



**This Month's meeting:**  
**October 16th**  
**Coloplast Representative**  
**Product information**



**Niagara Ostomy Association**

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**Wednesday, October 30, 2019**  
**11 am—2 pm**

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Visit our website: [www.niagaraostomy.com](http://www.niagaraostomy.com)

Niagara Ostomy Association is a non-profit group dedicated to support and educate persons living with an ostomy, their significant others, family members & any other interested persons. An affiliated chapter of:



Ostomy Canada Society  
Société Canadienne des Personnes Stomisées

## 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)*



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## Presidents Message

Good day everyone.

As always, I hope you are enjoying health & happiness.



The project at Oakville is winding down, At time of writing this, I should be almost done in 3 days, with probably just a few odds & ends to finish. It's been a long project but I really enjoyed working with Pam & Richard. I have trained Richard to be a good helper, too!

Remember to mark your calendar for October 30<sup>th</sup>, it's our annual Ostomy Fair Day. We have a few new vendors coming this year, and with the new location I think we're going to have a really good day. The time is 11Am till 2 PM. Appointments are available with a Nurse specializing in wound, ostomy & continence (Formerly ET). Please call early for an appointment.

If you can help out that day, please let us know. We will need greeters, members to mingle & answer questions,

help set up and take down etc.--nothing too onerous.

I went to the last FOW pack at Hollister this past Saturday. We sorted & packed 7 skids of ostomy supplies to go to Uganda. 2 Skids of medical supplies were sorted and will be sent to "Not Just Tourists" for them to take overseas. 4 skids of "sorted but not yet matched" ostomy supplies will be finding its way to the St. Catharines location in the next few weeks. It was a sad day since it is the last pack that will be done at Hollister. I can't emphasize enough, the generosity that Hollister has provided over the last 30 plus years.

Dave Muir has provided a brief synopsis of the changes in Ostomy Canada Governance. We are going to have to look at the implications within our chapter as well, and what direction we decide to go. We will be sure to keep everyone informed of updates etc.

Hope to see you at the October meeting !

Cheers,  
John Molnar, President



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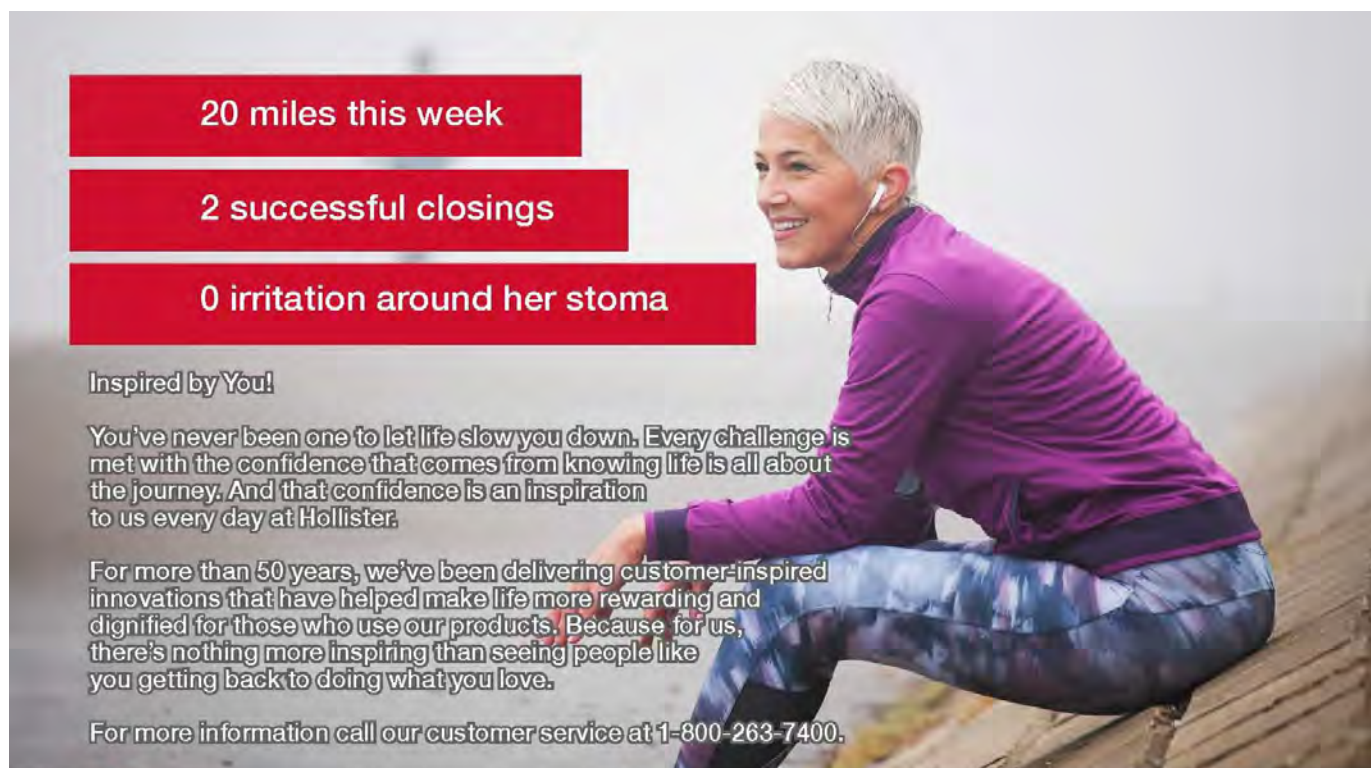
[www.boggios.com](http://www.boggios.com)

### Ostomy Canada Society

The governance of Ostomy Canada Society has changed to reflect the new realities. Up until now, National Council (of Chapters) officially controlled the direction and activities of Ostomy Canada Board of Directors. However, in recent years, chapters have been busy trying to survive. Some have even given up chapter status and become peer support groups. So, in reality, National Council has had little input to the Board of Directors' decisions and actions over the past few years.

The Board of Directors initiated research into charity governance in 2015. Their work showed that many charities are controlled by their boards. Through a series of special meetings of the National Council, the chapters decided to give control to the Board of Directors and become a National Advisory Council. This group will be co-chaired by a person designated by the president and a person elected for a two year term. The group will meet quarterly to comment on Board activities and plans.

Dave Muir



20 miles this week

2 successful closings

0 irritation around her stoma

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## NEW GUIDE HELPS KIDS, ADOLESCENTS LIVING WITH OSTOMIES

Anne Harding

<https://www.reuters.com/article/us-health-kids-ostomies/new-guide-helps-kids-adolescents-living-with-ostomies-idUSKCN1HC2HZ>

(Reuters Health) - Children and teens who undergo ostomy surgery now have a resource written by their peers to help them navigate the challenges of middle school, high school, college and beyond.

The toolkit, "A Guide to Gutsy Living," is the first resource specifically for - and by - young people who have undergone temporary or permanent ostomy surgery, usually to treat inflammatory bowel disease (IBD), and now have a surgically created opening, or ostomy, that allows stool to empty into a bag adhered to the individual's abdomen.

Living with an ostomy is a daunting prospect for adults, let alone children and adolescents. "You don't know what it's going to look like, what it's going to mean to your life," said Jennie G. David, a PhD student in clinical psy-

chology at Drexel University in Philadelphia, who led the project.

David was diagnosed with IBD at age 12, and underwent ostomy surgery at 19. David and her colleagues' report describing the guide and how it was created was published in the journal *Pediatrics*.

As is typical with pediatric ostomy patients, after undergoing surgery to remove her colon and before being discharged from the hospital, a stoma nurse instructed David on how to care for her ostomy, she told Reuters Health in a telephone interview.

"The stoma nurse was wonderful, but all of her education was geared toward, 'how do you put on the bag, how do you take off the bag,'" Davis said. "Not really 'how do I live with this, how do I go to school with this.'"

David served as co-chair of the Patient Advisory Council (PAC) of the ImproveCareNow (ICN) Network, a quality-improvement collaborative of more than 100 centers in the U.S., Europe and Middle East caring for children and adolescents with IBD.

*(Continued on page 6)*



## 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.

**November 27th—TBA**

### 2019 Board of Directors

Title	Name
President	John Molnar
Treasurer	Brenda Bagley
Secretary	Dave Muir
Past President	Laura Gazley
Director	Nancy Ployart
Director	Melanie Presti
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Director Director Director	Peter Winter Jackie Forrest OPEN



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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)

### 2019 Dates

Oct 16: Coloplast

Oct 30: Ostomy Fair

Nov 20:

December: No meeting

### 2020 Dates

Jan 15

Feb 19

Mar 18

Apr 15

May 20

### 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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Anyone that would like to maintain a list of people offering/needing rides, please



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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

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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:

Brenda Bagley, 66 Portmaster Dr,  
St. Catharines, ON L2N 7H7

(Continued from page 3-New Guide)

Through the PAC, David and her colleague and friend Alexander Jofriet, who was diagnosed with IBD at age 9 and underwent the surgery at 15, “got good information,” David said. “And we had positive role models, but it could very easily have been no role models or negative role models.” Jofriet is now a clinical data coordinator at Children’s Healthcare of Atlanta.

At an ICN Network meeting, David was asked to choose a song that represented her journey with IBD and play it at the close of the meeting. She chose Taylor Swift’s “We are never ever getting back together,” dubbing it “An Ode to my Colon.” Afterward, several clinicians asked her if she and other PAC members would be willing to talk to

(Continued on page 7)



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Ostomy Essentials

(Continued from page 6)

their patients who were facing ostomy surgery.

She and Jofriet began mentoring ostomy patients but quickly realized they couldn't keep up with the demand on their own. They developed the tool kit to address this care need.

Information about ostomies on the web is largely focused on adults, and David and her team of patients and parents were unable to find educational materials that were "developmentally sensitive," with images and topics relevant to young patients, such as those heading to college.

They developed a series of questions and topics to address concerns that patients might have before the surgery, immediately afterward and over the long-term, and targeted the guide for ages 10 to 17.

Topics in the final 19-page document include friends, school, travel, ostomy supplies, clothing, using emergency kits, playing sports and using humor to help in coping.

Essentially, David said, the goal of the resource is two-fold: firstly, to serve as models to pediatric patients living with ostomies that "I can go to work, and I can go to school, and I can be a normal person with a bag," and secondly, to demonstrate how patients and parents are motivated and capable of contributing to clinical care.

The guide can be downloaded as a PDF file from the ICN Network's website ([bit.ly/2EnkIBX](http://bit.ly/2EnkIBX))



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Dana

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## 6 SIMPLE STEPS TO KEEP YOUR MIND SHARP AT ANY AGE

<https://www.health.harvard.edu/mind-and-mood/6-simple-steps-to-keep-your-mind-sharp-at-any-age>

Everyone has the occasional "senior moment." Maybe you've gone into the kitchen and can't remember why, or can't recall a familiar name during a conversation. Memory lapses can occur at any age, but aging alone is generally not a cause of cognitive decline. When significant memory loss occurs among older people, it is generally not due to aging but to organic disorders, brain injury, or neurological illness.

Studies have shown that you can help prevent cognitive decline and reduce the risk of dementia with some basic good health habits:

staying physically active, getting enough sleep, not smoking, having good social connections, limiting alcohol to one drink a day, eating a balanced diet low in saturated and trans fats.

Certain health conditions that can impair cognitive skills include diabetes, high blood pressure, sleep apnea, depression, and hypothyroidism. If you have any of these health issues, you can help protect your memory by following

your doctor's advice carefully.

Memory changes can be frustrating, but the good news is that, thanks to decades of research, you can learn how to get your mind active. There are various strategies we can use to protect and improve memory. Here are several you might try.



### 1. Keep learning

A higher level of education is associated with better mental functioning in old age. Experts think that advanced education may help keep memory strong by getting a person into the habit of being mentally active. Challenging your brain with mental exercise is believed to activate processes that help maintain individual brain cells and stimulate communication among them. Many people have jobs that keep them mentally active, but pursuing a hobby, learning a new skill, or volunteering for a project at work that involves a skill you don't usually use can function the same way and help improve memory.

*(Continued on page 9)*

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COMPANY

(Continued from page 8)

## 2. Use all your senses

The more senses you use in learning something, the more of your brain that will be involved in retaining the memory. In one study, adults were shown a series of emotionally neutral images, each presented along with a smell. They were not asked to remember what they saw. Later, they were shown a set of images, this time without odors, and asked to indicate which they'd seen before. They had excellent recall for all odor-paired pictures, and

especially for those associated with pleasant smells. Brain imaging indicated that the piriform cortex, the main odor-processing region of the brain, became active when people saw objects originally paired with odors, even though the smells were no longer present and the subjects hadn't tried to remember them. So challenge all your senses as you venture into the unfamiliar.

## 3. Believe in yourself

Myths about aging can contribute to a failing memory. Middle-aged and older learners do worse on memory

tasks when they're exposed to negative stereotypes about aging and memory, and better when the messages are positive about memory preservation into old age. People who believe that they are not in control of their memory function — joking about "senior moments" too often, perhaps — are less likely to work at maintaining or improving their memory skills and therefore are more likely to experience cognitive decline. If you believe you can improve and you translate that belief into practice, you have a better chance of keeping your mind sharp.



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(Continued from page 9)

#### 4. Prioritize your brain use

If you don't need to use mental energy remembering where you laid your keys or the time of your granddaughter's birthday party, you'll be better able to concentrate on learning and remembering new and important things. Take advantage of calendars and planners, maps, shopping lists, file folders, and address books to keep routine information accessible. Designate a place at home for your glasses, purse, keys, and other items you use often.

#### 5. Repeat what you want to know

When you want to remember something you've just heard, read, or thought about, repeat it out loud or write it down. That way, you reinforce the memory or connection. For example, if you've just been told someone's name, use it when you speak with him or her: "So, John, where did you meet Camille?"

#### 6. Space it out

Repetition is most potent as a learning tool when it's properly timed. It's best not to repeat something many times in a short period, as if you were cramming for an exam. Instead, re-study the essentials after increasingly longer periods of time — once an hour, then every few hours, then every day. Spacing out periods of study helps improve memory and is particularly valuable when you are trying to master complicated information, such as the details of a new work assignment.

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**ACROSS**

1. Athletics  
6. A religion based on sorcery  
11. Earlier in time  
12. Remedy  
15. Offensive term for an Asian laborer  
16. Not gained by merit  
17. Purpose  
18. An orator's desk  
20. Large  
21. Notch  
23. Haughtiness  
24. Dell  
25. French for "Head"  
26. With competence  
27. Heredity unit  
28. Biblical garden  
29. 52 in Roman numerals  
30. Ebbed  
31. Meagerness  
34. Pseudonym

36. Rescue

37. Frosts

41. Cat sound

42. Anagram of "Star"

43. Not this

44. A soft sheepskin leather

45. French cheese

46. Bygone era

47. Mistake

48. Type of marmoset

51. Ribonucleic acid

52. An empty boaster

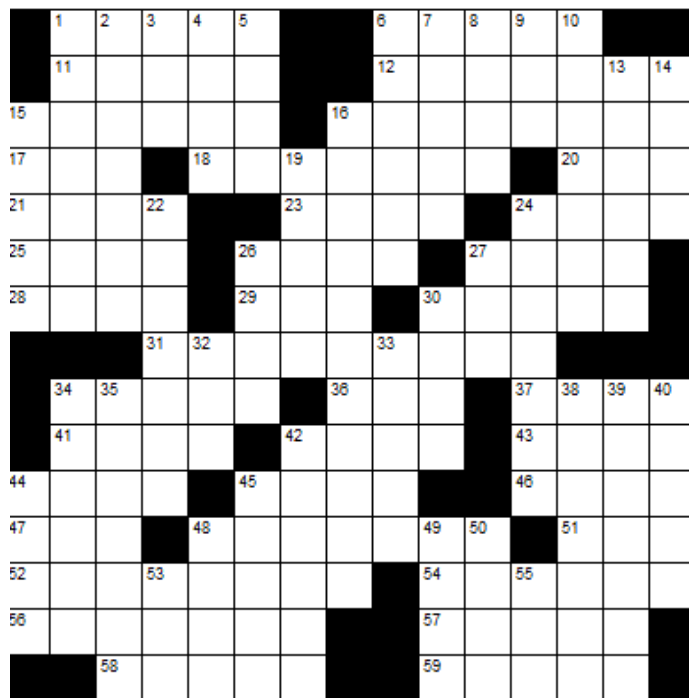
54. Leased

56. Roomette

57. Not written exams

58. Slender

59. A nine-piece musical group

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

1. Rotted  
2. Hype  
3. Petroleum  
4. Agitate  
5. Tall woody plant  
6. Cantankerous  
7. Ales  
8. Distinctive flair  
9. Atmosphere  
10. Stinking nightshade  
13. Hidden  
14. Border  
15. Hindu social division  
16. Useful  
19. Log home  
22. Stress  
24. Compactness  
26. "Oh my!"  
27. Petrol  
30. Marries  
32. Bird call  
33. Fertilizer ingredient  
34. Ethically indifferent  
35. Student  
38. Chuckle  
39. Sincere  
40. Place  
42. Arsenal  
44. Umpires  
45. Exposed  
48. Adhesive strip  
49. Press  
50. Infamous Roman emperor  
53. Charge  
55. Indian bread



Answers on  
page 9

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## LAUGHTER FOR THE DAY

A man walks into a bar and orders a drink. Then he notices there are pieces of meat nailed to the ceiling of the bar so he asks the barman what they are for. The barman replies, "If you can jump up and pull one of them down you get free beer all night. If you fail, you have to pay the bar £100. Do you want to have a go?"  
The man thinks about it for a minute before saying, "Nah, the steaks are too high!"

What do you call a sad strawberry?  
A blueberry.

My friend is a structural engineer.  
He's always complaining about stress at work.

What do you call a Mexican bodybuilder who's run out of protein?  
No whey Jose.

But now look at me.

My girlfriend told me she was leaving me because I keep pretending to be a Transformer.  
I said, "No, wait! I can change."

I bought a dog off a blacksmith today.  
As soon as I got it home it made a bolt for the door.

I haven't owned a watch for I don't know how long.

(Continued on page 14)





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I almost got caught stealing a board game today.

But it was a Risk I was willing to take.

What's the difference between a hippo and a Zippo?

One's really heavy, the other's a little lighter.

I was on a flight the other day when the air hostess came up to me and said, "Excuse me sir, would you like to have dinner?"

I said, "What are the options?"

She said, "Yes and No."