



Serving the Niagara Ostomy Community since 1974

# IT'S IN THE BAG



March 2023



## ST. CATHARINES MEETINGS:

**March 15th @7:00 pm: In-person Meeting**

**Speaker: Laura Thompson, Convatec**

**Me+ Support Program**

## 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

**February 15th @ 7:00 pm**

We welcome every-  
one to our meetings.



However, in attempts to pro-  
tect the health of every-  
one, kindly wear a mask to  
our meetings.

Seating that allows you to  
keep apart from others while  
enjoying dessert and conver-  
sation will be available.

Please stay at home if you're  
feeling unwell.

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## President's Message

There is no President's message this month. Instead here is a reminder about this month's meeting from our Membership Chair.



Hello Fellow Ostomates,

I'd like to remind all members of the next in-person meeting for Niagara Ostomy Association. **Our next meeting is on March 15, 2023, starting at 7:00 PM at the Grantham Lions Club, 732 Niagara Street, St. Catharines.** We meet in the small room closest to Parnell Road, there is parking near the door.

This month our Guest Speaker is Laura Thompson from **ConvaTec**. She'll be speaking about the benefits of their **me+ Support** program. The me+ Support program provides live access to nurses by phone or email to answer your questions.

As always, coffee is on and your fellow ostomates are eager to catch up. Let's take advantage of this Spring-Like Weather and meet next week.

We hope to see you there,

Kindest Regards,  
Ken I'Anson  
NOA Membership Chair



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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.



## 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](http://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](http://www.niagaraostomy.com)

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

### 2023 dates

**March 15th** —Laura Thompson,  
Convatec

**April 19th**—Crohn’s and Colitis

**May 17th**—Coloplast

**June 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/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.

### 2022-23 BOARD OF DIRECTORS

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### NIAGARA OSTOMY ASSOCIATION

#### Volunteers 2023

Web Master	Peter Folk
Membership Chair	Ken I’Anson
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.

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 Lock 'n Roll'. A '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 light blue circle with 'myostomy.ca' and 'Find all your favourite brands in one place!'. Surrounding this circle are logos for Coloplast, Hollister, ConvaTec, CUIWEAR, MARLEN CANADA, Safe'nSimple, and salts HEALTHCARE.

## Coping With Ostomy Surgery Anxiety

### 5 Tips for Caregivers By Kerri Consigli, BSN, RN, CWOCN via Hollister

Source: *Ostomy Winnipeg, INSIDE/OUT*

February 2023

Everyone copes differently, but what matters most is that self-care becomes a priority and that you accept that it's not being selfish. It's survival.

My husband Adam and I met on Match.com, and on our first date he discovered that I was an ostomy nurse and I discovered that he had an ileostomy. We hit it off immediately. Then, six months into our relationship, Adam had a routine visit with the physician who performed his ostomy surgery. He learned that he was going to need another abdominal surgery involving relocation of his stoma.

After a successful operation, he recovered better than I ever thought he would. But, let me tell you that before, during, and after his surgery I was a mess! I guess you could call it "surgery anxiety". I had finally found the love of my life, and now all the "what-ifs" were running through my mind, and it ultimately left me anxious, depressed, and scared.

Sound familiar? That's the tip of the iceberg of

emotions that we, as caregivers, often feel when a loved one needs surgery. My experience left me asking an important question: What about support for the caregivers? I'm an ostomy nurse, so the ostomy itself wasn't a source of stress for me. However, I recognize that this can certainly come as a challenge for many family caregivers.

My experience has taught me that part of my assessment as an ostomy nurse is to check in with who I liked to call the "loved one's other half" or the caregiver. You are what makes your other half whole (see what I did there? Ha ha!).

Bottom line: You matter too! You, as a caregiver, are as much part of the process as the person being cared for. You aren't the one being operated on, but you are certainly going through that surgery anxiety. And, trust me, that doesn't stop even after the surgery is over.

Looking back on my experience with my husband's ileostomy, it shed some light on why I wasn't coping well with his surgery. Self-care didn't exist for me. I was so focused on making sure that he was okay that I forgot about caring for myself. As a result, I admittedly became a weepy, irritable, anxious monster. My physical and emotional defenses were down, and it was affecting my day-to-day life.

(Continued on page 7)

(continued from Page 6-Caregiver Anxiety)

Everyone copes differently, but what matters most is that self-care becomes a priority and that you accept that it's not being selfish. It's survival. You must make sure that you maintain your health and wellbeing, in order to be available for your loved one.

I came up with 5 tips, while seemingly basic, that are vital to your survival in the process from pre-op to post-op ostomy surgery and beyond:

**1 - Sleep:** Get your 8 hours. I know that when I am sleep-deprived, I am useless. Take a nap if you want and don't feel the least bit guilty. During the post-op period, go home and sleep at night. The nurses and doctors will take good care of your "special patient". Rest is important. You need to be bright-eyed and clear-headed the next day so you can start the recovery process alongside the person with an ostomy.

**2 - Eat:** Avoid a typical "stressed-out" diet of comfort foods, sweets, and junk food. Maintain a well-balanced diet of fruits and veggies, complex carbs, and lean protein. Drink plenty of water. It's okay to leave your loved-one's bedside to grab a bite to eat. Head to the cafeteria, bring food in, or go home and make yourself a healthy meal. Eating and hydrating properly will fuel your brain and body so you can be physically and mentally available for your loved one.

**3 - Exercise:** Keep up with your regular exercise routine. This is the time to release those endorphins. A brisk walk around the hospital will get your muscles moving and your blood flowing. Any type of physical activity will help keep you alert and less stressed.

(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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(continued from Page 7-Caregiver Anxiety)

**4 - Educate Yourself:** During the pre-op phase, prepare yourself for an educational session with an ostomy nurse. Visit reputable websites for information. In Canada, Ostomy Canada Society website ([www.ostomycanada.ca](http://www.ostomycanada.ca)) provides support, information, and contacts for local support groups.

Avoid online negativity and misinformation. During post-op, be there with your loved one to receive valuable information and instructions from the ostomy nurse. Take notes and ask questions about the stoma, ileostomy bag, or anything that comes to mind. Remember, no question is ever too frivolous to ask. Knowledge is power.

**5 - Talk or Laugh it Out:** Express your feeling with your loved one. Have a good cry if that's what you need. Call that person in your life who can make you laugh. Watch a funny movie or TV show. A few good belly laughs always feel amazing! Family caregivers can become overwhelmed.

Talk it out with other family members or a close friend. Do not worry or suffer in silence. Look for a shoulder to lean on.

Yes, surgery is stressful both for the patient and the caregiver. And having an ostomy creates a major life change for both people in a relationship. You need to just keep in mind that you are the most important person for your loved one, and because you are so important, you must remember not to lose yourself in the whole process. Simply put, take good care of you. *Kerri Consigli is a certified Wound, Ostomy and Continence Nurse Specialist (CWOCN) at Midford (MA) Regional Medical Center. Ostomies are a constant in her life, as husband Adam has an ileostomy. She balances her time being a wife and mother with making a difference for ostomy patients in her community. Financial Disclosure: Kerri Consigli received compensation from Hollister Incorporated for her contribution to the eNewsletter. Source: Greater Cincinnati Ostomy Association Phoenix Risings - November 2021*

## Ostomy Supplies

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**DID YOU KNOW?**  
**INFORMATION ABOUT THE DISABILITY TAX CREDIT (DTC)**

People living with an ostomy are eligible for the Disability Tax Credit (DTC) when a qualified medical practitioner certifies the DTC applica-

tion and CRA approves it. Page 2, Part A, Question 3 is if you have had your ostomy for years and have not applied.

What is the Disability Tax Credit? The DTC is a non-refundable tax credit used to reduce the amount of tax payable on your income. See the

CRA website on [www.canada.ca/en.html](http://www.canada.ca/en.html) and search for form T2201. The website titled "Vegan Ostomy" has great step by step instructions on filling out the form. [www.veganostomy.ca/canadian-disability-tax-credit/](http://www.veganostomy.ca/canadian-disability-tax-credit/)

Recommended wording for your practitioner to use on the form:

For Urostomy:

"Uses a device to eliminate the bladder. This patient is markedly restricted in eliminating

*(Continued on page 13)*



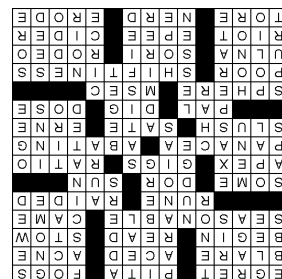
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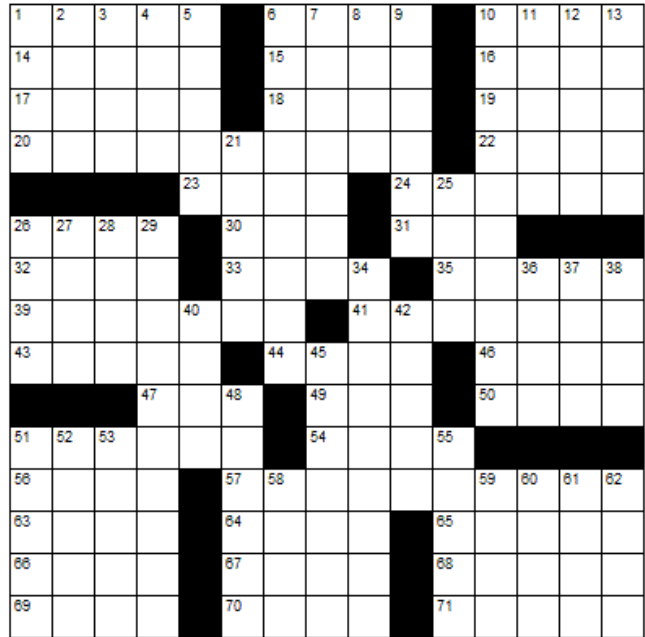
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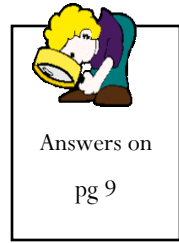


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|----------------------------------|------------------------------|---------------------------------|
| 1. Wading bird                   | 31. Our star                 | 54. Millisecond                 |
| 6. Falafel bread                 | 32. Culminating point        | 56. Impoverished                |
| 10. Obscures                     | 33. Jobs for musicians       | 57. Trickiness                  |
| 14. Din                          | 35. Relative magnitudes      | 63. Arm bone                    |
| 15. Passed with flying colors    | 39. Greek goddess of healing | 64. Fern clusters               |
| 16. Skin disease                 | 41. Diminishing              | 65. Cowboy sport                |
| 17. Commence                     | 43. Partially melted snow    | 66. Violent disturbance         |
| 18. Anagram of "Dear"            | 44. Fill to excess           | 67. Type of sword               |
| 19. Put away                     | 46. Coastal raptor           | 68. Apple-based alcoholic drink |
| 20. Timely                       | 47. Buddy                    | 69. Ripped                      |
| 22. Arrived                      | 49. Excavate                 | 70. Geek                        |
| 23. Ancient alphabetic character | 50. Amount of medication     | 71. Wear away                   |
| 24. Forayed into                 | 51. Orb                      |                                 |
| 26. Several                      |                              |                                 |
| 30. Dung beetle                  |                              |                                 |



- DOWN**
- |                             |                               |                       |                    |                         |                |
|-----------------------------|-------------------------------|-----------------------|--------------------|-------------------------|----------------|
| 1. Declines                 | 6. Psychological disorders    | 13. Stitched          | 29. Infuriate      | 45. Adorer              | 60. Poi source |
| 2. Delight                  | 7. Large mass of floating ice | 21. Gentle prod       | 34. Slaked         | 48. Let up              | 61. Sow        |
| 3. Indian music             | 8. Blue-green                 | 25. Certain something | 36. Novice         | 51. Gush                | 62. Achy       |
| 4. Greek goddess of discord | 9. Snakes                     | 26. Exhausts          | 37. Hotels         | 52. Infantile paralysis |                |
| 5. Above a baritone         | 10. Entranced                 | 27. Iridescent gem    | 38. Curved molding | 53. Respect             |                |
|                             | 11. Group of eight            | 28. List of           | 40. Blacken        | 55. Sorceress           |                |
|                             | 12. Munchkin                  |                       | 42. Father         | 58. Desire              |                |
|                             |                               |                       |                    | 59. French for "Black"  |                |



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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](http://www.niagaraostomy.com)) or by cheque.*

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

- |  |                |  |
|--|----------------|--|
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2023



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*(Continued from page 9-DTC)*

with a device and takes an inordinate amount of time to personally manage bladder functions. In addition, personal management is very costly.”

For Ileostomy or Colostomy:

“Uses a device to eliminate the bowel. This patient is markedly restricted in eliminating with a device and takes an inordinate amount of time to personally manage bowel functions. In addition, personal management is very costly.”

What’s new? The DTC form is a new & revised form (late 2021). Page 8 is for eliminating (ostomies). Question 4 is new and pertains to your own severity and frequency. There is a helpline at CRA if your application is denied, or if you have questions. 1-800-959-8281

For further information, see the Ostomy Canada Website at [www.ostomycanada.ca/dtc](http://www.ostomycanada.ca/dtc), refer to our DTC brochure or email our national office at [info1@ostomycanada.ca](mailto:info1@ostomycanada.ca)

## Laugh of the Day

This guy is dining alone in a fancy restaurant and there’s a beautiful redhead sitting at the next table. He’s been sneakily checking her out ever since he arrived, but doesn’t have the courage to start talking to her. Suddenly she sneezes, and her glass eye comes flying out of its socket toward the man. His reflexes kick in and he reaches out, plucks it out of the air, and hands it back to her.

The redhead is mortified. “Oh my, I am so sorry,” she says as she pops her eye back into place. “Let me buy your dinner to make it up to you.” So he joins her table and they enjoy a wonderful meal together. Afterwards they go to the theatre followed by drinks

*(continued on Page 14)*



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*(continued from page 13-Laugh of the Day)*



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*Health care . . . for a better you!*

at a bar. They talk, they laugh, she shares her deepest dreams and he shares his. She listens.

After paying for everything, she asks him if he would like to come to her place for a nightcap. He says yes and they return to her place. He ends up staying the night. The next morning, she cooks a gourmet meal with all the trimmings. The guy is amazed at how everything has been so perfect and how incredible this woman is. He can't believe his luck. "You know," he said, "you are the perfect woman, are you this nice to every guy you meet?"

"No," she replies, "You just happened to catch my eye."