



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

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 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

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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

832-581-5874

Memorial Hermann Rehabilitation

Hospital – Katy

BY APPOINTMENT

Contact Kim Dewitt, Clinic Manager

kim.dewitt@memorialhermann.org

281-579-5541



**GET THE LATEST INFORMATION AND
INSPIRATION AT THE
UOAA WEBSITE**

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

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.

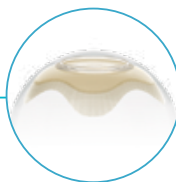
More options can be found on the UOAA's website: <https://www.ostomy.org/donate-ostomy-supplies/>

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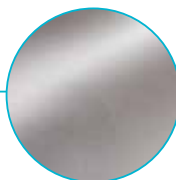
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Central Group

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

Baytown Group

Date: Monday, June 12, 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

Northwest Group

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

North Houston Group

Date: Tuesday, June 13, 2023
Time: 12:00 p.m.
Place: In-Person (Information is provided in the email of your June 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

Sugar Land Group

Date: Thursday, June 15, 2023
Time: 6:00 p.m.
Place: Virtual Webex Meeting (Information is provided in your June OAHA newsletter.)
Program: Body Image
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

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

Woodlands Pediatric Group

Date: June 11, 2023
Time: Sunday at 2:00 p.m.
Place: Virtual Meeting (Information for accessing meetings is provided in the email of your June OAHA Newsletter.)
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

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**

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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Our me+™ program provides ostomy education, resources and support to help you keep your skin healthy.

Scan the QR code to learn more, visit www.mepluscare.com or contact our me+™ team at 1-800-422-8811

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 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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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 |

☐ 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
Meetings, Social Events,
Monthly Newsletter*



LeeAnne, CeraPlus™ Product User

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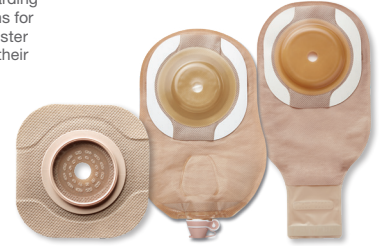
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