



March 2023

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

UOAA National Conference Information—Make Plans to Attend!

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
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- Fun Social Events and Activities
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- IBD & Crohn's Disease Program

National Sponsors to date:



Visit www.ostomy.org/2023Conference for continued updates. Registration opens 1/1/2023

By Robin Glover

Compliments of UOAA Fall/Winter 2022 Newsletter,

Come one, come all to Houston, TX, for the 8th United Ostomy Associations of America (UOAA) National Conference!

From August 10-12, 2023, UOAA and the fourth largest city in the United States is opening its arms to welcome ostomates from all over the country for three full days of fun, learning, advocacy, and unity.

Houston is known as the Space City for its NASA connection but also more recently just H-Town for its culture and the "Big Heart" for its welcoming spirit of those affected by Hurricane Katrina.

Houston is an ultra-diverse city with something to offer everyone, from world-class dining to high-end shopping to down-to-earth BBQ joints, and believe it or not, ice skating!

The best part? You can find all of that within a very short distance from The Royal Sonesta Galleria Hotel where the conference is being held.

(Continued on page 6)

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.

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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.

News from the OAHA Board

Life is slowly getting back to normal for a lot of us and many of our support groups in the greater Houston area are continuing or starting to meet in person. We have several groups in and around Houston and I hope you can find one that meets at a convenient time and place. You will find us a warm and welcoming group of ostomates, nurses, families and friends and we hope you will join us. If you can't make an in-person support group – join one of the virtual monthly support meetings.

The Southern Texas Chapter of the Crohn's & Colitis Foundation is hosting their annual **Take Steps Toward Cures for IBD** on April 29, 2023 at Nottingham Park located behind Spring Forest Middle School, 14205 Kimberley Lane, Houston, TX 77079.

<https://www.crohnscolitisfoundation.org/chapters/southtexas>

NEW Ostomy Academy Program March 28th at 8 p.m. ET

Join UOAA and Charlotte Foley, MS OTR/L, CBIS to learn about Foundations for Recovering from Ostomy Surgery. Whether you are a new ostomate learning how to move your body again or an experienced ostomate looking for some additional tips and exercises, these foundations are aimed at helping you feel more confident in life with an ostomy.

<https://www.ostomy.org/ostomy-academy/>

OAHA Board Elections are coming up in May for the July 1, 2023. Please contact one of our board members if you are interested in volunteering and serving on our board.

United Ostomy Associations of America will host their 8th National Conference August 10-12, 2023 in Houston and registration is now open. To learn more, go to: www.ostomy.org/2023Conference

Newsletter opportunities—Do you have an exciting story to share about your ostomy journey? We would love to share your story in one of our newsletters. Vacations, hobbies, etc. Pictures are always appreciated! Contact Kathleen or Lorette—you will find our contact information on the last page of this newsletter.

Kathleen Duplessis, President and The OAHA Board



Thank you for the generous donations to FOW! (left to right) OAHA Volunteers: Nathaniel, Mike, Lorette, Kathleen, and Cindy

Central Group News

Central Support Group met on Monday, February 20th at the Tracy Gee Community Center at 7:00 p.m. for our first ostomy donation drive in support of FOW (Friends of Ostomates Worldwide – USA). Our presenter was the president of FOW, Cindy Barefield, BSN, RN-BC, CWOCN, Houston Methodist Baytown Hospital and the UOAA's (United Ostomy Associations of America) WOC Nurse of the Year!! We consider Cindy a SUPERHERO and we are very grateful for all she does for ostomates in the greater Houston area and worldwide. Thank you, Cindy!

I was so thrilled at the wonderful response from ostomates who donated what turned out to be an overflowing table of supplies as well as some financial donations. Thank you all! It is heartbreaking to hear some of the stories of how ostomates live their lives without ostomy supplies and it's very rewarding to see pictures of the many smiling faces when some supplies become available to them. FOW delivered free ostomy supplies to ostomates in 100 countries around the world last year! We are all so happy to get involved with such a wonderful organization.

If you missed Cindy's presentation and would like to donate supplies or make a cash donation you can go to their website: fowusa.org and click the donate button. For as little as \$15 you can ship a box of supplies (up to 40 pounds) to their Louisville, Kentucky warehouse – please be sure and read the details about what they accept, etc. I lost count of the number of people who attended as well as how many dropped by to donate but I think it must have been around 20 +/- . Thank you all!

Our Monday, March 20th meeting will be at the Tracy Gee Community Center from 7:00–8:30 p.m. and our presenters are from Rice University's Rice360 Institute of Global Technologies. Abby Chapin, project lead, will be giving updates on the prototypes they have been working on. The OAHA has been involved with Rice360 practically since inception of this project and many of you have helped them with reviews of their prototypes throughout the years. Your opinions matter—please join us.

Hope to see you in March!

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

March 20, 2023 Central Group Meeting

Presenters: Rice360 Global Health Technologies from Rice University who have been working on developing a low-cost ostomy bag for patients in low-resource settings. Abby Chapin is the current project lead and she is working on finalizing bag concepts, performing clinical trials with ostomates, and determining the specific needs of ostomates in low-resource settings. Rice 360 is very excited to reconnect with the OAHA community to share their project's progress and hear from all of you about your experiences!

Baytown Group News

Participants for Baytown Ostomy Support met on February 13th, enjoying a small yet energetic roundtable with 3 persons in attendance. We chuckled our way through “12 Reasons Why You Should Love Your Ostomy”. In celebration of Jessica Grossman’s 12th anniversary with her stoma, she had posted this at uncoverostomy.org. Cindy brought this to share with the group tonight as an early celebration of Valentine’s Day tomorrow.

Sharing positive ostomy awareness with her unique story is what drives Jessica Grossman. Uncover Ostomy began in 2009 in which Jessica and the IDEAS team created a high-school media project to spread positive ostomy awareness. Uncover Ostomy is an online awareness campaign working to break the stigma surrounding ostomy surgery. “Through conversation, social sharing, and community, we are changing the way the world views the ostomy.”

The group took turns reading through each of the 12 reasons and then discussed whether they agreed or disagreed with the statement.

- #12 Because you can go on a roundtrip and not have to stop for hours.
- #11 Because it’s an excuse, for everything
- #10 Because you can eat things you couldn’t eat when you were sick with Crohn’s / Colitis
- #9 Because you can usually always remember what you ate the night before
- #8 Because it allows you to exercise, play sports, and get back outside!
- #7 Because you can drink without getting a hangover
- #6 Because you’ve always got a story to tell
- #5 Because you have a plethora of jokes attached to your stomach
- #4 Because you can have a Crohn’s or Colitis flare, stomach flu, or food poisoning, and you only have to get up half the time!
- #3 Because it helps you get rid of a**holes (pun intended)
- #2 Because it helps you find amazing people
- #1 Because it makes you who you are – and you should be SUPER PROUD!

Baytown support group will not meet in March due to Spring Break. We will resume our regularly scheduled 2nd Monday with the following:

- April 10th: Coloplast presentation with Lisa Gonzales
- May 8th: ConvaTec presentation with Ray Nevels
- June 12th: Hollister presentation with Roxanne Warren

Meeting time is 6:00-7:00pm in the Community Resource Credit Union Meeting Room – Plaza 2 of Houston Methodist Baytown Hospital. I hope you will make plans to join us there!

Kind Regards,

Cindy Barefield, RN, CWOCA

cbarefield@houstonmethodist.org

281-428-3033

Sugar Land Group News

Daniela Jofre BSN RN OMS WCC presented No Kangaroos Here! Pouch Options. Considerations when choosing a pouch includes the type of ostomy, output consistency, stoma height, vision limitations and dexterity or hand movement limitations.

Types of pouches include:

- Drainable versus closed pouch
- Urostomy and high output pouches with spout rather than flap opening
- One piece versus two piece
- Precut versus cut-to-fit
- Oval or round opening
- Flat versus convex or deep convex or convex flip

Asking for samples, if you are interested in different options, is done with calling your pouch supplier. Both Edgepark and Byrum do have ostomy nurses that are available for assistance. Questions asked about what is hydrocolloidal—Joan answered it is the material that the wafers are made of, that are sticky, and adhere to the skin to form a seal keeping contents from your stoma inside the bag or pouch. Hydrocolloidal wafers can also absorb fluid, which then softens and can breakdown the material. Stomahesive paste is made of a hydrocolloidal material. Some other products are silicone based and do not absorb fluid or breakdown on the skin. Group members shared how long they apply pressure or heat to wafer to contribute to a good seal, times range from 2-5 minutes and some use a belt to help assure a good seal to the skin. Question about is it okay to sleep on stoma. Some people sleep on stoma, some do not, it is a personal preference and also determined by trial and error. If the bag leaks when you sleep on it, sleep on the other side or you can reposition the pouch so it drains to the side.

Joke of the day shared – Why couldn’t the lifeguard save the hippie? He was too far out, man!

Our next meeting will be March 16, 2023 at 6:00– 7:00 p.m. by Zoom—Joan will present “Don’t Hurt Me!—Skin and Adhesives”—see the newsletter for more information.

Joan Burnham, MSN, RN, ONN-CG, OCN, MEDSURG-BC
Oncology Nurse Navigator

281-274-0188

jburnham@houstonmethodist.org

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

Group News (continued)

Northwest Group News

The Northwest Group met live and had an ad lib meeting that was enjoyed by all. On March 15th we will have Roxanne Thompson from Hollister meeting with us live. The Zoom link to join is in your email newsletter. This is still a hybrid meeting!

Mary Kinsey, BSN, RN, WOC, WCC, OMS
936-443-2565

North Houston Group News

The North Houston support group is meeting IN PERSON at Memorial Hermann Greater Heights Hospital every 2nd Tuesday from 12-1 p.m., classroom D in the south tower. Contact Mary Kinsey at 936-443-2565 or Ericka Spence at 806-661-8182. First meeting will be March 14! .

Mary Kinsey, BSN, RN, WOC, WCC, OMS
936-443-2565

HOPE—TCH Woodlands, Pediatric Group News

The HOPE group will meet on March 12 (the second Sunday of each month), from 2-3 pm. The Zoom link for future meetings will be in your email newsletter.

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

NEW
Ostomy Academy Program
Tuesday, March 28, 2023
at 8:00 p.m. ET



Join UOAA and Charlotte Foley, MS OTR/L, CBIS to learn about **Foundations for Recovering from Ostomy Surgery**. Whether you are a new ostomate learning how to move your body again or an experienced ostomate looking for some additional tips and exercises, these foundations are aimed at helping you feel more confident in life with an ostomy.

<https://www.ostomy.org/ostomy-academy/>

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/>

Certified Wound and Ostomy Nurse, Mary Anne Obst, On the Importance of Recognition and Treatment of Patients Diagnosed with Short Bowel Syndrome in a Level 1 Trauma Center

Compliments of UOAA Fall/Winter 2022 Newsletter, Article provided by UOAA Sponsor, Takeda

I started my career as a surgical ICU and flight nurse providing care to the critically ill both on the ground and in the air. Flash forward 34 years, I now am the complex abdomen specialist at Regions Hospital, which is a Level I Trauma Center in St. Paul, Minnesota. As a wound and ostomy certified nurse, I specialize in complex abdominal wall injuries and enteric fistulas. I often see patients with abdominal disasters that require many levels of support including diverting ostomies and total parenteral nutrition (TPN).

A rare and serious condition called Short Bowel Syndrome (SBS) occurs in patients when part of their intestines are surgically removed or injured, and the remaining intestine may not be able to absorb enough nutrients from food and drink.

In my experience, SBS doesn't impact life early on in a trauma patient's world while in the ICU. At that time, they often have little to no output of fecal matter because the body is working overtime to support the heart, lungs, brain, etc. Patients' memories of the hospitalization usually begin once they reach our general care floor, which is when they start to mobilize, eat, and drink.

All this happening simultaneously with a patient awaking to learn that they now have an ostomy can often feel overwhelming to a patient and the family or friends who care for them. Patients and family caregivers may experience grief at the realization that they now have a temporary or irreversible ostomy. The emotional adjustment can take time. And since management of the ostomy and pouch is frequently paired with that of other injuries sustained by the patient, education is incredibly significant at this stage.

At our hospital, we have a stepwise program that involves the entire facility care team—dietitians, surgical staff, bedside nurses, patient care assistants, and other allied health professionals. We start by explaining what is happening with the patient's body and why it requires management: SBS

puts patients at risk for malnutrition, electrolyte disturbances, dehydration, and increased ostomy output. Additionally, patients and family caregivers often go through the stages of grief while mourning the loss of what they consider to be a normal lifestyle. Patient and caregiver education is incredibly significant at this stage.

When it comes to SBS, I often quote nutrition support specialist, Carol Parrish, MS, RDN, "It's not the length of the bowel, it's the functionality." In my opinion, following Ms. Parrish's handbook for SBS is beneficial to the patient. You can't prepare a patient for what comes with an SBS diagnosis, and no two situations are the same. When possible, we try to eliminate the need for long-term TPN for our patients and move toward management of SBS through strict meal planning and medication.

Weaning off TPN is a process that takes time, patience and commitment from patients and caregivers. It is important to educate and re-educate the care teams on medication choices and food and drink choices. I've seen great success from patients and caregivers that are diligent in tracking how certain food and drink affect them beyond their stay in the hospital.

SBS is a rare condition that is still not widely recognized in the medical community. More education for providers and access to care for patients is essential. Teamwork is key in managing the changes and challenges that come with an SBS diagnosis. There are resources available to help patients and caregivers as they navigate the journey with SBS and seek support.

Mary Anne Obst RN, BSN, CCRN, CWON, CWS is a complex abdomen specialist at Regions Hospital in St. Paul, Minnesota.

To learn more about SBS, visit <https://sbs-whattoknow.com/>. To join the community and talk with others who are living with SBS, check out <https://www.facebook.com/TakedaSBS/>.

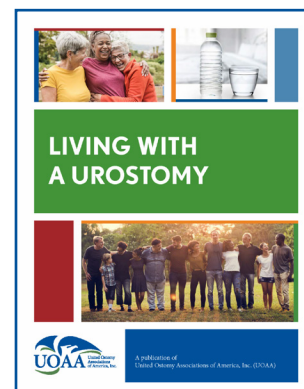


Mary Anne Obst,
RN, BSN, CCRN,
CWON, CWS

New! Urostomy Guide

The brand new, medically reviewed Living with a Urostomy Guide is now available for free on the UOAA website. Huge thanks to all the volunteers who spent countless hours writing and reviewing this guidebook. Our goal is to help inform all those who have or may have urostomy surgery.

[View and download PDF of the Guide](#)



Houston Conference Information

(Continued from page 1)

Leave your worries behind and imagine a learning vacation where you can be surrounded by new ostomy friends who have been in your shoes. The only thing you'll need to do is have an open mind and have some fun.

The Luxurious Royal Sonesta Hotel

There are lots of places to go in the Uptown area but The Royal Sonesta Galleria itself offers enough that you never even need to leave its luxurious ambiance. It has four restaurants, a coffee shop, a fitness center, an accessible swimming pool, a hot tub, and, if you do want to head somewhere, a free shuttle service to points of interest within 3 miles (ADA transportation available upon request.) You can bring your pet too!

Royal Sonesta Houston Galleria

2222 West Loop South

Houston, TX 77027

Hotel Reservations: 855-463-3091

Room Block 2023 UOAA National Conference

Special UOAA Rate \$143 plus taxes

What could be better than finishing a fun-filled day at the conference by hanging out with new friends and old acquaintances without having to go anywhere? Just gather around in the lobby area, sit together at a restaurant (enjoying a meal, a special drink, or just a glass of water), or hang out at the pool and talk the night away sharing stories and experiences with ostomates from all over the country.

You'll want to stay through Saturday night and get some dancing boots to wrap up the event with music, desserts, and country line dancing lessons.

Call to get the UOAA Room Block Rate. As conference guests staying at the hotel, we'll be the VIPs.

You may read the rest of the article at: [Conference Article](#)

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

Applications for UOAA's 8th National Conference Attendee Reimbursement of Expenses Scholarship (CARES) are Now Being Accepted!

UOAA National Members and members of UOAA's Affiliated Support Groups are welcome to apply for the CARES award. This year, UOAA is awarding six (6) \$600 CARES scholarships, which are designed to help first-time UOAA National Conference attendees defray costs associated with travel and accommodations that would otherwise prohibit them from being able to attend.



Recipients of the scholarship will also receive one complimentary conference registration. Selection preference will be given to those who recently underwent ostomy surgery, preferably within two years prior to the upcoming UOAA National Conference to be held in Houston, Texas on August 10-12, 2023.

[CLICK HERE](#) if you or a member of your Group meets the criteria above, would like to know more about the program requirements, and apply for the Scholarship. Please note ASG Leaders must sign the application for their members prior to submission, and UOAA's ASG and Membership Coordinator will need to confirm eligibility of any UOAA National Membership applications.

Applications are being accepted through Monday, April 17, 2023, and recipients will be notified on Monday, May 8, 2023.

If you have any questions, please contact info@ostomy.org.

Did you know the Ostomy Association of the Houston Area supports a scholarship to Houston area nurses interested in wound, ostomy and continence nursing?

The OAHA along with RJ Poonawala at Spring Branch Medical Supply (one of our friends and a long-time advertiser in our newsletters) contribute matching funds totaling \$4,000 to assist a nurse pursuing the WOC specialty. The scholarship is administered through the south central region of the WOCN Society. Some of the qualifying criteria for the scholarship includes the applicant must live in the Greater Houston Area (100-mile radius) and the course of study must include Ostomy care. A big thank you to all who have helped by paying their membership dues (if you haven't, it's not too late) and those who have donated to the OAHA—your support helps us make a difference for the ostomy community in the greater Houston area! Contact any OAHA Board Member for more information.

UOAA Ostomy Nurse Scholarship Application is Now Open!

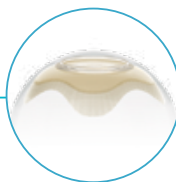
To help increase access to Certified Ostomy Care Nurses (COCN®) in the United States, UOAA sponsors a scholarship to encourage more nurses to pursue a career in this specialty. This year they've expanded their program to include those pursuing Ostomy Advanced Practice Certification (COCN-AP®). The application period is now open and will close on June 30th. To learn more about the program, [click here](#).

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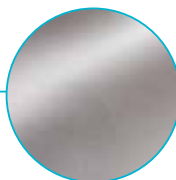
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Central Group

Date: Monday, March 20, 2023
Time: 7:00 p.m.
Place: **In-Person Meeting:** Tracy Gee Community Center, 3599 Westcenter Drive, Houston, Texas 77042
Program: Abby Chapin, project lead, Rice University's Rice360 Institute of Global Technologies (see page 2 for details)
Contact: Denise Parsons, 713-824-8841
rockynme2@gmail.com

Baytown Group

Date: No meeting in March due to Spring Break
Contact: Cindy Barefield, CWOCN, 281-428-3033
cbarefield@houstonmethodist.org

Northwest Group

Date: Wednesday, March 15, 2023
Time: 7:00 p.m.
Place: **Virtual Webex Meeting and In-Person** (Information is provided in the email of your March OAHA Newsletter.)
In-person: HCA Healthcare Northwest
 710 Cypress Creek Parkway, Houston, TX 77090
Program: TBD
Contact: Mary Kinsey, BSN, RN, WOC, WCC, OMS
 832-581-5874 mkinsey815@gmail.com

North Houston Group

Date: Tuesday, March 14, 2023
Time: 12:00 p.m.
Place: **In-Person** (Information is provided in the email of your March OAHA Newsletter.)
Memorial Hermann Greater Heights Hospital, Classroom D in the South Tower
Program: TBD
Contact: Mary Kinsey, BSN, RN, WOC, WCC, OMS
 832-581-5874 mkinsey815@gmail.com

Sugar Land Group

Date: Thursday, March 16, 2023
Time: 6:00 p.m.
Place: **Virtual Webex Meeting** (Information is provided in your March OAHA newsletter.)
Program: "Don't Hurt Me!—Skins and Adhesives"
Contact: Joan Burnham, MSN, RN, ONN-CG, OCN, MEDSURG-BC. Oncology Nurse Navigator
 281-274-0188 jburnham@houstonmethodist.org

J-Pouch

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

Woodlands Pediatric Group

Date: March 12, 2023
Time: Sunday at 2:00 p.m.
Place: **Virtual Meeting** (Information for accessing meetings is provided in the email of your March OAHA Newsletter.)
Contact: MaryAnne Lewis, 281-948-1490
maryannelewis@hotmail.com

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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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 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.



LeeAnne, CeraPlus™ Product User

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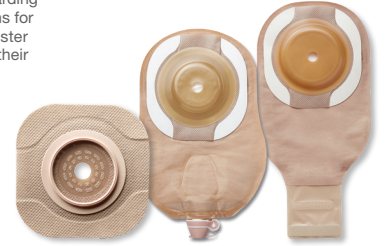
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