PLAN NOW TO ATTEND THE 40TH ANNIVERSARY LUNCHEON

By: Joel Jacobson

Get your bells tuned and your whistles sharpened!

It will be celebration time in August when Ostomy Halifax celebrates its 40th anniversary as part of the Annual General Meeting of Ostomy Canada.

A gala luncheon will be held Saturday, August 17 to recognize the many accomplishments of our chapter that was started by a small group of dedicated ostomates, led by current charter members Bette Yetman and Ruth Kenney.

They knew of the need for ostomates to have a voice – among each other, to physicians and surgeons, to other medical professionals, to government, to hospital administrators – that would be heard and answered.

Bette and Ruth will be among many chapter officials honoured for their service during the past four decades – past presidents, men and women who have served on the national board of UOAC (now Ostomy Canada Society), and award recipients, both national and local.

The luncheon will be tied in with a Chapter Information Session to be held Saturday morning at the Bethune Building for representatives of chapters in the Atlantic region and from across Canada, as well as national board members who will congregate in Halifax for the annual meeting of Ostomy Canada.

That meeting will be held Sunday morning with issues of national interest to local chapters being discussed and voted upon.

Ostomy Halifax members will also be able to celebrate the 40th anniversary at the June year-end meeting and pot luck luncheon.

We encourage all members to follow the progress of the planning committee for this great event by attending meetings to hear updates and by reading monthly reports in the chapter newsletter.

Tickets for the August luncheon will be on sale in early spring. Members are encouraged to buy early as only 100 seats are available at the Weatherwatch Lounge in the Dickson Building for the August 17 spectacular.

Next Meeting
February 3, 2013
Bethune Building
VGH Site
Time: 2:30 PM

Meeting topic:
History of Ostomy Equipment “Ruth Kenney”

MEMBERSHIP NOTICE!

Membership dues for those who have not paid are past due. If your membership card does not say November 2013 in the left hand corner you are in arrears. This will also mean that you are not eligible for discounts on your supplies. We are unable to maintain providing you with Newsletters or Magazines due to the cost of printing and postage. If you have difficulty with paying your dues please contact the membership chair for assistance. Contact information as follows.

Betty Woolridge, 103 Alderney Drive, Enfield, NS B2T 1J9
E-Mail: mbwoolridge@ns.sympatico.ca
From the President
This past month has been one of feasts and festivals in our multicultural, multi-faith society. Whatever your faith or culture celebrates during these long nights, it is a season for sharing good food, good fellowship, and good friends. It is a time of hope as we look forward to the return of the sun and longer days.

For our ostomy chapter, all these came together for the December fundraising auction. It was on-again, off-again for awhile there because of a flood in the Bethune Building in November. But the show must go on. An event like this takes lots of helping hands. Displaying and sorting the donations, keeping track of the auction and the money, and of course, serving the refreshments and the banquet. Thanks to Joel Jacobson for conducting the auction and all those helping hands who made it such a great success. Thanks to your generosity, we raised over $2300 for Youth Camp. Many of our members travelled to see distant relatives. At our January meeting we had greetings from members far and wide: from the United Kingdom to the shores of the Pacific. Thanks to advances in ostomy products, we can travel with confidence anywhere in the world. One of our programs this spring will feature a session on airport screening to help us all avoid embarrassing incidents in the line-ups.

Our January meeting featured the always popular rap session, where our members get to do the talking and share their secrets for living happily with your pouch. This is especially good for our new members who find it very reassuring to speak openly about their concerns.

May you all enjoy a Happy and Healthy New Year. See you at the next meeting on February 3 when we will share information on how to help you get a tax refund for your ostomy.

Ed Tummers
President, Ostomy Halifax
"Life is not about much you get, but how much you give."

Ostomy Halifax Minutes
Minutes of the General Meeting of January 6, 2013

President: Ed Tummers called the meeting to order at 2:30 p.m.
Barbara Barrett led the Ostomates Prayer.

President Ed Tummers welcomed and thanked everyone for attending today’s meeting, reporting that 2013 is the 40th Anniversary of the Society, motto, Wear It Proudly”.

Betty Wooldridge welcomed three new members to the Society: Carl Morash and his wife Edyth; Allan Doucette and his wife, Audrey Cuvilier; Lesley Vreugdenhil and her husband, Pieter. Thirty nine members were in attendance at today’s meeting. Ostomy Halifax Society now has 245 members in its chapter.

President Ed Tummers announced greetings from Anne Ray, who is visiting in Nanaimo, B.C.; Wanda and George Bernard who are visiting in Ontario, and Joel and Cathy Jacobson who are in London, England celebrating the birth of their first grandson, A.J. (Albert Jacob). Regrets came from Bette Yetman; Ruth Kenney; Olive Jackson; Patrick Thomspon; and Bernice Richards. Ed extended the Society’s very best wishes to all mentioned. We hope to see you back very soon.

Due to a flood in the Bethune Building, the reading of the November 4th, 2012 minutes were deferred due to the lack of a microphone. Recording Secretary, Cynthia Gregg, will read the November meeting minutes at the February 3rd meeting.

Theresa Mason gave her report which was accepted as given.

Continued on pg. 3 Column 2
Birthday Greetings for; January


In Memory Of, Elsie Currie
Vaughn L. Smith
Member since 2012

David C. Peters
Member since 2003 passed away in May 2012. Our chapter membership chair was not aware of this until Mrs. Peters informed her in December. Mrs. Peters has given a generous donation to the Chapter in her late husband’s name. Our membership offers it condolences to Mrs. Peters and family and thank you for the donation.

Members making a purchase of Ostomy products must show their up-to-date MEMBERSHIP CARD to receive the Discount on their purchase from participating firms.

If you have a change of address, either mailing or e-mail, PLEASE, inform us of the change of address.

If you wish to be called, to be reminded of a meeting date, Please contact: Paulette Vilvorder at 445-3832 to have your name added to the contact list.

Continued from pg. 2

Theresa explained, for the benefit of our new members, that all the monies collected for the Birthday Bottle helps toward sending young people to Youth Camp for Young Ostomates in Alberta every year. The funds in the Birthday Bottle come from our membership who are encouraged to donate to the Birthday Bottle on the month of their birthday.

Committee Reports: Ed Tummers reported that all officers on the UOAC National Board of Directors’ roster has been filled with the exception of one position, but a candidate has come forward and the vacancy can be filled during the AGM August 18th, 2013. The 40th Anniversary Committee met prior to today’s formal General meeting to discuss the plans for the celebration. Since the Anniversary Chair, Joel Jacobson, is visiting in London, Co-chair, Gail Creelman, reported on today’s meeting. Plans are rolling along. The formal banquet will be held in the Dickson Building August 17th, 2013. There will be a charge for the sit-down banquet, and it was noted that there is only enough room for one hundred (100) people. The Newsletter Committee will be putting in snippets regarding the progress and history of the Society throughout the year leading up to the 40th Anniversary. Gail also reported that the representative for Salts Healthcare, Gary Mackenzie, is no longer with Salts. However, if you require information on products, blockages, noise elements, body changes and, most important, the support found in the Society for each other. The next General Meeting will be held in the Ballroom of the Bishops Building, VG site of the QEII, Sunday, February 3rd, 2013 at 2:30 p.m. The 40th Anniversary Committee will meet at 1:30 p.m., prior to the General meeting.

Welcome New Members
Mary Ann Bailey
Carl Morash

Coming in 2013 - Our 40th Anniversary

Committee already had several meetings for our 40th anniversary in 2013. If you want to join us, approach any of the planners: Irene Stagg; Barbara Barrett; Gerald Haggett; Florence Whithby; Alyson Walsh; Gail Creelman; Joel Jacobson; Florence Farrell; Patrick Thompson.

A thinking of you card was sent to Bernice Richards, who has been unwell. A card of Congratulation was sent to Joel and Cathy Jacobson on the recent birth of their grandson. Barbara asked the membership to Please advise her of any illnesses, deaths or hospitalization of the Society’s membership, she would be most thankful for the information. For the February 3rd meeting, the following members have graciously offered to supply refreshments: Sandwiches: Jean Hiltz; Edyth Morash, and Bob Pembroke. Sweets: Audrey Cvilier, and Sheila Fraser. Meeting adjourned at 2:52. The membership broke up into groups, according to their type of ostomies, to participate in Rap Sessions. The groups met for 25 to 30 minutes, and then reported back to the membership. The Rap Session discussions led to information regarding food products, blockages, noise elements, body changes and, most important, the support found in the Society for each other. The next General Meeting will be held in the Ballroom of the Bishops Building, VG site of the QEII, Sunday, February 3rd, 2013 at 2:30 p.m. The 40th Anniversary Committee will meet at 1:30 p.m., prior to the General meeting.

Respectfully submitted by: Cynthia Gregg, Recording Secretary for the General meeting.
A few pictures from our Annual Christmas Auction which was held on December 2, 2012

Theresa Mason and Mike Veres, keeping track of the bids.

Joel Jacobson did a great job as auctioneer, Charlie Baird (AKA Vanna) did a wonderful job of modeling, scarves etc.

Ruth Kenney and Bette Yetman chat, with Betty Woolridge in the background.

Emery Fanjoy was kept busy showing off the wares that were available for auctioning off to the top bidder.

Alyson and Leo Walsh along with Barbara Barrett were very interested.

These members didn’t want to miss a thing.

Ruth Kenney and Bette Yetman chat, with Betty Woolridge in the background.

Note To Readers

Products and methods mentioned in this Newsletter are not endorsed by the Ostomy Halifax Society and may not be relevant to everyone. It is wise to consult your doctor or E.T. nurse before deciding to use any of them.

SOLD!
Ostomy Halifax News, January 2013

Recipe Corner

Jelly Squares

Mix together;
1/4 cup custard powder
1—6 oz. package jelly powder
1/4 cup white sugar
3 cups boiling water
Chill until partially set.

Mix together
2 cups flour
2 teaspoons baking powder
2 cups coconut
3/4 cup butter

Rub together until crumbly. Press half of this mixture into a greased pan and pour jelly mixture over. Then put the remaining crumbs on the top. Bake at 350F oven for 40 minutes or until brown. When cold sprinkle top with icing sugar. Makes 4 dozen squares.

Submitted by Betty Woolridge

Also, two Members of our National Board have resigned.

Officers 2012—2014
President: Sharon Fouchere
Secretary: Marion MacFarlane
Treasurer: Reagh Clark

President Sharon provided our new slate of officers with copies of our duties.

Guest Speaker:
Our Guest of the day was Kevin Arenburg, Hollister Representative. Kevin provided us with a display of Hollister Products as well as an update on new products. Those present were impressed with his presentation and much discussion followed.

Other:
Membership dues are due on December 31,2012. Approximately 70% of memberships have been renewed to date (Dec.12,2012). Please renew your Membership if you wish to continue to receive the Ostomy Magazine and News Letter.

Next meeting to be announced at a later date.

OSTOMY SOUTH SHORE
NOVEMBER 18, 2012


Condolences go out from the group to Mike Woolridge and Paulette Boston who are both ill. Still working on getting the bank account signed over to the new officers; the hold-up is member illness.
Word is gradually getting out about the Ostomy South Shore group; our numbers are growing every meeting. Ian Wilkie took the visitor training in Halifax and discussed what this was like. Several people stated an interest in taking the visitor training course when it can be offered again. The content for the newsletter for the Ostomy South Shore group was discussed; the first newsletter is to go out January 2013 with the ostomy supplies from the pharmacies.

Guest speaker: Dr. T. Stoddart was not able to make the meeting, and in his place we had an impromptu session of ‘Ask the ET’. Next meeting is to be held on January 20, 2012 at 1400 hr.

Submitted by: Susan Ernst

Southwest (Yarmouth)

Seems like we never reach 3rd base with the news of our chapter; reason being our meeting is always after the deadline. Thanks to Jean for getting our news in anyway, even if it is a bit late. We’ll certainly try to keep up. We have had a good turn out at our meetings this year as well as our new ET resource nurse attending every meeting and hats off to 2 gals from the Home Care section of Lawton’s Drug Store for always being there. We certainly appreciate you coming. We had Shanna Jensen from Convatec this meeting with lots of new product. Shanna is always a welcome guest; her knowledge and smile are both very helpful to all of us.
We planned our Christmas supper at Lotus Gardens and hope that all can turn out. The group decided to bring food items in for the Yarmouth Food Bank this year.

Continued on pg. 6 Column 1

Associate Chapter Meetings

Highlights

Miramichi-Prince Edward Island-Southwest (Yarmouth)-Truro and South Shore Ostomy

UOAC PRINCE EDWARD ISLAND CHAPTER MEETING
December 9,2012

The UOAC PEI. CHAPTER MEETING was held on Sunday December 9,2012 at the Jack Blanchard Family Center. President Sharon Fouchere called the meeting to order at 2:30pm with 9 members and guests present.
Minutes of the September 9,2012 meeting were read and accepted.
Treasurer’s Report was read and accepted.

Correspondence:
President Sharon advised those present of the recent resignation of our District Representative.

Visits for November 2012
1 colostomy

December 2012
1 Colostomy
1 Urostomy
1 Ileostomy

Thank you to visitors,
Bob Pembroke
Krystal Maher
Mort Kelly
and
Mike Veres

Notice: If you know of any members that are sick or in hospital, please notify a member of the executive.
It is official news, we have a new secretary. His name is Blair Boudreau and we welcome him to the ranks of our Chapter. Blair is a husband to one of our deceased members, he was so supportive of her and our chapter and continues to do so after Linda’s passing. Thanks, Blair. We send our congratulations on to the Ostomy Halifax Chapter for their new logo and new goals and values. These new items will guide you into the future with much success. Our Chapter sends you all the best wishes in the years to come with your many endeavors that assist ostomates in Nova Scotia. We hope that in the new year we will have many new members join us. Six new colostomies in the last month, if you run into any of these people ask them to join us on the third Tuesday of each month.

In closing, may we, the members of the South West Nova Scotia Ostomy Chapter, wish everyone a belated Merry Christmas and a wonderful, happy and healthy New Year. We are all so lucky to be spending Christmas with our best friend, Our Stoma.

Submitted by, Ann Durkee, Treasurer/Membership

MIRIMICHI CHAPTER UOA INC.
November 14th, 20

Meeting called to order at 7:05PM.
The group reviewed a power point presentation developed specifically for “Let’s Be Heard” theme from World Ostomy Day, 2012. While World Ostomy Day identified a specific date for the celebration, Miramichi Chapter has decided to take the “Let us be Heard” portion and turn the same into a full year project. Our objective is to make presentations to all senior clubs in the greater Miramichi area; service clubs and to any group who may be interested in our attending. In brief the presentation introduces the Miramichi Chapter, UOA, why we exist, meeting times and locations as well as explanation of Ileostomy, Colostomy, Urostomy, and finally the stoma. Information included on the general causes for having to have the procedures. The presentation is supported with photos/drawings of each of the above noted and is intended as a stand alone package and will ensure that we are all talking from the same page when making presentations. It will also guide discussion for participants.

Guest: Kevin Arenburg, Hollister, was in attendance and provided a most informative overview of new products as well as answered many question from those in attendance.

Meeting closed at 8:45PM with our next meeting a Christmas dinner at the Rodd Motor Inn.

Submitted by: Emerson Kaiser

Note: Cell phones must be turned off during the meeting as a courtesy to members & guests.
LOOKING BACK TO
June 1979

Camping With A Colostomy; In Answer to my request from Newsletter Editors about the easiest manner to irrigate when camping in a tent was this reply from Shirley Heft of Montreal Ileo Info Bulletin. “According to colostomates here they claim that the centre pole in the tent can be used-just find the centre ridge and hang the irrigation equipment from that… whatever they use for drinking is good for irrigating, as long as it is non-carbonated! Hope this proves satisfactory and HAPPY CAMPING!

From Muriel Edger of Vancouver Ostomy Highlife, this reply about one of their members who went on a 2 month trip, pulling a small trailer with no toilet facilities. “She irrigated every morning, both on the road and when they were settled in a trailer park. As a toilet, she used a large pail on which she placed a toilet seat, and hung the irrigating bag on a wall nearby. She took a large jug of extra water, since she was too far from the sink, and this she used if some of the water in the bag escaped without going into the stoma.

Since that time her husband fixed her a very convenient way to hang the bag. He bought a music stand which is collapsible, and took off the rack which held the music, and fastened a hook at the top. The bag hung from this hook, at the height required, and the stand can be collapsed and put away each day. When irrigation is finished the pail can be covered and carried out and spilled down a toilet, as she did in the trailer park. Or, if you are camping, a hole could be dug and each morning the contents of the pail could be spilled there.

Now, some people don’t sit on the toilet to irrigate, and if you don’t usually, you certainly can for the period you are camping. Be sure to spread a lot of paper around before you start, as the floor of the tent is more difficult to clean in case of spillage. And you could buy a chemical toilet and use that to sit on.

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Flu and an ostomy
FACTS about the FLU: the Flu is caused by a virus spreading from an infected person to the nose and throat of others. Symptoms usually appear within 2-3 days after being infected. A person with a fever is considered contagious for another 3-4 days.

WHAT to do as an Ostomate with the Flu: Ostomates must take special care not to take any medication including laxatives without being prescribed by a doctor, as they have no effect on viruses and can change the balance of the gut and cause severe diarrhea.

For the Colostomate the diet needs to change while recovering from the flu. Eat a fiber free diet and then gradually move towards a regular normal diet. DO NOT IRRIGATE WHILE HAVING DIARRHEA AND DO NOT TAKE LAXATIVES. Some drugs and specific foods can cause constipation in colostomates. This can be prevented by increasing your fluid intake.

Ileostomates: Diarrhea presents a big problem. In addition to causing excessive discharge a person with an Ileostomy can risk an electrolyte imbalance. Most importantly POTASSIUM must be kept within safe levels. If vomiting and dehydration becomes an issue the ileostomates must go to the ER sooner rather than later. It cannot be stressed how important it is to go to the ER as an ileostome cannot hydrate oneself fast enough. It is recommended to drink Ginger Ale, bouillon, and either Gatorade or Pedialyte. Always ensure the symptoms are related to the Flu and not Gastritis.

Urostomates: Follow the same special care and make sure to protect the kidneys. Prompt attention of distress from the Flu will make a difference.

Any ostomate: Always protect the abdominal muscles if coughing or sneezing as a parastomal hernia can develop. A support belt can make a difference.

General Information: Always have Lomotil and/or Imodium plain or ES (extra strength) available. Imodium is by far the better choice as it does not contain Atropine or Anticholinergic which can have ramifications with many medications as well as side effects.

Pouch options with the Flu: If you have a closed pouch switch to a drainable one and finally if you do get .excoriated or raw peristomal skin, use Milk of Magnesia, Mylanta or Maalox and dab it onto the raw skin areas and blow dry on low until a white dry crust is seen. One can pouch on top of the white crust and the raw skin will be healed within 24 hours. Always try to have a variety of pouches available at all times. Simply contact your vendors and ask for free samples.

Get your Flu shot —— it is worth it.
Source: CVI Ostomy News, Jan. 2013

Congratulations to Hazen Nicholson from Ostomy Halifax for being Mr. October in the Hollister World Ostomy Day Calendar. “My 4-year-old son has a permanent ostomy. He loves being outdoors and playing with his stuffed guinea pig, Scooby, and gastronaut Simon!
Denise, Canada”

Hazen and his family also braved the rain and wind on World Ostomy Day to celebrate with us at Victoria Park last September. Hazen is an inspiration to us all.

To see the rest of the calendar, go to the link below.

Stoma Bleeding
Stomal bleeding in small amounts is not uncommon when pouching systems are changed. The visible mucous membrane that forms a stoma is very vascular. The stoma is red because of this rich blood supply. The tissue is also somewhat fragile. Although small amounts of bleeding are common, larger amounts can be indicative of other underlying medical problems and must be evaluated.

Bleeding can be due to an incorrect stomal pattern or tight wafer opening, which can easily be adjusted by your ostomy nurse. Excessive bleeding can be from medications, liver problems or other medical conditions that need to be reported to your physician.

Look at your stoma to see if the bleeding edge is irritated. If you observe irritation, it may be necessary to enlarge the wafer opening. If the problem persists, have your ostomy nurse evaluate you or see your physician, especially if you are not certain whether the bleeding is coming from the stoma or internally. Gentle pressure over a small area usually is sufficient to stop external stomal bleeding. A cool cloth can also help. Excessive bleeding requires a trip to the emergency room and a follow-up with your doctor.

Source: North Central OK Ostomy Outlook
ROLE OF SPOUSE
Your role as a spouse is one of support and encouragement. These elements are vital to any relationship and provide a basis for an emotional recovery and acceptance of the ostomy. This life-saving, body-altering procedure can affect people in different ways.

How you react to the physical changes from surgery will be conveyed to the ostomate in many ways. Watch your body language. If you were a person who liked to cuddle before the surgery, then continue to reach out to your spouse. Couples have a tendency to “protect” each other and not be truthful about their feelings. Initiate open communications with your spouse and discuss any concerns either of you may have about the surgery (i.e., fear, anger, resentment, relief). Ask questions about changes you do not understand.

It is likely that you and your spouse may have anxieties about becoming intimate. Talk to your spouse about any physical limitations, pain (if present), fears about being naked, leakage, odor and rejection. Body image is one of the major issues after ostomy surgery.

A good sense of humor is an important factor that will be very beneficial during the adjustment phase. It helps you and your spouse deal with some of the unexpected events during this time.

Ostomates should have instructions about self-care from an ostomy nurse prior to leaving the hospital. Be supportive in providing assistance in caring for the ostomy but remember it is their ostomy! If the ostomy patient is physically capable, do not take on the role of total caregiver. Encourage independence in taking care of the ostomy, it can be the first step toward regaining self-esteem.

REMEMBER...The person with an ostomy has not changed, only their anatomy has. How you and your spouse accept that change will influence your quality of life. Armed with adequate information and a positive outlook, you may find that having a family member who has survived body-altering surgery often leads the entire family to a greater appreciation of life.

Spouse and Family Support for Ostomates, UOAI, via Oshawa & District
Source: Regina Ostomy News Jan/Feb. 2013

Would you like to receive this newsletter via email?
In an effort to reduce mailing costs, as well as becoming environmentally friendly, we would like to offer the monthly newsletter to all of our members electronically. If you have access to email, please send your request to: jhiltz@eastlink.ca
The newsletter will be in PDF format. Most computers come equipped with the capability to read PDF files. If you experience a problem opening the file, go to: http://get.adobe.com/reader for a free download of Adobe Reader.
Please consider this opportunity to do your share to help our environment.
Membership Application - UOA of Canada Inc. - Ostomy Halifax Society

Membership includes annual subscription to chapter newsletter and the official UOAC publication, “Ostomy Canada”. The following information is kept strictly CONFIDENTIAL. Membership is open to ostomates and non-ostomates.

☐ New Member  ☐ Renewal  ☐ Change of Address

Name ______________________________Address________________________________Apt.No._______________

City___________________________Province_______Postal Code________________Phone(s)___________________

Birth (day/mo/yr)       /       /        /  Occupation______________________Languages Spoken______________________

☐ Colostomy                         ☐ Ileostomy                      ☐ Urinary Diversion
☐ Continent Ileostomy                   ☐ Continent Urostomy              ☐ Ileal

Other (Specify)_______________Spouse/Family Member______________M.D., E.T. Supplier, Etc.

☐ Enclosed are my annual membership dues of $27.00  $ _____________  ☐ Donation (tax deductible)

☐ I am unable to pay at this time but would like to be a member.

Make cheque payable to Ostomy Halifax Society and mail to:

Membership Chair, Betty Woolridge, 103 Alderney Drive, Enfield, NS B2T 1J9

NOTE - Other Maritime Chapters, send directly to your Treasurer.