



NIAGARA OSTOMY  
ASSOCIATION  
Serving the Niagara  
Community since 1974

# IT'S IN THE BAG

Affiliated with:



October 2024



Scan QR code for link  
to NOA website

## ST. CATHARINES MEETING:

October 16, 2024

OSTOMY HEALTH FAIR

11:00 AM to 3:00 PM

**NO EVENING MEETING**



## 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\***



**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

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

**Guest Speaker: Roxie Demers, RN NSWOC WCCC(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 WCCC(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

## INSIDE THIS ISSUE:

MESSAGE FROM THE BOARD	2
6 POWERFUL TEAS THAT FIGHT INFLAMMATION	3
ASK THE NSWOC	4
NOA ANNIVERSARY CERTIFICATE	6
CROSSWORD	11
MEMBERSHIP APPLICATION	12

President's Message:

Hello Everyone

I want to thank Cindy for pitching in & writing last month's Board message.

Going forward, I won't be doing a message each month; we are going to share writing the message among Board members. It's getting tougher for this old brain to come up with things to write, and honestly, I am looking at downsizing my input into Niagara Ostomy. Not that I'm abandoning the ship, but like I've said over & over, I think I've done my share over the last many years and need to step back a bit.

Due to personal reasons that Tracey is dealing with, we have transferred our website to a new host. When Peter retired, Tracey took over hosting and updating the NOA website. We are very grateful she stepped in at a crucial time and helped us out. Recently, we transferred website



hosting to Vaxxine Computer Systems in St Catharines. This means that costs are increasing as this is the first time we have used an actual company for hosting. In the long run, it's probably better for various reasons, not least of which, with an individual hosting our site, if they all of a sudden could no longer continue to do the task, we would be stuck as we would lose access to servers, passwords etc. Now we have full access to our site with passwords and everything. What we lack are as I write this, is someone to do edits, updates etc, on the website. Cindy has reached out to someone advertising on Kijiji, and I have reached out to someone that was referred by Richard Ollie, President of the Halton Peel Chapter. I am confident that by time you receive this newsletter we will have a qualified person for this position. In both cases, we will be charged for time spent on edits to the website, but about 40% of the cost that Vaxxine would charge. Not that I begrudge Vaxxine the money, they have larger overhead etc, but we need to be frugal with our dollars.

With all of that, October 16<sup>th</sup> brings us our annual Ostomy Health Fair Day. Hopefully you can attend. It's a

great day to meet fellow folks with Ostomies, local retailers and various other ostomy related vendors.

Again this year, Roxie is doing a presentation: Proper Measuring & Skin care. Seating is limited to the first 50 people; however, we are contemplating doing a virtual broadcast of her seminar. If you have a computer & internet, and are interested in logging in to the seminar, please email us at [info@niagaraostomy.com](mailto:info@niagaraostomy.com) and you will be sent a link to the ZOOM meeting. We are on a learning curve doing online meetings, and the audio & video quality isn't the best as yet, please be patient as we try to master this technology.

Hope to see you @ the Ostomy Day on October 16<sup>th</sup>! Please note, there won't be an evening meeting in October.

Best regards  
John Molnar



## Peri-Stoma Cleanser & Adhesive Remover

- No Rinse Required - Saves Time
- No Alcohol in Formula - No Sting
- Large Wipe, 5"x7" - Easy to Handle
- No Oils, Lotions or Aloe in the Formula
- Gentle Formula Helps Clear Up Red Irritated Skin Issues

*Ask your supplier to bring in these products for you!*

For more information to acquire locally or to request a sample please call

In Canada Contact - Peter West  
519-726-5959 | [peter@westcaremed.com](mailto:peter@westcaremed.com)

**Safe n Simple**  
Clean. Comfortable. Confident.

**844-767-6334**  
[www.sns-medical.com](http://www.sns-medical.com)

*Stretch Your Dollars with our High Quality, Cost Effective Products!*

20 miles this week

2 successful closings

0 irritation around her stoma

Inspired by You!

You've never been one to let life slow you down. Every challenge is met with the confidence that comes from knowing life is all about the journey. And that confidence is an inspiration to us every day at Hollister.

For more than 50 years, we've been delivering customer-inspired innovations that have helped make life more rewarding and dignified for those who use our products. Because for us, there's nothing more inspiring than seeing people like you getting back to doing what you love.

For more information call our customer service at 1-800-263-7400.



Ostomy Care  
Healthy skin. Positive outcomes.

THANK YOU!



Thank you to our last month's speaker, Gord Douglas from Hernia Helper.

You can visit his website at [www.herniahelper.ca](http://www.herniahelper.ca)



WOULD YOU LIKE TO RECEIVE THIS NEWSLETTER VIA EMAIL?

To receive our newsletter by email, please go to our website [niagaraostomy.com](http://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.

6 POWERFUL TEAS THAT FIGHT INFLAMMATION

<https://www.healthline.com/nutrition/anti-inflammatory-tea>

Plants, herbs, and spices have been used medicinally for centuries. They contain powerful plant compounds or phytochemicals that can prevent oxidative damage to your cells and reduce inflammation. Due to their anti-inflammatory properties, certain plants may relieve pain that's caused by inflammation. They may also help manage certain diseases that are triggered by it. Drinking tea made from these plants, herbs, and spices is an easy way to enjoy their benefits.

Here are 6 powerful teas that may fight inflammation.

1. Green tea (Camellia sinensis L.)

Green tea comes from the same shrub as black tea, but the leaves are processed differently, allowing them to retain their green color. The health-promoting compounds in green tea are called polyphenols, of which epi

(Continued on page 7)



## 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 (WOCC(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](http://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](http://www.nswoc.ca)

## Real Solutions. Real Impacts.

**Our caring experts are here  
to assist you with all your  
ostomy needs**

Motion St. Catharines  
1 - 111 Fourth Ave.  
Ridley Square

**(905) 688-0420**  
[st.catharines@motioncares.ca](mailto:st.catharines@motioncares.ca)

[motioncares.ca](http://motioncares.ca)



## Online Payment/ Donation

**Etransfer to:**

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

(no password required)

## CALENDAR OF EVENTS

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

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

### 2024 dates

**October 16: Ostomy Health Fair —NO EVENING MEETING**

**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	<b>POSITION AVAILABLE</b>
Director Ask the NSWOC/Speakers	Roxie Demers, NSWOC
Director: Webmaster & Digital Channels	<b>POSITION AVAILABLE</b>
Director : Events	Peter Winter
Director Marketing/Social Media	Laura Thompson

## NIAGARA OSTOMY ASSOCIATION

### Volunteers 2024-25

Membership Coordinator & Newsletter Assistant	<b>POSITION AVAILABLE</b>
Newsletter Editor	Marlene Heinrichs
Meetings Assistant	Colleen Kollee

## MISSION STATEMENT:

To serve and assist all people with ostomies in the Niagara Region.

**Canada's #1 Online Ostomy Supply Store**

WWW.MYOSTOMY.CA  
INFO@MYOSTOMY.CA

SHOP WITH US TODAY!

Coloplast

Hollister

ConvaTec

CUiWEAR

MARLEN CANADA

Safe'nSimple

salts HEALTHCARE

JOIN US FOR OUR ANNUAL

# Ostomy EVENT



**ONLINE ORDERING BEGINS OCT. 9 TO PARTICIPATE**

- **Free Gift Bag** (First 100 Customers)
- **Giveaways & Prizes**
- **Save on Ostomy Supplies**
- **Access to Industry Experts**  
(Including Hollister, Convatec & Coloplast)

**WIN YOUR ORDER\* (UP TO \$1000 VALUE!) OR A LOCAL RESTAURANT GIFT PACK\* (\$350 VALUE)**

\*DETAILS AT:  
[BrantArts.ca/OstomyEvent](http://BrantArts.ca/OstomyEvent)



*(Continued from page 3-Teas)*

gallicocatechin-3-gallate (EGCG) is the most potent (1). EGCG has anti-inflammatory properties that can help relieve some of the flare-ups associated with inflammatory bowel diseases (IBDs) like Crohn’s disease and ulcerative colitis. In a 56-day study in people with ulcerative colitis who didn’t respond to conventional medication, treatment with an EGCG-based medication improved symptoms by 58.3%, compared with no improvements in the placebo group. Green tea also seems to reduce inflammation-driven conditions like heart disease, Alzheimer’s, and even certain cancers.

To brew green tea, steep a tea bag or loose tea leaves in a tea infuser for five minutes. Matcha powder is finely ground green tea leaves, and you can simply stir a spoonful into hot water or milk.

While green tea is safe to consume for most people, it contains caffeine, which may negatively impact sleep in some people. Plus, drinking large amounts of this beverage may inhibit iron absorption. In addition, compounds in green tea can interact with certain medications, including acetaminophen, codeine, verapamil, nadolol, tamoxifen, and bortezomib, so check with your health-care provider — especially if you drink a lot of it.


If you want to give green tea a try, you can find it locally or online. Matcha powder is widely available as well.

2. Holy basil (*Ocimum sanctum*)

Also known by its Hindi name tulsi, holy basil is a perennial plant native to India and Southeast Asia. In Ayurvedic medicine, it’s known as “the incomparable one” and “queen of herbs” due to its wide range of health-promoting properties. Referred to as an adaptogenic herb in alternative medicine, holy basil is thought to help your body counter emotional, environmental, and metabolic stress. These are often the root causes of inflammation that lead to chronic disease. Both animal and human studies have found that holy basil has anti-inflammatory properties that may reduce blood sugar, cholesterol, and blood pressure levels. Compounds in the leaves and seeds of the holy basil plant may also reduce uric acid levels, alleviating the pain that results from inflammatory conditions like gout and rheumatoid arthritis. Some

*(Continued on page 8)*



 More than just great products – me+™ brings you the tools and advice to help you make life with an ostomy completely your own.



**me+™ care**

Products, supplies and advice for the first few weeks at home.



**me+™ support**

Live nurses by phone or email for any questions you may have.



**me+™ answers**

An in-depth resource covering everything ostomy.



**me+™ community**

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](http://www.convatec.ca).

\*Model portrayal AP-01 8857-GA

All trademarks are property of their respective owners. © 2018 ConvaTec Inc.

(continued from Page 7-Teas)

of holy basil's compounds fight inflammation by inhibiting the cox-1 and cox-2 enzymes, which produce inflammatory compounds and trigger pain, swelling, and inflammation. Holy basil or tulsi tea is available at many natural food stores and online. To brew it, use loose leaves or a tea bag and let it steep for five minutes.

Tulsi tea should be safe for most people to drink every day.

### 3. Turmeric (*Curcuma longa*)

Turmeric is a flowering plant with an edible root or rhizome that's often dried and made into a spice. The root can likewise be peeled and minced. The active ingredient in turmeric is curcumin, a yellow compound known for its many health benefits. It reduces inflammation and pain by interrupting some of the pathways that lead to this condition.

Turmeric and curcumin have been studied for their effects on chronic inflammatory illnesses like rheumatoid arthritis, IBD, and heart disease. They may also relieve arthritic joint pain and muscle soreness after exercise — both of which are caused by inflammation. In a 6-day study in people with pain and inflammation from osteoarthritis, taking 1,500 mg of curcumin in divided

doses 3 times daily significantly reduced pain and improved physical function, compared with a placebo. Another study in 20 active men showed that taking 400 mg of curcumin reduced muscle soreness and muscle damage after exercise, compared with a placebo. However, these studies used large doses of concentrated curcumin, so it's unclear whether drinking turmeric tea would have the same effect. If you want to try turmeric tea, simmer 1 teaspoon of either powdered turmeric or peeled, grated turmeric root in a pot with 2 cups (475 ml) of water for about 10 minutes. Then strain the solids and add lemon or honey to taste. Curcumin is better absorbed with some black pepper, so add a pinch to your tea.

### 4. Ginger (*Zingiber officinale*)

Over 50 different antioxidant compounds have been identified in ginger. Many of them minimize the production of cytokines, which are pro-inflammatory substances in your body.

In a 12-week study in people with diabetes, taking 1,600 mg of ginger each day reduced fasting blood sugar, total cholesterol, triglycerides, and inflammatory blood markers, including C-reactive protein (CRP), compared with a placebo. Similarly, taking 1,000 mg of ginger daily for 3 months significantly lowered inflammatory markers in

(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.

## Rexall Home Health Care and Mobility

4486 Ontario Street, Beamsville, ON | 905-563-7922

### All your Home Health Care Needs

Compression Stocking | Bracing | Mobility | Bath Safety | Mastectomy | Incontinence

**Rexall**  
Your pharmacy, your way.

Rexall.ca   







THE  
**OSTOMY** *Clothing*  
COMPANY

**Toll Free: 1-833-473-0999**  
**Local: 519-473-0999**

Email: [info@ostomyclothingcompany.com](mailto:info@ostomyclothingcompany.com) Website: [www.ostomyclothingcompany.com](http://www.ostomyclothingcompany.com)

*(Continued from page 8-Teas)*

people with osteoarthritis. Still, these studies used high doses of ginger — not ginger tea. Therefore, it's unclear whether drinking ginger tea would have the same effects. Due to its slightly sweet and spicy flavor, ginger makes a delicious tea. Simmer 1 tablespoon of fresh, peeled ginger or 1 teaspoon of powdered ginger with 2 cups (475 ml) of water. Strain it after 10 minutes, and enjoy it with lemon or honey.

5. Rose hip (Rosa canina)

Rose hips are the coral-red, round, edible pseudo-fruits that are left after a rose bush loses its flowers. They have been used as an herbal medicine for more than 2,000 years, as they're packed with antioxidants, including beta carotene and vitamins C and E. Rose hips contain phenolic compounds, which are powerful anti-inflammatory antioxidants that protect your cells from damage. Studies

show that rosehip powder reduces pain and other symptoms related to rheumatoid arthritis by limiting the production of pro-inflammatory cytokine chemicals. Rose hips also contain healthy fat compounds like triterpenoic acids, ursolic acid, oleanolic acid, and betulinic acid. These inhibit the cox-1 and cox-2 enzymes, which trigger inflammation and pain. To make rosehip tea, use about 10 whole, fresh or dried rose hips and mash or crumble them. Mix them with about 1 1/2 cups (355 ml) of very hot (not boiling) water and let them steep for 6–8 minutes. Strain the drink to remove the solids and add honey if desired. Rosehip tea has a deep red-coral color and floral notes.

6. Fennel (Foeniculum vulgare Mill)

The flavor of the seeds and bulb from the Mediterranean fennel plant is often compared to that of licorice or anise. So if you're a fan of these, fennel makes a delicious tea that also fights inflammation. Like rose

*(Continued on page 14)*



Serving Niagara Since 1977

**SIMPSON'S**

**Your Local Community Pharmacy For All Your Ostomy Needs.**

- ✓ Free delivery throughout Niagara Falls, St Catharines, Virgil and Niagara-on-the-Lake.
- ✓ Discount day.
- ✓ Large product range.
- ✓ Specially-trained, caring staff.

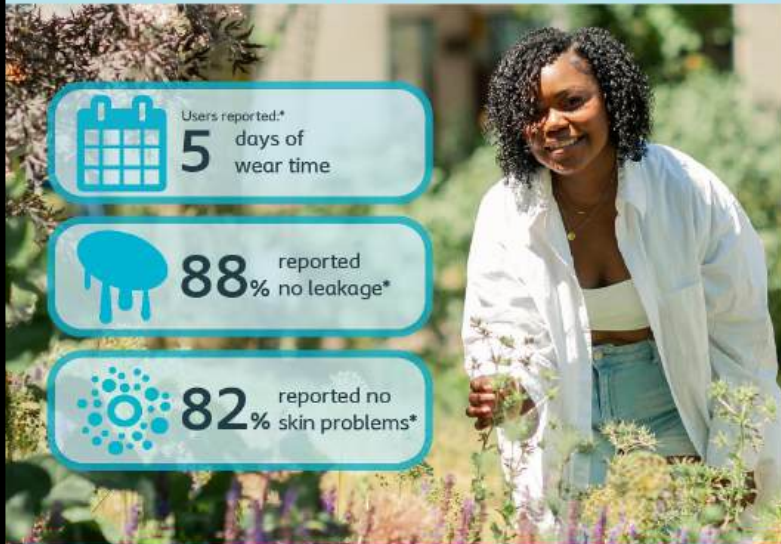
Call or visit us at our Virgil Location:

**Simpson's Pharmasave:**  
1882 Niagara Stone Rd · Virgil  
905.468.2121  
[www.simpsonsparmacy.ca](http://www.simpsonsparmacy.ca)

LIVE WELL WITH  
**PHARMASAVE**

# Curved fit for curved areas.

NEW clinical study\* in Canada supports **SenSura Mio® Concave!**



Users reported\* **5** days of wear time

**88%** reported no leakage\*

**82%** reported no skin problems\*

If your stoma is on a bulge or curve, you know that getting an ostomy appliance that fits can be challenging! That's where **SenSura® Mio Concave** can make a real difference by giving you **longer wear time, less leakage, and more security.**



Try a free sample:

visit [coloplast.ca/SenSuraMio-Concave](https://www.coloplast.ca/SenSuraMio-Concave)



Scan the QR code to order free\*\* samples

\*St-Cyr, D., Gilbert, D., Dionne, J., & 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

Ostomy Care / Continence Care / Wound & Skin Care / Interventional Urology

Coloplast Canada, A205-2401 Bristol Circle, Oakville, ON [www.coloplast.ca](https://www.coloplast.ca) PM-26285

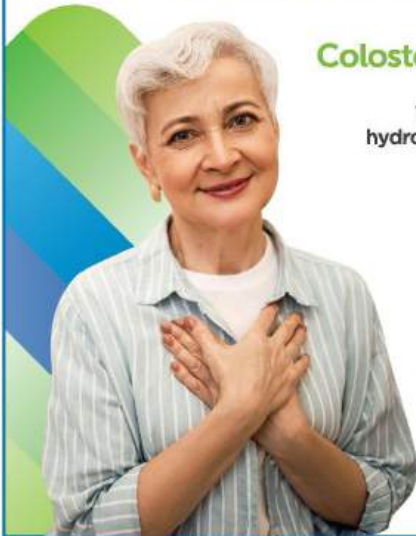
The Coloplast logo is a registered trademark of Coloplast A/S. © 2023-08 All rights reserved Coloplast A/S, 3050 Humlebaek, Denmark



## salts HEALTHCARE THE NATURAL CHOICE

Colostomy | Ileostomy | Urostomy | Additional Products

The only manufacturer to infuse Aloe Vera into their hydrocolloid, which may help to protect and soothe your skin!



Confidence® Natural Advance

Confidence® Natural Soft Convex

After switching, this ostomate's skin healed within eight weeks\*



**WESTECH**  
HEALTH CARE LTD.

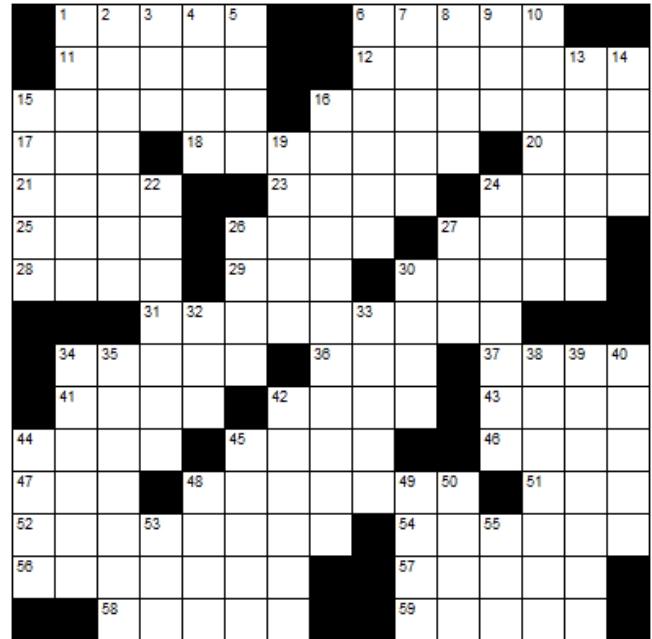
Distributed in Canada by Westech Health Care  
TF: 1.844.323.0022 | PH: 587.323.0022 [www.westechhealth.com](https://www.westechhealth.com) | [info@westechhealth.com](mailto:info@westechhealth.com)

REQUEST  
**FREE**  
SAMPLE



**CROSSWORD** [www.mirroreyes.com](http://www.mirroreyes.com)

- |                                |                           |                     |
|--------------------------------|---------------------------|---------------------|
| <b>ACROSS</b>                  | 27. Skin irritation       | 52. Thoughtless     |
| 1. Illicit sexual relationship | 28. Geek                  | 54. Containing salt |
| 6. Go on all fours             | 29. Music genre           | 56. Considering     |
| 11. Deadly snake               | 30. Landslide detri-tus   | 57. Schemes         |
| 12. Let go                     | 31. Guarantee             | 58. Simple song     |
| 15. Infants                    | 34. Piquant               | 59. Marsh plant     |
| 16. Width of a circle          | 36. Modern                |                     |
| 17. Commercials                | 37. Voyage                |                     |
| 18. Adds on                    | 41. Tube                  |                     |
| 20. Darjeeling or oolong       | 42. Break in two          |                     |
| 21. French for "Head"          | 43. Deep sleep            |                     |
| 23. Tatters                    | 44. Not false             |                     |
| 24. Seats oneself              | 45. Arouse                |                     |
| 25. Portent                    | 46. Gammons               |                     |
| 26. Adjacent                   | 47. Hebrew liquid measure |                     |
|                                | 48. Deny                  |                     |
|                                | 51. Encountered           |                     |



- |                         |                    |                         |                 |                   |                         |
|-------------------------|--------------------|-------------------------|-----------------|-------------------|-------------------------|
| <b>DOWN</b>             | 7. Absorbs         | 16. Impas-sively saying | 32. Air hero    | 42. Miserly       | 53. French for "Friend" |
| 1. College life         | 8. Charity         | 19. Former              | 33. Ap-proaches | 44. Impact sound  | 55. Young boy           |
| 2. Gangster             | 9. Tiny            | 22. Length-wise         | 34. Reliquary   | 45. Holy person   |                         |
| 3. Sash                 | 10. Trellis        | 24. Elongate            | 35. Swooped     | 48. Sand          |                         |
| 4. Fertilizer component | 13. Boil           | 26. Agile               | 38. Wander-ing  | 49. Cobras        |                         |
| 5. Coarse file          | 14. Ages           | 27. Frozen              | 39. Huge        | 50. Harvard rival |                         |
| 6. Shrink in fear       | 15. Maestro's wand | 30. Cease               | 40. Adhesive    |                   |                         |



Answers  
on  
pg 9



# HENDERSON'S PHARMACY

"The HEART of the Community since 1939"

- |  |  |
|--|--|
| - Large selection of ostomy products for your colostomy, ileostomy, and urostomy needs | - Insulin pump supplies                        |
| - Regular customers products kept in stock   | - Discreet and friendly service                |
| - Full range of skin care, wound care and incontinence products                        | - Diabetic and blood pressure monitor training |
| - Compression socks and hosiery measured by certified fitters                          | - Free delivery                                |

\*some restrictions may apply

15 Front Street South, Thorold

[WWW.HENDERSONSPHARMACY.COM](http://WWW.HENDERSONSPHARMACY.COM)

905-227-2511



## Niagara Ostomy Association

Serving the Niagara Ostomy Community since 1974

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

[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**

Member Name \_\_\_\_\_

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

Mailing Address \_\_\_\_\_

City \_\_\_\_\_ Postal Code \_\_\_\_\_

Phone #(s) \_\_\_\_\_ E-Mail \_\_\_\_\_

**Payments via our website ([www.niagaraostomy.com](http://www.niagaraostomy.com)) or by cheque mailed to:**

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.

2024

## Here for your Ostomy needs

- ✓ Pouches
- ✓ Flanges & Adhesives
- ✓ Skincare Products
- ✓ Custom orders available



In-store, a member of our expert team will be able to provide advice and support on stoma care and management, as well as product recommendations tailored to different needs and lifestyles.

**Explore a wide range of Ostomy products in-store today.**

**Wellwise by Shoppers**

145 Carlton Street, St. Catharines, ON, L2R 1R5 | 905-641-5200

**wellwise**  
by SHOPPERS  
Home health care solutions



### For all your Ostomy Supply Needs

- Qualified and experienced staff
- Regular customer supplies in stock
- Full range of brand name products in stock
- Customer Appreciation Day Discounts
- Mobility Products
- Free delivery

**Boggió Pharmacy**  
200 Catherine St., Port Colborne  
Tel: (905) 834-3514

**Boggió & Mackinnon Pharmacy**  
6680 Drummond Rd., Niagara Fall  
Tel: (905) 354-1812

**Boggió Fonthill Pharmacy**  
155 Hwy 20 W., Fonthill  
Tel: (905) 892-4994

**Boggió & Edwards Pharmacy**  
307 Ridge Rd., Ridgeway  
Tel: (905) 894-2200

**Boggió Grimsby Pharmacy**  
80 Main St., Grimsby  
Tel: (289) 447-0134

**East Main Pharmacy**  
816 E Main St., Welland  
Tel: (905) 735-1500

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



### Skin Barrier Ring Conforming Seals

- Ideal for any type of ostomy
- Moldable, stretchable
- Highly absorbent
- "Holds up better" promoting longer pouch wear time



SNS684U2 - 2" - 3.2mm  
SNS684U4 - 4" - 3.2mm  
SNS684D2 - 2" - 4.6mm **NEW!**

*Ask your supplier to bring in these products for you!*

For more information to acquire locally or to request a sample please call

In Canada Contact - Peter West  
519-726-5959 | [peter@westcared.com](mailto:peter@westcared.com)

**SafenSimple**  
Clean. Comfortable. Confident.

**844-767-6334**  
[www.sns-medical.com](http://www.sns-medical.com)

*Stretch Your Dollars with our High Quality, Cost Effective Products!*



See why more are choosing us for their **OSTOMY** needs!

Colostomy • Ileostomy • Urostomy

**We Make it Easy!**



**Expert Staff**  
 • Work closely with healthcare professionals at the hospital  
 • House visits - we come to you!

**Excellent Prices**  
 • We stock all hard to get supplies

**Free Delivery**  
 • We're all about convenience!

**Other Services**  
 • Mobility Aids • Lymphedema Management  
 • Mastectomy Care • Compression Garments  
 • Incontinence • Wound Care

**ST. CATHARINES**  
 1200 Fourth Ave.  
 905-685-3030  
(located in the hospital near the main entrance)

**DUNNVILLE**  
 140 Broad St. E.  
 905-774-7331

**HAMILTON**  
 1010 Upper Wentworth St.  
 905-381-4420



**HausersPharmacy.com**

(continued from Page 9-Teas)

hips, fennel is full of anti-inflammatory phenolic compounds. Some of the most active ones are caffeoylquinic

acid, rosmarinic acid, quercetin, and kaempferol. Some research indicates that fennel may reduce pain, especially menstruation-related pain, which may be due to its powerful anti-inflammatory compounds. A 3-day study in 60 young women demonstrated that treatment with 120 grams of fennel extract per day significantly reduced menstrual pain, compared with a placebo. Fennel tea is easy to make with fennel seeds from your spice rack. Pour 1 cup (240 ml) of boiling water over 2 teaspoons of crushed fennel seeds and let them steep for about 10 minutes. Add honey or sweetener if you like.

(NOA editor's note: original article has been edited for space. To read entire article, visit: <https://www.healthline.com/nutrition/anti-inflammatory-tea>)



**Beamsville Medical PHARMACY**

*Your Local Community Pharmacies*

4279 Hixon Street  
 Beamsville, ON L0R 1B0  
*In the Beamsville Medical Center*  
 Phone: 905-563-1234



**Lincoln Medical PHARMACY**

4413 Ontario Street  
 Beamsville, ON L0R 1B5  
*In the Fleming Professional Center*  
 Phone: 905-563-8808

**Great Prices on all the Leading OSTOMY SUPPLIES**

**See us for Private & Personal Service**

Professional and Confidential • Caring and Friendly Service • Private Consultation Room  
 Regular Customer Supplies Held in Stock • Compression Stockings Fitted by Certified Fitters  
 Large Range of Availability of Incontinence Supplies • Insulin Pump Supplies

**EASY PRESCRIPTION TRANSFERS!**  
All Insurance Plans Honoured • Free Prescription Delivery

**WHEELCHAIR FRIENDLY • FREE PARKING • SENIOR'S DISCOUNT**

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