



Serving the Niagara Ostomy Community since 1974

# IT'S IN THE BAG



November 2023



## ST. CATHARINES MEETINGS:

**November 15:** Roxie Demers, NSWOC

“How accessories should be used with the new appliance technology,” including Q&A.

**SOUTH NIAGARA OSTOMY GROUP**

**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\***

The Niagara Ostomy Association invites applications to sit as a member of its Board of Directors. All board members attend monthly board meetings (Sep to Nov and Jan to Jun; currently virtual). Board members are encouraged to attend in-person monthly membership meetings and to assist with special events such as the annual Ostomy Health Fair. Positions take effect Sep 2023 with orientation in advance. Please email your expression of interest to [info@niagaraostomy.com](mailto:info@niagaraostomy.com)

Three Board positions are open and include:

### **Coordinator, Friendly Ostomy Visiting Program –**

This program is offered to support individuals who are new to living with an ostomy by providing:

- Support, literature, practical advice
- Answers to nonmedical questions
- Reassurance that surgeries can have positive outcomes
- An opportunity to talk about personal fears and concerns with someone who has “been there, done that.”

Our existing Coordinator will provide training and support during a transition period.

### **Social Media Coordinator – Working with the Chair, Communications:**

- Develops (with Board input and approval) a social media strategy – website, facebook, twitter, media
- Maintains social media platforms – Facebook and Twitter
- Other related duties as they arise.

### **President – Our current President is stepping down from this role after serving for 16 years. The President:**

- Collaborates with Board members to establish and fulfill the mandate of the Niagara Ostomy Association
- Maintains relations with the Ostomy Canada Society and other Canadian Ostomy Associations
- Chairs Board meetings
- Oversees activities of the Niagara Ostomy Association

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## President's Message



Welcome, As always I hope everyone is doing well.

Please remember - it's membership renewal time. We really depend on your support so we can do things like hold our Ostomy Health Fair and hold meetings to help educate people living with an ostomy. Please consider renewing your membership so we can continue with our mission.

Our Ostomy Health Fair went off without a hitch; it was nice to be able to do it again. The last one we had was the fall of 2019, pre-covid. Roxie's seminar on peristomal skin care and proper measuring of your flange was very well received. We had a lot of very positive feedback on the entire event.

We are planning on using a small PA (sound) system in the small hall for our membership meetings in response to people who have mentioned it's hard to hear the speaker. So, we are exploring that for anyone that has a hard time hearing. We are also exploring hybrid meetings, so we can meet in person & have a simultaneous online meeting too. Ken is looking into what's required for that.

Janet Paquet from Ostomy Hamilton has mentioned that they are hosting a free Visitor Training seminar in Hamilton on Nov 25<sup>th</sup>. You must be a member of Niagara Ostomy Association or a supporter of Ostomy Canada to qualify as an attendee. Anyone interested in attending please reach out. We can probably carpool. I will attend as I need to renew and also I will be helping with the seminar.

Not to sound like a broken record, but we still need help. Please consider stepping up and volunteering

with us. You will notice in this newsletter that we are seeking new Board members to fill specific roles. From time to time other volunteer roles arise. Your help will be greatly appreciated by everyone.

If anyone has suggestions for topics or people they would like to see for guest speakers, please let us know. We're working on filling up the 2024 calendar for speakers at our meetings.

To respond to any of the above, just send an email to [info@niagaraostomy.com](mailto:info@niagaraostomy.com)

Hope to see you on November 15<sup>th</sup> when Roxie Demers will discuss "How accessories should be used with the new appliance technology," including Q&A.

Cheers,  
John Molnar,

President



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20 miles this week

2 successful closings

0 irritation around her stoma

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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!

How did you react when you heard you were going 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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[motioncares.ca](http://motioncares.ca)



**New !**

### Online Payment/ Donation

**Etransfer to:**

[payments@niagaraostomy.com](mailto:payments@niagaraostomy.com)

(no password required)

**Or visit:**

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

## CALENDAR OF EVENTS

**Our Website:** [www.niagaraostomy.com](http://www.niagaraostomy.com)

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

### 2023 dates

**Nov 15– Roxie Demers, NSWOC —  
Accessories and question period**

**December no meeting**

### 2024 dates –Speakers TBA

**Jan 17 Feb 21 Mar 20 Apr 17  
May 15 June 19**

### 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	David Booth
Secretary	<b>Steve Smith</b>
Director/Communications Chair	Cindy Paskey
Director/Coordinator, Friendly Visitor Program	Nancy Ployart
Director	Roxie Demers
Director/Interim Secretary	<b>OPEN</b>
Director Director	Peter Winter <b>OPEN</b>

## NIAGARA OSTOMY ASSOCIATION

### Volunteers 2023

Web Master	Peter Folk
Membership Chair	Ken I'Anson
Newsletter Editor	Marlene Heinrichs
Newsletter Assistant	<b>OPEN</b>

## MISSION STATEMENT:

To serve and assist people with ostomies  
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### 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](http://www.niagaraostomy.com). Your \$30 membership fee can be paid online at [Payments@Niagaraostomy.com](mailto: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**

## Ostomy Health Fair 2023

October 18 was the re-birth of the Niagara Ostomy Association's Ostomy Health Fair. The recent pandemic forced the Ostomy Health Fair to take some time off, we decided it was time to bring it back. By all accounts, the 2023 Ostomy Health Fair was a great success.

We want to thank our vendors, attendees, and dedicated volunteers for participating and making this a fun and informative event.



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(Continued on page 8)

(Continued from page 7-Ostomy Health Fair)



and different varieties of appliances were demonstrated. The workshop developed into a lively question and answer session with the audience members asking lots of personal

questions that were responded to with expert advice and some of Roxie's light-hearted humour. The workshop audience felt supported and gained a better understanding of their ostomy.

Some of the features of this event include a presentation and workshop by our NOA Board Member Roxie Demers, RN NSWOC WOCC (C). During the workshop attendees were instructed how to correctly measure your stoma

Roxie dedicated the balance of the Ostomy Health Fair to individual and private appointments that members booked.

(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-Ostomy Health Fair)*

Another very popular feature of the Ostomy Health Fair was the amazing refreshment table, prepared by NOA Board member Peter Winter.



Ostomy Canada attended and offered information on their valuable work. We also had a Membership Desk where new and renewing

*(Continued on page 14)*

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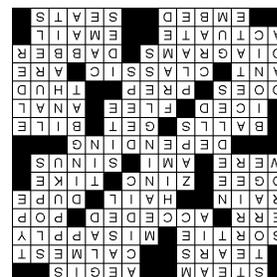
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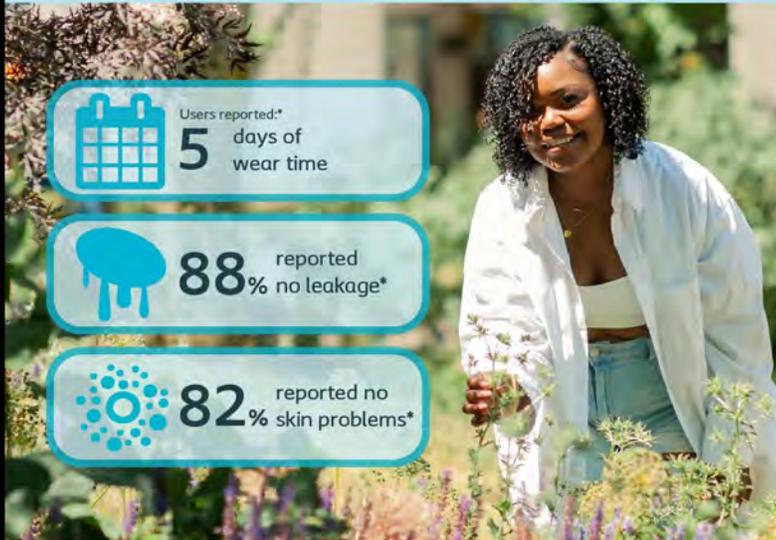
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\*St-Cyr, D., Gilbert, D., Dionne, II, & Kameka, N. (2022). Evaluation of SenSura® Mio Concave vs. non-concave appliances in people with outward peristomal body profiles (OPBP). NSWOCC 41st National Conference. Sponsored by Coloplast. Full study available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

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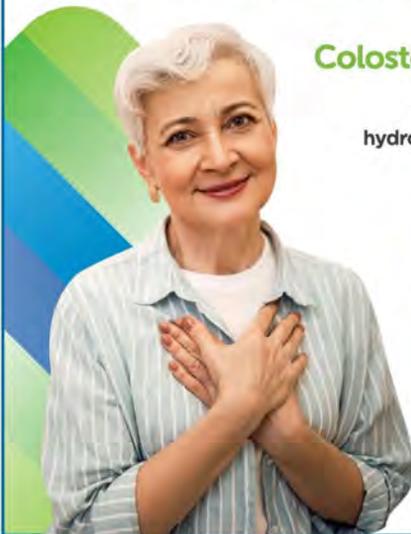
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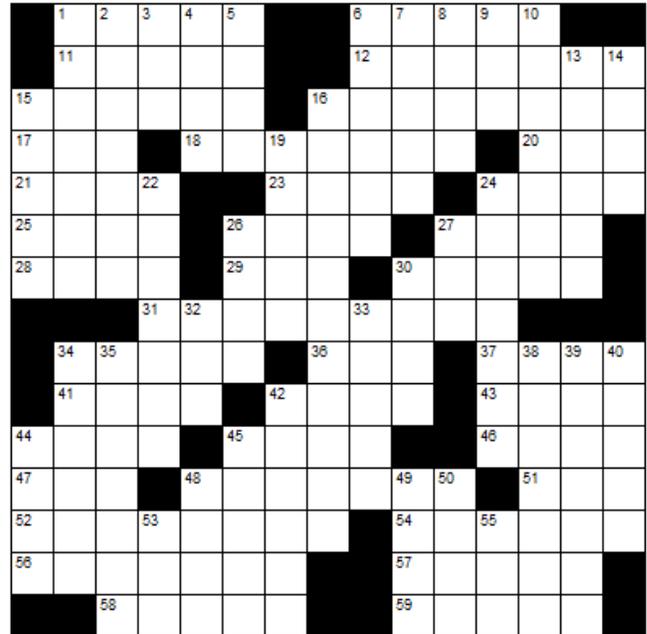
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- |                       |                          |                       |
|-----------------------|--------------------------|-----------------------|
| <b>ACROSS</b>         | brass                    | fault                 |
| 1. Water vapor        | 27. Kiddie               | 44. Female deer       |
| 6. Auspices           | 28. We are (plural)      | 45. Get ready         |
| 11. Rips              | (contraction)            | 46. Impact sound      |
| 12. Most serene       | 29. French for "Friend"  | 47. Picnic insect     |
| 15. Foray             | 30. Bodily cavity        | 48. Traditional       |
| 16. Use the wrong way | 31. Having confidence in | 51. Form of "to be"   |
| 17. Be mistaken       | 34. Orbs                 | 52. Drawings          |
| 18. Consented         | 36. Obtain               | 54. Ink applicator    |
| 20. Music genre       | 37. Digestive juice      | 56. Activate          |
| 21. Precipitation     | 41. Decorated, as a cake | 57. Electronic letter |
| 23. Salute            | 42. Run for it           | 58. Implant           |
| 24. Fool              | 43. Nitpicky to a        | 59. Chairs            |
| 25. Curved molding    |                          |                       |
| 26. Metal used in     |                          |                       |

- |                 |                            |                               |                                  |                          |                      |
|-----------------|----------------------------|-------------------------------|----------------------------------|--------------------------|----------------------|
| <b>DOWN</b>     | low pH                     | 16. Purpose-less              | oven                             | 38. Occupy               | zodiac               |
| 1. Warehousing  | 7. Artist's stand          | 19. Bell sound                | 27. Can                          | 39. Honors               | 49. Mid-month days   |
| 2. Breed of dog | 8. Happy                   | 22. Sharp pointed im-plements | 32. Antiquity                    | 42. Falsely incriminated | 50. Arrived          |
| 3. Consume food | 9. Evil spirit             | 24. Simpleton                 | 33. Ocean trenches               | 44. Baby's first word    | 53. Sweetened chicle |
| 4. Diva's solo  | 10. Samurai ritual suicide | 26. Heat in a microwave       | 34. Having artificial body parts | 45. Dish                 | 55. Sheep sound      |
| 5. Millisecond  | 13. Hillside               |                               | 35. 48. Fourth                   |                          |                      |
| 6. Having a     | 14. Sort                   |                               |                                  |                          |                      |
|                 | 15. Goat antelope          |                               |                                  |                          |                      |



Answers on  
pg 9



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## Niagara Ostomy Association

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

905-321-2799

### 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):

- |   |                |  |
|---|----------------|--|
| <input type="checkbox"/> NOA Membership (required)          | <b>\$30.00</b> | You will receive 9 newsletters, plus see box above   |
| <input type="checkbox"/> Ostomy Canada Supporter (optional) | <b>\$25.00</b> | 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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**YES**, I will volunteer some of my time to NOA. Please call me to discuss how I can help.

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Mississauga, ON L4Z 1H2

**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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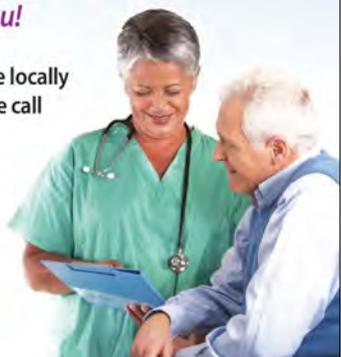
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*(continued from page 11-Ostomy Health Fair)*



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members were able to sign up for their 2024 NOA Memberships. Please note: the NOA 2024 Membership Campaign has begun, and we truly believe your NOA Membership is of great value for all that is provided.

Thank you to our vendors, participants, and volunteers for making this Ostomy Health Fair so successful. During a NOA Board debrief meeting that followed the Ostomy Health Fair, it was decided to begin planning in the new year for a Fall 2024 Ostomy Health Fair.