



NIAGARA OSTOMY
ASSOCIATION
Serving the Niagara
Community since 1974

IT'S IN THE BAG



November 2024



ST. CATHARINES MEETING:

November 20, 2024

Deanna White, Program Manager, Wellspring Niagara Cancer Support
Overview of Wellspring Niagara's Programs and Support Services

No meeting or newsletter in December

Happy Holidays! Here's to a great year in 2025!



VOLUNTEER ROLES AVAILABLE

The work of NOA is made possible through the combined efforts of volunteers! We welcome new volunteers in these roles:

- **Friendly Visitor:** Training is provided by Ostomy Canada Society. The visitor is uniquely qualified to share non-medical information that supports the rehabilitation of the patient. Visitors share positive experiences and practical information.
- **Membership Chair:** Provide a warm welcome to new and returning members. Maintain membership list in collaboration with the Treasurer. Encourage new members to sign up for electronic newsletter delivery.
- **Social media Chair:** Help to maintain Facebook, X and other social media accounts. Assist with website content.
- **Board Member: Coordinator, Trained Visitor Program**

Please email your expression of interest to info@niagaraostomy.com Roles can be adjusted to match your interests. A Board Member will respond.

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*



Scan QR code
for link to
NOA website

INSIDE THIS ISSUE:

MESSAGE FROM THE BOARD	2
YOUTH CAMP THANK YOU FROM IZZY	3
ASK THE NSWOC	4
2025 MEMBERSHIP DRIVE	7
MY STORY: AMY BOOTH	8
CROSSWORD	11
MEMBERSHIP APPLICATION	12

Message from the Board:

I hope everyone has enjoyed our warm fall temperatures. Soon enough the snow will be falling and we will be hoping for warmer weather to arrive again.



To start, we extend a warm welcome to Ronan Corr, our new Webmaster. Ronan will work with Cindy to maintain the website. Cindy can do simple edits. Ronan will look after the technical requirements.

Our Ostomy Health Fair was held again this past month for just the second time since Covid. All went well with more attendees than last year. All feedback from vendors and attendees was positive and we hope to hold it again next year. As always, Roxie's presentation was well received; as usual, Peter Winter's food for the event was praised for the excellence and variety of tasty snacks.

A big Thank You to the volunteers who helped at this year's event! We couldn't do it without you, and we are

always looking for extra help and new ideas. If you have any suggestions for guest speakers, please send us an email to info@niagaraostomy.com.

In this month's newsletter, you will see a thank you and photos from the Niagara youth, Izzy, who was able to attend the Youth Camp in Alberta this summer. Niagara Ostomy Association was pleased to be able to provide some financial support for her travel costs.

This brings me to mention that it's time to renew your membership for 2025. These funds allow us to host meetings, hold the Ostomy Health Fair and to send young Niagara people with ostomies to the Youth Camp. Please renew your membership online (niagaraostomy.com – become a member) or in person at one of our meetings.

We hope to see you at our November 20 meeting. Well-spring Niagara will be providing a presentation outlining their programs and services.

With best wishes, Steve

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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.

20 miles this week

2 successful closings

0 irritation around her stoma

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Thank you so much for helping me go to ostomy camp without your donation I wouldn't of had the opportunity to meet such great people and make friendships that will last a lifetime.

from IZZY





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. 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.

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Etransfer to:

payments@niagaraostomy.com

(no password required)

CALENDAR OF EVENTS

Our Website: www.niagaraostomy.com

Our Email: info@niagaraostomy.com

2024 dates

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

**December: NO MEETING, Happy Holi-
days!**

2025 Dates– Speakers TBA

January 15 — Feb 19 — March 19

April 16 — May 21 — June 18

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 some-
one 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

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Director:	POSITION AVAILABLE
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

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Brant Arts I-D-A

2025 MEMBERSHIP DRIVE

Greetings friends of **Niagara Ostomy Association!** November kicks off our 2025 NOA Membership Drive. Membership renewals cover the 2025 calendar year, January to December. New memberships are effective immediately and continue through 2025.

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

NOA programs and benefits include: 9 monthly information meetings with guest speakers; 9 monthly newsletters that inform and entertain us; a Friendly Visitor Program with individuals trained by Ostomy Canada Society; Facebook, Twitter and web content; our "Ask an NSWOC" feature on our website; an annual Ostomy Health Fair where you can meet one-on-one with industry professionals; and orientation to students completing their PSW certification. NOA is affiliated with Ostomy Canada which provides a summer camp for young persons with ostomies, webinars, a magazine 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 the Niagara Region and the entire country.


NOA relies on your membership dues to operate. 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 receives payment for fulfilling their roles.

A membership form is available in the newsletter or online at www.niagaraostomy.com. Your \$30 membership fee can be paid online at payments@Niagaraostomy.com

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

Kindest Regards, NOA Board of Directors



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MY STORY — AMY BOOTH

It was Christmas Eve, 2023, I wasn't feeling well for a couple days so I decided to go to the ER in Niagara Falls (wait times were much less there than in my city of St Catharines). The doctors did some blood tests and a CT scan and discovered I had diverticulitis and sent me home with antibiotics and said if you're not feeling better in 2 days, come back. I spent Christmas Day in bed while we had family over for dinner. Next day, Boxing Day, spent all day in bed again, feeling worse than I did the previous couple days. I went back to the hospital, St Catharines General this time. Doctors did another CT scan and found I had a perforated bowel and abscess and admitted me so they could investigate further and put me on iv antibiotics. The doctors decided they would see if antibiotics would help but I was not getting much better. They were going to try to do a procedure via CT scan to see if they could break up the abscess but it was not very accessible. Surgeon said they will probably have to do surgery as I was now septic and things were not getting better at all. The surgeon said I may wake up with an ostomy and at that point I didn't care, I have heard of an ostomy before but was feeling so sick, I just wanted to feel better. So after 2 weeks in the hospital on antibiotics and fluids and feeling the sickest I have in my life, I went into surgery. About 6 hours later, if I recall correctly, I had a

Hartman's procedure, a colostomy--they removed about a foot of my colon-- and I woke up with an ostomy. This was my first ever surgery. I was terrified. I spent another two weeks in the hospital. The nurses were great. I started to feel slightly better as I introduced new foods into my diet and started walking more. I had daily leaks. The nurses were great about changing the bag for me. It took me almost 2 weeks to even look at my bag and the many staples down my stomach. Just about 3 days from my release from hospital they showed me how to change my own bag. I was terrified. I was sore. I was scared. I was tired. I was released from the hospital after spending a month in there. A nurse came out to visit me and show me how to change my bag. I still was just not getting it. I was very very lucky that my husband stood up and helped me with each of my bag changes, which were scary for the first couple of months, I even passed out during one of my changes as the anxiety was just too much for me.

The home nurse mentioned that there was a local group, the Niagara Ostomy Association that I could join and learn more about ostomies. I looked them up and was at my first meeting about 3 weeks after I was released from the hospital. I cried a lot through my first meeting and

(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-My Story

cried a little less at the next meeting. Going to the Niagara Ostomy Association meeting made me feel comfortable to be around people who knew more about my condition and many themselves were living with ostomies. I learned a lot about different ostomy products and how to make changes go more smoothly and heard stories from people about their unique situations. It was nice to know when Stu (I named my stoma) started singing that

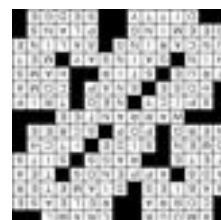
no one would raise an eyebrow and wonder why there were some interesting sounds coming from me.

Fast forward to October 2024, I was looking forward to attending and helping out for the Niagara Ostomy Association annual Ostomy Health Fair and I got word from my surgeon that my reversal was scheduled. I had my Hartman reversal surgery on October 10th; I missed the


Ostomy Fair. I spent a week in the hospital after my surgery and got my staples out 18 days later and my surgeon says I'm doing well and hopefully will be fully recovered in a couple months.

This has been a physical and mental journey that I would never in my wildest dreams would have ever thought I would have gone through. 2024 has been a very trying year for me and I have nothing but a positive outlook for 2025. I am very grateful to the Niagara Ostomy Association; their group and their members did so much for my well-being both mentally and physically. I hope to remain a member as my journey is not over yet. I will continue to reach out for support and I hope support others in this group for years to come.

Thank you.
Amy Booth



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*Dr. Giv, D., Gilbert, D., Dierme, K. & Karska, N. (2022). Evaluation of SenSura® Mio Concave vs. non-concave appliances in people with outward perianal body profile (PBP). NDSMOCT 43rd 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.

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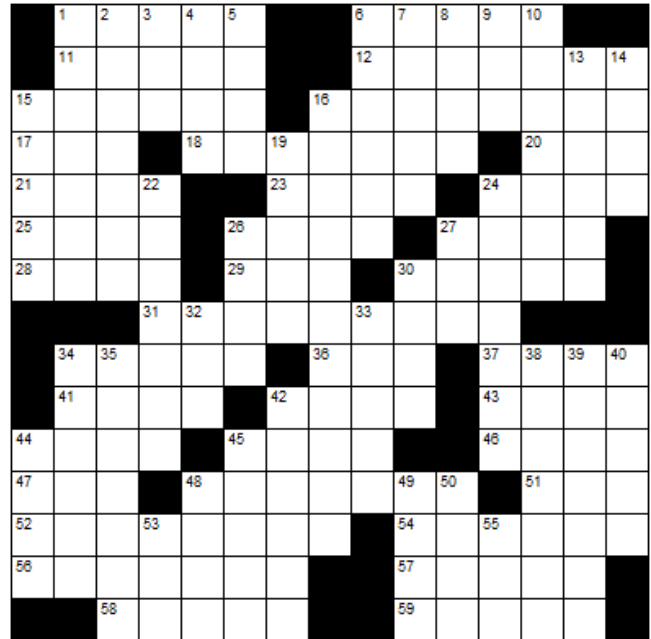
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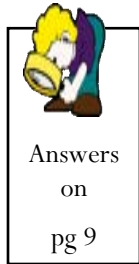


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- | | | |
|--------------------------------|---------------------------|---------------------|
| ACROSS | 27. Skin irritation | 52. Thoughtless |
| 1. Illicit sexual relationship | 28. Geek | 54. Containing salt |
| 6. Go on all fours | 29. Music genre | 56. Considering |
| 11. Deadly snake | 30. Landslide detritus | 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 | |



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



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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, Ontario.

Your membership is valued! 100% of your membership dollars helps fund ongoing service to people living with ostomies in Niagara. Programs include 9 monthly meetings and newsletters; Friendly Visitor Program; "Ask the NSWOC" service; maintaining our website and social media; helping sponsor attendance of a Niagara Youth at Youth Camp and affiliation with Ostomy Canada.

Circle One: Renewal Membership – New Membership – Gift Membership

\$30 - Membership year runs from Jan 1 to Dec 31

Member Name _____

Mailing Address _____

City _____ Postal Code _____

Phone #(s) _____ E-Mail _____

Payments via our website (www.niagaraostomy.com) or by cheque payable to Niagara Ostomy Association & mailed to:

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St. Catharines, ON L2M 2T7

For information on Ostomy Canada Society or to become an Ostomy Canada supporter, please visit www.ostomycanada.ca or call them at 1-888-969-9698

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

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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.

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!

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: heinrichsmarlene@gmail.com

Thank you, in advance.



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