



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

How to Stay Hydrated from a Marathoner with an Ostomy

Courtesy of UOAA, Spring/Summer 2024

My name is Collin and I had ileostomy surgery in 2014 when I was on the Cross Country and Track & Field teams at the University of California–Berkeley. Staying hydrated was always an important aspect of my athletic performance, but after I had surgery, it became even more critical for me to drink enough fluids.

Over the last decade, I have continued to compete as an endurance athlete. Below are my top tips for new ostomates looking to stay on top of their hydration:

Tip #1–Make sure you are getting enough hydrating fluid throughout the day

Start by talking to your clinician about how much fluid you need on a daily basis. They will be able to point you to the best resources for your specific needs. General guidance is available online, but every body is unique. Keep in mind that the resources you come across online are going to be calculating fluid needs for a person who has all of their internal organs. So once you identify that baseline, ask your doctor if you need to increase your fluid intake above that level.

Tip #2–Be aware of when and how you are taking in your fluids

Make sure to spread out the volume of liquid that you’re drinking as evenly as possible. In other words, take small and frequent sips throughout the entire day. This is important because our bodies are not perfectly efficient at absorbing the fluids that we put into them.

For example, you may have determined that you need around 100 ounces of liquids each day to meet your hydration needs. However, if you were to wake up in the morning and drink all



100 ounces right away, you would end up urinating most of that water out. In addition, drinking too much water at one time can dilute your body of the electrolytes it needs to properly absorb water which can exacerbate dehydration. Spreading out your fluid consumption evenly throughout the day is going to allow your body to work most effectively.

Tip #3–Supplement with electrolytes

Another tip is to focus on getting the right balance of electrolytes as you hydrate. Electrolytes serve several important functions

(Continued on page 3)

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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.

Central Group

Date: No June meeting, next meeting September 16, 2024
Time: 7:00-8:30 p.m.
Place: In-Person Meeting: Tracy Gee Community Center, 3599 Westcenter Drive, Houston, Texas 77042
Program: Convatec Presentation
Contact: Denise Parsons, 713-824-8841 rockynme2@gmail.com

Baytown Group

Date: No meeting in June
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, June 19, 2024
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
 936-443-2565 mkinsey815@gmail.com

North Houston Group

Date: Tuesday, June 11, 2024
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 Spence 346-263-9658
ericka.spence@memorialhermann.org
 Mary Kinsey, BSN, RN, WOC, WCC, OMS
 936-443-2565 mkinsey815@gmail.com

Sugar Land Group

Date: Thursday, June 20, 2024
Time: 6:00–7:00 p.m.
Place: Virtual Meeting
Program: Presentation on Coloplast Sensura Mio Products
Contact: Joan Burnham, MSN, RN, ONN-CG, OCN, MEDSURG-BC.
 Oncology Nurse Navigator, 281-274-0188
jburnham@houstonmethodist.org
 or Jennifer Cerda, MSN, RN, OCN, Nurse Navigator,
 346-901-2012 jcerda@houstonmethodist.org

Woodlands Pediatric Group

Date: Saturday, June 1, 2024
Time: 2:00 p.m.
Place: Virtual Meeting
Contact: Mary Kinsey, BSN, RN, WOC, WCC, OMS
 936-443-2565 mkinsey815@gmail.com
 Contact Mary Kinsey for online meeting link.

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.)

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

Sugar Land Group April Meeting Summary

A presentation was given by Caroline Johnson from Edgepark over Ostomy Supplies at Edgepark. Edgepark believes getting supplies should be easy therefore they offer extensive insurance access, have a wide selection of brands and products, offer free shipping, and utilize a convenient ordering process. Edgepark offers ContinuCare, which is a reorder reminder program that allows patients to receive automatic order reminders and Edgepark will work behind the scenes with your doctors to get your supplies to you. Caroline provided the group with important ostomy support contacts from Edgepark. Some ostomates shared their experience with Edgepark. Open discussion with ostomy support group on various topics. The meeting adjourned at 7:05 p.m.

Our next meeting will be on Thursday, June 20, 2024 from 6:00 - 7:00 p.m., with a presentation on Coloplast Sensura Mio Products.



How to Stay Hydrated from a Marathoner with an Ostomy *(continued from page 1)*

in our bodies' processes, but in terms of staying hydrated, the important thing to know is that we need them to efficiently absorb the fluids that we drink. Since many of us with ostomies will be taking in more fluid throughout the day to meet our new daily requirements, we may have an increased need for electrolytes as well.

Generally speaking, sodium, potassium, and magnesium are the big three to look for in supplements, but work with your healthcare professional to determine what mix of electrolytes would be best for you and your body.

It makes sense to stay on top of your hydration

Regardless of whether you are dealing with severe dehydration issues or are just learning more about how to live well with your ostomy, I would highly encourage you to evaluate your daily hydration routine. Consuming the right amount of fluids will help keep your body functioning properly. Happy hydrating!



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

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:

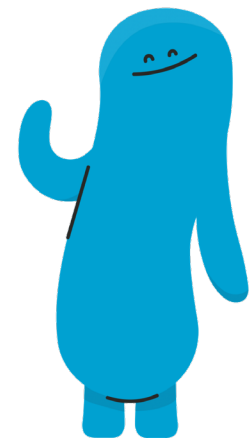
Alive & Kicking—a 30-day ostomy recovery program delivered via email with tips on adjusting to a new life that features videos and information from physicians, WOCNs, physical therapists, nutritionists, mental health professionals and “veteran” ostomates.

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](#)



embracing ostomy life

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Details

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- Spouses/partners will also be asked to complete 2 online surveys (<10 minutes/survey)
- Participants will be compensated

Click on pink buttons above and below to get more info.

Sign Up

Full details and sign-ups can be found here:
https://baylor.qualtrics.com/jfe/form/SV_a_hirdAAy9JtNot8

For questions, please contact
sara_perry@baylor.edu



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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.



MKTG112023

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



Find us on:
facebook

<https://www.facebook.com/OstomyHouston/>

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! (More info on page 8)



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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. Salvadaleña, Ginger, Colwell, Janice C., Skountrianos, George, Pittman, Joyce.
2. Maria Teresa Szweczyk, MD, PhD; Grazyna Majewska, RN, ETN; Mary V. Cabral, MS, FNP-BC, CWOCN-AP; and Karin Hlzel-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
Call 713-867-2432

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/>

Virtual Ostomy Clinic

(Continued from page 7)

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](#)

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 Spence 346-263-9658, or contact Mary Kinsey 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. 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/>

UOAA Membership Resources



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.

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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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 |

*Membership benefits include:
Monthly Support/Information
Meetings, Social Events,
Monthly Newsletter*

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.



LeeAnne, CeraPlus™ Product User

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