



This Month's meeting:
September 18th
Annual General Meeting

MARK YOUR CALENDAR! **OSTOMY FAIR DAY**

Wednesday, October 30th
11:00 am — 2 p.m.

Grantham Lions Club

More information to follow in October newsletter



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

WONDERS OF MILK OF
MAGNESIA 3

HOT OR COLD COMFORT 3

CALENDAR OF EVENTS-
MEMBERSHIP APPLICATION 5

UROSTOMATES AND
FLUIDS 7

HIGH OSTOMY
OUTPUT 8

9 WAYS TO IMPROVE
YOUR MENTAL HEALTH 12

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.

Presidents Message

Hello everyone.

Does anyone know what happened to summer? I hope everyone enjoyed it. I have finished my term as Ontario Regional Administrator for Ostomy Canada. I felt I needed to spend more time on my personal life & decided not to run again.

We also didn't do the barbecues this year at Turkstra, well, we did 3 or 4 but we gave it up. It was getting tougher to find volunteers. I want to personally thank Turkstra Lumber for all of their support over the years.

Our Ostomy Fair day is being held on Wednesday Oct 30th from 10 AM till 2 PM, at the Lions Hall. 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! As always, we will have an NSWOC Nurse available by previous arranged appointment.

I am working in Oakville at Pam & Richard Olleys home again, doing some renovations. I figure the last time I was there I made enough mess & confusion that they would never have me back again, well, they let me have another try at it! I have often said, if I could figure out a way to do renovations and not create any dust, I would be a rich man!

There is big change in the way Friends of Ostomates Worldwide (Canada) (FOWC) is going to be operating. FOWC for the last several decades has relied heavily on the generosity of Hollister for storage, sorting, and shipping assistance. Hollister is changing their warehouse structure and as

a result will no longer be able to accommodate FOWC to the same degree they have been. That means that FOWC needs to find a new home and a new way of fulfilling its mandate. FOWC has secured some storage space in St. Catharines and we will be receiving ostomy supplies there, and we will be doing sorting, packing & shipping from there. We will be doing more frequent, smaller sorts & packs due to less space. I'm hopeful that it works as planned. I'm sure there's going to be growing pains, but I'm optimistic we can work them out.

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.

  www.hollister.com **Ostomy Care**
Healthy skin. Positive outcomes.

WONDERS OF MILK OF MAGNESIA

Via: "It's in The Bag & S. Nevada's TOWN KARAYA

Because of its alkaline properties, Milk of Magnesia (MM) is beneficial to skin which has been burned by hydrochloric acids and enzymes from intestinal secretions. Hygienic care of the skin for all types of ostomies is very important.

Use alcohol to remove all soap film after washing the adhesive solvent off. Also, it will kill any latent intestinal bacteria which can multiply under the faceplate. It is possible for enzymes to penetrate so deeply into the skin that neither soap nor alcohol can remove them, but MM will neutralize them. Rub it gently into the skin. If the enzymes are there, MM will curdle like cottage cheese. In that case, rinse it off with warm water, pat the skin dry and apply a new film of MM. Let this dry completely and apply Skin Prep, Tincture of Benzoin Plain, Karaya Powder or whatever you use and proceed as usual. Products like Digel, Amphogel and similar products can be used instead of MM. A paste made of MM and Karaya Powder

is healing to the skin. After the paste is dry, the faceplate can be applied.

HOT OR COLD COMFORT

Via: Southern Maryland Counties Chapter, Clinton, MD

It's all in knowing which one you need. A hot water bottle is the purpose of life, a physical therapist says, unless you need an ice treatment instead. In general, active people find more relief with ice and less active people find more relief with heat. Always put a cloth between your skin and water bottle or ice pack.

USE HOT FOR: tense, tired shoulders; back of the neck during a headache; chronic low back pain; kink in the neck; joints stiff in the morning with osteoarthritis, to improve circulation.

(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.

September 25th—TBA

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
Director	OPEN
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



MOTION™
Make life accessible.

(905) 688-0420 • motioncares.ca

1-111 Fourth Avenue, Ridley Square
St. Catharines, ON, L2S 3P4

Monday-Friday • 8:30am-5pm

CALENDAR OF EVENTS

Our Website: www.niagaraostomy.com

Our Email: info@niagaraostomy.com

2019 Dates

Sept 18:

Oct 16:

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

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:

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

(Continued from page 3—HOT OR COLD)

USE COLD FOR: inflammation indicated by warmth, swelling, pain and/or redness; injury to joint or muscle, especially during the first three days of recovery; forehead during a headache; joints swollen with osteoarthritis. For an ordinary headache, use either hot or cold wherever it helps.

UROSTOMATES & FLUIDS

By: Juliana Eldridge, RNET Via: The Green Bay
Ostomy News Review

People with urinary diversions no longer have a storage area, a bladder, for urine. Therefore urine should flow from the stoma as fast as the kidneys can make it. In fact, if your urinary stoma has no drainage for even an hour, it is time for serious concern. The

(Continued on page 7)



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. © 2018-12 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

(Continued from page 6-
Fluids)

distance from the stoma to the kidney is markedly reduced after urinary diversion surgery. Any external bacteria have a short route to the kidneys. Since kidney infection can occur rapidly and be devastating, prevention is essential. Wearing clean appliances and frequent emptying are vital. Equally important is adequate fluid intake, particularly fluids which acidify the urine and decrease problems of odor. In warm weather, with increased activity, or with a fever, fluids should be increased to make up for body losses due to perspiration and increased metabolism. It is important that you be aware of the symptoms of a kidney infection:

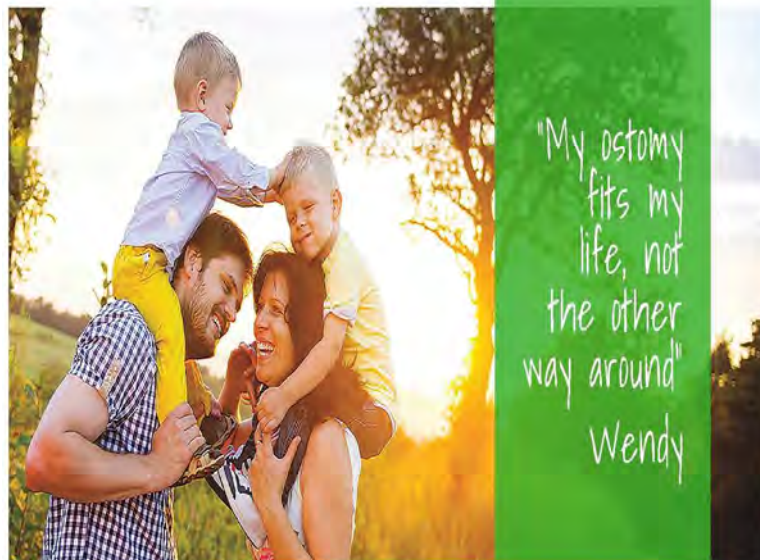
- * Elevated temperature
- * Chills
- * Low back pain
- * Cloudy, bloody urine
- * Decreased urine output

All ileal conduits normally produce mucus threads in the urine which give it a cloudy appearance. Bloody urine is a danger signal. Thirst is a great index of fluid needs. If you are thirsty, drink up. Also

develop the habit of sampling every time you pass a drinking fountain. Important...if urine is collected for urinalysis, called C&S, sterile specimens, checking urine for infection; etc., be sure your doctor and nurse know a sterile specimen must be taken directly from your stoma and not from the pouch. Bacteria builds up in the pouch immediately. It will give false test results. If they are not sure how to do this, do the following:

- * Remove your pouch
- * Clean the stoma
- * Bend over
- * Catch the urine in a sterile cup

If there is a slow flow of urine being expelled, drink a glass or two of water...the kidneys will work. Urostomates who do not use a night drain are running a big risk of puddling and the backing up of urine into the conduit up to the kidneys. This may cause not only irritation but serious infection.



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

™ Indicates a trademark of ConvaTec Inc.
©2016 ConvaTec Inc.

HIGH OSTOMY OUTPUT

<https://www.uwhealth.org/healthfacts/gyn-onc/297.pdf>

With a new ileostomy, it is normal to have high ostomy output as your body adjusts to a shorter bowel. How can you slow down your ostomy output?

Diet Changes:

- Chew food well.
- Eat low sugar foods and drinks.
- Eat salty foods and add salt to meals and snacks.
- Eat smaller more frequent meals and snacks.
- Drink fluids ½ hour before or after meals, not with food.
- Avoid alcohol and caffeine.
- Eat more soluble fiber which forms a gel when mixed with water and slows movement.
- Good sources of soluble fiber include: peeled sweet potatoes, applesauce, refried beans, wheat and oat bran.
- You may also try adding fiber like Benefiber®, Metamucil®, Nutrisource, or guar gum
- Try adding these foods that naturally thicken stool to your meals:

- Applesauce

- Cream of rice
- Peanut butter (creamy)
- Bananas
- Marshmallows
- Rice
- Cheese
- Mashed potatoes
- Soda crackers
- Tapioca

Medicines For high ostomy output:

Your doctor may have you take medicine to help slow down output. If you are having high ostomy output, talk to your doctor about increasing or adding medicine to help.

Fluids and Electrolytes:

You lose sodium, potassium, and water in ostomy fluid, so it is important to stay hydrated. It is common for someone with an ostomy to feel thirsty. But, drinking large amounts of water can make dehydration worse. Nutritional supplements, such as Ensure®, have too much sugar and are not recommended if you have high ostomy output. Drinks like juice and Gatorade® can be too sugary alone.

(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





THE
OSTOMY *Clothing*
COMPANY

(Continued from page 8-High Ostomy Output)

Ready to Drink Liquids

Parent's Choice Pediatric Electrolyte
Pedialyte* available at most retailers

RECIPES:

Gatorade G2® Improved:

4 cups (32-ounce bottle) Gatorade
G2®

¾ tsp salt

Apple Juice Improved:

1 cup apple juice

3 cups water

½ tsp salt

Grape or Cranberry Juice Improved:

½ cup of juice

3½ cups water

½ tsp salt

Ensure® Plus Improved:

1 ounce Ensure® Plus

8 ounces 2% milk

Chicken Broth Improved:

2 cups liquid broth

2 cups water

2 tablespoons sugar

Tomato Juice Improved:

2½ cups tomato juice

1½ cups water

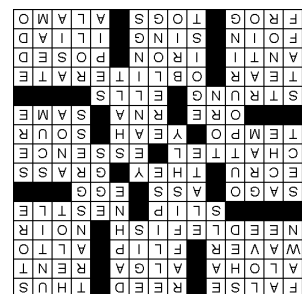
Sugar and Salt Water:

1-quart water

¾ teaspoon salt

6 teaspoons of sugar

Optional-Crystal Light to taste



Serving Niagara Since 1977

SIMPSON'S

**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.simpsonsparmacy.ca

LIVE WELL WITH
PHARMASAVE

9 WAYS TO IMPROVE YOUR MENTAL HEALTH TODAY

<https://www.psychologytoday.com/ca/blog/women-s-mental-health-matters/201510/9-ways-you-can-improve-your-mental-health-today>

Patricia Harteneck, Ph.D., MBA

Mental health is much more than a diagnosis. It's your overall psychological well-being—the way you feel about yourself and others as well as your ability to manage your feelings and deal with everyday difficulties. And while taking care of your mental health can mean seeking professional support and treatment, it also means taking steps to improve your emotional health on your own. Making these changes will pay off in all aspects of your life. It can boost your mood, build resilience, and add to your overall enjoyment of life:

Tell yourself something positive.

Research shows that how you think about yourself can have a powerful effect on how you feel. When we perceive our self and our life negatively, we can end up viewing experiences in a way that confirms that notion. Instead, practice using words that promote feelings of self-worth and personal power. For example, instead of saying, "I'm such a loser. I won't get the job because I tanked in the interview," try, "I didn't do as well in the interview as I would have liked, but that doesn't mean I'm not going to get the job."

Write down something you are grateful for.

Gratitude has been clearly linked with improved well-being and mental health,

(Continued on page 12)

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

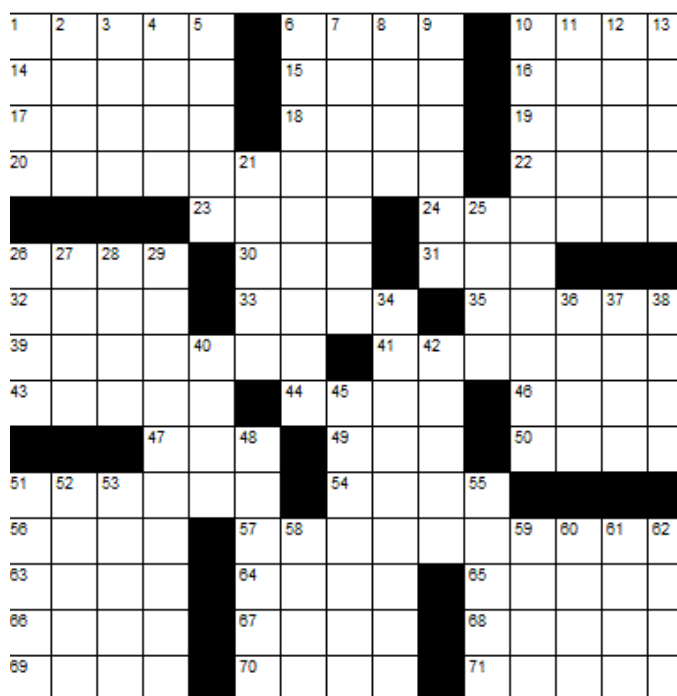


Earn and Spend PC Optimum Points on almost anything in-store*

*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.

ACROSS

- | | |
|--------------------------|-----------------------------|
| 1. Not true | 43. Pace |
| 6. Marsh plant | 44. "Sure" |
| 10. As a result | 46. Not sweet |
| 14. Hello or goodbye | 47. Mineral rock |
| 15. Seaweed | 49. Ribonucleic acid |
| 16. Lease | 50. Identical |
| 17. Have second thoughts | 51. Threaded |
| 18. Gymnast's feat | 54. L L L L |
| 19. Countertenor | 56. Rip |
| 20. Gar | 57. Destroy completely |
| 22. French for "Black" | 63. Against |
| 23. Faux pas | 64. Weightlifters pump this |
| 24. Get cozy | 65. Modelled |
| 26. Palm starch | 66. Thrust with a knife |
| 30. Donkey | 67. Make melodious sounds |
| 31. It comes from a hen | 68. Homeric epic |
| 32. Beige | 69. Tailless amphibian |
| 33. Not we | 70. Clothing |
| 35. Lawn cover | 71. San Antonio fort |
| 39. Personal property | |
| 41. Gist | |

CROSSWORD www.mirroreyes.com**DOWN**

- | | | | | |
|--------------------|--------------------------|-------------------------------------|------------------------------|-----------------------|
| 1. A young deer | 9. Nymph loved by Apollo | 28. A metric unit of weight | gular of shall | 58. Invigoration |
| 2. Wings | 10. Sin | 29. A sudden rapid flow | 45. Soon | 59. Somersault |
| 3. Great affection | 11. Serf | 34. Lambs | 48. Self-centered person | 60. Largest continent |
| 4. Outbuilding | 12. Up to | 36. Dwarf buffalo | 51. Stave | 61. Squad |
| 5. Noblemen | 13. Shop | 37. Pond gunk | 52. Adult male singing voice | 62. Cocoyam |
| 6. Carelessly | 21. Gladden | 38. Arid | 53. Relative magnitudes | |
| 7. Oval | 25. Hens make them | 40. Ripped | 55. Old photo color | |
| 8. Auspices | 26. Religious offshoot | 42. Second person singular of shall | | |
| | 27. Dull pain | | | |

**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

Stretch Your Dollars...

with our high quality, cost effective products

Cleanse

- Peri-Stoma Cleanser & Adhesive Remover Wipes
- No sting, alcohol free
- 2 in 1 wipe, saves time
- Rinse free formula



Protect

- No-Sting Skin Barrier Film
- Wipes and Sprays
- Great for protecting the skin
- Ostomy Skin Barrier Powder
- Great for crusting over sore skin



Secure

- Skin Barrier - Conforming Seal
- Skin Barrier Arcs
- Skin Barrier Sheet
- Skin Barrier Paste



Assure

- Ostomy Pouch Deodorant
- Blue formula
- Fantastic odor control
- Assure C Odor Eliminator Gel
- Clear formula
- Lubricating to help empty pouch



WaterProof

- DERMAPRO WATERPROOF SILICONE TAPE
- Great for securing around pouch edges
- Ask for SNS57230-1" width or SNS57232-2" width



Ask your supplier to bring in these products for you!

For more information to acquire locally
or to request a sample please call our toll-free number

In Canada Contact - Peter West
519-726-5959 | peter@westcaremed.com

844-767-6334
www.SnS-Medical.com

Safe n Simple
Clean. Comfortable. Confident.

safe_n_simple YouTube Facebook

(Continued from page 10-Mental Health)

as well as happiness. The best-researched method to increase feelings of gratitude is to keep a gratitude journal or write a daily gratitude list. Generally contemplating gratitude is also effective, but you need to get regular practice to experience long-term benefit. Find something to be grateful for, let it fill your heart, and bask in that feeling.

Focus on one thing (in the moment).

Being mindful of the present moment allows us to let go of negative or difficult emotions from past experiences that weigh us down. Start by bringing awareness to routine activities, such as taking a shower, eating lunch, or walking home. Paying attention to the physical sensations, sounds, smells, or tastes of these experiences helps you focus. When your mind wanders, just bring it back to what you are doing.

Exercise.

Your body releases stress-relieving and mood-boosting endorphins before and after you work out, which is why exercise is a powerful antidote to stress, anxiety, and depression. Look for small ways to add activity to your day, like taking the stairs instead of the elevator or going on a short walk. To get the most benefit, aim for at least 30 minutes of exercise daily, and try to do it outdoors. Exposure to sunlight helps your body produce vitamin D, which increases your level of serotonin in the brain. Plus, time in nature is a proven stress reducer.

Eat a good meal.

What you eat nourishes your whole body, including your brain. Carbohydrates (in moderate amounts) increase serotonin, a chemical that has been shown to have a calming effect on your mood. Protein-rich foods increase norepinephrine, dopamine, and tyrosine, which help keep you alert. And vegetables and fruits are loaded with nutrients that feed every cell of your body, including those that affect mood-regulating brain chemicals. Include foods with Omega-3 polyunsaturated fatty acids (found in fish,

(continued on page 13)

Flexima® 3S Ostomy Appliances

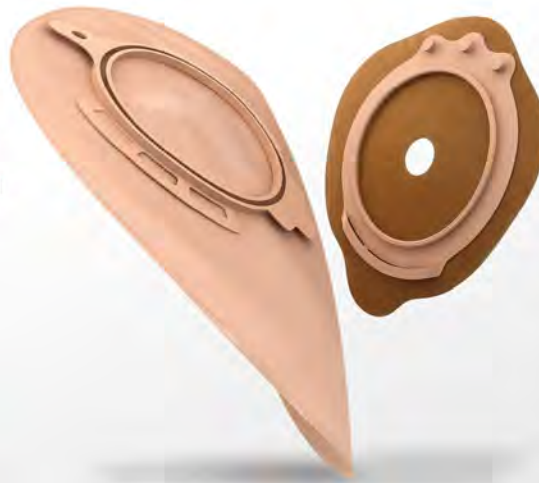
Unique guiding system helps ensure right positioning from the start.

Base Plates:

Flat
Convex

Pouches:

Closed
Drainable
Uro
High Flow



Simple.
Secure.
Soft.

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

(continued from Page 12-Mental Health)

nuts, and flaxseed.) Research shows that these nutrients can improve mood and restore structural integrity to the brain cells necessary for cognitive function.

Open up to someone.

Knowing you are valued by others is important for helping you think more positively. Plus, being more trusting can increase your emotional well-being because as you get better at finding the positive aspects in other people, you become better at recognizing your own.

Do something for someone else.

Research shows that being helpful to others has a beneficial effect on how you feel about yourself. Being helpful and kind—and valued for what you do—is a great way to build self-esteem. The meaning you find in helping others will enrich and expand your life.

Take a break.

In those moments when it all seems like too much, step away, and do anything but whatever was stressing you

out until you feel a little better. Sometimes the best thing to do is a simple breathing exercise: Close your eyes and take 10 deep breaths. For each one, count to four as you inhale, hold it for a count of four, and then exhale for another four. This works wonders almost immediately.

Go to bed on time.

A large body of research has shown that sleep deprivation has a significant negative effect on your mood. Try to go to bed at a regular time each day, and practice good habits to get better sleep. These include shutting down screens for at least an hour before bed, using your bed only for sleep or relaxing activities, and restricting caffeinated drinks for the morning.

Start today. You have the power to take positive steps right now to improve your resilience and emotional health. Don't wait until you're in a crisis to make your mental health a priority. Besides, it is easier to form new habits when you are feeling strong. You can then implement those habits when you need them most.



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!

Other Services

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



ST. CATHARINES

1200 Fourth Ave.
905-685-3030

(located in the hospital
near the main entrance)

DUNNVILLE

140 Broad St. E.
905-774-7331

HAMILTON

1010 Upper Wentworth St.
905-381-4420



HausersPharmacy.com



**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!