



October 2023

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 Awareness Day Celebrated on Saturday, October 7, 2023

Ostomy Awareness Day is held annually on the first Saturday of October. This day coincides with World Ostomy Day, a health observance where the world unites every three years to raise ostomy awareness. World Ostomy Day is sponsored by the International Ostomy Association. UOAA continues to sponsor and celebrate this day in the United States annually by spreading awareness and increasing national visibility of those living with ostomies. We will carry on breaking the silence and shining a positive light on what has saved so many lives.

Learn more about ways
you can help create
ostomy awareness!
[Visit UOAA site](http://www.ostomyhouston.org)

 SOME REASONS OSTOMY
SURGERY IS PERFORMED
TO SAVE A LIFE
DURING COMPLICATIONS & ADVANCED STAGE:

- 1 **Crohn's disease** or **ulcerative colitis** complications
- 2 **Cancers** such as colorectal, bladder, cervical and others
- 3 **Infection (sepsis)** of the abdomen
- 4 **Perforated diverticulitis** or an abscess
- 5 **Birth defect** (for example imperforate anus or spina bifida) Rare diseases (such as Hirschprung's disease and FAP)
- 6 **Blunt or penetrating abdominal trauma** to the bladder, rectum or colon (for example stabbing, gunshot wound, or sexual violence)



OSTOMY SURGERIES PERFORMED
ANNUALLY IN THE U.S.

*"My daughter's ostomy saved her life
at the age of four." Elsa Y.*



*"Without my ostomy surgery
I wouldn't be here today." Mary F.*



80,470
NEW **BLADDER CANCER**
CASES ANNUALLY



4th

MOST COMMON CANCER IS
COLORECTAL CANCER



2 MOST COMMON

ORGANS WITH PENETRATING
ABDOMINAL TRAUMA ARE
SMALL BOWEL (50%)
LARGE BOWEL (40%)

SPREAD OSTOMY AWARENESS...IT CAN BE A LIFE-SAVER.

OSTOMY.ORG
Advocates for a Positive Change

[View larger graphic online.](#)

Ostomy Awareness Event 2023—Join us for a day of free nurse screening, vendors, resources, and community!

Friday, October 6, 2023 from 10 a.m. to 3 p.m.

Located at Memorial Hermann Greater Heights-Medical Plaza 2 Suite 236
1740 W 27th St, Houston, TX 77008

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 the nurse.

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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HOUSTON

DATE Sunday, November 12, 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.

EARLY BIRD REGISTRATION FEE (THROUGH 10/16)

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

Adult: \$30

Youth (18 and under): \$15

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

Virtual Participant: \$25

REGULAR FEES (10/17-RACE DAY)

Adult: \$35

Youth (18 and under): \$20

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

Virtual Participant: \$25

Colorectal cancer survivors and patients register for FREE

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

EVENT SCHEDULE

8:30 a.m. - Registration & Packet Pick-Up
9:25 a.m. - Opening Ceremony & Team Awards
9:50 a.m. - Kid's Fun Run
10:00 a.m. - 5K Timed Run & Untimed Walk
11:00 a.m. - Post Race Finisher Awards

PACKET PICK-UP AT FLEET FEET

Friday, November 10th from 4-7p.m. at Fleet Feet
2012 W Gray St. Houston, TX 77019

Saturday, November 11th from 11-2p.m. at Fleet Feet
15890 Southwest Fwy #600 Sugar Land, TX 77478

Please help us support Colon Cancer Coalition by making a contribution or joining the 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/Pitzerspals>

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

Support Team Pitzer's Pals!

On November 12, 2023, I will be participating in the 2023 Get Your Rear in Gear - Houston. You can make a difference while hanging out with us on **Team Pitzer's Pals**. This year I'm walking in honor of Julie Schultz Schmidt. Julie is the sister of another friend from Iowa State that moved to Texas to teach the same year I did. Julie is fighting this battle TODAY, and I've chosen to walk in her honor this year. I've met so many people that have lost loved ones to colon cancer, been caretakers for loved ones battling it, or survived the disease like me, and once again I'm using this event to give back!

This year marks my TENTH year of being CANCER-FREE again! Diagnosed with stage 3 rectal cancer in 1996 and then again in 2013 with stage 2 colon cancer, I can attest to the importance of education and screening. We can save lives together! Please consider being an advocate with me on Sunday, November 12 as we walk the ballpark at Constellation Field in Sugarland, TX! I would be honored to make this the year that I actually can attend the event in person WITH A TEAM of friends and loved ones by my side!

Let me know if you need help signing up as a teammate and I can help you make it happen!

For registration information, you can visit [HOUSTON RACE PAGE](#). If you can't join us on the day become a virtual racer. You can also visit my Get Your Rear in Gear page at [PITZER'S PALS TEAM PAGE](#) and make a contribution online, or by mail or phone.

Thank you for your consideration and support.

Sincerely,

Laurie Pitzer

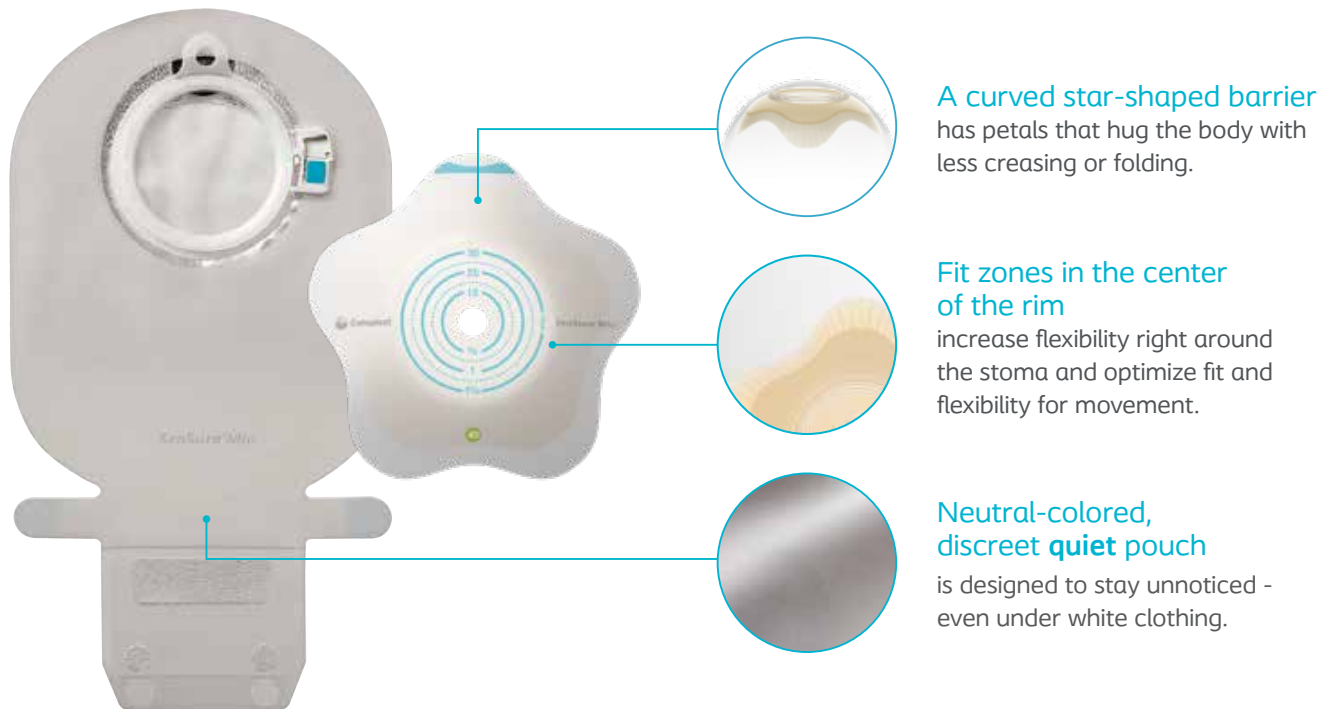


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Ostomy Outpatient Clinics

Memorial Hermann – Greater Heights BY APPOINTMENT

Contact Mary Kinsey, BSN, RN, WOC, WCC, OMS

mkinsey815@gmail.com 832-581-5874

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/>

Coloplast Care Live Webinar Online—MyOstomyLife: Exploring a new app for gaining confidence

Tuesday, October 12, 2023, 6pm Central Time

About This Webinar

Join us as we share the features of MyOstomyLife app. Designed to provide the right information at the right time in a patient's journey of ostomy surgery. We'll show the journey and suggested tools

to use at each step of the way. We'll also share how you can communicate back to your caregiver if experiencing leakage and skin irritation, and of course how you can get in touch directly with an Ostomy Care Consumer Advisor.



Agenda

- Newest features in the app
- How to communicate with care givers
- Ask questions and provide feedback to our development team

Speakers: Sam Haney, Ostomy Care Advisor from Coloplast Care & Rob Rosen, Head of Digital Solutions for the U.S. at Coloplast.

Register 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 Mary Kinsey at 832-581-5874 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 in McKinney, Texas.

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

Central Group

Date: Monday, October 16, 2023
(third Monday of the month)

Time: 7:00-8:30 p.m.

Place: In-Person Meeting: Tracy Gee Community Center,
3599 Westcenter Drive, Houston, Texas 77042

Program: Roundtable with update from Rice360
Colostomates Project

Contact: Denise Parsons, 713-824-8841 rockynme2@gmail.com

Baytown Group

Date: NO MEETING IN OCTOBER
(typically second Monday of the month)

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, October 18, 2023
(third Wednesday of the month.)

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, WOC, WCC, OMS
832-581-5874 mkinsey815@gmail.com

North Houston Group

Date: Tuesday, October 10, 2023
(second Tuesday of the month)

Time: 12:00 p.m.

Place: In-Person Meeting
Memorial Hermann Greater Heights Hospital,
Classroom D in the South Tower
1635 N. Loop W, Houston, TX 77008

Contact: Mary Kinsey, BSN, RN, WOC, WCC, OMS
832-581-5874 mkinsey815@gmail.com

Sugar Land Group

Date: Thursday, October 19, 2023
(third Thursday of the month)

Time: 6:00 p.m.

Place: Virtual Zoom Meeting (Information is provided in your
October OAHA newsletter.)

Program: Presentation from Hector Lontoc, BSN, RN,
CWS,COCN on Disaster Preparedness

Contact: Joan Burnham, MSN, RN, ONN-CG, OCN,
MEDSURG-BC. Oncology Nurse Navigator
281-274-0188 jburnham@houstonmethodist.org
or Jennifer Cerda, MSN, RN, CWOCN, Nurse
Navigator, 346-901-2012 jcerda@houstonmethodist.org

Woodlands Pediatric Group

Date: Sunday, October 8, 2023
(second Sunday of the month)

Time: 2:00 p.m.

Place: Virtual Meeting

Contact: MaryAnne Lewis, BSN, RN, CWOCN 281-948-1490
maryannelewis@hotmail.com

J-Pouch

For J Pouch questions, attend any of our group meetings, or call
or text Ron Meisinger at 281-491-8220

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

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**

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/>



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Reference: 1. Lessons Learned About Peristomal Skin Complications: Secondary Analysis of the ADVOCATE Trial. Salvadale, Ginger; Colwell, Janice C.; Skountrianos, George; Pittman, Joyce.
2. Maria Teresa Szwedczyk, MD, PhD; Grazyna Majewska, RN, ETN; Mary V. Cabral, MS, FNP-BC, CWOCN-AP; and Karin H. Izel-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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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: _____p

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: _____p | <input type="checkbox"/> J-Pouch | <input type="checkbox"/> Nurse |

☐ 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.

*Membership benefits include:
Monthly Support/Information
Meetings, Social Events,
Monthly Newsletter*



LeeAnne, CeraPlus™ Product User

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