

This Month's meetings:

June 9th@7:00 pm: Virtual online meeting :

Speaker: Dr. David Brown

Professor of Neurology, McMaster University

Balance and Aging

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

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. 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

Hello All,



As always I hope you're in good health. June 9th at 7:00PM is our last virtual meeting for the season, and our short Annual General Meeting. Please try to attend this very informative meeting to learn more about the behind the scenes of Niagara Ostomy Association. (Usually our June meeting is fresh strawberries and shortcake, but no one can figure out how to do that virtually yet). Fingers crossed hoping next fall we will be back to more normal times.

Remember, we have been in continuous operation since 1974. The last 15 months have been a bit of a struggle, but we're managing quite well.

Thanks for all of the support all of you have given to our group. We have a few new people on your board of directors that have brought some great new ideas & stamina to the board. Remember most of us have been on the Board for far too long, and we would welcome new blood & ideas. Please consider stepping up and joining the Board of Directors. Please join us online to meet all the people that make this little group tick like clock-work.

Our guest speaker will join us at 7:30 PM on June 9th. His name is Dr William Brown, he will be speaking on Balance and falling; an important topic as we age.

A bit about Dr. Brown,

Dr. William Brown is a professor of Neurology at Mc Master University and co-founder of the In-

fohealth series that were presented at the Niagara on the Lake public library (pre-covid). He has many interests, including flying, astrology and has written many books on the nervous system. We wish to thank Dr. Brown for taking time to speak to us.

A link for the meeting will be sent out a few days prior to June 9th to everyone on our list. If you're not on our list and would like an invite to this meeting, please email us info@niagaraostomy.com to get on our list.

Best Regards,
John Molnar



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Belts vs. Tape

via Vancouver Ostomy High Life

It is sometimes necessary to use extra measures to make sure that an appliance stays firmly in place. Many factors can dictate a need for further measures to ensure a worry-free fit: body shape, skin type, sports played, job demands or quantity of waste. Tape and/or ostomy belts are sometimes a solution. Each has advantages depending on the individual. In some instances, a combination of both may be recommended. Which method might work best for you and how do you properly use them? Ostomy belts are a frequent first choice because they are reusable, washable, adjustable, and do not have to be peeled off the skin. But a belt that is too tight can cause its own problems.

When too tight the belt will cause the elastic to become overextended, allowing the elastic to

curl, forming a rope-like fit instead of a flat fit around the waist. This could get mighty uncomfortable in a hurry. The belt should be snug but not digging into you.

You also want to keep the belt from “riding up,” which will create an off-center pull on the appliance. Try to keep the belt level with your flange. Wider ostomy belts might be more comfortable if one has rolls of fat around the midsection. Most belts are about an inch wide but you could ask your supplier if a wider model is available. You might want to allow your bag to fill up and then test how effective an ostomy belt might be under different tensions and body movements. If presented with a choice, choose cloth rather than rubber or elasticized fiber. Cloth will be cooler. Belts can provide vital support, especially if the contents of a bag become significant. Always

(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**

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|----------------------------------|-------------------------------------|
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Or visit:

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CALENDAR OF EVENTS

Our Website: www.niagaraostomy.com

Our Email: info@niagaraostomy.com

2021 Dates

June 9: Online—Dr. David Brown, Professor of Neurology, Mc Master University

July & August — No meeting

September — 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

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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,
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(Continued from page 3—Belts vs Tape)

empty a full bag as soon as possible, or better yet, don't let it get full in the first place.

Sometimes belts are just not practical. They may be too uncomfortable for the wearer or spoil the look of some clothes. Tape can be a good solution in such cases. They come in a variety of mate-

rials - paper porous tape, all plastic tape, or a combination of both. Some appliances come with a tape perimeter "built-in" but you may still need to apply another layer over top of this. Tape is relatively inexpensive so give different materials and

(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—Belts vs Tape)

brands a try.

Properly applied tape should encircle the entire flange, with one half on the flange and the other half on the skin. In time you will get skilled at applying tape. A gentle pressing with the fingertips will ensure that it is stuck.

Most problems with tape arise from poor application technique, impatient removal, or allergies to the materials. Prepare the skin with careful removal of the old flange and thorough clean and dry the skin.

When removing the tape, use the “two-hand” method - one to hold the skin down and the other to gently pull the tape off. Too frequent or rushed tape removal can cause irritation.

Either belt or tape, or even both methods, can greatly increase your confidence and comfort. Give both a try if you have concerns about your appliance staying in place.



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Dana

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SUMMER SUGGESTIONS FOR

APPLIANCE STORAGE

by Bill Capman, Worcester Ostomy Association

*Via Hamilton's Osto-Info, May 2001, via Inside Out
On-line May/June 2002*

Summer heat! Be careful where you leave those extra appliances. Very high temperatures can develop when a closed vehicle is left in the sun, especially at the beach or in an exposed parking lot.

Appliances that are not properly protected may be unusable, and it may be at a time when you need them the most.

If you must leave your supplies in a closed car for an extended period, put them in an insulated bag or cooler and keep the container covered and out of the direct sun light. This method may not guarantee total protection but should provide adequate short-term protection for day trips.

Don't keep a large quantity of supplies on hand, especially in the summer. Let your supplier store them. Hot and humid weather can damage appliances.

ENJOYING THE SUMMER WITH YOUR OSTOMY

www.exmed.net/Enjoying-The-Summer-With-Your-Ostomy

With the end of June hot on our heels, we start looking towards fireworks for the Fourth of July, mid-day swimming, BBQs with friends and family, and even more fun in the sun. Making sure we take a few precautions in mind, there is no reason not to enjoy these great outdoor activities this summer with your Ostomy.

Do not expect to have the same wear time on

(Continued on page 9)

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(Continued from page 8)

your pouches in the middle of summer as you normally do the rest of the year. Your flanges and barriers may melt faster in the heat than otherwise which requires that you change out your appliances more frequently. If you find that your wear times are greatly reduced beyond normal, then you might need to look into a different skin

barrier. With the heat comes skin irritation often times due to the plastic pouches trapping the moisture from our perspiration between the device and our skin. The constant rubbing against the skin leads to the minor redness and irritation. A pouch cover can greatly reduce the irritation as well as using powders to absorb perspiration and reduce friction on our skin.

If you are very active and do not feel comfort-

able with your two-piece system while enjoying your sports or hobbies, look for ways to secure your pouch to prevent it from popping off its barrier at an inopportune moment. Solutions as simple as using 2"-3" tape to secure the pouch to your abdomen work great for keeping your pouch in place. If adhesive sensitivity concerns are present, using an abdominal binder to hold your pouch in place can give you peace of mind as well. If you are swimming, remember to use waterproof tapes such as 3M Blenderm or MegaZinc Pink for extra

(Continued on page 12)



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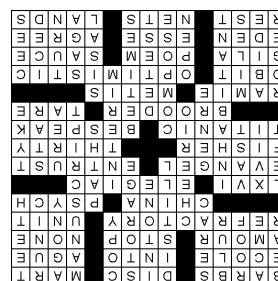
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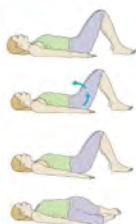




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COMING SOON! ASK THE NSWOC

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

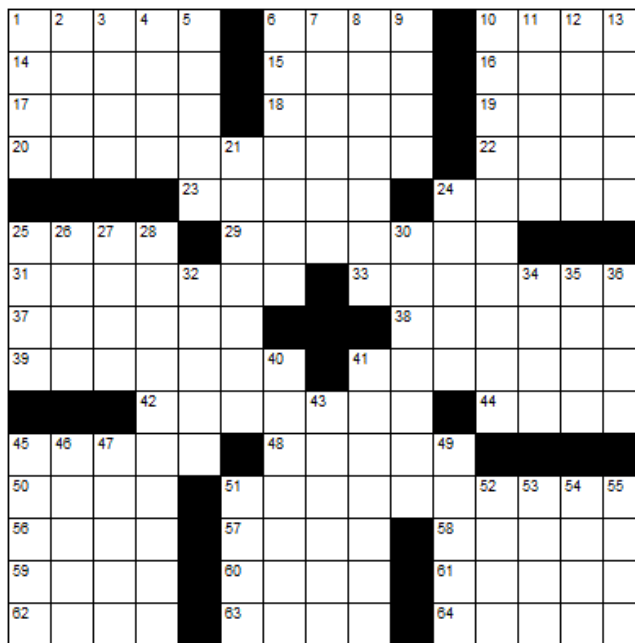
Roxie Demers, has been a nurse for 33 years. She received her certification for International Interprofessional Wound Care Course from University of Toronto in 2017/2018. She decided to continue her education and completed the NSWOC (Nurses Specialized in Wound Ostomy and Continence Canada) in 2020.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

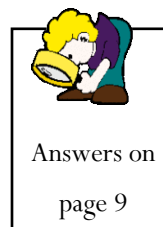
To submit your question, please visit our website www.niagaraostomy.com. Click on the "About" tab. From there, select "Ask the NSWOC". This will direct you to the form where you can send us your question. Selected questions and answers may appear in upcoming newsletters. Be assured that we will never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

ACROSS

1. Cheap shots
6. Platter
10. Shopping place
14. French school
15. Within
16. Chills and fever
17. French for "Love"
18. "Cut that out!"
19. Not a single one
20. Recalcitrant
22. Module
23. Fine dinnerware
24. Mentally prepare
25. 66 in Roman numerals
29. Melancholy
31. Gospels
33. Confide
37. Angler
38. 30
39. Historic ship
41. Request
42. A heated house for chicks
44. Container weight
45. Bog hemp
48. Anagram of "Smite"
50. Death notice
51. Expecting the best
56. Arizona river
57. Verse
58. Condiment
59. Biblical garden
60. Being
61. Tally
62. A musical pause
63. Catches
64. Territories

CROSSWORD www.mirrorreyes.com**DOWN**

1. Grizzly
2. Heyday
3. Top of a house
4. Make unclear
5. A pinnacle of ice
6. Make pure
7. Chant
8. Warehousing
9. Replicate
10. Handwritten document
11. Distress
12. Anagram of "Incur"
13. Fangs
21. Goodbye (British)
24. Trails
25. Not right
26. 17 in Roman numerals
27. Widespread
28. Denizen
30. Temporary
32. Style
34. Component of urine
35. Celebrity
36. Kid
40. Write
41. Early
43. Hate
45. "____ wilco"
46. Tarry
47. Units of distance
49. Rope fiber
51. Not closed
52. Epic
53. Change direction
54. Anagram of "Dice"
55. C C C C

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(Continued from page 9-Summer with Your Ostomy)

security in the pool.

Another common problem for ostomates in the summer is the potential for developing a Monilia rash (yeast infection), characterized by a fine bumpy red rash usually along the edges of the redness. This red raised itchy rash, generally on the peristomal skin, is uncomfortable and often times prevents pouches and devices from adhering to the skin. Monilia rash must be treated with an antifungal powder. The antifungal powder can be used with other barrier powders or alone. If the rash continues, contact your physician for more specific care.

As with any activities outdoors in the summer, making sure you are properly hydrated is key. Remember to drink plenty of fluids before, dur-

ing, and after you spend time outdoors. The general guideline is "half of your body weight in ounces of water per day". For example, a 200lb person should drink at least 100 ounces of water, or 12.5 8oz glasses of water, per day. As an ostomate, you should likely drink one to two extra glasses of water in addition to that standard. Drinking water, non-caffeine herbal tea, and natural fruit juices all count towards your required amount of fluid intake for the day. I personally find the easiest way to track my water consumption is to take a large water bottle and note how many of these I have to drink rather than having to remember how many of the smaller 8oz glasses I have had all day.

So drink your water, prep your ostomy appliances, protect your skin with sunscreen, and enjoy the outdoor activities this summer!



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JOKE OF THE DAY

Four men are in the hospital waiting room because their wives are having babies.

A nurse approaches the first guy and says, "Congratulations! You're the father of twins." "That's odd," answers the man. "I work for the Minnesota Twins!"

A nurse then yells the second man, "Congratulations! You're the father of triplets!" "That's weird," answers the second man. "I work for the 3M company!"

A nurse goes up to the third man saying, "Congratulations! You're the father of quadru-plets." "That's strange," he answers. "I work for the Four Seasons hotel!"

The last man begins groaning and banging his head against the wall. "What's wrong?" the others ask. "I work for 7 Up!"

Little Susie, a six-year-old, complained, "Mother, I've got a stomach ache." "That's because your stomach is empty," the mother replied. "You would feel better if you had something in it." That afternoon, her father came complaining that he had a severe headache all day. Susie perked up, "That's because it's empty," she said. "You'd feel better if you had something in it."

(Continued on page 14)



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(Continued from page 13-Laugh of the Day)



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Paddy and Murphy are havin' a pint in the pub, when some scuba divers come on the TV. Paddy says, "Murphy, why is it them deep sea divers always sit on the side of the boat with them air tanks on their backs, and fall backwards out of the boat?" Murphy thinks for a minute then says, "That's easy. It's 'cos if they fell forwards, they'd still be in the friggin boat!"