



BELLEVILLE QUINTE WEST AND AREA CHAPTER  
**Journal**  
UNITED OSTOMY ASSOCIATION OF CANADA



**HAPPY ST. PATRICK'S DAY**

*March, 2007*



**REACH OUT A HELPING HAND TO OSTOMATES AND THEIR FAMILIES**

The guest speaker at our meeting on Thursday, March 8TH is not known at this time

**\*\*\*An Ostomates Prayer**

O, Lord as we have been reborn,  
Let us share Your blessings  
With those Ostomates who do not know  
How good the life is You have given us

Let us vow in the years ahead  
To renew the work of our group,  
As you have renewed our lives,  
We thank you for those lives;  
For mutual support of each other;  
And for the charge You have given us  
To support each other

Amen

(From Metro Halifax News)

Those seeking assistance, a ride, information or those offering suggestions are requested to phone a member listed on the right. Ostomates or their caregivers requiring hospital or home visits should not hesitate to call any member of your Chapter executive listed on the right.

Before following any information, suggestions and other matters pertaining to your health in general, in this journal, it is important to consult your doctor, ET, pharmacist or others qualified to pass on medical advice.

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Regular monthly Meetings are held on the second Thursday of every month, 7:30p.m. Room P24 at the Loyalist College Business and Development Centre, Belleville.

\*July & August excepted.

**Please come out and gain from the experience of others**

Open and full discussions with other Ostomates are great sources and resources for information.

Every opportunity is a learning experience for yourself and for those with whom you share.

**MEDICAL CONSULTANT**

**Ursula Monaghan, R.N., E.T.** Available through the Belleville General Hospital by referral of your Doctor through the Nursing Office (Patient Services) or, for private consultation, call 966-6696.

**Olga Goncalves, R.N., BScN, E.T.** Available through VON, HNPE, by referral. 392-4181 or 966-3530 ACCESS CENTRE FOR HASTINGS AND PRINCE EDWARD COUNTIES

**Leanna Gillan, R.N., BScN, E.T.** Available through VON, HNPE, by referral. 392-4181 or 966-3530 ACCESS CENTRE FOR HASTINGS AND PRINCE EDWARD COUNTIES

**NOTE:** E.T. stands for "Enterostomal Therapist" To qualify for this designation, each candidate must attend a specifically designed program, and successfully complete it through very specialized exams.

## “A Message from The President”

Less than a month until Spring! The pond fish in our aquariums are all crowded against the glass facing the back yard,. They want space!

On a sadder note, you are all aware that the Chapter lost a friend and a valuable member when Paul Aubin passed away. Gwen knows, I am sure, that our thoughts are with her at this time.

It is a pity that most of us do not ask enough questions of people and this fact becomes evident when one reads of incredibly interesting backgrounds such as Paul’s

We took the excellent monthly Chapter newsletter, not for granted really, but Paul did such a great job we procrastinated when he indicated he would like help.

This newsletter has been formatted by Bawn Putman who, like all of us, did not want this traditional and valuable part of the Chapter to disappear. I thank Bawn for this undertaking and also Gwen who gave us what she could and gave Bawn access to Paul’s computer to glean information so that a March edition could be issued. There are things to be learned and copy-rights to be honoured etc. but Bawn, I love you for this effort.

As of publication, the guest designation for the March meeting is unknown but time for our ETs is always appreciated. Bear with us, we will work this out.

Regards,  
Gerry Putman

### \*\*\* ALWAYS REMEMBER:

Life is not measured by the number of breaths we take, but by the moments that take our breath away.

But do share this with someone.  
We all need to live life to its fullest each day!!

Have a wonderful day!!!!!!!

## TEN COMMANDMENTS FOR NEW OSTOMATES

From North Central Oklahoma Ostomy Outlook February 2007:  
Ten (new) Commandments for Ostomates

1. Thou shalt allow thyself to be sad, or angry, or depressed on occasion. Who said you always have to have a good attitude.
2. Thou shalt not let the above emotions become a way of life.
3. Thou shalt seek help, education, and support if thine unhappy overcome thee.
4. Thou shalt learn to care for thy ostomy. Letting others do it for you, if you are physically able, is a cop-out.
5. Thou shalt seek out thy ET nurse if thou art not satisfied with thine products.
6. Thou shalt not hide thyself away. Get out and do the things you used to do. You can.
7. Thou shalt not be ashamed.
8. Thou shalt cultivate a sense of humor about thine ostomy. There are worse things. Far worse.
9. Thou shalt set an example to the non-ostomy world. An example of triumph over adversity, courage over pity, and pride over embarrassment.
10. Thou shalt help other ostomates. Join your local UOAA group, donate money, volunteer your time.

## Am I getting enough Fiber?

### Water-Soluble Fiber

The water-soluble fiber group has little effect on stool weight and hence is not appropriate treatment for constipation. It is partially broken down by the digestive process to a gel-like consistency which also retains water. This water retaining property makes this fiber an effective treatment for diarrhea. At the same time, foods high in this fiber slow the rate of food absorption and create a feeling of fullness. This may have an adverse effect on appropriate caloric intake for some children by reducing meal size.

Food Sources: All fruits and vegetables (especially apples, citruses, strawberries, dried beans and leafy greens), oats and peanut butter.

### Water-Insoluble Fibers

The water-insoluble fiber group is not affected by digestion and passes out of the system almost completely intact. This makes the stool bulky and soft so elimination is easier. Fibers are the parts of plant food which cannot be fully digested. There are two main types of fiber: water-soluble and water-insoluble. Each has a different effect on the body.

### Food Processing

Refining processes decrease the fiber content of grains. The effect of cooking on the fiber content of foods is unclear, although cooking can cause browning reactions which increase the apparent fiber content of the food. In fact, the fiber content of canned vegetables may be higher than that of fresh vegetables because of these browning reactions and the water lost from the plant during cooking.

### Effect of Fiber on Diet

As the fiber content of the diet increases, the fat and protein content of the diet usually decreases. This can produce an overall decline in caloric intake, which may pose a problem for the growing child who needs adequate calories. Weight gain should be monitored by your physician to detect any problems. Fiber should be gradually added to the diet to identify your child's optimal level needed for treatment.

### Eating Out

Eating out seems to pose the most difficulties. Try the following:

- Dining Out? Order...
- Fresh fruit/vegetable
- Salad Bar
- Baked potato with skin
- Whole grain bread/rolls
- Bean soups (lentil, split-pea)

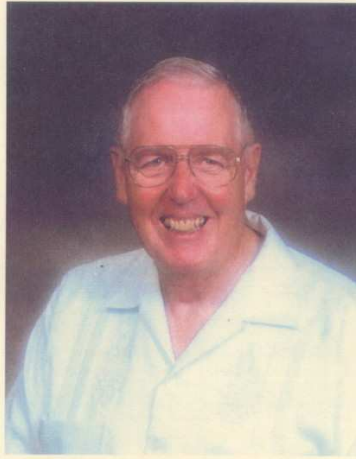
- School Lunch? Send...
- Bran/corn muffins
- Carrot/celery sticks
- Raisins/nuts/dried fruit
- Whole wheat crackers
- Fresh fruit with skin or seeds
- Home-prepared whole grain cookies
- Sunflower seeds/pumpkin seeds

SOURCE: "The Pull Through Network" on line, (<http://www.pullthrough.org/ptnn6.html>): Okanagan Mainline Ostomy Association On-line, October 2006, via Inside Out On-line Jan/Feb 2007.

**"The United Ostomy Association of Canada Inc. is a volunteer-based organization dedicated to assisting all persons facing life with gastrointestinal or urinary diversions by providing emotion support, instructional and information services through the membership, the family associated caregivers and the general public."**

**The following excerpts from our Constitution and By-Laws outline the purposes for which this chapter has been organized:**

- 1. To assist in the rehabilitation of persons who have or will have, ileostomy, urostomy, colostomy or related surgery.**
- 2. To promote a better public understanding of ostomy and related surgeries.**
- 3. To be of mutual assistance to one another.**
- 4. To assist the medical profession wherever and whenever possible.**
- 5. To provide reassurance and emotional support to the families and friends of those who have ostomy or related surgeries.**
- 6. To assist all persons needing help, including pre operative and post operative visits.**



**Paul Joseph Aubin**

25 December 1933 – 29 January 2007

**Paul Joseph Aubin** – Major (Retired), Royal Canadian Air Force passed away in his 74th year at Quinte Health Care Centre on Monday January 29th, 2007.



Paul was the Beloved Husband for 50 years of Gwen [Weaver], the Beloved Father of Brady [Janice] and Philip [Sylvie], and the Beloved Grandfather of Bryan [Ashley], Sherry, Mathieu and Kailey.

Paul had three great passions in his life. The First was clearly his family to which he gave selflessly throughout his years.

Paul's second great passion was flying and the military. He devoted the first 25 years of his career to the challenging but rewarding life of a military pilot. His flying story began with Chipmunk and Harvard aircraft at the RCAF Flight Training School, Centralia ON. He went on to fly Lancaster bombers in Search and Rescue out of TorBay NFLD. At 104 Communications Flight, St. Hubert QB he flew the Expediter

and during his time at Base Flt, Cold Lake AB he flew the infamous Pinocchio nosed Dakota aircraft. His final flying tours were spent in Trenton Ontario where he started in 437 Sqn flying the Yukon and was selected as one of the initial Aircraft Commanders selected to bring home the new Boeing 707s from Seattle. Paul completed his flying career as Pilot Leader at 436 Sqn flying C-130 Hercules where one of his fondest memories was his role as a Aircraft Commander for one of three flights that rescued Canadian, British and American Nationals out of Iran during the 1980s uprising. He completed his military career with 11 more years in administration with Base Flight Trenton and Training Systems Command Coordinator of Official Languages for a total of 36 years service in the Canadian Armed Forces.

Paul was heavily involved in the community throughout his career including coordinating the construction of a curing rink in Cold Lake Alberta, being a Cub and Scout Master, President of the Mess Committee in Trenton Ontario, and Manager of the CFB Trenton Yacht Club. In retirement Paul continued to be very active and was a member of the 415 Wing Air Force Association, the CFB Trenton Yacht Club, the Canadian Power Squadron, and the Ostomy Chapter in Belleville. Paul also continued to pursue his third great passion, that of boating, and would often be seen touring the Bay of Quinte with Gwen in their Albin 25. His love, actions, and passions will forever echo in the lives and memories of his family and friends.

## Pursuing Wellness

Pursuing wellness in our lives - physical, emotional and mental wellness - is a choice that we must make every day. To be honest choosing to be well can be hard work. Some days it can seem easier to eat whatever we want, remain inactive, let our minds fill with negative thoughts and neglect our relationships. It takes a conscious effort to eat a healthy diet, take proper medications - if needed, exercise regularly, concentrate on positive uplifting thoughts and cultivate meaningful relationships.

There are two parts in all of us, the one part that just wants to accept things as they are regarding our health and the other part that wants to live better, to be well and thrive. We must decide which part will win out. We need to choose wellness.

It is true, there are many people who would give anything to be physically well . . . but cannot. Sadly, it is also true that there are people who could be physically well but choose not to be. Being well, if possible in our own personal life, involves choosing to do so and working to achieve the goal of wellness.

This is especially true of some of us that were cured through ostomy surgery, like those who had ulcerative colitis. One goes into the hospital usually close to death and within two weeks is at home walking around healthy. It seems like this would be simply wonderful, which it is. However, we become attached to our illnesses. It is physiologically wrenching to change into a healthy person so drastically. We need time to adjust. We need to make the decision to be happy being well.

Choosing to be well demands so much from us as well as testing our inner resolve. It is a goal we must really have the desire to achieve. Not choosing wellness can leave us tired, overweight, irritated, depressed or lonely. In those conditions, we are unable to service others and look beyond our own needs to see the needs of those around us. When we are working to be well, we will have more opportunities to help others and really enjoy our new life.

Having come through ostomy surgery of one form or another - and many cases the disease that led to surgery - we all know what it is to be sick. Now in many cases we have been given a second chance at life by undergoing ostomy surgery, the time has come for us to choose and work toward wellness, as much as is possible. Indeed, the path towards wellness can be challenging at times, but it is worth every step we take on that path to reach

our goal. Our steps may be small at first, such as choosing the right foods to eat, beginning an appropriate exercise program or enacting some other sort of change in our lifestyle that will lead to wellness. However, the important thing to remember is to take one-step at a time, realizing that each positive step taken towards wellness is one-step taken further away from sickness. While physical wellness may not be completely possible for some people, emotional and mental wellness is very crucial to one's overall well-being and should not be neglected. Stay connected with your friends and family. Read inspiring and uplifting books. Write letters of encouragement to others not as fortunate as you are.

There is a saying, "Look for the beauty in each day." Choose wellness in your life. You will see and enjoy beauty in each day as never before.

**SOURCE: The New Outlook on-line, UOA Chicago, November, 2006, via Inside Out On-line Jan/Feb 2007**



**" Has it ever occurred to you, Kathy, that I might like to have my belly rubbed?"**

## SASO NEWS, Winter 2007

### **Coquitlam Ostomy Association, BC**

Penny Sanderson reports that she represented SASO at an Education Day, in December, sponsored by Andy Manson, owner of Ostomy Care & Supply Centre, New Westminster, BC. Other spouses of ostomates, some ET nurses and a representative of the Colorectal Cancer Group showed interest in the pamphlet *Partners' Support Program* that was on display.

### **Regina & District Ostomy Association.**

The SASO group continues to meet regularly and enjoyed a Christmas dinner in December. The chapter is planning a Spring Seminar in May 2007, in which SASO will be participating.

### **Stoma-Ilco, Kortrijk, Belgium**

In March of this year, a seminar will be held for all the ostomy self-help groups in Belgium. Only board members from each group have been invited to attend. The seminar will try to answer the following question: How can the ostomy self-help group survive in the twenty-first century? The discussion will consider the following points: ways to develop cooperation with professional care workers; new ways to successfully run an ostomy support group; suggestions on how to encourage volunteers in working for the self-help group. The day will also include a presentation by Pierrette Chambart concerning the needs and importance of support for the partners of someone with an ostomy. Pierrette promises to send a report giving the results of these discussions.

### **SASO Pamphlet**

At the present time, the revised pamphlet is under review by the UOAC Publications Committee. Hopefully the pamphlet will be approved for publication in the near future. There is still available a large number of the original pamphlet *Partners' Support Program* and some of the French version, *Programme d'appui pour les partenaires*. As long as there remains a large number of the original pamphlets, the revised pamphlet will not be published. Therefore, it is important that these brochures are distributed, by the local chapters, to spouses and families of new ostomates. To request copies of either the English or French pamphlet contact the UOAC National Office by telephone at 1-888-969-9698 or by e-mail at [uocan@astral.magic.ca](mailto:uocan@astral.magic.ca). The pamphlets are free and there is no mailing cost.

### **General News**

In closing, two SASO contacts are unable to represent their chapter because of other commitments. Thank you to Marshall Burgess, UOAC Inc Victoria Chapter and Bob Graham, Halton-Peel Counties for their help in supporting the spouses and significant others in their chapter.

SASO member, Mark Hambridge, is working on an interesting program for spouses and significant others at this year's UOAC Annual Conference in Calgary Alberta, this August.

Look for the article entitled *With Time Comes Healing* written by a SASO chapter contact, in the spring edition of *Ostomy Canada*. Perhaps there is someone in your chapter who is willing to write a story about his/her experiences as a spouse or significant other of an ostomate for publication in a future edition of the national magazine. Please contact Ann Ivol at the e-mail address or address below for further information.

### **SASO NEWS**

SASO NEWS is published three times a year, in the fall, winter and spring. If your chapter is involving spouses and significant others in something of interest to other SASO Chapter Contacts please e-mail the information to [amivol@hotmail.com](mailto:amivol@hotmail.com) or write to **Ann Ivol, 31 Rialto Court, Hamilton, ON, L9C 5T5** for inclusion in the SASO News.

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

Via: Boston (MA) OAB BULLETIN,  
& S. Brevard (FL) OSTOMY NEWS-  
LETTER

Most ostomy patients would agree that there is no substitute for TLC. That is one of the reasons that the specialty of ET 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, ET, etc. Drink sufficient water and fluids unless you are medically restricted. Per-

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 acid. 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 ET 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.

### TIP

If you find your stoma gurgles a lot, try this: At meals, eat the solid foods first, then take your beverages. Do not eliminate your beverages. Daily intake of fluids is needed to prevent dehydration.



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Remember at Kelly's you can save 20% off Ostomy Products on the last Thursday of every month, and save 15% off Ostomy Products every day  
 Seniors save 10% every day in Kelly's Pharmacy and Home Health Centres

The Journals are now archived for viewing at Kelly's Web Site: [www.kellysdrugstore.com](http://www.kellysdrugstore.com)  
 In addition Kelly's pay the mailing costs to send out the Chapters monthly Journals  
**Kellys welcomes the opportunity to continue serving you**

Membership Application—UOA of Canada Inc.—Belleville, Quinte West & Area Chapter  
 Membership includes annual subscription to Chapter Journal and the UOAC publication "Ostomy Canada"

Dues Amount \$23.00/year

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