




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



Education for every ostomate

Presented by





Sexuality, Intimacy

and reproductive health for ostomates

Speaker

Neilanjan Nandi
MD, FACC, AGAF, FACP

Tues. Sep 17
8 pm ET
(5 pm PT)

Tune into UOAA's next **Ostomy Academy** with guest Dr. Neilanjan Nandi to understand the numerous factors that influence sexual health and satisfaction for people with ostomies. Gain strategies for cultivating intimacy and learn how to initiate discussions on sexuality and intimacy with your medical team. We'll also discuss important issues related to an ostomate's reproductive health.

Register at ostomy.org/ostomy-academy to submit questions in advance of the live event and get the latest updates. You'll be sent a link before the live event and a presentation recording.

Sugar Land Group August Meeting Summary

The presentation was given by Joan Burnham, MSN, RN, ONN-CG, OCN, MEDSURG-BC over “Stress and Anxiety.”

Discussed different types of stress and anxiety and definitions. Discussed how to respond to stressors and coping strategies. Acronym CHARMS used to discuss Cognitive, Health, Attitude of Optimism, Re-regulation & Distress Tolerance (BRATS), Mindfulness, and Social Skills & Support. Emotion-based coping is helpful when you need to take care of your feelings when you either don't want to change your situation or when circumstances are out of your control. Problem-based coping is helpful when you need to change your situation. Meaning focused coping uses finding the “good” in a bad situation when you have no control of the situation. Social coping is seeking emotional support from

(Continued on page 8)

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.

In This Issue

Ostomy Academy	1
Sugar Land Group News	1 & 8
Meeting Dates/Times	2
Opportunities and Announcements	2
Embracing Ostomy Life Programs	3
UOAA Membership & The Phoenix	3
Study for Cancer Patients and Survivors	4
Advertising Support	5, 8, 10-11
Clear Lake Group Info	6
Sugar Land Meeting Dates 2024	7
WOC Nurse Listing	8
Virtual Ostomy Clinic	8-9
Ostomy Outpatient Clinics	9
Donating Ostomy Supplies?	9
Membership Information	10
Contact Information	11

Mark your calendar!

Ostomy Awareness Day
Saturday, October 5, 2024



Central Group

Date: Monday, September 16, 2024
Time: 7:00-8:30 p.m.
Place: In-Person Meeting: Tracy Gee Community Center, 3599 Westcenter Drive, Houston, Texas 77042
Program: Convatec Presentation
Contact: Denise Parsons, 713-824-8841 rockynme2@gmail.com

Clear Lake Group

Date: Monday, September 23, 2024
Time: 6:30 p.m. (also available WebEx)
Place: In Person Meeting: Room AD1026 near Starbucks HCA Healthcare Clear Lake, 500 Medical Center Blvd., Webster, TX 77598
Contact: RSVP: Colorectal Coordinator 281-381-3619 or CLRHoncology@HCAHealthcare.com

Northwest Group

Date: Wednesday, September 18, 2024
Time: 7:00 p.m.
Place: In-Person Meeting: Montgomery County South Regional Library, 2101 Lake Robbins Dr., The Woodlands, TX, 77380
Contact: Mary Kinsey, BSN, RN, WOC, WCC, OMS 936-443-2565 mkinsey815@gmail.com

North Houston Group

Date: Tuesday, September 10, 2024
Time: 12:00 p.m.
Place: In-Person Meeting: Memorial Hermann Greater Heights Hospital, Medical Plaza 2, Suite 234 (second entrance) 1740 W. 27th St., Houston, TX 77008
Contact: Ericka Spence 346-263-9658 ericka.spence@memorialhermann.org
 Mary Kinsey, BSN, RN, WOC, WCC, OMS 936-443-2565 mkinsey815@gmail.com

Sugar Land Group

Date: Thursday, September 19, 2024
Time: 6:00-7:00 p.m.
Place: Virtual Meeting
Program: Presentation by Coloplast
Contact: Jennifer Cerda, MSN, RN, OCN, Nurse Navigator, 346-901-2012 jcerda@houston.methodist.org

Woodlands Pediatric Group

Date: Saturday, September 7, 2024
Time: 2:00 p.m.
Place: Virtual Meeting
Contact: Mary Kinsey, BSN, RN, WOC, WCC, OMS 936-443-2565 mkinsey815@gmail.com
 Contact Mary Kinsey for online meeting link.

J-Pouch

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

Opportunities and Announcements

Use Those Shopping Cards

Kroger (LB326) and Randalls (3698) return a percentage of your purchases to the Ostomy Association on a quarterly basis.

Anniversary Gift

As you celebrate the anniversary of your ostomy surgery each year, consider making a monetary gift to the Ostomy Association. Checks should be made payable to the *Ostomy Association of the Houston Area* and sent to the Treasurer at the address shown below.

Memorial Fund

Donations can be made to our Memorial Fund to memorialize or honor individuals. Checks should be made payable to the *Ostomy Association of the Houston Area* and sent to the address below. When sending a donation, be sure to include the name of the person being honored so that acknowledgement can be sent.

Moving? Changing Your Email Address?

Please make sure we have your current contact information so we can reach you by email, U.S. mail, or phone. Send updates to Lorette Bauarschi at lorette@bauarschilaw.com.

For Anniversary Gifts, Memorial Donations, Mailing Changes, or Sponsorships, please send all correspondence to:

Ostomy Association of the Houston Area
 Attn: Mike McGinity, Treasurer
 P. O. Box 25164
 Houston, TX 77265-5164
 (When sending a donation, please include the name of the person being honored so that appropriate acknowledgement can be sent.)



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

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

Embracing Ostomy Life Programs Launched in 2024

Embracing Ostomy Life (www.embracingostomylife.org) has been Rolf Benirschke's dream since he had his ostomy surgery in 1979 which almost ended his NFL career. After securing their 501c3 status in the spring, their team has been hard at work laying the groundwork for the two programs expected to launch in early 2024:

Alive & Kicking—a 30-day ostomy recovery program delivered via email with tips on adjusting to a new life that features videos and information from physicians, WOCNs, physical therapists, nutritionists, mental health professionals and “veteran” ostomates.



Team HOPE (Helping Ostomates through Peer Encouragement) will match volunteers who have completed the UOAA “Ostomy Friends” training course with new ostomates based on factors like gender, type of ostomy, lifestyle, age and other relevant factors.

Here's a sneak peek at a couple videos that will be featured in Alive & Kicking: (click on links below)

[Bitter or Better – Rolf Benirschke](#)

[Your ostomy does not dictate your future – Jearlean Taylor](#)



embracing ostomy life



Join UOAA National Memberships

www.ostomy.org/membership



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

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

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

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

Get Ostomy Answers!

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

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Address _____ Apt/Suite _____

City _____ State _____ Zip _____

Payable to: The Phoenix magazine, P.O. 15755, North Hollywood, CA 91615

* Based on \$12.95 cover price. Canadian subscriptions: \$29.95 one-year. U.S. funds only.

ARE YOU A CANCER PATIENT OR SURVIVOR? SHARE YOUR STORY!



PARTICIPATE IN A NEW STUDY TO BETTER UNDERSTAND THE WORKPLACE EXPERIENCES OF CANCER PATIENTS

Eligibility Requirements

- Diagnosed and treated with cancer sometime in adult life
- Worked for pay at least part-time during treatment
- Married/cohabitating during cancer treatment
- Spouse/partner was also employed during this time

Details

- Eligible participants will be asked to complete 2 online surveys (<20 minutes/survey)
- Spouses/partners will also be asked to complete 2 online surveys (<10 minutes/survey)
- Participants will be compensated

Click on pink buttons above and below to get more info.

Sign Up

Full details and sign-ups can be found here:
https://baylor.qualtrics.com/jfe/form/SV_a_hirdAAy9JtNot8

For questions, please contact
sara_perry@baylor.edu



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Ostomy support group monthly meetings at HCA Healthcare Clear Lake

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

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

Meetings are also available via WebEx

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

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

HCA  **Houston Healthcare**
Clear Lake

OSTOMY SUPPORT GROUP 2024

Join us for a forum providing support, encouragement, education and guidance to patients with ostomies (colostomy, ileostomy, urostomy).

Support group meetings will feature:

- Expert presentations from health care professionals
- Opportunities to share stories and discuss life after ostomy procedures

Who: Any patient with an ostomy, including cancer patients

When:	6-7 p.m.	Jan. 18	April 18	July 18	Oct. 17
		Feb. 15	May 15	Aug. 15	Nov. 21
		March 21	June 20	Sept. 19	Dec. 19

Where: This support group will be conducted virtually.
You will receive the meeting link after registering.

RSVP: Please email Jennifer Cerda, MSN, RN, OCN, at jcerda@houstonmethodist.org or call **346.901.2012**.

Please note, email is not a secure means to communicate personal identification, i.e. Social Security number, date of birth, financial information, etc.



MKTG112023

WOC Nurse Directory

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

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

Kinsey Ostomy Care
info@kinseyostomycare.com



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



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Houston, TX 77055

(713) 465-2200
Fax (713) 461-5806

Virtual Ostomy Clinic

Ostomies change bodies and lives. People living with an ostomy need personalized suggestions and ongoing support from medical experts who really understand ostomies. In the healthcare system today, too many ostomates do not have the regular access to a certified ostomy nurse they need for a successful health journey. This is why UOAA has partnered with The Wound Company—to bring certified ostomy nurses to ostomates and their caregivers across the United States virtually. **For a one-time direct payment of \$125**, The Wound Company's certified ostomy nurses provide people with personalized support via Zoom, text SMS and email for 30 days—in the privacy of their own home.

Get Started Here! *(More info on page 8)*

Sugar Land Group August Meeting Summary

(Continued from page 1)

the community, friends, family, etc. Avoidance focused coping involves seeking a distraction. There is healthy and unhealthy coping. Resources included at the end of PowerPoint, which will be sent out to ostomates. Open discussion with the ostomy support group about strategies on how they cope with stressors.

The next meeting will be on Thursday, September 19, 2024 from 6:00 - 7:00 p.m., with a presentation from Coloplast.

Healthy skin, everyday, everywhere you go



As many as 75% of ostomates report skin complications.¹ Convatec is your solution – with a complete portfolio of ostomy products designed to help keep the skin around your stoma healthy.

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Our me+™ program provides ostomy education, resources and support to help you keep your skin healthy.

Scan the QR code to learn more, visit www.mepluscare.com or contact our me+™ team at 1-800-422-8811

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

Memorial Hermann – Greater Heights BY APPOINTMENT
Call 713-867-2432

Memorial Hermann – Northeast FRIDAY AFTERNOONS, BY APPOINTMENT
Call 281-540-6322 or fax a referral to 281-540-7107.

Memorial Hermann Rehabilitation Hospital – Katy BY APPOINTMENT
Contact Kim Dewitt, Clinic Manager
kim.dewitt@memorialhermann.org 281-579-5541

Memorial Hermann – The Woodlands BY APPOINTMENT
Contact Stephanie Wilkins 281-602-4830 or fax 281-602-4849



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/>

Virtual Ostomy Clinic

(Continued from page 7)

Whether it's a colostomy, ileostomy or urostomy, a new ostomate learning to care for their stoma or an existing ostomate grappling with new complications, the journey can be overwhelming. UOAA's Virtual Ostomy Clinic provided by The Wound Company offers support through telehealth visits and ongoing touchpoints via texting and emailing to make sure ostomates have the right supplies for their unique situation and thoroughly understand how to care for their ostomy.

- * Assess a person's ostomy in one comprehensive telehealth assessment by Zoom in the beginning of the 30-day period
- * Assist ostomates and their caregivers in choosing supplies and recommend pouching options that fit the person's lifestyle and health goals
- * Help ostomates and their caregivers prevent and manage skin irritation, rashes, and other complications around the ostomate's stoma.
- * Answer ostomy questions from ostomates over email or SMS for the 30-day program.
- * Provide personalized education, care, and support throughout the program, including tips on diet, nutrition, hydration and intimacy.
- * Follow up with one additional comprehensive telehealth assessment during the program when necessary.
- * Provide a summary of the assessment and recommendations for ongoing care after each telehealth assessment.

[Learn more about UOAA's Virtual Ostomy Clinic](#)

Donating Ostomy Supplies?

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

Local Community Ostomy Donation Closet 1740 W. 27th St., Suite 234, Houston, Texas, 77008. Open by appointment for donation drop off or pickup Monday through Friday 9:00 a.m. - 3:00 p.m. Please call or text Ericka Spence 346-263-9658, or contact Mary Kinsey 936-443-2565 to arrange access.

Medical Bridges: they collect medical supplies locally. On their website, click the Get Involved link and then the donate supplies link. It provides you with various options. <https://www.medicalbridges.org/>

Friends of Ostomates USA: provides ostomy supplies and educational resources at no cost to ostomates in need around the world. Their warehouse is located in Louisville, KY. Please go to their website for details: <https://www.fowusa.org/>

Kindred Box: is dedicated to improving the lives of people with ostomies and they distribute donated ostomy supplies to support the care of uninsured and underinsured ostomates in America struggling with financial hardship. Go to <https://www.kindredbox.org/> and find out what ostomy products they can accept and to learn about their Postage Program which helps with your shipping expenses. The Kindred Box is located at 4653 Nall Rd., Suite F12, Farmers Branch, TX 75244.

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

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Osto Group www.ostogroup.org

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Newsletter Advertising: Please contact the President or Treasurer for advertising opportunities.

Membership Application

Membership in the Ostomy Association of the Houston Area requires one easy payment. Please complete the following form and mail as directed with payment as shown. Dues of \$25.00 per year are payable to:

Ostomy Association of the Houston Area, Attention: Treasurer
P. O. Box 25164, Houston, TX 77265-5164

Date: _____

Name: _____ Phone: _____

Street Address: _____

City: _____ State: _____ ZIP: _____ E-mail: (required) _____

Surgery Date: _____ Birth Date: _____ Sex: Male Female Other _____

Reason for surgery Crohn's Ulcerative Colitis Cancer Birth Defects Other _____

In addition to English, I also speak the following language(s). Foreign language spoken: _____

Why do we ask this? We have a patient visiting program and we are occasionally contacted by ostomates who are not fluent in English and we look to our membership to assist with communication.

Procedure or Relationship:

To help us complete our records, please answer the following.

Check all that apply.

- | | | |
|--|--|---|
| <input type="checkbox"/> Colostomy | <input type="checkbox"/> Continent Ileostomy | <input type="checkbox"/> Parent of Child with procedure |
| <input type="checkbox"/> Ileostomy | <input type="checkbox"/> Continent Urostomy | <input type="checkbox"/> Spouse/Family Member |
| <input type="checkbox"/> Urinary Diversion | <input type="checkbox"/> Pull-Through | <input type="checkbox"/> Physician |
| <input type="checkbox"/> Other: _____ | <input type="checkbox"/> J-Pouch | <input type="checkbox"/> Nurse |

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

I would like to attend meetings with the (please circle one):

Central Group Baytown Group Northwest Group North Houston Group Sugar Land Group Woodlands Pediatric Group

I learned about the Ostomy Association from

- WOC Nurse Physician Newsletter Surgical Shop Website Other: _____

I am interested in volunteering. Yes No

I have enclosed an additional \$ _____ as a donation to support the association's mission of helping ostomates.



LeeAnne, CeraPlus™ Product User

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