



"We help ourselves by helping others to help themselves."

September 2023

# Ostomy Association of the Houston Area

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)

## 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 OAHA 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 OAHA.



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.



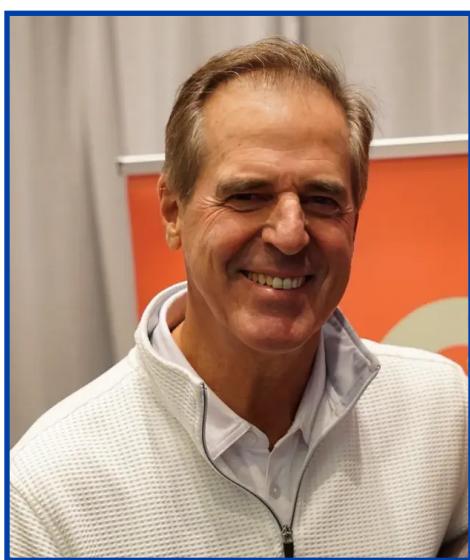
Lorette Bauarschi, Allison Rosen, and Denise Parsons make a pretty picture!



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.



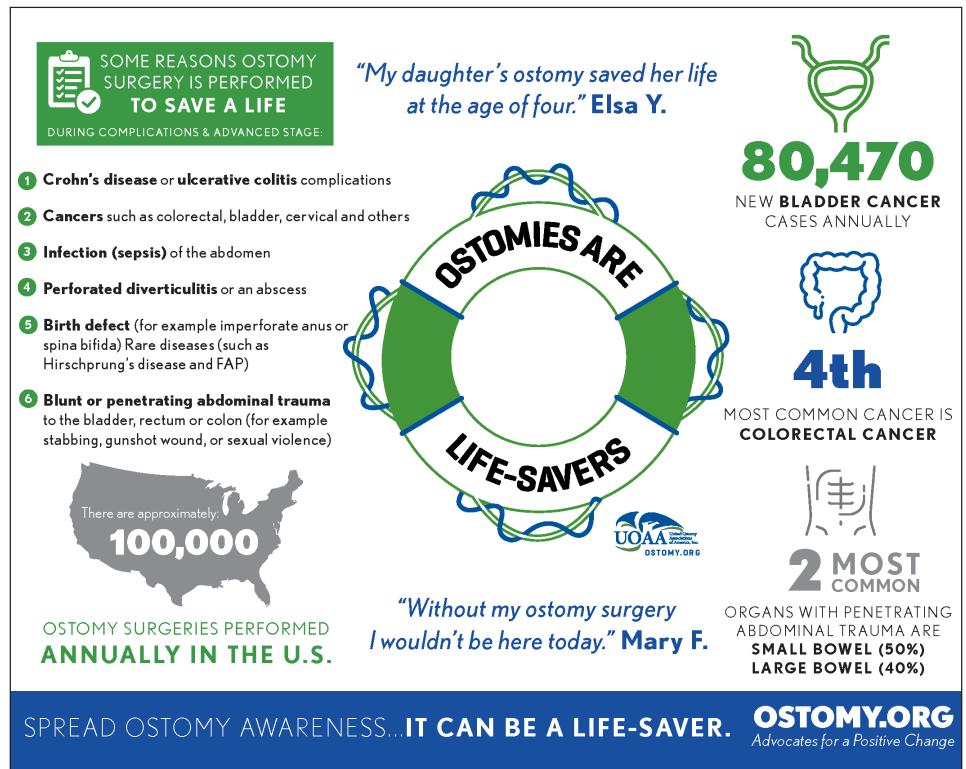
Rolf Benirschke wrote *Alive & Kicking*. Longtime UOAA supporter.



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](#)

### 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!](#)



#### 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](mailto: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](mailto: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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## 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](mailto: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](mailto: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](mailto: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](mailto: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](mailto:jburnham@houstonmethodist.org)  
 or Jennifer Cerdá, MSN, RN, CWOCN, Nurse  
 Navigator, 346-901-2012 [jcerda@houstonmethodist.org](mailto: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](mailto: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](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.)



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

## WOC Nurse Directory

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

(281) 428-3033

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

(281) 397-2799

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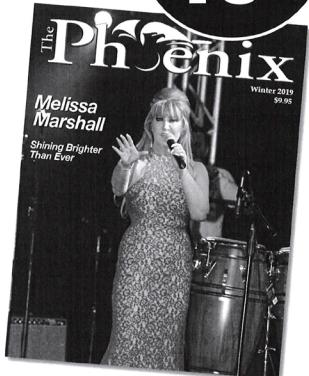
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Reference: 1. Lessons Learned About Peristomal Skin Complications: Secondary Analysis of the ADVOCATE Trial. Salvadarena, Ginger; Colwell, Janice C.; Skouniklano, George; Pittman, Joyce. 2. Maria Teresa Szewczyk, MD, PhD; Grażyna Majewska, RN, ETN; 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. © 2023 Convatec Inc. TM/® indicates a trademark of Convatec Inc. AP-61304-USA-ENGU-V1



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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.

Colostomy  Continent Ileostomy  
 Ileostomy  Continent Urostomy  
 Urinary Diversion  Pull-Through  
 Other: \_\_\_\_\_ p

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

### Check all that apply.

Parent of Child with procedure  
 Spouse/Family Member  
 Physician  
 J-Pouch  Nurse

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

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

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