




NIAGARA OSTOMY ASSOCIATION
Serving the Niagara Community since 1974

IT'S IN THE BAG

Affiliated with:
 Ostomy Canada Society
 Société Canadienne des Personnes Stomisées

September 2024



ST. CATHARINES MEETING:

September 18, 2024

Speaker: Gord Douglas, Hernia Helper

Gord specializes in providing comfortable parastomal hernia support belts that are customized to your unique shape

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*



We seek two or three volunteers to work at our **Welcome Desk**,
Ostomy Health Fair, October 16, 2024.
Please see Page 6 of this newsletter for details.



Niagara Ostomy Association
Serving the Niagara Ostomy Community since 1974



Invites you to attend our Ostomy Health Fair

Wednesday, October 16, 2024 • 11:00 a.m. to 3:00 p.m.

Grantham Lions Club | 732 Niagara Street, St. Catharines  Wheelchair Accessible

FREE SEMINAR - 11:30 am to 12:15 pm

Guest Speaker: Roxie Demers, RN NSWOC WOCC(C)

Nurse specialized in wound, ostomy and continence care
Proper measuring of your stoma/appliance, and skin care + Q & A
Limited seating. First come, first served. Ticket required for entry, available at the welcome desk.

Call to book your FREE private 15 minute appointment

with Roxie Demers, RN NSWOC WOCC(C)

905-321-2799 - Confidential Voicemail

Required: Bring an appliance change (your ostomy supplies) so that your assessment can be made.

Appointments will run from 12:30 to 3:00 pm

Meet ostomy suppliers & vendors including...



Complimentary Refreshments • Free Admission and Parking

Niagara Ostomy Association is a volunteer-driven organization that provides practical help and emotional support to people with ostomies living in the Niagara Region. Affiliated with Ostomy Canada Society.



Ostomy Canada Society
Société Canadienne des Personnes Stomisées

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Message from the Board

Message from the Board

It's hard to believe September is here already! Summer flew by! We hope yours was enjoyable.

NOA's June annual meeting was well attended, and everyone enjoyed Peter Winter's strawberries and shortcake. Such a treat! Especially his whipped cream and custard topping.

President John accepted a certificate of appreciation from MPP Wayne Gates' office on behalf of the provincial government. It recognizes NOA's 50 years of volunteer contributions and service to Niagara. John has been President for 18 years!

This summer, we were pleased to help sponsor



the attendance of a Niagara youth to this year's Youth Camp in Braggs Creek, Alberta (southwest of Calgary). Donations from last year's Ostomy Health Fair partially paid the registration fee. Youth Camp, offered by Ostomy Canada Society, "provides an opportunity for young people aged 9-18 who have ostomies or other special related needs (internal pouch, Crohn's disease, ulcerative colitis, bladder exstrophy, cancer, cecostomy tube, Mitrofanoff or spina bifida), to attend camp and participate in camp activities under professional supervision." Feedback from youth participants is highly positive, and often described as life changing. Thanks to everyone who contributed and helped to make this possible!

With thanks to Roxie Demers, NOA made a presentation at the June NSWOC Summit in Toronto. We made the case for more professional NSWOC

services for patients in Niagara, and outlined some of the real-life challenges that people have encountered. The presentation was very well-received.

John and Steve provided an ostomy orientation to PSW students enrolled in the DSBN program. The students are always interested and have lots of questions for the presenters. It's great to resume this program, post-Covid.

Your membership supports all these activities and more. When the time comes, we hope you will renew for the 2025 calendar year. Ken I'Anson's 2024 membership drive was a great success and we aim to continue his good work.

Hope to see you at our September 18 meeting – either in-person, or online.

Cindy



Assure C Odor Eliminator
No perfumes or artificial scents.
Lubricated to help empty pouch contents. No stain clear formulation

Available Sizes: SNS41404 - 4oz Bottle,
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Fantastic odor control with no perfumes or artificial scents.
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0 irritation around her stoma

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Update on Changes to the Board

Throughout the summer, the NOA Board of Directors continued their efforts to serve the Niagara Ostomy Community. We've been planning this year's Ostomy Health Fair, happening October 16.

Following the June Annual meeting, some changes have taken place.

We express many thanks for years of service to:

- Dave Booth, previous Treasurer / Board member
- Peter Folk, previous Web Master
- Ken I'Anson, previous Membership Chair / Volunteer
- Nancy Ployart, previous Coordinator, Friendly Visitor Program / Board Member

A warm welcome and much appreciation to:

- Brenda Leboudec accepted a Board Member role and has replaced Dave Booth as Treasurer.
- Tracey Sandilands, Digital Channels / Board Mem-

ber, has looked after updating and transitioning our website. You'll notice updated graphics and faster response time. She is also maintaining NOA's active Facebook and Twitter accounts. Check them out!

- Laura Thompson has established a NOA LinkedIn profile and Instagram account.
- Krista Zoetewey accepted a Board Member position in the role of Community Relations. She has been busy liaising with businesses that will participate in the Ostomy Health Fair.

Continuing Board Members are:

- John Molnar, President (resigning the President's role May 31, 2024)
- Steve Smith, Secretary
- Roxie Demers, NSWOC / Healthcare – Ask the NSWOC Service and Liaison with the health care system
- Cindy Paskey, Communications Chair
- Peter Winter, Events (especially tasty food)

Continuing Volunteers are:

- Marlene Heinrichs, many years producing NOA's Newsletter (previous NOA President)
- Colleen Kollee, Meetings Assistant



ASK THE NSWOC

Do you have a question related to your ostomy care? You can submit your question via our website, and it will be answered by Roxie Demers, RN, NSWOC (Nurse Specialized in Wound, Ostomy and Continence Canada).

Roxie has been a Registered Nurse for 36 years. She received her certification for International Interprofessional Wound Care from the University of Toronto in 2017/18. She continued her education and completed the NSWOC certification in 2022. She is a practicing specialist, having achieved the Wound Ostomy and Continence Canadian Certification (WOC(C)). NOA is fortunate to have Roxie as a Board member; she works in the Hamilton area for SE Health. Roxie can provide professional recommendations and advice to people with an ostomy and their care providers.

To submit your question, please visit our website www.niagaraostomy.com. Click the “Find Support” tab. From the drop-down tab, select “Ask the NSWOC.” This will direct you to the form where you can send your question.

About NSWOC:

Dedicated to supporting the national standard of excellence in wound, ostomy, and continence care, Nurses Specialized in Wound, Ostomy and Continence Canada (NSWOC®) is a registered charity for over 500 Nurses Specialized in Wound, Ostomy and Continence (NSWOC®s) and over 800 total members. Through its accredited educational programs and a team of highly skilled nurse leaders, NSWOC provides specialized knowledge and skills to healthcare professionals across Canada.

Learn more at www.nswoc.ca

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Online Payment/ Donation

Etransfer to:

payments@niagaraostomy.com

(no password required)

CALENDAR OF EVENTS

Our Website: www.niagaraostomy.com

Our Email: info@niagaraostomy.com

2024 dates

**September 18: Gord Douglas,
Hernia Helper**

October 16: Ostomy Health Fair

**November 20: Deanna White,
Wellspring Niagara Cancer
Support**

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.

2024-25 BOARD OF DIRECTORS

| | |
|---|---------------------------|
| President | John Molnar |
| Treasurer | Brenda Leboudec |
| Secretary | Steve Smith |
| Director/Communications Chair | Cindy Paskey |
| Director/Coordinator, Community Relations | Krista Zoetewey |
| Director/Coordinator, Friendly Visiting 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 2024-25

| | |
|---|---------------------------|
| Membership Coordinator & Newsletter Assistant | POSITION AVAILABLE |
| Newsletter Editor | Marlene Heinrichs |
| Meetings Assistant | Colleen Kollee |

MISSION STATEMENT:

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Add to Cart




Ontario

*On behalf of
The Province of Ontario*

I am pleased to offer my congratulations to

Niagara Ostomy Association

in recognition of your

50th Anniversary - June 19th, 2024

*I wish you and your members continued growth
and success, and would like to thank you for your
contributions and service to our community*

Sincerely,



Wayne Gates, MPP
Niagara Falls Riding



Volunteer Help Needed! Meet Others in the Ostomy Community!

We seek two or three volunteers to work at our **Welcome Desk**, Ostomy Health Fair, October 16, 2024.

Involves greeting attendees as they arrive; accepting donations for Youth Camp; providing membership information; and asking for completion of feedback surveys as attendees leave. A brief orientation will be provided.

Available shifts are:

10am - 12:30pm and 12:30pm -3:00pm

If you are interested, please send an email to info@niagaraostomy.com or leave a voice message at 905-321-2799. Cindy will contact you.



WOULD YOU LIKE TO RECEIVE THIS NEWSLETTER VIA EMAIL?

To receive our newsletter by email, please go to our website niagaraostomy.com. Go to Contact Us and scroll down to the newsletter option.

HYBRID MEETINGS ARE HERE!

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.

ConvaTec

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Dana

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*Model portrayal
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WHY IS MY STOMA BLEEDING BRIGHT RED BLOOD? IT COULD BE DUE TO GRANULOMAS

Source: Donna Tyson, NSWOC, via Calgary Ostomy Society--Via: North Central Oklahoma Ostomy Outlook, September 2024

“Help! I need to see the Ostomy Nurse right away! My stoma keeps bleeding!” A very common reason why ostomates make appointments with their WOCN (Wound, Ostomy and Continence Nurse) is for “bleeding stomas.” Ostomates describe bright red blood when they clean their stoma with their routine pouch changes. This can be especially concerning for ostomates who are on blood thinners and have difficulty getting the bleeding to stop. People may or may not notice a little bit of blood in their stoma bag from time to time. This could be due to granulomas. Granulomas are small, red, raised areas on or around the stoma. They develop as a result of over-healing of damaged skin on the stoma surface, possibly due to friction from the bag. Some, but not all, stoma

granulomas can cause bleeding and discomfort. Also, if they are large, they may prevent pouch adhesion, which may result in leakage problems.

Even before your WOCN performs the pouch change and assessment with you, they may ask you a few questions that will help shed light on the problem, such as:

- Do you notice any raised bumps around the stoma that almost look like little red buds?
- Have you been measuring your opening in the pouch bigger lately?
- Do you typically use a barrier ring?
- Do you use a stoma belt?

Once the pouch is removed, your WOCN will inspect the back of the flange to see if a barrier ring is being used and if there is the presence of bowel movement caked on the back of the flange. They will assess for typical appearance of granulomas around your stoma. Granulomas are not considered dangerous and are usually easy to

(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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Email: info@ostomyclothingcompany.com Website: www.ostomyclothingcompany.com

(Continued from page 8-Granulomas)

treat with some modifications to your pouching system and the assistance of a stick-like device called Silver Nitrate (AgNO3).

Here are the steps:

1. The WOCN will measure your stoma for your pouching system, and include only the stoma in

the measurement, not the granulomas.

2. The WOCN will discuss a barrier ring that you can place directly around the cut opening created in the flange/pouch to get a good seal around the stoma and prevent bowel movement from creeping onto healthy skin around the stoma, which

can cause inflammation and granulomas to appear. A mild convexity pouch or flange may be suggested, which will apply mild pressure to help flatten the granulomas.

3. The WOCN will use the Silver Nitrate stick to roll or dab over the granulomas and underneath the root.

4. After the pouch is applied, ensure you get a good seal by applying pressure for at least 90 seconds. Wearing a stoma belt (if your pouch has belt tabs) will help provide closer contact to your skin and also support the weight of

(Continued on page 14)

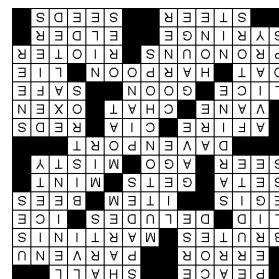


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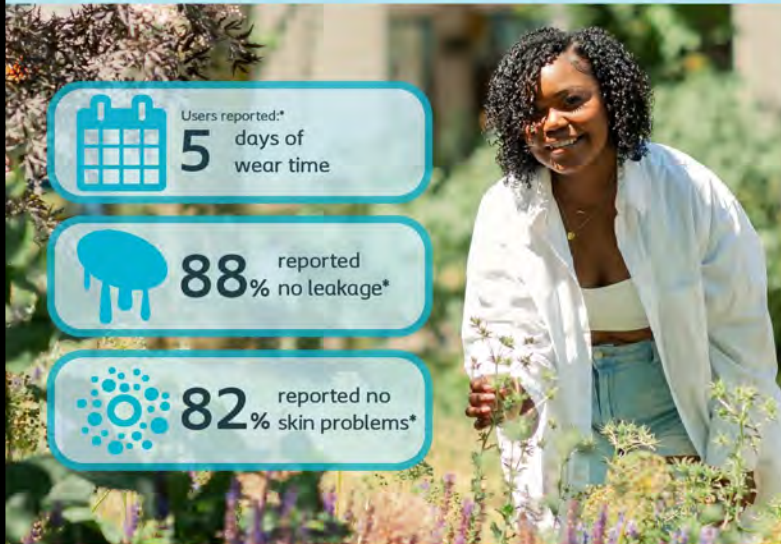
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*St-Cyr, D., Gilbert, D., Dionne, II, & Kameka, N. (2022). Evaluation of SenSura® Mio Concave vs. non-concave appliances in people with outward peristomal body profiles (OPBP). NSWOCC 41st National Conference. Sponsored by Coloplast. Full study available 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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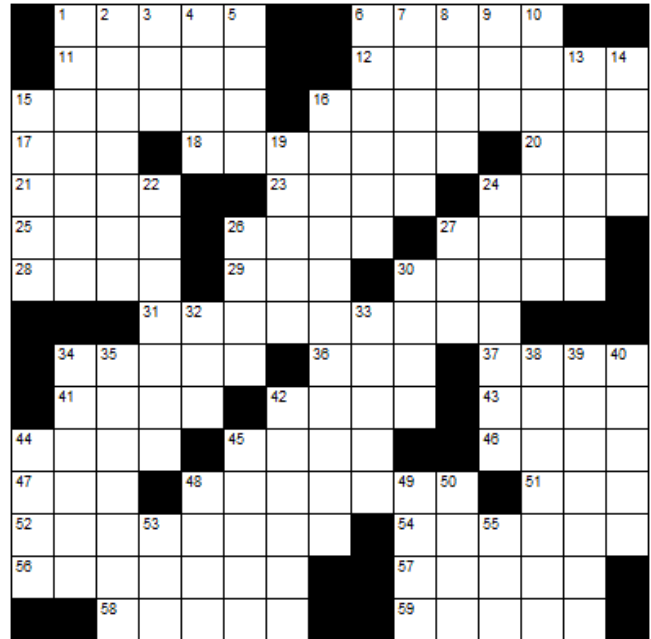
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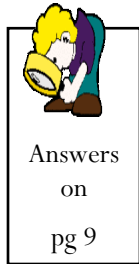


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- ACROSS**
- | | | |
|--------------------------|--------------------------|--------------------------|
| 1. Tranquility | 30. Foggy | 54. Violent troublemaker |
| 6. Will | 31. Couch bed | 56. Medical needle |
| 11. Mistake | 34. Ardent | 57. Patriarch |
| 12. Social climber | 36. US spy agency | 58. Direct |
| 15. Thugs | 37. Slang for communists | 59. Sows |
| 16. Gin cocktails | 41. Windmill blade | |
| 17. Top | 42. Talk | |
| 18. Deceives | 43. Beasts of burden | |
| 20. Frozen water | 44. Vermin | |
| 21. Auspices | 45. Thug | |
| 23. Any thing | 46. Out of harm's way | |
| 24. Stinging insects | 47. Type of cereal grass | |
| 25. Bristle | 48. Whaling lance | |
| 26. Obtains | 51. Falsehood | |
| 27. In perfect condition | 52. He, she, they | |
| 28. Fortune teller | | |
| 29. Earlier | | |



- DOWN**
- | | | | | | | |
|------------------------------|--------------------------|-------------------------|--------------------------|---------------------------|--------------------------|--------------------|
| 1. Nearest orbital point | 6. Garden shovels | 13. Nuance | 24. Informal cafes | 33. Keyboard instrument | 40. Contemporary look | 50. Egyptian river |
| 2. Having profound knowledge | 7. A group of concubines | 14. Applications | 26. Chipped in | 34. Bird sanctuary | 42. Intersection | 53. Young louse |
| 3. Paintings | 8. Cultural doings | 15. Confer happiness on | 27. Soviet space station | 35. Contributing elements | 44. Cuts off | 55. Flowery verse |
| 4. Open to all | 9. 56 in Roman numerals | 16. Sideburns | 30. Castle defense | 38. Revered | 45. Measuring instrument | |
| 5. Celtic language | 10. Not strict lord | 19. Feudal lord | 32. Metric unit of area | 39. Re-fuseniks | 48. Sharpen | |
| | | 22. Little fish | | | 49. Minerals | |



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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):

- NOA Membership (required)** **\$30.00** You will receive 9 newsletters, plus see box above
- 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

Member Name _____

YES, I will volunteer some of my time to NOA. Please call me to discuss how I can help.

Mailing Address _____

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Phone #(s) _____ E-Mail _____

Payments via our website (www.niagaraostomy.com) or by cheque mailed to:

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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.

2024

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Health care . . . for a better you!

(Continued from page 9-Granulomas)

your pouch. You may need to change your pouch more often so that the Silver Nitrate can be applied regularly and reduce the granulomas faster. Once the granulomas are reduced, you usually can go back to your normal change schedule.

