



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

HAPPY MOTHER'S DAY

May, 2008

REACH OUT A HELPING HAND TO OSTOMATES AND THEIR FAMILIES

Our next meeting will be May 8th. at 7:30 p.m. Our guest speaker will be the Coloplast representative

Our next meetings
May 8th
Sunday June 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 information, 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.

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.

OFFICERS:

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Gerry Putman 476-6557

SECRETARY:

Grace McKeown

FINANCE & MEMBERSHIP:

Vernon Kemp 398-6937

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Gwen Aubin

SASO REPRESENTATIVE:

Bawn Putman 476-6557

CO-ORDINATORS:

VISITATION CHAIRPERSON

Bawn Putman 476-6557

COMMUNICATIONS:

Dorothy Rilley 962-2054

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.

PRESIDENT'S MESSAGE

The end of April? I do not believe it! As I look out the window I am almost convinced it is a very, rainy day in early March. I will not repeat the comments I heard from the flowers this morning.

I hope we have a good turnout next meeting as we are having our Coloplast folks and Brenda is excited about the new things she has to show us.

I apologize to Maddy for once again, asking her to postpone her guest but it is so important that we see our suppliers at least once a year as there usually is new technology to learn about that may solve a present problem for one of our members.

Bawn and I participated in the "Trash Bash" effort in the County last weekend and was happy to see Dieter, one of our members out also. There sure are some odd things chucked out by the roads.

Thanks to Vern and Cathy for offering their cabin property for our end of the season get-together in June. Vern has given us a map which is placed further in the newsletter. Car pooling sounded like a fine idea both to save gas and air pollution.

Do Not forget to register soon for the National Conference in Hamilton this August and as Gwen, who offered to be our voting delegate, cannot make it, unfortunately, a new delegate is requested. It is a great opportunity to observe the mechanics of our National Board in action as well as to exercise our Chapter's right to vote on issues.

It was noted at the last meeting that we have not had a money-making effort in a while so, with that in mind, all ideas are welcome. I, for one, will be bringing an example of my world-famous apple pie to the next meeting to be sold to the highest bidder with the proceeds going in the pot. Though welcoming like-minded members to do the same with their culinary abilities, I must warn you that mine is me mum's old recipe. So do not be hurt when the comments flow.

It was great to see Laura out as there are always concerns and it is great to have an ET at the meetings.

Thanks!

Well, I will let everyone get back to whatever they were doing and I will see you on the 8th.

Regards
Gerry

A young woman brought her fiancé' home to meet her parents. After dinner, her mother told her father to find out about the young man. The father invited the fiancé' to his study for a talk. 'So what are your plans?' the father asked the young man.

'I am a Biblical scholar,' he replies.

'A Biblical scholar. Hmmm,' the father said.

'Admirable, but what will you do to provide a nice house for my daughter to live in?'

'I will study,' the young man replies, 'and God will provide for us.'

'And how will you buy her a beautiful engagement ring, such as she deserves?' asked the father.

'I will concentrate on my studies,' the young man replies, 'God will provide for us.'

'And children?' asked the father. 'How will you support children?'

'Don't worry, sir, God will provide,' replies the fiancé'.

The conversation proceeded like this, and each time the father questioned, the young idealist insists that God will provide.

Later, the mother asked, 'How did it go, honey?'

The father answered, 'He has no job and no plans, and he thinks I'm God'



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.

WHAT'S NORMAL FOR YOUR STOMA

Via: Coos Bay & Metro Maryland

What is normal for my stoma? This is a frequently asked question. Here are some answers from your stoma to you. My color should be a healthy red I am the same color as the inside of your intestine. If my color darkens, the blood supply might be pinched off. First make sure your pouch is not too tight. It should fit 1/16 to 1/8 inch from the base of the stoma. If I should turn black (very unlikely - but it happens occasionally) seek treatment AT ONCE. Go to an Emergency Room if you cannot readily locate your doctor. Be sure YOU remove the pouch for them to examine the stoma. TAKE EXTRA POUCH ALONG. I might bleed a little when cleaned This is to be expected. Do not be alarmed. Just be gentle, please when you handle me. If I am an Ileostomy, I will run intermittently and stool will be semi-solid If you should notice that I am not functioning after several hours and if you develop pain, I might be clogged. Try sipping warm tea and try getting in a knee chest position on the floor. (Have your shoulders on the floor and your hips in the air. Rock back and forth in an attempt to dislodge any food that might be caught. If I do not begin to function after about an hour of this, call your physician). If you cannot locate him, go to an emergency room. In the meantime, I might have begun to swell. Remove tight pouch and replace it with a flexible one cut slightly larger. If I am a colostomy located in the descending or sigmoid colon, I should function according to what your bowel habits were before surgery. (Daily, twice daily, three times weekly, etc.) I can be controlled in most cases with diet and/or irrigation. This is a personal choice. There is no right or wrong to it, as long as I am working well, my stool will be fairly solid. If I am a urinary diversion, I should work almost constantly. My urine should be yellow, adequate in amount and will contain some mucous. If my mucous is very much more excessive than usual, I might have an infection. I will probably also have an odor and possibly a fever. Consult your physician if that is the case. If at any time, you doubt that your stoma is functioning normally, please seek help. The cause needs to be evaluated. If your problem is a serious one, it needs correction. If it is not, you will be relieved to know your stoma is alive and well.

A lot of folks can't understand how we came to have an oil shortage here in Canada . Well, there's a very simple answer. Nobody bothered to check the oil . We just didn't know we were getting low .

The reason for that is purely geographical. Our OIL is located in Alberta , Newfoundland, Saskatchewan and B.C. Our DIPSTICKS are located in OTTAWA.

HINTS & TIPS

Rounding off the square edges of a firm wafer, or skin barrier, will decrease the chance of the belt catching on the corners. Male ostomates who suffer painful collisions between the pouch tail clip and key organs, should try angling the pouch toward a pants leg instead of pointing it straight down. Wear briefs and pass the pouch through a leg opening in the brief to hold it in place. To slow down stoma activity, before changing appliances, eat a tablespoon of creamy peanut butter beforehand or eat four or five marshmallows, fifteen minutes before changing. Spearmint is one of the gentler mints. A bit of spearmint vinegar in a glass of water calms the stomach and digestive system. It also relieves gas and adds a tangy zest to iced tea. Check your rubbing alcohol if you are cleaning skin with it. If it contains glycerin this will prevent securing a good seal of the appliance. Alcohol should only be used occasionally to degrease the skin. Stretch away tensions. When a headache begins, STRETCH. It helps ease tense necks, headaches, and lower back pain. Stretching brings needed blood to tight muscles and a feeling of well being. Stretch slowly, hold, do not bounce or strain.

Never Argue with a Woman

One morning, the husband returns the boat to their lakeside cottage after several hours of fishing and decides to take a nap. Although not familiar with the lake, the wife decides to take the boat out. She motors out a short distance, anchors, puts her feet up, and begins to read her book. The peace and solitude are magnificent. Along comes a Fish and Game Warden in his boat. He pulls up alongside the woman and says, "Good morning, Ma'am. What are you doing?" "Reading a book," she replies, (thinking, "Isn't that obvious?")

"You're in a Restricted Fishing Area," he informs her. "I'm sorry, officer, but I'm not fishing. I'm reading." "Yes, but I see you have all the equipment. For all I know you could start at any moment. I'll have to take you in and write you up."

"If you do that, I'll have to charge you with sexual assault," says the woman.

"But I haven't even touched you," says the Game Warden.

"That's true, but you have all the equipment. For all I know you could start at any moment."

"Have a nice day ma'am," and he left.

QUESTIONS & ANSWERS

Q. A Your stoma is very vascular, which means that there are many tiny blood vessels at the surface. Therefore, it is expected that it may bleed slightly when touched., but the bleeding should stop right away. Just like when you brush your teeth and your gums sometimes bleed. Your stoma should not, however, bleed drops of blood or have clots (clumps of old blood) on it. If this happens, you can apply gentle pressure and an ice pack and you should expect to see the bleeding stop within five minutes. There are a number of reasons that may cause your stoma to bleed. First, inspect your stoma carefully with the mirror. Check to see if there is a raw area from your appliance rubbing on the stoma. Stoma bleeding can also occur if the stoma is rubbed too hard. So when cleaning the mucous and stool from your stoma, gently wipe it away and avoid rubbing. The medications that you take can sometimes cause bleeding. Heparin and Coumadin are two medications which thin blood and prevent clots. Some pain relievers, such as Motrin and aspirin, can also thin blood. If bleeding continues to be a problem, please contact your doctor and ET nurse.

Q. . A. It has not been my experience that patients with an ostomy have damaged their stoma by sleeping on their stomach. If you have concerns about this, you could put a small pillow or cushion under your hip to raise it up enough to release any direct pressure that may occur.

Q. A. Irrigation is a procedure that some colostomates can use to cleanse their colon, making it unnecessary to wear an appliance. Only a select group of people are able to irrigate. To find out if you are a possible candidate, answer the following questions: 1. What type of colostomy do you have? You must have either a sigmoid or an end colostomy so that your stools are less frequent and more firm. Although I have seen a very motivated person with a transverse colostomy irrigate successfully, this is not usually recommended. 2. Do you have a normal bowel pattern through your colostomy? If you are a person who has a large bowel movement once or twice daily through your stoma on a regular basis, you may be an excellent candidate to irrigate. 3. Are you determined to learn to irrigate? Irrigation takes a lot of motivation and patience to work. You will need to spend approximately an hour every day at the same time training your bowels to irrigate. It may take days to weeks before you finally see results and are able to wear a stoma cap instead of your pouch. 4. What is the reason that you have a colostomy? Some disease processes can cause weaknesses or fistulas in the bowel, making irrigation dangerous. These conditions include Crohn's disease, Diverticulitis, and recurrent cancer. If you've answered the above questions and feel that you may be able to irrigate, contact your doctor and ET nurse and they will be able to help teach you how to irrigate successfully.

PASTE HINTS

Via: Raleigh, Via: Metro Maryland

Paste brand names available: Coloplast; ConvaTec (Stomahesive) Hollister (Premium, Hollihesive and Karaya pastes). This product is often misused and , it could be argued, misnamed, Pastes and should not be used as adhesives. The purpose of paste is to fill in any uneven areas on the skin under the wafer to make the area level, which will help to gain a good seal to the wafer. The second function of paste is as a caulking material around the base of the stoma to keep discharge from leaking at the base and getting under the wafer. All of the pastes contain alcohol and therefore will sting some when applied to irritated skin. This stinging will subside as the alcohol evaporates. If feeling in deeper depressions in the skin surface, it will be better to layer the paste, allowing 30 seconds between each application to allow the paste to set up. Caution! Be sure to use a dampened, but not quite dripping wet, washcloth, tissue, cotton balls or your fingers to tap the paste into place, or else you will have the paste all over everything within reach. At this point, paste becomes a cement which attaches to anything dry and you become frustrated. Recap the paste tube immediately after use to prevent it from drying out.

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



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ENERGY ALERT For quick energy, eat sugar, right? "Wrong", says Sarah Short, PH.D., a nutritionist at Syracuse University in New York. Simple sugars, found in candy bars and cookies, actually drain your energy. These sugars are so quickly absorbed into the blood stream that the pancreas, in an effort to return the blood sugar level to normal, sends too much insulin into the bloodstream. As a result, blood glucose, the main energy source, dips lower than normal and energy lags. Dr. Short recommends eating complex carbo-hydrates (such as raw fruits and vegetables, whole grains) for energy and pep. They release their sugars into the bloodstream

For The Birds.....

Two robins were sitting in a tree. "I'm really hungry." said the first one. "Let's fly down and find some lunch."

They flew down to the ground and found a nice plot of newly plowed ground that was full of worms. They ate and ate and ate till they could eat no more.

"I'm so full, I don't think I can fly back up into the tree." said the first one.

Let's just lay back here and bask in the warm sun." said the second one.

"OK," said the first.

So they plopped down, basking in the sun. No sooner than they had fallen asleep, when a big fat tomcat up and gobbled them up.

As the cat was washing his face after his meal, he thought.....

"I JUST LOVE BASKING ROBINS."



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April 15, 2008

Dear Editor:

Please review the information below and help us to raise public awareness of our Association and its services.

The United Ostomy Association of Canada Inc. is a volunteer based organization dedicated to assisting all persons facing life with an ostomy, providing emotional support, instructional and information services through the membership, the family, associated caregivers and the general public. An Ostomy is a surgical created opening made into the bowel or urinary tract for the purpose of eliminating waste materials (feces/ urine) from the body. The United Ostomy Association of Canada Inc. provides many services to those who have had or will have ostomy surgeries.

Some of the services are:

- Youth Camp
- Conferences
- Bi Annual magazine and monthly newsletter
- Centre of resource for literature and audio visual materials
- SASO (support for spouses and significant others)
- National and International networking
- Local Chapter support through our District Support Services
- Provides a national office to assist our members
- Web site information

The association holds three Board meetings annually to provide the best services possible to its members.

There are approximately sixty thousand people in Canada that have undergone ostomy surgery. We have approximately three thousand five hundred members. There are a lot of people out there who may require our services; so please spread the word that we can and will assist those who have had or will have ostomy surgery.

Methods of contact are: Our web site is www.ostomycanada.ca.
 Our toll free number is 1-888-969-9698
 Our email at info@ostomycanada.ca

You may also contact your local chapter at **[Gerry Putman, 613-476-6557, bgputman@sympatico.ca](mailto:Gerry.Putman@sympatico.ca)**

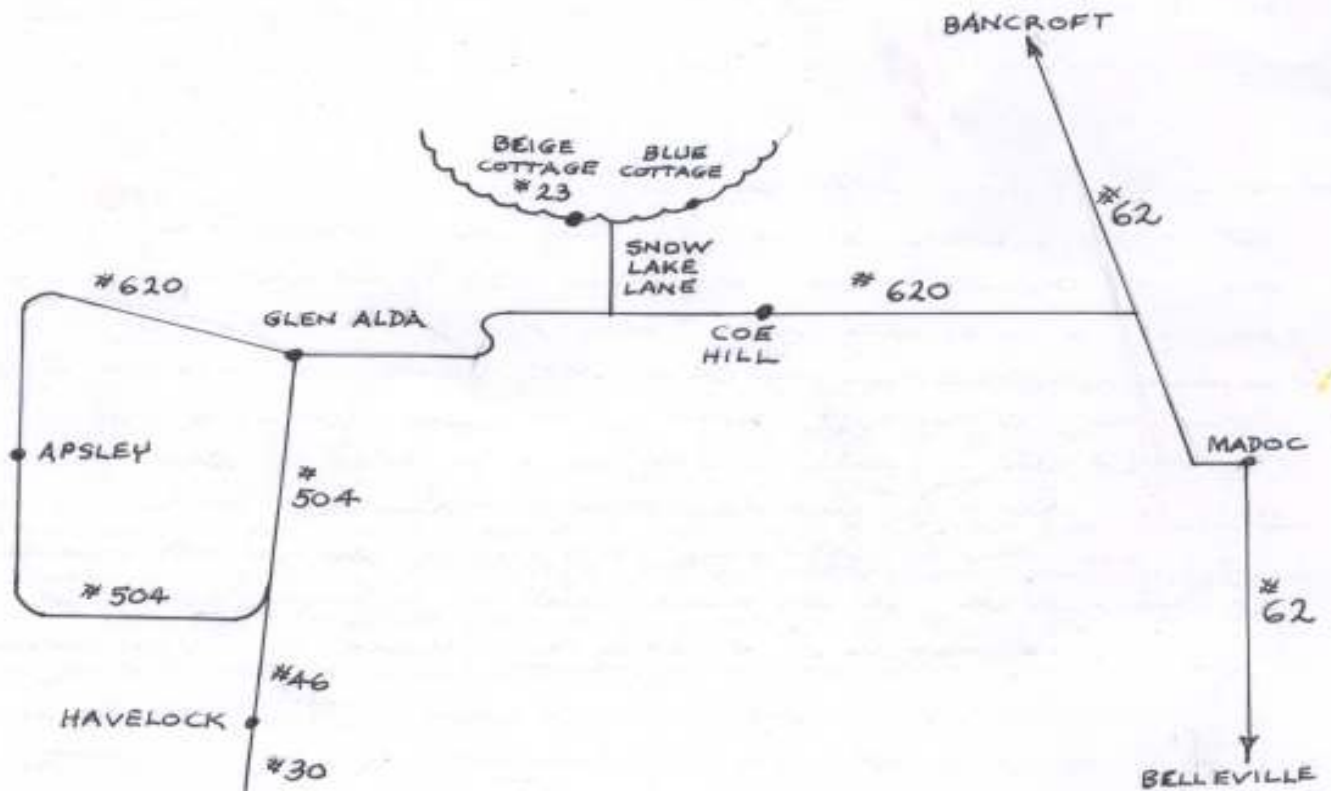
It is through contact that we can learn from each other and help those who are experiencing this new way of life.

Yours truly,

UOAC Membership Committee,
Lynn Jamieson, Chair

Delilah Guy, Les Kehoe, Ferne Oliver
Committee Members

United Ostomy Association of Canada Inc.
NATIONAL OFFICE: P.O. Box 825, 50 Charles Street East, Toronto, ON M4Y 2N7
Telephone 416 595 5452 Fax 416 595 9924 Toll Free 1-888 969 9698
E-mail: uoacan@astral.magic.ca Web site: <http://www.ostomycanada.ca>



Sunday June 8th, 2008

Last Meeting - Pot Luck

Vern & Cathy's Cottage Coe Hill

Meeting at 12 p.m.

Lunch at 1 p.m.

Bring lawn chairs and your favourite dish

Map above!

Car Pools Available

SO YOU THINK A GALLON OF GAS IS EXPENSIVE?????????

Compared with Gasoline.....Think a gallon of gas is expensive?

This makes one think, and also puts things in perspective.

Diet Snapple 16 oz \$1.29 ... \$10.32 per gallon
Lipton Ice Tea 16 oz \$1.19\$9.52 per gallon
Gatorade 20 oz \$1.59 \$10.17 per gallon
Ocean Spray 16 oz \$1.25 \$10.00 per gallon
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And this is the REAL KICKER...

Evian water 9 oz \$1.49.....\$21.19 per gallon!
\$21.19 for WATER
and the buyers don't even know the source.
(Evian spelled backwards is Naive.)

Ever wonder why computer printers are so cheap?
So they have you hooked for the ink.
Someone calculated the cost of the ink at.....
you won't believe it.....
but it is true.....
\$5,200 a gal. (five thousand two hundred dollars)

So, the next time you're at the pump,
be glad your car doesn't run on
water, Scope, or Whiteout, Pepto Bismol, Nyquil
or God forbid, Printer Ink!!!!

Hints for Good Visiting

1. Published By ReRoute, Evansville, IN

Be well groomed and dress attractively, you are being observed. Be sensitive to the patient's needs; be cordial and friendly—speak softly.

Assure privacy if the patient is not in a single room. Ask if he/she would like to have the curtain drawn. Sit where the patient can see you easily without turning his/her head. When facing each other, communication may come more easily. Attend to the patient. Look at him/her, listen to what he/she is saying and "hear" what he/she is not saying.

Respond simply and to the point. Encourage the patient to ask questions. Answer tactfully and honestly. If you do not know the answer to a question, say so and offer to find the answer. Briefly discuss the normal life you lead with your ostomy. Do not dwell on your surgery and medical history. Remember that this visit belongs to the patient. Respond factually to any questions about sex after surgery, if these questions are asked.

If the patient does not want to talk about sex, do not press the issue. Accept emotional responses. If the person is angry or feels like crying, do not stop him/her. Accepting feelings usually will make you both feel closer. Remember that non-verbal communication is meaningful. A touch, a smile or just being there may show you care more than does the spoken word.

Questions on care should be directed to your WOC nurse. When asked about ostomy management techniques, stress the fact that every ostomy is as individual as the person is. Be helpful without pushing your own techniques. Say nothing that will detract from the doctor-patient or nurse-patient relationship. Do not practice medicine or give medical advice. The patient may wish to show you his stoma or ask your opinion of his surgery, so be prepared. Do not pass judgment on the surgery or criticize a physician, even by implication.

If the patient requests, show a sample of your pouching system to him/her. Be considerate of the patient. If there are signs of fatigue, try to conclude the visit and suggest that you could return another day. Assume the responsibility for continuing contact—a follow-up telephone call, a note, another visit or an invitation to a chapter meeting.

When bringing the patient—and possibly the family—to an association meeting, arrange to assure that the patient receives a warm reception. Above all, be yourself, use your own good judgment, use common sense . . . you have been there.

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**Remember at Kelly's you can save 10% off Ostomy
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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**

ARE YOU A CARROT, AN EGG, OR A COFFEE BEAN?

Via: Regina Ostomy News

A young woman went to her mother and told her about her life and how things were so hard for her. She did not know how she was going to make it and wanted to give up. She was tired of fighting and struggling. It seemed as one problem was solved, a new one arose. Her mother took her to the kitchen. She filled three pots with water. In the first, she placed carrots, in the second she placed eggs and in the last she placed ground coffee beans. She let them sit and boil without saying a word. In about twenty minutes she turned off the burners. She fished the carrots and eggs out and placed them in two bowls. Then she ladled the coffee out and placed it in a bowl. Turning to her daughter, she asked, "Tell me, what do you see?" "Carrots, eggs and coffee," she replied. She brought her closer and asked her to feel the carrots. She did and noted that they had gotten soft. She then asked her to take an egg and break it. After pulling off the shell, she observed the hard-boiled egg. Finally, she asked her to sip the coffee. The daughter smiled as she tasted its rich aroma, and then asked, "What's the point, Mother?" Her mother explained that each of these objects had faced the same adversity — boiling water, but each reacted differently. The carrot went in strong, hard and unrelenting. However, after being subjected to the boiling water, it softened and became weak. The egg had been fragile. Its thin outer shell had protected its liquid interior. But, after sitting through the boiling water, its inside became hardened. The ground coffee beans were unique, however. After they were in the boiling water, they had changed the water. "Which are you?" she asked her daughter. When adversity knocks on your door, how do you respond? Are you a carrot, an egg or a coffee bean? Think of this: Which am I? Am I the carrot that seems strong, but with pain and adversity, do I wilt and become soft and lose my strength? Am I the egg that starts with a malleable heart, but changes with the heat? Did I have a fluid spirit, but after a death, a breakup, a financial hardship or some other trial, have I become hardened and stiff? Does my shell look the same, but on the inside, am I bitter and tough with a stiff spirit and hardened heart? Or, am I like the coffee bean? The bean actually changes the hot water, the very circumstance that brings the pain. When the water gets hot, it releases the fragrance and flavor. If you are like the bean, when things are at their worst, you get better and change the situation around you. When the hours are the darkest and trials are their greatest, do you elevate to another level? How do you handle adversity? ARE YOU A CARROT, AN EGG, OR A COFFEE BEAN?