



## ST. CATHARINES MEETING:

September 17, 2025

**Kym Pinnington, Westech Health Care**

**Showcase of Ostomy Products by Salts Healthcare**

**(See Page 2 for further information)**

## THANK YOU JOHN!!



*With much gratitude, Steve Smith said thanks to John Molnar (left) for his 18 years of leadership and advocacy as President of the Niagara Ostomy Association (NOA). John has been a tireless volunteer, contributing to our Association's 50-year longevity serving all people with ostomies in Niagara.*

On behalf of NOA's Board of Directors and members, John Molnar was thanked by Steve Smith at June's annual meeting (aka Strawberry Social) for his 18 years as President of our Association. John's dedication and commitment to helping people living with an ostomy has been unwavering during all those years. John continues as a Board Member, while stepping down from his leadership role. Thank you, John, for your many years and hours of volunteer time you as President that you devoted to NOA's mission: *To serve and assist all people with ostomies in the Niagara Region.* (continued on Page 3)

## 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 Board:

Welcome back, I hope everyone has had a wonderful summer.

A little about me, in December 2023 I was diagnosed with diverticulitis and a large abscess and a perforated bowel were discovered which led to my colostomy in January of 2024. In the fall of 2024 I had successful reversal surgery.

I am so grateful for the support that I have received from the Niagara Ostomy Association. I enjoy attending the in-person monthly meetings and reading the monthly newsletters. I value the new friendships that I have formed.

I am now a Niagara Ostomy Association board member as the Membership Chair. Membership runs from January – December and includes 9 in-



person meetings and 9 newsletters, as well as access to our friendly visitor program, ask the NSWOC. Membership fees also help to maintain our website and social media; help to sponsor attendance of a Niagara Youth at Youth Camp; and affiliation with Ostomy Canada.

If you haven't already renewed this year, now is a good time and it's quick and easy by following this link <https://niagaraostomy.com/become-a-member/>

Amy

### September Speaker and Free Supplies Information

We're excited to be hosting Kym Pinnington, Westech Health Care. Kym will be showcasing

ostomy products produced by Salts Healthcare - one of the UK's leading ostomy care manufacturers. Salts Healthcare designs a wide variety of pouches, flanges, and accessories that are designed for comfort, flexibility, and security.

As well, a wide range of **free ostomy supplies** will be available to attendees. These supplies were generously donated anonymously with the request they first be made available locally, before donating them elsewhere.

We look forward to seeing you there!



*Thank you so much to the anonymous donor!*



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

Available Sizes: SNS41404 - 4oz Bottle,  
SNS41408 - 8oz Bottle

**Ostomy Pouch Deodorant**  
Fantastic odor control with no perfumes or artificial scents.  
Blue colored formulation.

Available Sizes: SNS40202 - 2oz Bottle,  
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*Stretch Your Dollars with our High Quality, Cost Effective Products!*

Sometimes you see it,  
Sometimes you don't

**1 out of 3 people** who experience itchy skin around the stoma have healthy looking skin.<sup>†</sup>

The **CeraPlus skin barrier** may help. It helps protect against dryness, a possible cause of itching, by working to protect your skin's natural moisture barrier.

To learn more about the ceramide-infused CeraPlus skin barrier, visit us at [www.hollister.com](http://www.hollister.com).

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.  
The Hollister logo, CeraPlus, and "Healthy Skin. Positive Outcomes." are trademarks of Hollister Incorporated.  
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CE

**Hollister**

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

**Ostomy Care**  
Healthy skin. Positive outcomes.

(continued from Page 1-Thank you John)

**Going forward** We are experimenting this year (Sept 2025-Aug 2026). Since no one has been willing to assume the President's role, John's various responsibilities have been distributed among existing Board members. We have a small crew of excellent volunteers that work hard to offer support to people when they need it. Importantly, however, we seek expressions of interest for three vacant positions: President, Treasurer, and Board Member (area of interest to be determined). If interested, please email [info@niagaraostomy.com](mailto:info@niagaraostomy.com).

**Welcome** We are very pleased to extend a warm welcome to **new board member Emelie Bouchard**. Emelie has a passion for helping people. Through her work experience at Wellwise, Emelie has gained a solid foundation in understanding Ostomy care and the local landscape of brands and distributors. Emelie's role includes social media and working with Board member Krista Zoetewey in Community Services.





## 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](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)

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**[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)

### 2025/2026 dates

Sept 17, 2025: Westech/Salts (Kym Pinnington)

Oct 5, 2025: Safe N Simple (Peter West)

Nov 19/25: Coloplast (Paul D'Sousa)

December 2025: **NO MEETING**

Jan 21, 2026: Hollister (Cleo Juijer)

Feb 18, 2026: Dr. Colin McDonald (Engineer/  
Professor at McMaster University)

March 18, 2026: Premiere Ostomy (Joel Goldenberg)

April 15, 2026: Convatec (Andrea Good)

May 20, 2026: Hollister (Cleo Juijer)

June 17, 2026: 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/needng 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.

### July 1/25 -June 30/26 BOARD OF DIRECTORS

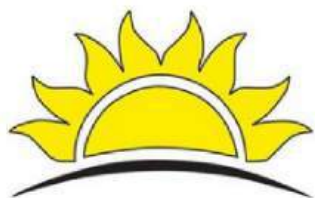
President	Position Available
Treasurer	Position Available
Director/area of interest to be determined	Position Available
Immediate Past-President & Co-ordinator, Friendly Visiting Program	John Molnar
Secretary	Steve Smith
Director/Membership Chair	Amy Booth
Director/Social Media	Emilie Bouchard
Director/Ask the NSWOC/ Speakers	Roxie Demers, RN, NSWOC
Director/Communications Chair	Cindy Paskey
Director/ Food & Beverages, Mtgs & Events	Peter Winter
Director/Coordinator, Community Relations	Krista Zoetewey

### July 1, 2025 to June 30, 2026 Volunteers

Newsletter Assistant	John Molnar
Newsletter Editor	Marlene Heinrichs
Meetings Assistant	Colleen Kollee
Web Master (paid position)	Ronan Corr

### MISSION STATEMENT:

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



## Niagara Ostomy Association

Serving the Niagara Ostomy Community since 1974

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

September 8, 2025

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. NOA is self-supporting through funds raised.

We are proud to have been serving the Niagara Ostomy Community since 1974.

### **Treasurer Position Available**

NOA seeks a volunteer Treasurer / Board member. Ideally, this position is suited for someone living in Niagara. Please email [info@niagaraostomy.com](mailto:info@niagaraostomy.com) to express your interest and outline your relevant experience.

The successful candidate would gain valuable board experience and an opportunity to build their network, competencies, and skills collaborating in a non-profit organization.

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 (9/year, on-line) and report financials
- Produce Revenue and Expense statements for fund-raising events, if applicable
- Attend board meetings and general membership meetings to help with planning and implementing plans
- Requires approximately 5-10 hours monthly

# THE ONLY THING THAT GETS CUT OUT IS THE WORRY.


No cutting or guessing means saying yes to everything else in life.





## Convatec Moldable Technology™ Skin Barrier

- ✓ **PATENTED REBOUNDED MEMORY TECHNOLOGY™**  
Customizable so that it molds to the stoma for a perfect fit every time
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Clinically proven to prevent peristomal skin irritation¹
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First-of-its-kind system provides a snug "turtleneck" effect for maximum leakage control and added security
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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.

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

## HOW DO I CLEAN AROUND MY STOMA?

Source: [www.ostomysaskatchewan.ca](http://www.ostomysaskatchewan.ca) newsletter, Sept-Oct 2025

All you need to clean around your stoma is warm water and either a washcloth or a soft disposable paper towel. Using sterile gauze and wearing gloves to change your own pouching system can be expensive and is unnecessary. REMEMBER, you are NOT dealing with a sterile area.

Using alcohol to clean the area is equally unnecessary and can be very drying to the skin. Also, it is not recommended to use baby wipes or pre-moistened towelettes as they may contain chemicals that remain trapped on the skin and can cause a rash. Soaps, including ones that are moisturizing (Oil of Olay, Dove) are not needed and can actually hinder the pouching system from sticking well on your skin and contribute to leaks. If you are showering with

out wearing a pouching system and soap flows down onto your stoma and skin, just rinse the area well afterwards. This is not a concern.

When washing your stoma, you may notice small specks of blood on your cloth. This is completely normal and expected. The stoma tissue contains small blood vessels close to the surface that may bleed, especially if you are taking blood thinners.

Do I need to "air out" my skin when changing my pouching system to keep it healthy? No, this is not necessary. It may feel good to "air out" for a while but this is not required in order to have the skin remain healthy. This may also be difficult if your stoma is active!!

*from Vancouver (BC) Ostomy HighLife; via Northern Virginia The Pouch; Ostomy Association of North Central Oklahoma*





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Tel: (289) 447-0134

**Boggio & Mackinnon Pharmacy**

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**Boggio & Edwards Pharmacy**

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**Garrison Square Remedy's Rx**

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**West Lincoln Pharmsave**

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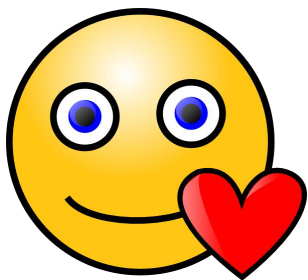
Tel: (905) 468-8400

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



## TENDER LOVING CARE – YOUR STOMA NEEDS IT TOO!

*Source: North Central Oklahoma Ostomy Outlook  
March 2007 / via: Northern Virginia, The Pouch*



Most ostomy patients would agree that there is no substitute for TLC. That is one of the reasons that the specialty of ostomy nursing exists. It ensures that nurses with a special sense of caring and with special education are taking care of the ostomy patient's needs. Once you are discharged, remember that your stoma needs TLC also. A few pointers might be helpful.

Generally speaking, it is good to set aside a time for giving priority to stoma care. It might be during your morning shower, after breakfast, or at bedtime. It's important to make it fit into your routine. Don't change your schedule for the stoma. Make it change for you. Having a regular time for pouch changing, etc. helps put some order into your schedule. It will also ensure that leakage or other problems can be kept to a minimum. If you know that your pouch always leaks on the fourth morning for instance, then begin changing it on the third night, if that time is convenient.

Don't be rough with your stoma. It's not unusual for it to bleed a little when washed. Just be careful not to be too brisk with the washcloth or whatever you use, as that might cause excessive irritation.

Eat a well-balanced diet; following special instructions from your physician, dietician, ostomy nurse, etc. Drink sufficient water and fluids unless you are medically restricted. Persons with

ileostomies and colostomies should chew their food very well. Avoid eating too many hard to digest and gaseous foods at one meal.

Urostomy patients need to be sure to have sufficient fluids, unless told otherwise by the doctor, as fluids help prevent infections. Rinsing the pouch daily with a solution of 1/3 white vinegar and 2/3 water helps prevent crystals from building up on the stoma, and the wash will also keep the inside of the pouch acidic. Acid conditions prevent growth of bacteria.

Patients can usually shower with the pouch off or on unless instructed otherwise. Water will not hurt the stoma. Peristomal skin especially needs TLC. A properly fitting pouch, changed regularly, usually accomplishes this. Never tape the pouch if it is leaking. Change it!! If you have frequent leakage and have to change too often, call your ostomy nurse to make an appointment for re-evaluation.

Perhaps another type of pouch would be better suited, or perhaps your stoma and peristomal skin need re-assessment. There might be some new products that will work for you. Don't hesitate to make an appointment.



on page 14)



## A multi-site US acute care study showed **SenSura® Mio users had 41% lower risk of leakage**

compared to users of Hollister® CeraPlus™\*

Leakage reduction starts with finding a baseplate that fits snugly around your stoma. **SenSura® Mio** baseplates, feature **BodyFit Technology**, which adapts to your unique body shape and flexes with your natural body movements.

To try a **FREE\*\* SenSura Mio** sample scan the **QR Code** or visit:  
[visit.coloplast.ca/Try-SenSuraMio](https://visit.coloplast.ca/Try-SenSuraMio)



Please see complete product instructions for use, including all product indications, contraindications, precautions, and warnings.

\*\*Limitations Apply

\*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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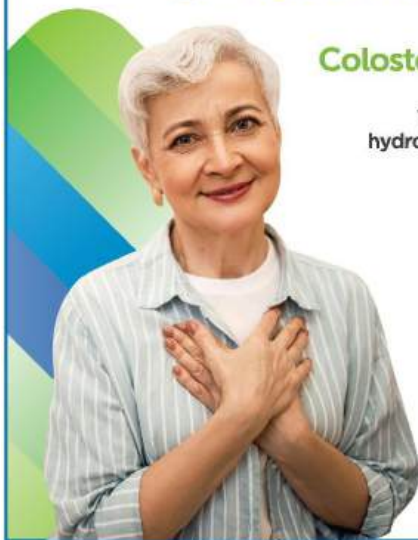
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**Natural Advance**

**Confidence®**  
**Natural Soft Convex**

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



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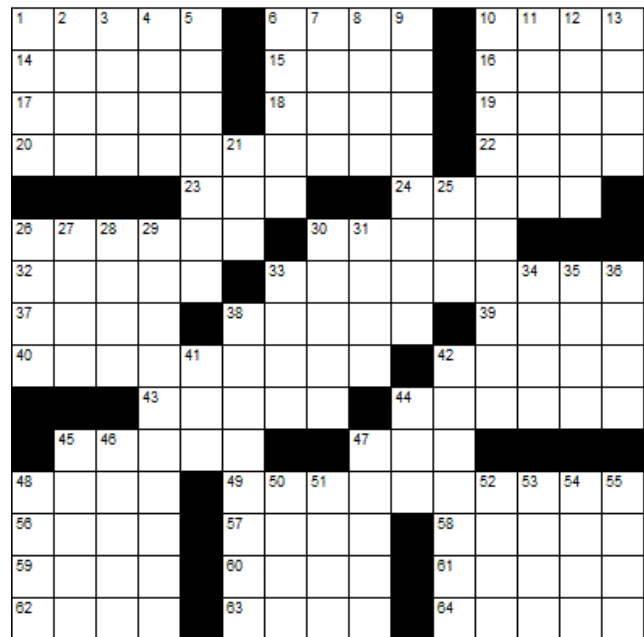
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- |                       |                      |                     |
|-----------------------|----------------------|---------------------|
| 1. Free-for-all fight | 30. Desiccated       | 57. Bambi was one   |
| 6. Brace              | 32. Extraterrestrial | 58. Chocolate       |
| 10. Not this          | 33. Game with        | source              |
| 14. Hawaiian ve-      | capsules of dye      | 59. Novice          |
| randa                 | 37. Seafarers        | 60. Colored part of |
| 15. Absorbed          | 38. Playground       | the eye             |
| 16. Puncture          | chute                | 61. In the air      |
| 17. Beside            | 39. African sheep    | 62. Asterisk        |
| 18. Put _____         | 40. They're inside   | 63. Buffoon         |
| words                 | book covers          | 64. Perception      |
| 19. Violent distur-   | 42. Come up          |                     |
| bance                 | 43. Embellish        |                     |
| 20. Paganism          | 44. Sheepish         |                     |
| 22. Anagram of        | sounds               |                     |
| "Seen"                | 45. Multitude        |                     |
| 23. Make lace         | 47. Dandy            |                     |
| 24. Diminish          | 48. Daddy            |                     |
| 26. Rue               | 49. Pilotage         |                     |
|                       | 56. Assist illegally |                     |

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

- |               |              |              |               |               |               |              |
|---------------|--------------|--------------|---------------|---------------|---------------|--------------|
| 1. Dull       | 7. Hindu     | 13. French   | 29. A protec- | 36. Prevari-  | 46. Drama set | 52. Story    |
| 2. Rattling   | princess     | for "Head"   | mask          | cates         | to classical  | 53. Computer |
| 3. Small wild | 8. Chooses   |              | with a filter | 38. Excellent | music         | symbol       |
| ox            | 9. Food poi- | 21. Consume  | 30. Kind of   |               | 47. Not sec-  | 54. Block-   |
| 4. Desire     | soning cause | food         | farm          | 41. Addition- | ond           | heads        |
| 5. Ease       | 10. Well-    | 25. Wager    | 31. Disposes  | ally          | 48. Taps      | 55. Memo     |
| 6. Publish    | worn         | 26. Assess   | 33. Request   | 42. Mammals   | 50. Designed  |              |
|               | 11. Raise    | 27. Distinc- | 34. Diva's    | like camels   | for flight    |              |
|               | 12. Compan-  | tive flair   | solo          | 44. Wetland   | 51. Facial    |              |
|               | ionless      | 28. Encircle | 35. Craving   | 45. Custom    | covering      |              |



Answers  
on  
pg 9



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[niagaraostomy.com](http://niagaraostomy.com).

Go to Contact Us and scroll down to the newsletter option.





## 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, 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](http://www.niagaraostomy.com)) or by cheque payable to Niagara Ostomy Association & mailed to:**

Treasurer  
c/o 19 St. Lawrence Drive  
St. Catharines, ON L2M 2T7

For information on Ostomy Canada Society or to become an Ostomy Canada supporter, please visit [www.ostomycanada.ca](http://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.

2025

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Ostomy Products  
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Bathroom Safety Products  
Bracing and Medical Supports



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Item#  
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A dual layered absorbent ring, ideal for all types of ostomies  
**White Layer** - Minimal absorption layer, contains zinc oxide to promote healthy skin  
**Tan Layer** - Absorbs moisture to maintain a secure seal

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

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

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essentials.

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reach out today!**

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Lymphedema Management,  
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## THINGS THAT MAKE YOU GO HMMM...

- English is funny – a 'fat chance' and a 'slim chance' are the same thing.
- When you're a child, you don't realise that you're also watching your mum and dad grow up.
- The word QUEUE is just the letter Q followed by four completely unnecessary letters.
- The last 10% of a tube of toothpaste lasts about as long as the first 90%.
- Every time you check your pockets for your wallet, keys, and phone, you do 25% of the Macarena.
- Which letter is silent in the word "Scent" (perfume) the S or the C?
- Do twins ever realise that one of them is "unplanned"?
- Who knew what time it was, when the first clock was made?
- If the police arrest a mime, do they tell him he has the right to remain silent?
- What hair color do they put on the driver's licenses of bald men?
- Why do tourists go to the tops of tall buildings and then put money into telescopes so they can see things on the ground close-up?
- Why is the alphabet in that order? Is it because of that song?
- How does a thermos know if the drink should be hot or cold?
- If a word in the dictionary were misspelled, how would we know?