

## This Month's meetings:

**September 9th @ 7:00 pm: Virtual online meeting**—  
send email to [info@niagaraostomy.com](mailto:info@niagaraostomy.com) for link and  
information on how to login

**September 16th in-person meeting:**

**Annual AGM, Open Mic**

## 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)*

## COVID PROTOCOL FOR IN PERSON MEETING



We will be resuming our in-person September  
Meeting at the Lions Club at 7:00 p.m.

with a few changes:

- Maximum 20 people
- Social distancing in effect, remain 6 feet apart
- Stay home if you are feeling unwell
- Masks are required
- Masks and hand sanitizer will be available at the meeting
- Sign in sheets mandatory for contact tracing
- No snacks or coffee, but bottled water will be provided

## INSIDE THIS ISSUE:

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## *Presidents Message*

We need you now more than ever. Niagara Ostomy has been in continued existence since 1974, we're not giving up on you; please don't give up on us. We may have to adjust how we do things, but there are still people out there that need our support.



Each of the 5 virtual meetings we've held has been invaluable to answering questions for new people with ostomies. We have had a great sharing of knowledge during these online virtual meetings. We can't stop now. Each meeting seems to have brought more people in, last meeting we had about 11 people online. I realize that virtual meetings aren't for everyone, but it seems to be becoming the new normal for many things.

We are holding our first face to face meeting since February, at the Grantham Lions Club, Tuesday Sept 16<sup>th</sup> at 7: pm. Although we have to physically distance and take precautions, I hope you can plan to attend. It might be more of a challenge to get guest speakers to come to our meetings, but we will have to analyze things month by month I guess.

The September meeting will be to hold our postponed (June) Annual General Meeting, I promise it will be short. We will have results of the survey sent out to our members by then, and we can spend some time discussing that, and still allow ample time for an open mic rap session. Unfortunate we cannot have snacks & treats like we did before, but we will have bottled water for those that need a drink.



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We are also planning to hold a Port Colborne meeting Wed, Sept 30<sup>th</sup> at Boggios Pharmacy, 200 Catharine St, Port Colborne, in their brand new facility. Doors open @ 6:15 pm till 6:30. Thanks to everyone at Boggios for providing the space for us to meet, especially under these difficult times.

It is coming up on membership renewals again, please get your money in as soon as possible. We are all going through changing times; please continue to support us. People with new ostomies want our help, let's all step up.

Cheers,

John Molnar,

President





**20 miles this week**

**2 successful closings**

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## GO BANANAS!



Bananas are nature's drug store...much more than just a delicious fruit. They consist of substances which contribute to health just as if they were a medicine obtainable in prescription. They have become notable for their rich supply of potassium. Most diuretics are given to get rid of surplus fluid in the tissues, relieving the burden on the heart, lowering blood pressure, and reducing swelling of the ankles as well as puffiness in other parts of the body. But they get rid of potassium, resulting in muscular weakness and other distressing symptoms. The doctor prescribes drugs and food rich in potassium, and bananas are highly recommended. There is no cholesterol in bananas. For person who have cardiovascular conditions and must be on low chole-

sterol diets this is important. Bananas contain little sodium.

Low sodium diets are often used with diuretics to get rid of surplus fluids. This combination helps to reduce weight. Weight watchers find that eating a ripe banana half hour before meals greatly suppresses the appetite. As a bonus, the banana supplies vitamins A, B-Complex, and C plus twelve minerals.

**ONE WORD of CAUTION:** The day before urinalysis, don't eat bananas! They contain a chemical, norepinephrine, which could interfere with certain tests.

More on bananas ...

Have you ever suffered agonizing chest pains after taking medications? Medical experts say that drug induced esophagitis can result when capsules and pills linger in the esophagus for lengthy periods of time if swallowed with small amounts

*(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 30th:** please call 905-321-2799 or email [info@niagaraostomy.com](mailto:info@niagaraostomy.com) to let us know if you will be attending as there is limited seating.

Masks required.

**Future dates TBA**

### 2020 Board of Directors

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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)

### 2020 Dates

Sept 9: Virtual meeting

Sept 16: AGM, Open Mic —in-person meeting

October 21: TBA

November 18: TBA

December: No meeting

### 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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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

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 5—Bananas)

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 up to thirty minutes after taking the pill. "These suggestion are not always easy to follow," states DR. Hans H. Neuman of Wilton, CT. in an article in "The Journal of the American Association." Dr. Neuman further states that, "a simple method this is...useful for recumbent patients is to swallow a few bites of banana." It will melt and provide a smooth coating that adheres to the tablet or capsule with the bulk of the banana.

VIA: *Ostomy Winnipeg INSIDE/OUT summer 2020*, source: *Evansville (IN) Reroute, April 2002*



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Ostomy Essentials

## EXERCISE PLANS FOR THE OUT OF SHAPE

By Nina Makofsky

Reviewed by Aubrey Bailey, PT, DPT, CHT

Source: [www.livestrong.com](http://www.livestrong.com)

Every exercise plan begins with a single step. If you are extremely out of shape, focus on short-term goals so that you do not feel overwhelmed. The American Heart Association recommends that healthy adults do a minimum of 150 minutes of moderate cardiovascular activity every week, the equivalent of 30 minutes five days per week. In addition, you should spend a couple of 20-minute sessions per week doing strengthening and flexibility activities.

**On the Move:** The simplest way to begin a fitness plan is to incorporate walking into your daily life. Set small goals such as parking further from where you work or taking an evening stroll around the neighborhood with family. Use a pedometer or your phone with an app or a wearable to measure the number of steps you walk.

After a week, divide the total number of steps by the number of days you walked to get your average number of steps per workout. Spend the next week slowly adding to your number of steps so that the week totals another 1,000 steps. Your long-term goal should be to walk 10,000 steps per day.

**Make another goal.:** It's OK to amble for the first couple of weeks as you're just getting into moving purposefully. But at the beginning of the third week you're going to want to change

(Continued on page 8)



"There is hope and there is light. Being happy is a choice that you can make. It's your choice."  
Dana

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AP-018657-GA

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(Continued from page 7-Exercise)

that stroll into a brisk walk. It doesn't take the body that long to adapt to a new routine. Pump your arms while you walk. Get your cardiovascular system in shape along with your muscles, says Harvard Health Publishing.

**Stretching and Flexibility:** Before you stretch, warm up your muscles by marching in place for five minutes. You can do simple stretches such as raising your arms overhead and then bending over to touch your toes.

Think dynamic instead of static stretching — more interpretive dance than Hatha yoga. Rotate various joints by circling your ankles, rolling your shoulders and wrists, reach side to side and make large circles with your body. And speaking of yoga, join a beginner's yoga class. A qualified instructor will take you through a series of poses that will increase your flexibility and strength. Don't worry about what everyone else is thinking of your struggles while a new student, because

really, they're thinking of their own.

**Strength-Building Exercises:** You do not need to pump iron to build muscle. Some simple modifications to your cardiovascular workout can add a strengthening component. Buy a pair of dumbbells — at least 5 pounds each to start — and perform exercises for your arms, chest and back, like the dumbbell curl, for example. For more intense strengthening exercises, use your own body weight as resistance. Do push-ups against the wall or try a series of squats and lunges. Work your shoulder and pectoral muscles by raising weights overhead and lowering them.

**As You Go Forward:** As you gain fitness, slowly add to your workout schedule. Try a walking route that includes inclines, or vary your stride by raising your knees higher. Work on your core muscles by doing abdominal crunches. If you have a medical condition or an injury, consult with your doctor before starting a fitness regimen.

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## HOLLYWOOD'S FIRST OSTOMY

By R.S. Elvey

Source: UOAA Ostomy.org

Hollywood movies, both fictional and nonfictional, thrive on melodramas depicting romance and violence. Car crashes, explosions, shootings, and all kinds of mayhem deliver gruesome injuries to

victims and survivors. The 2018 film *White Boy Rick*, starring Matthew McConaughey and Richie Merritt, has all these components but is unique in showing the personal aftermath of a violent act – in this case scenes depicting an ostomy.

The film, set in the 1980s on Detroit's eastside, tells the true story of Rick Wershe, Jr., called by the local newspapers "White Boy Rick" and his father Richard Wershe, Sr. During that decade,

Ronald Reagan's War on Drugs is in full swing and the FBI is anxious to break up drug dealing and crooked police in Detroit. Agents observe 14-year-old Rick mingling with a local drug lord and his father selling illegal guns to drug gangs. They meet with Rick and his father and offer them a deal. To prevent his father from going to jail, Rick, at 14, would become an informant working for the FBI. His father agrees to the deal and Rick becomes the youngest in-

*(Continued on page 10)*



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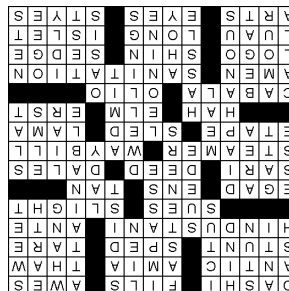
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*FOWC's goal is to raise funds to enable us to ship these supplies. Just one shipment to Kenya was \$4,500.*

You can help by sending a cheque payable to FOWC mailed with the form below to the address listed. Online donations are accepted through [www.fowc.ca](http://www.fowc.ca).



My Name is Gertrude from Bulawayo in Zimbabwe. On behalf of the Ostomates friends here, we would like to thank you for your kindness in donating ostomy supplies to us. We are really short of words to express your kindness towards us. We pray that you may be blessed in whatever you do in life.



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Official tax receipt will be issued/Un reçu officiel aux fins d'impôts sera émis

*(Continued from page 9-Hollywood's First Ostomy)*

formant ever undercover for the FBI.

While working for the FBI, Rick becomes more and more involved in the daily activities of a leading Detroit drug lord and his gang. They become suspicious of Rick and he is shot in the stomach by a .357 magnum. The bullet enters and goes clean through, severely damaging his large intestine. He is rushed to Ascension St. John's Hospital, Detroit, where lead surgeon Dr. Norman Bolz and others save his life. He awakes with a lifesaving ostomy.

The first time the ostomy pouch appears in the film is when Rick and his father are coming home from the hospital. Rick has his left hand over his stomach and the pouch is overlapping his pants. He is also depicted emptying his pouch. In a recent correspondence with Rick from prison he said, "When I woke up, I didn't realize that I had it. I think I touched my stom-

ach and then first felt the bag. I didn't know what the bag was. Dr. Bolz came in and explained to me what the bag was and how it worked. The bullet had torn through my intestines and the doctors were hoping the intestines would heal and that it could be reversed, but that it would take a while."

While in the hospital the staff showed him how to empty and change his pouch. At home he was never seen by an ostomy nurse or received any other ostomy maintenance training. He said, "I basically had to learn on my own. Fortunately, I really didn't have any skin problems. I had to keep the bag clean and was able to do a pretty good job. I had skin irritations but it was not too bad. I was lucky." His friends were young and they were shocked when they saw his bag. But he said, "My family, especially my dad and grand-

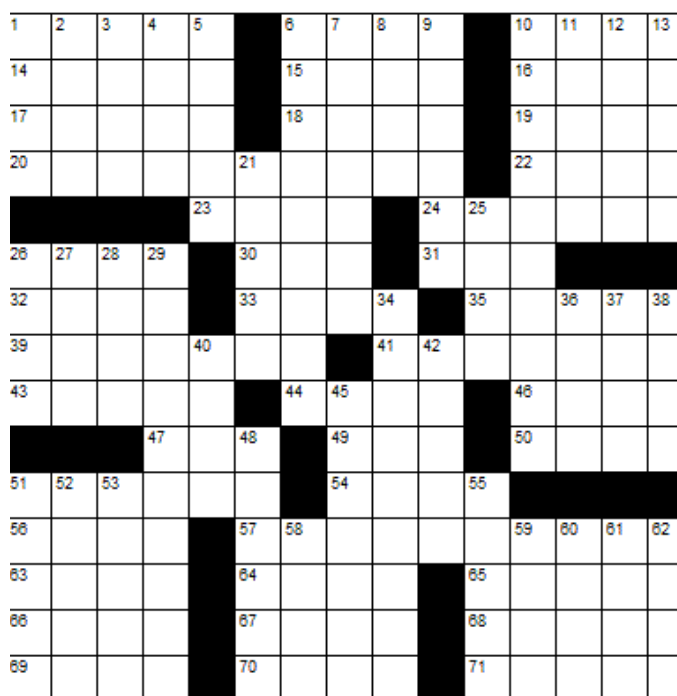
*(Continued on page 13)*

**ACROSS**

1. Fish broth
6. French for "Sons"
10. Amazes
14. Prank
15. Dogfish
16. Defrost
17. An attention-getting feat
18. Hurried
19. Container weight
20. A language of India
22. Stake
23. Litigates
24. Small in degree
26. Quaint outburst
30. N N N N
31. Buff
32. Indian dress
33. Accomplishment
35. Valleys
39. Paddle-wheeler
41. Bill of lading

43. French for "Storehouse"

44. Toboggan
46. Tibetan monk
47. Derisive laugh
49. Shade tree
50. At one time (archaic)
51. An esoteric theosophy
54. Hodgepodge
56. Ends a prayer
57. The state of being clean
63. Corporate image
64. Tibia
65. Marsh plant
66. Hawaiian feast
67. Not short
68. A small island
69. The products of human creativity
70. Visual organs
71. Infections of the eye

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

1. Jot
2. Against
3. Render unconscious
4. Posterior
5. Convulsion
6. Buttons or clasps
7. Stalemate
8. Mortgage

9. Tormentor

10. Possible
11. Beat with force
12. Our planet
13. Sugary
21. Soft leather
25. Gentlewoman
26. Being
27. International trade agreement

28. Region

29. Gossamer
34. Homes
36. Teller of untruths
37. Shade trees
38. Thin strip
40. Lunch or dinner
42. Acknowledge
45. Strong and proud
48. Bother

51. Kind of lily

52. French for "Love"
53. Sired, biblically
55. Fertile area in a desert
58. Greeting at sea
59. Exam
60. Lazily
61. Curved molding
62. Catches



Answers on  
page 9

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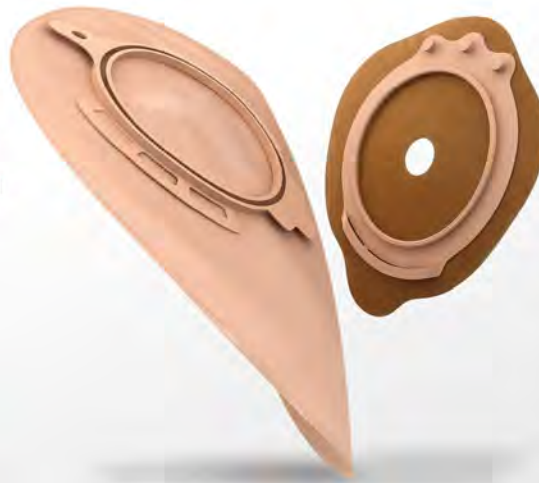
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*(Continued from page 10-Hollywood's First Ostomy)*

parents, tried to be as helpful and supportive as they could." He also met others who had ostomies. Rick had to pay for his own supplies at a local pharmacy which proved very expensive. His father wanted him to wash and reuse the pouches but Rick wouldn't do that. He would use 2-3 new pouches a day.

Andy Weiss, one of the movie's screenwriters, spoke numerous times with Rick while working on the screenplay. When asked why the ostomy scenes were included he said, "The ostomy scenes are the core of showing Rick's vulnerability and what I was hoping to get from it was the sympathy and empathy that he deserved but never received from law enforcement or the people around him at that time." Rick insisted that his ostomy should be part of the movie saying, "We

included the ostomy scenes because I thought it was important to show young kids and adults that you can go through this and still be ok." And get through it he did. Rick says that the ostomy proved to be no hindrance either socially or in his daily dealings. A year and a half after his original surgery, Dr. Bolz performed a successful revision.

Rick soon faced even greater challenges. Abandoned by the FBI and his family needing money, Rick and his father turned to the only way they knew how to make money, dealing drugs. Eventually, Rick was arrested and sentenced to 30 years for drug dealing. Now 49-years-old, he is scheduled to be paroled in 2020. (NOA editor's note: Rick was released from prison on July 20, 2020)

When ostomates watch the movie, the ostomy is

*(Continued on page 14)*



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[HausersPharmacy.com](http://HausersPharmacy.com)

(Continued from page 13-Hollywood's First Ostomy)



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immediately recognizable. But numerous reviewers of the movie never mention the ostomy scene. Ostomate, Robin Glover on [ostomyconnection.com](http://ostomyconnection.com), wrote after viewing the film, "There were some inaccuracies, but it will definitely raise awareness and change what the word "ostomy" conjures up in the mind of anyone that sees it." Joy Hooper, United Ostomy Associations of America's 2019 WOCN of the Year was enthusiastic in her response to the film and said of the screenwriter, "I appreciate his way of displaying life with an ostomy. He did a superb job. He was able to show what many consider a negative aspect of life respectfully."