

## This Month's meetings:

**April 21st @7:00 pm: Virtual online meeting :**

**Speaker: Les Coulter  
The Ostomy Clothing Company**

**See President's message on how to sign up for meeting**

**All in-person meetings:  
Postponed until further notice**

## 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)*



## 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](mailto: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.



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Presidents Message



*New Message coming next month!*

*Stay safe and enjoy the sunshine!*



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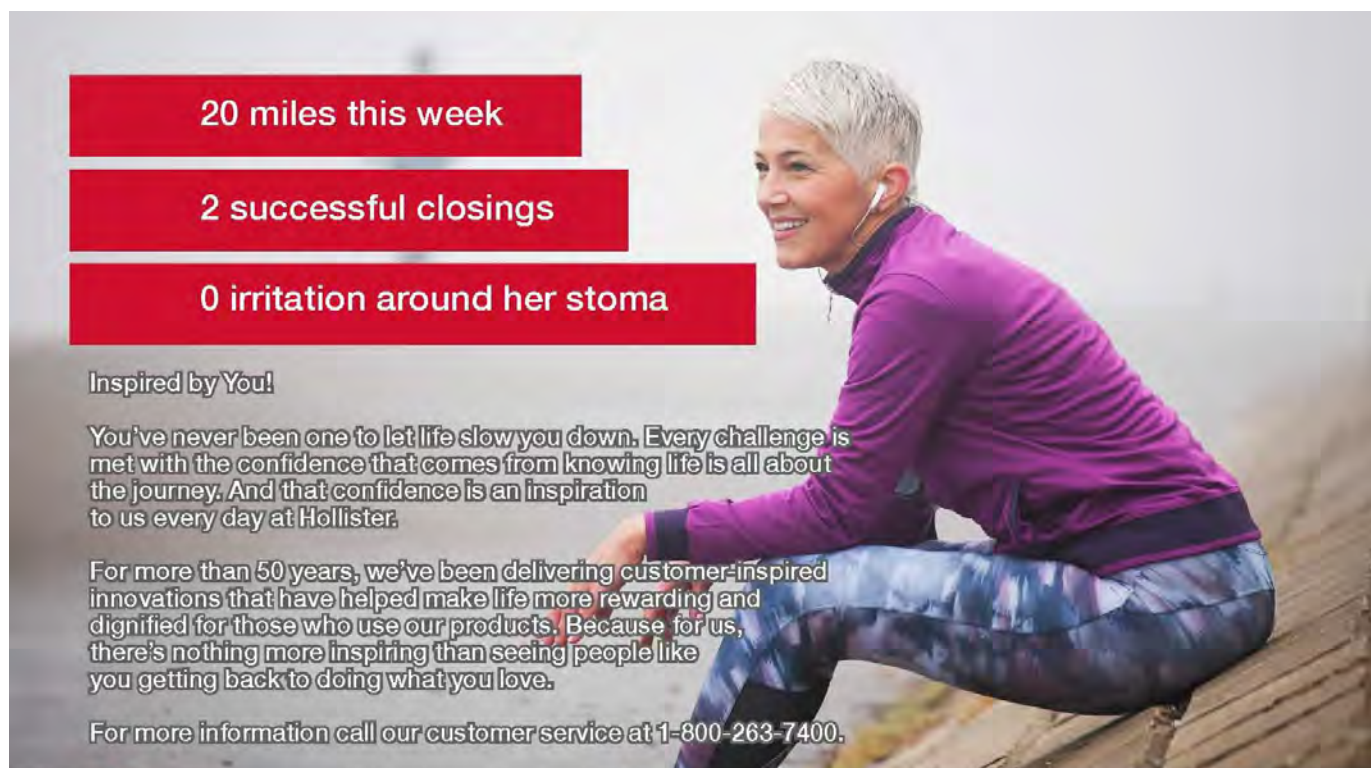
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20 miles this week

2 successful closings

0 irritation around her stoma

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## Have We Helped You Along the Way?



Cindy Paskey

NOA Board Member

How has the Niagara Ostomy Association made a difference in your life?

We are looking for one or two members that would be willing to be interviewed for a newspaper article. Your photo and full name (first and last) would be required and published by the paper.

If you are interested, or would like more information, please contact me, Cindy, at 905-687-3175. I'd love to hear from you.

Through this article we can help spread the word to others who would benefit from membership in our group.

## WHEN A LEAK TAKES YOU BY SURPRISE

by Michelle Williams of SecuriCare; Mid-Island Coffee Group 'Coffee News' newsletter

via: Vancouver Ostomy High Life March / April 2019

### Tip 1. You can never stash too many napkins

Whenever I'm out for coffee or a sandwich, I always grab a couple of extra napkins to stash in various handbags and coat pockets. That way if I ever feel my bag starting to leak while on the move, I can quickly dive into the nearest inconspicuous place knowing that my conveniently stashed napkins are readily available for me to stuff into place. This buys valuable time to find a toilet where I can then deal with the leak properly.

(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.

**In-person meetings postponed until  
further notice**

**Stay tuned for updates on when we can  
resume**

### 2021 Board of Directors

Title	Name
President	John Molnar
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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)

### 2021 Dates

April 14: Online —Les Coulter

May 12: Online—Heather Penny, Registered Dietician

June 9: Online—Speaker TBA

### Telephone Numbers:

Niagara Ostomy Association: 905-321-2799

Coloplast: (866) 293-6349

ConvaTec (800) 465-6302

Hollister: (800) 263-3236



### 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



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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,  
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(Continued from page 3—Surprise Leak)

### Tip 2. A quick fix barrier

The feminine sanitary pads with wings are another handy item to have about your person. If the leak hasn't yet breached the edge of the flange you can attach the pad sticky side down to temporarily trap the leak in. Position it half on the flange and

half on your skin. The adhesive on these bad boys is very strong and the pad will provide an extra barrier for the leak to get through, giving you extra time to find a safe haven to change your pouch.

(continued on page 7)

## 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.

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(continued from page 6-Surprise Leak)

### Tip 3. If caught out, blame the coffee

The most important thing to remember is that if someone sees a brown stain on your clothing, the last thing they'll suspect it to be is poop. Generally others will just assume you're a very clumsy individual who has spilt coffee or food down themselves. So keep your head held high and try your best not to panic too much, but if asked... blame it on coffee. If you get caught out with stoma leak stain on your top in public, you can always blame it on spilt coffee!

## 7 TIPS FOR SAFE GARDENING

<https://www.caregiversolutions.ca/health-and-wellness/7-tips-for-safe-gardening/>

**1. Start slowly.** During the “hibernating” months, most of us find our activity levels decrease a lot and, whether we're aware of it or not, this results in our joints and muscles stiffening. On your first day of gardening, stay on the safe side by taking things easy and giving your body time to “de-thaw.” The best way to do that is to stretch, especially focusing on your back and hips.

**2. Lift properly.** Don't lift with your back. What that means is don't keep your knees locked and bend at the hips. Instead, do bend your knees so that you're closer to a sitting position and keep your back as upright as possible so that your legs are doing most of the work. The closer you are to the item you're

(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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\*Model portrayal  
AP-018657-CA

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(Continued from page 7-Safe Gardening Tips)

trying to lift, the less strain on your lower back and hips.

**3. How to kneel.** Avoid putting both knees on the ground. Instead, have one knee bent in front of you and the other bent on the ground, ideally with a pad under that knee. This position encourages you to keep your back more upright without adding an extra pull on your lower back. And frequently change which knee is on the ground.

**4. Take a stretch break!** Gardening is physically demanding—but sometimes your body won't remind you of that until two or three days later. Minimize any future aches and pains by taking frequent breaks for stretching and rest.

**5. Protect your skin.** Usually a good day for gardening means that the sun is shining—and it's actually strongest in the spring. A sun hat is im-

portant, as is drinking plenty of water and regularly stepping back inside the house.

**6. Divide up the pie.** If you have a large property, divide the work into sections and conquer your garden piece by piece. If you need to, put markers on a plant as pre-set reminders or stick pegs in the earth to make sure you stick to your plan.

**7. Listen to your body.** If a part of you starts screaming with pain, put down the trowel and stop! Passions are meant to be performed pain-free.

Spring is a time when our bodies and our gardens come roaring back to life. But don't let your new energy come at the cost of injury. Instead, care for your body like you do your garden and enjoy the fruits of your labour. Happy gardening!

*Caroline Chenoweth, MScOT Reg (Ont) has practiced occupational therapy within long-term care homes, seniors-focused family health teams and acute-care hospitals.*

## Ostomy Supplies

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### Abdominal Perineal Resection (APR)

*Via: Winnipeg Ostomy Inside/Out March 2021*

This surgery is also sometimes called Abdominal Perineal Excision of the Rectum (APER). If you have had your rectum and anus removed and have a scar on your perineum (the area between the anus and scrotum or vagina) you will find it painful to sit down for several

weeks at least after surgery. This is because the area is still healing. Occasionally the scar is slow to heal and may need dressings when you first go home. Even if the scar looks well healed the tissue underneath can take months to repair.

During this time you may find it easier to walk around and then lie on the couch rather than sit. Other people will find a particular chair more comfortable than others; try all the chairs at

home and find the most comfortable. If it needs to be moved, don't be tempted to lift it; ask for help from family or friends. If you are going somewhere and know the chairs will be hard, take a cushion with you to sit on. An inflatable cushion is useful as it can be carried easily and used when needed. Note: 'donut' cushions (those with a hole in the centre) are not advised because they tend to spread the buttocks which will pull uncomfortably on the scar.

*(Continued on page 12)*

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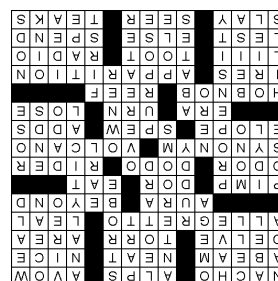
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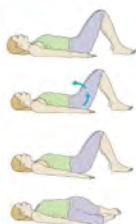




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- What is parastomal hernia?
- Find out if you are at risk of developing a hernia & much more...



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# Be Kind

for everyone you meet is  
fighting a hard battle.



## COMING SOON! ASK THE NSWOC

We are starting a new column titled, 'Ask the NSWOC'. Questions will be answered by Roxie Demers, NSWOC.

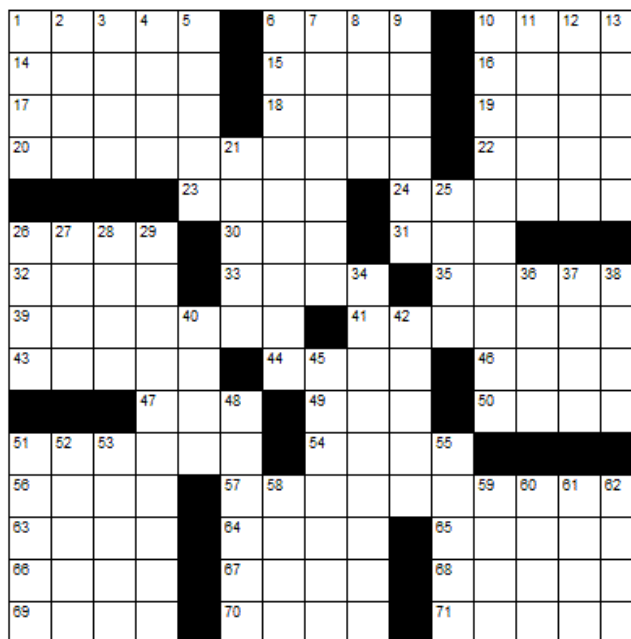
Roxie Demers, has been a nurse for 33 years. She received her certification for International Interprofessional Wound Care Course from University of Toronto in 2017/2018. She decided to continue her education and completed the NSWOC (Nurses Specialized in Wound Ostomy and Continence Canada) in 2020. She wrote the Wound Ostomy and Con-

tinence Canadian Certification (WOCC(C)) in the fall and passed. She has worked at Saint Elizabeth Health Care Hamilton for approximately a year and a half, first as a wound and ostomy nurse and now a WOCC(C).

To submit your question, please visit our website [www.niagaraostomy.com](http://www.niagaraostomy.com). Click on the "About" tab. From there, select "Ask the NSWOC". This will direct you to the form where you can send us your question. Selected questions and answers may appear in upcoming newsletters. Be assured that we will never publish your name or any other identifiable information.

**ACROSS**

- |                                 |                                   |
|---------------------------------|-----------------------------------|
| 1. Tortilla chip                | 46. Contributes                   |
| 6. European mountain range      | 47. Historic period               |
| 10. Affirm                      | 49. A large vase                  |
| 14. Abreast                     | 50. Fail to win                   |
| 15. Tidy                        | 51. Associate                     |
| 16. Agreeable                   | 54. Coral barrier                 |
| 17. Look closely                | 56. Angers                        |
| 18. Unit of pressure            | 57. Phantom                       |
| 19. District                    | 63. 53 in Roman numerals          |
| 20. A moderately quick tempo    | 64. Horn sound                    |
| 22. Loyal (archaic)             | 65. AM/FM device                  |
| 23. Emanation                   | 66. "___ we forget"               |
| 24. Farther along               | 67. If not                        |
| 26. Panderer                    | 68. Go on a buying spree          |
| 30. To make a fool of (archaic) | 69. Kill                          |
| 31. Consume                     | 70. Clairvoyant                   |
| 32. Smell                       | 71. Tall East Indian timber trees |
| 33. Extinct flightless bird     |                                   |
| 35. Equestrian                  |                                   |
| 39. Equivalent word             |                                   |
| 41. Lava mountain               |                                   |
| 43. Run away to wed             |                                   |
| 44. Gush                        |                                   |

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

- |                       |                              |                            |                       |                        |
|-----------------------|------------------------------|----------------------------|-----------------------|------------------------|
| 1. Nil                | light                        | 28. Not stereo             | 48. Wanes             | 62. Gestures of assent |
| 2. Cain's brother     | 10. Deductive                | 29. Tendency               | 51. Small mountains   |                        |
| 3. Mobile phone       | 11. An small olive-grey bird | 34. One who eats to excess | 52. Bay window        |                        |
| 4. Possess            | 12. Sea                      | 36. Bezel                  | 53. African antelope  |                        |
| 5. Alpha's opposite   | 13. Rural area (British)     | 37. Concludes              | 55. Not last          |                        |
| 6. Foyers             | 21. Reddish                  | 38. Thorny flower          | 58. Barbershop emblem |                        |
| 7. Body suit          | 25. Nobleman                 | 40. Roman emperor          | 59. Adhesive strip    |                        |
| 8. Role               | 26. Sit for a photo          | 42. Proprietor             | 60. Notion            |                        |
| 9. A rapidly flashing | 27. Bucolic                  | 45. Intent                 | 61. Pig sound         |                        |



Answers on  
page 9

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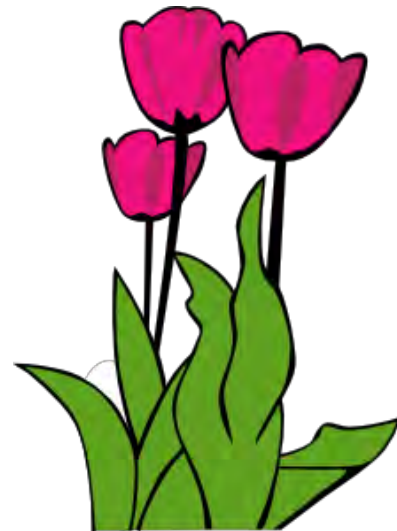


(Continued from page 9-APR)

You may experience perineal pain when you walk or bend because the scar feels tight. If you have had radiation or your scar was slow to heal it may also feel thickened and inflexible. Sometimes the discomfort is only noticed when you start to resume normal activities and you find it difficult to lift your leg, for example, or getting into the bath or riding a bike.

Try to get into a regime of daily exercise whereby you gently lift your leg or crouch until the point of discomfort and you will find it gradually becomes easier. If you massage the area regularly with a moisture cream it may also make it feel less taut. Regular bathing or showering can be helpful in reducing discomfort and help keep the area sweat free.

Source: Reprinted from Colostomy Association Tidings by Greater Seattle "The Ostomist" via Vancouver Ostomy HighLife, Nov/Dec. 2012 and Regina and District Ostomy News Mar/Apr. 2021



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[www.boggios.com](http://www.boggios.com)

## JOKE OF THE DAY



A father passing by his son's bedroom was astonished to see the bed was nicely made and everything was picked up. Then, he saw an envelope, propped up prominently on the pillow. It was addressed, 'Dad'. With the worst premonition, he opened the envelope and read the letter, with trembling hands.

Dear Dad, It is with great regret and sorrow that I'm writing you.

I had to elope with my new girlfriend, because I wanted to avoid a scene with Mum and you.

I've been finding real passion with Stacy. She is so nice, but I knew you would not approve of her because of all her piercings, tattoos, her tight motorcycle clothes, and because she is so much older than I am. But it's not only the passion, Dad. She's pregnant. Stacy said that we will be very happy. She owns a trailer in the woods, and has a stack of firewood for the whole winter. We share a dream of having many more children. In the meantime, we'll pray that science will find a cure for AIDS so that Stacy can get better. She sure deserves it!

Don't worry Dad, I'm 15, and I know how to take care of myself. Someday, I'm sure we'll be back to visit so you can get to know your many grandchildren.

*(Continued on page 14)*





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(Continued from page 13-Laugh of the Day)



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Love, your son, Joshua.

P.S . Dad, none of the above is true. I'm over at Jason's house. I just wanted to remind you that there are worse things in life than the school report that's on the kitchen table. Call when it is safe for me to come home!