



Serving the Niagara Ostomy Community since 1974

# IT'S IN THE BAG



September 2022



**ST. CATHARINES MEETINGS:**  
**September 21st @7:00 pm: In-person Meeting**

**Rap Session**

## **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**

**Sept 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.

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:**

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## President's Message

Welcome back to a new season Everyone! I hope everyone enjoyed their summer.



I was sad to learn that Maryan Hilko passed away over the summer. She always had such a pleasant smile, and her family was always ready to step up & help at our events. They will be missed.

At time of writing this message, both Steve & Nancy are in the hospital. Here's wishing them both a speedy recovery.

I lost a very good friend over the summer as well. One of my best friends died suddenly with a massive heart attack while cutting his grass. He was one of those friends that you could talk about anything, get a knowledgeable reply, and you know it was held in confidence too.

Okay, it's not all doom & gloom, I do have some good news to share as well.

After great consideration by your board of Directors, we decided to reconsider our involvement with Ostomy Canada. Two years ago we sent out a survey to our members and the overwhelming response we got back was to withhold sending fees to them for a period of up to 2 years, basically to protest the direction they were heading. Within the last 2 years, and with the recruitment of John Hartman, Executive Director, things seem to be on a much better track. With that, it is up to our members to decide whether they want to support Ostomy Canada through our membership, as follows:

Membership in Niagara Ostomy Association and to receive all benefits will be \$30. To support Ostomy Canada, get 2 issues of Ostomy Canada magazine, invites to webinars, access to their newsletters etc. will be an additional \$20 (subject to price increase at any time).



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An updated membership form appears in the newsletter and is posted to the website.

So when you're renewing your membership it will be important to identify your wishes, and make payment accordingly. With this small change, we hope it serves everyone with their best interest. Those that want local membership can have it, those that want to add on the benefits of Ostomy Canada can have that. We may try to line up John Hartman to speak at one of our meetings to update us all on the progress Ostomy Canada is making.

Second important news item: Our Ostomy Health Fair Day that was initially planned for early November, has been postponed due to the ill health of several of our board members. We may try to run it in the spring. We will keep you posted.

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](mailto:marlene.h@niagaraostomy.com)

Thank you, in advance.

### 3 TIPS FOR EXERCISING YOUR CORE AFTER OSTOMY SURGERY

Source: UOAA [www.ostomy.org](http://www.ostomy.org)

When you have an ostomy, working on your core is important. It can be scary prospect, however, since the fear of getting a hernia is a real thing. So, always check with your doctor before starting any fitness program.

Core exercise is great for improving pelvic floor strength, posture, and balance. It also can help prevent ostomy bag leaks because the flange will fit better on your peristomal skin.

Here are three gentle core movements that you can do to help strengthen your core:

Standing single knee lift. Stand with your feet hips-length apart, and your hands on your waist or down by your side. Tense your abdominal muscles

and lift one knee. Do as many as you can or three sets of 10 to 20 on one side before moving to the other side.

Holding a plank position. Planks put less strain on your spine and hip flexors than abdominal crunches or sit-ups. A beginner version can be done against a piece of furniture (e.g., a chair or a low table). Place your forearms on the furniture, keep your back flat, don't sag into your forearms, keep your core tight, and hold that position for 15 to 30 seconds. The further away your legs are from the furniture the more activated the core will become. Advanced options are done on the floor. Put your hands directly under your shoulders, grind your toes into the floor, and tighten your gluteal and core muscles. Neutralize your neck and spine by looking at a place on the floor about a foot beyond your hands. Hold this position from 20 sec-

(Continued on page 14)




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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)

### 2022 Dates

**September 21st: Rap Session**

**October 19th:TBA**

**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.

### 2021-22 BOARD OF DIRECTORS

|  |                             |
|--|-----------------------------|
| President                                      | John Molnar                 |
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| Secretary                                      | <b>OPEN</b>                 |
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| Director/Coordinator, Friendly Visitor Program | Nancy Ployart               |
| Director                                       | Roxie Demers                |
| Director/Interim Secretary                     | Steve Smith                 |
| Director<br>Director                           | Peter Winter<br><b>OPEN</b> |

### NIAGARA OSTOMY ASSOCIATION

#### Volunteers 2022

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

### MISSION STATEMENT:

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

Niagara Region.

## CENTERING YOUR POUCH

UOAA UPDATE 1 / 2014—*Evansville, IN Re-Route,*  
previously printed in 2009

A well-fitted pouch does not allow for much margin of error.

Consider this: The correct opening size is deter-

mined by measuring your stoma's diameter with a measuring card and adding 1/8th of an inch. This means your pouch must be centered exactly and carefully each time. How do you do this? Good lighting is important, preferably from above and from the side. Stand sideways to a light source for better visibility. A wall mirror

*(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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(Continued from page 6-Pouch)

is a great help to see that the appliance hangs straight. A crooked pouch exerts pressure on the skin and stoma and can only lead to trouble.

Don't rush! Take time to check the placement carefully before allowing your skin barrier to make contact. No time is saved if you have to do the whole thing over again because the pouch is crooked and uncomfortable.

Remember, if your pouch feels out of place or uncomfortable, TAKE IT OFF! Don't wait for injury to occur. It is better to change unnecessarily than to risk damaging that precious stoma. You have to live with it for a long, long time.

Source: Green Bay Area Ostomy Support Group Mar/Apr 2014. Taken from Winnipeg Ostomy Assoc. INSIDE/OUT April/May

## ABDOMINAL NOISES

### From Greater Atlanta & UOAA updates

Via: OstomyWinnipeg INSIDE/OUT Sept 2018

Abdominal noises happen! However, as ostomates, we are sometimes 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 or not there is anything to move through.—Empty guts growl. Eat a snack between meals or consider eating four small meals a day.
2. You are nervous, so peristalsis is increased.—Try to eliminate some stress, especially at meal times.

(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-Abdominal Noises)

3. Coffee and tea, cola and beer all stimulate peristalsis. Beverages consumed on an empty stomach will produce gas as peristalsis redoubles its movements.—Add a little food with your beverages. Try some crackers and/or bread.
4. Eating a high fiber diet produces gas, so rum-

bles increase.—Mix with other foods. Reduce the amount of insoluble fibre. Switch to more soluble fibre.

5. Intestines do not digest starches and sugars as easily as proteins and fats.—Reduce the amount of carbohydrates that cause you trouble. Mix with proteins and fats. *Source: OSG of Middle Georgia, The Ostomy Rumble—Feb. 2018*

### CONTROLLING LEG CRAMPS

If you have been jolted awake by a leg cramp, you know how sudden and intense the pain can be. Several factors, including dehydration, the use of diuretics or overuse of your muscles can trigger leg cramps, which usually occur during rest or sleep.

For relief, straighten your leg and point your toes upward while you gently rub the cramp to help the muscle to relax. For a calf cramp, stand up and put your weight on the cramp,

(Continued on page 13)



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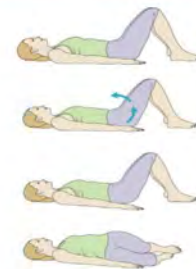
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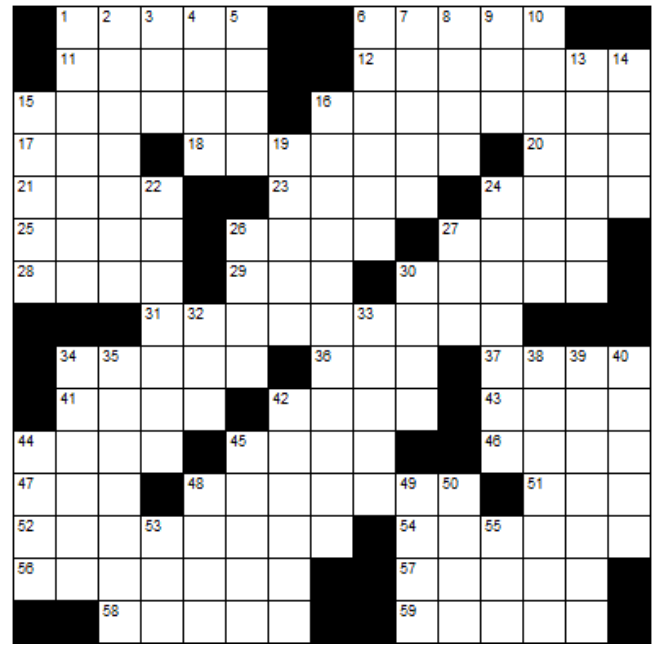
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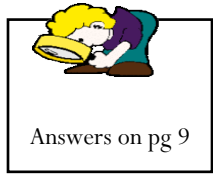
**ACROSS**

- |                        |                                 |                                |
|------------------------|---------------------------------|--------------------------------|
| 1. Sacred hymn         | 26. An amusement or pastime     | 45. Hubs                       |
| 6. Old Jewish scholars | 27. Enormous                    | 46. Didn't dilly-dally         |
| 11. Female demon       | 28. Biblical garden             | 47. Circle fragment            |
| 12. Wall coating       | 29. Form of "to be"             | 48. Greek goddess of healing   |
| 15. Sausage            | 30. Not solids nor liquids      | 51. Delay                      |
| 16. Group migration    | 31. A small group of applicants | 52. Hospital unit for newborns |
| 17. Depression         | 34. Turn sour                   | 54. Plan                       |
| 18. Antiquated         | 36. Steal                       | 56. Joy                        |
| 20. Decay              | 37. Probabilities               | 57. Condition                  |
| 21. Ear-related        | 41. Lubricates                  | 58. Overweight                 |
| 23. Unskilled writer   | 42. Excavates                   | 59. Aromatic compound          |
| 24. Scoundrels         | 43. Nothing more than           |                                |
| 25. Bingo relative     | 44. Vermin                      |                                |



**DOWN**

- |                 |                     |                              |                 |
|-----------------|---------------------|------------------------------|-----------------|
| 8. Strong fiber | 22. Give comfort to | 35. Highest-pitched woodwind | 49. Being       |
| 9. Viper        | 24. Traditions      | 38. Use up                   | 50. Play parts  |
| 10. Warehousing | 26. Prison          | 39. Fantasizer               | 53. Bird's beak |
| 11. Wears away  | 27. Consumes        | 40. Marsh plant              | 55. Cap         |
| 12. Rodents     | 30. Tomcats         | 42. Give                     |                 |
| 13. Uttered     | 32. Not hers        | 44. Territory                |                 |
| 14. Opposite    | 33. Rationale       | 45. Wood strips              |                 |
| 15. Primary     | 34. Evening event   | 48. Part of a book           |                 |
| 16. Each        |                     |                              |                 |
| 17. Empty       |                     |                              |                 |



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## Niagara Ostomy Association

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### Our Mission

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

**To become a member or renew, please complete this form. Payment can be made electronically via our website ([www.niagaraostomy.com](http://www.niagaraostomy.com)) or by cheque mailed to:**

David Booth, Treasurer  
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If payment of dues is a hardship, please email [info@niagaraostomy.com](mailto:info@niagaraostomy.com) or call 905-321-2799 and leave a confidential message to request a waiver of fees.

**100% of your membership dollars is devoted to serving the Niagara Ostomy community via website, social media, newsletters (9/year), membership meetings, advocacy with the health care system, Ask the NSWOC service, Friendly Visitor Program and annual Ostomy Health Fair. Your membership is valued!**

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The Niagara Ostomy Association (NOA) is a volunteer driven, non-profit organization that provides practical help and emotional support to people with ostomies living in the Niagara Region of Ontario.

The materials and other information provided by NOA are for educational, communication and information purposes only and are not intended to replace or constitute legal or medical advice or treatments.

Fall 2022



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(Continued from page 9-Leg Cramps)

keeps both legs straight and lean forward at the waist. Use a cold pack to relax tense muscles. Use a warm towel or heating pad later if pain or tenderness persists. To prevent cramps, stretch daily. Before bed, stand 2-3 feet from a wall, placing your hands on the wall. Keep your heels on the floor. Lean toward the wall and bend one knee, hold ten seconds, straighten your leg. Repeat with the other knee. Stretch each leg 5 to 10 times.

Drink 6 to 8 cups of water daily. Fluids help your muscles contract and relax. Try not to sleep with your toes pointed (as people tend to do when sleeping on their back or stomach). Sleep on your side, don't tuck your sheets and blankets too tightly as then can bend your toes down.

Your doctor may prescribe a muscle relaxant for frequent leg cramps.

Source: Mayo Clinic Health Letter; S. Nevada's Town Karaya, Snohomish, Metro Halifax News, Sept/98




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(Continued from page 4-Core Strength)

onds to two minutes.

Stomach crunches. Lie on your back with your knees bent to a 90-degree angle and your feet on the floor. Make sure your back is flat. Squeeze in your abdominal muscles and bring your head to your knees. Your glutes will try to play too, but don't let them. Focus solely on your abs, hold for three to five seconds, and then release. Do three sets of 10 to 20.