



BELLEVILLE QUINTE WEST AND AREA CHAPTER
JOURNAL
UNITED OSTOMY ASSOCIATION OF CANADA

HAPPY ST. PATRICK'S DAY *March, 2008*

REACH OUT A HELPING HAND TO OSTOMATES AND THEIR FAMILIES

Our next meeting will be March 13th. At 7:30 p.m. Our guest speaker will be Bruce Foster, Registered Physiotherapist.

Our next meetings
March 13th
April 10th
May 8th

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
To mutual support of each other
And the charge You have given us
to support each other.

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 our Chapter Executive listed on the right.

Before following any onformation, suggestions and other matters pertaining to your health in general, in the Journal, it is important to consult with your doctor, ET, pharmacist or other qualified to pass medical advice.

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Gerry Putman 476-6557

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COMMUNICATIONS:

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EDITOR:

Bawn Putman 476-6557

Regular monthly meetings are held on the second Thursday of each month, 7:30 p.m. Rm P21 at the Loyalist College Business and Development Centre, Belleville. **July & August excepted. Please come 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.

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 & Prince Edward Counties.

Leanna Gillian R.N. BScN, E.T.

Available through VON, HNPE by referral 392-4181 or 966-3530 Access Centre for Hastings Prince Edward Counties.

Laura Rogers R.N. BScN, E.T.

Available at Belleville General Hospital, 613-969-7400 Ext. 2991

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

President's Message

Take heart folks, the first day of spring is less than a month away. Our pond fish, that we have wintered inside in tanks are now gathering at the ends of the tanks that face the yard. They may not be so frisky when they are transferred in April from room temperature water to that which will be 40 Fahrenheit.

Wow, what a fine turnout at the last meeting to greet Robert, our Convatec representative. Thank you so much and we can only hope that this trend will continue. Dale and Joan, we are missing you guys but are still thinking of you and hope you are doing well.

It was a good presentation and it is hoped that those that sought information got it from Robert. Remember a call to any of our suppliers will get you a sample or samples from the supplier of any new appliance or other material that you were unable to obtain at the meeting.

Please, remember also that the Chapter does have various DVD's for your viewing as well as a selection of brochures and other written materials.

There seems to be a couple of younger ostomates in the area and I would encourage you, if the opportunity presents itself, to mention to them about the 20-40 facet of the UOAC as they would have more in common as far as interests and life situations.

There are occasions when we would like very much to help new ostomates but if they do not ask for our input, our mandate states that we, first and foremost, must respect their desires to remain private.

Our guest for March is a very interesting person that Bawn and I have had the pleasure of meeting in a different setting than a meeting. Thanks to Maddy for approaching Bruce and we are really looking forward to meeting him again.

Bawn is waiting, as usual, for me to submit this so everyone stay well and we will see you on March 13th.

Regards
Gerry Putman

Please Note

This will be the last newsletter for those members who have not paid their dues. If you are unsure if you have paid your dues you can in touch with Vern Kemp at 1-6130398-6937 or send to the following address:

UOAC Belleville, Quinte West & Area Chapter
C/O Vern Kemp
RR#1
Frankford, Ont
K0K2Co

OSTOMY CLINIC

Robert Chislett, Convatec Representative will be sponsoring an ostomy clinic.

Where: Kelly's Pharmacy and Home Health Centre, Belleville

When: Wednesday, April 9th.

Time: 10 a.m.—2 p.m.

Laura Rogers will be joining him for the day. Call to make your appointment 613-966-4302

Visit Kelly's **CLEARANCE** section to get some excellent buys on ostomy supplies



Our Purpose

The purpose of this group, is a volunteer-based organization dedicated to assisting all persons facing a life with gastrointestinal or urinary diversions by providing emotional support, instructional and information services through the membership, the family associated care givers and the general public.

Our trained volunteer ostomates collectively possess a wealth of knowledge and experience in coping with their ostomies and are always willing upon request, to visit new ostomy patients as well as and including their family members by non-ostomates (SASO) from our group.



Hamilton Steel City. . . The Hammer The Ambitious City Each of these historical misnomers is reflected in the theme for the 2008 UOAC Annual Conference – “Forging Forward.” Upon arriving newcomers will soon realize that there is much more to this city of more than 500,000 in the industrial heartland of Canada.

A forty-five minute drive to the north is the sprawling megapolis of Toronto with all the attractions that a world class city has to offer – big league sports, high end culture and haute cuisine. Fifty kilometres to the east is Niagara Falls, a geographical world wonder and the Honeymoon Capital of Planet Earth. Also within a 90 minute radius is the fertile Niagara wine region, the pastoral landscape of South-western Ontario’s Mennonite communities such as St. Jacobs and Mount Forest, and the site of one of the world’s largest Shakespearean festivals in Stratford.

As you discover the spectacular sights and sounds of our corner of the globe, the going on at the Conference will allow you to develop an appreciation for the focus of this year’s session. “Forging Forward” also refers to the direction that the UOAC is heading and to its unwavering commitment to addressing the needs of Canadian ostomates and their families. Our Conference Planning Team has diligently laboured for months to formulate a stimulating programme and assemble a series of workshops and seminars that are certain to enlighten and broaden the insights of attendees on a variety of subjects, ostomy-related and otherwise.

The UOAC Annual Conference is a cherished occasion when our nation’s ostomy community members strengthen ties, renew old friendships and bask in the camaraderie of this multi-day celebration. We are extremely excited about playing host to this gathering and to playing a role in helping the UOAC to chart its future. It is with tremendous pride and pleasure that we welcome you to our fair city, and before you leave we ask that you remember this timeless battle cry:

Oski Wi Wi,
Oski Wa Wa,
Holy Mackinaw,
Tigers, Eat'em Raw!

Janet Paquet, Conference Chair

The conference will be held at the Sheraton Hamilton Hotel, 116 King street West, Hamilton, Ontario, L8P 4V3. The phone number is 1-905-529-5515. They have set aside 60 rooms at \$119.00 per night. Once these are gone the rates will be the normal ones. So if you are thinking about attending the conference you should book your room now. There will not be a conference next year.

February 26, 2008

To All our Ostomy Clients:

IMPORTANT NOTICE

We at Kelly’s Home Health Care Centre have endeavored over many years to keep on hand a wide variety of Ostomy products.

Because our suppliers introduce new innovative products we are left with large inventories of old stock which is largely unsellable. After much thought we have decided to reduce 1 of our ostomy lines. We will not be stocking all Coloplast products (only those you order). We will continue to stock Hollister and Convatec.

We need you, our valuable customers, to help us continue to serve you by calling at least a week in advance to place your ostomy order telling us the quantity you require and the product numbers.

We will be offering a 10% everyday discount starting March 17, 2008.

Our phone numbers are 613-966-4302. Or 1-800-263-4302 and in Trenton 613-394-1846 and 1-800-525-8611.

Remember - please call us at least 1 week before you need your product to make sure we have the quantity and product numbers you require. We will try our best to get the product you need.

Thank you for your cooperation.

Alan Kelly
General Manager

Exercise: The Final Ingredient In Ostomy Management

Exercise has once again become fashionable - and that has probably done more to put people off it than anything else has. If the thought of strobe lights, rowing machines and leotards gives you the shivers, then take heart. There is no end of easy, enjoyable ways to make yourself a little stronger and a little fitter. Just find the ones that are right for you. Most of all, do not overdo it. Even light exercise is good exercise - for your heart, joints, muscles, lungs and for your general sense of well being. Gently does it.

To begin with, do not confuse exercise with sports. There is more to getting healthier than chasing a ball around on a football field. Walking is a great place to start. Post-operatively, just walking to the next-door neighbors or to the end of the garden is fine. When you begin to regain your strength, walk more - both for pleasure and as an alternative means of transportation. Moreover, when you do, walk briskly - so you get slightly out of breath. Gardening is great too. Digging, weeding, hoeing and mowing can constitute a superb day's workout. Of course, you will have a showpiece garden to show for it. Wait for about three months after surgery before beginning gardening. You will be surprised at how quickly you will feel the benefits. After a few aches in the early days, you will begin to feel suppler and be able to do more without getting out of breath. All doctors agree on the benefits of exercise, but it is a good idea to talk to your doctor before starting an exercise program, especially if you are very out of practice or if you have other health considerations, like asthma or a heart condition. Your doctor will advise you to take it easy to begin with and to enjoy yourself. You cannot obtain better advice than that.

Adapted from Coloplast: The New Outlook on-line, UOA Chicago, January 2008, via Inside Out On-line Feb/08.



If you know of a new ostomate or one of our members who are ill, hospitalized or would just like to hear from us, please let us know. Contact Bawn Putman at 613-476-6557 or e-mail: bgputman@sympatico.ca

HOW TO CALL POLICE WHEN YOU ARE OLD AND DON'T MOVE FAST

George Phillips of Meridian, Mississippi was going up to bed when his wife told him that he'd left the light on in the garden shed, which she could see from the bedroom window.

George opened the back door to go turn off the light but saw that there were people in the shed stealing things. He phoned the police, who asked 'Is someone in your house?' and he said 'no'. Then they said that all patrols were busy, and that he should simply lock his door and an officer would be along when available.

George said, 'Okay,' hung up, counted to 30, and phoned the police again. 'Hello, I just called you a few seconds ago because there were people stealing things from my shed. Well, you don't have to worry about them now because I just shot them.' Then he hung up.

Within five minutes six police cars, a SWAT Team, a helicopter, two fire trucks, a paramedic and an ambulance showed up at the Phillips' residence and caught the burglars red-handed.

One of the Policemen said to George: 'I thought you said that you'd shot them!' George said, 'I thought you said there was nobody available!'

Don't mess with old people.

Every individual is unique and may need to try a number of products to find the best solution...

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- ✓ Provide retail supplies, literature and other documentation on our products
- ✓ Sample delivery within a week-10 days

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How Does an Ostomy Affect You?

By Robert H. Phillips, Ph.D.

Each person is unique and deals with the circumstances surrounding ostomy surgery in a different way. You need to analyze your situation to determine how to best live with your illness. Because having ostomy surgery affects different people in a number of ways, you may experience some or many of the following concerns:

- Interference with daily activities;
- Interference with physical functioning;
- Changes in lifestyle and/or personality;
- Emotional reactions such as depression, anger, anxiety, helplessness, or guilt;
- Changes in relationships with family members;
- Alteration in your social life; Interference with your sleep;
- Feeling that you have less control.

What can you do?

Your ultimate goal is to take charge and live a happier life, despite having an ostomy. Here are a few strategies that can help you better handle your ostomy and improve your overall health, happiness and productivity.

1. Be a person—not a patient. Make this the foundation of your thinking. You are a person who has had ostomy surgery, not an ill person. The only time you are a patient is when you are in the doctor's office or the hospital. The way you see yourself living with an ostomy is an essential part of coping successfully.
2. Understanding the unique way that your ostomy affects you and your life. Identify the ways that your ostomy causes problems for you. Are you experiencing any problems with the pouch system, leaking, odor, skin breakdown? How does having an ostomy affect others around you? Does it limit your activities? There are many other factors that may affect you. You'll want to identify them and determine how you're going to deal with them.
3. Set overall goals for improving your life. You'll find that your efforts can include many of the following:
 - Improving your ability to cope with a situation;
 - Setting reasonable, realistic and achievable goals;
 - Aiming to control your life; Improving day-to-day functioning;
 - Improving your perspective on any problems you may be facing;
 - Being more assertive and taking an active part in your healthcare (including dealing with medical personnel);
 - Accepting and improving your ability to deal with the emotional consequences of your ostomy;
 - Increasing your ability to handle negative emotions;
 - Focusing more on your strengths and diminishing the impact of weaknesses or limitations of having an ostomy;

- Doing things that you like and spending less time on things you dislike;
- Enhancing positive relationships;
- Improving participation in your social network;
- Improving your life satisfaction and quality of life.

4. Pinpoint what you need to help improve your life.

Think about all the difficulties you have living with an ostomy. Write these down on the left side of a folded piece of paper. On the right side, next to each item, write down things you can do to improve each one. Note as many alternatives that you can. Ask others for additional ideas, especially if you are not sure what to do about certain things. Keep adding to your list and plan how you will use these ideas to improve your life.

5. Anticipate the negative. There are negative things that can happen during life with an ostomy, but some of these things could happen if you didn't have an ostomy! The more you anticipate and prepare, the better you will cope. Isn't this true of us all—ostomy or not?



Learning English?

21 Reasons Why The English Language Is Hard To Learn:

- 1) The bandage was wound around the wound.
- 2) The farm was used to produce produce.
- 3) The dump was so full that it had to refuse more refuse.
- 4) We must polish the Polish furniture.
- 5) He could lead if he would get the lead out.
- 6) The soldier decided to desert his dessert in the desert.
- 7) Since there is no time like the present, he thought it was time to present the present.
- 8) A bass was painted on the head of the bass drum.
- 9) When shot at, the dove dove into the bushes.
- 10) I did not object to the object.
- 11) The insurance was invalid for the invalid.
- 12) There was a row among the oarsmen about how to row.
- 13) They were too close to the door to close it.
- 14) The buck does funny things when the does are present.
- 15) A seamstress and a sewer fell down into a sewer line.
- 16) To help with planting, the farmer taught his sow to sow.
- 17) The wind was too strong to wind the sail.
- 18) After a number of injections my jaw got number.
- 19) Upon seeing the tear in the painting I shed a tear.
- 20) I had to subject the subject to a series of tests.
- 21) How can I intimate this to my most intimate friend?



If Ya Gotta Laugh

Stand-up comic and author Brenda Elsagher finds the lighter side of having an ostomy

One day our whole family went to the clinic. I was having hemorrhoids examined, my husband was having a mole removed, my five-year-old son, John, was being tested for strep, and my three-year-old daughter, Jehan, was along for the ride. Some families go to the zoo.

My appointment took the longest, and two hours later the doctor said, "I'm almost 100% sure you have cancer of the rectum." I was a 39-year-old mom trying to comprehend the horror of what he said while my children played at my feet. Almost immediately I told the doctor, "You have to make me well. I intend to dance at my children's weddings."

Three weeks later I had my rectum removed, a hysterectomy, an appendectomy, vaginal reconstruction and a permanent colostomy. Couldn't they throw in a complimentary tummy tuck while they were at it? My children motivated me to get through the painful healing process as did the thought of my husband ending up with a better second wife. Many days I put on clothes and a smile when it was the last thing I wanted to do.

From the moment we knew where we were headed, we lined up support. One friend took calls from church friends who delivered meals every other day for five weeks. Another came over on the days my husband was at work. Many people did house cleaning and sent prayers, flowers, gift certificates and notes. My co-workers even picked up some of my work and helped run things smoothly in my absence.

We talked simply but directly with our children about why Mommy couldn't hold them for a while and the reason they had to be careful around Mommy's tummy. "Colostomy" and "pouch" became as much a part of my children's vocabulary as "Fun with Dick and Jane." My children can't remember a time when I didn't have an ostomy.

When they were young, I popped in a video for them to watch in my bedroom as I spent an hour irrigating in the adjacent bathroom. Irrigation isn't for everyone who has a colostomy, but for me it became an odd blessing.

As my confidence with my ostomy and my children grew, I would allow them to play in the yard while I was in the bathroom. I always kept the window open so I could talk to them below.

One day I overheard a neighbor child ask, "Where is your mommy?" My son answered, "She's in the bathroom. My mommy poops out her tummy." We all laughed hysterically. And years later as I rushed to get my kids off to school, something wasn't adjusted right. I was just about to pour their milk, when...splat! A pile of poop sat on the kitchen floor. My son looked at it and said, "Gross." Having small children while dealing with an ostomy is not only possible, but it helped me focus on something besides myself. My children see me as a busy, strict, funny, loving, crazy mom who happens to live with an ostomy. They are teenagers now and not bothered by my ostomy at all. These days they're only concerned when my wallet is empty.

[Brenda Elsagher is a national speaker, comic, and author of, "If the Battle is Over", "Why am I Still in Uniform?" and, "I'd Like to Buy a Bowel Please!" Order books at [www.brendaelsagher.com](#). She welcomes questions or comments for her Secure Start column at .]

*From Secure Start a quarterly newsletter from Hollister Inc Autumn 2006;
via the South Fraser Connection, Nov 2007
& Vancouver "Ostomy Highlife" Jan/Feb 2008*

Tips & Hints

By *The New Outlook*, Chicago's North Suburban Chapter of UOA

- Urostomates should empty the pouch before it passes the half full level. There is a chance that the bag will pull away from its seal if too heavy. There is also a chance of urine back-up.
- If you lose the small rubber washer on the drainage plug, it is reported that it can be replaced with a rubber hinge that is used to tighten eye glasses. If the washer on the urinary valve stretches, let it dry thoroughly.
- It may help to insert two ounces of a vinegar/water solution (1/2 cup of white vinegar to one quart of water) through the outlet valve of your emptied appliance twice daily, once in the morning and once at bedtime. Lie down for twenty minutes to allow the solution to "bathe" the affected area.
- Urostomates who do not use a night drain are running a big risk of puddling and the backing up of urine into the conduit up to the kidneys. This may cause not only irritation but serious infection.
- Check the pH of your urine about once a week to be sure the urine is acidic, with a pH of less than 6.0.
- Always wash your hands before working with your appliance or stoma, to avoid introducing bacteria into the stoma.
- Reusable or disposable appliances that are not cleaned adequately or are worn for long periods of time can cause urinary tract infections from bacterial growth in the pouch and urine.
- Signs and symptoms of a urinary tract infection include fever, chills, bloody urine, cloudy or strong-smelling urine, and pain in the back and kidney area. If you experience these symptoms, see your physician!

Carbohydrate Confusion

Are you among the many confused by the latest carbohydrate debates sparked by the recent wave of low carb diets? Carbohydrates are the starches, fiber and sugar in foods converted to glucose in the body for use as the main source of energy. The National Academy of Sciences recommends both children and adults eat at least 130 grams of carbohydrates each day for brain function. Most people consume far more calories from carbohydrates than necessary, often from empty calorie sources such as sweets, chips, fries and sodas. These sources of carbohydrates pack little nutritional punch and the calories add up quickly. But is the opposite necessary? Extremely low-carb diets can compromise adequately grain, fruit and vegetable intake, which are shown to fight cancer and heart disease. Not all carbs are created equal. Don't just count your carbs, make your carbs count! The best bet for long-term weight loss is to include a variety of foods each day including whole grains, fruits, vegetables, lean meats, and low-fat dairy foods. Be conscious of portion sizes and increase physical activity. Please consult a medical professional for individual advice.

SOURCE: Evansville, IN January, 2008, via Inside Out Feb/08

Advice for Urostomates

Adapted By The New Outlook

- Keep all your ostomy equipment together in a regular area; i.e., a shelf in a closet or a cabinet. Make sure they are stored in a cool dry area.
- Always have extra supplies on hand. Reorder several weeks before you expect to run out in case of delivery or inventory issues.
- There are several factors that influence how long your ostomy appliance stays sealed. These include: weather, skin peculiarity, scars around the stoma, weight changes, diet, activity and the body shape near the stoma.
- Perspiration during the summer months will shorten the number of days between changes.
- Moist, oily skin may reduce adhesion time. You usually do not need to wash the skin around the stoma with soap. Plain water does nicely. Using alcohol or strong detergents to clean around your stoma may lead to itching and skin irritation.
- A new ostomate will invest much more time in changing his/her ostomy system. Once you gain confidence and experience, you can count on it taking about 10 minutes or less.
- Your ostomy system should be changed on a definite schedule. Do not want for it to leak before you change it. Remember: You are in control. Pay attention to details and never rush.
- Ostomy systems should never be worn for more than seven days. Plus, if you are changing more than once daily, you need to make an appointment with an ET nurse.
- You alone can decide the best position for putting on your appliance. Sitting, standing or lying down is acceptable as long as it offers you the best view of your stoma and is the easiest to implement.
- Applying the pouch may be accomplished with greater ease if you change in the morning before you drink anything.
- Keep your ostomy system clean. Bacteria will multiply rapidly even in the tiniest droplet or urine outside of the body. Bacteria in the pouch may be able to travel back in through the stoma all the way up to your kidneys causing an infection.
- Bacteria in the pouch may cause odor. Manufacturers sell special products to clean and disinfect appliances. Diluted vinegar may be used daily to rinse out the pouch.
- It is important to empty your ostomy pouch at regular intervals...at least every two to four hours and more if you drink a lot of fluids or wear a small pouch.
- Most urostomates benefit from using a convex ostomy system to eliminate leaking. Plus, make sure the system fits properly—as close to the stoma without touching it as possible. Peristomal skin exposed to urine suffers a multitude of problems if left untreated.

North Central Oklahoma Ostomy Outlook January 2008:

Depression and the New Ostomate

by Mark Shaffer, from Northern Virginia *The Pouch*; via Chippewa Valley (WI) *Rosebud Review*

At a recent support group meeting, a subject came up that I found intriguing. One of the participants in the rap session stated that he found himself depressed and withdrawn even though it had been a year since his surgery. He wondered how long he could expect that feeling to last and, I think, whether it would go on for the rest of his life.

Some ostomates adjust almost immediately. These folks see an ostomy as a cure for an illness that threatened their lives or restricted their activities. Others take a few months, generally feeling better about the situation as soon as they master the fine art of pouch changing and maintenance. For many, ostomy surgery begins a process that appears to be, and is, very close to the grieving process, and like any grieving process, the amount of time needed to feel emotionally whole again will vary.

It took me almost two years following my surgery before I felt like I had regained my former personality and was ready to move on with my life. So there is no magic amount of time needed to adjust to your new ostomy. Allow yourself the time you need and realize that the feelings of depression and isolation will eventually go away. If the depression is severe, don't be afraid to seek professional help.

If your isolation is caused by a lack of confidence in your appliance, seek help from an ostomy nurse. If your appliance is working fine but you still feel separated from others, seek help from other ostomates. Go to a meeting and meet others in the same situation. If you don't already have one, call your local support group and ask for an ostomy visitor who can talk to you about how he or she managed post-operative emotions. But above all, give yourself time to adjust.

FAMILY & SPOUSE...THEIR NEEDS

by: Donna Hoffman

Much has been said and written about the ostomate who has to undergo ostomy surgery, his physical recovery from the surgery and his emotional recovery (also important). But what about the spouse and children? They must suffer in their own way. In the hospital, doctors and nurses hurry around seeing to the ostomate's needs. Who is there for the family? Spouses suffer just as much (if not more). They must put up with outbursts of anger, despair and depression. They work with us, giving love and support, and have to go home to an empty house and wonder...what next? There is usually no one to help them through their anxious days of worry and uncertainty. "How will my love one accept me? After all, I'm not the one to have an ostomy. Will he or she be the same?" After the ostomate comes home from the hospital the family and spouse have to put up with inconveniences such as pieces of skin barrier stuck to the bathroom floor, cements spilled on a favorite brush or comb, learning to leave the bathroom free at that certain time of day, making extra pit stops when traveling. And on the spouse's end, "What about our sexual life? Will it be the same? Will it be worse, better or maybe none at all?" Spouses and families need the same support during the hospitalization phase and recovery at home as the ostomate. They need to be included in the teaching of ostomy care to feel they are still wanted and needed. Children should have the surgery explained to them so Mom or Dad will seem the same and love them all the more. They will not think anything of it if explained in a simple understanding way. An ostomy is nothing to be ashamed of and should not be treated any different than someone who has to take insulin or wear a prosthesis. Spouses should also have the option of talking to another spouse who has had ostomy surgery in the family.

Families and spouses in our area who wish to speak to someone may contact Bawn Putman who is the representative for the SASO group. (Spouses and Significant Others)

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Tentative Schedule for Guest Speakers for the rest of the year:

April - Coloplast Representative

May - Jamie Pennock, Registered Yoga Teacher

June - Our Social along with the meeting.

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**From The Staff at Kelly's
 Belleville and Trenton Stores**

Do not forget the Ostomy clinic Wednesday, April 9th. From 10 am To 2 pm Call for your appointment 613-966-4302

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

In addition Kelly's pay the mailing costs to send out the Chapter's monthly Journals Kelly's welcomes the opportunity to continue serving you.

Membership Application (for new members only)

Belleville, Quinte West & Area Chapter

Membership includes annual subscription to Chapter Journals and the UOAC publication "Ostomy Canada"

Membership in the UOA of Canada is open to all persons interested in Ostomy rehabilitation and welfare.

The following information is kept strictly confidential

Please complete the following form:

Name _____ Phone _____

Address _____

City _____ Postal Code _____

E-mail (if applicable) _____

Type of surgery _____

Please make cheques of \$23.00 payable to:

UOAC Belleville, Quinte West & Area Chapter
C/O Vernon Kemp
RR#1, Frankford, On
K0K 2C0

Websites of Interest

UOAC: www.ostomycanada.ca

FOW: www.fowcanada.org

Crohn's & Colitis Foundation:
<http://www.ccfcc.ca>

Ostomy.com - this has many different sites that you are able to access for ostomy supplies.

Editor's Note:

If you have a suggestion of what you would like to see in the newsletter please contact me at bgputman@sympatico.ca or call 613-476-6557. You could also write your suggestions and give them to me at the meetings. If you have any pictures you would like to see included please send them to me.

I would appreciate if you could write your story of how you got here in order to publish it. I would like stories from ostomates and SASO members.