



NIAGARA OSTOMY
ASSOCIATION
Serving the Niagara
Community since 1974

IT'S IN THE BAG



June 2024

ST. CATHARINES MEETINGS:

June 19th : Strawberry Social and Annual General Meeting

Our Guest Speaker MPP Wayne Gates (Niagara Falls, Fort Erie,
Niagara-on-the-Lake)



will follow a brief business portion to appoint the
2024/25 Board of Directors

Everyone can enjoy Peter Winter's homemade strawberry
shortcake and real whipping cream!

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***

HYBRID MEETINGS ARE HERE!

With Tracey and Ken's help, we will be live streaming our meeting on Zoom.
Please be patient with us, as we are still working out the kinks.

For the zoom link, please check our website, Facebook, or X (Twitter) for the
information on how to connect

INSIDE THIS ISSUE:

WOULD YOU LIKE TO RECEIVE THIS NEWSLETTER VIA EMAIL?

In an effort to reduce mailing costs, we
would like to offer the monthly newslet-
ter to all of our members electronically.

If you have access to email, please send
your request to

info@niagaraostomy.com. The newslet-
ter will be in PDF format. Most com-
puters come equipped with the capability
to read PDF files.

If you experience a problem opening the
file, there will be a free PDF reader pro-
gram download link attached to the
newsletter.

CALL FOR VOLUNTEERS!



Planning for the
October 16th Ostomy
Health Fair is under-
way.

If you are interested in
helping out, either with planning or
on the day of the event, please send
an email to

info@niagaraostomy.com.

Cindy will contact you.

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Message from the Board

Please notice our 50-year anniversary logo! It appears on this newsletter, the NOA website and social media. It signifies a huge accomplishment! NOA has been serving the Niagara population of people living with ostomies for 50 years as a nonprofit, self-funding group. Everything the organization contributes is through the work of dedicated volunteers.



This is especially important since the Niagara Region is underserved in terms of specialized care. I have been involved for almost 5 years and it's amazing to me that anyone can access NOA services, free of charge. These include:

- Website and social media
- Monthly meetings / networking with guest speakers – often service providers
- Monthly newsletter
- Annual ostomy health fair

- PSW orientation to various types of ostomies
- Supporting the annual Ostomy Youth Camp by helping to sponsor youth attendance at the camp. Youth Camp is a program offered through Ostomy Canada Society
- Our Friendly Visitor program matches trained NOA members to the caller's needs; initially with a phone call and possibly with one or more in-person visits. Our visitors have been trained by Ostomy Canada Society. Friendly visitors do not provide medical assistance. Rather, they provide emotional and practical support.
- Ask the NSWOC - a highly valued service provided by Board member Roxie Demers, RN NSWOC (Nurse specialized in Wound Ostomy and Continence). She has been on our board and in this role for 3+ years.
- Affiliation with and support of our national organization, Ostomy Canada Society

NOA membership is available at the affordable price of \$30 / calendar year and helps fund the incidental expenses



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-(shown)

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of the above activities: primarily meeting costs, insurance, occasional printing / postage and helping to sponsor attendance at Youth Camp for a local youth living with an ostomy.

One of our new board members, Tracey Sandilands, is jumping in, feet first. As well as updating our social media, she has taken over hosting and maintaining our website at no cost. Thank you, Tracey! Watch for our new website, coming soon!

There will be no newsletters during July and August. However, the Board and other volunteers will be busy planning the October 16 Ostomy Health Fair.

We thank all our members, volunteers and community sponsors for their continued support!

Wishing you a great summer!

Cindy

20 miles this week

2 successful closings

0 irritation around her stoma

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A Message from Dave Booth

It has been a privilege to serve as Treasurer for the Niagara Ostomy Association. Like a lot of people, I was not familiar with ostomies apart from an awareness people with them exist and, frankly, it was a subject I would rather not think about as I progress through middle age. My first experience with the Niagara chapter was to learn that not only do many people survive thanks to ostomies, but they also thrive. It is not the end, but rather a new beginning. With some adjustments people can live rich, full lives after acquiring an ostomy.

The other thing I learned was that the Niagara Ostomy Association is run by a dedicated group of people that donate their time to support people with ostomies. The group does an amazing job to provide resources: monthly newsletters, online

information, annual ostomy health fairs, regular meetings (online and in person), support for youth camp and connecting with expert resources and vendors. They are always networking to find new experts to provide input, present at meetings and to join the board of directors. Everything is volunteer; all done with a heart to helping and supporting the ostomy community in and around Niagara. I am proud to have been a part of such a great team.

Dave Booth



ASK THE NSWOC

Do you have questions related to your stoma care? You can now submit questions via our website and they 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 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.

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motioncares.ca



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Etransfer to:

payments@niagaraostomy.com

(no password required)

Or visit:

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

CALENDAR OF EVENTS

Our Website: www.niagaraostomy.com

Our Email: info@niagaraostomy.com

2024 dates

June 19: Annual Meeting, MPP Wayne Gates

July-August: No meeting

September 18: TBA

October 16: 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/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.

2023-24 BOARD OF DIRECTORS

President	John Molnar
Treasurer	Brenda Leboudec
Secretary	Steve Smith
Director/Communications Chair	Cindy Paskey
Director/Coordinator, Friendly Visitor Program	POSITION AVAILABLE
Director Ask the NSWOC/Speakers	Roxie Demers, NSWOC
Director: Webmaster & Digital Channels	Tracey Sandilands
Director : Events	Peter Winter
Director Marketing/Social Media	Laura Thompson

NIAGARA OSTOMY ASSOCIATION

Volunteers 2023-24

Membership Coordinator & Newsletter Assistant	Ken I'Anson
Newsletter Editor	Marlene Heinrichs
Meetings Assistant	Colleen Kollee

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Please read!

2024 NOA Membership Drive

Greetings friends of **Niagara Ostomy Association**! November is the kick-off for our 2024 NOA Membership Drive. Your 2024 NOA Memberships begins January and runs until Dec of 2024. Memberships opened or renewed this fall will be counted as 2024 memberships.

Our Ostomy Support Group, **Niagara Ostomy Association** relies on your membership dues to continue the many programs that in turn, benefit and support you, our member.

NOA programs and benefits include:

- monthly information meetings with guest speakers.
- monthly newsletters that inform and entertain us.
- we have a Friendly Visitor Program and training for those members that would like to be certified by Ostomy Canada and volunteer to assist persons with ostomies.
- we have Facebook, Twitter (X) and web content.
- we have an "Ask an NSWOC" feature on our website.
- annual Ostomy Health Fairs where you can meet one-on-one with industry professionals and training to students completing their PSW certification.

NOA is affiliated with Ostomy Canada which provides a summer camp for young persons with ostomies and is a lobbying body for all Canadians with Ostomies.

I hope you agree your membership provides a lot to you personally and supports our peers with ostomies across Niagara Region and the entire country.

NOA relies on your membership dues to operate, so even if you've taken a "covid-break", we welcome all members back and hope to reach and support new members this year! Our budget is small. Expenses include, but are not limited to, hall rental and incidentals for meetings, postage, providing information packages to be given to new ostomy patients at hospitals and to PSWs at training sessions, website fees. None of the board members or volunteers receive payment for fulfilling their roles.

A membership form is available in the newsletter or online at; [Become A Member](#) on our website, www.niagaraostomy.com. Your \$30 membership fee can be paid online at Payments@Niagaraostomy.com

Please join or re-join us at **Niagara Ostomy Association** and let's support each other!

Kindest Regards,

Ken I'Anson, NOA Membership Chair

PETITION: URGING ADP TO HONOUR 75% REIMBURSEMENT FOR OSTOMY SUPPLIES

Via: www.ostomycanada.ca/blog/2024/petition-adp-ontario/

The Ostomy Canada Society is leading a crucial petition for the Assistive Devices Program (ADP) in Ontario to recognize and adjust for the rising costs of ostomy supplies. Join us in urging ADP to honour its commitment to reimburse 75% of these expenses. Sign the petition today to support the dignity and well-being of persons living with an ostomy in Ontario.

In the heart of every community, there's a pulse, a steady rhythm that is the collective heartbeat of its people – a community that celebrates triumphs and faces challenges head-on. Today, we unite our voices for a cause that touches the lives of thousands of individuals across Ontario. The Ostomy Canada Society is championing a petition that speaks to the core of human dignity and well-being – a call for the Assistive Devices Program (ADP) in Ontario to recognize the rising costs of ostomy supplies and to uphold its commitment to reimburse 75% of these expenses.

The current situation is more than a fiscal matter; it shines a light on a stark reality many residents face – a choice between their health and their finances.

The Unheard Struggle of Persons Living With An Ostomy

Medical supplies are not a luxury but a necessity for Ontarians living with an ostomy. These devices allow them to lead active, productive lives following surgery or other significant medical procedures. However, since 2016, ostomy patients in our province have shouldered an increasing financial burden due to stagnant support from the ADP, which has not adjusted for inflation's impact on the cost of essential supplies.

(continued on Page 8)



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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
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(continued from Page 7-Petition)

The result? Real people are experiencing real strain as life-saving equipment slowly slips out of reach for many.

An Appeal for Compassion and Action

Join the Ostomy Canada Society in petitioning the Legislative Assembly of Ontario:

“Respect the Assistive Devices Program’s mandate to reimburse 75% of the average cost of ostomy supplies and immediately meet the funding commitments to Ontarians requiring ostomy supplies.”

The Health Critic for the official opposition has agreed to present the petition while in session. This way, the Government is required to respond within 24 working days.

Making this change isn’t just about adjusting a budget line; it’s about doing what’s right for our neighbours, friends, and families affected by this issue. It’s a testament to the values of Ontarians – values that ensure everyone has access to the care and resources they need.

Your Voice Matters – How You Can Help

You have the power to make a difference in your commu-

nity and beyond. Here’s how you can join this vital cause:

Sign the Petition: Every signature sends a clear message to our leaders that we stand with those in need of ostomy supplies. Be sure to share your impact statement in the comments!

Visit change.org to sign the petition today!

Spread the Word: Talk to your friends, family, and networks about the petition. Share it on social media, in community groups – anywhere your voice can reach.

Educate and Advocate: Learn more about those in our community with an ostomy and their challenges. Use that knowledge to advocate for change in your circles and beyond.

Together, we have the opportunity to change lives. This is about more than petitioning for funding; it’s about upholding the spirit of compassion and equity that defines us. Stand with us as we call upon the Legislative Assembly of Ontario to honour its promises and support people with an ostomy.

(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-Petition)

Supporting this cause takes only a moment of your time but could result in a lifetime of change for so many.

Sign the petition now and be the change you wish to see in the world.

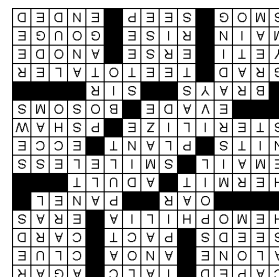
(if the link doesn't work for you, go to www.change.org and search for ADP Ostomy)

HMMMMMM...???



1. English is funny – a ‘fat chance’ and a ‘slim chance’ are the same thing.
2. When you're a child, you don't realise that you're also watching your mum and dad grow up.
3. The word QUEUE is just the letter Q followed by four completely unnecessary letters.
4. The last 10% of a tube of toothpaste lasts about as long as the first 90%.
5. Every time you check your pockets for your wallet, keys, and phone, you do 25% of the Macarena.
6. Which letter is silent in the word “Scent” (perfume) the S or the C?
7. Do twins ever realise that one of them is “unplanned”?

(Continued on page 14)



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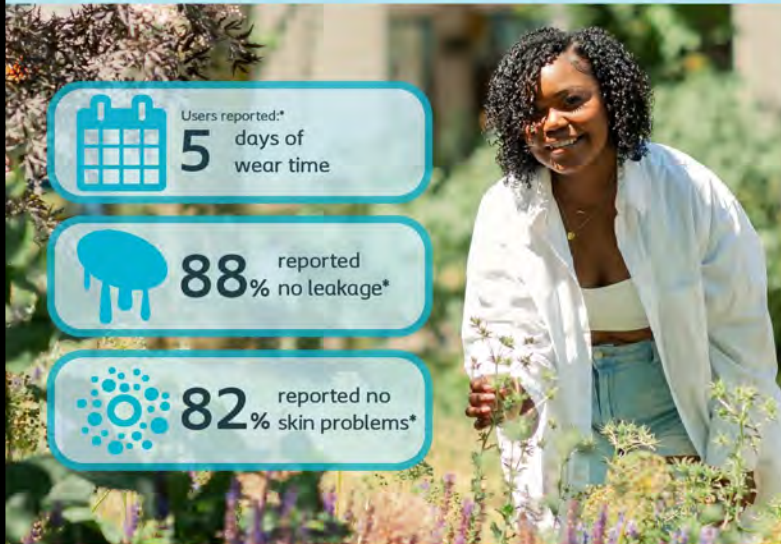
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*St-Cyr, D., Gilbert, D., Dionne, II, & Kameka, N. (2022). Evaluation of SenSura® Mio Concave vs. non-concave appliances in people with outward peristomal body profiles (OPBP). NSWOCC 41st National Conference. Sponsored by Coloplast. Full study available on www.coloplast.ca. Please see complete product instructions for use, including all product indications, contraindications, precautions, and warnings. **Limitations Apply

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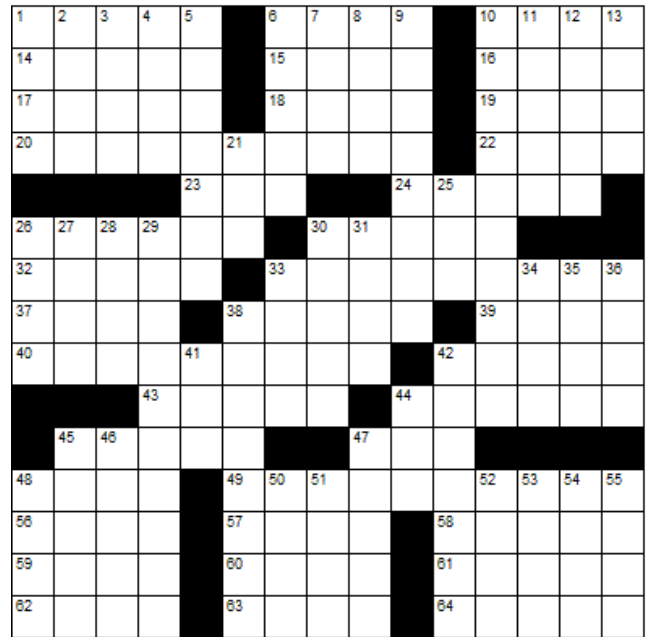
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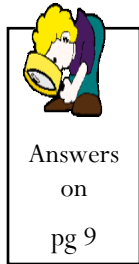


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- | | | |
|-----------------------------|-------------------------------|----------------------------|
| 1. Like many a superhero | 30. No longer a child | 48. Alumnus |
| 6. After-bath powder | 32. Electronic letter | 49. Abstainer from alcohol |
| 10. Food thickener | 33. Unhappy facial expression | 56. Abominable Snowman |
| 14. Companionless | 37. Pesky insects | 57. Celtic language |
| 15. Dwarf buffalo | 38. Place into the soil | 58. Battery terminal |
| 16. Hint | 39. Behold, in old Rome | 59. Primary |
| 17. Sows | 40. Make free from bacteria | 60. Ascend |
| 18. Agreement | 42. Exclamation of contempt | 61. Hollow out |
| 19. Piece of identification | 43. Avoid | 62. Dirty air |
| 20. Bleeder's disease | 44. Busts | 63. Exude |
| 22. Ages | 45. Donkey sounds | 64. Terminated |
| 23. Paddle | 47. Mister | |
| 24. Committee | | |
| 26. Recluse | | |



- DOWN**
- | | | | | | | |
|----------------------------|--------------------------------|---------------------|---------------------|---------------------------|-------------------|----------------------|
| 1. Money | 7. Nitpicky to animal | 12. Ear-related | 28. Assess | 38. Wall coatings | 46. Relative | ute |
| 2. Away from the wind | 8. Hubs | 13. Communists | 29. Misinterpreting | 41. Climbing vine | 47. Precipitous | 53. At a high volume |
| 3. Verse | 9. Siege weapon | 21. Cap | 30. Astound | 42. Carry a boat overland | 48. Workout rooms | 54. Border |
| 4. Prefix meaning "Within" | 10. Having no diacritical mark | 25. Beer | 31. Banquet | 44. Life story | 50. A Great Lake | 55. Marsh plant |
| 5. Pillage | 11. Dirty | 26. Female chickens | 34. Reflected sound | 45. European freshwater | 51. Being | |
| 6. Snouted | | 27. Broadcast | 36. Stitches | 49. Fish | 52. Any minute | |



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Niagara Ostomy Association

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MEMBERSHIP APPLICATION or RENEWAL

Our Mission

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

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.

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!

To become a member or renew, please complete this form. Payment can be made electronically via our website (www.niagaraostomy.com) or by cheque.

Annual (membership year runs from Jan 1 to Dec 31):

- | | |
|---|--|
| <input type="checkbox"/> NOA Membership (required) | \$30.00 You will receive 9 newsletters, plus see box above |
| <input type="checkbox"/> Ostomy Canada Supporter (optional) | \$25.00 You will receive the e-newsletter, magazine, webinar notices and updates from Ostomy Canada. |

Circle One: Renewal Membership – New Membership – Gift Membership

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Niagara Ostomy Association
c/o 19 St. Lawrence Drive
St. Catharines, ON L2M 2T7

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

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.

2023

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- Why is the letter W, in English, called double U? Shouldn't it be called double V?
- The word "swims" upside-down is still "swims"
- 100 years ago everyone owned a horse and only the rich had cars. Today everyone has cars and only the rich own horses.
- Who knew what time it was, when the first clock was made?
- Why do we put cups in the "Dishwasher" and the dishes in the "Cupboard"?
- Why do doctors "practise" medicine? I don't want a doctor who practises medicine, I want one who has learned how to do it!