



This Month's meeting:

Wednesday, June 19th

Open Mic

Annual General Meeting

Strawberries and Shortcake Social

NO MEETINGS JULY & AUGUST

REMINDER!!

New dates and location for our meetings!



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)

INVITATION TO START UP NIAGARA'S GUSTY GANG SOCIAL CLUB

ARE YOU BETWEEN AGE 20 TO 40 WITH AN OSTOMY... AND... interested in occasionally getting together with similar folks for social networking and personal support in a fun setting?

Then... consider being part of a group to build **Gutsy Gang Social Club (Niagara)**, especially if you have expertise in applying social media, and call Dave at 905 327-2806 for more information.

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)



INSIDE THIS ISSUE:

PRESIDENT'S MESSAGE	2
CALENDAR OF EVENTS	5
MEMBERSHIP	5
DOES ANYONE ELSE KNOW HOW TO CARE FOR YOUR OSTOMY	8
7 STEPS TO IMPROVE YOUR MEMORY	9
CROSSWORD	11

President's Message

As always I hope this newsletter finds you in good health.



Just a few words from me this month. I can't believe where this year went, we already have another season behind us.

Remember our AGM is June 19th, I promise we will keep it short. Come out & enjoy Fresh Strawberries and Shortcake afterwards.

We are no longer doing the Turkstra barbecues; I would like to thank them for supporting us over the last several years.

We have a person willing to take over as treasurer. The board appointed her at the last board meeting, but as per our by-laws, she needs to be acclaimed or voted in at our AGM. We will also take

nominations at our AGM for Treasurer. If you think you can help out in any way, please contact me and we can have a chat.

After many years of working with the Hospital, we may finally be making some progress. I had a meeting last week with various people from the Hospital, the LHIN and Homecare. It was a round table discussion and I felt very excited after the meeting. I think everyone is on the same track. There is another meeting being planned in about 2 weeks. I want to especially thank Dave for his work with the hospital and other agencies for getting us to this point.

Remember, Strawberries & shortcake at the June 19th meeting. Oh yeah, a short Annual General meeting too.

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





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.

Upcoming Meetings:

SEPTEMBER 25, 2019—TBA

NOVEMBER 27, 2019—TBA

2018/19 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 Jackie Forrest 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

2019 Dates

May 15: Aaron Boggio, Pharmacist

June 19: Open mic-Strawberries and Shortcake

July and August: No Meetings

September 18: TBA

October 16: TBA

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/needing rides, please



**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:

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



NEWSLETTER CONTENT

Do you have an article or story that you think might be of interest to other members in this group? Or maybe you would like to share your own personal story on how you are living life with an ostomy?

Please send it to me at :

heinrichsmarlene@gmail.com and I will see if I can include it in a future newsletter. Thanks!



Coloplast Brava® What's right for you?

The broad range of Brava® supporting products are designed to accommodate individual needs whatever your body shape or demands.

The range includes products for taking care of your skin and reducing leakage from your stoma

Find out more and request your **free samples**



1-866-293-6349



www.coloplast.ca/trybrava

Ostomy Care / Continence Care / Wound & Skin Care / Urology Care

Coloplast Canada Corporation, Oakville, ON, www.coloplast.ca The Coloplast logo is a registered trademark of Coloplast A/S. © 2018-02 All rights reserved Coloplast A/S



Coloplast

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

DOES ANYONE ELSE KNOW HOW TO CARE FOR YOUR OSTOMY?

Source: *Vancouver Ostomy HighLife* Jan/Feb. 2017

Many of us have been looking after our ostomies for years and have the routine down pat. Even if your ostomy requires some extra effort (seals, patching, powder, skin prep and so on) after enough practise you'll perform even a complicated change without difficulty.

But what if you suddenly could not do this for yourself? There are myriad of injuries or conditions that could suddenly prevent us from performing our usual ostomy routines. What if you suddenly did not have the use of your arms or hands? What if you were unable to speak? In most cases, our families and friends have little or no idea what are doing in the bathroom. It would be a wise precaution to have a detailed list prepared in case of sudden emergencies.

Some points to include:

- Brand name and product number of preferred barrier and pouch
- Specific instructions on how to remove and apply the barrier
- Whether one or two piece
- Step by step instructions how to prepare the skin for application of the barrier
- Proper closure of a drainable bag
- How often should things be emptied
- How to hook up a night drainage system
- How to tell if the system is leaking
- Where are these supplies kept?
- Where do you order these supplies if they run out?
- What is your healthcare number and ID?

(continued on Page 9)

Ostomy Supplies

Speak with your Rexall Pharmacy team for information and support for your ostomy supplies. We stock great brands such as Coloplast, Hollister, and Convatec. Join us Tuesday's for 10% off and ask about our free delivery.

Rexall Home Health Care and Mobility

4486 Ontario Street, Beamsville, ON | 905-563-7922

All your Home Health Care Needs

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

Rexall
Your pharmacy, your way.

Rexall.ca



(continued from page 8-Care for your ostomy)

- Can you be placed on your abdomen if necessary for an extended period of time?
- Do you usually irrigate?
- What medications do you usually take?
- What is the name of your ET nurse and how can that person be reached?
- What specific issues need to be monitored?
- How do you clean any of the equipment used?
- Proper storage of equipment
- How long is the pouching system usually left on?
- Specific allergies to any other brands

It would also be wise to prepare a 'go kit' in case of sudden hospitalizations. Such a kit should include enough barriers,



pouches and related products to last at least a week.

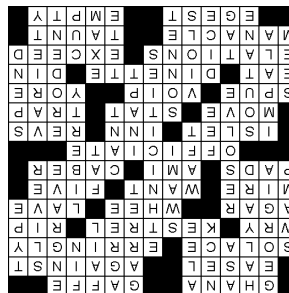
(Having a 'go kit' is a good idea in general in case of fire or similar emergencies). Make sure your family or caregiver knows

where this kit is kept. And include your how to care for my ostomy' list in this kit.

SEVEN STEPS TO IMPROVE YOUR MEMORY

If we can preserve and maintain some kinds of memory as we age, can we do even better? Can we hope to improve? The answer from the experts is a heartening "Yes!" "Everyone can improve memory," says Danielle Lapp, a memory-training specialist at Stanford University, and author of *Nearly Total Recall*. In her training program at Stanford, Lapp has helped thousands of people to sharpen their storage and retrieval skills.

(Continued on page 10)



**Your Local Community
Pharmacy For All
Your Ostomy Needs.**

- ✓ Free delivery throughout Niagara Falls, St Catharines, Virgil and Niagara-on-the-Lake.
- ✓ Discount day.
- ✓ Large product range.
- ✓ Specially-trained, caring staff.

Call or visit us at our Virgil Location:

Simpson's Pharmasave:
1882 Niagara Stone Rd · Virgil
905.468.2121
www.simpsonspharmacy.ca

LIVE WELL WITH
PHARMASAVE

(Continued from page 9-Improve your Memory)

Here are some memory-strengthening tips from Lapp's book, and from Thomas Crook's How to Remember Names:

1. Set Priorities: Don't expect to be able to juggle six things at once," says Lapp. Get mentally organized; distinguish between what's important to remember and what isn't;

2. Sharpen The Focus: Crook suggests paying special attention to landmarks when you're doing your routine driving. "This will help you develop a more active sense of awareness," he says.

3. Pause And Ponder: You can improve the amount of written material you can recall by as much as 300% if you simply stop to think about what you've read.

4. Make Associations: Find key words, pictures, or letter combinations to help you remember. This is known as mnemonic memory. If you meet a woman named Rose, for example, remember her name by picturing the flower.

5. Use Your Senses: "When you order a dish at a restaurant," Crook writes, "note the texture,

(Continued on page 14)

SHOPPERS
HomeHealthCare®

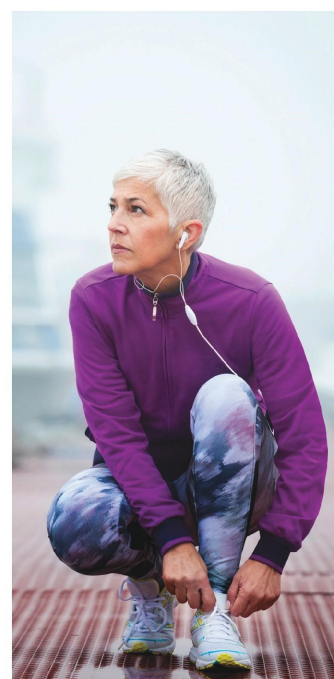
EVERYDAY LIVING SOLUTIONS

We offer a wide range of products to enhance your comfort and well-being, so that you can stay active and independent.

- Ostomy Supplies
- Skin & Wound Care
- Back Care, Supports & Braces
- Compression Products & Services
- CPAP Products and Consultations
- Bathroom Safety Products
- Incontinence Supplies
- Walkers, Rollators & Scooters
- Hot & Cold Therapy
- Lift Chairs

Visit our St Catharines location to speak with one of our expert staff today!

Shoppers Home Health Care
Lake Carlton Plaza
145 Carlton Street
(905) 641-5200



Earn and Spend PC Optimum Points on almost anything in-store*

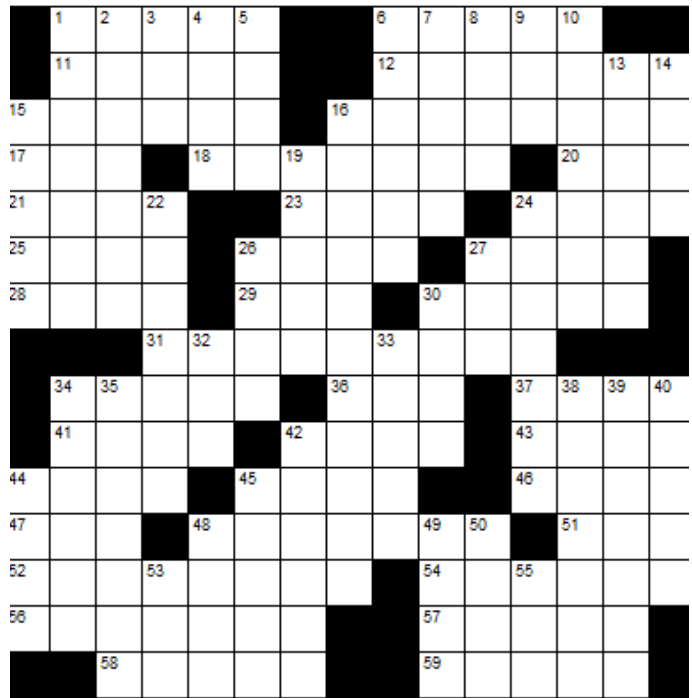


*Restrictions apply. PC Optimum Points cannot be collected or redeemed on government funded portions of products and services. In addition, PC Optimum Points cannot be collected on rentals, services, delivery and third party gift cards. Other restrictions may apply. See in-store and PC Optimum Terms and Conditions for more details.

CROSSWORD www.mirrorreyes.com**ACROSS**

1. Formerly known as the Gold Coast
 6. Blooper
 11. Artist's workstand
 12. Opposed
 15. Comfort
 16. In an unfaithful manner (British)
 17. Ironic
 18. Sparrow hawk
 20. Tear
 21. Food thickener
 23. "Whoopee!"
 24. Wash
 25. Bog
 26. Desire
 27. Half of ten
 28. Cushions or mats
 29. French for "Friend"
 30. A heavy wooden pole
 31. Act in an official capacity

34. A small island
 36. Hotel
 37. Guns an engine
 41. Relocate
 42. Immediately
 43. Snare
 44. Disgorge
 45. Voice Over Internet Protocol
 46. Bygone era
 47. Consume
 48. Kitchen set
 51. Cacophony
 52. Feelings of joy and pride
 54. Surpass
 56. Handcuff
 57. Razz
 58. Excrete
 59. Not full

**DOWN**

7. Grant
 8. Be unsuccessful
 9. Flipper
 10. Etch
 13. Splinter
 14. Sort
 15. Marsh
 16. Nationalities
 19. Mystic
 22. Clear up
 24. Freedom
 26. Drift
 27. Not thin
 30. Camber
 32. Charge
 33. Awkward
 34. African antelope
 35. Cassock
 38. Causing erosion
 39. Assortment
 40. Go on a buying spree
 42. Shakespearean verse
 44. Appear
 45. Gambas
 48. Cut into cubes
 49. French for "Head"
 50. Test
 53. Children's game
 55. Mug



Answers on Page 9

**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

Hauser's PHARMACY

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 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. E

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!

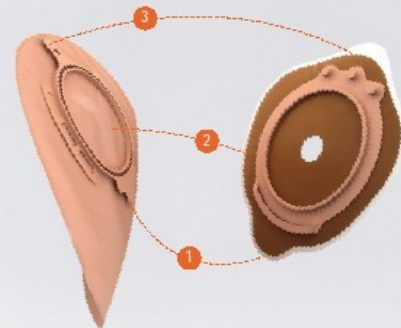
Right positioning from the start: 3 easy fitting steps

- 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-Improve Your Memory)

the subtle flavorings, the temperature, and the colors." In general, use as many of your senses as you can to aid in remembering.

6. Do Your Exercises: Memorize numbers that may be important to you, such as your drivers' license and Social Security numbers. When you're at a party, make it a point to remember the names of at least four of the new people you meet. When you write your shopping list, try to remember all the items without looking when you get to the market.

7. Be Kind To Yourself: Losing the car keys or forgetting the name of your bridge partner for a moment is not a sign of mental disintegration.

From Tacoma (WA) Newsletter via S. Brevard (FL) OSTOMY NEWSLETTER, Dec. 2001, via Inside Out On-line Nov/Dec 2002.

JOKE OF THE DAY



The world's leading expert on European wasps walks into a record shop.

He asks the assistant "Do you have 'European Vespidae Acoustics Volume 2? I believe it was released this week.' "Certainly," replies the assistant. "Would you like to listen before you buy it?"

"That would be wonderful," says the expert, and puts on a pair of headphones.

He listens for a few moments and says to the assistant, "I'm terribly sorry, but I am the world's leading expert on European wasps and this is not accurate at all. I don't recognize any of those sounds. Are you sure this is the correct recording?"

The assistant checks the turntable, and replies that it is indeed European Vespidae Acoustics Volume 2. The assistant apologizes and lifts the needle onto the next track.

Again the expert listens for a few moments and then says to the assistant, "No, this just can't be right! I've been an expert in this field for 43 years and I still don't recognize any of these sounds."

The assistant apologizes again and lifts the needle to the

next track.

The expert throws off the headphones as soon as it starts playing and is fuming with rage.

"This is outrageous false advertising! I am the world's leading expert on European wasps and no European wasp has ever made a sound like the ones on this record!"

The manager of the shop overhears the commotion and walks over.

"What seems to be the problem, sir?"

"This is an outrage! I am the world's leading expert on European wasps. Nobody knows more about them than I do. There is no way in hell that the sounds on that record were made by European wasps!"

The manager glances down and notices the problem instantly.

"I'm terribly sorry, sir. It appears we've been playing you the bee side."



**Beamsville Medical
PHARMACY**

Your Local Community Pharmacies
4279 Hixon Street
Beamsville, ON L0R 1B0
In the Beamsville Medical Center
Phone: 905-563-1234



**Lincoln Medical
PHARMACY**

4413 Ontario Street
Beamsville, ON L0R 1B5
In the Fleming Professional Center
Phone: 905-563-8808

**Great Prices on all the Leading
OSTOMY SUPPLIES**
See us for Private & Personal Service

Professional and Confidential • Caring and Friendly Service • Private Consultation Room
Regular Customer Supplies Held in Stock • Compression Stockings Fitted by Certified Fitters
Large Range of Availability of Incontinence Supplies • Insulin Pump Supplies

EASY PRESCRIPTION TRANSFERS!

All Insurance Plans Honoured • Free Prescription Delivery

WHEELCHAIR FRIENDLY • FREE PARKING • SENIOR'S DISCOUNT

Health care . . . for a better you!