



This Month's meeting:

Tuesday, April 17th

**Suzanne Hansen, Dietician
Hamilton Health Sciences**

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)*

INSIDE THIS ISSUE:

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

The last message I wrote I was complaining about the cool temperatures, so I won't repeat that, or maybe I will!



I have been fairly active this past month visiting chapters in the area as my duty of Regional Administrator. My third attempt to visit Barrie was met with blizzard conditions and a 35 car pileup on Hwy 400, and therefore the meeting was canceled. I thought I was going to have to stay the night but I managed to get safely home. That saying "third time is the charm" didn't work this time!

The May 30th meeting in Port Colborne will have guest speakers representing the Local Health Integrated Network (or better known as the LHIN) for Niagara Region. We are looking forward to this meeting as an information session for us. If you have any questions to ask, or if you plan to attend, please send an email so we can present it & get some answers. Please let us know if you plan to attend as space is limited.

There's a visitor training session being done in Hamilton on June 2nd if anyone is interested in participating we sure would appreciate it. Visiting is one of our major missions in our community. We will be carpooling so anyone that wants more information or details, please call the chapter phone & I will fill you in. Basically you need the time and dedication to commit to becoming a vis-

itor, and you must be well adjusted to your Ostomy.

We have committed to do the Turkstra Barbecue fundraisers again this year. And, it means we need volunteers to assist. This is not an onerous task, about 2 to 3 hrs on Fridays from 10:30 am till 1:30 PM from Long weekend in May till Labour day weekend. It would be nice if you could assist in at least 1 date. They are planning some changes to times on some of the Barbecues this year, not sure of the dates yet but I will know soon and can post in the May newsletter.

As always, good health.

John Molnar, President



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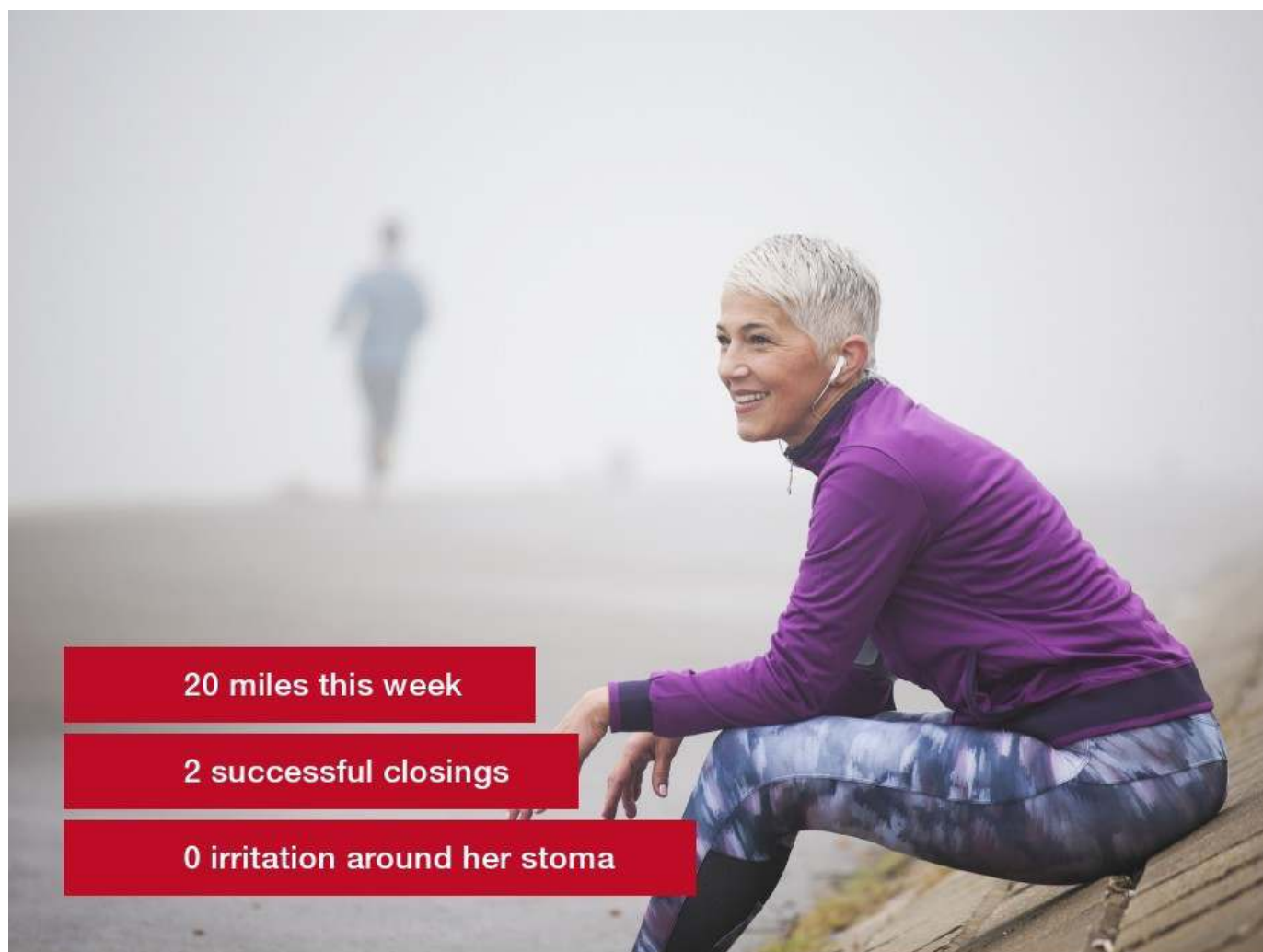
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Please note that the meetings are held after business hours when the pharmacy is locked. To keep the pharmacy secure, the front door is attended by staff and unlocked only to admit attendees between 6:15 and 6:30pm. No-one else will be admitted after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

May 30—Tracey Schenk & Jennifer Smith, Representatives of the Hamilton Niagara Haldimand Brant Local Health Integration Network (LHIN).

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CALENDAR OF EVENTS

Our Website: www.niagaraostomy.com

Our Email: info@niagaraostomy.com

2018 Dates

Mar 20: Hollister

Apr 17: Dietician

May 15: BB Braun

June 19: Neurosurgeon

July & August: NO MEETING

Telephone Numbers:

Niagara Ostomy Association: 905-321-2799

Coloplast: (866) 293-6349

ConvaTec (800) 465-6302

Hollister: (800) 263-3236

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Application for Membership

Name: _____

Address: _____

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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

ASK AN OSTOMY LIFESTYLE EXPERT: STAIN REMOVAL

www.ostomycanada.ca

QUESTION: I hope you include information for caregivers in your service. My husband has an ileostomy and I'm his caregiver/helper. Can you help me with advice for doing laundry after leaks producing strong stains on white underwear and sheets?

Thank you.

RESPONSE from Jo-Ann L. Tremblay:

Caregivers are vital and dedicated members of the recovery and healing

(Continued on page 8)

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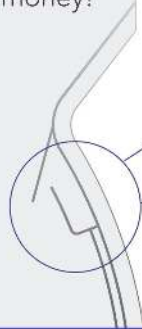


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(Continued from page 6)

team. Our caregivers are with us all the way. Together, as a team, everyone fights the good fight. Their care, concern, and ongoing commitment is one of the greatest gifts that can be given. They keep us on track. They give us strength. They minister to our needs. They work hard on our behalf. Their shoulders are strong as they share our burdens with us. They join us in the journey, and we are forever grateful. Thank you, thank you, and thank you.

Fabric Cleaning Tips:

Tips that work on many types of bodily fluids, all of which include proteins (urine, feces, vomit, sweat, and blood).

The basic idea is to treat these protein-based stains without setting the stain into the fabric. Therefore, you want to use cold (not warm or hot water), when treating them, because warmer temperatures can set the stain into the fabric.

Always rinse the stain with cool running water, and soak also in a detergent solution containing enzymes, especially if the stain is old.

Next, use a mildly acidic stain remover to treat the stain, following are 3 recipes:

*1 part vinegar, 2 parts water.

Or

*1 part lemon juice, 2 parts water.

Or

*Cream of tartar, and enough water to make a paste.

Blot one of these acidic stain removers on the stain caused by the bodily fluid to help remove the stain.



Hint: Always test these stain removers in an inconspicuous area of the fabric to make sure it will not harm your fabric before applying to the stained area.

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For really stubborn stains you can also apply a paste made from water and unseasoned meat tenderizer powder to the stain. The meat tenderizer contains enzymes which will help break up the protein within the bodily fluid stain.

(If you think of why unseasoned meat tenderizer works, it's be-

(Continued on page 9)

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(Continued from page 8)

cause tenderizer is used to break down the proteins within meat, making it softer and easier to chew. Just as it breaks up protein bonds within meat, so does it break up protein stains, thus helping you more easily remove them.

These powered tenderizers do this by being composed of enzymes, which are activated with water. Generally, the enzymes that are used come from natural sources, including the two most common enzymes, bromelain, which is found in pineapple, and papain, which is found in papaya, for example.)

Let the paste sit on the stained area for approximately 30 minutes, and then rinse and launder.

Make sure you don't dry the garment until you

confirm the stain has been removed because otherwise, it can set the stain.

10 WAYS TO STAY HYDRATED

www.dailyburn.com

While it's true a tall glass of water is the best known way to stay hydrated, there are plenty of alternative options if you don't like the taste of tap or couldn't be bothered with bottled water. Sure, you can infuse plain ol' drinking water with flavorful fruits like lemons and raspberries. But you can also reach for some of these water-rich foods and fluids that keep the H₂O balance just right — and won't require so many trips to the water cooler!

Eat It Up

Who says you can't have your water — and eat it, too? According to the Institute of Medicine's recommendations we should eat 20 percent of our daily water intake. Soup, yogurt and oatmeal are all great fluid-filled foods, but these summer-friendly fruits and veggies can also help with hydration. Next time you're feeling thirsty, pile these on your plate.

1. Watermelon

In the world of thirst quenchers, watermelon

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weighs in as a major contender. Based on its name, it's no surprise this fruit is made up of 92 percent water! But its salt, calcium and magnesium is what makes it ideal for rehydration, according to a 2009 study at the University of Aberdeen Medical School. The summertime staple is also a good source of potassium, vitamin A and vitamin C.

2. Celery

This often-overlooked veggie is way more than chicken wing garnish! Celery stalks are about 95 percent water, high in fiber and rich in minerals including potassium and vitamin K. Keep in mind, "they're not packed with nutrients, but that's also because they're not calorie-dense," says Berman. "Plus, it's nice to add a bit of crunch [for texture]."

3. Cucumbers

No matter how you slice 'em and dice 'em, cucumbers keep cool at the number one spot on the list of water-logged fruits and vegetables. Composed of 96 percent water, cukes have no saturated fat or cholesterol, and are very high in vitamin K, vitamin B6 and iron. Cucumber and melon bites, anyone?

4. Strawberries

Even without the shortcake, strawberries are a sweet treat perfect for staying hydrated. They are 92 percent water (the most of any berry) and are loaded with fiber and vitamin C — as if you needed an excuse to sip on this refreshing summer cocktail!

5. Lettuce

Iceberg lettuce may be 96 percent water, but it's not known for much else in the nutrition depart-

(Continued on page 14)



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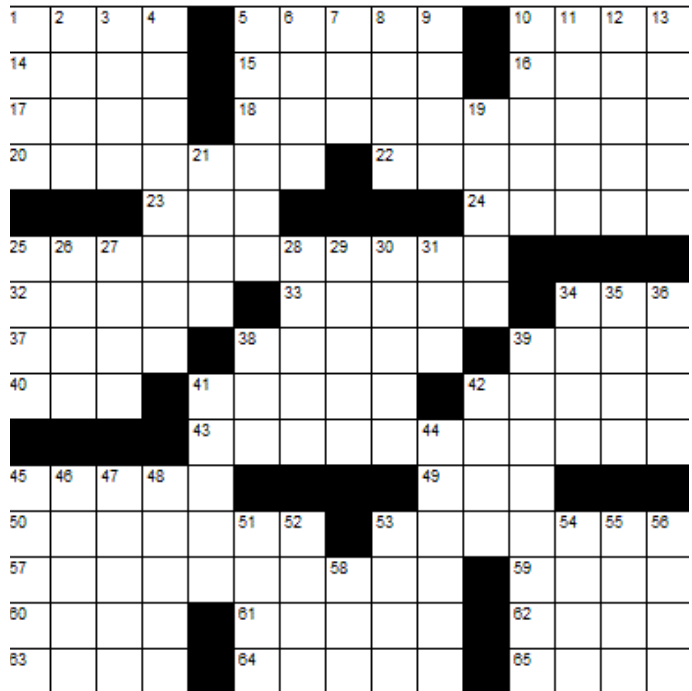
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1. Goulash
5. TV, radio, etc.
10. Between
14. Shoestring
15. Chopin composition
16. Portend
17. Dull pain
18. Temple
20. Leaflet
22. Comforted
23. Twosome
24. Rips
25. Asphalt compactor
32. A small vascular growth
33. Axial
34. Letter after sigma
37. Historical periods
38. Anagram of "Diets"
39. Not that
40. Lair
41. Coil of yarn
42. A group of lions
43. Church member
45. Jewish scholar
49. A high alpine meadow
50. Shoulder board
53. Cobnut
57. Horn
59. Curved molding
60. Axlike tool
61. Homeric epic
62. Zero
63. Dregs
64. Backward-looking
65. Biblical kingdom

CROSSWORD www.mirrorreyes.com**DOWN**

1. Generous slice of the pie
2. Meal in a shell
3. Reflected sound
4. Not weekends
5. Shooting star
6. French for "State"
7. Make a copy of a recording
8. Midmonth date
9. Relating to aircraft
10. Wane
11. Chocolate-flavored coffee
12. Lazybones
13. Accomplishments
19. French for "Our"
21. Chunk
25. Hurried
26. Ripped
27. Distinctive flair
28. Cowboy movie
29. 63 in Roman numerals
30. Property claims
31. A late time of life
34. Not fat
35. Assistant
36. End ____
38. Calypso offshoot
39. A type of brass instrument
41. Column of wood
42. Tablet
44. Hairstyle
45. Kidney-related
46. Any animal with no feet
47. Felt-like fabric
48. Public transit vehicles
51. Arab chieftain
52. Story
53. Terror
54. Quaint outburst
55. Start over
56. Squad
58. Paraphernalia

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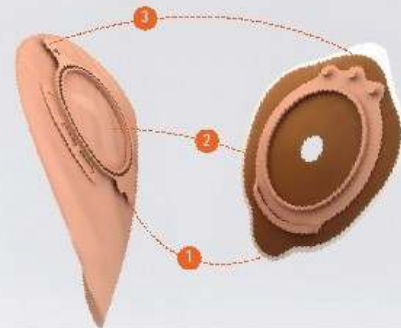
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SHARING EXPERTISE

(Continued from page 10)

ment. Richer salad greens and sandwich toppers including butterhead, romaine and spinach are more well-rounded choices and still up your hydration. Need some inspiration? Start with these creative, healthy salads.

Drink It Down

Most beverages (non-alcoholic, of course) will help contribute to your daily water intake. But here are five drinks that will give you some extra benefits, too. Yes, even coffee!

6. Fat-free or skim milk

Everyone knows milk is an excellent source of calcium that will keep your bones in tip-top shape. But research also shows milk is better than water and sports drinks for rehydration and recovery after exercise (yup, especially chocolate milk). Just be sure to choose a slimmed-down carton since the fat in whole milk can delay fluid replacement.

7. Smoothies

Can't choose just one hydrating option? Slurping down a DIY smoothie is a great way to combine your favorite flavors into one nutritionally-packed glass. "And it only takes seconds to scarf down!" says Berman. Try drinking your fruits and veggies with these healthy (and tasty) green smoothie recipes.

8. Sports drinks

Sugar and sodium are good things when it comes to sports drinks! In addition to the electrolytes and protein included in most on the market, the sugar and sodium can bring your body back to balance faster than water after a grueling workout lasting over 90 minutes. For shorter workouts, sports drinks may just mean a lot of

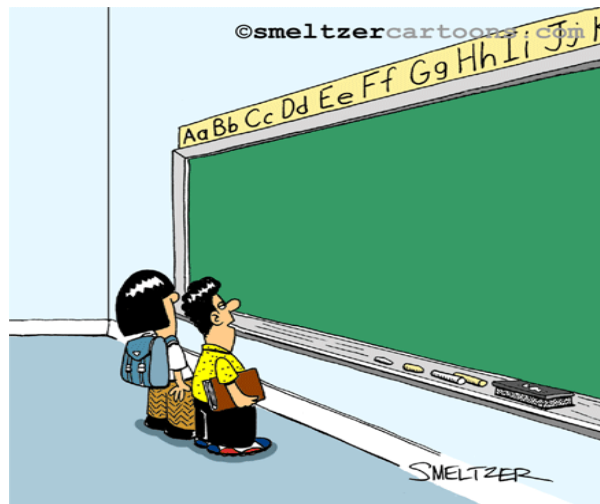
extra carbs you don't need. To cut some calories (and save some money), make your own sports drinks at home.

9. Coconut water

There's a reason people go nuts for this tropical drink. Unlike sports beverages, coconut water is low in carbohydrates, while still rich in potassium. And its unsweetened varieties can be very hydrating (assuming you like its unique taste). According to a study in *Medicine & Science in Sports & Exercise*, the all-natural beverage is effective in rehydrating after light exercise. But for more rigorous sweat sessions, the low-sodium drink does come up short in replenishing the salt your body loses.

10. Coffee

Isn't coffee a diuretic? Well, yes, but a recent study in *PLOS ONE* debunks the myth that it also causes dehydration. Not only will your daily cup contribute to your water needs, coffee can also give you a sharper memory, boost athletic endurance and performance, and reduce the risk of many serious ailments including diabetes and heart disease.



"When does the Screen Saver come on?"