



November 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

My Ostomy Helped My Husband and I Dance Even Closer

by Elley, Patient Stories, UOAA

Bruce and I were so young when we met at a dance, and for the first two decades of our married lives we never thought about life-altering health issues. And then in 1993, I had my first major bowel obstruction caused by an adhesion from a hysterectomy three months before. Suddenly we heard words like peritonitis, bowel resection and small bowel blockages. That vocabulary grew as the ramifications of 22 abdominal surgeries caused more and more scar tissue and concomitant problems. Finally, three years ago, after agonizing episodes and continuous visits to the emergency room, my surgeon and I agreed that it was time to see if an ileostomy would provide some relief.

I virtually bounced into the room with my ostomy nurse as she prepared to mark me right before my surgery, so hopeful that the tide would finally turn. She then walked us to the operating room prep area, preparing me for what was to come. But nothing prepared me for the way I saw myself the first time in my own full-length mirror. My body had betrayed me and I was now "marked" in a very different way. I looked to my lifelong dance partner with tears in my eyes.

Bruce took me in his arms and told me that not only did he love me, but that he had such respect and admiration for me, and I



United Ostomy Associations of America
8th NATIONAL CONFERENCE
2022
HOUSTON
TEXAS
Embracing New Frontiers
August 11-13

The link below will take you to the new 2022 announcement for the UOAA's 8th National Conference which will be in Houston at the **Royal Sonesta Houston Galleria Hotel**.

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

suppose "Lily," as I refer to my stoma. My mother was Lillian and she gave me my first life, while Lily gave me my new life, and with that a sense that I can do anything. And the best news is that instead of spending time in the emergency and operating rooms, we have time to dance...even closer than ever before!

By the way, I am very proud to say that I am the president of my Ostomy Support Group in New Jersey, and I never miss an opportunity to welcome new or prospective members...how wonderful to be associated with this new life I so desperately needed, and so very much appreciate!

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.

In This Issue

My Ostomy Helped My Husband and I Dance Even Closer	1
Message from the Board	2
Group News	2-3
UOAA Conference 2022	3
Do You Know Where We Stand?	4
Meeting Dates/Times	5
Opportunities and Announcements	5
WOC Nurse Listing	6
Advertising Support	6-9
Membership Information	8
Contact Information	9



News from the OAHA Board

It's November and Thanksgiving is just around the corner. I am grateful for my ostomy which has allowed me to live a meaningful and healthy lifestyle. I hope you are all doing well and looking forward to spending some quality time with your family and friends over the Thanksgiving holiday.

Each November the Colon Cancer Coalition puts on the [Get Your Rear in Gear 5K](#). This year the race will be on Saturday, November 13th and the in-person location is Constellation Field, 1 Stadium Drive, Sugar Land. You can also sign up for the virtual race so check it out at: [Get Your Rear in Gear Houston 2021](#). Our Board member Allison Rosen is involved with Get Your Rear in Gear and would love your support.

Laurie Pitzer is the OAHA Team Captain. Here is her page: <https://tinyurl.com/d56adu9f>

If you can't walk with the team, please consider a donation.

Central Group News

We learned a lot about Hollister at our Central Group November Zoom meeting. It was disappointing to have only 3 members in attendance. We are all volunteers, many of us with full time jobs and it takes a lot of time and work to recruit presenters each month. Our guest speakers take time out of their busy schedules to share their knowledge, education and experience. We offer monthly support meetings to provide mutual support and education for you, our fellow ostomates. And the beauty of virtual meetings is that they allow you to get all the program benefits while in the comfort of your home—no travel required. I will ask our Board to review the frequency of our programs and we welcome your thoughts and ideas. Our goal remains to offer mutual support for ostomates to the best of our ability.

Thank you to Lisa Osterhaus and Andrea Ball. Lisa has been with Hollister for 4.5 years and is their Ostomy Sales Specialist covering SW Texas and Shreveport. Andrea Ball is the Home Health Coordinator, Secure Start Services and has been with Hollister for 30 years!! We learned Hollister supports Spanish-speaking customers as well as a few other languages. Here is the link to sign up for Secure Start: www.securestartservices.com/enroll and if you need assistance in Spanish or another language, let them know. Their program is free and they have two wound and ostomy nurses on hand to help you troubleshoot. They are brand neutral but happy to supply you with samples. Thank you—Lisa and Andrea!

Thank you!

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

In Memoriam

The OAHA received a gift from Nancy and Bradley Berg in memory of Ostomy Association of the Houston Area Member Dennis Michael Topp. Dennis attended the Central Group Meetings and we are saddened to learn he lost his battle with cancer on August 15, 2021.

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



Some of our fabulous nurses celebrating World Ostomy Day!

HOPE—TCH Woodlands, Pediatric Group News

The HOPE group will not be meeting in November. You are welcome to join the other support groups listed in this newsletter.

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

Baytown Group News

Baytown Ostomy Support Group met virtually with the assistance of Microsoft Teams on Monday, October 18, 2021. Appreciate the small but mighty group that gathered for Roundtable. Each member had the opportunity to check in and share the challenges they were experiencing. We found that intestinal obstruction, adhesions, stoma revision, and product failures were common denominators for several on the call. Some had been asked to lend support to new ostomates. We discussed the options for virtual sessions such as “me+ virtual support” offered by ConvaTec.

You can check this out at: <https://meplus.convatec.com> or by calling 1-800-422-8811. Pouch covers or stoma socks are an innovative accessory for some. We talked about several different options. Here are a few:

<http://cspouchcovers.com>

<http://www.koolostomy.com/>

<https://ostomybagholder.com/>

Members are excited about Houston hosting UOAA's 8th National Conference next year. The conference is scheduled for August 11-13, 2022. The theme is “Embracing New Frontiers”. Make plans now to attend.

Don't miss the support group meeting on November 15th. We have Carolina Torres, Acting Transportation Security Manager, for TSA at George Bush Intercontinental Airport joining us. Carolina will speak to the work that is done to provide information and guidance to current and/or future passengers ahead of their travel. This work is done in hopes that the passenger has a positive experience as they travel through one of our checkpoints.

I hope you stay happy & healthy during this Holiday Season!

Sincerely,

Cindy Barefield, BSN, RN-BC, CWOCN
281-428-3033, cbarefield@houstonmethodist.org

Northwest Group News

Northwest Group did not have a meeting in October, deferring to support World Ostomy Day.

The Northwest Group will host a virtual roundtable discussion “Holidays and Stomas” in November on Wednesday, November 17, 2021, beginning at 7:00 p.m. All are welcome.

Please see your November email for information on login for the Zoom meeting.

Billy Locke
337-515-6354

Sugar Land Group News

The Houston Methodist Sugar Land Ostomy Support Group met on October 21, 2021 at 6:00 pm. Courtney Chipokas with Bryam Healthcare presented information about their Byram Healthcare Caring Touch At Home™ Ostomy Program. Courtney also provided contact information to reach her directly.

Of interest was the fact that Byram provides access to an Ostomy Nurse 24 hours a day/7 days a week, and a dietician for nutrition related issues.

www.mybyramhealthcare.com

You may also place your reorder by:

- Text message
- Automated Voice Activated phone system
- Phone with a Customer Service Representative
1-877-90BYRAM (1-877-902-9726)

Courtney's contact information:

Courtney M. Chipokas
Houston Account Manager
Byram Healthcare
Ph: (832) 776-5962
Fax: 830-541-5420
Cchipokas@byramhealthcare.com

The presentation was followed by a question and answer session.

Our next meeting will be November 18, 2021 at 6:00 p.m. Topic to be determined. See your November email for login information.

We will continue meeting virtually throughout the remainder of 2021.

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

Do You Know Where We Stand?

Advocacy, Ostomy News

By UOAA Advocacy Manager Jeanine Gleba

Under UOAA's national advocacy program we develop position papers on topics concerning people living with an ostomy or continent diversion. This official "position" is formally approved by the Board of Directors. These important documents might give background information, description of the impact on our community, and in some cases, advocate for change.

These papers also provide a perspective into UOAA's views, and can be used by you, to strengthen your own self-advocacy efforts. Individuals and UOAA Affiliated Support Groups can use them when talking to key decision-makers such as your elected officials, the media, or anyone who wants to know more about where UOAA stands on the topic/issue.

UOAA currently has position statements available on the following advocacy efforts:

Disability Integration Act (DIA) (S117/HR555)—This civil rights bipartisan legislation would require insurance providers to cover community-based health care services for people with disabilities as an alternative to institutionalization. The DIA would ensure that people could not be prematurely forced into nursing facilities because they couldn't get assistance with health-related tasks such as maintenance and use of a stable ostomy. This is a good thing and we support it! UOAA's position is [HERE](#).

Medicare's Competitive Bidding Program — UOAA is actively working to maintain the current Medicare reimbursement system for ostomy and urological products. Currently ostomy and urological supplies are not included in the Competitive Bidding Program and we want to keep it that way. UOAA's full opposition is [HERE](#).

Opioid Crisis—UOAA wants to ensure that any plan, especially legislatively or regulatorily, to address the opioid crisis considers the needs of those who require the use of opioids for non-pain treatments of medical conditions such as high output stomas for some people living with an ostomy or fecal continent diversion. UOAA's position is [HERE](#).

Removing Barriers to Colorectal Cancer Screening Act (S668/HR1570)—This act would eliminate cost-sharing for initial and follow-up colorectal cancer screening tests such

as removal of polyps for Medicare beneficiaries. Cost-savings for senior citizens and move lives saved is a no-brainer. UOAA's position is [HERE](#).

All of our position statements are available for download and printing on our advocacy webpage. We encourage our community to frequently check this page as efforts get updated or closed, and new issues may arise.



**FRIENDS OF
OSTOMATES
WORLDWIDE - USA**

If you could take a walk through the Friends of Ostomates Worldwide-USA warehouse in Louisville, KY, you might be surprised. You would see our warehouse volunteers open the incoming donation boxes, sort them, and pack the requested items that will go to people around the world who don't have access to them. However, many of the bins of ostomy pouches and wafers are empty. In order to meet the needs, we rely on your help. We can use any ostomy products that you may not be using; all types and sizes are needed. You can take them out of the box, place them into a shipping box and make that box the next delivery we get at our warehouse. Each pallet that we ship around the world costs approximately \$1000 and there is no cost to the recipient. We rely upon financial donations from our donors. Please consider a financial donation to help with our shipping costs. Visit our website for more information on donations: www.fowusa.org

If you have already donated supplies or funds, I thank you for your continued support.

Sincerely,

Cindy Barefield

President, FOW-USA

[Visit the FOW-USA Website](#)

[Donate to FOW-USA](#)

Central Group

Date: No Meeting in November
Contact: Denise Parsons 713-824-8841 rockynme2@gmail.com

Baytown Group

Date: Monday, November 15, 2021
Time: 6:00 p.m.
Place: Virtual Meeting (Current Baytown Support Group members have been invited.)
Program: **Guest Speaker: Carolina Torres**, Acting Transportation Security Manager, for TSA at George Bush Intercontinental Airport
Contact: Cindy Barefield, CWOCN, 281-428-3033

Northwest Group

Date: Wednesday, November 17, 2021
Time: 7:00 p.m.
Place: Virtual Meeting
Program: "Holidays and Stomas"
Contact: Billy Locke 337-515-6354

Sugar Land Group

Date: Thursday, November 18, 2021
Time: 6:00 p.m.
Place: Virtual Webex Meeting (Information is provided in the email of your November Newsletter.)
Program: Topic TBD
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 November—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



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



SPRING BRANCH MEDICAL SUPPLY
PULMONARY ASSISTANCE INCORPORATED

Ostomy & Urological Supplies ■ Wound Care
Oxygen & Respiratory Equipment ■ Hospital Beds
Wheelchairs ■ Bedside Commodes ■ Walkers
Bathroom Aides ■ Mastectomy Products
Compression Hosiery ■ Orthopedic Supplies

8700 Long Point Road
Houston, TX 77055

(713) 465-2200
Fax (713) 461-5806

Get Ostomy Answers!

Save \$15.00*

Special Discount for ASGs!

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!**

Privacy Guarantee: The *Phoenix* is mailed with discretion. Your contact information will never be given, rented or sold to a third party.**



FREE New Patient Guide!

Get real-world answers to common questions after ostomy surgery. Yours free with a subscription.

New Patient Guides are made possible by the UICAA, 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**



Send Magazine To:

Name _____ Email (opt.) _____
Address _____ Apt./Suite _____ Phone (opt.) _____
City _____ State _____ Zip Code _____

Send Payment to: The Phoenix, P.O. Box 15755, North Hollywood, CA 91615-5755



*Based on cover price of \$9.95. Canadian subscriptions: one-year \$39.95; \$64.95 two-year. U.S. funds only. **Your contact information will be disclosed to third party companies to fulfill the request. Published March, June, September and December. If you are not satisfied for any reason, we will gladly refund the unused portion of your subscription.

ASC2019

HAPPY THANKSGIVING!

PUMPKIN PECAN PIE

- | | |
|--|----------------------------|
| 4 slightly beaten eggs | 1 teaspoon vanilla |
| 2 cups canned or mashed cooked pumpkin | ½ teaspoon cinnamon |
| 1 cup sugar | ¼ teaspoon salt |
| ½ cup dark corn syrup | 1 unbaked 9-inch pie shell |
| | 1 cup chopped pecans |

Combine the ingredients except pecans. Pour into pie shell. Top with pecans. Bake at 350°F for 40 minutes, or until set.

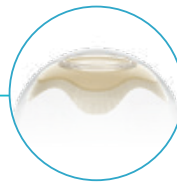
Ronald Reagan Presidential Library and Museum

SenSura® Mio

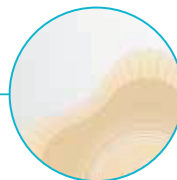
Also available
in 1-piece and
2-piece Click

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

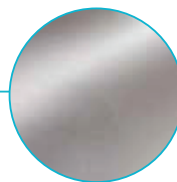
SenSura® Mio Convex Flip has a star shaped barrier to provide a secure fit over curved areas, even when bending and stretching.



A curved star-shaped barrier has petals that hug the body with less creasing or folding.



Fit zones in the center of the rim increase flexibility right around the stoma and optimize fit and flexibility for movement.



Neutral-colored, discreet quiet pouch is designed to stay unnoticed - even under white clothing.

 Visit www.coloplast.to/bestfit

 Call us toll free at **1-833-679-0801**

Ostomy Care / Continence Care / Wound & Skin Care / Interventional Urology

Coloplast Corp. Minneapolis, MN 55411 / 1-800-533-0464

www.coloplast.us The Coloplast logo is a registered trademark of Coloplast A/S. © 2020 Coloplast Corp. All rights reserved.



PM-11979 07.20



FAST, EFFECTIVE, RELIABLE

Near instantaneous absorption in the Jejunum helps you avoid trips to the emergency room!

H2ORS
ORAL REHYDRATION SOLUTION

www.h2ors.com

Free shipping: use coupon code OST-SHIP

Osto-EZ-Vent®

#1 preferred venting device for any Ostomy pouch



- Easy to Attach, Open & Close.
- Convenient and Simple.
- Provides Comfort, Relief, & Confidence.
- Attaches to Any Pouch.

Quick • Discreet • Relief™



Visit our website for additional Osto-EZ-Vent® information, where to buy and more.

Call 888-562-8802
www.kemOnline.com

Medicare Reimbursement Code A4366
Manufactured by KEM in the U.S.A.

Disclaimer: The information contained within this newsletter is presented expressly for informational purposes only and may not be applicable to everyone. It should not be substituted for professional medical care or attention by a qualified practitioner. Always check with your doctor if you have any questions or concerns about your condition.

Osto Group www.ostogroup.org

Providing Ostomy Products to the Uninsured.

All you pay is shipping and handling. 877-678-6690



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.



Help maintain healthy skin around your stoma with the CeraPlus skin barrier

Ceramide is a natural component of healthy skin. People who have tried the ceramide-infused **CeraPlus skin barrier** have reported visible improvement in the appearance of their skin.[†]

To learn more about how the CeraPlus skin barrier can help support healthy skin from the start, or request a FREE sample, contact us at **1.888.808.7456** or **www.hollister.com/tryCeraPlus**.

[†]Global User Evaluation. Data on file, Hollister Incorporated.

The Hollister logo, CeraPlus, and "Healthy skin. Positive outcomes." are trademarks of Hollister Incorporated.
©2018 Hollister Incorporated.



Ostomy Care
Healthy skin. Positive outcomes.