



# IT'S IN THE BAG



April 2022



## ST. CATHARINES MEETINGS:

**April 20th @7:00 pm: In-person Meeting**

**Topic: Friends of Ostomates Worldwide  
Canada**

**Presented by: John Molnar and Steve Smith**

## SOUTH NIAGARA OSTOMY GROUP

Boggio Pharmacy, 200 Catharine St, Port Colborne

**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

**April 20th @ 7:00 pm**

We welcome every-  
one to our meetings.



However, in attempts to  
protect the health of  
everyone, kindly wear a  
mask to our meetings and  
keep apart from others.

Please stay at home if  
you're feeling unwell.

No snacks or beverages  
will be available at  
our meetings until further  
notice.

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## President's Message

Again, I hope this newsletter finds everyone well.



Last month I said I was celebrating 14 years with an Ostomy, but I goofed, it's actually 16 years. I never was great at math!

A few days ago I met someone that I had occasional contact with from work; he had suffered from diverticulitis for many years, and told me several times he'd rather die than have a bag. Well, he jumped out of his truck and said, "I'm just like you, look what I've got." He pulled up his shirt and showed me that he has a temporary ostomy. I asked him how he was getting along and he said, not great, I hope they reverse it soon. I talked to

him for a few minutes and tried to coach him a bit, not sure if I helped or not, but at least he decided to get the ostomy. I told him he looked better health-wise, his wife agreed. How common it is for people to not want ostomy surgery. How do we get this to be a non-taboo topic? I guess there's no magic answer.

We are very lucky in this part of the world to have the products available to us to help us lead a normal life with Ostomy. I know it's very difficult for some people to purchase the supplies they need due to the high cost, but I can't imagine how people in some parts of the world that don't even have access to supplies can manage. Most of you know that Friends of Ostomates Worldwide Canada is a charitable organization that I'm involved with. We ship new, unused ostomy supplies to developing countries where ostomy supplies are not

available, at any cost. They simply don't exist. There's quite a history that goes with FOWC dating back more than 30 years. Steve and I will be giving a presentation on FOWC at the April 20<sup>th</sup> meeting. Please try to attend.

As always, there will be ample time for discussion and questions after the meeting. We are contemplating holding an Ostomy fair day again in the fall. Keep watching for more news as it develops. Anyone that hasn't been to one will find it a very informative day.

Cheers for now,  
John Molnar



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## MY PERSONAL STORY

NOA Member

As a result of cancer surgery in August of 2019, I found myself with a permanent colostomy. It was quite an adjustment as the surgeons had said they would avoid a colostomy if possible. That's the outcome I had hoped for. However, in order to achieve clear margins they decided to perform a permanent colostomy. Prior to surgery I had 5 weeks of radiation and oral chemo, followed by several months of infused chemotherapy, every two weeks. There was a bit of a break before surgery. A few weeks after surgery, biweekly chemotherapy resumed and finally ended in January of 2020.

Even though I was sent home from Juravinski with a package of ostomy information, I had lots of questions. At the Walker Centre where I went for chemo, I inquired about local services at Hauser's Pharmacy. They were very helpful and

told me about a free Ostomy Fair that was being held in October at the Lion's Club in St. Catharines. I attended, and was amazed at all of the friendly people, helpful information and sample products that I received from the many vendors that had display tables. That's when I decided to join as a member, in order to support the volunteer work the Association does for people living with ostomies in the Niagara Region. Annual membership is only \$30 and can be waived for people with financial need.

Following the completion of chemotherapy, I had an appointment in March with an NSWOC nurse at Juravinski. And then Covid lockdown hit. The appointment was cancelled. Fortunately, the Niagara Ostomy Association held monthly online meetings that I attended. I quickly learned that it is a safe and confidential place where I am able to talk about my ostomy and learn from the experi-

*(Continued on page 6)*



## 2021-22 BOARD OF DIRECTORS

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## NIAGARA OSTOMY ASSOCIATION

### Volunteers 2022

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Newsletter Assistant	Cathy Waldeck

### MISSION STATEMENT:

To be of service and assistance to all people with ostomies in the  
Niagara Region.



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### Online Payment/ Donation

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(no password required)

#### Or visit:

<https://niagaraostomy.com/pay-your-membership/>

## CALENDAR OF EVENTS

**Our Website:** [www.niagaraostomy.com](http://www.niagaraostomy.com)

**Our Email:** [info@niagaraostomy.com](mailto:info@niagaraostomy.com)

### 2022 Dates

**April 20: FOWC—John Molnar, Steve Smith**

**May 18:TBA**

**June 15:TBA**

**July, August: NO meetings**

**September 21st:TBA**

### 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/needng 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—2022

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Postal Code: \_\_\_\_\_ Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Type of Ostomy(optional): \_\_\_\_\_

New memberships from June to December carry over into the following year.

Dues are \$30.00 per year, renewable by December 31st 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-My Personal Story)

ence of others. For example, how to deal with skin issues surrounding the stoma.

Through the Association, I met Roxie Demers, a local NSWOC Nurse and NOA Board member. Roxie is available to answers questions that are submitted through the NOA website. She is also

a repeat guest speaker at membership meetings. This has been very helpful.

Prior to all of this, I had been very active at the local gym, attending aerobic fitness classes and using the weight room. A huge goal has been to learn how to exercise safely and regain strength. Through a member's meeting, I learned about

(Continued on page 8)



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## IT'S MEMBERSHIP RENEWAL TIME AGAIN.

You can mail a \$30 cheque to:

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](mailto: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!



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Dana



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(Continued from page 6-My Personal Story)

exercise booklets that are available from Conva-Tec, an ostomy supplier. I called them, and they mailed the booklets. As helpful as the booklets are, I still had questions. Through internet searching, I discovered that the woman who authored these booklets is Sarah Russell, a clinical exercise specialist, certified clinical Pilates instructor and cancer rehabilitation instructor. She holds a masters degree in sport and exercise science, and runs a private oncology exercise practice in the U.K. Sarah also has a stoma. Through Sarah's website: <https://www.theostomystudio.co.uk/> I purchased classes (roughly \$8 one-time payment each) where I have online access at any time. I also attend live, online classes once a week where I pay weekly. I've gained physical strength and feel reassured knowing that I am exercising safely and effectively. Through Roxie, I learned that Sarah Russell is highly regarded as an expert in the ostomy communities. She presents at conferences throughout the world. Sarah has also written an

excellent book, The Bowel Cancer Recovery Toolkit.

My membership in the Niagara Ostomy Association has been a huge benefit. I've met a group of caring people who are here to help! Many thanks!

**Happy Member, Niagara Ostomy Association**

Do you have a story you'd like to share with us for our newsletter? We'd love to hear from you about Life with your Ostomy.

Your privacy will be maintained, if that's what you prefer. Just be sure to mention that in your submission.

**To submit:**

Please send an email to Marlene, our newsletter editor. She will review submissions and contact you, if necessary.

Email to: [marlene.h@niagaraostomy.com](mailto:marlene.h@niagaraostomy.com)

Thank you, in advance

## 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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## MISCELLANEOUS QUESTIONS

*Via: Dallas (TX) Ostomatic News*

source: North Central Oklahoma Ostomy Outlook March 2022

### 1. Do skin wipes make the pouch stick better?

No, the wipes that are generally classified as “skin preps” are not adhesives. They are designed to provide a protective layer to the surface of the

skin. This helps to make the removal of adhesives easier on the skin. The use of these types of products may actually decrease the wear time of some extended wear products.

2. Does paste make the pouch stick better? No, paste helps to prevent liquid drainage from getting between the skin and the skin barrier. This protects the peristomal skin and often extends the life of the skin barrier. Paste is NOT an adhe-

sive and too much paste can actually interfere with a good seal.

3. When should skin barrier powder be used? Skin Barrier Powder – such as Stomahesive or Adapt Powder – is used when the peristomal skin is moist due to irritation. When the skin has recovered and healed, the powder should be discontinued. If another type of powder – such as an antifungal powder – has been prescribed, it should be used according to instructions.

(Continued on page 13)



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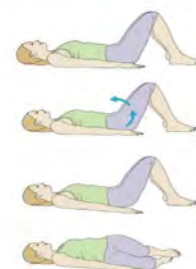
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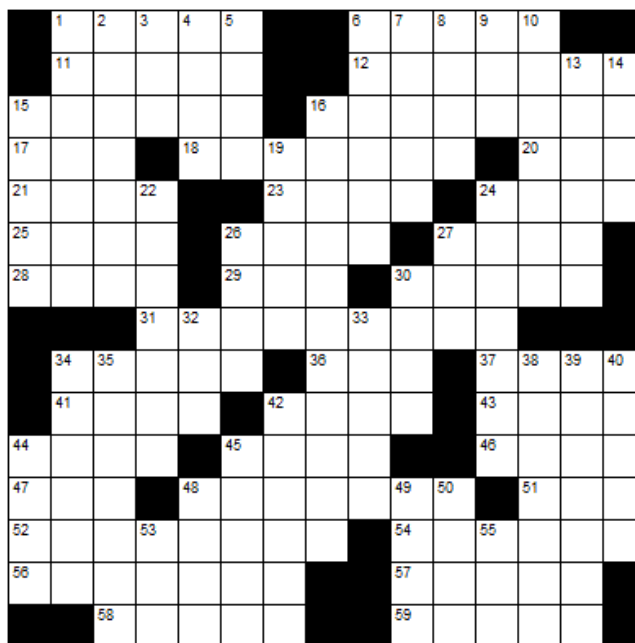
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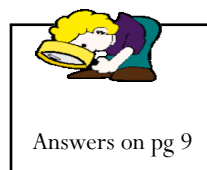


**ACROSS**

- |                          |                                 |                          |
|--------------------------|---------------------------------|--------------------------|
| 1. Weighing machine      | 27. Breathe hard                | 48. Way of thinking      |
| 6. Water vapor           | 28. Arid                        | 51. Malayan isthmus      |
| 11. Reef material        | 29. Fifty-two in Roman numerals | 52. Brothers and sisters |
| 12. Flawless             | 30. Itchy canine ailment        | 54. Rescind              |
| 15. Hollywood industry   | 31. In a lewd way               | 56. Unusual              |
| 16. Leases               | 34. Strike                      | 57. Begin                |
| 17. Permit               | 36. Cap                         | 58. Reply to a knock     |
| 18. Without ceasing      | 37. Absent Without Leave        | 59. On edge              |
| 20. Darjeeling or oolong | 41. Rate                        |                          |
| 21. Dwarf buffalo        | 42. Accomplished                |                          |
| 23. Scarce               | 43. Lariat                      |                          |
| 24. Teller of untruths   | 44. Isinglass                   |                          |
| 25. Lowlife              | 45. Difficult                   |                          |
| 26. A hollow in a        | 46. Remnant                     |                          |
|                          | 47. Chapter in history          |                          |

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- |                                |                          |                            |                          |                         |
|--------------------------------|--------------------------|----------------------------|--------------------------|-------------------------|
| 1. Study of the physical world | 8. Makes a mistake       | 19. Exhaust                | 35. Gruesome             | 49. Formerly (archaic)  |
| 2. Shape                       | 9. Astern                | 22. Common name for the US | 38. Employees            | 50. French for "Head"   |
| 3. Form of "to be"             | 10. Conference           | 24. Rigging rope           | 39. Control              | 53. Local Area Network  |
| 4. Hardly believable           | 13. Bring into being     | 26. Hint                   | 40. Lawful               | 55. Greek god of flocks |
| 5. Distinctive flair           | 14. Russian emperor      | 27. Buddy                  | 42. Peril                |                         |
| 6. Orb                         | 15. Category             | 30. Small amount           | 44. Clutter              |                         |
| 7. Josh                        | 16. Keyboard instruments | 32. Consumed               | 45. Door pivot           |                         |
|                                |                          | 33. Poker holdings         | 48. In perfect condition |                         |
|                                |                          | 34. Apparition             |                          |                         |



Answers on pg 9

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Niagara Ostomy Association

Members of the Niagara Ostomy Association,

We wish to acknowledge and thank you for your recent financial donation of \$ 500.00 that we received from you.

Recently, FOWC adopted a new vision which we feel perfectly showcases our mission statement.

The journey this *Gift of Dignity* takes, starts with donations of supplies from manufacturers, pharmacies, hospitals, ostomy chapters and individuals, to name just a few.

The constant pleas for these supplies, coming from hospitals and ostomy groups in developing countries is heart wrenching.

Sending shipments overseas takes a lot of work. Sorting, packing, phone calls, emails, contracts filled out with reliable shippers, and jumping through hoops to get the supplies accepted by the destination country and their customs, are all part of this process.

Shipping overseas is also very costly and we don't receive any government funding. Your financial "*Gift of Dignity*" enables us to pay for the shipping to get these supplies to needy ostomates in developing countries.

Your very generous donation will benefit so many needy ostomates in other countries who have little or no access to affordable products. Thanks to you, we are able to continue our meaningful work!

**FYI:** We are in the process of posting pictures and letters of thanks on our website at <https://www.fowc.ca> from grateful ostomates and ostomy groups. We invite you to check out our four minute video which gives a quick overview of our ongoing work.

### President

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Ontario

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Ontario

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Manitoba

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(Continued from page 9-Misc Questions)

4. How often should a pouching system be changed? The answer is "it depends." It depends on many factors such as type of discharge, skin condition, type of skin barrier used, location on the body and construction of the stoma. The key is to achieve predictable wear time. Changing a pouch twice a week is very acceptable.

5. What do I need to think about before returning to work? Make sure that you have a release from your physician to return to your job, especially if you do a lot of physical work. It is a good idea to have an emergency kit available at work in case you need to change your pouch.

6. Do I need to tell people that I have had ostomy surgery when I return to work? The choice is yours! With a secure ostomy pouching system, nobody needs to know that you have an ostomy unless you want him or her to know. Depending on the situation and your relationship with the person you may wish to share general information about your surgery. Most people are very understanding.

7. How often should I empty a pouch? The type of ostomy and the amount of output will influence how often emptying is necessary. You will want to empty your pouch regularly throughout the day – usually when it is  $\frac{1}{3}$  to  $\frac{1}{2}$  full. It is not a good idea to let your pouch overflow.







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### JOKE OF THE DAY



A guy asks a girl to go to a dance. She agrees, and he decides to rent a suit. The rental has a long line, so he waits and waits, and finally he gets his suit.

He decides to buy flowers, so he goes to the flower shop. The flower shop has a long line, so he waits and waits, until he finally buys flowers.

He picks up the girl and they go to the dance. There is a long line into the dance, so they wait and wait.

Finally, they get into the dance, and the guy offers to get the girl a drink. She asks for punch, so he goes to the drink table, and there is no punch line.