



### This Month's meeting:

Tuesday, May 16

Peter Winter: Government Grant for Ostomates

Louise Lamarche: Registered Practical Nurse

Hernia Formation Prevention

### Location:

Royal Canadian Legion  
Branch 350

57 Lakeport Rd, St. Cath  
(Port Dalhousie)

The Dalhousie Room

Doors open @ 7:00p.m.

Meeting starts @ 7:15p.m.

**\* Wheelchair**

**accessible from the  
back entrance off the  
parking lot**

*(Ridgeway / Pt. Colborne  
meeting info on Page 4)*

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# Postponed

New Date Coming Soon

## OSTOMY FAIR DAY

Has been postponed until the fall of 2017.

**Date to be announced**

### WOULD YOU LIKE TO RECEIVE THIS NEWSLETTER VIA EMAIL?

In an effort to reduce mailing costs, we would like to offer the monthly newsletter to all of our members electronically. If you have access to email, please send your request to [info@niagaraostomy.com](mailto:info@niagaraostomy.com). The newsletter will be in PDF format. Most computers come equipped with the capability to read PDF files.



If you experience a problem opening the file, there will be a free PDF reader program download link attached to the newsletter.

## President's Message

Rain, rain go away, come back another day. That's my story & I'm sticking to it.



I was saddened to learn of the passing of DR. Tytaneck, longtime member of Niagara Ostomy Association. We haven't seen much of him the last few years, but he was a wealth of information and spoke to our group on several occasions over the years. He will be missed by many in the community. Sincere condolences to his family & friends.

We need some volunteers to help out at the Turkestra Barbecues this summer. The first BBQ is Friday May 19<sup>th</sup>. It's coming fast. I will have signup sheets at the May meeting, hopefully a handful of people can assist us over the summer months. It's a great opportunity to get the word out about ostomy, our association, as well as raise needed funds. We sure could use help. It's not an onerous task; a few hours on one of the Fridays would help a lot. We need help setting up and serving primarily. Please call us for more details, or discuss it at the May meeting.

I have allowed my name to stand for election for Ontario District Director for Ostomy Canada. I have had a few years rest from our National Asso-

ciation and would be pleased if I was elected to serve the position. I enjoyed working with everyone at the national level in the past and hopefully I will be equally happy this time.

Hope to see you at the May 16<sup>th</sup> Meeting.

Regards

John Molnar



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**URGENT NOTICE  
FROM YOUR  
CHAPTER!!**

The attendance at recent Chapter meetings has dropped substantially.

Your Board of Directors is very concerned, and feels that the chapter could be in jeopardy if we don't react to the changes we have seen over the last while.

We have created a short survey & hope you can take the time to fill it out.

*(Continued on page 4)*

**2017 Board of Directors**

Title	Name
President	John Molnar
Treasurer	Beth Harwood
Secretary	Dave Muir
Past President	Laura Gazley
Director	Nancy Ployart
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**Hollister Ostomy. Details Matter.**



**NEW****SOUTH NIAGARA OSTOMY  
GROUP****Boggio Pharmacy,****200 Catharine St, Port Colborne****Doors Open 7:00pm, meeting at 7:15pm****Wednesday, May 31****Pamela Glover, Hollister Representative****This will be the last meeting before the  
summer break***(continued from page 3—Survey)*

It is very important we get feedback from you. Feel free to keep your answers anonymous. If you wish, we can follow up with you by telephone or email as well. Additional comments are welcomed.

We will compile the results and try to come up with a solution to overcome this concern. Your name, phone number and/or email address are optional.

Please open the secure link below to fill out a short survey. It only takes a couple of minutes. Please call 905-321-2799 if you have any questions or issues using the link.

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[www.surveymonkey.com/  
r/G856NHD](http://www.surveymonkey.com/r/G856NHD)

Thank you for your time.

John Molnar, President

## CALENDAR OF EVENTS

**Our Website:** [www.niagaraostomy.com](http://www.niagaraostomy.com)

**Our Email:** [info@niagaraostomy.com](mailto:info@niagaraostomy.com)

### 2017 Dates

May 16: See front page  
June 20: TBA

July & August: No meeting

### Telephone Numbers:

Niagara Ostomy Association: 905-321-2799

Coloplast: (866) 293-6349

ConvaTec (800) 465-6302

Hollister: (800) 263-3236

BBraun of Canada: (855) 822-7286



### Car Pooling

If you need a ride or are available to pick up someone in your area for our meetings, please call us at

905 321 2799

Anyone that would like to maintain a list of people offering/needing rides, please call.



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## NOTICE TO READERS:...

Products and methods mentioned in this newsletter are not endorsed by the Niagara Ostomy Association and may not be relevant to everyone. Consult your doctor or ET nurse before deciding to use any of them.

## Application for Membership

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Postal Code: \_\_\_\_\_ Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Type of Ostomy(optional): \_\_\_\_\_

Dues are \$30.00 per year, renewable by December 31 of each year. Membership is open to all ostomates, family members, medical professionals, health professionals and other interested parties. Includes monthly newsletter. We do not wish to exclude anyone because of inability to pay dues. If payment of dues is a hardship, please inform the treasurer or president. They have the authority to waive individual dues. This information is kept in the strictest confidence. We will never share your email address. It will be kept strictly confidential. Completed application along with your cheque or money order (payable to Niagara Ostomy Association) should be mailed to:

Beth Harwood, 16 Greenhill Dr.,  
Thorold ON, L2V 1W5

## WORKING TOWARD A BETTER NIGHT'S SLEEP



Looking for a natural means to promote deep, restful sleep? Try exercise.

"In both men and women, regular activity or exercise was associated with a reduced risk of disorders of initiating and maintaining sleep", concluded a recent study by investigators at the Respiratory Science and Sleep Disorders Center of the University of Arizona in Tucson.

*(Continued on page 8)*

# SenSura

## Ostomy care solutions for every body

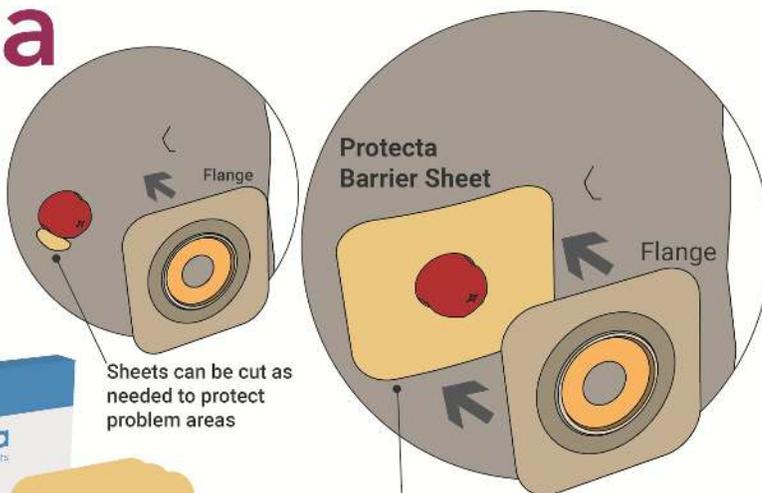


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*Health care... for a better you!*

(Continued from page 6)

The researchers analysed data from 722 men and women who were questioned about their patterns of both exercise and sleep, and their findings were published in the Archives of Internal Medicine.

People who said they walked more than six blocks per day had 33 percent fewer sleep disturbances than those who walked less, the study found. And people who walked those blocks at a brisk pace cut their risk for sleep disturbance in half. Exercising at least once per week reduced the likelihood of sleep disorders or daytime tiredness by about 37 percent. While the means by which exercise affects sleep are not clear, sleep experts speculate that physical activity's effect on the body's core temperature plays a key role.

Exercise raises the temperature for several hours, after which it drops to a lower level than it would have without exercise. When people work out five or six hours before bedtime, their temperature drops just as they are ready to drift off to sleep.

To use exercise as a sleep enhancer, experts recommend that you:

- Exercise regularly, following the Surgeon General's guidelines to do moderate activity that burns at least 150 calories each day,

(Continued on page 9)

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(Continued from page 8)

such as walking or raking leaves for 30 minutes.

- Avoid doing vigorous exercise right before bed, since that may keep you awake. However, stretching, yoga or other gentle activities that promote relaxation done before bedtime may enhance sleep.

By C. Krucogg, *Washington Post*, via *Metro Maryland and Saskatoon*, Nov. 2000, via *Inside Out On-line Nov/Dec 2000*.

### YOGURT CUTS DOWN ON DIARRHEA

Via: "The Pouch", Northern VA United Ostomy Association, Inc. Evansville, Indiana Chapter

Re-Route Volume 29, Number 9 June, 2002

Many people suffer from stomach upset and diarrhea while taking antibiotics. Fortunately, relief may entail a simple trip to your supermarket's dairy case. A study reported at the annual meeting of the American College of Gastroenterology followed 202 hospitalized elderly people who were taking antibiotics. Researchers found that patients who consumed two eight-ounce servings of yogurt daily for eight days reduced their incidence of diarrhea by half, compared to those who

ate no yogurt. Although the research has been divided on the yogurt phenomenon, bacteria cultures in yogurt may help replenish those in the gut that have been depleted by antibiotics. These cultures have also been found to break down the lactose in yogurt, making it more digestible for people who are lactose intolerant.



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<p><b>Carlton Heights Pharmasave</b> 595 Carlton Street, St. Catharines 905.934.2222 <a href="http://www.carltonheightspharmacy.com">www.carltonheightspharmacy.com</a></p>	



## DOES ANYONE ELSE KNOW HOW TO CARE FOR YOUR OSTOMY?



Many of us have been looking after our ostomies for years and have the routine down pat. Even if your ostomy requires some extra effort (seals, patching, powder, skin prep and so on) after enough practise you'll perform even a complicated change without difficult. But what if you suddenly could not do this for yourself? There are myriad of injuries or conditions that could suddenly prevent us from performing our usual ostomy routines. What if you suddenly did not have the use of your arms or hands? What if you were unable to speak? In most cases, our families and friends have little or no idea what are doing in the bathroom. It would be a wise precaution to have a detailed list prepared in case of sudden emergencies. Some points to include:

- Brand name and product number of preferred barrier and pouch
- Specific instructions on how to remove and apply the barrier
- Whether one or two piece
- Step by step instructions how to prepare the skin for application of the barrier
- Proper closure of a drainable bag
- How often should things be emptied
- How to hook up a night drainage system
- How to tell if the system is leaking
- Where are these supplies kept?
- Where do you order these supplies if they run out?
- What is your healthcare number and ID?
- Can you be placed on your abdomen if necessary for an extended period of time?
- Do you usually irrigate?
- What medications do you usually take?

*(Continued on page 14)*



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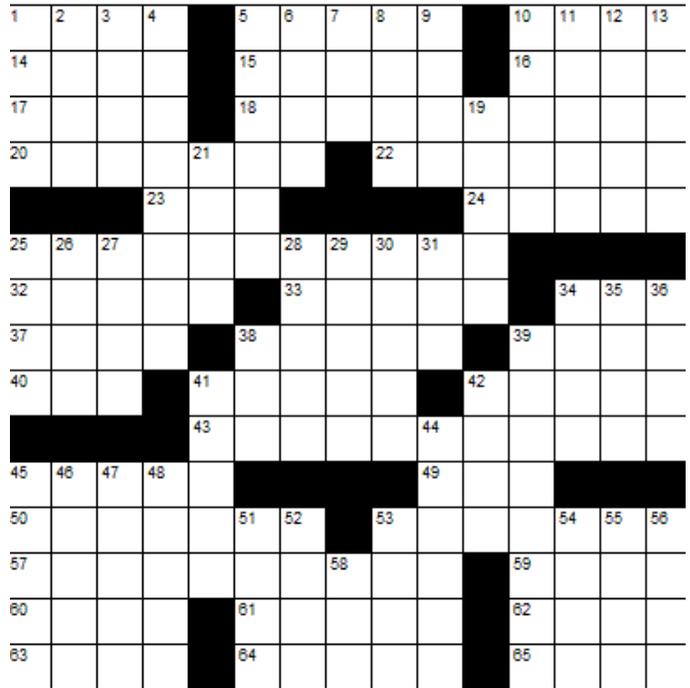
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**ACROSS**

- |                               |                             |
|-------------------------------|-----------------------------|
| 1. Smudge                     | 42. Back tooth              |
| 5. Loose flesh under the jaws | 43. Compulsively            |
| 10. Tatters                   | 45. Gesture of indifference |
| 14. Pear-shaped instrument    | 49. Mineral rock            |
| 15. Not cool                  | 50. Spotter                 |
| 16. Wings                     | 53. Lithesome               |
| 17. Leave out                 | 57. Unfeeling               |
| 18. Endanger                  | 59. Relating to aircraft    |
| 20. God of wine               | 60. C C C C                 |
| 22. A canvas shoe             | 61. Electronic letters      |
| 23. Goblin                    | 62. Badgers                 |
| 24. Amount of hair            | 63. Anagram of "Sees"       |
| 25. Furnace                   | 64. Squalid                 |
| 32. European blackbird        | 65. "Iliad" city            |
| 33. Deploy                    |                             |
| 34. Mayday                    |                             |
| 37. Beseech                   |                             |
| 38. Make a parody of          |                             |
| 39. Grumble                   |                             |
| 40. Soak                      |                             |
| 41. Visitor                   |                             |



**DOWN**

- |                             |                      |                                   |                                  |                          |
|-----------------------------|----------------------|-----------------------------------|----------------------------------|--------------------------|
| 1. Untidy one               | 8. What we kiss with | 27. Outcropping                   | sandwich                         | 51. Applications         |
| 2. Mountain lion            | 9. Extent            | 28. Sexually assaults             | 39. Pledge                       | 52. An indefinite period |
| 3. Ear-related              | 10. Radiolocation    | 29. Got up                        | 41. 60s dancers                  | 53. Slender              |
| 4. In an ill-natured manner | 11. Same             | 30. Moves briskly                 | 42. Bog                          | 54. Beloved              |
| 5. Chewy jellied candy      | 12. Stares           | 31. Buffoon                       | 44. Alone                        | 55. Therefore            |
| 6. 1 1 1 1                  | 13. Clairvoyants     | 34. A period of discounted prices | 45. Slash                        | 56. Optimistic           |
| 7. Which person?            | 19. Attempt again    | 35. By mouth                      | 46. Houses                       | 58. Bleat                |
|                             | 21. Sharpen          | 36. Agile                         | 47. Hemp cords                   |                          |
|                             | 25. Rapsallions      | 38. A type of large sandwich      | 48. An edict of the Russian tsar |                          |
|                             | 26. Roman emperor    |                                   |                                  |                          |



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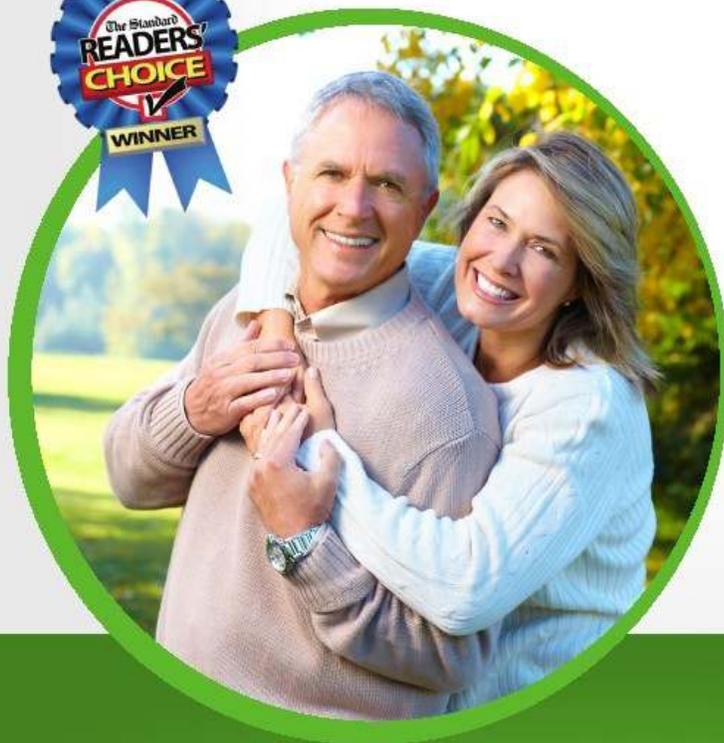
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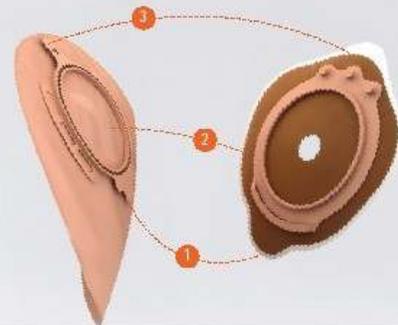
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SHARING EXPERTISE

(Continued from page 10)

- What is the name of your ET nurse and how can that person be reached?
- What specific issues need to be monitored?
- How do you clean any of the equipment used?
- Proper storage of equipment
- How long is the pouching system usually left on?
- Specific allergies to any other brands

It would also be wise to prepare a 'go kit' in case of sudden hospitalizations. Such a kit should include enough barriers, pouches and related products to last at least a week. (Having a 'go kit' is a good idea in general in case of fire or similar emergencies). Make sure your family or caregiver knows where this kit is kept. And include your how to care for my ostomy' list in this kit.

Source: *Winnipeg Inside/Out; Vancouver Ostomy High-Life* Jan/Feb. 2017

Let's not beat about the bush, the English language is full of weird and wonderful phrases. Some of them are as old as the hills, while new words and phrases creep into common speech and become flavour of the month. But where do they come from? New book *Spilling the Beans on the Cat's Pyjamas* reveals the origins and meanings of some of the most popular and obscure sayings that we use everyday.

- A Feather in One's Cap

This saying is used to describe an honour or something to be proud of. It is thought to come from an ancient custom of adding a feather to your hat for each enemy you had killed.

- Flavour of the Month

This is an American advertising phrase from the 1940s attempting to persuade shoppers to buy a different flavour of ice cream each month instead of sticking to their usual choice.

Now it is used to describe any short-lived craze, fashion or person that is quickly dropped after a time of being in demand.

- The Hair of the Dog

We have all tried the hangover cure of having another drink the morning after the night before, with the idea being that like cures like. It is thought the phrase originates in the 16th century when if you were bitten by a rabid dog, it was accepted medical practice to dress the wound with the burnt hair of that dog as an antidote. Amazingly this cure was recommended for dog bites for about 200 years before its effectiveness was doubted.

- Spilling The Beans

To give away a secret or to tell all. This phrase may have come from Ancient Greek voting practices where black and white beans were used to represent yes and no on the issue being voted on. Each voter put one bean into a pot or helmet and the result was revealed by spilling out the beans.

- The Walls Have Ears

Watch what you say as you don't know who might be listening. In the time of Catherine de'Medici, wife of Henry II of France, certain rooms in the Louvre Palace were said to have a network of listening tubes so that what was said in one room could be heard in another.

This is how the suspicious Queen discovered state secrets and plots.