



**This Month's meeting:  
NEW DATE AND LOCATION!!**

**Wednesday, Nov 21st**

**Open Mic/Rap Session**

**\*\*\*See page 8 for an Important Message regarding our meetings and location\*\*\***

**Location:**



Grantham Lions Club

(in the smaller hall)

732 Niagara St, (corner Parnell & Niagara St.) St. Cath.

Use Parnell Entrance

Doors open @ 7:00p.m.

Meeting starts @ 7:15p.m.

**\* fully accessible—no stairs\***

*(Ridgeway / Pt. Colborne meeting info on Page 4)*

## OSTOMY FAIR DAY

**Mark Your Calendar!!**

**November 17, 2018 10 am—1 pm**

Will still be held at: Royal Canadian Legion,

Dalhousie Room

57 Lakeport Road, St Catharines.

(Wheelchair accessible from side of building)

Appointments available with an Enterostomal (ET) nurse.

Call to book: (905) 321-2799 or by email at

[info@niagaraostomy.ca](mailto:info@niagaraostomy.ca)

Please call if you can help us out in any way that day.

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## Presidents Message

Welcome Everyone,

As always, I hope this newsletter finds you in good health. There's been frost on the pumpkin patch, so I guess winter is on its way.

This month my message is very short, Dave is going to write a message for everyone. It's a new idea we're trying. I think he has some very interesting information that he's going to share with us.

Anyway, just a reminder about our Ostomy Day being held at the Legion in Port Dalhousie (57 Lakeport Rd) and our new location for our meetings. The Grantham Lions Club at 732 Niagara St. Please enter from the Parnell Rd end of the building.

The legion served us well for many years, it felt like an old shoe but I am looking forward to the new location. It's nice & bright and cheerful.



I hope you can attend our inaugural meeting, Wednesday November 21<sup>st</sup>.



Cheers, John Molnar, President

## Message from our Secretary, Dave Muir

Not only does the Chapter provide support and education, but it also advocates for better care. Here's a summary of the activity.

In April 2016, the Board wrote a letter to the Niagara Health System (NHS) and Community Care Access Centre (CCAC) listing and describing the shortfalls in the ostomy care process, which include: patient pre-op ostomy education and stoma site marking, surgery, post-op education and recovery, patient discharge, and community home

care (delivered by Care Partners). Both organizations responded that they were working to improve their portions of the care process.

Later that year, Care Partners failed contract negotiations with their ostomy care nurses causing them to strike. The strike was prolonged creating a great deal of hardship for Niagara ostomy patients. During the strike, all of the nurses resigned or retired. The Chapter fielded many calls for help from ostomy patients.

Since then, Niagara community care has been marginal. Care Partners hired an NSWOC full time and one of the original nurses part time. They both lasted a year and resigned due to work load and scheduling problems. Care Partners then chose to create their own ostomy 'nurse specialists'. They hired four

(Continued on page 6)



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## 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.

### Meetings:

**Wednesday, Nov 28th:**

**Speaker— Dr. James Cousineau D.C.**

**Chiropractor**

## 2018 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
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## CALENDAR OF EVENTS

**Our Website:** [www.niagaraostomy.com](http://www.niagaraostomy.com)

**Our Email:** [info@niagaraostomy.com](mailto:info@niagaraostomy.com)

### 2018 Dates

Nov 17: Ostomy Fair

Nov 21: TBA

December: NO  
MEETING

### 2019 Dates

Jan 16

Feb 20

Mar 20

Apr 17

May 15

### 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



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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:

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



(Continued from page 5—Message from our Secretary)

Registered Practical Nurses and had them take a 10 week, on-line training course followed by several days of optional hands-on training. With successful completion of this course, they were considered sufficiently trained and immediately started providing ostomy patient care. The Chapter received more requests for help because patients were not satisfied with their quality of care.

Late in 2017, NHS Senior Management approved giving wound, ostomy and continence care equal priority and hiring additional staff. In early 2018, a

(Continued on page 8)



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

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or email at [ConvaTec.Canada@convatec.com](mailto:ConvaTec.Canada@convatec.com)



(Continued from page 6 - Message from our Secretary)

new Director of Nursing Practice was hired and given the mandate to put a wound, ostomy and continence care team together. She, in turn hired, new nursing staff with the appropriate qualifications.

In 2018, just prior to the Ontario election, the Board again wrote another letter. This time it outlined the problems of community ostomy care to the 4 Niagara MPPs, a Local Health Integrated Network (LHIN) Vice President and an NHS Vice President and asked for their help. The only active response was from Jim Bradley. He spoke to the Minister of Health on Niagara's behalf but they both were not successful in their bid for re-election. So far, there are no improvements to Niagara ostomy care evident from this letter.

A recent communication with the NHS Director of Nursing Practices determined that The Wound, Ostomy and Continence Team focussed on pressure wound prevention in their first year. Now

they are eager to start planning and performing changes to ostomy care. The Director offered to hold regular communications with the Niagara Ostomy Association to share our knowledge and services.

We will keep you informed of any progress.

Dave Muir



Dear Member,

As you are probably aware, The Legion has been sold for redevelopment and scheduled to begin demolition in December of this year.

We have been aware that it has been for sale for several years and it was only a matter of time till we had to re locate. They have been very good to

(Continued on page 9)

## Ostomy Supplies

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(Continued from page 8-Important Message)

us and accommodated our needs for the last 10 or so years.

We have looked at locations and talked to several people on the phone looking for a place that can accommodate us at a reasonable cost.

The Grantham Lions Club looks like it has met the needs of our group better than any other location we perused, so we have secured space with them.

**It is also fully accessible with no stairs**

**Besides location, there is an important note about the day we meet as noted below.**

They weren't able to accommodate us on our

regular meeting night as the facility is already booked, however they are able to accommodate us on the third Wednesday of the months.

Starting in November of this year our meeting details are as follows;

**Meeting Location:** The Grantham Lions Club, 732 Niagara St, St. Catharines, ON L2M 7W7 (corner of Parnell Rd & Niagara St) in the smaller hall at the Parnell end of the building (use Parnell doors)

**Meeting day & time:** Third Wednesday of each month, doors open 7:00 PM, meeting starts 7:15 PM (excluding December, July & August)

I'm looking forward to meeting you at our new location, I hope you can attend

Regards,

John Molnar, President



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## ASK AN OSTOMY LIFESTYLE EXPERT

[www.ostomycanada.ca](http://www.ostomycanada.ca)

Jo-Ann L. Tremblay

Question: Is it normal for a stoma to change in length over time?

Response: No two stomas are exactly the same. But, all stomas do share similarities. They have the same basic shape – round or oval, and most stomas either protrude from the skin several centimetres, or are flush with the skin.

No matter what the shape, it is very important for you to consistently evaluate your stoma and the skin around it for signs of irritation, this will help you prevent future skin issues/breakdown.

After surgery it will take time for your stoma to reach its final size. You will notice that your stoma length changes when you move in certain ways. The little changes are normal for example, when you cough, it might go in as your stomach muscles tighten, it will then return to its regular length. A Stoma change like this is normal.

(Continued on page 14)

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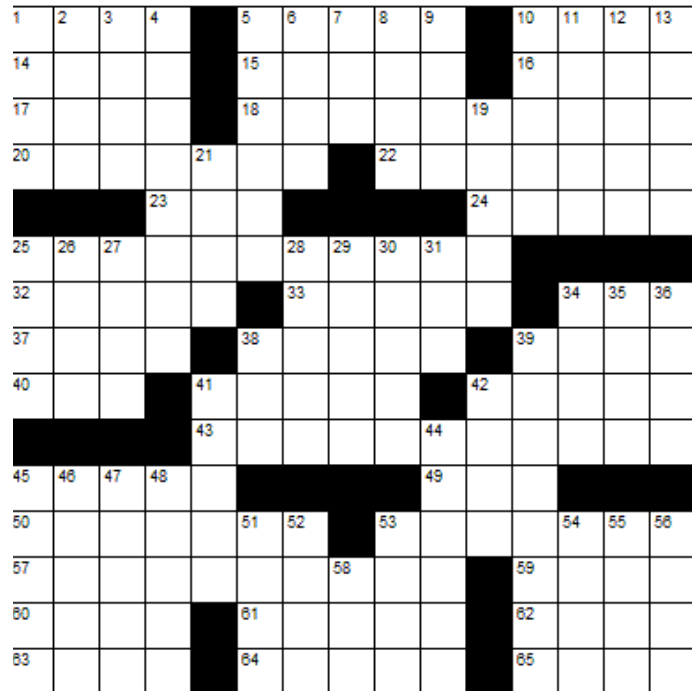
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**ACROSS**

1. Faux pas
5. Burlly
10. WW1 plane
14. Lawn mower brand
15. African virus
16. Meal in a shell
17. Prima donna problems
18. Money paid for a service
20. A float on a seaplane
22. Accord
23. Website address
24. Chose
25. Abasement
32. Something to shoot for
33. Close-knit group
34. Not bottom
37. Mobile phone
38. Christian holy book
39. Tropical tuber
40. Terminate
41. Move furtively
42. Pugilist
43. The act of noticing
45. Descendant
49. Emote
50. Opinion poll
53. Disheveled
57. Hades
59. Anger
60. Reasonable
61. Sporting venue
62. Distinctive flair
63. Level
64. Award
65. Fender blemish

**CROSSWORD** [www.mirrorreyes.com](http://www.mirrorreyes.com)**DOWN**

1. Stair
2. Corporate image
3. Press
4. Relating to posture
5. See with attention
6. Black, in poetry
7. A very long period
8. A flat mass of ice
9. Tale
10. A throat infection
11. Applied to a wall or canvas
12. Keen
13. Vaulted
19. Redress
21. By mouth
25. Cut into cubes
26. Biblical garden
27. Neuter
28. Corrosives
29. Dining room furniture
30. Lazybones
31. Mineral rock
34. Cab
35. Chocolate cookie
36. Smut
38. Top part of an apron
39. Walked unsteadily
41. Submarine detector
42. Abet
44. One who defaces property
45. Shoe blemish
46. Artificial waterway
47. Large Asian country
48. Blatant
51. Travelled through water
52. Achy
53. Forearm bone
54. 5280 feet
55. Scheme
56. Canvas dwelling
58. Crimson

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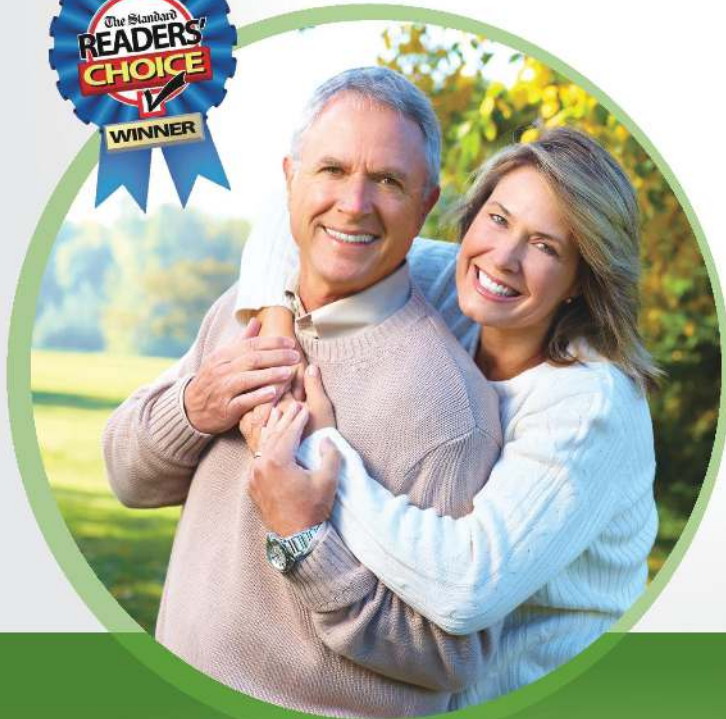
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SHARING EXPERTISE



(Continued from page 10- Ask an Expert)

However, if your stoma is becoming longer and the length is impacting the fit of your pouch, it is important that you contact an Enterostomal Therapy Nurse (E.T. Nurse), for professional advice and support. You may be experiencing a prolapsed stoma. Enterostomal Therapy nursing specializes in wound, ostomy and continence care. An E.T. Nurse is a registered nurse with advanced specialized knowledge and clinical skills in wound, ostomy and continence care. E.T. Nurses work closely with ostomates and have the experience to assist them.

To find an E.T. Nurse in or near your location see the following instructions below:

Go to [Ostomycanada.ca](http://Ostomycanada.ca) website. You will find the menu at the top bar, click on "Support", there you will then see a drop down menu, find and

click on "Find an E.T. Nurse", follow the instructions on that page.

### What is a prolapsed stoma?

A prolapse of the stoma occurs when the bowel protrudes through the stomal opening in the skin to a greater extent than was anticipated. Although when this first happens it could be very distressing, it is usually not serious. However, it's important that it is reviewed by an E.T. Nurse. There are many causes for a prolapse to occur.

There are a number of ways of managing a prolapse and your E.T. Nurse will advise you on how you should look after the stoma, and give you help in reducing the swelling. She/He will also advise you on which specialist pouches are available, and the use of abdominal support garments.



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Bob: "Holy schmoozes, I just fell off a 30 ft ladder."

Jim: "No way man, are you okay?"

Bob: "Yeah, luckily I was just on the first step."