



June 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

Cindy Barefield, BSN, RN-BC, CWOCN Awarded 2022 WOC Nurse of the Year!

Cindy has dedicated the past 41 years of her career as a CWOCN supporting and serving ostomates in Baytown and Houston. She practices in acute care at Methodist Baytown Hospital and the majority of patients she assists are after unplanned ostomy surgeries. Because of this, Cindy takes time to build relationships with the surgeons so that she can be notified, if possible, before the surgery occurs. This allows her to mark the abdomen site for the ostomy. Cindy is also able to visit with the patient/family and help educate them before as well as after the surgery so they better know what to expect.



Cindy started the Baytown support group and has managed their monthly meetings since November 2004! The Baytown support group serves as a resource for ostomates throughout East Harris County, Texas and was established with support from the Methodist Baytown Hospital.

Cindy supports the Ostomy Association of the Houston Area's Visitor Training and has presented the Ostomy 101 section of the training since 2006! We love Cindy's presentations as they are not only educational but she makes them fun as well. Cindy is delightful, very creative and she always ends her training programs with a fun game like Ostomy Jeopardy!!! We are looking forward to Cindy presenting at our July 23, 2022 Ostomy Visitor Training, which will be virtual this year.

Cindy is dedicated to the ostomy community and has worked tirelessly serving ostomates in our region. She has served on the South Central Region of the Wound and Ostomy Continence Nursing

Council in the following positions: President 2017; President-elect 2016; Nominations Chair: 2013-2015; Ad Hoc Chair 2011 & 2012; Operations Chair 2009 2009 & 2010 & Bylaws Chair, 2008 and remains active in the Region as a member.

Cindy has volunteered with the Friends of Ostomates Worldwide-USA in the following roles: Director 2015-2018, Vice President 2018-2019, and President—2020—to present.

During the past 2 years of the coronavirus pandemic, Cindy coordinated virtual support group sessions to accommodate ostomates, family and friends who were unable to gather for meetings in person.

The Ostomy Association of the Houston works hard to provide practical and emotional support and education to ostomates and their loved ones in and around the greater Houston area. Cindy is a dedicated ostomy nurse who not only cares for her patients but she cares for ostomy patients world-wide. Cindy is a stupendous volunteer for all of our activities with the OAHA. She quickly volunteered to join Pat Thompson, RN, BSN, CWON to help run the free ostomy clinic at the 8th National UOAA Conference in August 2023 in Houston. Cindy does what she can for those patients who come to our organization with problems and we greatly appreciate her! *The Houston ostomy community loves and appreciates Cindy Barefield—if we could, we would clone her!*

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

On behalf of The Ostomy Association of the Houston Area I am delighted to announce the **2022 WOC Nurse of the Year, Cindy Barefield, BSN, RN-BC, CWOCN**. The Ostomy Association of the Houston Area submitted Cindy's nomination and she recently received a call from Cheryl Ory, President Elect of the UOAA letting her know she is the recipient of this prestigious award. The award will be presented to Cindy at the 2022 WOCNext Conference on Sunday, June 6th. WOC Nurse of the Year recipients for years 2020, 2021 and 2022 will also be honored during UOAA's 8th National Conference in Houston, Texas on August 10–13, 2023. An article recognizing the recipients will be published in *The Phoenix* magazine as well. Congratulations Cindy, this is such a well-deserved honor!



Board Update: The votes are in! Denise Parsons, Marian Newman and Kathleen Duplessis will be serving another 3-year term for the Ostomy Association of the Houston Area Board. Thank you for your continued service and support!

Virtual Visitor Training

Don't forget to sign up for our Virtual Visitor Training which takes place on Saturday, July 23, 2022 beginning at 10 am and ending around noon or so. Please register by sending your email and phone number to Kathleen.duplessis@outlook.com

Your OAHA Board

Northwest Group News

The Northwest Group thoroughly enjoyed guest speaker Ray Nevels, Territory Manager for ConvaTec, and learning about their support programs and newest products. Jill Goracke also came with Ray and shared some of the fun aspects of the Me+ program. We were thrilled to have a new pre-surgical participant join us and provide answers to all of his questions. It was great to see some old timers like Suzanne and Jay as well.

Our guest speaker for our June 15th meeting at 7pm, will be Brock Pennywell, a physical therapist with HCA Northwest. Next month we also hope to have a meet and greet with our new program leader Mary Kinsey who will be taking over in July.

You are invited to Northwest Group's June Meeting via Zoom meeting. Registration information can be found in your June OAHA email.

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

Billy Locke
337-515-6354

Central Group News

The Central Group met on Monday, May 16, 2022 at the Tracy Gee Community Center. We enjoyed meeting Hollister's new Ostomy Senior Sales Specialist, Roxanne Warren. Roxanne presented a very informative and educational program on Peristomal Skin Health and we also learned a lot about Hollister and their infused ceramide skin friendly barriers. Did you know Hollister also has a no-cost support program for patients called Hollister Secure Start, which provides dedicated support for ostomy patients—regardless of which brand/products they use. You can enroll directly from your phone or tablet by visiting: www.securestartservices.com. You can also call Hollister at 1-888-808-7456 to enroll. Oh, and did I mention Roxanne brought a generous assortment of cookies, cupcakes, iced tea and bottled water—lucky us!

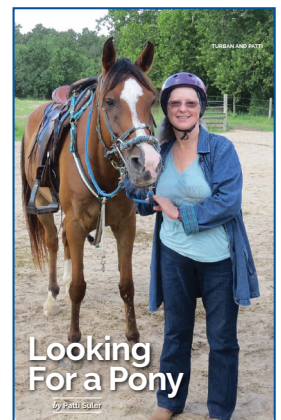
Please join us at our next in-person meeting on June 13, 2022 at 7:00 pm at the Tracy Gee Community Center for a presentation on diet and exercise from ostomy nurse, Ama Acheampong. Ama has been attending all of our in-person central meetings and we are looking forward to her presentation. (NOTE: The Tracy Gee Community Center is closed on Monday, June 20, 2022 in recognition of Juneteenth so we were asked to move our meeting earlier to June 13, 2022).

The Central Group will not be holding a monthly meeting in July so please, plan on attending our Virtual Ostomy Training Meeting on Saturday, July 23 from 10 am–noonish. Please RSVP to Kathleen.duplessis@outlook.com

Kathleen Duplessis, President, OAHA,
Kathleen.duplessis@outlook.com or 713-299-3180

Thank you, Patti Suler!

After many years of service to the Ostomy Association of the Houston area, Patti Suler has decided to step down from her role as the group leader of the Northwest satellite group. We want to thank her profusely for all she has contributed to our group. We will definitely miss her enthusiasm. Hopefully, we'll still see her at meetings and other group functions. If you want to hear more about Patti's story, please read her wonderful article, "Looking for a Pony", which you can find on our website.



Read Patti's article here: [Looking for a Pony](#)

Baytown Group News

Baytown Ostomy Support Group met May 16th and welcomed a new ostomate. It was a great opportunity to have “veteran” ostomates and their supporters interact with a beginner. Research has validated that participation in a support group assists patients to move more rapidly toward acceptance of the ostomy. By interacting with those with similar life experience, persons with a new ostomy are able to share experiences, gain new knowledge and receive emotional support that promotes successful adaptation and adjustment to life with an ostomy. (Cross, 2010)

Theresa and Bruce Johnson joined the group virtually to share the story of Stomagenics. A well-known proverb, “necessity is the mother of invention” illustrates very well how an idea that came from frustration and lack of control with a new urostomy for their family member developed into confidence and independence. Stomagenics was founded on this success and has continued to challenge their family and provide a sense of purpose. Theresa and Bruce have a mission to improve the lives of ostomates everywhere by helping them manage their ostomy.

Theresa demonstrated one of their innovative products called StomaGenie®. The idea with this product is to achieve a simple, predictable hygienic pouch replacement each time. This can lead to healthier skin with a stress-free routine! The product has proven to be helpful to those who are visually impaired, overweight or may have dexterity issues and would benefit from more control over the changing process. Theresa had sent samples and the group appreciated the opportunity to interact with the StomaGenie®. In addition, Theresa provided her contact information and encouraged the group to email her with requests for samples in their specific stoma size. Need more information? Visit the website <https://stomagenics.com/>

Group discussed upcoming election of three Board member candidates (Kathleen Duplessis, Denise Parsons and Marian Newman). It was decided that they deserve our full support and we whole heartedly recommend them to continue serving on the OAHA Board for another 3 years.

I look forward to seeing you in June. Stay hydrated, happy and healthy!

Kind regards,

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

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

Do I Have a Parastomal Hernia?

By Robin Glover (via UOAA May 2022 E-News)

No need to be alarmed, but if you have an ostomy you already have a hernia! When the surgeon opened your abdominal muscles to pull your intestine through, they technically gave you a hernia. But we're not talking about that kind of hernia. We're talking about parastomal (peristomal) hernias. That's when more intestine than planned pushes through your muscles and causes a bulge at your ostomy site.

You can tell if you might have a parastomal hernia by a noticeable bulge or by placing your hand over your stoma and seeing if it protrudes out when you cough. (This doesn't count as an official diagnosis. You'll probably also want to talk to your doctor.)

What Is a Parastomal Hernia?

A [parastomal hernia](#) is like any other hernia. They happen when an organ pushes through a weak spot in the muscle. For people with an ostomy, the organ is your intestine and the weak spot is in the same area the surgeon created your stoma.

While every effort is made to close everything and ensure a tight, snug fit, some extra intestine can force its way through and push against your skin. (This is as opposed to a prolapsed stoma when extra intestine is actually coming out of your body.)

Parastomal hernias usually happen within the first one to two years after ostomy surgery, but can occur later. While people without a parastomal hernia will tell you they're mostly

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VIRTUAL VISITOR TRAINING: VISITING SKILLS

Saturday, July 23, 2022
10 a.m.–Noon



Our Visitor Training program will be virtual this year and is planned for Saturday, July 23, 2022! We hope everyone will be able to join us.

After our program has covered basic visiting policies and procedures, the anatomy of an ostomy or diversion and the psychological and social issues, we discuss overall visiting skills.

The purpose of this segment is to review guidelines for a successful hospital visit and a successful telephone visit, stress the importance of active listening and review important follow up activities of a visit.

We often engage in role playing among certified visitors to demonstrate how to effectively handle a visit. Please join us for this important program.

RSVP to Kathleen.duplessis@outlook.com

Sugar Land Group News

Meeting Summary

Our meeting started with a presentation from our own WOC nurse Daniela Jofre, BSN, RN, OMS, WCC, on “Wrap It Up, I’ll Take It”—Stoma Accessories.

- **Item one** was pouch covers that can be purchased on Etsy or Amazon ranging from \$20-\$40, can be personalized with whatever material or pattern you want. Pouch covers are not covered by insurance.
- **Item two** is an appliance belt, typically used with a convex bag for stomas that are flat or retracted from the surface of the skin. He belt helps to secure the bag, and is covered by insurance.
- **Item three** is a hernia support belt, used to help support an out-pooching of abdominal contents that the muscles are no longer able to keep behind a wall of muscle. A hernia support is covered by insurance and is supplied by your DME company but can also be ordered on Amazon without a prescription. A hernia belt can also increase comfort by supporting the abdominal wall when you are active.
- **Item four** is the StealthBelt with support either vertical or horizontal for your pouch, it is a black material and is not covered by insurance. The cost ranges from \$120-130, but they do last a while and many men prefer the StealthBelt. Use the link [Best Ostomy Support Belts & Wraps | Colostomy Pouch Covers \(stealthbelt.com\)](#) .
- **Item five** is the Muffler, made to go with the StealthBelt and is a neoprene cover that can help reduce the noise your stoma produces. Only \$10 but again need to order from [StealthBelt—Best Ostomy Support Belts & Wraps | Colostomy Pouch Covers \(stealthbelt.com\)](#).
- **Item six** is the stoma guard a hard plastic device that is attached to your pouch with Velcro strips. It protects the stoma from impact when you are playing contact sports. Adolescents and young adults use this product when they are active. The plastic is reusable but the Velcro strips have to be replaced if moving the device to another pouch. [StomaLife \(stomadome.com\)](#) has the StomaDome (1 StomaDome and 52 Velcro strips) for \$50. StealthBelt also has the StomaDome (1 StomaDome and 52 Velcro strips) for \$60. This is not covered by insurance.
- **Item seven** is Undergarments are available for a wide variety of tastes and provides stylish support for your stoma bag. [Ostomy Secrets](#) has a wide variety of products to choose from at Ostomysecrets®. These products are not covered by insurance and include undergarments, **Item eight**—Swimming Apparel, and item nine—Ostomy Wraps. The swim wraps are made of material that wicks moisture so it is good for our Houston heat and humidity **Item nine** is Odor and Gas Control products, like Diamonds(Convatec) or Pearls (Trio Ostomy) placed inside the bag to firm liquid ileostomy output. Devrom is

an oral tablet that helps decrease odor. These are not usually covered by insurance.

- **Item ten** is the Osto-EZ-Vent air release device, that can be attached to your ostomy bags for an additional opening to quickly release gas from the bag. It is covered by insurance and comes 10/pack from your DME provider. This item is not reusable.

Questions about how to apply the Osto-EZ-Vent and Billy shared he puts them on all bags in a box at the same time so that it is ready to go when he needs it. He recommended to follow the directions but to pierce the pouch from the inside to the outside for best venting action.

Open Forum

Joan reminded everyone to vote on the OAHA board positions. Reminder of the upcoming Virtual Visitor Training in July, please submit your interest to Joan and she will forward your information to the OAHA board. Congratulations to Cindy Barefield, BSN, RN-BC, CWOCN, for the 2022 WOC Nurse of the Year for the UOAA! Reminded group that Houston will be the hosting city for the 2023 UOAA Annual Convention.

Question from Beth about having a reaction to the Trio Ostomy products and asking if anyone else experiencing the same issue. Daniela explained that not every product is right for everyone and it is a matter of trial and error to find what works right for you. Joan noted that it is likely the chemical composition of the Trio Ostomy products that are causing the reaction.

Joan shared that we will continue meeting virtually until further notice but that once we can meet in-person we will continue the hybrid of Online and In-Person format.

Our next meeting will be on Thursday, June 16, 2022 at 6:00 PM, virtually, our topic will be a presentation from Roxanne Warren with Hollister.

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

Oncology Nurse Navigator

281-274-0188 jmburnham@houstonmethodist.org

HOPE—TCH Woodlands, Pediatric Group News

The HOPE group held a meeting May 15th. Due to Summer schedules of many of the teen members, the group will reconvene for virtual meetings in September. In the meantime, the group members will continue to reach out to new ostomy patients on an individual basis and will be available to support those needing additional supplies or troubleshooting.

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

Twists and Turns of J-Pouch Recovery

By Robin Glover (via UOAA March 2022 E-News)

The recovery process for a j-pouch is just that. It's a process. It takes time and patience and is different for everyone. For some, it can be relatively easy. For others, it can be a winding path with twists and turns just like the colon that was removed for it.

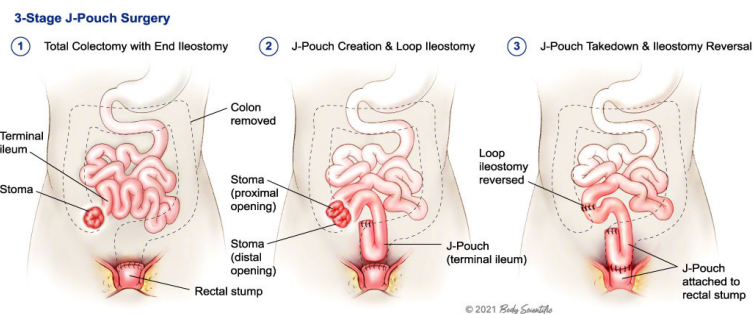
But one thing is the same for practically everyone: [j-pouch surgery](#) offers hope for a return to a life that's less encumbered by the alternatives. Seriously, who doesn't want to poop out of their butt again if given the opportunity? Oh, and getting rid of that disease-ravaged large intestine is a plus, too.

What Is A J-Pouch?

In case you're reading this to research information for yourself, friend or family member, here's a quick explanation of what a j-pouch is:

Medically known as [Ileal Pouch Anal Anastomosis \(IPAA\)](#) surgery, it involves removing the entire colon and rectum and then connecting the small intestine directly to the anus. The term j-pouch refers to the shape of the "pouch" that's created when the surgeon folds the small intestine on itself and creates a reservoir to hold waste until it is passed through the anus. It can also be known as an s-pouch or w-pouch based on how it's surgically constructed. J-Pouch surgery is most often done in cases of ulcerative colitis where there is no disease in the small intestine or as a result of FAP, colorectal cancer or a bowel perforation.

The surgery for a j-pouch almost always involves two or [three steps](#). The first step, and usually the more major surgery, is to remove the large intestine. At the same time, an [ileostomy](#) is created that will be used until the small intestine is reattached. This will be a temporary external pouch.



Depending on individual circumstances, the first surgery can also involve removing the rectum and creating the internal j-pouch. However, it can also be its own separate procedure. But either way, the final step is to reverse the ileostomy and connect the small intestine to the anus. At this point, no external pouch is needed and the traditional route of passing stool can resume.

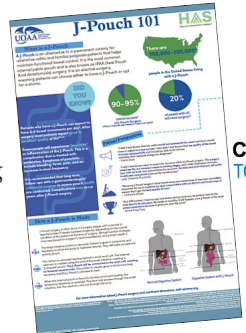
Be aware that the patient has the right to decide between a J-pouch or keeping the ostomy and should know not all temporary ostomies are able to be taken down and not all J-pouches are able to be connected.

Early Recovery From J-Pouch Surgery

It's an exciting experience when you wake up from the final surgery and see that there's no longer a need to have a pouch attached to you. What was once your stoma is now a still pretty nasty wound, but one that will heal and become just another proud scar.

Things won't be working quite yet though. It will be a few days before you actually have a bowel movement. Sometimes it can take longer, but that's not a big deal. When you're in the hospital you'll be monitored and well taken care of. You likely won't go home until your doctors are sure everything is working correctly, including being able to eat and pass solid food.

Everything that comes out will still be liquid, though. It will be a little bit before you start passing anything even semi-solid. And you might not ever get to that point or only have it happen on rare occasions. There's nothing unusual about that.



[CLICK HERE TO DOWNLOAD](#)

Diet Right After Going Home

The diet you follow after getting home from the hospital will be communicated to you by your doctor and you'll probably go home with many guides and resources. Mainly, staying hydrated is very important and avoid raw fruits or vegetables, nuts, whole grain, seeds, or anything else that doesn't digest in around two hours. Since you no longer have a large intestine, food has much less time to be processed and if you eat a handful of nuts they're going to come out the same way they went down.

[Check the Eating with an Ostomy Guide](#) for a much more complete diet guideline.

But, even worse, it can cause a blockage. Blockages are the bane of a j-pouch's existence. You need to be careful about what you eat (typically called a "low residue" diet) and chew your food thoroughly. Chew extra. And then some more. Take small bites and don't take any risks right away. Introduce new foods slowly.

NOTE: Your doctor or dietician will know the best foods to eat and what to avoid for your specific needs. Always follow their directions before anything you read on the internet.

Getting To Know Your J-Pouch

It can take a while after surgery to completely adjust to your new plumbing. You'll learn what foods are "safe foods" and which to avoid. You'll also learn about how your j-pouch behaves and how it affects your daily life.

For example, you'll start to get an idea of how many times per day you'll go to the bathroom and what consistency you can expect. You'll also learn what each sense of urgency means and when you

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Twists and Turns of J-Pouch Recovery

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need to go to the bathroom right away and when you can hold it. It will feel like you need to go to the bathroom a lot and you'll probably actually need to at the beginning. But, over time, your j-pouch will stretch and grow to be able to hold more before needing to be emptied.

Ideally, after everything settles down, you will only go to the bathroom 4 to 8 times a day and it will be a simple and quick emptying process.

You'll Experience Butt Burn

Speaking of going to the bathroom a lot, you may experience what is known as "butt burn." This is because, on top of going to the bathroom more often, without a large intestine your stool will be much more acidic from digestive enzymes.

It's necessary to take special care and make sure everything is extra clean. A bidet is a great idea because rubbing with toilet paper can also cause irritation. There are also many creams and lotions you can use to soothe and protect. Zinc-based lotions are a good place to start. And get some disposable gloves while you're at it.

You may go to the bathroom up to 20 times a day (or more) and experience irritation from going so much. But, it will get better as you learn more about your j-pouch and develop processes that work best for you. In the end (no pun intended), you'll get to a point where you're comfortable and know how to manage it like an expert.

Ideally, after everything settles down, you will only go to the bathroom 4 to 8 times a day and it will be a simple and quick emptying process.

It's Not Always Easy

As mentioned, j-pouch recovery is a process. At the beginning, there will be accidents (typically nighttime) and discomfort. It's a whole new way of digesting food and your body needs time to adjust. And you will need time to adjust to it too. It's a major change.

Be aware of possible complications such as [pouchitis](#) and tell your doctor if you have more frequent or blood in your bowel movements. If you have a j-pouch or need one, you've already been through a lot. You know you're resilient and can make it through almost anything. This is just another step in your journey.

Don't let any of this discourage you. There's a reason you decided to get a j-pouch and there's a wealth of resources and support out there to help. Everything you will experience has been experienced before and the j-pouch community is always ready to help. But keep in mind that social media is often a place to vent so you might see more negative than positive posts.

So focus on the good, be patient, and look forward to enjoying pooping out of your butt again!

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

Do I Have a Parastomal Hernia?

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asymptomatic, those with one will likely beg to differ. Parastomal hernias can cause discomfort and pain and make it difficult to keep your appliance on.

Dealing With a Parastomal Hernia

One of the most frustrating things about having a parastomal hernia is dealing with leaks. Every parastomal hernia is unique and they come in all shapes and sizes so finding the right pouching system is important. It can take some experimenting and ordering plenty of free samples from ostomy supply companies to get it figured out.

If possible, you should also consult with a Wound Ostomy Care nurse. In fact, you should probably do this first. It can save you plenty of time and frustration. [Check out this link for resources on finding one.](#) Ostomy nurses are out there and ready to help!

Preventing a Parastomal Hernia

The best way to prevent a parastomal hernia is to listen to your doctor. When they say to not lift anything over 10 pounds for 4-6 weeks after surgery, don't do it! You should also always be careful

about what you lift and use proper form no matter how long ago your surgery was. It's also a good idea to wear an ostomy support belt or undergarment when you're working out or doing any strenuous activity, and to apply pressure to your stoma when you cough or sneeze.

[Strengthening](#) the area around your stoma site can help, too. But, as always, check with your doctor before beginning any sort of exercise routine. (Also, as always again, quitting smoking and/or maintaining a healthy weight can make a big difference.)

How Do You Fix a Parastomal Hernia?

Well, there's no simple answer. Like every parastomal hernia is different, so are our bodies and the surgeries we've had. It will take consulting with your doctor or a WOC nurse to find a plan of action that's specific to your needs.

But something you can do right now is find support from the ostomy community. We are a tight-knit group (and just not our sutures!) of people always eager to help and offer a listening ear.

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

Central Group

Date: Monday, June 13, 2022 (NOTE: The Tracy Gee Community Center is closed on Monday, June 20, 2022 in recognition of Juneteenth so we were asked to move our meeting earlier to June 13, 2022).

Time: 7:00 p.m.

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

Program: Guest Speaker: Ostomy nurse Ama Acheampong will give a presentation on diet and exercise

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

Baytown Group

Date: Monday, June 13, 2022

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: Roundtable

Contact: Cindy Barefield, CWOCN, 281-428-3033

Northwest Group

Date: Wednesday, June 15, 2022

Time: 7:00 p.m.

Place: **Virtual Meeting** (Information is provided in the email of your June OAHA Newsletter.)

Program: Guest Speaker: Brock Pennywell, a physical therapist with HCA Northwest.

Contact: Billy Locke 337-515-6354

Sugar Land Group

Date: Thursday, June 16, 2022

Time: 6:00 p.m.

Place: **Virtual Webex Meeting** (Information is provided in the email of your June OAHA Newsletter.)

Program: Guest Speaker: Roxanne Warren with Hollister.

Contact: Joan Burnham, MSN, RN, OCN, RN-BC, Oncology Nurse Navigator at 281-274-0188 or jmburnham@houstonmethodist.org

Woodlands Pediatric Group

Date: Meetings will resume in September.

Time: Sundays at 2:00 p.m.

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

Pat Thompson RN, BSN, CWON (281) 397-2799
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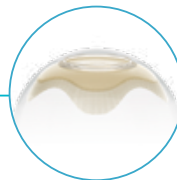
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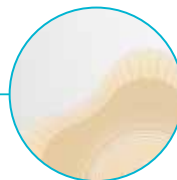
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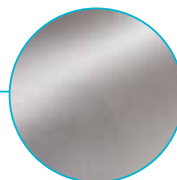
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Membership in the Ostomy Association of the Houston Area requires one easy payment. Please complete the following form and mail as directed with payment as shown. Dues of **\$25.00 per year** are payable to:

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)**:

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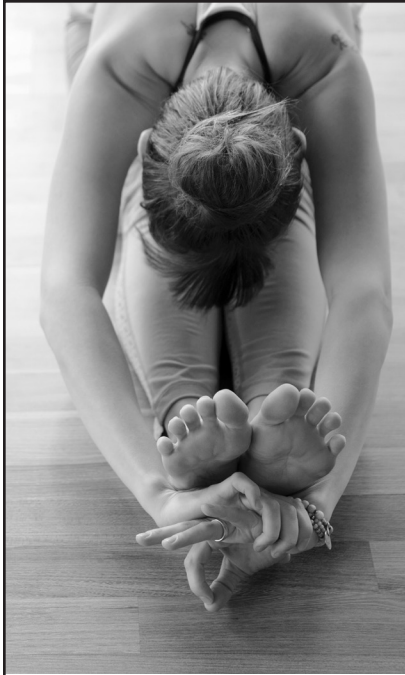
☐ I would like to become a member but cannot pay dues at this time. *(This will be kept confidential.)*

I learned about the Ostomy Association from

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

I am interested in volunteering. ☐ Yes ☐ No

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