



March 2024

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

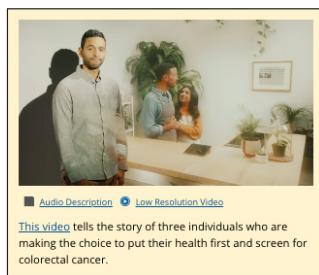
March is Colon Cancer Awareness Month

(courtesy of www.cdc.gov)

Colorectal cancer screening saves lives.

Regular screening, beginning at age 45, is the key to preventing colorectal cancer (cancer of the colon or rectum). If you're 45 to 75 years old, get screened for colorectal cancer regularly. If you're younger than 45 and think you may be at high risk of getting colorectal cancer, or if you're older than 75, talk to your doctor about screening.

Click on the image at right to hear the stories of three individuals who are making the choice to put their health first and screen for colorectal cancer.



Colorectal polyps and colorectal cancer don't always cause symptoms, especially at first. That is why getting screened regularly for colorectal cancer is so important.

Screening Test Options

Several screening tests can be used to find polyps or colorectal cancer, including some that you can do at home. Each test has advantages and disadvantages. Talk to your doctor about the pros and cons of each test, and how often to be tested.

Robert's Story

"I never would have found it early if I hadn't been screened," says colorectal cancer survivor Robert.

Since Robert's dad got colorectal cancer at age 45, when Robert went for his annual checkup, he asked his own doctor about getting screened. He got a screening test called a colonoscopy, a test that can show the whole colon and the best kind of test for Robert because of his family cancer history. The colonoscopy showed he had cancer.

"People tell me that they are scared to get screened, but I think it's scarier if you have a tumor that the doctor can't remove," Robert said. "If I hadn't been screened, I wouldn't have been able to see my son go off to college, or enjoy this next chapter of my life with my wife and family."



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!](#) (See also page 7)

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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Central Group

Date: NO MEETING IN MARCH
(next in-person meeting is April 15)

Time: 7:00-8:30 p.m.

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

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

Baytown Group

Date: NO MEETING IN MARCH

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, March 20, 2024
(third Wednesday of the month.)

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: NO MEETING IN MARCH
(typically second Tuesday of the month)

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 (On leave until April.)
Mary Kinsey, BSN, RN, WOC, WCC, OMS
936-443-2565 mkinsey815@gmail.com

Sugar Land Group

Date: Thursday, March 21, 2024

Time: 6:00–7:00 p.m.

Place: Virtual Meeting

Program: “Ordering Supplies through Byram Health Care”
Check your email newsletter for Meeting Link.

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

Woodlands Pediatric Group

Date: March 2, 2024
(first Saturday of Month)

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 March Meeting Summary

Sam Bennett from Coloplast, our local ostomy rep, attended our support group and gave an informative presentation over MyOstomyLife App and Coloplast Care. Coloplast Care helps patients move from confusion to confidence by offering quality of life guidance, connecting patients with advisors, and continued support with support group webinars. Following enrollment, patients will be sent a customized Care Kit to their home that includes an educational booklet, customized samples, and a travel bag. MyOstomyLife by Coloplast Care is an app that provides access to support and education to help manage life with an ostomy. Sam went over how to navigate the app in detail. Coloplast services at every step of the patient's journey. One of our ostomates recommended the app and states it has been helpful during her ostomy journey.

Open discussion included the use of the Convex Flip for ostomates with hernias and other topics. Meeting adjourned at 7:03 p.m.

Our next meeting will be on Thursday, March 21, 2024 from 6:00–7:00 p.m., with a presentation on "Ordering supplies through Byram Health Care."

Ostomy Academy: Parastomal Hernias

March 12, 2024, 8:00–9:00 p.m. FREE

Many people living with an ostomy are either worried about developing a parastomal hernia or already have one. Tune into our next Ostomy Academy on March 12 to hear colorectal surgeon Jenny R. Speranza discuss prevention, types of surgical repairs, and success rates. She'll also be joined by WOC nurse practitioner Ashley Croft to discuss nonsurgical management and share lifestyle and diet suggestions. The speakers will field viewer questions along with Ostomy Academy Co-hosts Steve Vandevender and Amie-Leigh Reece.

Register at www.ostomy.org/ostomy-academy/ for details and watch live 3/12/24 at (8PM ET, 7PM CT, 6PMT, 5PM PT). A recording will be available after the event.



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:

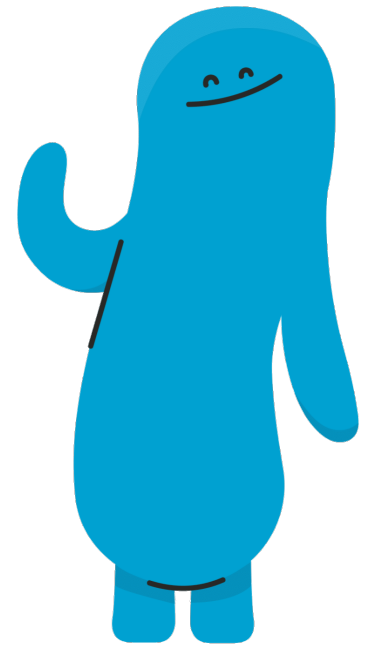
Alive & Kicking—a 30-day ostomy recovery program delivered via email with tips on adjusting to a new life that features videos and information from physicians, WOCNs, physical therapists, nutritionists, mental health professionals and "veteran" ostomates.

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](#)



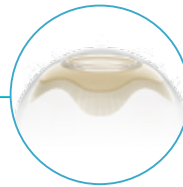
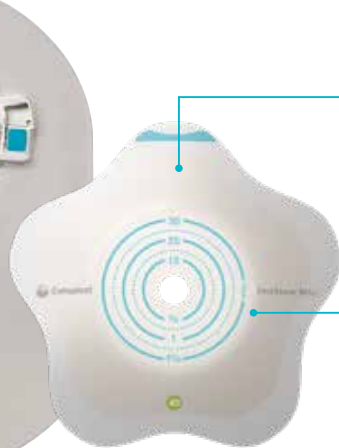
embracing ostomy life

SenSura® Mio

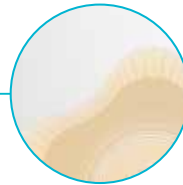
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in 1-piece and
2-piece Click

The fit is the difference between asking for help and doing it yourself

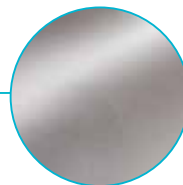
SenSura® Mio Convex Flip has a star shaped barrier to provide a secure fit over curved areas, even when bending and stretching.



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PM-11979 07.20

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.



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



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New Patient Guides are made possible by the UOAA. www.ostomy.org

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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. Salvadale, Ginger; Colwell, Janice C.; Skountrianos, George; Pittman, Joyce.
2. Maria Teresa Szwedczyk, MD, PhD; Grazyna Majewska, RN, ETN; Mary V. Cabral, MS, FNP-BC, CWOCN-AP; and Karin H. Izel-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/>

Your Own Virtual Certified Ostomy Nurse

(courtesy of ostomy.org, January 2024)

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 (**Ericka is on leave until April**), or contact Ericka's back up: 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/>



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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: _____p

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: _____p | <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 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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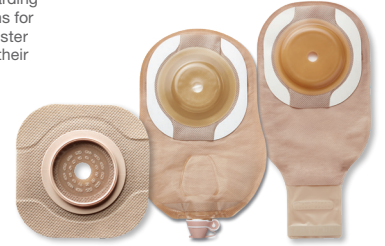
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