



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

# REMEMBER.....

November, 2009

REACH OUT A HELPING HAND TO OSTOMATES AND THEIR FAMILIES

**Our next meeting will be Thursday  
November 12, 2009 at 7:30 p.m. in P24  
Pioneer Building. Come and meet Mary  
Roberts from Coloplast.**

Our next meetings  
**November 12th.  
December 12th**

**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**

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:**

**PRESIDENT:**

Maddy Swindon 399-3010

**VICE PRESIDENT**

Don Harrison

**SECRETARY:**

Grace McKeown

**FINANCE & MEMBERSHIP:**

Vernon Kemp 398-6937

**PAST-PRESIDENT**

Gerry Putman 476-6557

**SASO REPRESENTATIVE:**

Bawn Putman 476-6557

**CO-ORDINATORS:**

**VISITATION CHAIRPERSON**

Bawn Putman 476-6557

**COMMUNICATIONS:**

**EDITOR:**

Bawn Putman 476-6557

**DSS REP**

Gerry Putman 476-6557

Regular monthly meetings are held on the second Thursday of each month, 7:30 p.m. Rm P24 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

It looks like fall is upon us, some frost at night yet lovely bright sun shiny days. Window cleaning days.. yuck.. I hate doing windows. The blue jays are hungry though. We can not keep them in peanuts. The last of the robins have worked most of this week trimming the small apples from our ornamental apple tree. I suppose that the juice is loaded with nutrition for the flight that is ahead of them. We have some new Ostomates in the area and hope that they will start to attend our meetings. We are going to have Mary Roberts at our Nov. 12/09 meeting. She is currently at a seminar, learning all about the new products that Coloplast has to offer. And offer she will. She tells me that she will have some free samples of the new line for urostomates, some handouts and lots of time to chat about what might be on your mind regarding appliances and how they can enhance your life. I was speaking to Vern on Monday and he and Kathy are off to the cottage for a break. Hope that you soon get some good news, Vern and really start to mend.

**Unfortunately the date that we picked for our Christmas Party had to be changed due to another booking at the Northway Restaurant. Our new date is December 12/09 at 2 pm. I really hope for a great turnout like last year, the room is a good size for our group, yet we can chat and enjoy each others company. We will have to give the Northway Restaurant our numbers so they can be prepared for group. Please let me know at the meeting on the 12th or call me at 613 399 3010.**

My Granddaughter is quite computer smart so I will have her help me make up some prototypes of the handouts to ostomates through Kelly's in Belleville and Trenton, Shoppers etc. Once we have chosen which one we want we can go to the presses and get the contacts started. Sincerely hope to see you at the next meeting. It should prove to be another good one with Mary at the helm. See you there.  
Maddy

## Message from the Editor

Wow! What a trip Gerry and I had across Canada on the train and the cruise to Alaska. We went whale watching and had a close encounter with a humpback whale. We took a helicopter ride and walked on Meade glacier. We went crabbing and of course shopping. We finished our trip with a wonderful visit with our niece in Victoria. The scenery was beautiful and the people were terrific. Throughout the whole two weeks Gerry and I never drove an inch. Only way to do it! Pictures? I have 973 and Gerry has over 6 hours of film!

When we arrived home we received the wonderful news that Gerry would be carrying the Olympic Torch on December 15th. The very special part is that he will be carrying the torch in the Picton area. He is out there practicing every day. This year the torchbearer is able to purchase the torch they carry which we have done. Gerry's family will be cheering in red mittens and special family sweat shirts.

## STAY AWAY FROM THE FLU: WHAT YOU CAN DO

A Note from my Doctor (Evansville Newsletter)  
The advice below is from an old friend who happens to be a doctor. The advice is free – make your own mind up about its relevance to you:

Friends,

Thanks to media hype about H1N1, several people who trust me have either approached or called me to ask for advice. The hype in media about the utility of face masks and N95 respirators as a tool for general protection against H1N1 can't be deplored enough. Yesterday, a friend who listened wanted me to write down briefly what I advised so that he could tell others in similar words. Hence this short email to friends whom I have advised recently (and others whom I haven't yet). **Please realize that this is not an official advice.**

While you are still healthy and not showing any symptoms of H1N1 infection, in order to prevent proliferation, aggravation of symptoms and development of secondary infections, some very simple steps - not fully highlighted in most official communications - can be practiced

1. Frequent hand-washing (well highlighted in all official communications).
2. "Hands-off-the-face" approach. Resist all temptations to touch any part of face (unless you want to eat, bathe or slap).
3. Gargle twice a day with warm salt water (use Listerine if you don't trust salt). H1N1 takes 2-3 days after initial infection in the throat/ nasal cavity to proliferate and show characteristic symptoms. Simple gargling prevents proliferation. In a way, gargling with salt water has the same effect on a healthy individual that Tamiflu has on an infected one. Don't underestimate this simple, inexpensive and powerful preventative method.
4. Similar to 3 above, clean your nostrils at least once every day with warm salt water. Not everybody may be good at Jala Neti or Sutra Neti (very good Yoga asanas to clean nasal cavities), but blowing the nose hard once a day and swabbing both nostrils with cotton buds dipped in warm salt water is very effective in bringing down viral population.
5. Boost your natural immunity with foods that are rich in Vitamin C (Amla and other citrus fruits). If you have to supplement with Vitamin C tablets, make sure that it also has Zinc to boost absorption.
6. Drink as much of warm liquids as you can. Drinking warm liquids has the same effect as gargling, but in the reverse direction. They wash off proliferating viruses from the throat into the stomach where they cannot survive, proliferate or do any harm. All these are simple ways to prevent, within means of most households, and certainly much less painful than to wait in long queues outside public hospitals.  
Happy Breathing!

## Crabby Old Man

What do you see nurses? . . . What do you see?  
What are you thinking . . . . . when you're looking at me?  
A crabby old man, . . . . . not very wise,  
Uncertain of habit . . . . . with faraway eyes?

Who dribbles his food . . . . . and makes no reply .  
When you say in a loud voice . . . . . 'I do wish you'd try!  
Who seems not to notice . . . the things that you do .  
And forever is losing . . . . . A sock or shoe?

Who, resisting or not . . . . . lets you do as you will,  
With bathing and feeding The long day to fill?  
Is that what you're thinking? Is that what you see?  
Then open your eyes, nurse . . . . . you're not looking at me .

I'll tell you who I am. As I sit here so still,  
As I do at your bidding, . . . . . as I eat at your will.  
I'm a small child of Ten . . . . . with a father and mother,  
Brothers and sisters . . . . . who love one another.

A young boy of Sixteen . . with wings on his feet  
Dreaming that soon now . . . . . a lover he'll meet..  
A groom soon at Twenty . my heart gives a leap.  
Remembering, the vows . . . . . that I promised to keep.

At Twenty-Five, now . . . . . I have young of my own.  
Who need me to guide . . . . . And a secure happy home.  
A man of Thirty . . . . . My young now grown fast,  
Bound to each other . . . . . With ties that should last.  
At Forty, my young sons . . have grown and are gone,  
But my woman's beside me . . . . . to see I don't mourn.  
At Fifty, once more, babies play 'round my knee,  
Again, we know children . . . . . My loved one and me.

Dark days are upon me . . my wife is now dead.  
I look at the future . . . . . shudder with dread..  
For my young are all rearing . . . . . young of their own.  
And I think of the years . . . and the love that I've known.

I'm now an old man . . . . . and nature is cruel.  
Tis jest to make old age . . . . . look like a fool.  
The body, it crumbles . . . . . grace and vigor, depart.  
There is now a stone . . . . . where I once had a heart.

But inside this old carcass . . a young guy still dwells,  
And now and again . . . . . my battered heart swells.  
I remember the joys . . . . . I remember the pain.  
And I'm loving and living . . . . . life over again.

I think of the years, all too few . . . . . gone too fast.  
And accept the stark fact . . . . . that nothing can last.  
So open your eyes, people . . . . . open and see.  
Not a crabby old man. Look closer . . . . . see ME!!

Take a walk on the wild side,  
get out in the woods!!

If you know of a new ostomate or one of our members who is 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](mailto:bgputman@sympatico.ca)



### 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.

## Welch LLP

### Chartered Accountants

*Established in 1918.  
From the professionals who are not only your accountants  
but also your advisors.*

**BELLEVILLE**  
525 Dundas St. E.  
613-966-2844

**NAPANEE**  
36 Bridge St. E.  
613-354-2169

**TRENTON**  
290 Dundas St. W.  
613-392-1287

**TWEED**  
63 Victoria St. E.  
613-478-5051

**CAMPBELLFORD**  
57 Bridge St. E.  
705-653-3194

**PICTON**  
290 Main St.  
613-476-3283

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

## THE SECRETS OF PREVENTING BLOCKAGES AND HERNIAS

Certain steps can be taken to minimize the risk of Blockages. Here are some ideas:

1 When eating, always concentrate on chewing the food. Make sure it is chewed well before swallowing. For instance, if a piece of meat appears too tough and grisly, it might be better to leave it. Don't take the chance of swallowing it and having it cause a partial or food blockage.

2 Try new foods in moderation. Do not eat a huge helping of something you have not tried before. This is a good rule to follow whenever you eat anything. As an ostomate, it is better to eat small quantities of food at more times during the day than to eat one big meal. Always follow this rule for better health.

3 If a particular food has given you problems in the past, try to avoid it until you feel you can do so without a problem. Most of us try very small amounts of problem foods from time to time, and if we chew it well and drink water with it are able to tolerate most anything.

4 Drink plenty of water or other fluids throughout the day. We should drink at least 64 ounces, about two liters, of water a day. These include fruit juices and noncaffeine herbal teas. Caffeine drinks, alcohol in any form, soft drinks and beverages don't count. In fact, these items actually require you to drink additional water. These drinks are all dehydrating.

With regard to Hernias, prevention is not under our control all the time. But there are certain proactive steps that we should do routinely.

1 Never lift anything heavy. For some people, even 10 pounds may be too much. Picking up children and tumbling around with them could cause a hernia.

2 Slow down your actions and be more deliberate.

3 Try to exercise three or four times a week. This means about an hour each time. You should discuss a plan with your doctor. He/ she will help advise you what is best for your exact health situation. But this warning stated, healthy people only benefit from exercise. You will build up your abdominal muscles which will prevent hernias. It is curious to note that every time a muscle is exercised, it tears a bit. When it repairs, it builds muscle. A big tear is a hernia.

4 Don't push boxes on the floor with your feet. This can definitely put a strain on your back and cause a hernia.

Above all, use common sense.

"God gave it to you as a tool, not an ornament. Rather be safe than sorry!"

## All Kinds of Tips & Tricks

IF YOU HAVE A UROSTOMY and notice uric acid crystals appearing on your stoma or the surrounding skin you may not be drinking enough water. (Uric acid crystals look like whitish residue) Although they are relatively harmless, they can irritate the delicate tissue of the stoma if not removed. If regular shower water is not rinsing this completely off, try a mild vinegar solution, (about two parts water to one part vinegar) to soak stubborn crystals off. Keep urine bacteria at a low level! This is important to prevent the kidneys from becoming infected via the ureters.

Again, drinking lots of water will help dilute and flush the urine.

## SOME PEOPLE CAN USE ANYTHING

ON THEIR SKIN and get away with it. Others have to be cautious about every new product they use on their skin. If you are wanting to try out a new brand or system, consider patch testing. The skin on the inner arm or leg, or the opposite side of the abdomen are good areas to use for a simple patch test.

Cut a piece of the barrier, tape, seal or whatever the new product is and stick it on the chosen area. Secure with a strip of micropore tape and leave it there for 24 hours. You don't have to use Micropore but bear in mind that whatever tape you use can cause a reaction in very sensitive skin too. If you get a burning or itching sensation in the test area at any time you could be allergic to the new material, or just very sensitive. Either way, the new product should be removed and the skin washed and dried well. If the skin shows no ill effects after a day or more of patch testing you can be pretty confident that the skin around your stoma will tolerate the new product as well.

If your skin is extremely sensitive to a wide variety of ostomy products, or if you get delayed reactions to products that seemed to work well initially, it's time to see your ET nurse, and possibly a dermatologist.

IF YOU USE PASTE, apply it directly on the barrier rather than on the skin if you have an active stoma.

IF YOU REQUIRE CONVEXITY in your barrier but find that the more common brands tend to pop off, consider **Marlin** convex barriers, which are softer and more flexible.

Vancouver Highlife March/April/09,  
Brantford & District Ostomy News  
Nov.2009

Hello Fellow Ostomates,

We have celebrated World Ostomy Day and we have had two separate Board Meetings since I have taken on the position of President of UOAC.

It is now time for me to update everyone. As for the World Ostomy Day activities, I am pleased to say that many chapters participated in promoting the theme of —REACHING OUT—. I feel Canada has opened up several chances to win a prize for the great effort of public awareness on October 3, 2009. Good Luck to all who will be entering the contest.

At the Board of Directors meeting, the Board agreed that we need to concentrate on three major areas over the next year. The areas UOAC will be concentrating on will be Future Directions, Fundraising, and Communication. These areas were chosen because of their priority of ranking. It is important that Future Directions fulfills its mandate of sealing a UOAC policy manual for the year that a conference will not be held, in this case, have it in place before 2011. There are many facets to this manual and it will take time to reach a conclusion and have it implemented.

Fundraising is another important issue that is now being addressed. What do we want to fundraise for? How do we go about doing it? These are some of the questions being asked by our members. It will take a while for us to come up with answers to these questions and get back to the business of raising money.

Communication is how we continue to deliver our message to our chapter members. Do we continue to have a communiqué called the Connection? Do we elaborate on the Web-site? Do we continue to produce a Bi Annual magazine? These seem like easy questions to answer, but in reality the methods that we are presently using are not as effective as we would like them to be. We will be required to come up with ways to change our procedures in order for these communication tools to be more effective.

In 2010, we will be having a conference in Sydney, Cape Breton. Our time will have to be divided between our prioritized areas and the conference. Our work is cut out for us. I feel that the Board of Directors is working, as a unit, in a general direction and will be able to achieve our three main goals over the next year.

**We have lost two former UOAC Board of Director Members, Gerry Mulcahy and Rachel McCagg. These two people will be missed by family, and friends, and UOAC.**

Les Kehoe

This was taken from the October Connection

published by the UOAC

SHOPPERS  
HomeHealthCare™

Shoppers Home health Care takes great pride in our professional, knowledgeable staff. They have earned us our position as Canada's leading Home Health Care

retailer, and they ensure that you will get great advice and most importantly the right solution for your health care needs.

For more information stop in at 264 Dundas St. E in Belleville or call us at 613-967-4333 and talk to one of our knowledgeable customer service representatives.

### Sydney, Nova Scotia Conference

**Mark these dates on your calendar: Thursday August 19, Friday August 20, and Saturday August 21, 2010. Note: Sydney Delta Hotel must be booked by May 15, 2010 to guarantee room rate of \$149.00.**



*All the pleasures of Cape Breton Island  
are right outside our front door.*

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

- ✓ Opportunity to trial products and determine if they meet your needs
- ✓ Answer any product questions or concerns and ensure products are working well
- ✓ Provide retail suppliers, literature and other documentation on our products
- ✓ Sample delivery within a week-10 days

**Coloplast**  
Toll Free 1-888-253-4340 www.coloplast.ca

## HEALTH CARE AND OSTOMIES

By: Peggy Christ, CWOCN & Ed Gambrell

What do health care personnel need to know about ostomy surgery? Communication is the key. Now that you have an ostomy or an internal diversion, some changes have occurred in the normal routines of life. This is especially true of medical treatment and hospitalization.

Some medical and hospital assumptions and routines applicable to non-ostomates may no longer apply to you. For your comfort, well-being and in some instances, your health and personal safety, it is important that you know how you need to be treated differently. You need to communicate this information appropriately to doctors and medical attendants who need to know. Your doctor, ostomy nurse and others who normally attend your ostomy are no doubt wellinformed of the difference in treatment you require and will help you communicate with medical personnel uninformed about ostomy matters. The fact that some health care personnel may be uninformed is quite understandable. The staffs of the thousands of hospitals in North America see relatively few ostomy patients. Few nurses and other hospital attendants have ever cared for an ostomy patient. And, many of those who have are not aware of the different types of ostomies and the special considerations each requires. Doctors have become highly specialized to bring more expert care to patients. Therefore, many rarely have the occasion or the time to develop expertise in ostomy care, which is very much a specialty in itself. So don't be shy about communicating your condition and its special requirements to all who attend to you for non-ostomy ailments. This is for their benefit as well as your own. If strong insistence should fail to bring about understanding, you have the right to refuse any procedure you consider harmful to yourself. Dr. Marshall Sparberg, author of the excellent book *Ileostomy Care* and a frequent writer on

ileostomy matters, has this to say: "It is within the individual patient's right to refuse any hospital procedure, and no amount of insistence from an uninformed individual should change this decision."

Ostomies are different. One of the most serious misunderstandings is that all stomas represent colostomies, and that all colostomies are the same. This can be disastrous for the patient who has an ileostomy or urostomy. It can cause trouble for the person with a transverse colostomy when treated as a sigmoid colostomy. In addition, even those with the same type of ostomy require variations in care and treatment. Ostomies vary greatly in nature just as individuals vary. With regard to irrigation and enemas: Those with urostomies should never be given an irrigation or enema through the stoma. An irrigation could cause serious kidney infection and damage. Those with ileostomies should never be given an irrigation unless a doctor, ostomy nurse or other expert gives one to break up a blockage, or for other compelling reasons. An irrigation or enema of the small intestine may cause the ileostomate ill effects.

However, a colostomate may require irrigations; this poses no danger if it is done properly. A stoma is not an anus. Some medical attendants do not realize the difference between a stoma and an anus. They may treat a stoma as roughly as they treat an anus. If an enema or irrigation with a catheter is involved, care must be taken to avoid bowel injury. Some catheters, though streamlined on the end, are stiff and should not be inserted into a stoma unless performed by a physician or ostomy nurse. A cone is much safer, easier to use and does a better job than a catheter.

via *Evansville Ostomy Association*, "Re-

Route Via: Brantford & District Ostomy News Nov.2009

TEN HEALTH MISTAKES THAT EVEN SMART PEOPLE OCCASIONALLY MAKE Via: ACSM's Health & Fitness Journal & Green Bay News Review

- 1) THEY DON'T DRINK ENOUGH WATER ON A DAILY BASIS. You should consume at least eight glasses of liquids (beer and diet soda don't count because they act as diuretics) every day to replenish what you lose through urine, bowel movements, sweat, and the moisture you expel into the atmosphere when you breathe out. If you exercise, you should drink even more water.
- 2) THEY HAVEN'T HAD A PHYSICAL RECENTLY. A regular checkup gives you your best opportunity to detect certain potentially deadly illnesses (from cancer to heart disease) early. Although a complete annual physical exam is no longer considered necessary for everyone, you should see your physician for a heckup as often as he/she recommends. Furthermore, some screening procedures (e. g. protein specific antigen tests or mammograms) should be scheduled on a regular basis.
- 3) THEY DON'T GET ENOUGH SLEEP. People who skimp on sleep have been found to suffer from a variety of impairments, including daytime fatigue, cognitive dysfunction, diminished reaction time, and heightened mortality rate.
- 4) THEY ATTEMPT TO EXERCISE THROUGH PAIN. Pain is the body's signal that something is seriously amiss. Unlike discomfort, when you experience pain, you must stop exercising and address the cause(s) of the pain. Attempting to work through pain will subject you to the very real possibility of either aggravating your existing condition or suffering an injury.
- 5) THEY DON'T WASH THEIR HANDS DURING THE DAY. Good hygiene helps to prevent infections and the transmission of germs. At a minimum, you should always wash your hands after you've used the restroom and before you prepare food.
- 6) THEY DON'T EAT BREAKFAST. Research shows that learning, decision making, and memory can be impaired when you restrict your food intake. Furthermore, if you miss breakfast, you may jump start your appetite in such a way that you overeat later in the day.
- 7) THEY DON'T GET ENOUGH CALCIUM IN THEIR DIET. Your bones are approximately 25% calcium by weight, an amount that represents about 99% of your body's calcium reserves. Accordingly, if you don't consume enough calcium, you can suffer from reduced level of bone density, which can result in fractures. The best dietary sources of calcium are low-fat or non-fat dairy products and dark-green vegetables.
- 8) THEY'RE TOO BUSY TO RELAX. Making time to relax is a positive step you can take to reduce your level of stress and improve your health. Studies show that as your level of stress grows, you become increasingly susceptible to physical illness and mental and emotional problems. Relaxing is an effective way to control your level of stress.
- 9) THEY DON'T WEAR THEIR SEAT BELTS. Wearing lap and shoulder belts while traveling in a car can substantially lower your risk of being injured in the event of an accident. For example, studies show that a passenger who is ejected during an accident is more than five times as likely to suffer a serious injury or die than an individual who remains strapped inside the vehicle.
- 10) THEY DON'T KNOW THE MEDICAL HISTORY OF THEIR RELATIVES. Knowing your family's medical history and responding in an appropriate, proactive way, can substantially help reduce your risk of developing serious diseases. For example, if your family medical history indicates that you are at a heightened risk for a particular disorder, you can pursue early detection screening and prevention strategies for that disease.



These are a very very small portion of the pictures Gerry and I took on our trip across Canada by train and then the cruise to Alaska. The bottom picture is a glacier in Glacier Bay.



This is the picture that Trevor Pewtner entered into the Holloister Photo Contest. We wish all the luck in this contest!!!!  
 \*\*\*\*\*

#### HELPFUL HINTS FROM EVERYWHERE

If the stomahesive paste (karaya paste) becomes hard and will not push through the end of the tube... take a mug/glass and fill half way with water. Then place the mug/glass in your microwave for 45 seconds heating the water. Remove from the microwave and place the tube, cap down in the water, let it set for a few minutes, then remove and dry it off. Your paste is ready to be pushed out of the tube. Vitamins should be taken on a full stomach. Otherwise, they irritate the lining of the stomach and produce the sensation of feeling hungry. Try strong-brewed tea before the purchase of a "diuretic". Hot tea twice a day will wake up your sluggish kidneys. Tomato juice is lower in cost per cup while providing as much sodium and 5 times more potassium as a low cost alternative to Gatorade. Orange juice is another alternative providing the same amount of sodium and 15 times the amount of potassium. Tea, however, contains approximately the same amount of potassium as Gatorade, but only negligible amounts of sodium. Some people find a large teaspoon of bulk gelatin dissolved in water or lemon juice once a day will firm up a loose stool. If you are taking calcium, medical experts advise taking calcium at night to obtain maximum benefits. During the night, the body depletes calcium in the bones to maintain normal blood levels. Eating Rice Krispies can help slow down the amount of stool, and is a great breakfast choice with a small amount of milk or eaten dry. Emotional pressures and over-all fatigue can cause bowel upsets, especially when traveling. Do not allow yourself to become over tired. Don't be afraid to shower without your appliance. Soap cannot hurt the stoma. Just remember to rinse well.

APHORISM-Some of these are priceless!

The nicest thing about the future is that it always starts tomorrow.

1. Money will buy a fine dog, but only Kindness will make him wag his tail.
2. SEAT BELTS ARE NOT AS CONFINING AS WHEELCHAIRS!!
3. How come it takes so little time for a child who is afraid of the dark to become a teenager who wants to stay out all night?
4. Why is it that at class reunions you feel younger than everyone else looks?
5. Scratch a cat and you will have a permanent job.
6. No one has more driving ambition than the boy who wants to buy a car.
7. No one ever says 'It's only a game.' when Their Team is winning.
8. I've reached the age where the happy hour is a nap.
15. Be careful reading the fine print. There's no way you're going to like it.
9. The trouble with bucket seats is that not everybody has the same size bucket.
10. Do you realize that in about 40 years, we'll have thousands of old ladies running around with tattoos? (And rap music will be the Golden Oldies) !
11. Money can't buy happiness BUT somehow it's more comfortable to cry in a Corvette than in a Yugo.

Always be yourself. Because the people that matter, don't mind. And the one's that mind, don't matter.

Life isn't tied with a bow, but it's still a GIFT.

**Innovation in Ostomy Care**

## Discover a **Worry-Free FIT**

A unique patented Moldable Skin Barrier Technology that allows users to mold and shape their wafer with their fingers to fit intimately to the unique shape of their stoma every time.

### Experience Benefits

- **Improved Skin Protection** – Custom fit minimizes the risk of effluent coming in contact with peristomal skin.
- **Simple to Use** – Easy to shape – no measuring, tracing or cutting necessary!
- **Adaptable** – Expands and contracts along with the stoma helping to maintain a gapless fit during wear.

For more information on this product and others, call our Customer Relations Center (Registered Nurses on staff) at 1 800 465-6302, Monday through Friday, 8:00 AM to 7:00 PM (EST), or visit our Web Site at [www.convatec.ca](http://www.convatec.ca)

**ConvaTec**  
A Bristol-Myers Squibb Company

© 2007 E.R. Squibb & Sons, L.L.C.

**ConvaTec MOLDABLE technology**

**Kelly's** Guardian Pharmacy & Home Health Centre

962-5387  
966-4302

City Wide Delivery  
Open 7 Days a Week

Belleville's Complete One Stop Home Health Shopping Centre

Medical Equipment & Supplies  
Sales • Service • Rentals

FREE CITY-WIDE DELIVERY

SEARS CATALOG OUTLET

411 BRIDGE STREET EAST, BELLEVILLE



411 Bridge Street East, Belleville, On, K8N 1P7  
613-966-4302 Fax: 966-0380 Toll Free: 1-800-268-4302



7 Metcalfe St, Unit 3, Trenton, On K8V 4C7  
613-394-1846 Fax: 394-6245 Toll Free 1-866-525-8611

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

**Remember at Kelly's you can save 10% off Ostomy  
Products Everyday**  
**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 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](http://www.ostomycanada.ca)

FOW: [www.fowcanada.org](http://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.

VISITATION SESSION

We would like to hold a visitation session in order to train new visitors along with up dating those who are already certified. Please let Maddy know if you are interested.