostomy, ileostomy, urostomy, continent diversion or j-pouch. People may receive lifesaving ostomy surgery as a result of cancer, inflammatory bowel disease, diverticulitis, emergency trauma, birth defects and rare disease.

UOAA is a 501(c)(3) nonprofit organization that promotes quality of life for people with ostomies and continent diversions through information, support, advocacy and collaboration.

Learn more and register at <https://www.ostomy.org/2023conference/>

[UOAA Conference Media Kit- social graphics, videos and more.](#)

Contact: [Ed Pfueller](#), Communications & Outreach Manager

## Ostomy Outpatient Clinics

**Memorial Hermann – Greater Heights**

**BY APPOINTMENT**

Contact Mary Kinsey, BSN, RN, WOC, WCC, OMS

[mkinsey815@gmail.com](mailto:mkinsey815@gmail.com)

832-581-5874

**Memorial Hermann Rehabilitation**

**Hospital – Katy**

**BY APPOINTMENT**

Contact Kim Dewitt, Clinic Manager

[kim.dewitt@memorialhermann.org](mailto:kim.dewitt@memorialhermann.org)

281-579-5541



**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/>

## 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.

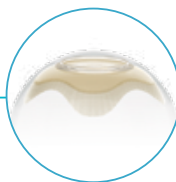
More options can be found on the UOAA’s website: <https://www.ostomy.org/donate-ostomy-supplies/>

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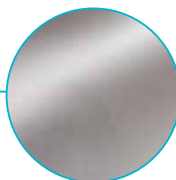
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## Central Group

**Date:** No meetings in July and August 2023  
(typically third Monday of the month, 7-8:30 p.m.)  
**Contact:** Denise Parsons, 713-824-8841  
[rockynme2@gmail.com](mailto:rockynme2@gmail.com)

## Baytown Group

**Date:** Monday, July 10, 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:** Cindy Barefield, BSN, RN-BC, CWOCN, 281-428-3033 [cbarefield@houstonmethodist.org](mailto:cbarefield@houstonmethodist.org)

## Northwest Group

**Date:** No meetings in July and August 2023  
(typically third Wednesday of the month)  
**Contact:** Mary Kinsey, BSN, RN, WOC, WCC, OMS 832-581-5874 [mkinsey815@gmail.com](mailto:mkinsey815@gmail.com)

## North Houston Group

**Date:** Tuesday, July 11, 2023  
**Time:** 12:00 p.m.  
**Place:** In-Person (Information is provided in the email of your July OAHA Newsletter.)  
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](mailto:mkinsey815@gmail.com)

## Sugar Land Group

**Date:** Thursday, July 20, 2023  
**Time:** 6:00 p.m.  
**Place:** Virtual Webex Meeting (Information is provided in your July OAHA newsletter.)  
**Program:** Swimming with an Ostomy  
**Contact:** Joan Burnham, MSN, RN, ONN-CG, OCN, MEDSURG-BC. Oncology Nurse Navigator 281-274-0188 [jburnham@houstonmethodist.org](mailto:jburnham@houstonmethodist.org) or Jennifer Cerda, MSN, RN, CWOCN, Nurse Navigator, 346-901-2012, [jcerda@houstonmethodist.org](mailto:jcerda@houstonmethodist.org)

## Woodlands Pediatric Group

**Date:** July 9, 2023  
**Time:** Sunday at 2:00 p.m.  
**Place:** Virtual Meeting (Information for accessing meetings is provided in the email of your July OAHA Newsletter.)  
**Contact:** MaryAnne Lewis, BSN, RN, CWOCN 281-948-1490 [maryannelewis@hotmail.com](mailto: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

## 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](mailto: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.)

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



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

## WOC Nurse Directory

Cindy Barefield, RN, CWOCN (281) 428-3033  
Houston Methodist Baytown Hospital  
[cbarefield@houstonmethodist.org](mailto:cbarefield@houstonmethodist.org)

Pat Thompson RN, BSN, CWON (281) 397-2799  
[Patricia.Thompson6@hcahealthcare.com](mailto:Patricia.Thompson6@hcahealthcare.com)



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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 Hibel-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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**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                          |

☐ 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 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.

*Membership benefits include:  
Monthly Support/Information  
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Monthly Newsletter*



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