



September 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

Highlights from the UOAA Conference—Houston, TX

The Ostomy Association of the Houston Area was happy to welcome the UOAA Conference to Houston August 10-12. The Conference was well attended by ostomates and friends of ostomates from all over the world. It was truly energizing and uplifting to meet with so many ostomates and their families, to hear their stories and to tell our stories.

The City of Houston was well-represented at the Conference. Here are some highlights:

- Kathleen Duplessis, Lorette Bauarschi, Denise Parsons, Mike McGinity and Allison Rosen, all current members of the OAHA's Board of Directors, were on the UOAA's conference planning committee.
- Pat Thompson and Cindy Barefield were the co-managers of the very popular Stoma Clinic. Many of our local nurses volunteered their time to see patients at the Clinic.
- Houston's own Magen Cherry, former Miss Texas, gave the keynote address at the Opening Ceremony of the Conference and shared her inspiring story.
- Allison was able to borrow the giant colon from the American Cancer Society to be displayed throughout the Conference – it proved to be a popular selfie site.
- Lorette and Denise (with some help from Allison) manned the OAHA table in the exhibit hall, meeting many patients, nurses and doctors who now know more about our support group.



Members of the Board of Directors manned a table for the OAHA in the exhibit hall for two days. We met many new people. Pictures are: Mike McGinity, Allison Rosen, Lorette Bauarschi, and Denise Parsons

- Mary Anne Lewis designed the entire pediatric track for the Conference.
- Mary Kinsey presented at a very informative program entitled Ostomates are from Saturn and Medical Providers are from Jupiter!
- Allison told her story along with Dr. Benny Johnson, at the Colorectal Cancer Update session.
- Denise moderated the session on Sexuality and Intimacy.

(Continued on page 2)

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.



Read more on page 4.

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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Highlights from the UOAA Conference—Houston, TX

(Continued from page 1)

- Lorette presented at the session on Affiliated Support Group Success Stories.
- Allison recommended Kimberly-Holiday Coleman, a motivational speaker and advocate from Houston, to speak at the Conference on Body Image and Confidence and Sexuality and Intimacy. She even got Denise to try her hand at burlesque dancing!
- Mike helped the UOAA with many administrative tasks, and also shuttled people to and from the airport.
- Lorette, Denise and Allison met Rolf Benirschke, the author of “Alive and Kicking”, which chronicles Mr. Benirschke’s diagnosis of ulcerative colitis and ostomy surgery while playing professional football. The book was very inspirational as well as informative. Mr. Benirschke has started an organization called Embracing Ostomy Life to provide support to all ostomy patients. He kindly donated copies of “Alive and Kicking” and his follow-up book, “Great Comebacks from Ostomy Surgery” to the OAHHA for distribution to anyone who would benefit from reading them.
- The Conference ended with closing night festivities, including line-dancing arranged by Allison.



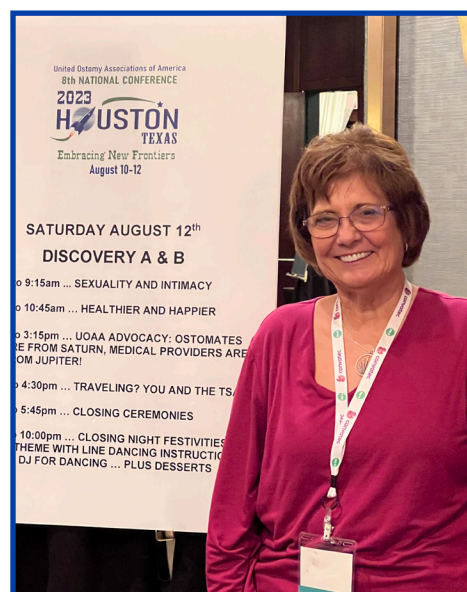
We visited with Marshall Loosier, a longtime dedicated member of the OAHHA.



Allison Rosen presented with Dr. Benny Johnson on a Colorectal Cancer Update.



Magen Cherry, former Miss Texas, gave the keynote address.



Denise Parsons moderated a session on Sexuality and Intimacy.



Pat Thompson, the nurse with the NW support group, and Cindy Barefield, nurse and leader of the Baytown support group, were co-managers of the Stoma Clinic.



Denise Parsons (second from right) participated in a burlesque dance during a session on body acceptance.



Jenrose Foshee enjoying dessert from the ice cream bar from Coloplast.



Lorette Bauarschi, Allison Rosen, and Denise Parsons make a pretty picture!



Mary Kinsey (center), the nurse who leads both the NW and North support groups, was on a panel of medical providers and patients entitled Ostomates are from Saturn, Medical Providers are from Jupiter.



Mary Anne Lewis, the nurse who started the Woodlands pediatric support group, planned a whole track on pediatric issues for the conference.



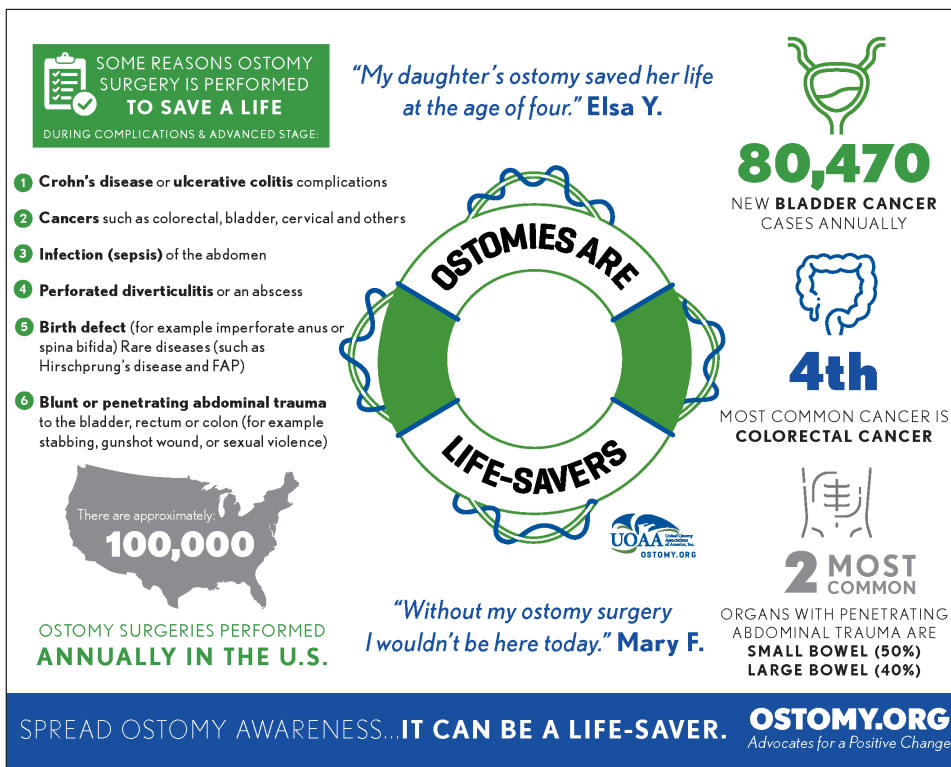
Rolf Benirschke wrote *Alive & Kicking*. Longtime UOAA supporter.



Members of the OAHA Board attended a western themed reception featuring line-dancing at the end of the conference. (Lorette Bauarschi, Denise Parsons, Allison Rosen, Mike McGinity)

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](https://www.ostomy.org)

Coloplast Care Live Webinar Online— *Developing a Good Body Image with an Ostomy; Tips for Women*

September 14, 2023, 6:00 pm Central Time

Developing a good body image with an ostomy; tips for women. We'll have three great presenters sharing their ostomy journey and tips on discretion, what to wear, intimacy and more!

About This Webinar

This panel discussion is all about developing a good body image after having ostomy surgery. It's a great chance for females with an ostomy to have a frank discussion with others who may have experienced the same situation.

[Register here!](https://www.ostomy.org)



Agenda

- Taking things slow with exercise
- Having a baby after ostomy surgery
- Discretion and how to deal with odor
- Relationships and how to tell others
- What to wear and other topics

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/>



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/>

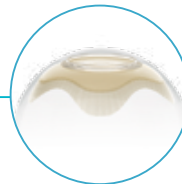
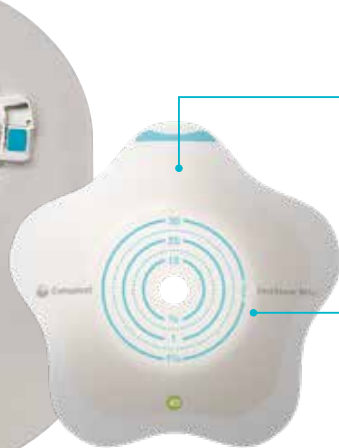


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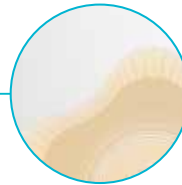
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The fit is the difference between asking for help and doing it yourself

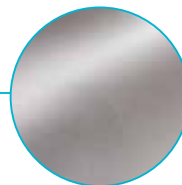
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Central Group

Date: Monday, September 18, 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: Lisa Gonzales and Sam Bennett from Coloplast

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

Baytown Group

Date: Monday, September 11, 2023
(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, September 20, 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, September 12, 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, September 21, 2023
(third Thursday of the month)

Time: 6:00 p.m.

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

Program: Presentation from FOW-USA

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, September 10, 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 Hitzel-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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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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