



This Month's meeting:

Tuesday, June 19th

**Speaker: Dr. William Brown, Neurologist &
Professor of Neurology at McMaster University**

Also, on the agenda:

Annual General Meeting & Strawberry Social

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.



PRESIDENT'S MESSAGE	2
APPLICATION FOR MEMBERSHIP	5
CALENDAR OF EVENTS	5
ENJOYING THE SUMMER WITH YOUR OSTOMY	6
9 EXERCISES YOU CAN DO WHILE SITTING DOWN	9
CROSSWORD	11

President's Message

Hello everyone.

I apologize for missing last month's meeting & message. Life has been hectic for the last while. I'm sure many can relate to that.



We still need some volunteers to help out at the Turkstra Barbecues this summer. Many of the dates are filled in but there are still a few spots open. Please, please consider helping out if you can. If you can spare a few hours on a Friday, let us know & we can put your name on the list. Thanks so far to Nancy, Dave, Ron, Mary Ann and Debb for their help

We had a very good Visitor Training Session a few weeks ago in Hamilton. . It was nice to see the participant's involvement and eagerness to attend. I always find visiting so rewarding. We have added a few new visitors to our list and re-freshed a few. Thanks to everyone that attended.

June's meeting is our Annual General meeting; I promise we will keep it short. After the meeting will be an interesting talk on lower back pain, with Dr Bill Brown. After that we can enjoy fresh local strawberries with short-cake & whipped cream.

Have a great summer, and I hope to see you at the June 19th meeting.

Regards

John Molnar



For all your Ostomy Supply Needs

Qualified and experienced staff
Regular customer supplies in stock
Full range of brand name products in stock
Competitive Pricing
Mobility Products
Free delivery

Visit any of our four locations:

Boggio Pharmacy
200 Catherine St., Port Colborne
Tel: (905) 834-3514

Boggio & Mackinnon Pharmacy
6680 Drummond Rd., Niagara Fall
Tel: (905) 354-1812

Fonthill Pharmacy
155 Hwy 20 W., Fonthill
Tel: (905) 892-4994

Boggio & Edwards Pharmacy
307 Ridge Rd., Ridgeway
Tel: (905) 894-2200

www.boggios.com





20 miles this week

2 successful closings

0 irritation around her stoma

Inspired by You!

You've never been one to let life slow you down. Every challenge is met with the confidence that comes from knowing life is all about the journey. And that confidence is an inspiration to us every day at Hollister.

For more than 50 years, we've been delivering customer-inspired innovations that have helped make life more rewarding and dignified for those who use our products. Because for us, there's nothing more inspiring than seeing people like you getting back to doing what you love.

For more information call our customer service at 1-800-263-7400.



Ostomy Care
Healthy skin. Positive outcomes.

SOUTH NIAGARA OSTOMY GROUP

Boggio Pharmacy, 200 Catharine St,

Port Colborne

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.

May 30—Open Mic Night and

Help for New Attendees

September 26— LHIN role and function

2017 Board of Directors

Title	Name
President	John Molnar
Treasurer	Beth Harwood
Secretary	Dave Muir
Past President	Laura Gazley
Director	Nancy Ployart
Director	Melanie Presti
Director	Peter Stead
Director Director Director	Peter Winter OPEN OPEN



When you need help,
We're Here.

Our professional staff are here to assist you with all your ostomy needs.

 Hollister
  ConvaTec
  Coloplast


905.688.0420 • motionspecialties.com
 1-111 Fourth Avenue • Ridley Square
 St. Catharines, ON • L2S 3P4
 Mon-Wed • 8:30am-5pm & Thu-Fri • 8:30am-6pm

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: Neurologist

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/need rides, please call.



**FIND US ON
FACEBOOK
UNDER:
'NIAGARA
OSTOMY
ASSOCIATION'**



Follow us on Twitter
@NiagaraOstomy

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

ENJOYING THE SUMMER WITH YOUR OSTOMY

Via: <https://www.exmed.net/blog/ostomyhelp>

With the end of June hot on our heels, we start looking towards fireworks for the Fourth of July, mid-day swimming, BBQs with friends and family, and even more fun in the sun. Making sure we take a few precautions in mind, there is no reason not to enjoy these great outdoor activities this summer with your Ostomy.

(Continued on page 8)

SenSura Ostomy care solutions for every body



Coloplast
1-866-293-6349
www.coloplast.ca

Wish emptying your pouch could be less messy?

It can be with **Flushable Ostomy Pouch Liners** from Attiva Ostomy Essentials. Simply remove the liner, place in the toilet and flush away. No mess, no fuss.

Our liners also extend pouch life and are ***much more affordable*** than other liners on the market - helping you save money!



New Improvements:

- special guarded zone for vent holes to prevent leakage through vent holes
- double perimeter seals to eliminate leaks



For samples or to order:
1-800-387-5150
AttivaOstomy.com

See our full line of ostomy accessories at: www.AttivaOstomy.com
Dealer inquiries welcome

Attiva
Ostomy Essentials



"My ostomy
fits my
life, not
the other
way around"
Wendy



product



support



education



HELP AND SUPPORT

are just a call or click away

More than just great products — me+ brings you the tools and advice to help you make life with an ostomy completely your own.

As a member of me+, you have full access to several benefits, including a dedicated Ostomy Team (ET Nurse, registered nurses and product specialists) who are available by phone or email to answer your questions and offer the advice you need when you need it most. They will take the time to consult with you and make sure you are caring for your stoma correctly — including sending you samples to ensure you are wearing the best product ConvaTec has for you.

Our in-depth online resource covers a wide variety of ostomy content and highlights real stories from others who have walked in your shoes.

Living with an ostomy can take education, resources, and support. With me+ we make sure you don't have to figure it out alone.

Join for free and start getting the benefits of me+ today.

Simply call **1-800-465-6302** (M-F, 8:00 AM-6:00 PM EST)
or email at ConvaTec.Canada@convatec.com

(Continued from page 6)

Do not expect to have the same wear time on your pouches in the middle of summer as you normally do the rest of the year. Your flanges and barriers may melt faster in the heat than otherwise which requires that you change out your appliances more frequently. If you find that your wear times are greatly reduced beyond normal, then you might need to look into a different skin barrier. With the heat comes skin irritation often times due to the plastic pouches trapping the moisture from our perspiration between the device and our skin. The constant rubbing against the skin leads to the minor redness and irritation. A pouch cover can greatly reduce the irritation as well as using powders to absorb perspiration and reduce friction on our skin.

If you are very active and do not feel comfortable with your two-piece system while enjoying your sports or hobbies, look for ways to secure your pouch to prevent it from popping off its barrier at an inopportune moment. Solutions as simple

as using 2"-3" tape to secure the pouch to your abdomen work great for keeping your pouch in place. If adhesive sensitivity concerns are present, using an abdominal binder to hold your pouch in place can give you peace of mind as well. If you are swimming, remember to use waterproof tapes such as [3M Blenderm](#) or [MegaZinc Pink](#) for extra security in the pool.

Another common problem for ostomates in the summer is the potential for developing a Monilia rash (yeast infection), characterized by a fine bumpy red rash usually along the edges of the redness. This red raised itchy rash, generally on the peristomal skin, is uncomfortable and often times prevents pouches and devices from adhering to the skin. Monilia rash must be treated with antifungal powder. The antifungal powder can be used with other barrier powders or alone. If the rash continues, contact your physician for more specific care.

As with any activities outdoors in the summer, making sure you are properly hydrated is key. Re-

member to drink plenty of fluids before, during, and after you spend time outdoors. The general guideline is "half of your body weight in ounces of water per day". For example, a 200lb person should drink at least 100 ounces of water, or 12.5 8oz glasses of water, per day. As an ostomate, you should likely drink one to two extra glasses of water in addition to that standard. Drinking water, non-caffeine herbal tea, and natural

(Continued on page 9)

Full line of Ostomy supplies Coloplast, Hollister & Convatec.

Trust Rexall with Knowledgeable staff, the right products, in stock and 10% discount on Tuesdays. Free delivery available.

Rexall Home Health Care and Mobility

258 Lake Street, St. Catharines ON L2R 5Z3 | 905-646-2885

All your Home Health Care Needs

Compression Stocking | Bracing | Mobility | Bath Safety | Mastectomy | Incontinence



SENIORS' DAY TUESDAYS
SENIORS SAVE 20%*
off regular priced items

Rexall

*some exclusions apply, see in-store for details.

(Continued from page 8)

fruit juices all count towards your required amount of fluid intake for the day. I personally find the easiest way to track my water consumption is to take a large water bottle and note how many of these I have to drink rather than having to remember how many of the smaller 8oz glasses I have had all day.



So drink your water, prep your ostomy appliances, protect your skin with sunscreen, and enjoy the outdoor activities this summer!

9 EXERCISES YOU CAN DO WHILE SITTING DOWN

www.prevention.com

You've heard it before: Sitting all day is bad for your health. But despite all the research that suggests you buy a standing desk or get moving every hour, the reality is that these kinds of recommendations aren't terribly realistic for most of us. Luckily, even if you're stuck in your seat for extended periods, you can still do exercises to stretch and move your body.

We asked fitness trainers Jimmy Minardi, the founder of Minardi Training, and Jessica Bellofatto, founder of KamaDeva Yoga, for stretching and strength-training moves you can do from your seat. While they may not produce the same results as hitting the gym or going for a run, re-

member that when it comes to exercise, every little bit helps.

Chair Dips Benefits: Works shoulders and triceps

How to do it: Sit on the edge of your chair with your arms by your sides, palms on the edge of the seat, fingers over the edge. Shift your body weight forward and lower down off the chair. Hold your body suspended for 5 counts and then push up back onto the seat. Work up to 3 sets of 10 reps.

(Continued on page 10)

SimErgy

Health Network

**The Local Pharmacy Network
for all your Ostomy needs**

- ☒ Free delivery throughout Niagara Falls, St Catharines, Virgil and Niagara-on-the-Lake.
- ☒ Discount days at each location.
- ☒ Large product range.
- ☒ Specially-trained, caring staff at each location.

Call us or visit one of our 5 convenient locations:

Meadows IDA Mount Carmel Centre 3770 Montrose Road, Niagara Falls 905.357.6577 www.meadowsida.com	Meadows IDA Stamford 3493 Portage Road, Niagara Falls 905.354.3023
Simpson's Pharmasave 1882 Niagara Stone Road Virgil 905.468.2121 www.simpsonspharmacy.ca	Simpson's Apothecary Pharmasave 233 King Street, Niagara-on-the-Lake 905.468.8400
Carlton Heights Pharmasave 595 Carlton Street, St. Catharines 905.934.2222 www.carltonheightspharmacy.com	



(Continued from page 9)

Arm Circles Benefits: Works shoulders, improves posture

How to do it: Raise your arms straight out to your sides, to form a T shape, and press your shoulder blades together. Extend arms with palms down, thumbs facing forward, and do 20 forward circles with your arms. Flip your palms up, thumbs facing behind you, and do 20 backward circles with your arms. Repeat 2 to 3 times.

Leg Extensions Benefits: Works hips and thighs

How to do it: Sit on the edge of your chair with your arms by your sides. Extend your right leg out straight and flex your foot so that just the right heel is on the floor (keeping your foot flexed engages the muscles in the shins and ankle). Lift your leg up as high as you can without rounding your back. Hold for 3 counts then lower. Repeat with the other leg. Work up to 3 sets of 10 reps on each leg.

Warrior 2 With Chair Benefits: Works thighs and core

How to do it: Bend your front leg to a 90-degree angle and lunge horizontally over the chair, allowing the back of the front thigh to rest fully on the chair. If the chair is too low for the back of your thigh to rest on it, place a few folded towels or blankets on the chair seat to reach desired height. Extend your back leg straight with the foot turned slightly to the side. Stretch and extend your arms straight out from the center of your chest and gaze past the middle finger of the front arm. Hold for about 10 breaths. Repeat on the opposite side, holding the pose for up to 1 minute.

(Continued on page 14)



Leading the way to
healthier, independent
lifestyles.

SHOPPERS HomeHealthCare®

You have a choice
when it comes to
selecting your
Ostomy supplier

Shoppers Home Health Care is your source for a full range of quality self care products, backed by discreet, effective advice and service.

From a full range of skin care, first aid, wound care, ostomy and incontinence supplies, we can help you select the right products to meet your personal requirements.



• Colostomy • Ileostomy • Urostomy



• 20% off for repeat orders



• Back up supply in stock for all regular customers

• Delivery available



PLUS
Earn Shoppers Optimum® Points
on your purchases!

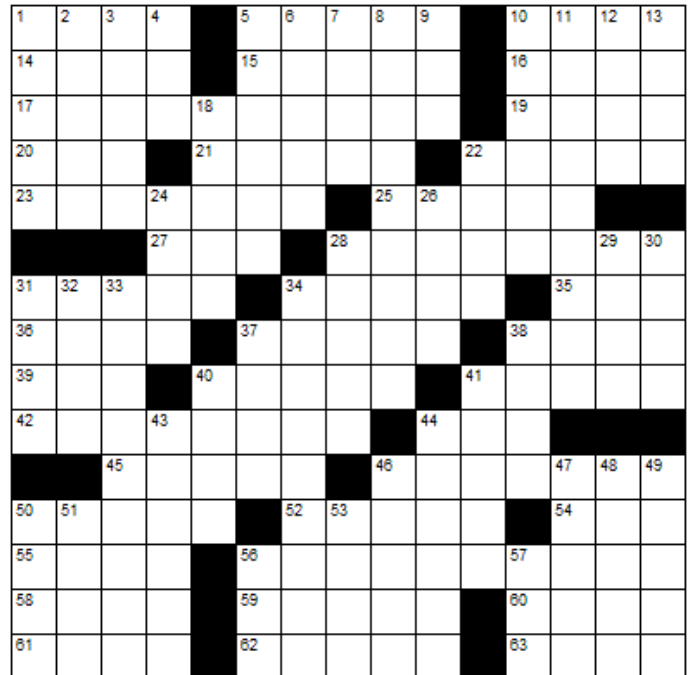
St. Catharines
Lake Carlton Plaza, 145 Carlton Street
905 641-5200

Open Mon to Fri 9am-6pm and Saturday 9am-5pm

ACROSS

1. Printer's unit
 5. A tough, durable wood
 10. Applications
 14. "What a shame!"
 15. French school
 16. Zero
 17. Enticement
 19. Trickle
 20. Color
 21. Graven images
 22. Channels
 23. Burn slowly
 25. African virus
 27. Hearing organ
 28. Review
 31. Sound of an angry dog
 34. Diving bird
 35. 2,000 pounds
 36. 36 inches
 37. Steed
 38. Devil tree

39. Disencumber
 40. Cokes or Pepsis
 41. Summary
 42. Detestably
 44. C
 45. Kooky
 46. Insincerely emotional
 50. Tablet
 52. Welts
 54. In song, the loneliest number
 55. A large amount
 56. Type of dolphin
 58. Behold, in old Rome
 59. Onyx
 60. Previously owned
 61. Sharpen
 62. Daisylike bloom
 63. Catches

CROSSWORD www.mirroreyes.com**DOWN**

1. Trails
 2. A part of the small intestine
 3. Anaglyph
 4. Venomous snake
 5. Boss
 6. Mime
 7. Agitate
 8. Proximity
 9. Female chicken
 10. In an unjustified manner
 11. Sardonic
 12. Modify
 13. Exhausts
 18. Related to tides
 22. Handout
 24. Bawdy
 26. Baseball great, _____ Ruth
 28. Adorn
 29. Greek letter
 30. Break
 31. Greek sandwich
 32. Police action
 33. Regulation
 34. Grotesque black dolls
 37. Party thrower
 38. Accomplishment
 40. Adorable
 41. Utilize again
 43. Beginning
 44. Some who phones
 46. Not glossy
 47. Not tight
 48. Map within a map
 49. Requires
 50. Goulash
 51. Lake (Scottish)
 53. French for "State"
 56. Bleat
 57. Religious sister

**HENDERSON'S PHARMACY****"The HEART of the Community since 1939"**

- Large selection of ostomy products for your colostomy, ileostomy, and urostomy needs
- Regular customers products kept in stock
- Full range of skin care, wound care and incontinence products
- Compression socks and hosiery measured by certified fitters

- Insulin pump supplies
- Discreet and friendly service
- Diabetic and blood pressure monitor training
- Free delivery

*some restrictions may apply

15 Front Street South, Thorold

WWW.HENDERSONSPHARMACY.COM

905-227-2511



See why more are choosing us for their **OSTOMY** needs!

Colostomy • Ileostomy • Urostomy



We make it EASY!

Expert Staff

- Work closely with healthcare professionals at the hospital
- House visits - we come to you!

Excellent Prices

- We work with your insurance provider!
- We stock all hard to get supplies

Free Delivery

- We're all about convenience!

Two Convenient Locations:

St. Catharines

1200 Fourth Ave.
905.685.3030

(located in the hospital
near the main entrance)

Dunnville

140 Broad St. East
905.774.7331

Other Services:

- Mobility Aids
- Lymphedema Management
- Mastectomy Care
- Compression Garments
- Incontinence
- Wound Care

HausersPharmacy.com



Flexima® 3S:

Latest generation of 2-piece mechanical coupling system



Simple

Secure

Soft

Flexima® 3S:
as simple as it gets!

Right positioning from the start: 3 easy fitting steps

- 1 Insert the pouch tab into the base plate slot
- 2 Clip the bottom of the ring and slide it up on the other
- 3 Lock the pinpoint to secure the system

No education required: intuitive guiding appliance

Multiple orientation:

- 3 possible pouch positions according to the body configuration



New in Canada

Need more information? Contact us !

B. Braun of Canada Ltd. | Mississauga
Toll Free: 1 855 822 72 86 | e-mail: info@bbraun.ca | www.bbraun.ca

B | BRAUN
SHARING EXPERTISE

(Continued from page 10)

Oblique Twist Benefits: Works obliques and core

How to do it: Sitting in a chair, take your right elbow and twist your torso so that your elbow touches your left knee, while bending forward so you feel your abdominal muscles contract. Return to an upright position and then repeat, taking the left elbow and bringing it down to the right knee. Work up to 3 sets of 10 reps.

Seated Press-Ups Benefits: Works the triceps, relieves spinal compression

How to do it: Sitting in a chair with your feet firmly planted on the floor, place your hands on the arm rests of the chair and press down, raising your body off the chair. Extend your arms straight and allow your hips and buttocks to lift up off the chair. Keep your head lined up over your pelvis. Allow your spine to “dangle” and unravel straight down, creating space between each vertebrae. Hold this position or push up and down to work the backs of the arms more. Repeat 4 times if holding; work up to 3 sets of 10 reps if lifting and lowering.

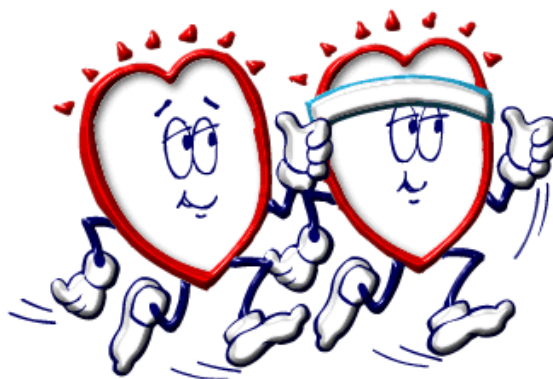
Knee Tucks Benefit: Works the core muscles

How to do it: Sit tall (chest high and shoulders down) on the front half of your chair. Grasp the sides lightly with your hands and lean back slightly as you tighten your abs and bring your right knee up to chest height. Lower it as you raise your left knee on the next rep. Alternate

sides. If you get really good at this, try lifting both knees at once, even just a few inches. Do up to 5 reps per leg.

Chair Slide Benefits: Works the backs of your thighs

How to do it: If you have a chair with wheels, sit and extend both legs forward, toes up and heels on the floor. Keeping the rest of your body still, press your heels into the floor as you bend your knees and try to bring the chair toward your feet. Extend your legs again and repeat. If you're in a regular chair, place your heels on a towel on a slick floor (or wear socks), and draw the towel toward your chair. Straighten your legs and slide the towel out again to return to the starting position. Do up to 10 reps.



Chest Squeeze Benefits: Works your chest muscles

How to do it: Form a goalpost with your arms: Keep your upper arms (shoulders to elbows) parallel to the floor and your lower arms (elbows to hands) perpendicular to it. Bring your forearms together in front of your face. Press forearms together and lift arms 1 inch, squeezing through chest. Return your arms to the starting point, squeezing your shoulder blades together, and repeat as long as you can hold proper form. Your back, chest, and arms will get a workout.