



This Month's meeting:
Tuesday, September 19th
Open Mic Rap Session

See Page 4 for meeting location and dates for South Niagara.

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)*

OSTOMY FAIR DAY

Mark Your Calendar!!

November 7, 2017

10am-4pm

Royal Canadian Legion

Check next month's newsletter for further details!



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. 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.



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Presidents Message

Well, I guess we had summer. It was great for working (indoors) but not great for outdoor activities like swimming, boating etc. My garden did very poorly as I'm sure many did.



I went to the Annual general meeting for Ostomy Canada in August, held in Mississauga and on-line. In an effort to reduce national costs, it was the first ever AGM held online. I have mixed feelings about it. While I do agree it is a huge cost savings, you do miss the comradery of meeting friends in person. Oh well, I guess that's old fashioned in today's society. I was acclaimed Ontario Regional Administrator. Lucky me! My duties will be to keep in touch with the Chapters & Peer Support groups in Ontario, to find out if they

have any concerns as well as keep them updated on Ostomy Canada goings on. The National Board of Directors withheld their governance motion where the Board would become the members of Ostomy Canada. I'm not sure if it's put to bed or they will bring it back again at a later date. It is a very difficult motion as some people are very much in favour, while many others are totally against it. Interesting times ahead.

A huge thank you to everyone that took the time to fill out the survey. We had 75% of our member's reply, that's amazing. The board has decided to pretty much keep with the status quo for this year except for we aren't planning speakers for January and February meetings; they will be just open Mic rap sessions. In a nut shell, the survey results were as follows:



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84% of responses from people over 60

93% say newsletter is important to them

88% say they receive it in a timely fashion

23% said they would attend meetings at a more central location in Niagara

19% said that the meeting day/time affects their ability to attend

16% said that a telephone reminder would help them attend meetings

The major issue with attendance at meetings is the fact that our members are older & many do not drive at night.

(Continued from page 2)

A huge thanks to everyone that helped out at the Turkstra Barbecues this summer. We raised about one thousand dollars and got the word out to many people about Ostomy. One person I talked to asked about our association, he said "Oh, I would rather die, they have told me I might need one". I talked to him about it, gave him a brochure and information. I think by the end he had different thoughts about Ostomy. It's great to get the word out, especially to someone like that.

We have been in discussion with the Registered Nurses Association of Ontario, they actually contacted us to see how they can better serve people in Ontario that have or will be hav-

2017 Board of Directors

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ing an ostomy. Nancy attended the first meeting; I will be attending 4 more over the next year. (2 on-line & 2 in person)

Remember to mark your calendars for our Annual Ostomy Day in November !

Cheers

John Molnar





SOUTH NIAGARA OSTOMY GROUP

**Boggio Pharmacy,
200 Catharine St, Port Colborne**

NEW TIME!! Doors Open 6:15pm, meeting at 6:30pm

Please note that the meetings are held after business hours when the pharmacy is locked. To keep the pharmacy secure, the front door is attended by staff and unlocked only to admit attendees between 6:15 and 6:30pm. No-one else will be admitted after 6:30 because the staff are also involved in the meeting.

September 2—Sebastian Plassard & Suzanne Walsh from Bbraun

November 29—TBA

March 28, 2018—TBA

May 30—TBA

AVOID FALLS WITH THESE 3 SIMPLE TIPS

www.mcmasteroptimalaging.org May 30, 2017

- McMaster University -

The Bottom Line

- Falling is not a natural consequence of aging, but is the result of several age-related factors such as loss of muscle strength and balance.
- Improving strength and balance through exercise can decrease the risk of falls.
- A medication review may reduce falls and injuries caused by drug side effects.

Falls are the leading cause of injury-related hospitalizations among Canadian seniors (1) and 20% to 30% of people aged 65 and older suffer

serious falls each year (2). Furthermore, older adults who fall once are more likely to fall again (1). Those are startling statistics and they represent a lot of injured people whose quality of life is also likely to take a nosedive.

You don't have to be one of them!

Maybe you've already made some changes to your home environment such as installing handrails and grab bars, improving lighting and re-

(Continued on page 6)



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CALENDAR OF EVENTS

Our Website: www.niagaraostomy.com

Our Email: info@niagaraostomy.com

2017 Dates

Sept 19: Open Mic

Oct 17: TBA

Nov 7: Ostomy Fair

Nov 21: TBA

December: No meeting

2018 Dates

Jan 16— open mic

Feb 20-open mic

Mar 20: TBA

Apr 17: TBA

May 15: TBA

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

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Anyone that would like to maintain a list of people offering/need 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:

Association) should be mailed to:

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

(Continued from page 5—Avoiding Falls)

moving items that can be a tripping hazard. That's wise, but don't stop there. Research shows these three simple changes to your physical health can also help you stay steady on your feet. Click on the links for details about the research.

1. Build your strength

As we age our bodies often lose muscle mass and strength (a condition called sarcopenia) and the resulting weakness – particularly in the legs – is what makes us more likely to fall. But we can fight back by getting regular physical exercise that includes weight

(Continued on page 8)

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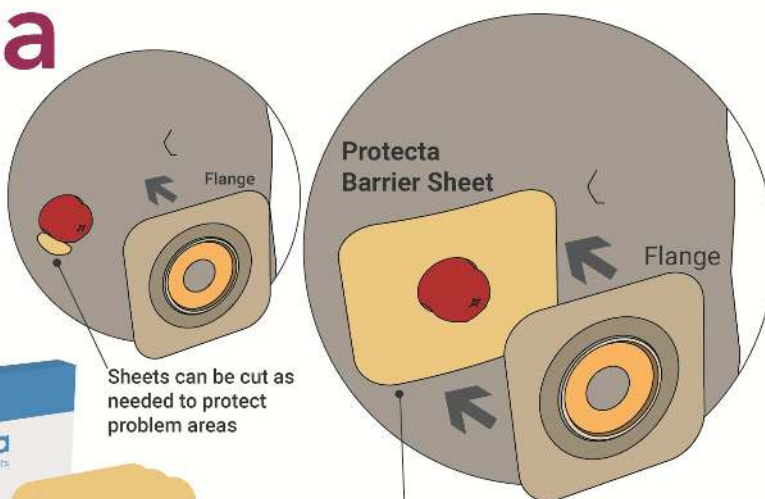


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product



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education



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Health care... for a better you!

(Continued from page 6-Avoiding Falls)

bearing activities to build and strengthen muscles.

One approach supported by research evidence is “high intensity progressive resistance strength training”. It’s not as complicated as it sounds: simply start exercising with a weight that is difficult but doable and increase the weight as it becomes easier.

Many different types of exercise are beneficial for building muscle mass, including working out in the pool and with elastic resistance bands. Remember: the best type of exercise is one that you enjoy, as you are more likely to stick with it and see the benefits.

2. Find your balance

A loss of balance is also common in older age, another reason seniors are at higher risk of falling. Once again, exercise is the remedy. Movements designed to improve balance and flexibility – including Pilates and exercises using the Nintendo Wii – can help us stand firm, or recover quickly if we begin to lose our footing. Tai chi is also recommended for its various benefits including improving strength and balance through slow controlled movements.

3. Take stock of your pill cupboard

With age comes wisdom... and often a lot more pills. Prescription and over-the-counter drugs serve a purpose, but side effects such as dizziness, disorientation and sleepiness could cause people to stumble and fall. As well, seniors who take multiple medications are at higher risk of health complications from drug interactions.

(Continued on page 9)



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(Continued from page 8-Avoiding Falls)

A medication review with your doctor or pharmacist helps to assess the benefits and risks of prescribed drugs and may result in some drugs being “deprescribed.” This means backing off when doses are too high or stopping medications that are no longer needed.

Failure (to move) is not an option!

Many older adults believe the best way to protect themselves from falling and getting hurt is by stopping some or all of their physical activities. That might seem like a safe and sensible solution but it’s flawed for a few reasons. The less you

move and exercise, the weaker and more frail you become, which increases your risk of falling. And life can end up being pretty dull for people who don’t get out much.

Instead, examine your exercise and other lifestyle routines and make some changes if necessary. It’s never too late – or too early – to work on making yourself more sure-footed and able to resist falls so you can get out and about with confidence.



Mary Sewell

NEWSLETTER CONTENT

Do you have an article or story that you think might be of interest to other members in this group? Please send it to me at :

heinrichsmarlene@gmail.com and I will see if I can include it in a future newsletter. Thanks!



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Carlton Heights Pharmasave 595 Carlton Street, St. Catharines 905.934.2222 www.carltonheightspharmacy.com	

MORE ON THE GRAPE

Ex- Via: Solano County Chapter & Green Bay News Review, and United Ostomy Association, Inc. Evansville, Indiana Chapter Re-Route

If you don't drink alcohol, or prefer white wine over red, can you reap the same heart-protecting benefits of red wine by drinking purple grape juice instead? Maybe so!! Both red wine and purple grape juice are rich in flavenoids - substances found in many fruits, vegetables and nuts that have been linked to a lower risk for heart problems. Flavenoids help relax blood vessels and prevent damage from LDL (bad) cholesterol. That may be why red wine seems to have an edge over other alcoholic drinks when it comes to helping the heart. Still, drinking any type of alcohol in moderation (2 drinks daily for men, one for women) may lower the risk of dying from heart disease. For the study, 15 adults with coronary heart disease drank purple grape juice twice a day for two weeks. The amounts were based on how much they weighed-a 180 lb. Man would have drunk nearly three cups a day, for example. Most had high cholesterol and were taking lipid-lowering drugs and/or vitamins E and C as part of their treatment for heart disease during the study. At the end of the study, participants arteries had relaxed slightly as shown by an ultrasound of an artery in each participant's right arm. Their LDL cholesterol was also less prone to oxidation (the process that damages blood vessels) than at the start of the study. This study didn't directly compare the effects of purple grape juice with red wine, but earlier studies have suggested the alcohol in wine helps boost the absorption of flavenoids. If you don't care for red wine, purple grape juice might be a good alternative.



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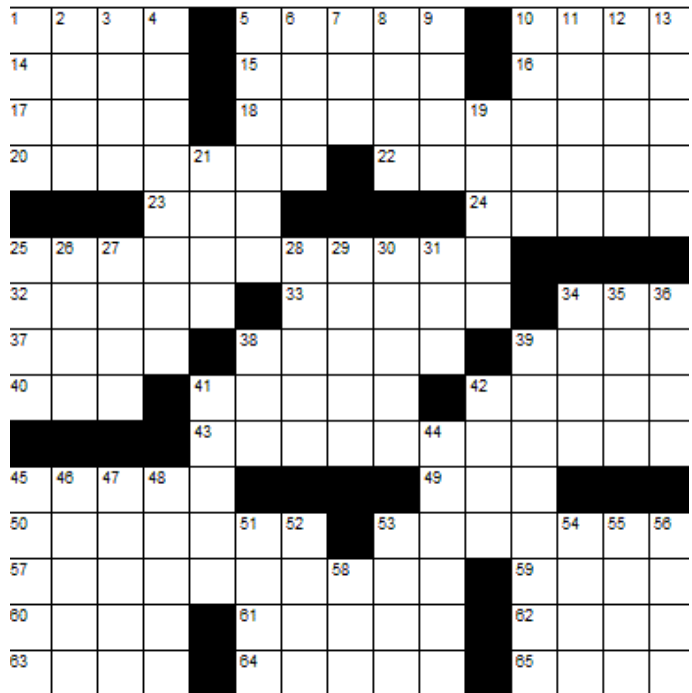
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ACROSS

- | | |
|----------------------------------|---------------------------|
| 1. Academician | 41. Not glossy |
| 5. Burn slightly | 42. Restaurant |
| 10. Iron oxide | 43. Compulsively |
| 14. Greek letter | 45. Procrastinate |
| 15. Smells | 49. Mineral rock |
| 16. Ammunition | 50. Whorl of petals |
| 17. Modify | 53. Economic independence |
| 18. Designation | 57. Not arrogant |
| 20. Performance | 59. Diminish |
| 22. Having toothlike projections | 60. Exposed |
| 23. Gangster's gun | 61. A garden |
| 24. Children | 62. District |
| 25. Makes less religious | 63. "What a shame!" |
| 32. Tally | 64. Piece of paper |
| 33. Sarcasm | 65. Evergreens |
| 34. Water barrier | |
| 37. Pigeon-____ | |
| 38. Advances (money) | |
| 39. Mongolian desert | |
| 40. East southeast | |

CROSSWORD www.mirroreyes.com**DOWN**

- | | | | | |
|--------------------------|-----------------------|--------------------------|---------------------------------|---------------------|
| 1. Jetty | word | lems | 38. Chemist's work-place | 47. A kind of macaw |
| 2. Was a passenger | 9. Feudal worker | 27. Algonquian Indian | 39. An unintentional disclosure | 48. Fails to win |
| 3. Ear-related | 10. Threadbare | 28. Violent disturbances | 41. Girlfriends of gangsters | 51. Totes |
| 4. Exhausted | 11. Inuit boat | 29. Angry | 42. Soil | 52. Nanny |
| 5. A musical composition | 12. Clobbered | 30. Districts | 44. Searched | 53. Blind (poker) |
| 6. False god | 13. Notes | 31. N N N N | 45. Aqualung | 54. Unusual |
| 7. French for "Name" | 19. Jittery | 34. Accomplished | 46. Relating to tone | 55. Was cognizant |
| 8. Electrical or cross- | 21. Story | 35. Cain's brother | | 56. Not nays |
| | 25. Satisfy | 36. Like a bog | | 58. Fury |
| | 26. Prima donna prob- | | | |

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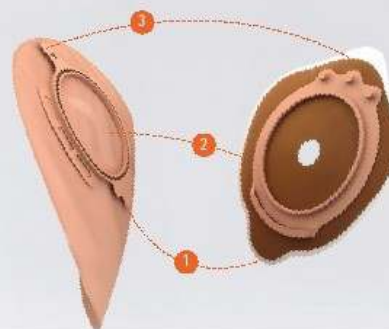
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SHARING EXPERTISE



One Wish

A pirate and his parrot, were adrift in a lifeboat following a dramatic escape from a valiant battle.

While rummaging through the boat's provisions, the pirate stumbled across an old

lamp. Secretly hoping that a Genie would appear, he rubbed the lamp vigorously.

To the amazement of the castaways, a Genie came forth.

This particular Genie, however, stated that he could only deliver one wish, not the standard three.

Without giving any thought to the matter the pirate blurted out, "Make the entire ocean into rum!"

The Genie clapped his hands with a deafening crash, and immediately the entire sea turned into the finest rum ever sampled by mortals.

Simultaneously, the Genie vanished. Only the gentle lapping of rum on the hull broke the stillness as the two considered their circumstances. The parrot looked disgustedly at the pirate and after a tension-filled moment spoke: "Now yee've done it!! Now we're gonna have to pee in the boat."

Little Jacob

Little Jacob is always being teased by the other neighborhood boys for being stupid.

Their favorite joke is to offer Jacob his choice between a nickel and a dime -- Little Jacob always takes the nickel.

One day, after Jacob takes the nickel, a neighbor man takes him aside and says, "Jacob, those boys are making fun of you. Don't you know that a dime is worth more than a nickel, even though the nickel's bigger?"

Jacob grins and says, "Well, if I took the dime, they'd stop doing it, and so far I've made \$20!"

Young Man

A young man saw an elderly couple sitting down to lunch at McDonald's. He noticed that they had ordered one meal, and an extra drink cup.

As he watched, the gentleman carefully divided the hamburger in half, then counted out the fries, one for him, one for her, until each had half of them.

Then he poured half of the soft drink into the extra cup and set that in front of his wife.

The old man then began to eat, and his wife sat watching, with her hands folded in her lap.

The young man decided to ask if they would allow him to purchase another meal for them so that they didn't have to split theirs.

The old gentleman said, "Oh no. We've been married 50 years, and everything has always been and will always be shared, 50/50."

The young man then asked the wife if she was going to eat, and she replied, "It's his turn with the teeth."