

This Month's meetings:

November 11th 7:00 pm: Virtual online meeting :

MEET CONVATEC AND CHAT WITH A STOMA NURSE

Laura Thompson, MSc. –ConvaTec Canada, Territory Manager

Lori Zozzolto, RN, BScN, NSWOC– ConvaTec Canada, Regional Clinical Specialist

November 18th: in-person meeting:

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)



INSIDE THIS ISSUE:

PRESIDENT'S MESSAGE 2

SOUTH NIAGARA OSTOMY GROUP NOTICE 3

CALENDAR/ APPLICATION FOR MEMBERSHIP 5

THE IMPORTANCE OF HYDRATION 6

TIPS FOR HEALTHY HOLIDAY EATING 10

CROSSWORD 11

COVID PROTOCOL

FOR IN PERSON MEETING

- 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



Presidents Message



Welcome to November. Probably my least favourite month of the year. Halloween has past, our clocks have gone back an hour, and we've had frost on the pumpkin patch. It's all downhill from here.

This will be the last newsletter for 2020, so here's wishing everyone a Happy Holiday Season in advance. Let's hope 2021 is better than 2020 has been.

So far, we have about half of our memberships paid up (Thanks), please consider paying up if you haven't done so. Ostomates throughout the Niagara Region need our help. We need you to support us so we can continue on with our programs. I know, I'm sounding like a broken record.

Last month's face to face meeting saw about 7 people attend, we had a nice chat with Vicki & learned a lot from her. She was able to help some people that had ostomy related questions, as well as talk about Niagara North group of Doctors. This month's Virtual meeting will host Lori Zozolotto, NSWOC Nurse from Convatec. She will be able to discuss Ostomy concerns that you may have, as well as answer any Convatec related questions. She works in Customer Care, anyone that has called Convatec may have spoken with her.

At present we don't have any guest speakers for the Port Colborne or St. Catharines face to face meetings. Honestly I'm not sure how long we will be hosting face to face meetings, given the virus is creeping higher again.

If we decide to cancel our St. Catharines meeting at the last moment, we will put a message on our telephone indicating so (906 321 2799).

For our Port Colborne meeting, please register by telephone or email (info@niagaraostomy.com) by Monday November 23rd. If we don't have a very good response to that meeting, we will call you to inform you of cancellation. Boggios goes to a lot of trouble to set up for the meeting, and brings in staff on overtime so it's not fair to them to have a poor showing.

I don't have anything else to talk about this month, Stay Healthy, and hope to see you at one of our meetings.

Best Regards
John Molnar



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Boggio & Edwards Pharmacy
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www.boggios.com

20 miles this week

2 successful closings

0 irritation around her stoma

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SOUTH NIAGARA OSTOMY GROUP NOTICE:



As John stated in his President's message this month, please contact us by Monday, November 23rd if you are planning on attending. Due to

COVID restrictions, we need to know ahead of time who will be attending. Please follow all health and safety protocols in place. You will find them listed on Page 1 of this newsletter.

You are also invited to attend the face-to-face meeting in St. Catharines at the Grantham Lions Club on the 3rd Wednesday of the month at 7:15pm (except December). It will be an open mic session without a speaker.

In addition to in-person meetings, members are also welcome to join the Niagara Ostomy Associations virtual meeting held the second Wednesday of each month at 7pm (except December). The chapter uses the 'Lifesize software program that is free for anyone to download and use. Please call the chapter telephone (905 321-2799) and leave a message for John asking for help to download the software and join the meeting using your computer.

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 25th: please call 905-321-2799 or email 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

Our Email: info@niagaraostomy.com

2020 Dates

November 11: Online meeting, Conva-
tec & Stoma Nurse

November 18: Open Mic

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



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fering/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

THE IMPORTANCE OF HYDRATION

www.shieldhealthcare.com

Laura Cox, LPC Ostomy Lifestyle Specialist

Water makes up 60% of our bodies and is crucial to every bodily system. Because of the important role of water, proper function and survival depends on hydration. The functions of water in the body include:

- Regulating body temperature
- Lubricating joints
- Flushing waste from the body via urination, perspiration and bowel movements
- Helping prevent constipation
- Carrying nutrients and oxygen throughout the body

(continued on page 7)



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Attiva
Ostomy Essentials

(continued from page 6-Hydration)

- Moistening mouth, eyes and nose

When it comes to staying hydrated, there is no “one size fits all” recommendation. The amount of water individuals need greatly vary and depend on environment, exercise, overall health, pregnancy and breastfeeding. To determine if you are properly hydrated: pay attention to your thirst and urine color. Signs of dehydration include: weakness, confusion, dizziness, low blood pressure and dark colored urine. A well hydrated individual should rarely be thirsty and have colorless to pale yellow urine. A doctor or registered dietitian nutritionist can help determine how much water you need to drink daily.

Hydrating with an Ostomy

Hydration with an ostomy can be difficult due to an interruption of the large intestine (colon) — where water is mostly absorbed. Since some water is absorbed in the small intestine (duodenum, jejunum and ileum) it is possible to stay hydrated but can be difficult with a colostomy or ileostomy.

A colostomy is when your stoma is created out of the colon. This can be a result of disease in the colon. And depending on the location of the colostomy, water absorption is limited to the small intestine and a portion of the large intestine.

An ileostomy is when your stoma is created out of the last part of the small intestine. This can be a result of disease in the colon and/or ileum. In this situation, water absorption is limited to the first two parts of your small in-

(Continued on page 8)



me+ **More than just great products – me+™ brings you the tools and advice to help you make life with an ostomy completely your own.**



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*Model portrayal
 AP-018657-GA

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(Continued from page 7-Hydration)

testine.

Both cases require someone with an ostomy to pay close attention to hydration status. However, those with an ileostomy can become dehydrated quickly. If hydration is a persistent problem for you, contact your doctor.

Fluids, Foods and Tips That Help with Hydration

Electrolytes are minerals that help balance water in your body. To stay properly hydrated it's best to drink electrolyte beverages that are also low in sugar content.

- Coconut Water
- V8 or other vegetable juices
- Gatorade (G2 has less sugar) or other low sugar sports drinks
- Pedialyte
- Homemade oral rehydration solutions
- Eat foods that have high water content, this makes absorption more efficient – remember

to avoid foods that do not work for you, or chew well when foods have skins/seeds/are difficult to fully digest.

- Watermelon
- Tomatoes
- Apples/applesauce
- Cucumbers
- Yogurt/pudding
- Smoothies
- Jell-O

Also eat foods that are not high in water content, but still assist in absorption and slowing down transit time.

- Potatoes
- Bananas
- Bread
- Crackers
- Pretzels

(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.

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(continued from page 8-Hydration)

Additional tips:

- Always carry a water bottle with you and make sure you refill it whenever it is empty.
- Sip, don't chug! Chugging fluid will make fluid go through your system too fast to hydrate properly.
- Eat before drinking. This helps absorb fluids.
- Mix up what you're drinking. You're more likely to drink things you aren't bored of and enjoy.
- Infuse water with fruits.
- Drink smoothies for an added nutritional bonus.
- Also, if you only drink water you may need to add fluids with more electrolytes.
- Ask your doctor about taking Imodium or

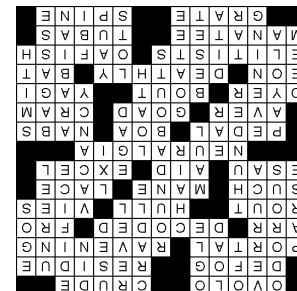
Metamucil to slow transit time and optimize water absorption.

Recipes for DIY Rehydration Solutions

Your rehydration solution should contain higher levels of carbohydrates, sodium, potassium and other electrolytes.

Four recipes for a good rehydration solution:

(Continued on page 10)



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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.



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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Friends of Ostomates Worldwide Canada
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Official tax receipt will be issued/Un reçu officiel aux fins d'impôts sera émis

(Continued from page 9-Hydration)

- 1 ½ cups of water, 1 ½ cups of Gatorade, ¾ teaspoon salt
- 6 oz. Pedialyte (unflavored), 2 oz. chicken broth
- 4 cups of coconut water or water (or a mix of both), 1 cup freshly juiced/squeezed orange juice, 1/2 cup of freshly juiced/squeezed lemon juice, 6 – 8 tablespoons of sweetener (raw honey is best), 1/4 teaspoon unrefined salt
- 32 oz. water 1 orange or cucumber sliced (both with peel), 1 lemon sliced (with peel), 1/4 tsp. Himalayan sea salt or other unrefined sea salt, or Trace Mineral Drops
- Combine ingredients in a glass water bottle, shake and cool in the refrigerator.

Sources: Mayo Clinic, Harvard Health Publishing

TIPS FOR HEALTHY HOLIDAY EATING

By Greta Macaire, R.D.

www.cpmc.org/about/e-health/11-05%20healthy-holidays.html

The holiday season is a time to celebrate with family and friends. Unfortunately, for many it also becomes a time for over-eating and weight gain. The holidays don't have to mean weight gain. Focus on a healthy balance of food, activity, and fun. By implementing a few simple tips you can stay healthy through the holiday season.

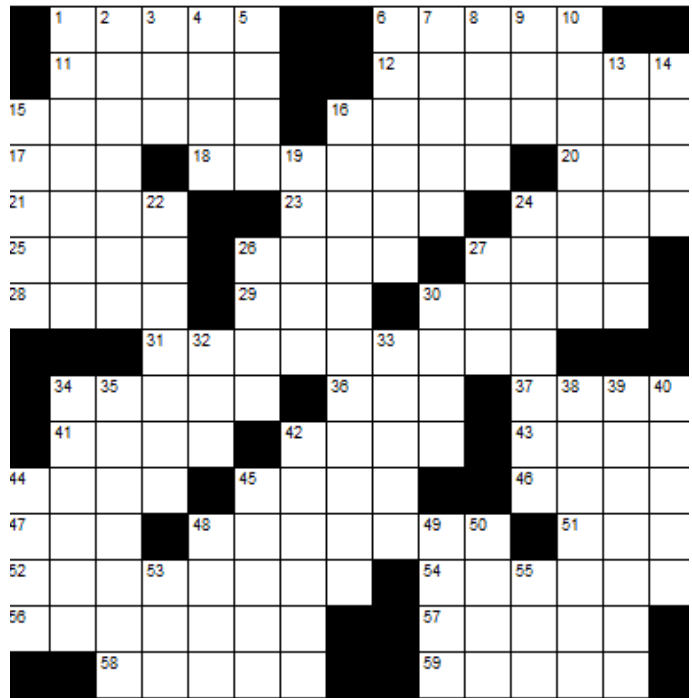
Ten Tips for Healthy Holiday Eating

1. Be realistic. Don't try to lose pounds during the holidays, instead try to maintain your current weight.
2. Plan time for exercise. Exercise helps relieve holiday stress and prevent weight gain. A moderate and daily increase in exercise can help partially offset increased holiday eating. Try 10- or 15-minute brisk walks twice a day.
3. Don't skip meals. Before leaving for a party, eat a light snack like raw vegetables or a piece of fruit to curb your appetite. You will be less tempted to over-indulge.

(Continued on page 13)

CROSSWORD www.mirroreyes.com**ACROSS**

- | | |
|--------------------------|--------------------------|
| 1. Convex molding | 37. Apprehends |
| 6. Unrefined | 41. Anagram of "Rave" |
| 11. Free from mist | 42. Incite |
| 12. Ash | 43. Study hard |
| 15. Entrance | 44. One who colors cloth |
| 16. Predatory | 45. Match |
| 17. Arrive (abbrev.) | 46. A sharply direction- |
| 18. Deciphered | al antenna |
| 20. To and ____ | 47. A very long period |
| 21. Defeat decisively | 48. Resembling death |
| 23. Body of a ship | 51. Louisville Slugger |
| 24. Contends | 52. Mandarins |
| 25. Very | 54. Loutish |
| 26. Head of hair | 56. Sea cow |
| 27. Shoestring | 57. Bass horns |
| 28. Brother of Jacob | 58. Grille |
| 29. Favor | 59. Backbone |
| 30. Surpass | |
| 31. Acute spasmodic pain | |
| 34. Foot lever | |
| 36. Type of snake | |

**DOWN**

- | | | | | |
|--------------------------|---------------------------|--------------------------|-------------------------|-----------------------|
| 1. Smelly | 8. Previously owned | 19. Seat | 35. Latter part of the | 50. Wail |
| 2. Wart | 9. Cacophony | 22. Follows lightning | day | 53. Black gunk |
| 3. Frequently, in poetry | 10. Building | 24. Being unoccupied | 38. High-spirited horse | 55. A law enforcement |
| 4. Weight to be borne | 13. Unwind | 26. Mangle | 39. Pulp | agency |
| 5. Leer at | 14. Prima donna problems | 27. 61 in Roman numerals | 40. Metalworker | |
| 6. A baby bed | 15. Analyze syntactically | 30. Quaint outburst | 42. Small chin beard | |
| 7. Celebrate | 16. Traffic circles | 32. Hearing organ | 44. Consider | |
| | | 33. Reluctant | 45. Assail | |
| | | 34. Bribe | 48. Devil tree | |
| | | | 49. Plenty | |



Answers on pg 9

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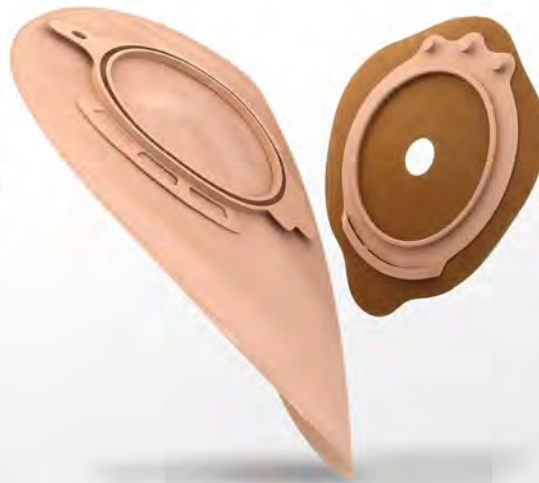
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(Continued from page 10-Holiday Eating)

4. Survey party buffets before filling your plate. Choose your favorite foods and skip your least favorite. Include vegetables and fruits to keep your plate balanced.

5. Eat until you are satisfied, not stuffed. Savor your favorite holiday treats while eating small portions. Sit down, get comfortable, and enjoy.

6. Be careful with beverages. Alcohol can lessen inhibitions and induce overeating; non-alcoholic beverages can be full of calories and sugar.

7. If you overeat at one meal go light on the next. It takes 500 calories per day (or 3,500 calories per week) above your normal/maintenance consumption to gain one pound. It is impossible to gain weight from one piece of pie!

8. Take the focus off food. Turn candy and cookie making time into non-edible projects like making wreaths, dough art decorations or a gingerbread house. Plan group activities with family and friends that aren't all about food. Try serving a holiday meal to the community, playing

games or going on a walking tour of decorated homes.

9. Bring your own healthy dish to a holiday gathering.

10. Practice Healthy Holiday Cooking. Preparing favorite dishes lower in fat and calories will help promote healthy holiday eating. Incorporate some of these simple-cooking tips in traditional holiday recipes to make them healthier.

- Gravy — Refrigerate the gravy to harden fat. Skim the fat off. This will save a whopping 56 gm of fat per cup.

- Dressing — Use a little less bread and add more onions, garlic, celery, and vegetables. Add fruits such as cranberries or apples. Moisten or flavor with low fat low sodium chicken or vegetable broth and applesauce.

- Turkey — Enjoy delicious, roasted turkey breast without the skin and save 11 grams of saturated fat per 3 oz serving.

- Green Bean Casserole — Cook fresh green beans with chunks of potatoes instead of cream soup. Top with almonds instead of fried onion rings.

(Continued on page 14)



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(Continued from page 13-Holiday Eating)



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• Mashed Potato — Use skim milk, chicken broth, garlic or garlic powder, and Parmesan cheese instead of whole milk and butter.

• Quick Holiday Nog — Four bananas, 1-1/2 cups skim milk or soymilk, 1-1/2 cups plain nonfat yogurt, 1/4 teaspoon rum extract, and ground nutmeg. Blend all ingredients except nutmeg. Puree until smooth. Top with nutmeg.

• Desserts — Make a crustless pumpkin pie. Substitute two egg whites for each whole egg in baked recipes. Replace heavy cream with evaporated skim milk in cheesecakes and cream pies. Top cakes with fresh fruit, fruit sauce, or a sprinkle of powdered sugar instead of fattening frosting.