



This Month's meeting:

Tuesday, October 17th

Dr. Bill Brown, Professor of Neurology at
McMaster University, and Author

Topic: The Brain and Aging

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 10 am—4 pm

Royal Canadian Legion, Dalhousie Room

57 Lakeport Road, St Catharines.

Appointments available with an enterostomal (ET) nurse.

Call to book: (905) 321-2799 or by email at info@niagaraostomy.ca

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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

I hope as always this newsletter finds everyone in good health.



The September meetings were quite well attended-- In St. Catharines there were 19 people with a few new folks as well, Port Colborne saw 18 people attend.

It's that time of year again when the Personal Support Worker Teachers are asking us to do a seminar for the students, so far we have had one teacher ask us to present. It's a great opportunity to talk to the students about "Ostomy". I have met a few PSW's in the community that have attended our seminars and they mention how in-

formative it was and how much they appreciated the information. Roger Ivol & I have been doing them for several years. Nancy Ployart joined us last year and I hope she is able to join us again this year.

Remember to mark your calendars for our Annual Ostomy Day to be held on Tuesday, Nov 7, 2017 10 am—4 pm at the Royal Canadian Legion Br. 350, Dalhousie Room 57 Lakeport Road, St Catharines.

Appointments available with an enterostomal (ET) nurse. Call to book: (905) 321-2799 or by email at info@niagaraostomy.ca (Wheelchair accessible from side of building)



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Remember it's also time to renew your memberships too!

Hope to see you at the October Meeting with our speaker, Dr. Bill Brown. His topic will be (the Brain and aging)

Cheers

John Molnar





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Rumi

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Boggio Pharmacy, 200 Catharine St,

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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.

Ostomates, Friends and Family are Welcome!

November 29—Boggio Pharmacist, “Hints to help Ostomates take Medications Better”

March 28, 2018—TBA

May 30—TBA

THE OVERACTIVE ILEOSOTOMY

Via: Winnipeg ostomy Association, Inside out, January 2017

An overactive ileostomy can result from a variety of problems. If the small bowel is inflamed due to Crohn's disease, radiation injury, or bacterial/viral enteritis, the output will be profuse. If there is narrowing of the small bowel close to the stoma, where the ileostomy goes through the abdominal wall, a pressure backup can lead to explosive high out-put.

Any food that has a laxative effect should be eliminated or, at best, kept to a minimum. People with lactose intolerance will have high output if they use any kind of milk product, including powdered milk, which is found in many prepared foods.

Excessive drinking of fluids will also increase the

ileostomy output. An ostomate who has had a gall bladder re-moved may have increased output. Medicines to counteract bile salts can be used if the problem is related to gall bladder removal. Many prescriptions and OTC drugs list diarrhea as a side effect.

The ostomate should work with his/her physician to evaluate the problem. Once disease can be ruled out, therapeutic emphasis can be placed on diet, utilizing foods that decrease output. Bulk laxatives can be used



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CALENDAR OF EVENTS

Our Website: www.niagaraostomy.com

Our Email: info@niagaraostomy.com

2017 Dates

Oct 17: The Brain and Aging, Dr. Bill Brown

Nov 7: Ostomy Fair

Nov 21:

December: No meeting

2018 Dates

Jan 16— open mic

Feb 20-open mic

Mar 20

Apr 17

May 15

Telephone Numbers:

Niagara Ostomy Association: 905-321-2799

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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—Overactive Ileostomy)

with each meal to absorb and solidify some of the liquid output.

Source: OSG of Middle Georgia The Ostomy Rumble—Oct. 2016



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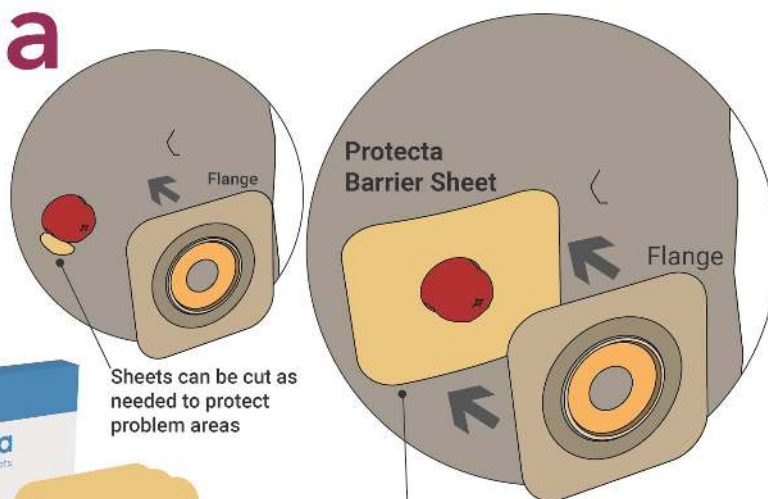


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Ostomies versus False Teeth

*Via: North Central OK Ostomy
Outlook
from Spacecoast Shuttle Blast,
FL; via Seattle (WA) The
Ostomist*

How often have members of ostomy groups said that having an ostomy is no worse than wearing false teeth? Non-ostomates often laugh at this and can't believe that we are being honest. False teeth? Everyone dreads the day that teeth must go and an expensive set of "false choppers" replaces them. But think of false teeth as the equivalent to that "awful surgery?" Never! Well, before folks feel so sorry for us ostomates, let's look at the similarities.



Everyone would prefer to keep his own teeth—or his own colon or bladder. Wearers of false teeth try to pretend their teeth are real—many ostomates hide their surgery. A big problem is keeping false teeth in place—same way with ostomy appliances. No one wants the "click" of teeth to be heard—ostomies may gurgle audibly.

After a few months, false teeth are supposed to feel like a natural part of you—also true of your ostomy appliance. As one grows and changes, a set of false teeth may have to be changed—and appliances may have to be changed due to weight gain/loss or stoma retraction.

False teeth are expensive—but so is ostomy surgery. False teeth must be worn all the time—ostomates wear appliances, or at least tiny pads,

(Continued on page 9)



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(Continued from page 8-Ostomies vs false teeth)

all the time. Many products are sold to keep false teeth clean and odor-free—the same is true for ostomy equipment. Let's say that false teeth are a necessary evil, a little nuisance in the mouth—at the opposite end of the tract may be the nuisance of a stoma needing an ostomy appliance or pad.

So the next time a distressed family member says a relative will “have his life ruined” by having an ostomy, ask whether someone who has all his teeth suddenly knocked out has a ruined life. If we could think of ostomies with the same calm humor with which we view false teeth, wouldn't everybody see them for what they really are? Not really worse than false teeth.

9 WAYS TO INSTANTLY STRENGTHEN YOUR BRAIN

BY: MIKE MICHALOWICZ

Via: American express small business Open Forum

Even though the brain is an organ, rather than a muscle, you can still give your brain a workout. Just as with a muscle, repetitive tasks can dull or even damage your mental acuity, while new challenges and activities can strengthen your brain and even make you measurably smarter. Get ready for your workout!

Exploit your weakness. This first challenge will seem counterintuitive, but there's good science to support it. If you're a morning person who's

most productive and alert early in the day, try tackling a creative task late at night, and vice versa for you night owls. You'll discover that this stress on your brain—asking it to work hard at a time when you usually don't—can yield surprisingly good results. It works best for creative tasks, rather than analytic tasks, and you'll be surprised at what you can accomplish when you work at what isn't your typically optimum time.

(Continued on page 10)

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(Continued from page 9- Strengthen your Brain)

Play memory games. Whether it's a low-tech matching game or a high-tech solution like Lumosity, actively working to improve your memory produces measurable results. Memory really is key to not just appearing, but also being smart. Imagine if you could recall everything you've ever learned. That may never happen, but if you can train your brain to be able to recall even a small portion of the things you're currently forgetting, you'll be smarter and more efficient.

Use mnemonics. Mnemonics work, and they also help to stretch your brain to create and use new associations. Working on remembering the names of people you've just met, for example, can include associating their name with their profession or their interests. Andrew the architect or Louise the lawyer forces your brain to work just a bit harder and results in you not fumbling for that name when you need to make an introduction—win-win!

Raise your eyebrows. Trust me. While you may want to practice this tip privately rather than on the subway, you'll be pleased. You may feel silly, but as soon as you try this tip, you'll understand exactly what I mean. Raising your eyebrows opens your eyes wider, resulting in a slight adrenaline boost. You'll instantly feel brighter and more alert.

Read books that push your boundaries. It's okay to take small steps on this one, but reading is one of the best things you can do for your brain. Maybe you just commit to turn off the TV (which is much more passive than reading) and pick up a book—any book—once in a while. Perhaps you branch out from your usual style of book. The point is to read something that's dif-

(Continued on page 14)



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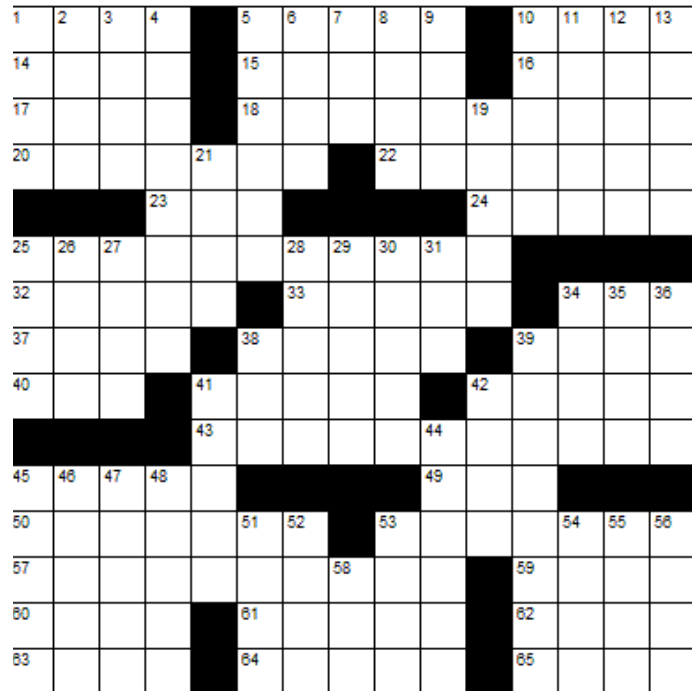
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1. F F F F
 5. A type of coffee
 10. Chills and fever
 14. Journey
 15. Call forth
 16. A step on a ladder
 17. Phone
 18. Make legal
 20. Arm bone
 22. Goddess of divine retribution
 23. Veto
 24. Highly skilled
 25. Striking with a club
 32. Fertile area in a desert
 33. Kind of bean
 34. Big wine holder
 37. Perished
 38. Fangs
 39. Digestive juice
 40. N N N N
41. Polka or samba
 42. Hotel offering
 43. The act of noticing
 45. Collection of maps
 49. Altitude (abbrev.)
 50. Honors
 53. Yellow aromatic liquid
 57. Secondary
 59. An enclosure
 60. Auspices
 61. Hangman's knot
 62. Leg joint
 63. Connecting point
 64. Sugary
 65. Views

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1. Carve in stone
 2. German for "Madam"
 3. Movie
 4. Having great beauty
 5. Luxurious
 6. Nights before
 7. Sprocket
8. Analogous
 9. Celebration
 10. Possessing a weapon
 11. False front
 12. Open, as a jacket
 13. Excrete
 19. Insect stage
 21. Trailer trucks
 25. Portend
26. Reclined
 27. Applications
 28. Unlocks
 29. Daughter of a sibling
 30. ____ alia
 31. Greatest possible
 34. 8 in Roman numerals
 35. Countertenor
36. Adolescent
 38. Bar bill
 39. Backside
 41. Drugged
 42. An exchange involving money
 44. Rapsallion
 45. Extraterrestrial
 46. A type of dance
 47. Clear
48. Come up
 51. Focusing glass
 52. Winter precipitation
 53. Carryall
 54. Rational
 55. Curved molding
 56. Dregs
 58. Foot digit

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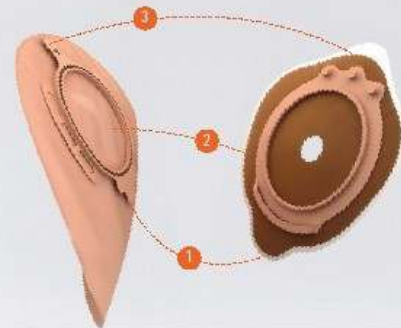
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SHARING EXPERTISE

(Continued from page 10- Strengthen your Brain)

ferent from your usual fare because if you broaden your reading horizons, you're getting smarter. Swap your usual sci-fi for history occasionally, or trade your fluff for a classic from time to time. The point is to get out of your reading rut.

Try new hobbies. Experiment with new enterprises that direct your focus and attention in a way that's new to you. Mastering a new mechanical task—anything from knitting to tennis—develops new territory in your brain. Any new challenge you undertake will create new associations and force your brain to accommodate new information and new routines.

Eat better. Organs require nourishment—ideally you should strive for a balanced diet, because a brain that's starving isn't growing. Even healthy, well-nourished folks can benefit from additional help from time to time, and supplements like ginkgo biloba can help improve your concentration, improve your memory and increase your attention span.

Exercise. Exercise improves absolutely everything. Not only will you feel better if you get regular exercise, but exercise improves circulation throughout your body, moving protein and nutrients to your brain. Strong body, strong mind!

Get enough sleep. Like exercise, adequate sleep improves every facet of your life. Operating with a sleep deficit can actually be dangerous, and in fact, studies have demonstrated that sleep deprivation can result in symptoms that mimic intoxication. One technique that can specifically increase your brain activity while you sleep is to eat a small snack before going to sleep—something with a little natural sugar, like a piece of fruit. That snack will keep your brain more

active while your body rests up, and that active brain will be growing stronger.

Thinking of your brain as a muscle is actually a great analogy, even if it's not technically accurate. If you don't exercise a muscle, it weakens; it atrophies. If you exercise that muscle in exactly the same way over and over, day in and day out, the muscle won't atrophy, but it won't grow or develop. If you consistently use that muscle in new ways, though—if you stretch it, push it and challenge it, you'll grow that muscle and make it stronger. That's exactly the way the brain works. Challenge your brain in new ways as often as possible, and you'll be stronger and smarter than you were the day before.



JOKES OF THE DAY

My friend thinks he is smart. He told me an onion is the only food that makes you cry, so I threw a coconut at his face.

A husband and wife were driving through Louisiana. As they approached Natchitoches, they started arguing about the pronunciation of the town. They argued back and forth, then they stopped for lunch. At the counter, the husband asked the blonde waitress, "Before we order, could you please settle an argument for us? Would you please pronounce where we are very slowly?" She leaned over the counter and said, "Burr-gerrr Kiiiing."

Q: What starts with E, ends with E, and has only 1 letter in it?