

Back To School

This Month's meeting:

Tuesday, September 18th

Open Mic/Rap Session

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)*

FARNCOMBE DIGESTIVE INSTITUTE



YOUNG ADULT OSTOMY PEER TO PEER SUPPORT GROUP MEETING

Monday September 24th
2018

Time: 6.30pm

**Upcoming meeting:
TBD**

Hosted by Usha
Chauhan GI-NP
&
Stephanie Furtado ET
(Ostomy Nurse)

Topic:
Nutrition Jeopardy
by Suzanne Hansen

Meeting room is located
in the hallway behind the
red elevators on the
second floor of
McMaster Medical
Centre. Across from the
spiritual center.

Please RSVP by email: ibdclinic@hhsc.ca

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Presidents Message

Welcome everyone

As always, I hope this newsletter finds you in good health. It's sure hard to believe our summer break is over and we're heading into fall. Summer was sure a hot one. Good if you are a swimmer though! I was only out on the Jet Ski a few times this year. Oh well, there's still more time I hope.

I'm sure you're wondering why you got a reminder letter to renew your membership, with the envelope plastered with stamps. One of our members who is an avid stamp collector donated his stamps & time to lick them & put them on the envelopes. These stamps are ones that are only worth face value so he has decided to get rid of them by donating them. Thanks for the generous



donation!

Our summer barbecues at Turkstra are over again, we raised about \$1400 on the barbecues this year. We also did a special barbecue for their anniversary, and that raised another \$450. So in total we raised almost \$1900. Thanks to everyone that helped out! A huge thanks to Turkstra Lumber too!

We're going to be looking for a new home for our meetings as the Legion has been sold for re-development. I'm told that they expect construction to start at the end of December, so we should be okay for our September thru November meetings. We are welcome back after the construction, but I suspect that will be a year or more to complete. If anyone has any ideas for a suitable location to hold our meetings, please let us know.



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Our Ostomy Fair day is being held on Saturday November 17th from 10 AM till 1 PM, at the Legion. Mark your calendars and try to attend. We will also need some help that day, if you can help us out that would be great!

The Ostomy Canada Annual General Meeting was supposed to be held on August 18th both on-line & in person at the office, but there was a technical difficulty so it had to be rescheduled to September 15th.

It is with great sadness that I learned of Roger & Ann Ivol's son Andrew passing away suddenly & unexpectedly last week. Many of you have met Ann & Roger; they're wonderful people and so dedicated to the Ostomy community. They are good friends of mine. I will miss chatting with Andrew when I visit Ann & Roger.

Regards,

John Molnar





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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.

September 26, 2018:

Tracey Schenk and Jennifer Smith,

Niagara Local Health Integration Network

Topic: Home and community care support

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CALENDAR OF EVENTS

Our Website: www.niagaraostomy.com

Our Email: info@niagaraostomy.com

20178 Dates

Sept 18: Open Mic

Oct 16: TBA

Nov 17: Ostomy Fair

Nov 20: TBA

December: 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

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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

WHAT TO DO WHEN YOU FEEL OVERWHELMED WITH OSTOMY LIFE

(WWW.OSTOMYCONNECTION.COM)

Advice from an ostomate and Licensed Clinical Social Worker for when it all feels like too much.

Stephanie Brenner, LCSW · Aug 27, 2018

The experience of managing an ostomy or chronic illness can be a lot to handle. Add in the demands from our busy lives and it can all feel completely overwhelming. No doubt, stress may be a *normal* part of everyday life.

It might seem like there's nothing you
(Continued on page 8)

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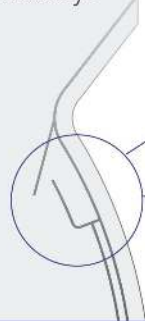


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Wendy



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or email at ConvaTec.Canada@convatec.com

(Continued from page 6)

can do about stress. The medical bills won't stop coming, there's always ostomy supplies to order, and the responsibility of taking care of a stoma is ongoing. But you have a lot more control than you might think. Here are eight tactics that can help you deal with ostomy overwhelm.

1. Know how long things take.

I'm notorious for assuming tasks take much less time than they actually do. For instance, I'll block out 15 minutes for an appliance change and then discover it actually takes 30 minutes. I've learned this simple rule: whatever time you think a task will take, double it. That way, when your stoma suddenly acts up, you'll feel much less stress because you know there's extra time to apply the system properly.

2. Simplify your life.

Is your life too complicated? Take a good look at

everything you do and ask yourself if there's a better, easier way (or maybe not do it at all). When we're anxious and stressed, it's easy to look at all of the tasks ahead of us and become overwhelmed. Technology can help us organize our lives. Many medical suppliers offer automated re-ordering and there's a handy app called [Ostobuddy](#) which alerts you when ostomy supplies are low or when to refill a prescription.

3. Start daily habits.

One of the most important things you can do for yourself is daily self-care. For instance, I start each morning with a hydration routine by drinking water as soon as I wake up. Next, I might take vitamin supplements if I'm not eating well. Then I'll pack healthy snacks and my water bottle. I always change my pouch prior to eating breakfast and make sure I have extra supplies in my purse. These daily habits allow me to feel prepared for the day. And if you're not a morning person, plan things

the night before.

4. Allow for Murphy's Law.

No week is complete without something going wrong, so plan for it. Take for instance that terrifying feeling of your appliance peeling off while you're at work, or a very inconvenient leak at the movie theater. Allow time in your week for prepar-

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(Continued from page 8)

ing an emergency ostomy kit and extra clothes, and always carry it with you! You're better-off knowing these things are readily available just in case you need them.

5. Lean on others for support.

The first step is being honest about your needs because having an illness or ostomy might be a lifelong condition. When you ask for help in a considerate way (and understand they may need to turn you down), there's no need to feel guilty about leaning on others. It can be something as simple as having someone bring dinner over when you're feeling fatigued, or asking for donated ostomy supplies if you're drained from paying out-of-pocket.

6. Be kind to yourself.

If you're having ongoing ostomy issues, this kind of overwhelm can lead to feelings of depression and anxiety. This is not the time to beat yourself up. It's extra important to pay attention to your mental radio and turn down the volume on your inner critic station. Practice self-compassion by giving yourself some credit for everything you've been through. Talk to yourself as if you were talking to a loved one or best friend. It also helps reading inspirational stories from other ostomates to lift your spirits.

7. Dump it all on paper.

When you're fed up with your ostomy, sometimes taking time to write down your frustrations can help. At Oak Park Behavioral Medicine, we give our patients journals to help with this. One

of my favorite assignments is having ostomates write a letter to their stoma with all their truest emotions and thoughts. Profanity is definitely allowed if necessary, but including gratitude and appreciation are key.

8. Connect with others who understand ostomy life.

There are many ostomates who have gone before you, and many who have yet to receive an

(Continued on page 10)

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



(Continued from page 9)

ostomy. It's ideal to find others going through similar experiences because we can all learn from each other. The [United Ostomy Associations of America](#) has an online [discussion board](#) and over 300 affiliated [support groups](#) across the United States. If you want a pen friend, [Girls with Guts](#) has a [Pen Pal Program](#) where you can send mail back and forth to other ostomates. Don't underestimate the power of peer support.

THE RULES: Just pick out ONE (maybe two) of these tips to try today. I do not want you to become **overwhelmed** by trying them all!

KEEPING WEIGHT DOWN

(via Evansville Indiana Ostomy Chapter)

Keeping weight down is especially important for ostomates. Even a few extra pounds can affect the fit of our appliance and cause the stoma to recess. For new ostomates, extra weight may put pressure on healing tissues. Here are a few ways to drop or maintain weight.

(Continued on page 14)

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ACROSS

1. Border
5. Utilizers
10. Ammunition
14. Calamitous
15. Yokels
16. Smear
17. Prohibited by official rules
19. Likewise
20. Chemist's workplace
21. Compacted
22. Marble
23. Soon
25. Unexpired
27. Altitude (abbrev.)
28. Made-to-order
31. Twosomes
34. Fop
35. Lyric poem
36. Part in a play
37. Compel

38. Go on horseback

39. A wise bird

40. Sarcasm

41. Nymph chaser

42. Conspirators

44. Tin

45. Sharpens

46. Courageous

50. Warning signal

52. Layers

54. Enemy

55. Gown

56. Diversion

58. A city in western Russia

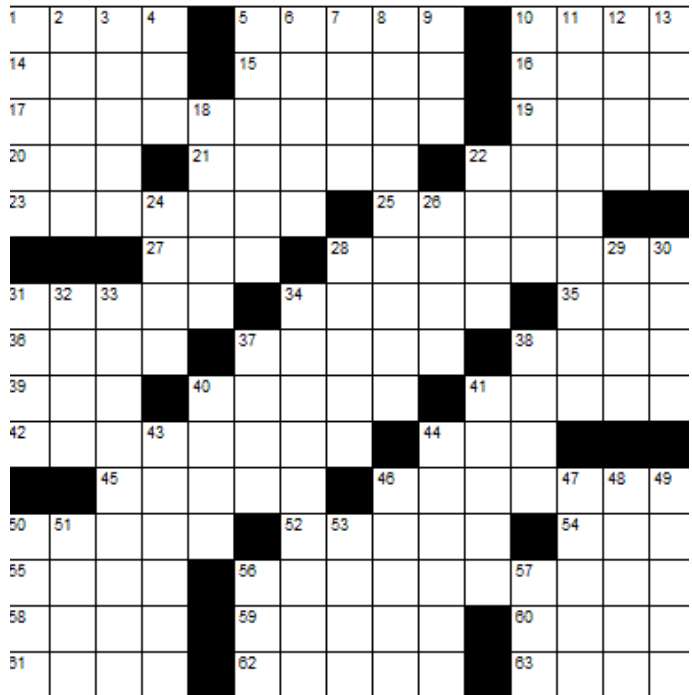
59. Unlocks

60. Backside

61. Hurried

62. S S S S

63. Red vegetable

CROSSWORD www.mirroreyes.com**DOWN**

1. Ancient Roman magistrate
2. Kuwaiti monetary unit
3. Diving bird
4. Snake-like fish
5. Imperative
6. Seeking damages
7. Wanes
8. Pertinence
9. South southeast
10. Slowly, to a conductor
11. Bungling
12. Be compelled
13. Double-reed woodwind
18. Graven images
22. Helper
24. Stow, as cargo
26. Adjutant
28. Mountain lakes
29. Countercurrent
30. Bucks and does
31. Let go
32. Distressed cry
33. Permissible
34. Door thresholds
37. Fuss
38. Hindu princess
40. Bit of gossip
41. Chip dip
43. A "cord" used in sewing
44. Gentle stroke
46. French science-fiction writer
47. All excited
48. Hangman's knot
49. Basic belief
50. Anagram of "Star"
51. French for "Wolf"
53. Frosts
56. Caviar
57. Bar bill

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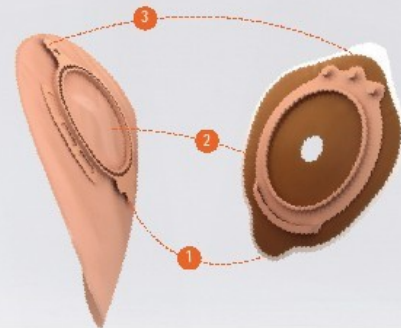
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SHARING EXPERTISE

(Continued from page 10)

- Eat an apple, or two bread slices, or other fiber-type food 20-30 minutes before dinner. It will help curb your appetite at the table. These foods, combined with a glass of water, will expand your stomach and reduce your capacity to eat.
- Chew well and eat slowly. It takes up to 20 minutes for the brain to receive the message of fullness from the stomach.
- Don't eat after 6 pm. Resist snacking late at night, and your body will reward you with more restful sleep and lots of energy in the morning. Food eaten in late hours will generally go directly into fat production because the body's energy needs are low at night.
- Remember that vegetables are considered free of calories when not covered with dip, butter, or other extras so you can have these healthier foods without guilt.

- Finally, instead of plunking down in front of the TV until bedtime, how about a relaxing evening stroll? (Weather permitting of course).

You'll sleep better and feel better in the morning.

Source: *Ottawa Ostomy News*—February 2018

JOKE OF THE DAY

A frog goes to a fortune teller to find out if he will ever be lucky in love.



The fortune teller reads his palm and tells the frog, "I have good news and I have bad news. Which would you like to hear first?"

The frog asks for the good news first.

The fortune teller says, "You are going to meet the most beautiful girl, who is going to be very interested in you and will want to know all about you. She will want you to open up for her and you will give her your heart."

"That's great!" says the frog. "But what's the bad news?"

"Well, you're going to meet her in Biology class."



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