



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

Ostomy Academy Presentation Mental Health for Ostomates—Adjusting to Life with an Ostomy: A How-To Guide

Date: Tuesday, November 19, 2024
Time: 8:00 pm ET
(7:00 pm CT, 6:00 pm MT, 5:00 pm PT)
Speaker: Michael Esteban Gerald—Counselor, PhD, LCMHC, CRC

Adjusting to life with a new or existing ostomy can be difficult and cause strong emotional reactions. The idea of a “healthy adjustment” or ideal life for you might change and is not neatly defined. In this Ostomy Academy program, we will discuss the concept of healthy adjustment to ostomy surgery and how one might achieve a fulfilling life with an ostomy.



Speaker/Counselor Michael Esteban Gerald has had an ostomy since a young age.

Ostomy Academy is a free online educational seminar to bring trusted and comprehensive ostomy information to all members of the ostomy community. Top experts, medical professionals, and experienced ostomates will focus on a new series of quality of life topics in each presentation.

[Register Today for the Next Ostomy Academy Presentation](#)

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.



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

GET YOUR REAR IN GEAR HOUSTON

A COLON CANCER COALITION EVENT

DATE Sunday, November 10, 2023, 10:00 a.m.
LOCATION Constellation Field
1 Stadium Dr, Sugar Land, TX 77498

DIRECTIONS FOR PARKING—Lot B, located just over Oyster Creek and connected by a pedestrian footbridge, provides ample parking for all other fans attending the game. Lot B is best accessed using State Highway 6.

REGULAR FEES (10/11-RACE DAY)

Adult: \$35
Youth (18 and under): \$20
Kid’s Fun Run (10 and under): \$15
Virtual Participant: \$25

Colorectal cancer survivors and patients register for FREE

[LEARN MORE—JOIN THE TEAM— DONATE HERE!](#)

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Central Group

Date: Monday, November 18, 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

Clear Lake Group

Date: Monday, November 25, 2024
Time: 6:30 p.m. (also available WebEx)
Place: In Person Meeting: Room AD1026 near Starbucks HCA Healthcare Clear Lake, 500 Medical Center Blvd., Webster, TX 77598
Contact: RSVP: Colorectal Coordinator 281-381-3619 or CLRHoncology@HCAHealthcare.com

Northwest Group

Date: Wednesday, November 20, 2024
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, CWON 936-443-2565 mkinsey815@gmail.com

North Houston Group

Date: NO NOVEMBER MEETING
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 Pitman, RN, WCC, OMS 346-263-9658 ericka.spence@memorialhermann.org
 Mary Kinsey, BSN, RN, CWON 936-443-2565 mkinsey815@gmail.com

Sugar Land Group

Date: Thursday, November 21, 2024
Time: 6:00-7:00 p.m.
Place: Virtual Meeting
Program: Presentation by Oncology Dietitian, Katie McLean MS, RDN, LDN
Contact: Jennifer Cerda, MSN, RN, OCN, Nurse Navigator, 346-901-2012 jcerda@houston.methodist.org

Woodlands Pediatric Group

Date: Wednesday, November 20, 2024
Time: 2:00-3:00 p.m.
Place: In-Person Meeting: Montgomery County South Regional Library, 2101 Lake Robbins Dr., The Woodlands, TX, 77380
Contact: Mary Kinsey, BSN, RN, CWON 936-443-2565 mkinsey815@gmail.com.

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.)



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

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

Outpatient Ostomy Services Locator

UOAA is excited to announce the completion of a two-year advocacy project with the unveiling of a new resource, the first-ever online locator to improve access to ostomy care. This new directory of outpatient ostomy services allows medical professionals, patients and caregivers to locate outpatient ostomy care near their specified geographical area. Nowhere else can the ostomy community find this type of user-friendly comprehensive list.

This project, led by UOAA Advocacy Manager Jeanine Gleba, would not have been realized without many certified ostomy nurses responding to the call to contribute their facilities to our database and the tireless hours of passionate volunteers who assisted her (listed at right). In particular, with deep appreciation Jeanine would like to acknowledge the following people from this project who helped her with the facility research and/or tested the locator software:

Joanna Burgess-Stocks, RN, BSN, CWOCN, Stanley Cooper, Nathan Hadlock, Joy Hooper, RN, BSN, CWOCN, OMS, WCC, Laura Kaiser, APRN, A-CNS-BC CWOCN, Dr. Edward Loftspring, Keagan Lynggard-Hysell, Elynn Mantell, Susan Mueller, BSN, Chris Mullen, Cheryl Ory, RN, BSN, Amie Leigh Reece, Ival Seacrest, Todd Sheldon, Lynn Wolfson

Find Outpatient Ostomy Services *Near You!*

Link to the search page:

<https://www.ostomy.org/outpatient-ostomy-services-locator/>

To help ensure ostomates receive continuous care following stoma creation and/or revision surgery, UOAA has developed the first-ever "Locator" to improve access to care. Some practices/clinics only see patients who had their surgery in their acute care facility. Some require a referral. Generally, there are guidelines for each facility and they are subject to change over time.

Search for outpatient ostomy services by city, state, or zip code. Along with the name and address, if additional information was provided or visibly public on a listings's website such as hours of operation, it will be shown with the listing. This is not an all-inclusive list.

Sugar Land Group News

A presentation was given by Mike Calimbas, the local Houston representative from Byram Healthcare. Discussed Byram Healthcare's Caring Touch at Home Ostomy Program that offers ostomates a team of dedicated people that are focused on ostomy care and their goal is to ensure ostomates resume a normal lifestyle. The Byram Healthcare Ostomy Clinical CareLine is designed to support the needs of ostomy patients and is staffed by WOC nurses. The CareLine also offers multi-lingual support. Byram Healthcare is affordable and is a Medicare participating provider. Byram Healthcare has reimbursement experts who will exhaust all available insurances to lower or eliminate your out-of-pocket costs. Byram offers a discount off the cash purchase if you do not have insurance to cover ostomy supplies. Mike Calimbas provided his contact information to the support group and openly invited any questions and his assistance. Open discussion amongst ostomates about skin changes around stoma, peristomal hernias, and keeping a food diary to learn about your ostomy activity.

Meeting adjourned at 7:09 PM.

Our next meeting will be on Thursday, November 21, 2024 from 6:00 - 7:00 p.m, with a presentation from our Oncology Dietitian, Katie McLean MS, RDN, LDN

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



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Fax (713) 461-5806



**GET THE LATEST INFORMATION AND INSPIRATION
AT THE UOAA WEBSITE**

<https://www.ostomy.org/news/>

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



Join UOAA National Memberships

www.ostomy.org/membership



As a National Member of UOAA, you are helping us to achieve our goal to support, educate, empower and advocate for people who have or will have ostomy or continent diversion surgery. By joining UOAA, you will also help increase the influence and voice the ostomy community has on a national level.

You can join annually as a National Individual Member or as a National Medical Professional Member.

As a UOAA member you will receive a packet of our educational resources, national membership and stoma rose pins, be the first to receive any new publications, and can be nominated to be elected to UOAA's Board of Directors. You will also receive a special promotion code to subscribe to *The Phoenix* magazine at a discounted rate.

For more information and annual membership fee visit www.ostomy.org/membership/ and help UOAA support the next generation of ostomates.

Get Ostomy Answers!

The Phoenix is the leading national magazine for ostomates, their families and caregivers. Subscriptions directly fund the nonprofit United Ostomy Assoc. of America – the only national organization providing vital information, resources, support and advocacy for ostomates.

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PARTICIPANTS NEEDED

**RICE360
INSTITUTE FOR
GLOBAL HEALTH
TECHNOLOGIES**



**TOUCH AND FEEL STUDY:
DESIGN CONCEPTS FOR
COLOSTOMY POUCH**

**COMPENSATION: \$50 & PARKING
VALIDATION
TIME: 1HR**

WHAT

- **PARTICIPANTS WILL COMPLETE AN INTERVIEW TO PROVIDE FEEDBACK ON OSTOMY BAG DESIGNS**

WHO

- **YOU MUST BE 18 YEARS OF AGE OR OLDER, CURRENTLY HAVE A STOMA OR HAD ONE IN THE PAST**

WHY

- **INSIGHT FROM THIS INTERVIEW WILL HELP RICE360 DEVELOP A FUNCTIONAL AND AFFORDABLE OSTOMY BAG DESIGN TO OFFER TO THE OSTOMY COMMUNITY**

This research study does not involve patients, medications, or any other type of hazard. This research study has been reviewed and approved by Rice University Institutional Review Board. If you have concerns regarding this study or questions regarding your rights as a study participant, please contact the Rice IRB Compliance Administrator at Rice University. Email: irb@rice.edu or Telephone: 713-348-358 .

**SCAN QR CODE FOR MORE
INFORMATION**



Contact

colostomates@rice.edu 



Ostomy support group monthly meetings at HCA Healthcare Clear Lake

An ostomy support group for patients and their caregivers meet on the fourth Monday of every month in room AD1026 at HCA Healthcare Hospital. The meetings will feature guest speakers who share information and offer insights with the group. There will also be roundtable discussions.

Location: AD 1026, near Starbucks **Date:**
4th Monday of every Month **Time:** 6:30
p.m.

Meetings are also available via WebEx

**For additional information or to RSVP, please contact the colorectal coordinator at our facility. Call or Text:
281-381-3619 or email: CLRHoncology@HCAHealthcare.com**

HCA Houston Healthcare Clear Lake
500 Medical Center Blvd Webster, TX
77598
(281) 332-2511
www.hcahoustonhealthcare.com/locations/clear-lake/specialties/wound-care

HCA  **Houston Healthcare**
Clear Lake

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

Virtual Ostomy Clinic

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](#)

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@kinseyostomycare.com

Amanda Dominguez, BSN, RN, CWOCN (202) 742-WOCN
Brazos Valley Ostomy & Wellness, PLLC
www.BVOstomyandWellness.com

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!](#)

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 Pitman, RN, WCC, OMS 346-263-9658, or contact Mary Kinsey, BSN, RN, CWON, 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. 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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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 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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Reference: 1. Lessons Learned About Peristomal Skin Complications: Secondary Analysis of the ADVOCATE Trial. Salvadarena, 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 H. Lziel-Plontek, 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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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