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IT'S IN THE BAG



November 2022



ST. CATHARINES MEETINGS:

November 16th @7:00 pm: In-person Meeting

Peter West from

Safe N Simple Ostomy Products

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

**November 16th @ 7:00
pm**

We welcome every-
one to our meet-
ings.



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.

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President's Message

Welcome,

Here's hoping everyone is enjoying a wonderful fall season. I sure am.

I don't have a lot to report on this month, so it will be a short message

Please remember to renew your membership for the 2023 calendar season. We rely on your small donations to help us run this organization. Payment is easy with our new online payment system. Go to our website & go to the "become a member" page for more information.

I would again like to thank Marlene & Cathy for their continuous work on the newsletters.



Marlene for putting it together & Cathy for mailing it to the snail mail list

As far as our meetings, we're hoping to continue holding them face to face, but to ensure the health of everyone, please wear a mask. I am guilty last month of forgetting to bring one, and I do apologize for that. We will be getting a small supply to have at the meetings.

Roxy has arranged some guest speakers for the meetings, and she is still working on getting more speakers to fill up the dates. November's meeting speaker is from Safe & Simple Ostomy accessory products.

Our Ostomy fair will be held in May, we will decide a date at our January Board meeting, so keep tuned as more information will follow in future newsletters.

I hope to see you at our November meeting, and here's wishing everyone a happy & healthy Festive season and New Year.

Best Regards,



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.



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 Canadian Certi-

fication (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.



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CALENDAR OF EVENTS

Our Website: www.niagaraostomy.com

Our Email: info@niagaraostomy.com

2022 Dates

Nov 16th: Safe and Simple Ostomy

December: No meeting

2023 dates

January 18th April 19th

February 15th May 17th

March 15th June 21st

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



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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.

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Volunteers 2022

Web Master	Peter Folk
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MISSION STATEMENT:

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

Niagara Region.

The advertisement is a promotional graphic for myostomy.ca. On the left, a smartphone displays two product listings: 'Hollister New Image CeraPlus Conva Skin Barrier - 5 per box' and 'Hollister Premier 1 Piece Drainable Pouch with Leak In Roll'. A red 'NEW!' badge is next to the second product. To the right of the phone, the text reads 'Canada's #1 Online Ostomy Supply Store', 'WWW.MYOSTOMY.CA', and 'INFO@MYOSTOMY.CA'. Below this is a yellow circle with 'SHOP WITH US TODAY!'. The right side of the ad features a large light blue circle with the 'myostomy.ca' logo and the text 'Find all your favourite brands in one place!'. Surrounding this central circle are logos for Coloplast, Hollister, ConvaTec, CUIWEAR, MARLEN CANADA, Safe'nSimple, and salts HEALTHCARE.

HOLIDAYS WITH AN OSTOMY

Source: <https://www.ostomy.org/holidays-with-an-ostomy/>

By Molly Atwater

Ah, November... the leaves are changing colors and falling from the trees, the jack-o-lanterns have been put away and exchanged for candy canes, and the Black Friday sales emails have started trickling into our inboxes. That can only mean one thing: the holiday season is upon us! It's safe to say that our celebrations in 2020 will be a little different than what we're used to. A non-traditional Thanksgiving or holiday gathering can be hard on all of us now that the CDC is suggesting limiting gatherings to just those in your household. (They've got some suggestions on safer alternatives to consider here.) Regardless of how we'll celebrate, there are still lots of cookies to bake, memories to make, and laughs to share. But what does that mean for those of us with ostomies? The holiday season is inherently stressful, but adding medical issues on top can feel overwhelming. But fear not – with a little extra planning and mindfulness, you can handle the next few weeks like a pro. Here are a few tips and tricks to make sure you have a HAPPY holiday!

Travel Prepared:

If you must travel during this time, make sure you pack more than enough supplies. Odds are you won't need all of them, but it's always better to be safe than sorry. My rule is to figure out how many bag changes I expect to perform while I am away, and then pack double that amount of supplies. That way, even if I have to do extra bag changes, I never have to worry about running out of my necessities. I also pack in-bag odor reducers and a small bathroom aerosol spray so I don't have to feel self-conscious about any expected or unexpected ostomy smells.

If your holiday plans include traveling by airplane, pack your supplies in your carry-on. Airlines are notorious for misplacing luggage, so keeping your supplies with you at all times can save you a lot of worrying. Also, go ahead and download one of the UOAA TSA advocacy cards to make your security checkpoint experience easier. For even more peace of mind contact TSA Cares 72 hours before your flight for additional assistance. Don't forget to throw an empty water bottle in your carry-on to fill up once you're at your gate to prevent dehydration.

Enjoy Meals with Peace of Mind:

When it comes to eating, everyone's post-ostomy diets are different. For some, ostomy surgery can open up foods that were previously off-limits,

(Continued on page 7)

(continued from page 6— Holidays)

while for others, options might be more limited. Regardless of your digestive system’s abilities, take the opportunity to make your meals a little more festive! If you can eat things you’ve missed for a while, go for it! But if you’re dealing with more restrictions, all is not lost. Maybe you could make macaroni and cheese with turkey-shaped pasta or try your hand at some home-made applesauce.

Chew, chew, chew! A lot of the foods we eat over the holidays are out of our normal diet, so give your body some help with digesting. It’s not a ton of fun to step away from the festivities to deal with a blockage! If at all possible, it’s also helpful to stay on your normal eating schedule. With all of the uncertainties that come with the holidays, having one steady touchstone can really help.

Alcohol is a staple for some families’ celebrations, but it can be very dehydrating. That’s an issue for everyone, but it’s crucial for those of us with ostomies. Try to alternate your cocktails with a glass of water or your electrolyte beverage of choice. Don’t forget that with the weather cooling down, warm drinks like tea also count as hydration!

Trust Your Emotions:

The holidays can be emotionally challenging for everyone, but for those dealing with chronic conditions, things may feel a little tougher. If you are feeling blue, that is ok! All emotions are valid, so give yourself the time and space to feel sad or angry and to grieve what was. But it’s also a great time of year to reflect on the things that you are grateful for, whether that’s your support system, your health, or even just for making it

(Continued on page 8)

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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 AP-018657-GA

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(Continued from page 7-Holidays)

through this crazy year.

Some people don't mind talking about their medical conditions, but if you'd rather not focus on your ostomy this holiday season, think of some ways to steer the conversation in a different direction. The questions people ask typically come from a good place, but you are fully entitled to a few hours without thinking about your health. Brainstorming quick responses or coming up with other topics to bring up instead can help you feel more prepared if you do find yourself in a situation where you want a quick "out."

Listen to Your Body:

Dealing with chronic health conditions is exhausting, and putting on a smile when you aren't feeling great makes it that much harder. Finding others who can accept and acknowledge that things are hard instead of offering common and well-meaning phrases like "it will get better" and "stay strong" can be extremely helpful and vali-

dating. Nobody wants to be a Scrooge during this time of year, but having a safe space where you can feel seen and heard can bring you back into the celebration faster than wallowing alone.

Find an outfit that makes you feel AMAZING with your ostomy! Since a lot of us have spent more time in sweatpants than ever before thanks to quarantine, take the opportunity to wear something that makes you feel confident. It doesn't have to be fancy – maybe just your favorite pair of pajamas or an extra-festive mask!

Get Creative:

If you can't participate in some of your favorite holiday traditions, now is the time to get creative! There might be ways to augment some existing traditions, like making different cookies without hard-to-digest ingredients, or you can create brand-new ones. Maybe it's time to introduce a holiday movie marathon or invite your friends to

(Continued on page 9)

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(Continued from page 8-Holidays)

join you on a wintery walk through the woods! Whatever you choose to do, I encourage you to find an activity that brings you joy.

The holidays might feel tricky to navigate, but with a little extra preparation, you can remove ostomy stress from your list of worries. Whether

you're a new ostomate or a seasoned pro, I encourage you to find your own tricks for making this time of year as merry as possible. From all of us here at UOAA, we wish you a happy and healthy holiday season!

Molly Atwater is UOAA's Director of Young Adult Outreach. After struggling with chronic constipation for decades caused by a collagen deficiency disorder, she

underwent ileostomy surgery in June 2016. In addition to serving with the UOAA, Molly runs a social media account ("MollyOllyOstomy") that aims to teach her more than 20,000 followers about life with an ostomy and other chronic illnesses. She lives in Northern Virginia with her fiancé, Thomas.

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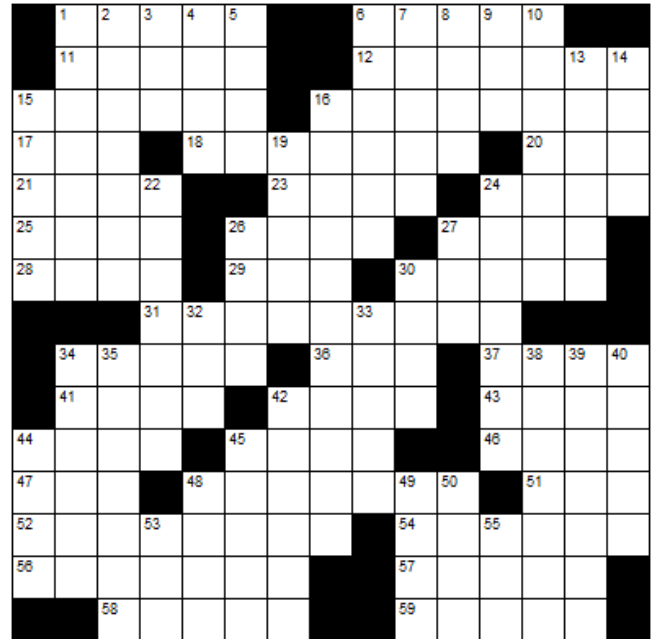
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|------------------------------|-----------------------------------|----------------------------|
| ACROSS | 26. Tall woody plant | 47. Night before |
| 1. Bowed stringed instrument | 27. Minute opening | 48. Splash droplets on |
| 6. Light refractor | 28. Concept | 51. Male sheep |
| 11. French for "Airplane" | 29. Hearing organ | 52. Make undrinkable |
| 12. Inhale and exhale | 30. An essay | 54. For naught |
| 15. It spans rivers | 31. Extremely slowly | 56. Where apple trees grow |
| 16. Cleansing of blood | 34. Smooth | 57. Wading bird |
| 17. Circle fragment | 36. Flowery verse | 58. Stories |
| 18. Perfume | 37. Cloak-like sleeveless garment | 59. Destitute |
| 20. Dandy | 41. Animal fat | |
| 21. Small amount | 42. District | |
| 23. Engrave | 43. Gulf port | |
| 24. Large town | 44. Religious ceremony | |
| 25. Borscht vegetable | 45. Exchange | |
| | 46. Pitch | |



- | | | | | | |
|-------------------------|--------------------------|---------------------------|--------------------------|-----------------------|-------------------------|
| DOWN | 7. Range | 15. Famous baby deer | 27. Buddy | 38. Decorated | 49. Not odd |
| 1. Toted | 8. Small island | 16. Worsen | 30. Request | 39. Punishment | 50. Anger |
| 2. One who was expelled | 9. Secret agent | 19. Glacial ice formation | 32. Light Emitting Diode | 40. Foe | 53. Revelation response |
| 3. Top | 10. Dud | 22. Knick-knack holder | 33. Highly skilled | 42. Trophies and such | 55. Anger |
| 4. Opera house box | 13. Violent troublemaker | 24. Mimic | 34. A shaving | 44. Overhaul | |
| 5. 1 1 1 1 | 14. Glimpse | 26. Durable wood | 35. Dormant state | 45. Reject | |
| 6. Son of a king | | | | 48. Asterisk | |



Answers on
pg 9



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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) or by cheque mailed to:

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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, annual Ostomy Health Fair and affiliation with Ostomy Canada. Your membership is valued!

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Privacy Statement: NOA membership and Ostomy Canada information is not shared with anyone outside of the NOA and Ostomy Canada administration.

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.

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JOKES OF THE DAY



1. An MIT linguistics professor was lecturing his class the other day.

"In English," he said, "a double negative forms a positive. However, in some languages, such as Russian, a double negative remains a negative. But there isn't a single language, not one, in which a double positive can express a negative."

A voice from the back of the room said, "Yeah, right."

2. A young boy enters a barber shop and the barber whispers to his customer, "This is the dumbest kid in the world. Watch while I prove it to you."

The barber puts a dollar bill in one hand and two quarters in the other, then calls the boy over and asks, "Which do you want, son?" The boy takes the quarters and leaves.

"What did I tell you?" said the barber. "That kid never learns!"

Later, when the customer leaves, he sees the same young boy coming out of the ice cream parlor.

"Hey, son! May I ask you a question? Why did you take the quarters instead of the dollar bill?"

The boy licked his cone and replied:

"Because the day I take the dollar the game is over!"

3. As a group of robbers entered the bank, their leader went to the manager and asked him to open the vault.

He threatened the manager by saying, "If you try to do anything smart, you're fiction."

(continued on Page 14)



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(Continued from page 13-Jokes)

The manager was confused and asked him, "Don't you mean 'You are history'?"

The robber angrily replied back, "Do not change the subject, okay?"

4. A businessman went into the office and found an inexperienced handyman painting the walls. The handyman was wearing two heavy parkas on a hot summer day. Thinking this was a little strange, the businessman asked the handyman why he was wearing the parkas on such a hot day. The handyman showed him the instructions on the can of paint. They read: "For best results, put on two coats."