



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

Ostomy Academy Webinar— Bridging the Gap in Ostomy Nutrition

Wednesday, May 15, 2024
8:00-9:00 p.m.

Courtesy of UOAA, April 2024

Ostomy nutrition goes way beyond those early guidelines from your surgeon. Join Registered Dietitian Amalia Karlin for “Bridging the Gap in Ostomy Nutrition” at UOAA’s next Ostomy Academy online event. Expect to learn about managing expectations of nutrition with an ostomy, the importance of hydration and kidney health, and understanding the reality of fiber. Karlin is herself living with an ostomy and will also discuss quality of life considerations with Ostomy Academy Co-host Amie Leigh Reece. Register at the link below to submit questions in advance of the live event, learn more and get updates.

The May 2024 event is sponsored by Hollister.

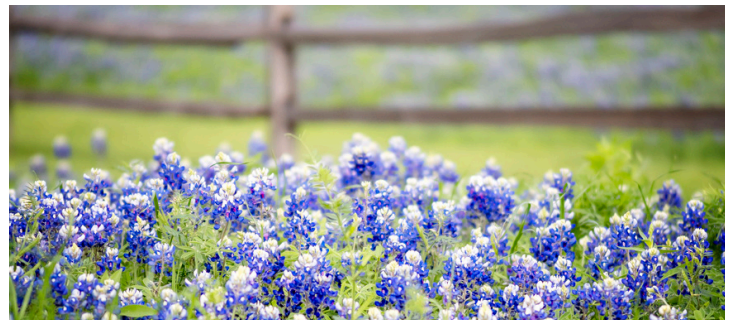
Ostomy Academy is a free online educational seminar to bring trusted and comprehensive ostomy information to all members of the ostomy community.

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

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)*



OSTOMY ACADEMY Education for every ostomate

Presented by www.ostomy.org

Bridging the Gap in Ostomy Nutrition
Managing expectations, hydration focus, fiber facts, and quality of life factors

Speaker: **Amalia Karlin**, MS, RDN

Wed. May 15
8 pm ET
(5 pm PT)

Register at ostomy.org/ostomy-academy

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 May 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 May**
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, May 15, 2024**
Time: 7:00 p.m.
Place: In-Person Meeting:
 Montgomery County South Regional Library,
 2101 Lake Robbins Dr., The Woodlands, TX, 77380
Program: **Coloplast Presentation**
Contact: Mary Kinsey, BSN, RN, WOC, WCC, OMS
 936-443-2565 mkinsey815@gmail.com

North Houston Group

Date: **Tuesday, May 14, 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, May 16, 2024**
Time: 6:00-7:00 p.m.
Place: Virtual Meeting
Program: **Presentation "What's New at Convatec?"**
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, May 4, 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

Joan Burnham, MSN, RN, ONN-CG, OCN, MEDSURG-BC gave a presentation called “To Irrigate or Not to Irrigate.” She discussed that irrigation is simply an enema to assist in regular evacuation of feces and it is an optional practice. Ostomates with a descending or sigmoid colostomy can do it if their stoma is mature (2-3 months old) and if having issues with the peristomal skin. She also discussed who should not irrigate, which included people with a urostomy or ileostomy, irritable bowel syndrome, Crohn’s disease, peristomal hernia, stomal prolapse, post radiation bowel damage, diverticulitis, persistent diarrhea, and if on chemotherapy or radiation treatments. Goals of irrigation, what supplies are needed, and a step by step process on how to irrigate was presented. One ostomate states she did it for 6 months and talked about her experience. Daniella let the group know that Medicare guidelines state that one gets 4 irrigation sleeves and 31 stoma caps every 30 days and 1 bag, cone, and catheter every 90 days. Open discussion with group.

Our next meeting will be on Thursday, May 16, 2024 from 6:00 - 7:00 PM, with a presentation from Convatec—“What’s new at Convatec?” See your email for login information.



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

Central Group April Meeting Summary

by Kathleen Duplessis

A special thanks to the 13 attendees who attended our April 15, 2024 Central Group Meeting. We enjoyed seeing new and familiar faces and sharing our stories at a roundtable discussion. We were quite fortunate to have our scholarship recipient and ostomy nurse, Ama, in attendance. Ama is great at answering some of those tough ostomy questions—thank you all!

The Central Group is meeting quarterly during 2024 and our next meeting is September 16, 2024 and we will be hosting Convatec Territory Manager, Rory Smith and Convatec ostomy nurse, Susan Fletcher. Please join us at the Tracy Gee Community Center, 3599 Westcenter Drive, Houston, 77042 from 7:00-8:30 pm.

Our BIG story for the evening was sharing the news of the Kinsey Ostomy Care, LLC—a nursing support service supporting ostomy care and serving the Greater Houston Area! Kinsey Ostomy Care offers a wide range of affordable and in some cases free services for ostomates and you can learn more on this link:

<https://www.kinseyostomy.com/about> and if you have questions, email: info@kinseyostomy.com to find out more. Thank you, Mary Kinsey, BSN, RN, WCC, OMS—you are the best!

We hope to see you in September!

Embracing Ostomy Life Programs Launched in 2024

Embracing Ostomy Life (www.embracingostomy.com) 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:

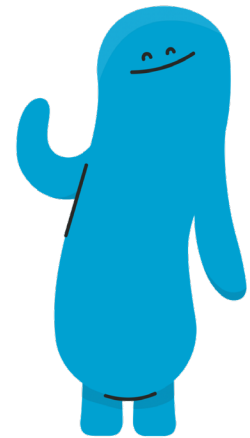
Alive & Kicking—a 30-day ostomy recovery program delivered via email with tips on adjusting to a new life that features videos and information from physicians, WOCNs, physical therapists, nutritionists, mental health professionals and “veteran” ostomates.

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

- Eligible participants will be asked to complete 2 online surveys (<20 minutes/survey)
- 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@kinseyostomy.com



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

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Now until June 30th, 2020, **NEW** Subscribers and **NEW** ASG Members can enjoy a \$15 discount on a year subscription to the *Phoenix Ostomy Magazine*. That's a savings of 40% off the cover price.

Topics included in each issue include diet, exercise, intimacy, skin care, odor control, new products and so much more. Medical doctors and nurses offer concrete advice and solutions while personal stories show that almost anything is possible with an ostomy. - **Subscribe Today!**

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Get real-world answers to common questions after ostomy surgery. Yours free with a subscription.
New Patient Guides are made possible by the UGAA. www.ostomy.org.

- One-year Subscription \$24.80 (Save 40%*)
- Send me a **FREE** New Ostomy Patient Guide
- Send me **FREE** ostomy product samples, special offers and product information**



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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 Szewczyk, MD, PhD; Grazyna Majewska, RN, ETN; Mary V. Cabral, MS, FNP-BC, CWOCN-AP; and Karin Hazel-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 1)

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/>



Cancer Survivors Day Celebration United, Surviving and Thriving

Friday, May 31

9:30 a.m. – 1:30 p.m.

Location

Houston Marriott Sugar Land Hotel
16090 City Walk
Sugar Land, TX 77479

Celebration includes:

- **Emcee:** Pooja Lodhia, ABC13 Eyewitness News
- Resource fair
- International Selfie Station
- Lunch
- **Family Room Conversations:** Survivors and Caregivers
- Prize Drawings

RSVP REQUIRED

Space is limited. Survivors may bring one caregiver only.
To register, visit join.houstonmethodist.org/survivor-sl
or call **281.274.0145**.

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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.



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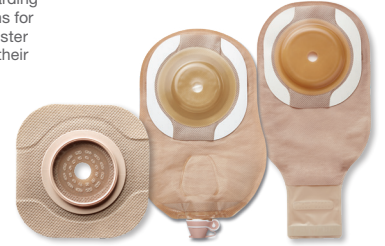
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