



Serving the Niagara Ostomy Community since 1974

IT'S IN THE BAG



June 2022



ST. CATHARINES MEETINGS:

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

Annual General Meeting — 7:15-7:30

Followed by:

Strawberries on Shortcake with whipped cream

Learn from each other! General discussion, Q&A

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

June 16th @ 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.

Seating that allows you to
keep apart from others
while enjoying dessert and
conversation will be avail-
able.

Please stay at home if
you're feeling unwell.

INSIDE THIS ISSUE:

PRESIDENT'S MESSAGE	2
SHARE YOUR STORY	3
CALENDAR/ APPLICATION FOR MEMBERSHIP	5
COPING DURING THE FIRST WEEKS	6
SWIMMING WITH AN OSTOMY	9
HYDRATION	12
JOKES	14

President's Message



Welcome Everyone,

This month will be our last meeting and newsletter for the season. We'll pick up again in September.

Our June 15th meeting will be our annual Strawberries on Shortcake with Whipped Cream, how can you say no to that? Oh, and we're going to slip in our annual general meeting too, but as always, we promise to keep it short. We did have a speaker lined up for the meeting but we had to cancel, so there will not be a speaker at this time. We can always have an open rap session and it will be great to see you and socialize!

As mentioned last month, we are planning on holding our Ostomy fair day. Mark your calendars for November 3rd, at the Grantham Lions Hall, St. Catharines, in the large hall. We're not sure of the hours yet, but it will be held during the day. It's a great chance to meet the Reps from the major ostomy suppliers, local Health stores that sell ostomy supplies, and maybe a few other interesting topics of general interest. There is no admission charge for people to come and visit us that day.

If anyone thinks they could help us that day, we would welcome you. We try to split up the day into a few shifts so it's not such a long day for volunteers. If you're interested, please email info@niagaraostomy.com or leave a message at 905-321-2799.



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As mentioned last month, we also have to start thinking about fundraising too. If anyone has any ideas, we'd love to hear from you. Can you help at any of our events? We'd love to hear from you. Please consider stepping up if you can.

Hope to see you for Strawberries on Shortcake with Whipped cream on June 15th!

Cheers,

John Molnar





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SHARE YOUR STORY

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.

Why, you might ask?

Sharing our stories, tips and helpful advice is a powerful way to let others know that living a full, active life is possible after Ostomy Surgery. Many of us have learned along the way that our best learning comes from each other! Especially now, when we aren't able to meet in person, our newsletter provides a way to connect with people and inspire others.

How did you react when you heard you were go-

ing to need Ostomy Surgery? How did you deal with it then, and how are you dealing with it now? Do you have tips and helpful advice? Where do you find your best support?

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

Thank you, in advance.

2021-22 BOARD OF DIRECTORS

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NIAGARA OSTOMY ASSOCIATION Volunteers 2022

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MISSION STATEMENT:

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



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Our professional staff are here to assist you with all your ostomy needs.



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Or visit:

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

CALENDAR OF EVENTS

Our Website: www.niagaraostomy.com

Our Email: info@niagaraostomy.com

2022 Dates

June 15: AGM

July, August: NO meetings

September 21st: TBA

October 19th: TBA

November 3rd: Ostomy Fair Day

Nov 16th: 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—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

COPING DURING THE FIRST FEW WEEKS

Via: Winnipeg Inside/Out April May 2022 issue--
Source: Vancouver Ostomy HighLife Jan/ Feb 2016

(Reprinted from the Inside/Out Feb. 2016 issue.)

Coming home with a new ostomy can be a very

stressful time. You may feel weak and uncomfortable and deeply worried about how you are going to deal with this strange new thing on your abdomen. You may be fearful about having to take care of the ostomy by yourself or resentful that you have it at all. You would not be the first to feel like this nor will you be the last.

(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
- 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!



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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me+™ support

Live nurses by phone or email for any questions you may have.



me+™ answers

An in-depth resource covering everything ostomy.



me+™ community

Inspiring stories and ideas from others living with an ostomy.

Join for free and start receiving all the benefits of me+™. Enrolling is easy, simply call 1-800-465-6302 or visit www.convatec.ca.

*Model portrayal
AP-018657-GA

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(Continued from page 6-Coping)

Give yourself time to recover -- you've been through a gruelling surgery and it takes time for surgical wounds to knit together. It takes time for strength and appetite to return. Most of all it takes time to learn how to live, emotionally, with an ostomy. Take it one day at a time.

Tips for the first few weeks:

- Get some gentle exercise every day, even if it's just walking around the home
- Establish regular mealtimes like you used to have, or if you have little appetite, eat several small meals or snacks throughout the day
- Follow your nurse or surgeon's instructions on what to eat for the first few weeks. This will emphasize soft cooked and low fibre foods. If you want to try raw fruits and vegetables after a while, introduce these in very small amounts and chew thoroughly.
- Do not lift anything heavy, ie stay under 10 pounds - unless you are physically unable, you should not be asking your spouse or family to change your appliance for you. You cannot regain confidence if you're relying on others to do this basic function for you.
- If you are having doubts or problems caring for your ostomy, call your ET nurse for advice. She may be able to help you over the phone or you may need to make an appointment with her.
- Talk to someone else who has an ostomy! Ask your ET nurse if he or she can connect you with another person who has an ostomy or diagnosis similar to your own. If your area has an ostomy chapter you can connect with one of their members. Other ostomates are more than willing to talk with you for they have experienced the same fears and frustrations you may be having. If you have a computer, you can go

(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-Coping)

online and participate in ostomy forums -- they are a wealth of information and reassurance.

- Proficiency with changing your own ostomy gear doesn't happen overnight and you are going to make mistakes. It can be unnerving if an accident happens, but it's

also an opportunity to learn how to avoid such things in the future. Try not to be too hard on yourself if you make a mistake or can't remember something.

SWIMMING WITH AN OSTOMY

Via: Convatec.ca

Having an ostomy should not prevent you from swimming. Below are some helpful tips to get you feeling confident in the water, whether it's in your own backyard pool or at a beach.

You can swim or be in the water while wearing your pouching system. Remember, your pouching system is water-resistant and is designed not to leak with the proper seal. Water will not harm or enter your stoma.

(Continued on page 12)



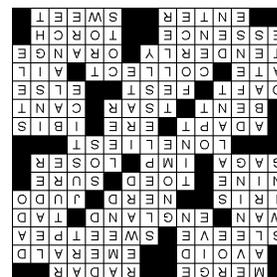
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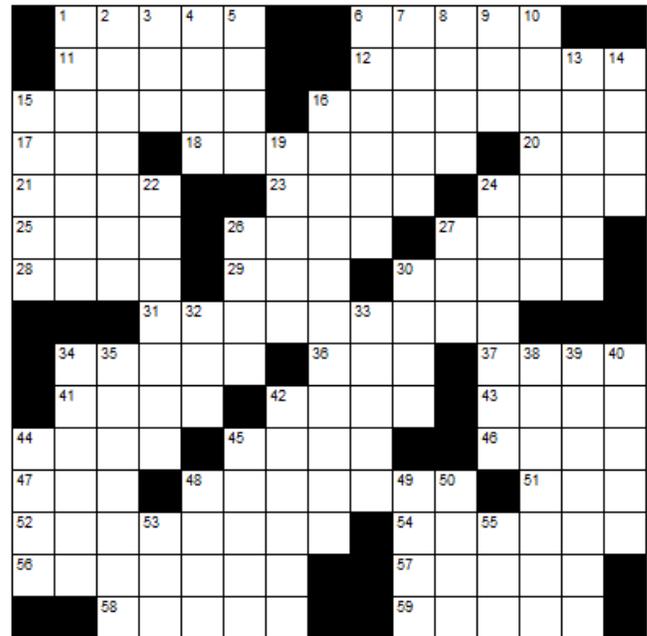
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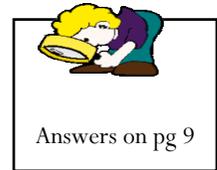


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- | | | |
|--------------------------------|-----------------------------|-------------------------|
| ACROSS | than 10 | 46. Otherwise |
| 1. Get together | 26. Pigeon-___ | 47. Consumed |
| 6. Radioloca-
tion | 27. Certain | 48. Amass |
| 11. Evade | 28. Crazy | 51. Be bedrid-
den |
| 12. Green gem | 29. Evil spirit | 52. With affec-
tion |
| 15. Record pro-
tector | 30. Not a win-
ner | 54. Citrus |
| 16. Flowering
vine | 31. Most soli-
tary | 56. Gist |
| 17. Pale | 34. Adjust | 57. Set ablaze |
| 18. Part of the
UK | 36. Before, in
poetry | 58. Go in |
| 20. Small
amount | 37. Nile bird | 59. Sugary |
| 21. Colored part
of the eye | 41. Crooked | |
| 23. Geek | 42. Russian em-
peror | |
| 24. Martial art | 43. Tilt | |
| 25. One less | 44. Wacky | |
| | 45. A gathering
or event | |



- | | | | | |
|-----------------------------|---------------------------|------------------------------|-----------------------------|-------------------------------------|
| DOWN | 7. Alter | 16. In a sleepless
manner | 32. Choose | 44. Day, month
and year |
| 1. Protozoal infec-
tion | 8. Exploit | 19. Munchkin | 33. Angered | 45. Compel |
| 2. After sunset | 9. Paintings | 22. Caulking | 34. Lets up | 48. Penny |
| 3. Fish eggs | 10. Ecstasy | 24. Judgment | 35. Protection from
harm | 49. Camp beds |
| 4. Donate | 13. A person who
rules | 26. Hue | 38. Equilib-
rium | 50. Think or be-
lieve (archaic) |
| 5. Biblical garden | 14. Woodworking
groove | 27. Mayday | 39. Perception | 53. Lair |
| 6. Give recom-
pense | 15. Musical
genre | 30. Lascivious
look | 40. Inscribed pillar | 55. Form of "to be" |



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(Continued from page 9-Swimming)

Prior to swimming, make sure your seal is secure.

Empty your pouch before swimming. Also, ensure your wafer has been on for at least an hour prior to getting wet. If you are nervous about output, eat a few hours before jumping in.

If you use a filtered pouch, use a filter cover sticker on your deodorizing filter to prevent water from entering the pouch. You can remove the cover once you are dry.

Wear what makes you feel the most comfortable. Swimming with an ostomy should be fun and worry-free regardless of what you're wearing. Shop with confidence knowing there are so many options that could work for you.

Always carry extra supplies in case you are somewhere where supplies may not be available.

For extra peace of mind, use barrier strips if you will be swimming for an extended time.

Spend a few hours in the tub on a lazy day. If your pouching system holds up to that, then the pool should be a breeze.

(NOA Editor's note: I have found that using Sure Seal rings greatly increased my wear time in a swimming pool, hot tub, or ocean. They are a very thin waterproof plastic that adheres to your flange and overlaps around the edges. You can find them online or at Shopper's Home Health Care.—Marlene Heinrichs)



FLUIDS, FOODS AND TIPS THAT HELP WITH HYDRATION

Via: www.shieldhealthcare.com

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, Home-made 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

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.

(Continued on page 13)

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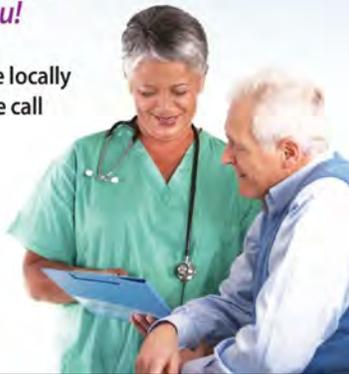
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Boggio & Edwards Pharmacy
 307 Ridge Rd., Ridgeway
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www.boggios.com

(Continued from page 12-Hydration)

- 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:

- 1 ½ cups of water, 1 ½ cups of Gatorade, ¾ teaspoon salt
2. 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 table-spoons 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



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JOKES THAT MAKE YOU GROAN

- What do you call a factory that makes okay products?" "A satisfactory."
- "Dear Math, grow up and solve your own problems."
- "What did the janitor say when he jumped out of the closet?" "Supplies!"
- "Have you heard about the chocolate record player? It sounds pretty sweet."
- "What did the ocean say to the beach?" "Nothing, it just waved."
- "Why do seagulls fly over the ocean?" "Because if they flew over the bay, we'd call them bagels."
- "I only know 25 letters of the alphabet. I don't know y."
- "What did one wall say to the other?" "I'll meet you at the corner."
- "A skeleton walks into a bar and says, 'Hey, bartender. I'll have one beer and a mop.'"

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