



October 2022

# 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](http://www.ostomyhouston.org)

## Ostomates Living Beyond the Limits

by Dr. Mary Ann Meli, speaker to Broward Co. FL Ostomy Beacon, courtesy of Metro Maryland Ostomy Association, Inc., September/October 2022 Issue of Thrive

It is not the ostomy that limits but how one deals with the ostomy, stated Dr. Mary Ann Meli, a clinical psychologist who focuses on chronic illness, anxiety, depression, stress, and pain management. In her presentation to the Broward County Florida Ostomy Association, Dr. Meli went on to say that we can sometimes get overwhelmed with our own worries and fears. Many of our barriers are self-imposed, and we limit ourselves by the lies we tell ourselves known as negative self-talk. Everyone goes to the bathroom—the ostomate just uses another method. It takes an intentional change of self-talk to change a negative into a positive focus.

We choose the way we are going to react. Examine what you tell yourself. Oppose the thing that you do not like. It takes 21 days to change a thought or behavior from:

"I'm too \_\_\_\_\_" to "I'm not too \_\_\_\_\_" or

"I can't \_\_\_\_\_" to "I can \_\_\_\_\_."

Changing focus requires intentional thinking. Focus on the positive in an attempt to deal with the negative. Black and white thinking is when things are viewed as either wonderful or awful.



Do not assume the negative; and never take "no" as a final answer. Reframe negative thoughts knowing that only you are in control of your thoughts, behaviors, and attitudes.

Develop tools and techniques to work through the issues. We all need a tool box of techniques in our head to deal with issues that may arise. How to handle accidents in a public setting? Just remember that every time an accident or situation occurs, it better prepares you for the next time. Accidents are not the end of the world.

Wendy, a WOCN, shared that spilling iced tea or water on your lap then excusing yourself to go to the bathroom is a recommendation from UOAA.

*(Continued on page 7)*

We are a health support group, a non-profit, tax-exempt, organization of volunteers whose purpose is to provide mutual aid and education to persons who have ostomies and to their families. We are a Texas non-profit corporation. Membership fees and donations are tax deductible.

## 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](mailto:newmarian@gmail.com).

## In This Issue

Ostomates Living Beyond the Limits . . . . .	1, 7
News from the OAHA Board, Central Group, Northwest Group, HOPE Group . . . . .	2
News from the Baytown Group, Sugar Land Group . . . . .	3-4
Get Your Rear In Gear 5K/Walk. . . . .	5
Donating Ostomy Supplies . . . . .	5
Bethany's Story. . . . .	6-7
Ostomy Awareness Day: Free Nurse Screening. . . . .	7
<b>Meeting Dates/Times . . . . .</b>	<b>8</b>
Opportunities and Announcements . . . . .	8
WOC Nurse Listing. . . . .	9
Membership Information. . . . .	10
Advertising Support . . . . .	9-12
Contact Information . . . . .	12

## News from the OAHA Board

Here is what's going on:

**Saturday, October 1st is World Ostomy Day** and Mary Kinsey, BSN, RN, WCC, OMS and Program Director at Memorial Hermann Greater Heights Hospital is offering a FREE ostomy clinic from 9:00 a.m. – noon. Please see flyer in this newsletter and **THANK YOU MARY AND ALL THE OSTOMY NURSES AND MANUFACTURERS** taking part in the free clinic!

**Sunday, November 13, 2022** is the annual Get Your Rear In Gear 5 K run/walk at Constellation Field, 1 Stadium Drive, Sugar Land. Allison Rosen is looking for participants for this Colon Cancer Coalition Event—please see write-up in this newsletter for more information.

**SAVE THE DATE: UOAA's 8th National Conference** will be held in Houston August 10-12, 2023.

**Houston Ostomy Clinics:** Houston has two ostomy clinics that we know about (1) Memorial Hermann Greater Heights Wound Center—contact Mary Kinsey, BSN, RN, WCC, OMS (936) 443-2565 [mkinsey815@gmail.com](mailto:mkinsey815@gmail.com) for an appointment and (2) Memorial Hermann Memorial City has plans to open an ostomy clinic two (half days) each month—beginning in October—stay tuned....as we await more information.

### Congratulations to:

We announced this in earlier newsletters but we are just so excited to share the UOAA has named our very own **Cindy Barefield, BSN, RN-BC, CWOCN the 2022 WOC of the Year!** Cindy will be honored at the UOAA's 8th National Conference in Houston—August 10-12, 2023. This is a BIG deal and again, congratulations Cindy as you receive national recognition for all you do for the ostomy community!

The OAHA in partnership with the Spring Branch Medical Supply Store is proud to support an annual scholarship for a nurse in the Greater Houston Area. Our scholarship helps the recipient further their studies specifically studies in wound and ostomy care.

2022 Recipient of the OAHA/Spring Branch Medical Supply Scholarship is **Ama K. Acheampong, MSN, CWON-AP (Ms.), Wound Ostomy Nurse** with Harris Health System

2021 Recipient of the OAHA/Spring Branch Medical Supply Scholarship—**Linh Le, MSN, RN, Wound and Ostomy Nurse** with Harris Health System.

Thank you all for your support of the OAHA—your annual dues and contributions make these scholarships possible and help to make for a better world for ostomates in and around the greater Houston area!

**The OAHA Board**

## Central Group News

The Central Group of the Ostomy Association of the Houston Area continued 2022 monthly in-person support meetings and met on Monday, September 19 at 7:00 p.m. at the Tracy Gee Community Center. We were delighted to welcome NEW ConvaTec Territory Manager (North Houston), Rory Smith and ConvaTec ostomy nurse, Susan Fletcher. Each of the 10 ostomates attending were treated to a generous goodie bag filled with ConvaTec products! We enjoyed Rory and Susan's presentation featuring many of ConvaTec's ostomy products in our goodies bags as well as learning about their **me+community** outreach program. And, if you want to know what was in our ConvaTec 'goodie bag'—here you go: Esenta adhesive remover wipes (no alcohol—so no sting!), Eakin Seals (one of my favorites!), a 2-piece pouch using ConvaTec's moldable Natura accordian flange, a one-piece cut to fit pouch, Ostomy Secrets flyer with a 20% discount and information about a new ostomy supply company called: 180 Medical flyer. We also enjoyed mini muffins and tea—thank you, Page!

We meet again on Monday, October 17 and our program will be led by Lisa Gonzales, Coloplast Regional Manager. Please come and join us for a Trick or Treat surprise from Coloplast! You can find the details in the Meetings Dates/Times section in this newsletter.

**Kathleen Duplessis, President, OAHA,**  
[Kathleen.duplessis@outlook.com](mailto:Kathleen.duplessis@outlook.com) or 713-299-3180

## HOPE—TCH Woodlands, Pediatric Group News

The HOPE support group met virtually on September 11. Meetings will continue via Zoom on the second Sunday of each month at 2:00 pm.

**MaryAnne Lewis,** [maryannelewis@hotmail.com](mailto:maryannelewis@hotmail.com) or 281-948-1490

## Northwest Group News

We had a small group on the call for September, so we had an open forum instead of a formal presentation. In October we will have Lisa Gonzales from Coloplast giving a presentation. We are looking forward to hosting the free nurse screening for Ostomy Awareness Day at Greater Heights Hospital!

Our next virtual meeting will be on Wednesday, October 19, at 7 p.m.

**Billy Locke**  
337-515-6354

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

## Baytown Group News *(Continued from page 2)*

Baytown Ostomy Support Group gathered on September 19th. A small but hearty group gathered to chat and learn from Dr. Vickie Chao, Director of Rehab Services at Houston Methodist Baytown on the topic of “Wellness and Prevention”. Vickie began her presentation with the concept of frailty. She shared that frailty is an age-associated biological syndrome due to having changes in several physiological systems in our bodies as we grow older. Vickie noted that diseases such as malnutrition, immobility, anemia, obesity, cancer, cardiovascular disease, and pulmonary diseases may accelerate the morbidity and mortality that are induced by the frailty syndrome. Poor health, disability, and dependency does not have to be a consequence of aging. Older adults who practice healthy lifestyles, avoid being sedentary, participate in physical exercises such as walking and strength training and continue to engage with family and friends are more likely to remain healthy, live independently or incur fewer health-related costs!

The next topic for discussion was falls. Statistics reveals that 1 in 3 adults over the age of 65 fall once a year. Falls lead to injuries that cause loss of mobility, function, independence, and quality of life. Vickie went on to share that the risk of falling increases with age. Adults over age 75 who fall have a 4-5 times greater likelihood of being admitted to a LTC facility than adults who are 65-74 years old. Approximately 95% of low-trauma hip fractures are caused by falls and women fracture their hips at almost twice the rate of men. It is also known that older adults who are taking 4 or more medications are at great risk for falls. Getting up after a fall is often a frightening experience for everyone. Vickie shared some great info with the group. You can access this video, “How to Recover after a Fall” <https://www.youtube.com/watch?v=RyulLPIAYwU> One of the best plans you can have for falls is PREVENTION. Vickie

reviewed a room by room Falls Checklist and reminded the group about steps we can take such as exercise to improve balance and to strengthen our legs. Go to the eye doctor at least once a year and update your glasses. Get up slowly after sitting or lying down (blood pressure can drop if you stand suddenly). Wear shoes inside and outside the house. Improve lighting in your home. Hang lightweight curtains or shades to reduce glare around the house. Paint a contrasting color on top edge of all steps to see the stairs better. Keep emergency numbers in large print near each phone. Put a phone near the floor in case you fall and can't get up. Think about wearing an alarm device that summons help if you fall.

Vickie completed the evening with a review of exercise programs that are known to bring beneficial effects for frail, elderly persons. These included: resistance training, balance training, endurance training, coordination training, multi-component exercises and participating in Tai Chi or other sports.

The group took time to share their common experiences with loved ones as they experience the challenges of aging. Sincere appreciation to Dr. Vickie Chao for this insightful presentation.

I hope you will join us October 24 at 6:00 p.m. We will have Lisa Gonzales from Coloplast with us. We continue to meet in the Community Resource Credit Union Meeting Room of Plaza II of the Houston Methodist Baytown Hospital. I hope to see you there!

Sincerely,

**Cindy Barefield, BSN, RN-BC, CWOCN**  
281-428-3033, [cbarefield@houstonmethodist.org](mailto:cbarefield@houstonmethodist.org)

## Sugar Land Group News

### Meeting Summary

Daniela Jofre presented information on Disaster Preparedness: Considerations for Living with an Ostomy.

#### Supplies:

- Keep a to-go bag. Remember where you keep your bag for quick access, including medical supplies.
- Keep in an easily accessed place.
- FEMA suggests you pack your go-bag with enough medical supplies for 3 days.
- Have additional supplies in hand.
- Keep a box or plastic container with extra supplies in the event you must evacuate.
- Remember Houston's weather- it is hot and humid! Keep your supplies in a cooler due to the heat the products could melt.

#### Extra Water:

- Plan on extra water if you have an ostomy. Also, fluids with electrolytes such as Gatorade or Pedialyte.
- Red Cross recommends planning for ½ gallon of water per person per day.
- Requirements with an ostomy will be higher than this especially if you have an ileostomy.
- If you have an ileostomy, also keep fluids enriched with electrolytes to prevent dehydration.

#### Communicate your Needs:

- Keep the following contacts on hand in case you are stranded or must evacuate. They will supply you with extra or needed supplies or samples; they will ship to a different location if needed. It is a good idea to keep this information in your wallet or print it out and keep with on hand with your emergency kit.

*(Continued on page 4)*

## Sugar Land Group News *(Continued from page 3)*

- Emergency Ostomy Supplies | United Ostomy Associations of America <https://www.ostomy.org/emergency-supplies/>
- Find a Local Support Group <https://www.ostomy.org/support-group-finder/>
- Register with Red Cross and FEMA to get additional supplies.
- Manufacturers Assistance Programs  
Please call directly to ask for information and apply for these programs.  
ConvaTec: 800-422-8811  
Hollister: 800-323-4060  
Coloplast: Coloplast Patient Assistance (C.P.A.)  
877-781-2656

### Alternative Local Resources

Contact the following types of agencies in your area and ask if they maintain a "Donation Closet." Local reps are in contact with ostomy sources that can reach out to you.

- Local hospitals
- Local Visiting Nurse Associations
- Local clinics
- Local Goodwill Industries
- Call your state's 2-1-1 number. Just dial 211 as you would 911.
- UOAA has Affiliated Support Groups who sometimes operate Donation or Supply Closets.
- Kinders Closet can provide a short-term supply of ostomy supplies. To reach them email [kinderscloset@gmail.com](mailto:kinderscloset@gmail.com).
- Kindred Box is a 501(c)(3) charitable organization that distributes donated ostomy supplies to the uninsured and underinsured ostomates in America.
- Supplies Available with S + H
- Osto Group: 877-678-6690 Offers supplies for the cost of shipping and handling. They have a small all-volunteer staff and leave a message, they will respond. Please be patient in awaiting a response.
- Ostomy 211: ostomy supplies. <https://www.ostomy211.org>
- Emergency supply pantry. Donation request cover expenses.

### Lower Cost Supply Options

The distributors listed below often sell supplies at lower prices, in some cases by not accepting insurance.

- Best Buy Ostomy Supplies: 866-940-4555
- Gilgal Medical Supplies, Inc.: 407-891-2120

- Lifeline Medical Supply
- Mercy Supply Collaborative: 888-637-2912
- Ostomy4less: 877-678-6694; contact Patti or Tom at [patti@ostomymcp.com](mailto:patti@ostomymcp.com)
- Parthenon Ostomy Supplies: 800-453-8898
- Personally Delivered: 1-855-445-8609
- Stomabags: 855-828-1444

### Know Your Rights:

- You are entitled to replacement of your medical supplies if you live in a federally declared disaster area. You should be able to get your 30-day supply replaced; it is your right.
- Register with Red Cross and FEMA.

### Open Forum

Tips were shared amongst the group about what to put or use in their emergency kits or to-go bags. Such as, packing supplies for each day that you are expecting to be away whether it's on vacation or an evacuation just in case you must change your ostomy every single day. Joan reminded group that ostomy supplies count as medical supplies and medical supplies do not count as a carry-on luggage when boarding an airplane; they are your essential medical supplies. Group mentioned and discussed how long do ostomy supplies last; do they expire? Discussed checking boxes of supplies for expiration date; some do have an expiration date and some do not and it may be brand or product specific. Daniela stated she will reach out to manufacturer for clarification. Mentioned to write date of when you receive products from company because after time things will wear down especially if you are stock piling. Troubleshooting from the group on ostomy leaking at night when asleep and recommended tips discussed, such as wearing an elastic belt at night, solidifiers, using bags with air vents, lubrication, not eating or drinking 2 hours before bed, eating a few marshmallows to decrease output, sleeping with a large pillow on your back to prevent turning to other side, using paste or a ring around stoma, flange extenders, making sure skin is clean before placing a new bag, and using barrier prior to placing. Daniela mentioned if ileostomy is putting out more than one liter in 24 hours to let your physician know. Next month's topic was mentioned. Joan sent an email with the PowerPoint to participants.

Our next meeting will be on October 20, 2022 at 6:00 p.m., virtually, our topic is a Trio Ostomy Presentation by Andy Marxen.

**Joan Burnham, MSN, RN, OCN, MEDSURG-BC**  
Oncology Nurse Navigator  
281-274-0188 [jmburnham@houstonmethodist.org](mailto:jmburnham@houstonmethodist.org)





## HOUSTON

*Your participation helps increase colorectal cancer screenings, awareness programming and support patients in the community.*

**DATE** Sunday, November 13, 2022

**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.

### REGISTRATION FEE

**\*\*Colorectal cancer patients and survivors register for Free\*\***

Adult: \$30

Youth (12 and under): \$15

Kids' Fun Run (10 and under): \$15

Virtual Participant: \$20

### RACE DAY

Adult: \$40

Youth (12 and under): \$20

Kids' Fun Run (10 and under): \$20

Please note: fees are non-refundable and race bibs are non-transferable. Only participants who pre-register up to 3 weeks before the race are guaranteed a race shirt. Race shirts for day of registration will be on a first-come, first-served basis.

**Online Registration closes Wednesday, November 9 at midnight.**

### EVENT SCHEDULE

10:50 a.m. Opening Ceremony

11:20 a.m. Kid's Fun Run

11:30 a.m. - 5K TIMED Run/ UNTIMED Walk

### PACKET PICK-UP

- Friday, November 11th from 4-7p.m. at Run On River Oaks, 2012 W Gray St. Houston, TX 77019
- Saturday, November 12th from 11-2p.m. at Texas Running Company, 15890 Southwest Fwy #600 Sugar Land, TX 77478

**Please help us support Colon Cancer Coalition by making a contribution to our team and sharing this page with your family and friends. Every dollar we raise will advance Colon Cancer Coalition's great cause!**

### JOIN THE TEAM OR DONATE HERE!

<https://donate.coloncancercoalition.org/houston/oaha>

## Donating Ostomy Supplies?

Here are a few options if you would like to donate ostomy supplies. These non-profit organizations are all volunteer run.

**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 in McKinney, Texas.

More options can be found on the UOAA's website: <https://www.ostomy.org/donate-ostomy-supplies/>

## Bethany's Story: An Architect Learns to Engineer Life with Short Bowel Syndrome

*This article was created by Takeda, courtesy of UOAA, September E-news*

My journey to a Short Bowel Syndrome (SBS) diagnosis followed years of motility issues, intestinal complications and numerous surgeries, including a jejunostomy, which is an ostomy that creates an opening in the part of the small intestine called the jejunum. As a trained architect, I believe there's no problem too big to solve, and applying that mindset has helped me to navigate the challenges of SBS and life with an ostomy. This is my story.

*"The architect in me has looked for opportunities to design my future by embracing challenges, educating myself and the people around me, and connecting with others in the community."*

When I was diagnosed with a motility disorder at the age of 15, I never thought that it would have such an effect in my life. I was able to function with physical activity and limited diet until I had my colon removed in 2015 due to colonic volvulus. In my case, this meant that my colon twisted around itself, causing tissue death from lack of blood flow. The procedure worsened my underlying motility disorder of the small intestine. As a result of my underlying condition of chronic intestinal pseudo obstruction (CIPO), my intestines wouldn't function. I lost the ability to absorb nutrients through my small intestine. I was in desperate need of answers.

Ultimately, I was evaluated for an intestinal transplant. At the time, my small intestine was severely compromised due to small intestinal bacterial overgrowth. In order to improve my odds of surviving the transplant, I underwent surgery to remove the majority of my small intestine in 2018, leaving me with only four inches of small intestine that didn't function properly. The surgery, and the resulting serious and chronic malabsorption disorder that accompanied it, resulted in my diagnosis of short bowel syndrome, SBS.

To learn more about SBS, visit <https://sbs-whattoknow.com/>. To join the community and talk with others who are living with SBS, check out <https://www.facebook.com/TakedaSBS/>.

While not everyone will experience an SBS diagnosis the same way, for me, the removal of my colon and most of my small intestine eliminated the ongoing pain and discomfort I experienced when I was living with a motility disorder and chronic intestinal pseudo-obstruction syndrome. Just prior to the surgery to remove my small intestine, I weighed 87 pounds and couldn't walk half a mile without becoming exhausted. I now weigh 122 pounds and was able to walk nine miles the other day. Keep in mind that this is just my experience and everyone's journey will be different. In consultation with my medical team, I have decided to put my intestinal transplant on hold.

In my case, living with SBS also means that if I don't eat the right things, it can affect my electrolytes and fluid balance. Without my colon, I don't absorb fluids. So, I have found that if I drink water,



I can actually lose fluids. A key part of managing my condition has been learning to listen to my own body and trying to understand what's happening inside. For example, I have learned to recognize the signs of dehydration and have made it a priority to understand my lab values. As I have gained a better understanding of my condition, I also think it's been important for me to find the right providers for what I'm going through at each stage of the process.

Navigating how to live with a jejunostomy was a challenging aspect in my SBS management, especially when I experienced leaking. I remember once going to a rare bookstore and my ostomy bag opened. In those moments, with liquid pouring down my legs, I had never felt more embarrassed. However, my grandma taught me that you have a choice in uncomfortable situations – you can either cry or laugh. I try to choose the latter. Not everyone will experience leaks with an ostomy, but if it happens to you, I'd encourage you to give yourself grace. Adapting to life with an ostomy can be a gradual process. For example, when I first had my jejunostomy, it took me an hour to change my bag and now it only takes me 15 minutes.

Despite the challenges, I never gave up on looking for answers and solutions. My training as an architect has led me to believe there is nothing that can't be solved. After consulting with multiple ostomy teams and connecting with people who share similar experiences, I started to embrace the changes that came with my SBS diagnosis and jejunostomy.

I have been lucky enough to receive tremendous support throughout my SBS journey. My family is my biggest source of support. My husband has been there for me despite knowing about my chronic condition. My dad is the one who figured out how to empty the additional drainage bag overnight by flipping it upside down. My mother and grandma have created customized recipes to help with my oral food intake. But, for me, it's been



## Bethany's Story: An Architect Learns to Engineer Life with Short Bowel Syndrome *(continued from page 6)*

a continual process to educate the people around me about my condition. I have learned to be patient and vocal about my specific needs.

For anyone living with a rare and chronic illness, I encourage you to reach out and seek community support. A few members of the SBS community have inspired me and helped me to better understand my condition and encouraged me to break down barriers in my own SBS journey by sharing their own experiences. I'm grateful for the opportunity to connect with others going through similar experiences.

When I was first diagnosed with SBS, I did not think it would be possible to continue doing the things I love. Along the way, the architect in me has looked for opportunities to "design my future" with SBS by embracing challenges, educating myself and the people around me, and connecting with others in the community. I am proud of the progress I've made – I have a job that I love and I live in a city that I love. SBS is only a small piece of who I am, and it does not define who I am. I hope you can embrace YOUR journey with SBS, too.

## Ostomy Living Beyond the Limits *(continued from page 1)*

When traveling with others, there should be no difference in how you handle the bathroom. Be as normal as possible by asking if your roommate showers in the morning or nighttime. Say "I'm going to the bathroom. Do you need to go first?"

The audience also discussed limits on relationships. Some restraints are due to the reason for the ostomy and other health issues than the ostomy itself. There are problems that do exist without solutions. Minimizing other's problems, however, is demeaning to that person. One cannot understand another's emotional or physical pain but one can be a friend to support as much as possible. We all have to work through our own trials and tribulations but other's experiences and positive attitudes can help us toward that goal.



# Ostomy Awareness Day 2022

## Free nurse screening

Open to anyone in the community with an ostomy

**October 1, 2022 from 9:00 a.m. to 12 p.m.**

Located at Memorial Hermann Greater Heights Hospital  
Wound Care Center  
1635 N. Loop West  
Houston, TX 77008

The wound care center is located just inside the main entrance of the south tower on the corner of Ella and 26th St. Parking can be validated if parking in the garage.

*\*Please go to the ER or call your surgeon if you are having an ostomy emergency. Please bring your own supplies. Please limit visits to 20 minutes to ensure everyone has time with a nurse.*

**Nurse Consults!  
Vendors!  
Resources!  
Community!**



## Central Group

**Date:** Monday, October 17, 2022  
**Time:** 7:00 p.m.  
**Place:** **In-Person Meeting:** Tracy Gee Community Center, 3599 Westcenter Drive, Houston, Texas 77042  
**Program:** **Speaker: Lisa Gonzales, Coloplast Regional Manager**  
**Contact:** Denise Parsons 713-824-8841 [rockynme2@gmail.com](mailto:rockynme2@gmail.com)

## Baytown Group

**Date:** Monday, October 24, 2022 (4th Monday!)  
**Time:** 6:00 p.m.  
**Place:** **In-Person Meeting**  
**Community Resource Credit Union (CRCU)**  
 Community room. Avoid the front of the hospital (Garth entrance). The CRCU Meeting Room is located just inside the door of Plaza 2 on the back side of Houston Methodist Baytown Hospital. Park behind the hospital (exit off of Baker Rd.) (Contact group leader for more information.)  
**Program:** **Speaker: Lisa Gonzales from Coloplast**  
**Contact:** Cindy Barefield, CWOCN, 281-428-3033

## Northwest Group

**Date:** Wednesday, October 19, 2022  
**Time:** 7:00 p.m.  
**Place:** **Virtual Meeting** (Information is provided in the email of your October OAHA Newsletter.)  
**Program:** **Speaker: Lisa Gonzales, Coloplast Regional Manager**  
**Contact:** Billy Locke 337-515-6354

## Sugar Land Group

**Date:** Thursday, October 20, 2022  
**Time:** 6:00 p.m.  
**Place:** **Virtual Webex Meeting** (Information is provided in the email of your October OAHA Newsletter.)  
**Program:** **Andy Marxen with Trio Ostomy Presentation**  
**Contact:** Joan Burnham, MSN, RN, OCN, RN-BC, Oncology Nurse Navigator at 281-274-0188 or [jmburnham@houstonmethodist.org](mailto:jmburnham@houstonmethodist.org)

## Woodlands Pediatric Group

**Date:** Sunday, October 9, 2022  
**Time:** Sundays at 2:00 p.m.  
**Place:** **Virtual Meeting** (Information is provided in the email of your October OAHA Newsletter.)  
**Contact:** MaryAnne Lewis, [maryannelewis@hotmail.com](mailto: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](https://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](https://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](mailto: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.)

	<p>The <b>United Ostomy Associations of America (UOAA)</b> can be contacted at:  <a href="http://www.ostomy.org">www.ostomy.org</a> or <b>800-826-0826</b></p>
--	--



## WOC Nurse Directory

Cindy Barefield, RN, CWOCN (281) 428-3033  
Houston Methodist Baytown Hospital  
[cbarefield@houstonmethodist.org](mailto:cbarefield@houstonmethodist.org)

Pat Thompson RN, BSN, CWON (281) 397-2799  
[Patricia.Thompson6@hcahealthcare.com](mailto:Patricia.Thompson6@hcahealthcare.com)



Find us on  
**Facebook**

<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](http://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\*\*

DISCOVER   
[www.phoenixuoa.org](http://www.phoenixuoa.org)  
or call 800-750-9311  
USE Code ASG15

### 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

**Satisfaction Guarantee!**

\*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.

ASC2018



# An app designed just for you

With the My Ostomy Journey app, you will be able to conveniently track ostomy-related activities without the hassle of keeping up with traditional paper checklists or diaries.



Keep track of your daily fluid intake



Easily track your pouch changes



Get instant access to the me+™ helpline



Access ostomy support wherever you are using your smart phone or tablet. Download the My Ostomy Journey app today!  
Scan the code or visit [myostomyjourney.com](http://myostomyjourney.com)



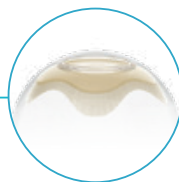
Find us in the app store

**SenSura® Mio**

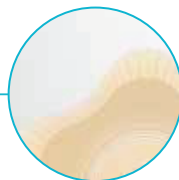
Also available  
in 1-piece and  
2-piece Click

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

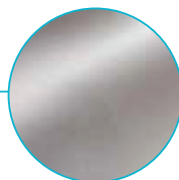
**SenSura® Mio Convex Flip** has a star shaped barrier to provide a secure fit over curved areas, even when bending and stretching.



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



**Coloplast**

PM-11979 07.20



**FAST EFFECTIVE RELIABLE**

Stay hydrated with citrus or berry H2ORS  
Oral Rehydration Solution

**H2ORS**  
ORAL REHYDRATION SOLUTION

www.h2ors.com Save 20% at h2ors.com use code: OAHA

# 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](http://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.





LeeAnne, CeraPlus™ Product User

## CeraPlus™ Soft Convex Ostomy Products — Protection Where it Matters Most

Peristomal skin deserves advanced protection. CeraPlus™ Products\* provide a secure and comfortable fit to protect against leakage and help keep healthy skin healthy. Infused with ceramide, the body's own defense against damage and dryness, CeraPlus™ Products protect skin from Day 1.

Request your trial sample at: [Hollister.com/en/ostomycare](https://www.hollister.com/en/ostomycare)

Prior to use, be sure to read the instructions for use for information regarding Intended Use, Contraindications, Warnings, Precautions and Instructions for Use. Hollister, the Hollister logo, and CeraPlus are trademarks of Hollister Incorporated. All other trademarks and copyrights are the property of their respective owners. © 2022 Hollister Incorporated.

\*Contains the Remois Technology of Alcare Co., Ltd.



CeraPlus™  
Ostomy Products



Ostomy Care  
Healthy skin. Positive outcomes.