

ST. CATHARINES MEETINGS:

September 8th @ 7:00 pm: Virtual online meeting:

Speaker: Roxie Demers (NSWOC)

September 15th @ 7:00 pm: In-person Meeting:

Open Mic —Covid Protocols in effect

SOUTH NIAGARA OSTOMY GROUP

Boggio Pharmacy, 200 Catharine St, Port Colborne

Doors Open 6:15pm, meeting at 6:30pm

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***

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

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President's Message

Welcome back everyone. Here's hoping you had a nice relaxing summer. Time sure flies, I can't believe we're into September already!



Mark your calendar! On Wed Sept 8th at 7pm, our speaker is Roxie Demers, NSWOC. This will be a virtual meeting. We hope you'll join us. We are finding these on-line meetings to be helpful, with plenty of opportunity to ask questions and get to know each other. We always send out the meeting link to everyone on our email list a few days prior to the meeting. If you're not on our list and would like an invite to this meeting, please email us at info@niagaraostomy.com and you will be added to the list.

We are planning to meet face to face Sept 15th at 7 PM in the small hall at the Grantham Lions Club, 732 Niagara St, St. Catharines. If, for some reason we have to cancel the meeting due to Covid 19, a notice will be put on our voicemail indicating such. Please call 905 321 2799 to see if there's a cancel message before you go to the meeting .

What has been happening over the summer? Well, your Board of Directors was quite active. We appointed a new treasurer, and extend a warm welcome to Dave Booth. Dave has an amazing background and we appreciate that he has stepped up to volunteer with our group. Dave submitted his impressive resume in response to an ad we had placed with the Chartered

Professional Accountants of Ontario. He is eager to learn about Ostomy and will contribute a very knowledgeable background in accounting & bookkeeping.

We wish to thank Brenda Bagley for her 2 years as treasurer with us. We are happy to have a capable replacement with Dave Booth.

Dave Muir has decided to resign from the secretary position and from the Board of Directors. We will surely miss him. He has volunteered for upwards of 20 years and it's time for a break. We're looking for someone to fill that position. Thanks Dave, for your many contributions to NOA.

Cindy has been working with our webmaster, Peter Folk to reorganize and streamline the website. In September she will start working

(Continued on page 3)



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(Continued from page 2)

with Tiffani from Calgary Ostomy Society to update the looks of the website. It will be a while before the refreshed website appears. We'll keep you posted! In the meantime, check out the website at www.niagaraostomy.com. If you have any suggestions for content you would like to see on the website, please email them to info@ostomyniagara.com

Steve has been working with some colleagues on creating a new logo. As can be expected, it is a longer process than we originally thought. I assure you very soon we will have the bright new logo presented. Earlier in the year Steve called members to receive feedback on how NOA is meeting their needs. We heard that members appreciate the newsletter and enjoy face-to-face

meetings. Some members attend online meetings and have found it easy to logon and participate. Nancy continues with coordinating the Niagara Ostomy Visiting Program. While there are no in-person visits, she has been available by phone. Nancy is also working with Ostomy Hamilton to target Children's Hospitals in the Southern & Western areas of Ontario, to inform them of the Ostomy Canada Youth camp. They are designing literature & packages to be sent out to the various hospitals.

We really need to start thinking about some fundraising too. Due to Covid restrictions it has been a while since we've done any. This is affecting our bank account as we have expenses to maintain: website hosting, printing/ mailing newsletters and pamphlets, maintaining a confidential voice message system, hosting online

(Continued on page 6)

2021-22 BOARD OF DIRECTORS

President	John Molnar
Treasurer	David Booth
Secretary	VACANT
Director/Communications Chair	Cindy Paskey
Director/Coordinator, Friendly Visitor Program	Nancy Ployart
Director/Member at Large	Melanie Presti
Director	Steve Smith
Director/Social Activities Director	Peter Winter VACANT

NIAGARA OSTOMY ASSOCIATION**Volunteers 2021**

Web Master	Peter Folk
Membership Chair	Beth Hardwood
Newsletter Editor	Marlene Heinrichs
Newsletter Assistant	Cathy Waldeck

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CALENDAR OF EVENTS

Our Website: www.niagaraostomy.com

Our Email: info@niagaraostomy.com

2021 Dates

September 8th: Online Meeting:

Roxie Demers (NSWOC)

September 15th: In-person: Open Mic

October 5th: Online Meeting: TBA

October 20th: In person : TBA

November: dates and speakers TBA

December: No Meeting

Telephone Numbers:

Niagara Ostomy Association:

905-321-2799 (confidential voicemail)

Coloplast: (866) 293-6349

ConvaTec (800) 465-6302

Hollister: (800) 263-3236



Niagara Ostomy Association



@NiagaraOstomy



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 call.

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 NSWOC 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 persons with ostomies, 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 (payable to Niagara Ostomy Association) should be mailed to:

Dave Booth, Treasurer
Unit 34, 525 Meadows Blvd.,
Mississauga, ON L4Z 1H2

(Continued from page 3-President's Message)

meetings. While nothing is overly expensive it adds up. Rest assured, all of the work is done by people who volunteer their time and talents. If you want to help with some fundraising ideas, please get in touch with us.

All help and ideas are appreciated!

Best Regards.

John Molnar, President



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IT'S MEMBERSHIP RENEWAL TIME AGAIN.

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Dave Booth, Treasurer
Unit 34, 525 Meadows Blvd.,
Mississauga, ON L4Z 1H2

OR: Pay by secure Interac E-transfer from your bank account by following these general instructions:

- *Start by accessing your online bank account*
- *Find & click "Transfer"*
- *Click "Send Interac e-Transfer"*
- *If you have yet to add the Niagara Ostomy Association as a recipient:*
- *Click the tab "Add Recipient"*
- *Type in NOA as the recipient*
- *Type in payments@niagaraostomy.com*
- *Add payment amount: \$30.00*
- *Hit "Send" and follow any instructions your financial institution provides.*

Your dues are very important, and are used to actively support people with ostomies – whether you are new to living with an ostomy, or you have many years of experience.

Thank you for being a member!



"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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WHAT'S THE BEST ROOM DEODORIZER?

The winner is...Unscented candles!

Believe me, I've tried everything - incense, Febreze, eucalyptus leaves, Lysol spray, burnt cinnamon, perfumery candles, etc. etc. and always wound up disliking all those scents.

Invariably, I came to associate otherwise pleasant fragrances with ostomy waste. The best and least obnoxious way to clear the air (and least likely to trigger an allergic reaction) is to light a plain candle.

Candles have a remarkable ability to neutralize bad smells in the bathroom. Get the kind that doesn't drip if you can and pinch them out rather than blowing or snuffing (less smoke will linger). Oh yeah, and don't burn your house down.

Source: *Vancouver Ostomy HighLife* May/June via *Ottawa Ostomy News* April 2021 via: *Inside-Out-Winnipeg Ostomy Association* April-May 2021

FRUCTOSE MAY CAUSE GAS AND STOMACH DISCOMFORT

*From PreventDisease.com. January 7, 2013
(HealthScoutNews)*

Fructose, the simple sugar found in honey, fruits and some soft drinks, may be to blame for unexplained stomach ailments such as cramps, gas and diarrhea.

This sugar is the main sweetener used in Western diets, say a group of researchers at the University of Kansas Medical Center, but some people lack the ability to absorb fructose properly. The researchers believe the dietetic ingredient is responsible for a host of common gastrointestinal complaints, so they are urging doctors to use fructose breath tests as a diagnostic tool for unexplained abdominal maladies.

(Continued on page 9)

Ostomy Supplies

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(Continued from page 8-Fructose)

Their study suggests that fructose malabsorption affects a significant number of healthy adults. Gastric woes arise when the fructose travels down the digestive tract into the colon, where some bacteria use the sugar as a food source and consequently flourish. In the process, hydrogen gas is released and may cause pain, bloating and

diarrhea.

During their research, the investigators fed their subjects 25 grams of fructose - the equivalent of a 12-ounce can of soda sweetened with high fructose corn syrup - and then gathered breath samples. Testing revealed an abnormal level of hydrogen gas in almost half of the participants. On another occasion, after the subjects had dined on 50

grams of fructose, about three-quarters of them exhaled high levels of hydrogen. If the sugar was digested normally, the gas would be absent from their breath.

“When given levels of fructose commonly consumed in the Western diet, a significant number of our subjects had both objective and subjective evidence of fructose malabsorption, meaning that the breath analysis showed hydrogen in excess of 20 parts per million, and they had symptoms like gas and diarrhea...” says

(Continued on page 12)

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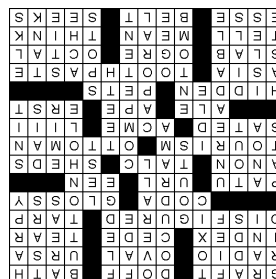
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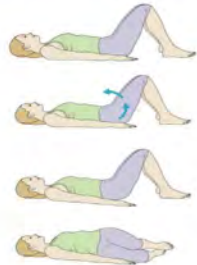



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ASK THE NSWOC

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

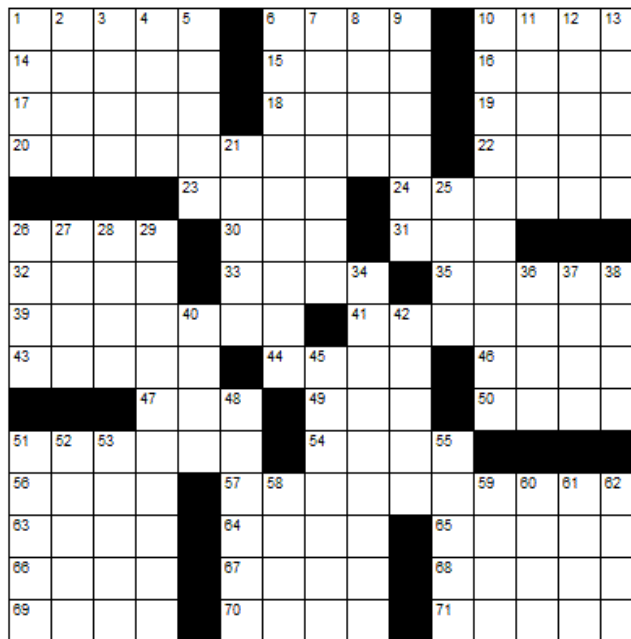
Roxie Demers, has been a nurse for 33 years. She received her certification for International Interprofessional Wound Care Course from University of Toronto in 2017/2018. She decided to continue her education and completed the NSWOC (Nurses Specialized in Wound Ostomy and Continence Canada) in 2020.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

dian 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 "Support" tab. From there, scroll down and select "Ask the NSWOC". This will direct you to the form where you can send 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. Payola
6. Remove, as a hat
10. Shower alternative
14. Audio communications
15. Egg-shaped
16. Celestial bear
17. Alphabetical listing of topics
18. Formally surrender
19. Rip
20. Defaced
22. Canvas
23. Musical finale
24. Shiny
26. A Maori club
30. Website address
31. Poetic dusk
32. Shortly
33. After-bath powder
35. Outbuildings
39. Sightseeing industry
41. Footstool
43. Filled to excess
44. Cap
46. 53 in Roman numerals
47. Beer
49. Copy
50. At one time (archaic)
51. Concealed
54. Animal companions
56. Largest continent
57. Dentifrice
63. Thick piece
64. Monster
65. In base 8
66. Express in words
67. Average
68. Cogitate
69. Being
70. It holds up trousers
71. Searches

CROSSWORD www.mirroreyes.com**DOWN**

1. Electrical or crossword
2. Hindu princess
3. Contributes
4. Feudal estate
5. Poisonous
6. Infotainment
7. In general
8. Disappear gradually
9. Grow feathers
10. Lobby
11. Territories
12. Russian emperors
13. Hell-cat
21. Inflammations of the big toe
25. "___ we forget"
26. Taps
27. Dwarf buffalo
28. Brag
29. Indecipherable
34. Capable
36. Arab chieftain
37. Stage
38. Agitated state
40. Doing nothing
42. Fangs
45. A strong dark tobacco
48. Bury
51. Urgency
52. Small islands
53. Instrument indicators
55. Blots
58. Curved molding
59. Dull pain
60. Anagram of "Ties"
61. Armored vehicle
62. Large N. Amer. deer (plural)

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(Continued from page 9-Fructose)

ABDOMINAL NOISES

Peter Beyer of the University of Kansas Medical Centers' Dietetics and Nutrition Department. He believes physicians should add breath analysis for fructose intolerance to their diagnostic test reservoir. "If a patient is found to be fructose intolerant and symptomatic, the doctor may recommend a low-fructose diet," says Beyer. "But in severe cases, antibiotic therapy may be required to provide relief."

Source: *The Triangle, Pittsburgh Ostomy Society via The Pouch* Nov. 2013. Reprinted from *Winnipeg Ostomy Association's Inside/Out* 2017.-- VIA: *Inside-Out Winnipeg Ostomy Association* April-May 2021

Abdominal noises happen! However, as ostomates, we are embarrassed and wonder if something is wrong. It is usually "sound and fury", signifying nothing important. Any of the following may be the cause:

1. You are hungry. Peristalsis goes on whether there is anything to move through or not. Empty guts growl. Eat a snack between meals. Or consider four small meals a day.
2. You are nervous, so peristalsis is increased. Try to slow down. Try to eliminate some stress (especially at meal times).
3. Coffee and tea, cola and beer--all stimulate

(Continued on page 13)



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(Continued from page 12-Abdominal Noises)

peristalsis. Beverages consumed on an empty stomach will produce gurgles as peristalsis re-doubles its movements. Add a little bit of food with your beverages. Try some crackers and/or bread.

4. Eating a high-fiber diet produces gas, so rumbles increase. Mix with other foods. Reduce amount of insoluble fiber. Switch to more soluble fiber.

5. Intestines do not digest starches and sugars as easily as proteins and fats.

SOURCE: Vancouver Ostomy High Life via "The Mailbag", Jacksonville, Florida; GAOA & Chattanooga Ostomy Association; Northern Pouchvine VIA: Ostomy Halifax Gazette May 2021

HMMMMMM...???

1. Why do we park in driveways and drive on parkways?
2. Do Lipton employees take coffee breaks?
3. Can I yell "movie" in a crowded firehouse?
4. Can you be a closet claustrophobic?
5. How do a fool and his money GET together?
6. Why does Hawaii have interstate highways?
7. How is it that a building burns up as it burns down?
8. If a train station is where the train stops, what is a workstation?
9. If nothing ever sticks to Teflon, how do they

(Continued on page 14)



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(Continued from page 13-HMMM...?)

make Teflon stick to the pan?

10. If the pen is mightier than the sword, and a picture is worth a thousand words, how dangerous is a fax?

11. If the police arrest a mime, do they tell him he has the right to remain silent?

12. What hair color do they put on the driver's licenses of bald men?

13. What was the best thing before sliced bread?

14. Why do banks charge you a "non-sufficient funds" fee on money they already know you don't have?

15. Why do they put Braille on the drive through bank machines?