



IT'S IN THE BAG

Affiliated with:



June 2025



ST. CATHARINES MEETING:

June 18 2025

Annual Meeting/Strawberry Social

Guest Speaker: Roxie Demers, RN NSWOC

ATTENTION

No meetings or newsletter during the summer months of July and August.

See you in September!

REMINDER

Renew your membership if you haven't done so.

100% of your membership dollars helps fund ongoing service to people living with ostomies in Niagara.

See Page 12.



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.

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***



Scan QR code
for link to
NOA website

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Message from the President:

Welcome everyone,



It's been a while since I've written a message to the group. I've always enjoyed communicating with everyone on here, but I must admit, I haven't missed doing the messages the last several months. Thanks to everyone that has stepped up to do messages from the Board.

Steve and I attended the NSWOC Conference in Montreal last week, representing Friends of Ostomates Worldwide Canada (FOWC) at their booth. It was very well attended, and we got to chat to several people and hopefully made some contacts for FOWC. Steve also put on his Niagara Ostomy Association hat and talked to several ven-

dors and has made some possible contacts for speakers for NOA. Thanks Steve!

At the Graduation ceremony for the incoming NSWOC nurses, Roxie Demers (NOA Board Member) was given the Preceptor Award as voted by the students (*A preceptor is an experienced practitioner who provides supervision during clinical practice and facilitates the application of theory to practice for students and staff learners.*) Roxie was also recognized for providing over 5,000 hrs of volunteer time with NSWOC. Congratulations Roxie!

Still on the FOWC topic, we are very excited to announce that Sally Kwenda, President of the Kenya Ostomy Association, will be visiting Canada this summer, and we will be hosting an open house at the Warehouse in St. Catharines on July 20th from 11AM till 3 PM. Food and soft drinks

will be provided. If you would like meet Sally and see our operations, RSVP to johnm@fowc.ca and let us know you plan to attend (so we can judge food etc).

Although I am not jumping ship, my involvement with Niagara Ostomy is winding down, primarily as President. If my memory serves me correctly, I have been on the Board of Directors since September 2006 and President since May 2007 so I have decided that my time is up. I have been clear that I am not running away, I still intend to attend meetings, be on the Board, etc, but I won't be the front person anymore.

It has been a great honour and pleasure to be President, I enjoyed working with the team, I have had loads of support, have learned a lot and met a lot of really great people over the years. I feel like many of you are friends.



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† Consumer Survey of Pruritus, Hollister Incorporated, 2016. Data on file.

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Moving forward, for the time being, Amy will open/close the Lions Club building for us, and Steve will chair the membership meetings. Hopefully, we can all keep this group alive. Calls for our Friendly Visitor Program and Ask the NSWOC service are frequent, demonstrating NOA is very needed in Niagara. However, we have more work than volunteers to keep NOA functioning in its current format.

I hope to see you at the June Meeting, enjoy Strawberry Shortcake and have a chat. From deep in my heart, Cheers to everyone, thank you for allowing me to lead the ship spanning 3 decades. It's truly been an honour.

Best Regards,
John Molnar

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

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

July and August: no meetings

September 17 — TBA

October 15— TBA

November 19—TBA

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



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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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| Director/Coordinator, Community Relations | Krista Zoetewey |
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| Director : Events | Peter Winter |
| Director/ Membership Chair | Amy Booth |

NIAGARA OSTOMY ASSOCIATION

Volunteers 2024-2025

| | |
|----------------------|-------------------|
| Newsletter Assistant | John Molnar |
| Newsletter Editor | Marlene Heinrichs |
| Meetings Assistant | Colleen Kollee |

MISSION STATEMENT:

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

NOA VOLUNTEER POSITION AVAILABLE:

The Niagara Ostomy Association seeks a volunteer treasurer. Ideally, this position is suited for someone living in Niagara. Please email info@niagaraostomy.com to express your interest and relevant experience.

Duties include:

- Invoice and follow-up with newsletter advertisers
- Process membership payments and coordinate membership list with Membership Chair
- Pay bills by cheque (two signatures required)
- Deposit funds to bank account
- Maintain online financial records (Wave – free software)
- Produce monthly financial statements
- Attend Board meetings and report financials (currently on-line meetings, 9/year)
- Produce Revenue and Expense statements for fund-raising events
- Attend board meetings and general membership meetings to help with planning and implementing plans
- Requires approximately 10-15 hours monthly



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1. Maria Teresa Szewczyk, MD, PhD; Grazyna Majewska, RN, ETN; Mary V. Cabral, MS, FNP-BC, CWOON-AP; and Karin Holzel-Plontek, 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.

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SUMMER CLOTHES GUIDE FOR OSTOMATES

<https://www.oakmed.co.uk/help-advice/advice-articles/summer-clothes-guide-for-ostomates/>

Deciding on summer clothes to wear in hot weather when you have a stoma can be a daunting prospect, but don't let it ruin your summer.

There are so many different fashions out there, so choose what feels right for you. If you fancy a bit of clothes shopping, embrace the opportunity to spruce up your old wardrobe. You can also treat yourself to some inexpensive new bits and bobs for sunny season.

You may feel more self-conscious to begin with, so here are some top tips to help guide you in what to try this season...

Summer Clothes Tips for Women

- Waist bands are the part of clothing that most people dread when they have a new stoma or even an existing one. However, waist bands don't have to be tight. Let them work in your

favour with high waisted skirts and shorts. Many of these are elasticated or a simple button, sitting above your stoma pouch to gently camouflage your appliance.

- Dresses, summer dresses and long skirts are ideal for the summer, especially long and floaty styles which offer freedom of movement and comfort.
- Leggings and jeggings are still available this season and they offer a variety of colours and a very soft waistline, providing more comfort than traditional denim.
- Denim can still be worn and enjoyed. Stretch denim is perfect for looking stylish whilst allowing a lot of movement.
- Long shirts/jumpers over leggings are great for cooler days, or on days you want to stay home, relax and feel casual.
- Vest tops, camisoles offer a splash of colour to your outfit and can be worn tight or loose.

(Continued on page 9)



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(Continued from page 7-Summer Clothing)

• Summer Clothes Tips for Men

- Patterned or colourful tops often detracts from your lower body, whilst concealing your stoma bag.
- Darker shorts or trousers may help you to feel safer from leakage and help build up your confidence.
- A light yet fitted vest under your shirt which can help disguise any bumps underneath.
- Jogger trousers or shorts can feel comfortable and give you the opportunity to lift the waistband where it feels comfortable.
- For a smarter look, trousers with a pleat provide added room for movement and give room for expansion when your bag fills.
- Belts with large buckles can provide a flattering distraction from other areas of the waist.
- High-waisted boxer-type shorts or trunks can disguise the stoma bag, offering discreet styling.
- Tip: Don't forget stoma bags are now available in different colours (beige, white or black) which can work well under plain work shirts.

Wearing dark colours

Wearing dark colours are slimming for us all. Often, ostomates find wearing dark coloured clothing helps to make them feel safer whilst they are gaining confidence in their stoma care, in case of any leaks. But if you prefer lighter colours, then go for it. Wear whichever colour compliments your style and makes you feel comfortable. Confidence is key.

Patterned colours

Feel conscious that your stoma bag is visible beneath your clothing? Try wearing patterned colours, which can distract the eye and act like camouflage, discreetly hiding your stoma appliance.

Swimwear with a stoma

Don't be put off swimming now that you have a stoma. Try patterned swimwear or tankinis and sarongs which are popular on holidays. For men, swimming boxers with a sun shirt help to keep your condition discreet.

If you don't like your current swimming costume or bathers, then try Vanilla Blush or The White Rose Collection, as they have a range of costumes designed especially for ostomates.

Underwear for ostomates

Underwear is so important in making us feel nice. It's the first thing we put on and last thing we remove – so it is important to us that it feels comfortable and supports your ostomy appliance. Underwear also offers concealment from your ostomy. There is a lovely range of stoma underwear which can be ordered online via [Vanilla Blush](#) or [The White Rose](#) Collection.

For more helpful advice and tips on life with an ostomy, visit our [stoma care advice](#) centre or visit our [Oakmed advice blog](#).

WHY DOESN'T MY TAPE STAY STUCK?

via Jacksonville (FL) Mailbag

Source: North Central Oklahoma Ostomy Outlook April 2006:

This question is often asked because non-sticking tape can lead to some rather embarrassing situations. Usually it is not the fault of the tape itself. Manufacturers generally produce a pretty reliable product that does its job... provided the "working conditions" are proper. And there is the "rub:" the working conditions!!! Here are some nos:

Moisture on the skin: Tape will not stick properly if there is moisture on the skin. After washing, dry the skin with hair dryer— towels may leave your skin damp.



(Continued on page 11)



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*Based on a retrospective study conducted at 7 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=0.013). Coloplast data on file.

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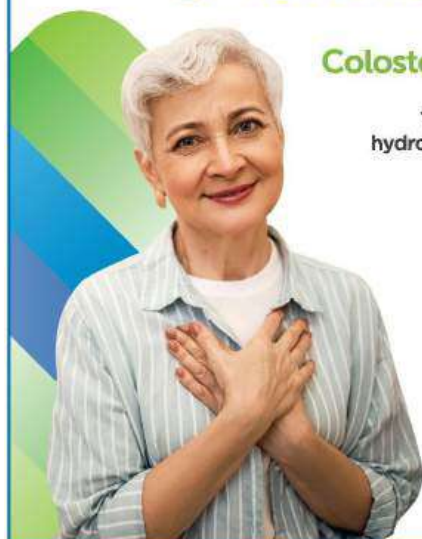
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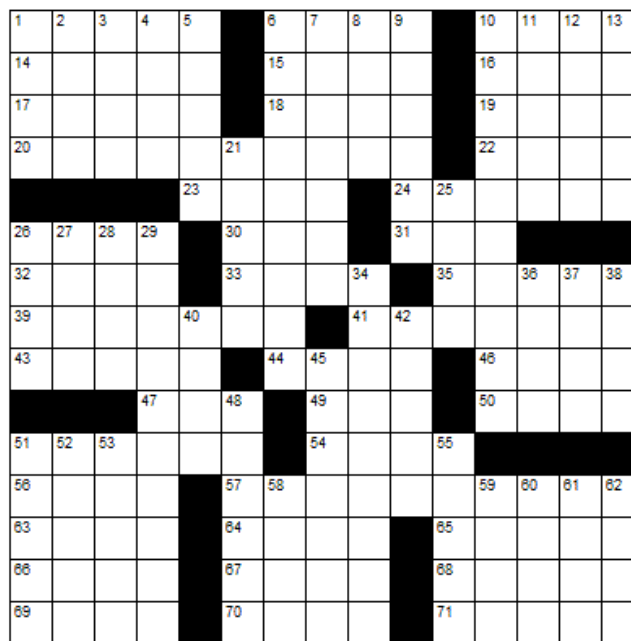
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- | | | |
|------------------------------|-------------------------------|-------------------------|
| 1. Swine | 30. Barley bristle | 56. Acid related to |
| 6. Dirty air | 31. Born, in bios | gout |
| 10. Short theatrical episode | 32. Not under | 57. Shipbuilder |
| 14. Scrutinize | 33. Wise | 63. Formerly |
| 15. Corporate image | 35. Cast out | (archaic) |
| 16. Nonsense | 39. A young unmarried woman | 64. Fashion |
| 17. Weighing machine | 41. Chevrons | 65. More aloof |
| 18. Noble | 43. Indolence | 66. Broad valley |
| 19. Rattling breath | 44. Friends and acquaintances | 67. Anagram of "Bale" |
| 20. Menaced | 46. Search | 68. Infantile paralysis |
| 22. Brews | 47. Purge | 69. Got a good look at |
| 23. Visored cap | 49. Neither ____ | 70. Defeat |
| 24. Property | 50. Anagram of "Nets" | 71. Doorway |
| 26. Ceremonial splendor | 51. Sausage | |
| | 54. Difficult position | |

CROSSWORD www.mirrorreyes.com**DOWN**

- | | | | | | |
|------------------|-----------------------|--------------------|---------------------------|------------------------|---------------------|
| 1. Strong fiber | 7. Groaning | 21. Josh | out | 42. Toss | dash |
| 2. Ow! | 8. Beast | 25. Fortune teller | 34. Rules of evidence | 45. Interiors | 58. Vagabond |
| 3. Jewish month | 9. Aureate | 26. Pea holders | 36. Type of sword | 48. Cheerless | 59. Computer symbol |
| 4. Anger | 10. Planner | 27. Egg-shaped | 37. Observed | 51. Soft leather | 60. Covered in gold |
| 5. Hearty entree | 11. Australian "bear" | 28. Office message | 38. Sounds of disapproval | 52. Impressive display | 61. Inheritor |
| 6. Somnam- | 12. A small island | 29. Drawn- | 40. Leveling wedge | 53. Fine thread | 62. "Iliad" |
| | 13. Not those | | | 55. Balder- | city |

Answers
on
pg 9

(Continued from page 9-Tape)

Insufficient application pressure: In order to stick, pressure must be applied, particularly at the edges.

Water-soluble foreign matter on the skin: Such as residual soap, skin prep, dried perspiration or mucus. Perspiration and mucus should be washed off with water. If wiped off, a thin coating of dried matter is left on the skin. Stomal output or perspiration will dissolve this film and undermine the adhesive.

Touching the adhesive before application: Moisture, skin cells and other material transfer from your fingers and reduce adhesion.

Loose solid particles on the skin: Such as powder, flaky skin or an overabundance of dead skin cells. The best remedy is to stick down and peel off tape before applying a dressing, thus removing the loose material.

Subjecting the adhesive bond to stress immediately after a dressing is applied: It takes time for the adhesive to flow into the microscopic irregularities of the skin and develop 100 percent contact and maximum adhesion.

Stretching of the skin under the adhesive area: Adhesives will release when the surface to which they are attached is stretched. If your dressing always comes loose in the same place, chances are that your normal body movements are

(Continued on page 13)



Niagara Ostomy Association

Serving the Niagara Ostomy Community since 1974

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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

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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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(Continued from page 11-Tape)

stretching the skin at that point. You might try to stabilize the skin by applying a one-inch (or more) wide tape beyond the edge of the dressing.

Low surface energy level of the skin: Adhesives will only stick to surfaces that have a higher surface energy level than the adhesive. A very high level results in a permanent bond; nearly equal levels produce a very weak or no bond. Oils and waxy materials, including lotions, mineral oil and moisturizing soaps, such as Dove, are absorbed by the skin, making it nice and soft, but also reducing the surface energy of the skin to a point where little or no adhesion results.

Sometimes a more aggressive adhesive is required: The bandage or foam tapes should be used in such cases.

A majority of alleged tape adhesion problems are really due to physical skin injury: The skin consists of two layers, the epidermis (outer layer) and the dermis (inner

(Continued on page 14)



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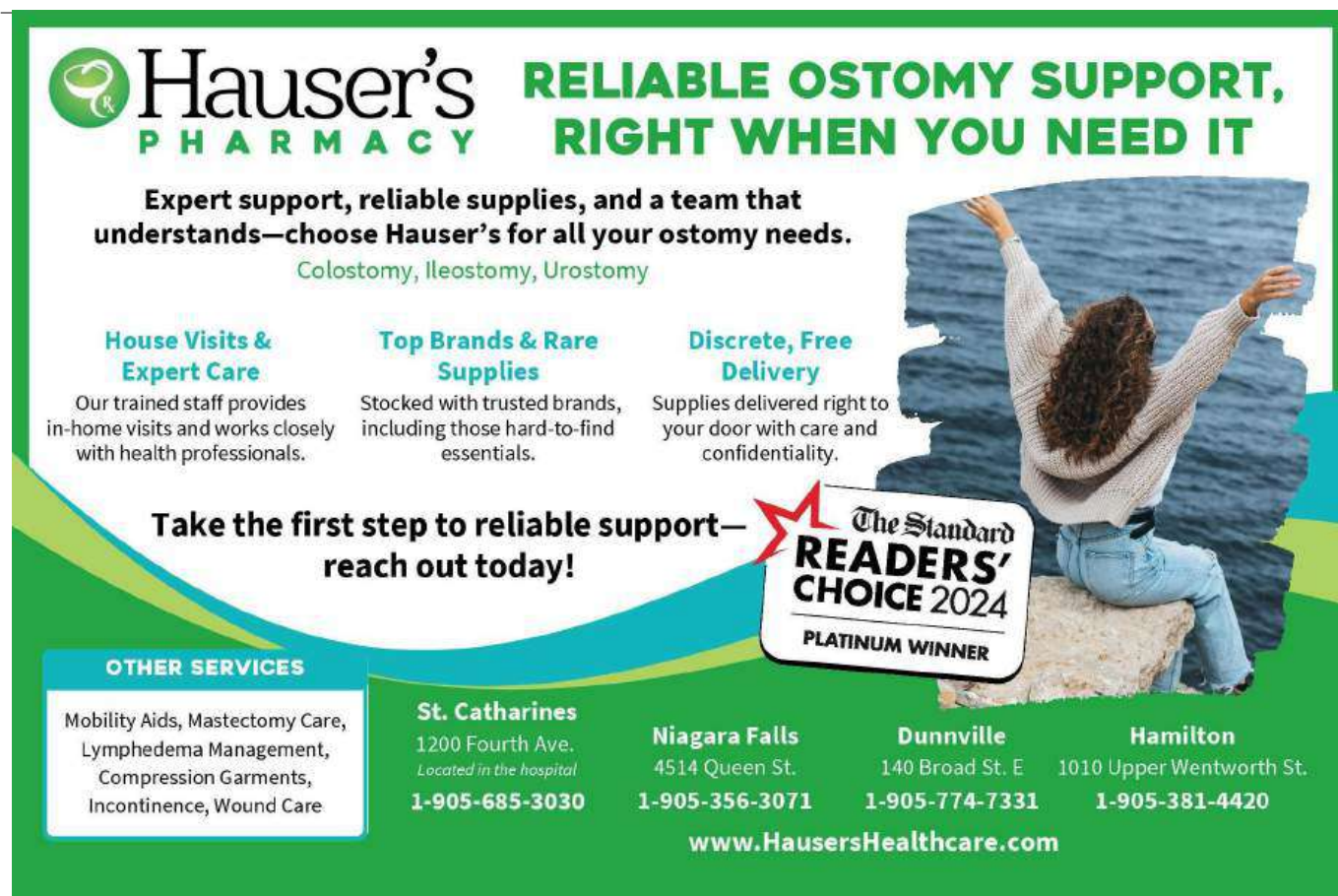
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(Continued from page 13-Tape)

layer). If the tape is placed on the outer layer with tension, the constant pull on the outer layer can cause a strain in the bond with the lower layer, inducing irritation or causing an actual separation, forming blisters. The same effect will also take place if swelling occurs after an adhesive backed pouch is in place. To prevent this type of injury, gently place the tape without tension and then press down with firm rubbing motion.

Skin damage may also be caused by rapid removal of adhesive tapes. If you pick up a corner of the tape and push the skin away from the adhesive, skin trauma is reduced substantially.

Redness of the skin may also be caused by chemical irritants that are trapped between the adhesive and the skin. Usually the irritant is residual soap (Ivory is a known offender), skin preps that are not completely dry, deodorants, antiseptics and other outer skin coatings such as lotions and sunscreens.

Chemical substances from within the body may also cause irritation. When these byproducts are trapped under non-porous tape, the increased concentration at the skin surface may cause a problem. Another cause of skin irritation may be small quantities of pouch contents on the skin that are not removed. The enzymes present with an ileostomy do not know the difference between you and a piece of steak. With a urostomy, alkaline (high pH) urine does the most damage. Certain foods, such as cranberry juice, may lower the pH and minimize the problem. If skin prep is used for protection, be sure it is non-water soluble.