



May 2021

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

Managing Humidity and Extending Pouch Wear Times with an Ostomy

from UOAA, ostomy.org

For people living with an ostomy, humid climates and certain situations may cause concern in pouch wear time. The me+ support team has put together some useful tips just for you to help optimize your pouch wear time.

Feel more confident when facing humidity with these tips:

- Review your peristomal cleaning routine. Using baby wipes or cleaners that include moisturizers may affect your pouch seal in hot, humid weather. Clean your peristomal skin with warm water and a simple bar of soap.
- Try a barrier wipe or spray before applying your pouch. Barrier wipes create a film that protects the skin from the damaging effects of adhesives, body waste and enzyme attack. Using barrier wipes in combination with a protective powder may help extend overall pouch wear time.
- If you are having an issue with tape collars starting to peel, try adding strips around the skin barrier where it meets the skin for extra security.
- Using a seal with your pouching system may help absorb additional moisture. Seals can help prevent leaks and skin irritation by forming an absorptive barrier around your stoma.
- Try using an ostomy belt or wearing an ostomy wrap to help keep your pouch secure and supported against your body, which may help increase wear time.

- You may find in humid climates and situations that you need to change your pouch more often.

If you have any other questions in regards to humidity and potentially extending pouch wear time, requesting samples, or where to buy ostomy products, contact the me+ Team at 1-800-422-8811 or cic@convatec.com.

me+™ Answers provides tips and tricks for living with an ostomy.

Find in-depth articles on topics like diet, activity, travel, relationships and everyday life. Helpful information for people living with a colostomy, ileostomy or urostomy.

United Ostomy Associations of America
8th NATIONAL CONFERENCE
2022
HOUSTON
TEXAS
Embracing New Frontiers
August 11-13
~LEARN MORE ON PAGE~ 4

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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Central Group News

We welcomed ConvaTec's Territory Manager, Ostomy – Tracy Baranzky, Cindy Meyers, WOC Nurse with ConvaTec's Me+Recovery Program and Sara Biggart Ostomy Secrets at our April Zoom Meeting.

Cindy Meyers shared some of the Me+Recovery Program. ConvaTec's Me+Recovery Program is open to anyone and Cindy encouraged us to join the program which gives you access to a complimentary collection of videos, Tele-Health, podcasts featuring real talk from ostomy nurses, product specialists and a blog which offers stories from members of the ostomy community. Colorectal surgeons support this program. Here is a link to their website: <https://meplus.convatec.com/about/>

Sarah Biggart is an ostomate representing Ostomy Secrets. This on-line company carries products for men and women including undergarments, wraps, intimate wear and swim wear. Visit their website <https://www.ostomysecrets.com/> or give Sarah a call at 877-613-6246. Sign up with them to receive coupons throughout the year and here's a special discount code for you to use now: **CIC20**.

A big thank you to Tracy Baranzky at ConvaTec for organizing this informative meeting and many thanks to our own Denise Parsons for hosting the Zoom Meeting.

Our next Zoom meeting is Monday, May 17th with guest speaker, Amber from Ostomy Diaries. Amber is the creator of the Ostomy Diaries YouTube Channel. She began her journey with IBD when she was only 9 years old. She has had her ostomy since 2016 and her mission is to educate, encourage, and inspire others with ostomies. Amber is a High School chemistry and physical science teacher and is currently pursuing a Masters degree in secondary education. Thank you—Allison Rosen for setting this up. All are welcome—Please contact me for the Zoom Meeting instructions.

ANNOUNCEMENTS

As a reminder, we will be voting for Board members in May. We have an 8-member Board of Directors, with each member serving 3 years. We have two members whose terms are up in June—Mike McGinity and Mary Harle. Although Mary Harle will be retiring from our Board, she will continue to be an active member. Our next fiscal year begins July 1, 2021 and we have selected nominees to serve July 2021 through June 2022. Our nominees are Mike McGinity and Allison Rosen. You will find a short bio on each in this newsletter.

July 17, 2021 (Saturday) Visitor Training at the Tracy Gee Community Center, 3599 Westcenter Drive, Houston, 77042 from 8:30 am–1:00 p.m. The OAHA uses the guidelines of the UOAA and offers this program every other year. This is in person training and we are looking at ways to offer this training virtually so our friends in NW Houston, Baytown and those not able to make the trip to the Tracy Gee Community Center can become certified visitors. Our trained and certified visitors perform a very valuable outreach to the greater Houston Ostomy Community, plus we have fun getting together during our training! Please join us in July.

June 21, 2021 (Monday) Central Group Meeting 7:00 p.m. at the Tracy Gee Community Center, 3599 Westcenter Drive, Houston, 77042. Masks and social distancing. If you are vaccinated

and comfortable meeting in-person we would love for you to join us at this in-person meeting. More details will be provided in our June newsletter.

August 11 – 13, 2022 UOAA National Conference will be held in Houston. The conference location is the Royal Sonesta Houston Galleria Hotel, 2222 West Loop South, 77027. Mike McGinity, Pat Thompson and I are on the Conference Planning Committee. If you are interested in volunteering, speaking, or presenting at the UOAA National Conference let us know. There will be an exhibit hall for those interested in hosting a booth and plenty of sponsorship opportunities for those wishing to advertise their business. Please let us know if you want more information on getting involved with the conference.

Kathleen Duplessis, President, OAHA, 713-299-3180

Sugar Land Group News

The Houston Methodist Ostomy Support Group met Thursday, April 15th, 2021. Meghan Atchison, BSN, RN, CWON, presented "Exercise with an Ostomy: Let's Get Moving"

Information presented included why should you exercise, when to start exercise, how to start, what you need to exercise, core strength exercises, tips for starting, and helpful pouch accessories.

In summary, Meghan provided a video, which the technically challenged facilitator (Joan) was unable to share, so we are including the link here: <https://vimeo.com/232728645>

After the presentation, roundtable discussion was had that addressed bathing and showering with a stoma, summer heat, humidity and a stoma, and flying with a stoma.

Our next support group meeting will be Thursday, May 20, 2021, at 6:00 p.m. with Sarah Arriaga, BSN, RN, CWON, presenting "Stick It to Me—Tapes and Adhesives"

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

HOPE—TCH Woodlands, Pediatric Group News

The HOPE group will not be meeting in May. You are welcome to join the Sugar Land Group Virtual Meeting on May 20, 2021.

MaryAnne continues to provide in-hospital ostomy education and support and follow-up in the outpatient setting. The group also has a group of moms who are available for social support via telephone on an individualized basis.

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

Northwest Group News

The Northwest Group was thrilled to host Hollister's Lisa Osterhaus and Andrea Ball at our April meeting. We welcomed several out of state guests, Parvinder and his wife from Washington and Sherri from the Metro Maryland ostomy group.

We started out with a short video highlighting Hollister's company as they celebrate their 100th anniversary. A short quiz after the movie netted winner Parvinder an Amazon gift card.

Andrea gave us a detailed tour of the Hollister Secure Start program. Lisa followed by sharing information about the Ceraplast infused wafers and the new flexible convex pouching systems. A lively question and answer session followed the formal presentation.

Our May meeting is scheduled for Wednesday, May 19, 2021, at 7:00 p.m. CST. We are very excited to welcome special guest Lisa Gausman. Lisa will be joining us from Calgary, AB, Canada via Zoom. Lisa has a jejunostomy. Her stoma is formed from the jejunum not from the colon or ileum. The jejunum is commonly used as a feeding tube entry site but in her case it is an ostomy type. Jejunostomies always have a short gut or what you may recognize as Short Bowel Syndrome (SBS) due to the lack of small intestines left to utilize for life sustaining nutrients. She is a mom, fierce advocate and loves jigsaw puzzles.

Lisa is a volunteer Senior Magazine Editor of *Ostomy Canada*, a volunteer mentor as Camp Administrator at Ostomy Canada Society and recent recipient of the Sovereign Medal for Volunteers from the Lieutenant Governor General in 2020. This Sovereign medal is one of Canada's highest service recognition awards. Lisa is also a member of CORD.

CORD is Canada's national network for organizations representing all those with rare disorders. CORD works with governments, researchers, clinicians and industry to promote research, diagnosis, treatment and services for all rare disorders in Canada. More of her story can be found in our March 2015 newsletter located under the publications tab at OstomyHouston.org.

Register now for this special virtual presentation. OAHA members and other UOAA affiliate members will have priority access. Seating is limited, therefore please register early.

Northwest Group May Meeting: Guest Lisa Gausman, Sr. Editor Ostomy Canada

You are invited to a Zoom Virtual meeting.

When: May 19, 2021 07:00 p.m. Central Time (US and Canada)

Register in advance for this meeting:

<https://us02web.zoom.us/join/zoom/register/IZMof-ChqT4iHdGLQpdTq3XqFRUkCNY8cpE>

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

Billy Locke, 337-515-6354

Baytown Group News

April 19th was an awesome day for Baytown Ostomy Support Group. With support for each other and vendors from Hollister, 7 brave members took the leap of faith and logged in to join the Microsoft Teams Meeting! We had a few glitches here and there – Lisa Osterhaus struggled with the internet connection at the hotel where she was staying but Alissa Brown, her Secure Start colleague backed her up. We enjoyed spending time with these Hollister experts. We also had the opportunity to learn more about Ceramide, the products available that contain Ceramide and the specific features that may be helpful to you as ostomates.

Allisa reminded us that Secure Start Services can help you find a DME regardless of the type of ostomy product you are using. Hollister publishes a quarterly newsletter that is due out in June. You can get access to this by going to Hollister.com and click on Secure Start Services on the top left. You will choose "For Product Users" and at the bottom of the page it says "Hollister Secure Start eNewsletter" and you can subscribe there. Here is the link <https://www.hollister.com/en/consumerservices>

Hollister has a robust education site. Living with an Ostomy is a favored selection from the Ostomy Learning Center. Allisa also shared that many people have found the "Travel Prep—5 To Do's If You Have a Stoma" particularly helpful.

Here are the links to these educational resources:

<https://www.hollister.com/en/ostomycare/ostomylearningcenter/livingwithanostomy>

<https://www.hollister.com/en/OstomyCare/OstomyLearningCenter/LivingWithAnOstomy/TravelPrep5ToDosIfYouHaveAStoma>

I hope you are doing well. We continue to hear good news about more vaccinations and fewer coronavirus infections. Perhaps this will bring us all back together in the very near future.

Best 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.



JOIN US!

July 2021

Annual Membership Dues Drive \$25.00

The OAHA is an association of volunteers dedicated to serving and educating ostomates and their families within the greater Houston community. Thanks to the dues and donations we receive we are able to continue our outreach with monthly meetings, a certified visitor program training, monthly newsletters, fellowship and a website. We have been a caring support organization serving ostomates in the Houston area since 1956 and our monthly meetings and newsletters have informed and educated ostomates and their families for more than 60 years and your support helps us to 'pay it forward'.

In July we will be asking you to please renew your memberships. If you are not a member, we invite you to join us. Annual membership dues are \$25. If you would like to be a member, but cannot afford the membership dues at this time, please contact me directly at Kathleen.duplessis@outlook.com, 713-299-3180 as we receive donations from generous donors who support our mission of helping ostomates. All information is confidential.

UOAA 8th Conference in Houston in 2022

The link below will take you to the new 2022 announcement for the UOAA's 8th Conference which will be Houston.

<https://www.ostomy.org/event/uoa-8th-national-conference/>

We are so excited to announce the UOAA's 8th National Conference will be held in Houston! Kathleen Duplessis, Mike McGinity and Pat Thompson are members of the Conference Planning Committee. There will be plenty of opportunities to volunteer so stay tuned!

Board Elections

We have two members of the Board of Directors whose terms are up in June; Mike McGinity and Mary Harle. Mary Harle will be retiring our board after serving many years and we are very grateful to her for her dedication and service. A big thank you to Mary Harle for her longtime and consistent service. Mary may be retiring from our board but we are thrilled she will remain an active member of the OAHA.

Our nominating committee has nominated Mike McGinity to serve for an additional 3-year term and we are excited to announce a new nominee, Allison Rosen. Mike and Allison will serve from July 1, 2021–June 30, 2024. The election is in June and members will vote at their virtual or in-person June meetings.

Below is some additional information about Mike McGinity and Allison Rosen:

MIKE MCGINITY, Treasurer has been a resident of Houston, Texas for 40 years. Originally from New York, Chicago and Indianapolis. Mike is a retired consultant and manager after spending 38 years in the electric and gas utility business.

Always interested in seeing new places and learning new things. Primary interests are travel, wine collecting, history, and birding.

Mike has had a colostomy since 2016.

ALLISON ROSEN, is a Houston, Texas native, colorectal cancer survivor, and ostomate. She dedicates her life to use her voice and platform to educate, advocate, and continuously learn how best to represent the collective colorectal cancer community. Allison is a Project Director at the University of Texas Health Science Center at Houston, focusing on colorectal prevention. She has a combined 15 years of experience in the oncology space, focusing on designing, implementing, and evaluating public health programs and initiatives, to address cancer awareness and disparities among the medically underserved. She serves as a patient advocate working with Fight Colorectal Cancer, National Coalition for Cancer Survivorship, American Cancer Society-Cancer Action Network, Colorectal Cancer Alliance, Colon Cancer Coalition, SWOG Cancer Research Network, and volunteers at MD Anderson Cancer Center. Through her own experience at beating Stage 2 colorectal cancer, she works to bridge the gap between the healthcare system and the communities that it serves.

Allison loves to travel, nature, music, dancing, and will never say no to an adventure.

We have an **Ostomy Visitor Training Workshop** every other year, so, this is the year for the workshop. Please **SAVE THE DATE: July 17, 2021 from 8:30 a.m.–1:00 p.m.** This training carries on a service that our organization has provided for over 65 years. Upon completion of this program, attendees will be specially trained to visit with an ostomy patient before or after their ostomy surgery. Trained visitors do not give medical advice, but these visits help patients in their rehabilitation process by demonstrating an ability to live a normal and active lifestyle with an ostomy. **Stay tuned for more details as we begin planning this workshop!**

Central Group

Date: Monday, May 17, 2021
Time: 7:00 p.m.
Place: Virtual Meeting
Program: Guest speaker: Amber from Ostomy Diaries. Amber is the creator of the Ostomy Diaries YouTube Channel.
Contact: Denise Parsons 713-824-8841 rockynme2@gmail.com

Baytown Group

Date: Monday, May 17, 2021
Time: 6:00 p.m.
Place: Virtual Meeting (Current Baytown Support Group members have been invited.)
Program: Guest speaker: Amber from Ostomy Diaries. Amber is the creator of the Ostomy Diaries YouTube Channel.
Contact: Cindy Barefield, CWOCN, 281-428-3033

Northwest Group

Date: Wednesday, May 19, 2021
Time: 7:00 p.m.
Place: Virtual Meeting (Contact your group leader for login credentials.)
Program: Guest Speaker: Lisa Gausman. Lisa will be joining us from Calgary, AB, Canada
Contact: Billy Locke 337-515-6354

Sugar Land Group

Date: Thursday, May 20, 2021
Time: 6:00 p.m.
Place: Virtual Webex Meeting (Information is provided in the email of your May Newsletter.)
Program: Sarah Arriaga, BSN, RN, CWOCN, presenting "Stick It to Me—Tapes and Adhesives"
Contact: RSVP to Joan at 281-274-0188 or jmburnham@houstonmethodist.org
Contact: Joan Burnham, MSN, RN, OCN, RN-BC, Oncology Nurse Navigator (info above)

Woodlands Pediatric Group

Date: No meeting in May—Join one of the available group meetings this month.
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: 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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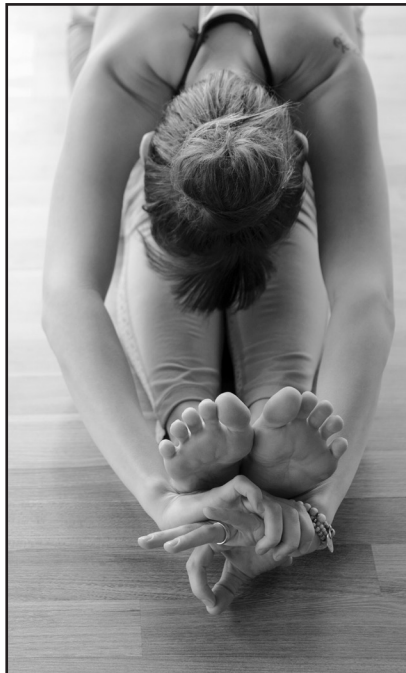
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†Global User Evaluation. Data on file, Hollister Incorporated.

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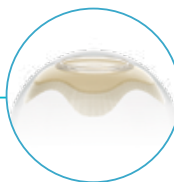
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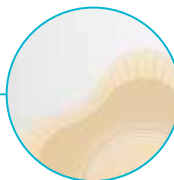
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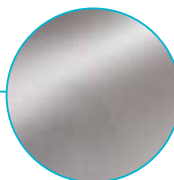
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Osto Group www.ostogroup.org

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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.



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