



This Month's meeting:

June 24th

COVID-19 notice:

Virtual meeting

**See President's message for details on how to
join in.**

We will do our best to help you get connected.

Summer virtual meeting dates:

July 15th and August 19th

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

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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:

Once again, I hope this newsletter finds everyone in good health and spirit.

A bit of a repeat from last month, it's a very challenging time we're going through; I hope everyone is coping well with this pandemic situation we're all in.

At least we're slowly opening up again, fingers crossed we don't have to lock down again.

I must apologize for the late newsletter, it's entirely my fault. I got sidetracked with personal family business and put the newsletter on the back burner.

It is with great sadness that I learned of Diawelin (Di) Bracken's sudden passing recently. Di was a long time member of Ostomy Canada, instrumental in United Ostomy Association of Canada (UOAC) separating from the USA. She formed what is now the Halton Peel Chapter, originally a satellite of the Hamilton Chapter. She moved to Toronto and quickly became President of



Ostomy Toronto. She was very involved in Friends of Ostomates Worldwide (Canada) and often travelled on her dime to the locations where FOW(c) were sending supplies to meet the recipients, Doctors, Nurses, Etc. She made amazing contacts over the years and kept tabs on how the supplies were being distributed to the needy. She will be missed by many close friends and dozens of people around the world.

Last month's virtual meeting was fairly well attended. We had about 10 people in total on line. A "New Ostomate" joined us, and I think she got several of her questions answered. Please consider joining us on our second Virtual Meeting. Please email us at info@niagaraostomy.com or call us at 905 321 2799 for additional instructions on how to join & sign up. I assure you the process is very easy (most times) and we can guide you through the process to get you started if you need help.

For those that don't have a computer, can you get your children or grandchildren to help you out? We don't wish to exclude anyone, if you join us on June 24th, please email or call us for further instructions.



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Boggio & Edwards Pharmacy
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www.boggios.com

This is the last newsletter for this season; we'll start back up in September. We do plan to hold monthly virtual meetings during the summer to stay in touch. The meeting dates are as follows, June 24th, July 15th, and August 19th.

Fingers crossed that we can meet in person for the September meeting. It will be our Annual General Meeting, postponed from June, so let's hope.

We're really counting on you to support us during these difficult times, so that we can continue to help fellow ostomates that need our help.

Thanks for taking the time to read this, Stay healthy & happy over the summer.

Best Regards

John Molnar

Best Regards

John Molnar



20 miles this week

2 successful closings

0 irritation around her stoma

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ASSISTIVE DEVICES PROGRAM DURING COVID-19

As a result of the COVID-19 outbreak, the ADP office is only accepting new applications for funding assistance via email (for grants) and fax (for devices). Applications must not be mailed to the ADP office. Applications that were previously received by mail are being processed and should not be resubmitted.

Vendors can submit applications for ADP-funded devices via fax, including applications for clients assessed during the office closure. Completed applications must be faxed to: 1-888-222-8018.

Vendors can use ADP policies to make informed decisions on eligibility of new claims and continue to provide assistive devices before receiving approval.

ADP-registered vendors will continue to receive regularly scheduled payments based on historical invoices. This will be in addition to the payments related to invoices submitted for approved claims and eligible for payment.

If you are applying for a grant for ADP-funded supplies, print the application form, complete it with the assistance of your health care provider(s) if applicable, and email it to: assistivedevicesprogram@one-mail.on.ca. Applicants must ensure the form is complete, signed, and that all pages are included in the attached file.

If you are an existing grant recipient who receives payment via direct deposit, you will continue to receive regularly scheduled grant payments. Grant recipients who receive payment by cheque may experience delays. Existing grant recipients who are due for a renewal between March 12 and

(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.

MEETINGS:

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	Peter Winter
Director	OPEN
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CALENDAR OF EVENTS

Our Website: www.niagaraostomy.com

Our Email: info@niagaraostomy.com

2020 Dates

Virtual Meetings:

June 24

July 15

August 19

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/need rides, please call.



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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:

Association) should be mailed to:

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

(Continued from page 5—ADP)

June 30 will receive additional funding for four months. Renewal letters will follow by mail for completion and return to ADP.

For questions about this, contact adp@ontario.ca. Please note that responses may take longer than usual.



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Attiva
Ostomy Essentials

NINE SIGNS OF VITAMIN B12 DEFICIENCY THAT ALL OSTOMATES SHOULD LOOK OUT FOR

Source: JASON MIHALOPOULOS, MBA, MS, MPH / JAN 8, 2018 in partnership with Parthenon; <https://ostomyconnection.com/page/ostomyconnectus>

VIA: OSTOMY HALIFAX GAZETTE

You may not have given much thought to vitamin B12, but it turns out this nutrient is important to help keep our body's nerve and blood cells healthy. It can also aid in preventing megaloblastic anemia which can make you feel tired and weak. Vitamin B12 is produced by certain microorganisms and is found almost exclusively in animal-based products: fish, meat, dairy and eggs. Normally, it is readily absorbed in the terminal ileum (the last part of the small intestine and first part of the colon). However, it also must combine with intrinsic factor, a protein produced in the stomach.

For ileostomates who have all of their entire colon removed and part of their terminal ileum removed, the main concern is whether or not vitamin B12 is being adequately absorbed. In urostomates, roughly 6-8 inches of terminal ileum is removed and used as a conduit for urine when a urostomy is created. If a continent urostomy has been formed, even more of the small intestine and terminal ileum are used which could result in a vitamin deficiency. The ileum is usually not involved in colostomy surgery, however colostomates should confirm with their doctor exactly what portion of their colon was removed.

Some aren't consuming enough, while others

(continued on page 8)



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Dana

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*Model portrayal
AP-018657-GA

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(continued from page 7—Ostomy History)

may not absorb it effectively — both issues can contribute to a deficiency. Here are nine signs of deficiency that all ostomates should look out for.

1. Extreme Fatigue

You need B12 to make red blood cells, which help carry oxygen through your body. Not having enough B12 can lead to anemia, which means your body does not have enough red blood cells to do its job. If your cells aren't getting enough oxygen, you'll likely suffer from tiredness and exhaustion.

2. Pins & Needles Sensation

A condition called paresthesia is the sensation of uncomfortable tingling or prickling, usually felt in the arms, legs, hands or feet. Experts warn experiencing pins and needles could be a sign of Vitamin B12 or Vitamin B9 deficiency.

3. Forgetfulness

If left untreated, B12 deficiency can lead to symptoms such as confusion and poor memory. The good news is that this nutrient is one of the easiest vitamins to supplement (when you don't forget to take it) in the right form and dosages.

4. Altered Taste

The tiny red bumps on your tongue are known as papillae, or what we commonly call the "taste buds." The loss of papillae could be from a B12 deficiency, causing your tongue to become smooth and red which in turn affects the taste of food.

5. Moodiness & Irritability

Serotonin is an important mood-regulating neurotransmitter that plays a vital role in good mental health. Certain nutritional factors can impact

(Continued on page 9)

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(Continued from page 8-Ostomy History)

your brain's ability to produce serotonin, including a lack of vitamin B12.

6. Vision Problems

Not enough B12 in the body can affect the optic nerve and also block the blood vessels in the ret-

ina. Blurred vision, extreme sensitivity to light, and spotting are common problems experienced by those with vitamin B12 deficiency.

7. Appetite Loss

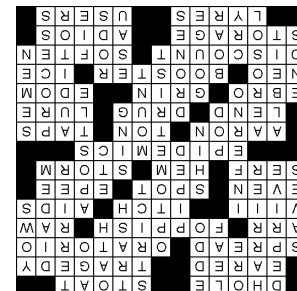
You might not get your regular hunger pangs or hardly want to eat anything at all. Lack of hunger or finding food tasteless is an important sign of

vitamin B12 deficiency.

8. Ears Ringing

Tinnitus is a condition where a person hears a ringing, buzzing or whistling sound in the ears. It's believed that tinnitus is a result of a deficiency in the body and the use of vitamin B12 may be able to get to this root cause and eliminate it.

(Continued on page 10)





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(Continued from page 9)

9. Mouth Ulcers

Mouth ulcers (also known as canker sores) are painful sores that appear in the mouth, often on the inside of the cheeks. It has been noted in several studies that canker sores are either caused (or triggered further) when there is a deficiency of B12 in the body.

FACT:

Did you know there's a two-step process required for the body to absorb vitamin B12 from food?



The National Institutes of Health says that first, hydrochloric acid in the stomach separates B12 from the protein found in food. After this, vitamin B12 combines with a protein made by the stomach (intrinsic factor) which is needed in order for B12 to be absorbed in the large intestine.

Unfortunately, signs of a vitamin deficiency can take years to show up, and diagnosing it can be complex. If any of the symptoms above sound familiar, ask your doctor to run a blood test to check your B12 levels.

5 FOODS TO EAT IF YOU HAVE DIARRHEA OR CHRONICALLY LOOSE STOOL

Source: Green Bay Area OSG Jan/Feb 2019-- Via: OstomyWinnipeg INSIDE/OUT March 2020

Bananas: Bananas are a great food to eat when you have diarrhea. Bananas are easy to digest, and they are high in potassium which is lost through diarrhea. Bananas are soothing, filling and readily available.

Rice: Eat plain rice during bouts of diarrhea. Rice is easy on the digestive system. It is also low in fiber and helps slow down the gastrointestinal tract, which is beneficial for cases of diarrhea.

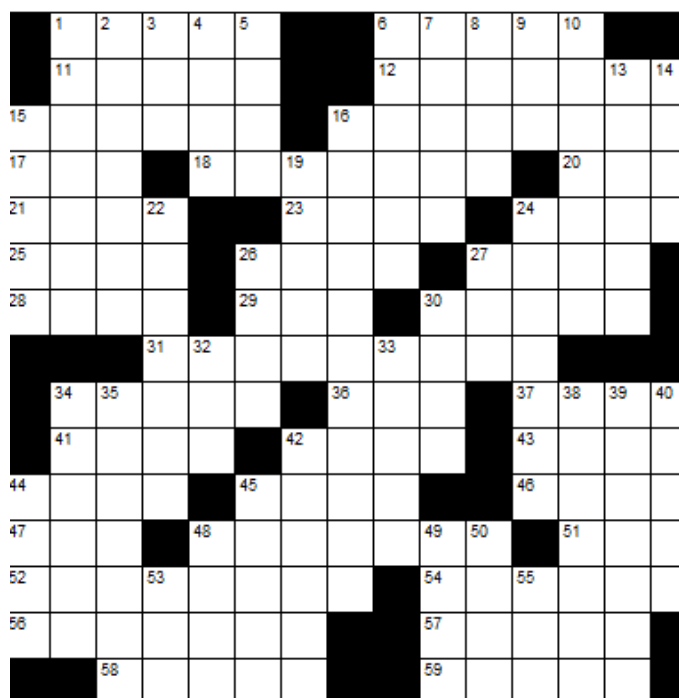
Applesauce: Incorporate applesauce into your diet when you are suffering from diarrhea. Applesauce contains pectin, a water-soluble fiber, which is known to help reduce diarrhea. Applesauce is also very nutritious containing an appropriate balance of vitamins and sugar.

Boiled Eggs: The body loses energy during bouts of diarrhea. Eggs provide protein which energizes the body and gives it strength. Avoid fatigue by eating well-cooked eggs.

Pretzels: Eat salted pretzels while dealing with diarrhea. This will help your body retain water and keep you from becoming dehydrated. The salted pretzels will also help soothe and settle your stomach.

ACROSS

- | | |
|-------------------------|-----------------------------|
| 1. Wild Asian dog | 37. Faucets |
| 6. Brown ermine | 41. Extend credit |
| 11. Dog-____ | 42. Medication |
| 12. Calamity | 43. Attraction |
| 15. Disseminate | 44. River of Spain |
| 16. Cantata | 45. Smile |
| 17. Arrive (abbrev.) | 46. Biblical kingdom |
| 18. Dandyish | 47. Prefix meaning "Modern" |
| 20. Uncooked | 48. Amplifier |
| 21. 8 in Roman numerals | 51. Frozen water |
| 23. Skin irritation | 52. Price reduction |
| 24. Assists | 54. Lessen in force |
| 25. Not odd | 56. Warehousing |
| 26. Smudge | 57. "Bye" |
| 27. Type of sword | 58. Harps |
| 28. Slave | 59. Utilizers |
| 29. Skirt's edge | |
| 30. Gale | |
| 31. Outbreaks | |
| 34. Moses' brother | |
| 36. 2,000 pounds | |

CROSSWORD www.mirrorreyes.com**DOWN**

- | | | | |
|-----------------|-------------------------------|---------------------------|----------------------|
| 1. Withhold | 9. Erst | 26. Tibia | 39. Procedure |
| 2. Jump jet | 10. A breed of dog | 27. And so forth | 40. Milt |
| 3. Mineral rock | 13. Crown | 30. Make melodious sounds | 42. Pilotless planes |
| 4. Foliage | 14. Ouches | 32. Detachable container | 44. Concludes |
| 5. Cocoyam | 15. Rescues | 33. Increase | 45. Edge tool |
| 6. Unbending | 16. Eye doctor | 34. Although | 48. Wild hog |
| 7. Garbage | 19. Shrilled | 35. Atomizer | 49. Brother of Jacob |
| 8. Pledge | 22. Conflagration | 38. Accounts inspector | 50. Fishing poles |
| | 24. An ardent early supporter | | 53. Weep |
| | | | 55. Cry of disgust |



Answers on
page 9

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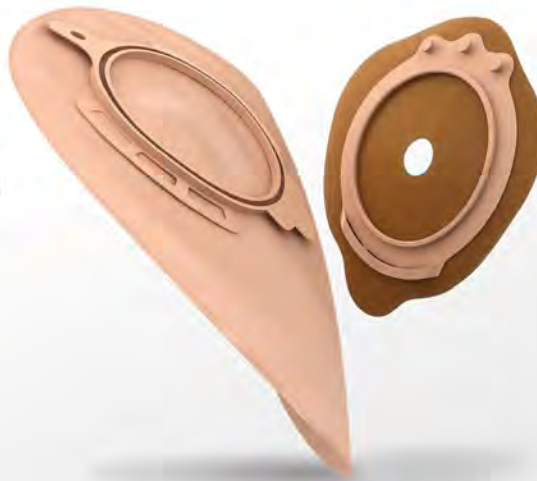
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14 POSITIVE STRATEGIES FOR BRING- ING OUT THE BEST IN YOU

From Stillwater-Ponca City (OK) Ostomy Outlook March 1998: Discovering Your Best... Living with Class

from 1997 UOA Conference Keynote Speech by Mary-Ellen Drummond; recorded by Di Bracken, Conference Planning Chair (now President UOA Canada); via Halton-Peel (ON) Counties

1. Be enthusiastic about who you are and what you do
2. Let your enthusiasm and respect for people, diversity, life, and UOA be contagious
3. Discover and appreciate your own creativity, gifts, and abilities
4. Be self-motivated to become the person you are capable of becoming... "We are the painters

of our own self-portraits"

5. Know that in order to change you have to be flexible
6. Be a goal-setter...reach higher than you thought possible
7. Learn...have an ongoing educational and self-development plan
8. Develop outstanding communication skills at all levels of UOA
9. Be friendlier by saying "Hello" first and then be a good listener
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(Continued on page 14)



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(Continued from page 13)

12. Find a mentor for yourself and a mentor to someone else



be

13. Give recognition to others and give it generously each day

14. Be a valuable resource and know that you do make a difference

15. Always be known for giving more than others expect (Note: #15 is not here by mistake)