



IT'S IN THE BAG



February 2025



ST. CATHARINES MEETING:

February 19, 2025

David Polson, Best Buy Medical
Ostomy Products Supplier

HYBRID (ZOOM) MEETINGS

Postponed until further notice.

Please see message from Steve on Page 2.



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.

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
SHARE YOUR STORY	3
ASK THE NSWOC	4
FAMOUS OSTOMATES	6
TIME FOR VITAMIN D	9
CROSSWORD	11
MEMBERSHIP APPLICATION	12
JOKE OF THE DAY	14

Message from the Board:

With winter fully upon us these days bringing the usual ups and downs in temperatures associated with living in Southern Ontario these days, I hope that everyone is staying warm and dry. At least we haven't had much in the way of snowfall amounts at any one time to ruin our backs with shoveling.

The Board has decided to not continue with Hybrid meetings. There was very limited participation and lack of personnel and equipment to continue. To continue, we would need a dedicated audio visual team that could cover if somebody was sick and unable to operate the equipment which brings up the subject of requiring more active members and Board members. For those in-

terested in participating and helping out at the Niagara Ostomy Association, please reach out to us by email at info@niagaraostomy.com or by phone at 905-321-2799.

This month's speaker will be a representative from Best Buy Medical to talk about what they do as an ostomy supply distributor and the new line of Ostofoam products. We hope to see you there on Wednesday, February 19 at 7 PM.

Steve



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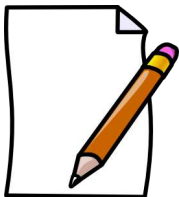
Prior to use, be sure to read the Instructions for Use for information regarding Intended Use, Contraindications, Warnings, Precautions, and Instructions.
† Consumer Survey of Pruritus, Hollister Incorporated, 2016. Data on file.
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CE



Ostomy Care
Healthy skin. Positive outcomes.

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.



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.

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CALENDAR OF EVENTS

Our Website: www.niagaraostomy.com

Our Email: info@niagaraostomy.com

2025 dates

Feb 19: David Polson, Best Buy Medical

March 19: Professor Colin McDonald, McMaster University

April 16: Moustafa Ali, Impress / Osteoform

May 21: Laura Williamson, Convatec

June 18: Annual Meeting/Strawberry Social —
Guest Speaker: Roxie Demers, RN NSWOC

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

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Volunteers 2024-2025

Newsletter Assistant	John Molnar
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Meetings Assistant	Colleen Kollee

MISSION STATEMENT:

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

FAMOUS OSTOMATES

SOURCE: <https://www.shieldhealthcare.com/community/news/2016/03/29/famous-people-with-ostomies/>

If you have an ostomy, you're in good company! Here are some famous people you may be surprised have an ostomy:

Al Geiberger:

Al Geiberger is a former professional golfer who won 11 tournaments on the PGA tour, one of them being the 1966 PGA Championship. In 1980, Al had his colon removed due to his Inflammatory Bowel Disease, incurring an ileostomy.

Dwight "Ike" Eisenhower:

Dwight David Eisenhower was the Texas-born 34th president of the United States of America. He was a five-star general who led the Allied invasion of Nazi-occupied Europe during World War II. He was also known for easing cold war tensions, launching the Space Race and creating the federal Interstate Highway System. While many people were aware of his health issues, not many people knew that "Ike" also had an ostomy. In May 1956 – halfway through his eight year presidency – Eisenhower was diagnosed with Crohn's disease, a disease that causes inflammation along the small and large intestines. In June 1956, his doctor performed a permanent ileo-transverse colostomy to remove a bowel obstruction. Five days after surgery, he resumed conducting official business.

Jerry Kramer:

Jerry Kramer is a former American football player. He is best remembered for his 11 year career as an offensive lineman for the Green Bay Packers. In 1964, six years into his career, Jerry

underwent nine intestinal surgeries, including formation of a colostomy. He fought for his position on the team and went on to play for another five years.

Marvin Bush:

Marvin Bush is the youngest son of George H. W. Bush. In 1985, Marvin was diagnosed with Ulcerative Colitis and dealt with the disease until 1986 when he was given an ostomy after life-saving surgery. Marvin tries to keep a low-profile, but uses his father's name to benefit the National Foundation for Ileitis and Colitis.

Napoleon Bonaparte:

Napoleon Bonaparte was a military conqueror, world leader, and an ostomate. Emperor of France from 1804 to 1815, Napoleon is often pictured with his right hand in his shirt, a method he is rumored to have developed to conceal his goat bladder ostomy bag.

Rolf Benirschke:

Rolf Benirschke is a former NFL placekicker. Shortly after joining the San Diego Chargers, Rolf's battle with Ulcerative Colitis took a turn for the worse and the doctors ultimately removed his colon. Waking up with two ostomies, Rolf went on to adjust to life as an ostomate and continued to kick for the Chargers for eight years.


Thomas P. O'Neill Junior (Tip O'Neill):

Tip O'Neill was an American politician, Ambassador to Ireland, and the second longest-serving Speaker of the U.S. House of Representatives in U.S. history. Tip held a seat in the House Rules Committee then rose to the role of Speaker of the House in 1977 until his retirement in 1987.

(Continued on page 7)

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1. Maria Teresa Szewczyk, MD, PhD; Crazyna Majewska, RN, ETN; Mary V.Cabral, MS, FNP-BC, CWOCN-AP; and Karin Holzel-Piontek, RN: The Effects of Using a Moldable Skin Barrier on Peristomal Skin Condition in Persons with an Ostomy: Results of a Prospective, Observational, Multinational Study, Ostomy Wound Management 2014;60(12):16–26. 2. Consumer sampling survey, N=61, ConvaTec Inc, February 2021, data on file.

Model portrayal. © 2024 Convatec Inc. All trademarks are property of their respective owners. AP-034229-MRL-CA

(Continued from page 6-Famous Ostomates)

In retirement, Tip developed colon cancer and eventually underwent a ostomy surgery. This motivated him to make several public service announcements with athletes and stars to promote awareness of colon cancer.

Babe Zaharias:

Babe was an extremely athletic woman. In 1932 she won two Olympic Gold Medals and one Olympic Silver Medal for Track and Field. She played basketball, but was always known for Track and Field. She began playing golf in 1935. Although she started the sport much later in life than others, she was successful. She played in 3 PGA tours.

While still playing golf, Babe was diagnosed with colon cancer in 1953. She underwent colostomy

surgery, and made a comeback in 1954, winning the Vane Trophy. Her colon cancer recurred in 1955 and Babe passed away the next year at 45 years of age. She has since been inducted into the Hall of Fame of Women’s Golf and was named “10th Greatest North American Athlete of the 20th Century” by ESPN.

Loretta Young:

Loretta Young was an American actress who won the Academy Award for Best Actress in 1948 for her role in *The Farmer’s Daughter*. She had her own show, *The Loretta Young Show* from 1953 – 1961, for which she received three Emmy Awards. In 1986 she won a Golden Globe for “Christmas Eve.” It is confirmed she had an ostomy, although it is not documented *when* she had her ostomy surgery.

(Continued on page 9)



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(Continued from page 7-Famous Ostomates)

Letitia Baldrige:

Letitia was Jacqueline Kennedy’s social secretary and head of staff in the White House. She was also an American etiquette expert and public relations executive.

She was diagnosed with colon cancer in 1978 and had ostomy surgery. After recovering, she continued to be President of Letitia Baldrige Enterprises in New York, then went on to open Baldrige & Lewris in Washington DC, which is company that offered coaching in all things proper, portraying a good image, and manners. She passed away in 2012 at the age of 86.

Ann Sothern:

Ann Sothern was a famous actress for six decades. Over her career she was in 64 movies and more than 175 TV episodes, including guest appearances with Lucille Ball on the Lucy Show. She was well known for her “Maisie” character. Ann suffered an injury while working on a stage production when a prop tree fell on her and fractured her spine and left her with nerve damage. She also contracted Hepatitis from an impure shot. Many years of treatment and surgeries followed these two accidents. It is confirmed she had an ostomy, although it is not documented when or why she had her ostomy surgery.

Nancy LaMott:

Nancy was a cabaret singer in New York in the 1990s. She performed at the White House twice during the Clinton administration. Nancy was diagnosed with Crohn’s Disease when she was 17 and passed away in 1995 at age 43 from uterine cancer.

TIME FOR A VITAMIN D

Via: <https://ostomysaskatchewan.ca/wp-content/uploads/2025/01/Ostomy-news-JAN-FEB-2025.pdf>

There’s no agreed consensus regarding serum levels of Vitamin D or how much to supplement. What we do know is that most people are deficient in vitamin D, and that this increases the risk of a number of health problems. How do you know if this is the case for you, and whether you should take a vitamin D supplement?

Vitamin D is mostly synthesized by the skin if it is sufficiently exposed to the sun’s ultraviolet rays. It’s naturally present in very few foods. The only foods that contain vitamin D in its natural form are oily fish, shitake mushrooms and egg yolks. Other sources of dietary vitamin D come from foods that have been enriched, such as milk, margarine and certain plant based drinks. In North America, during the winter months, skin isn’t sufficiently exposed to the sun to produce enough vitamin D, and it is very difficult to obtain adequate levels of this nutrient through food.

Vitamin D deficiency is associated with a multitude of health issues including, naming but a few, cardiovascular disease, diabetes, obesity, depression, osteoporosis, a weakened immune system and an impaired sports performance.

An optimal intake of vitamin D can optimize your sports performance via its numerous benefits for bone health, muscle function, immune function and inflammation modulation. What this signifies

is that getting enough vitamin D could diminish certain factors that harm performance, such as stress fractures, muscle cramps,

(Continued on page 11)





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**Limitations Apply

*Based on a retrospective study conducted at 2 affiliated university hospitals; n=214 patient charts with surgery dates ranging from February 2022 to June 2023. Patient events were charted by the WOC nurse at each pouch change; review captured up to 5 pouch changes or 2 weeks of data. Statistical analysis controlled for key differences between sites and found predicted probability of leakage for SenSura Mio was 15.1% and Hollister® CeraPlus™ was 25.6%, corresponding to a 40.8% lower risk (p=0.011). Coloplast data on file.

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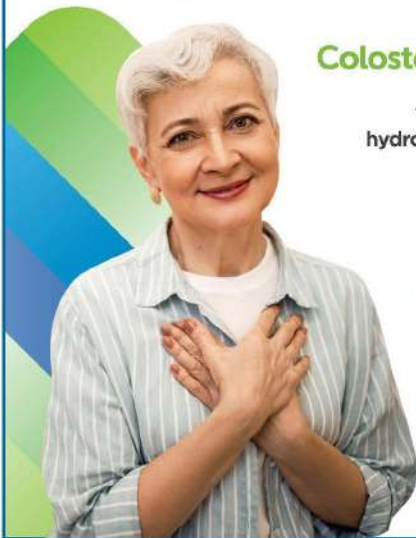
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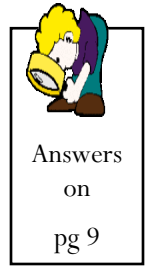


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|-------------------------|--------------------------|-----------------------------------|
| 1. Pinnacle | escort warship | 52. Measuring instrument |
| 5. Proposal | 31. Ice or steam | 54. American |
| 10. River in Spain | 34. Walking sticks | 55. Ancient alpha-betic character |
| 14. Any time now | 35. Hurried on foot | 56. Undersea sailor |
| 15. Courageous | 36. Makes a mistake | 58. Gulf port |
| 16. Fly high | 37. Pooch | 59. Mistake |
| 17. Steady | 38. Animal fat | 60. Shopping center |
| 19. Funnel shape | 39. Twosome | 61. Annoyance |
| 20. Chapter in history | 40. Anagram of "Sneer" | 62. Strange |
| 21. Above the horizon | 41. River horse | 63. Compassion |
| 22. Relative magnitudes | 42. Reduce in complexity | |
| 23. Hairdresser | 44. Deli loaf | |
| 25. Stairs | 45. Famous baby deer | |
| 27. Consume food | 46. Drive back | |
| 28. Maneuverable | 50. Moves briskly | |



- DOWN**
- | | | | | | | |
|-----------------------|--------------------|----------------------------|-----------------------------|-----------------------|----------------------|-----------------|
| 1. Donkeys | 6. Ice cake | 13. Black-and-white cookie | 30. Prefix meaning "Within" | 34. Set up | 44. Aspect | 56. Stitch |
| 2. Legal setting | 7. Destiny | 18. Mendicant | 31. Marries sheep | 37. Small amount | 46. Hearsay | 57. Evil spirit |
| 3. Large marine eel | 8. Evening Prayers | 22. Guns and engine | 32. African sheep | 38. In place of trees | 47. Hawaiian veranda | |
| 4. East northeast | 9. Bloodshot | 24. Dregs | 33. Instruments with slides | 40. Shade trees | 48. Refine | |
| 5. Double-reed player | 10. Get away | 26. 3 | | 41. Abnormally active | 49. Not late | |
| | 11. Help oneself | 28. Evasive | | 43. Evident | 50. Snare | |
| | 12. Hindu princess | 29. Water- | | | 51. Uncouth | |
| | | | | | 53. Dugout shelter | |



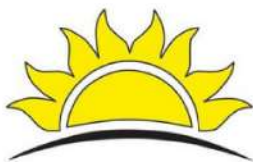
(Continued from page 9-Vitamin D)

and colds and flues. Vitamin D receptors have been found in several areas of the brain, including those related to depression. Vitamin D could increase the amount of serotonin, a neurotransmitter with calming qualities, and in that way reduce depression. Some studies suggest that supplementing vitamin D could reduce the symptoms of depression, especially for people experiencing severe depression or excess weight.

Vitamin D is fat-soluble, which means it is stored in your body's fat stores. This means if you have a

blood test in the autumn to verify your levels, these will probably be normal if you've spent the summer in the sunshine and your body has been able to store a certain amount of vitamin D. However, come winter, your stores of vitamin D will surely decrease, hence the importance of taking a supplement during the months of October through to April. Since the skin's ability to synthesize vitamin D from sunlight diminishes with age, people aged 50 or older should take a supplement all year round. The organization Osteoporosis Canada also suggests that people suffering from

(Continued on page 13)



Niagara Ostomy Association

Serving the Niagara Ostomy Community since 1974

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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, 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

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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

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2025



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(Continued from page 11-Vitamin D)

osteoporosis should take vitamin D supplements throughout the year.

How much Vitamin D Should You Take?

Here are the general recommendations for vitamin D supplementation:

Children and adults from 9 to 70 years old: 600 UI/day

Athletes: 1000 UI/day

Adults > 70 years old: 800 UI/day

During pregnancy or breastfeeding: 600 UI/day

Depending on factors like your genetics and your health, you might need a higher dose. In any case, you can carry out a blood test to check your levels of vitamin D. Your doctor may recommend a supplement if this is necessary. As

(Continued on page 14)



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Hamilton
1010 Upper Wentworth St.
1-905-381-4420

www.HausersHealthcare.com

(Continued from page 13-Vitamin D)

mentioned above, don't forget that your levels of vitamin D can vary from month to month depending on your level of exposure to sunlight. *Source: by Kathryn Adel November 17, 2017 Health, Osteoporosis, via SOS Cuisine, October 26, 2023, via Stratford Ostomy News, November 2024.*



JOKE OF THE DAY

An old lady walked into a pet store, found a parrot, and asked the owner if she could buy it. The owner said, "Heck no! That parrot has a bad mouth! Trust me - you do not want that parrot!"

She said, "I can teach it good manners."

But, when she got home the parrot said a bad word, so she put it in the freezer for 10 seconds.

She took it out and said, "Did you learn your lesson?" It said another bad word so she put it back in for 30 seconds. She took it out and asked if it learned its lesson yet.

The parrot said "Brr... Yes, I learned my lesson, but, what did the chicken do?"