



This Month's meeting:

March 18

Speaker: Joel Goldenberg

From Premier Ostomy

Will be speaking to us about their company and Ostomy products

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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WOULD YOU LIKE TO 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.

PRESIDENT'S MESSAGE:

I hope this newsletter finds everyone in good health.



With spring just around the corner, it reminds me of my ostomy surgery. On March 21, I will be celebrating 13 years with an ostomy. When I look back, being in hospital for 5 weeks prior to surgery, I never thought I would be here. Can we all say, Ostomy surgery is a life saver!

Once again, we have firmed up a date for Ostomy Visitor training, June 7th at the Lions hall in our regular meeting room from 9am sharp till about 3:30pm. The session will be based on the new revised guidelines for visitor training produced by Ostomy Canada. Certification will be valid for 5 years instead of the current 3 years. If our plan to

do pre-op visits in the hospital comes to fruition, we will need more visitors than we currently have, please really consider taking this training. Spouses, significant others and caregivers can attend. I will have signup sheets at the March meeting.

We will be presenting to 23 Grade 10 students' health class on March 13 at the Grimsby Secondary School. Not sure what the agenda is yet, as the class is only 70 minutes long. This is a first for presenting to high school; it will be interesting to see how it goes. I'm looking forward to it as always.

Friends of Ostomates Worldwide (Canada) FOW (C) is doing a sort & pack at the Lions Hall on April 26th. We could use a few helping hands. If you're free on that Sunday, please chat with me and get the details. FOW (c) receives unused, new ostomy supplies from across Canada, re-sorts &

packs and ships to third world countries where people cannot afford to buy them. This shipment will be sent to Paraguay and we're expecting 3 or 4 skids in total to be sent to them.

At the January meeting I mistakenly reported that garbage collection in St. Catharines was going to be only accepted in clear bags, I have learned that is not correct. I did call the Region of Niagara and got the facts from them. Starting in October, garbage will be collected every 2 weeks, and it does not have to be in clear bags. That was one option they looked at, but it was decided that it was not an acceptable condition. I was assured that the topic will not be discussed again anytime soon, if ever. I asked about ostomy supplies, and the fact they are considered medical, with feces bodily fluid residuals, and some

(Continued on page 3)



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0 irritation around her stoma

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(Continued from page 2)

people would not want to leave them for up to 2 weeks due to the nature of them. I was told there will be forms available on-line or at the Region headquarters to apply for an exemption, and have "medical only" garbage picked up weekly. The form would need to be signed by a Doctor, and approved by the Region. He was very clear that only medical waste can be put out on the off weeks, if you put regular garbage out on the off weeks, it will not be picked up, and you run the risk of losing the privilege.

I hope to see you at the March meeting.

Cheers,



John A Molnar



BE A PINEAPPLE:
STAND TALL,
WEAR A CROWN,
AND BE SWEET
ON THE INSIDE

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.

March 25, 2020: Laura Thompson, Convatec

May 27, 2020: Les Coulter, The Ostomy Clothing Company (formerly Weir Comfees)

2019 Board of Directors

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CALENDAR OF EVENTS

Our Website: www.niagaraostomy.com

Our Email: info@niagaraostomy.com

2020 Dates

Mar 18-Premier Ostomy

Apr 15-B. Braun Medical

May 20-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

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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:

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

NIAGARA HEALTH FOUNDATION PROJECT STATEMENT SURVEY

The Niagara Health Foundation is looking for your feedback and creativity to help them choose the South Niagara Project's Guiding Statement.

The Project Statement will be used during the planning and construction phase of the South Niagara hospital to help lead Niagara Health, consultants of the project, and the community, to ensure the new hospital represents a shared and focused vision for the future.

(Continued on page 7)

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Attiva
Ostomy Essentials

(Continued from page 6-Survey)

The chosen project statement will be used to guide priorities, allocate resources, and provide a road map to ensure decisions made, properly align with the vision of the South Niagara Project.

Follow this link for more information:
<https://www.niagarahealth.on.ca/site/south-niagara-project-statement-engagement>

DRUGS AND ESOPHAGITIS

Via: The Ostomist. Seattle, WA United Ostomy Association, Inc., Evansville, Indiana Chapter Re-Route Volume 25, Number 6 March, 1998

Have you ever suffered agonizing chest pains after taking medication? Medical experts say that drug induced esophagitis can result when capsules and pills linger in the esophagus for lengthy periods if swallowed with small amounts of water. This is particularly true if the patient is lying down. According to experts, the solution to this problem is to drink a lot of water (a cup full), and remain standing for a few minutes after taking the pill. "These suggestions are not always easy to follow," states Dr. Hans R Neuman of Wilton, Conn. in an article in the Journal of the American Medical Association. Dr. Neuman further states that a "simple method that is always useful for recumbent patients is to swallow a few bites of banana. It will melt and provide a smooth coating that adheres to a tablet or capsule."



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IS IT ALWAYS NECESSARY TO USE SEALANT ON MY SKIN?

*Via: The Right Connection & Southern Nevada's Town Karaya
United Ostomy Association, Inc., Evansville, Indiana Chapter Re
-Route Volume 29, Number 5 February, 2002*

Skin sealants such as Skin-Prep by Smith & Nephew, Skin Gel Wipes by Hollister, Allkare by Convatec and Bard Skincare Protective Film are available in different forms, such as small wipes, sprays or applicator bottles. These products contain a plastering agent as their main ingredient and are used to provide a thin protective film on the skin surface. This film helps prevent injury to the surface layer of the skin during appliance removal. It also acts as a moisture barrier. For people with dry skin, the film actually improves appliance adhesion. Skin sealants also contain variable amounts of isopropyl alcohol. Because of the alcohol content of the sealant, burning and sting-

ing often occur when the sealant is applied to damaged skin. Therefore, skin barrier powder should be used rather than a skin sealant on irritated skin. It is also important to know that skin sealants may not be recommended for use under certain skin barriers. The protective film may reduce the adherence of the barrier.

LIVING WITH AN OSTOMY WILL TAKE SOME ADJUSTMENT

www.convatec.ca

In the first few weeks following surgery, you may find yourself feeling confused, angry, sad or frustrated. These are normal post-surgery feelings and should diminish as you adjust to life with a stoma.

Here are some guidelines that may help ease difficult feelings:

(Continued on page 9)

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(Continued from page 8)

Be patient: Don't be too hard on yourself. Some days will be better than others. In time, you will feel like yourself again.

Keep talking: Keep communication open with a loved ones and your ostomy nurse. You may find that discussing your feelings makes you feel better.

Try to stay active and in good company: With your doctor's permission, take up a new hobby or get involved with an activity group.

Express yourself creatively: Some people find that writing, painting, drawing or doing other craftwork can be energizing, offer an alternate outlet for difficult feelings, and help focus the mind.

Be on the lookout for depression: Though it is normal to feel sad or "blue" for a week or two after surgery, these feelings should go away as you heal. If these feelings worsen, or you have any of the following symptoms, talk to your doctor or ostomy nurse right away. The sooner you seek help, the sooner you will start feeling better.

Symptoms of depression: Prolonged feelings of

(Continued on page 13)



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**Ostomy Visitor Training Session
& Refresher Seminar – June 7, 2020
9:00 am-3:30 pm**

Do you answer yes to any of the following?

- Have you been certified as an ostomy visitor in the past, but you need re-certification?
- Do you know the positive emotional impact a trained visitor can have on a fellow ostomate?
- Have you lived with an ostomy or been a caregiver or spouse to someone that has had ostomy surgery for at least a year that has adjusted well to the impact of living with an ostomy?
- Do you want to become an Ostomy Canada Trained Visitor?
- Do you know why it is important to become an ostomy visitor under Ostomy Canada guidelines?

If you have answered “yes”, then you are eligible to register for the Visitor Training session hosted by the Niagara Ostomy Association.

Please register by calling **905-321-2799** as early as possible.

The training will be held at the
**Grantham Lions Club, 732 Niagara St.,
St. Catharines.**

Spouses and/or caregivers of someone with an ostomy are eligible to participate.

What's required by you?

- Be well-adjusted to your ostomy for at least one year.
- Have a positive outlook on life, with good listening and communication skills



- Agree to be on the Visitors team of trained visitors and try to make yourself available when called upon by the visiting coordinator
- Agree to follow the guidelines of the Ostomy Canada Society's Visiting program

What you need to know.

- Dress comfortably, in clean, tidy clothes as if you were making an actual visit.
- Bring a lunch with you since there are no restaurants near the hall.
- Coffee, tea, refreshments & light snacks will be provided by Niagara Ostomy.
- An information package will be sent ahead of time to prepare you for the session.
- You will be required to participate in all aspects of the session, and there will be active roleplaying to familiarize you with visiting scenarios.

The session will start at 9 am sharp and run until about 3:30 pm to be held at:

**Grantham Lions Club,
732 Niagara St., St. Catharines.**

Note that we will be using the new version of the visitor Training Guidelines, and certification will be for a 5 year term .

ACROSS

1. Flatboat
6. Go-between
11. Large body of water
12. No longer working
15. Vile
16. Examination
17. Barely manage
18. Killer wave
20. Spelling contest
21. Wings
23. Bronzes
24. Happy cat sound
25. Lower limbs
26. Sponge
27. Jewelry
28. Stair
29. A late time of life
30. Social welfare (slang)
31. Hospital attendants
34. Renders senseless
36. Beer

37. Cabbagelike vegetable

41. Plateau

42. Food thickener

43. Nile bird

44. Arid

45. A formal high school dance

46. Religious sisters

47. Flee

48. Slaughter

51. South southeast

52. Pees

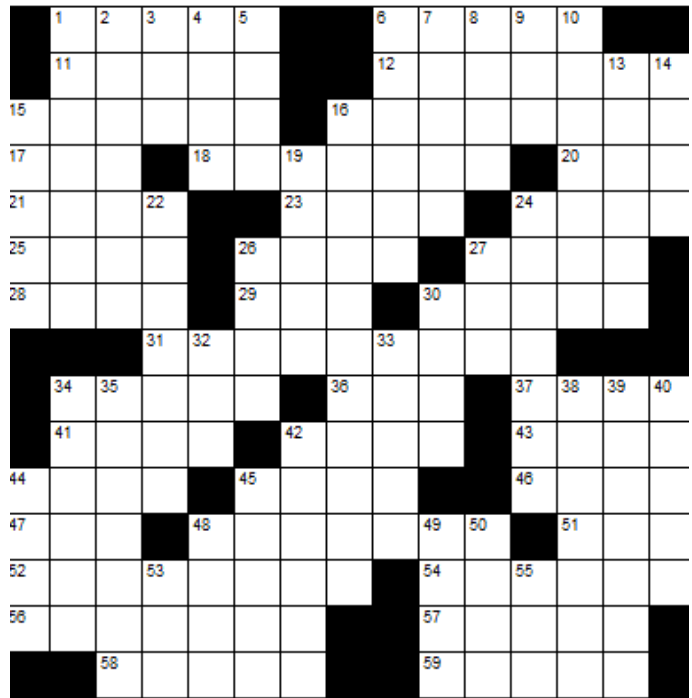
54. Music from the 50s and 60s

56. Demesnes

57. Unsophisticated

58. Excrete

59. Ceased

CROSSWORD www.mirroryes.com**DOWN**

1. Leaflet
2. Land
3. Crimson
4. Pace
5. Concludes
6. Mysterious
7. Bacteria
8. Decorative case
9. Louse-to-be
10. Protector
11. Power
12. One who colors cloth
13. Aquatic mammals
14. Crimson-flowered plants
15. Practical
16. Take up the cause
17. A type of leather
18. Marries
19. Caviar
20. Jetty
21. Ribonucleic acid
22. Andean animal
23. Besmirches
24. Wood-eating insect
25. Insolent
26. Flaxseed
27. S S S S
28. Pinch
29. Swing around
30. Anagram of "Paste"
31. Provisions
32. Departed
33. Distinctive flair
34. Henpeck
35. Accomplished



Answers on
page 9

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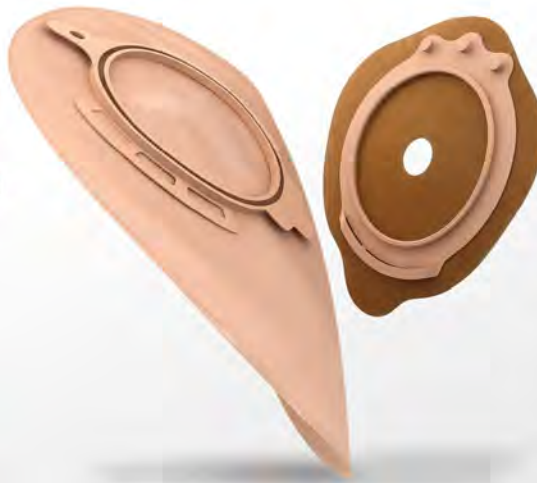
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(Continued from page 9)

sadness, Grief, Hopelessness, Thoughts of suicide, Loss of appetite, Inability to sleep or sleeping too much, Feelings of isolation, Lack of interest in activities you normally enjoy

Other “feel better” ideas for your recovery:

Become a well-educated consumer: The more you know, the easier it is to make important decisions about your health. Your ostomy nurse is your first resource. You can also find useful information from ostomy support groups and associations. The me+ program is a great place to start.

Talk to other people living with an ostomy, as well as their loved ones: Other people successfully living with an ostomy can help you understand you're not alone in your recovery. They

may also offer helpful tips, or additional insight into what to expect as living with a stoma becomes normal for you. Consider joining a local or online support group. Your ostomy nurse or local ostomy association chapter can make suggestions and put you in touch www.ostomy.org.

—Join the me+ program: <https://www.convatec.ca/ostomy/meplus-community/> is an online community, created especially for people living with ostomies to share information, support and encouragement.

NOA Editors note: Even though this article refers to new ostomy patients, depression and/or anxiety can creep in to those of us who have had ostomies for many years. It has happened to me on several occasions and I have had to come back to some of these guidelines. You are not alone...and we are here to help you... just ask!



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JOKE OF THE DAY



A boy asks his father,
"Dad, are bugs good to
eat?"

"That's disgusting — don't talk about
things like that over dinner," the dad
replies.

After dinner the father asks, "Now,
son, what did you want to ask me?"

"Oh, nothing," the boy says. "There
was a bug in your soup, but now it's
gone."