



New Beginnings

United Ostomy
Association

Fredericton and District
Chapter

Reaching beyond what once seemed impossible.
Moving forward to embrace a brighter future.

Fall Issue

September 2012



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Fredericton Chapter Officers

President– Stacey Palmer
Vice Pres.– Don Savoie
Treasurer– Edmond Duclos
Secretary- Erin Oliver

Past Pres.– Ferne Oliver
Program- Doris McKnight and Kathy Esliger, RNET
Visit Coordinator- Judy Woods
Visitor Trainer- Sally Wells
Appliances- Daphne Stafford and Lisa Elliot



Need ostomy advice or information?

Call the helpline anytime at: (506) 459-6781

Reminder:

Don't forget to pay your dues if you haven't done so yet this year.



Check this out!



Something new is in the making, and that is a website for our Chapter! It isn't super fancy, but it is a place where you will be able to find information about what is going on within our Chapter, and also where you can find links to get additional ostomy support! If you have any ideas for the website, please let me know! There is also a place on there to view the newsletters, and a place where you can submit

any ideas for the newsletter that you may have! Check it out and let me know what you think at this month's meeting. You can view the website at: <http://uoafredericton.weebly.com>



O.M.G., I'm rich!
Silver In The Hair
Gold In The Teeth
Crystals In The Kidneys
Sugar In The Blood
Lead In my Behind
Iron In The Arteries
And

An Inexhaustible Supply Of Natural Gas.
I Never Thought I'd
Accumulate Such Wealth!

Ian speaks frantically into the phone, 'My wife is pregnant, and her contractions are only two minutes apart.'

'Is this her first child?' the doctor queries. 'No, you idiot.' Ian shouts. 'This is her husband!'

From Our Last Meeting

Attendance: 27 members

Calls to helpline: 4 for total of 3123

Hospital visits: ?

Paid members to date: 53

Main points discussed:

- The group decided to send maple syrup as our auction donation to the conference in Toronto.
- Dr. Franklin was our guest speaker and gave a great presentation with a lot of information and answers to many of our member's questions.

Make a Change

If you would like to enjoy the entire newsletter experience in full coloured detail, while going green and helping to reduce the use of paper, please send your email to erino90@gmail.com to view on your computer!

Happy Autumn!



From the Editor

Hello there everyone! It is that time of year again; everyone is back to school or work, preparing for cold weather, saying goodbye to Summer and getting ready to face the beautiful colours of Autumn. This is my favourite time of year. A time for cozy fires, pumpkin spice lattes, and the sound of crunching leaves beneath your feet. It is also a time for giving thanks, and I hope that everyone has found something to be thankful for as we approach the upcoming season.

My summer was very busy teaching English, and after a short break I am now back to work. I hope everyone else had a great vacation and did lots of new and exciting things! The weather was extremely hot this summer, so hopefully everyone was able to stay cool.

Finally we are back to our monthly

meetings, and I think this season is going to bring a lot of new and different opportunities for us. World Ostomy Day is coming up in October, and I think as a group we will be able to do something to get awareness out there and perhaps reach out to other ostomates who might not have the support they need yet. So please think about volunteering your time to help out on that day, and there will be much more detail to come on that!

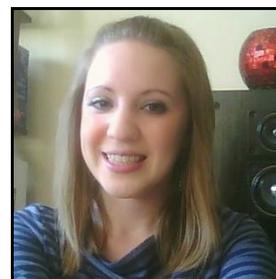
This month's meeting is going to consist of a group discussion with an opportunity for questions and answers, so please think about anything you can add to our discussion, whether it be a question, a piece of advice, a funny story, or maybe something encouraging to those new members who might be attending.

As you will read further on in the

newsletter, we have a new President, Stacey Palmer, and are saying goodbye to our former President, Ferne Oliver. My mom did great things for the ostomy group during her time as the President and I am very proud of the support she offered to me and every other ostomate in our Association! I am sure that Stacey is going to do a marvellous job as well, and look forward to seeing all of the ideas she has in store for our Chapter in the upcoming months!

I hope to see everyone at the next meeting and wish you all a happy and healthy Fall.

Erin



In memory of Sheelah Zapf

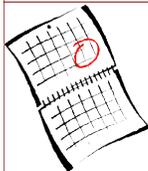
From Edmonton, Alberta, Sheelah, age 74, passed away peacefully on September 4th because of complications related to renal failure. She was a strong woman who was very involved with the Ostomy Association. Serving on both the Canadian and US boards, she also volunteered her time as a DSS representative, and was also the Edmonton Chapter President for 32 years. Also, her busy schedule included serving on the board of the Paraplegic Association and was the past President of the Alberta Kidney Foundation.

Sheelah will be greatly missed by her husband of 48 years, Gene, as well as her daughter, son, and their families, along with her sister and brother. Although not everyone had the chance to meet Sheelah, our lives have still been touched through her great work within our association. Let us all remember her and the amazing contribution she gave to all in which she was involved.

We would like to send best wishes to anyone who celebrated a birthday or anniversary over the summer! Hopefully it was a relaxing and fun filled time for everyone!



"In life you have a choice to take one of two paths: to wait for some special day - or to celebrate each day as though it is special." - Rasheed Ogunlaru



Mark your calendar!

What: Our next official meeting will be September 18th, 2012.

When: 7:00 pm

Where: The Stan Cassidy Rehab Center (SCRC)

Guest Speaker: This month: you! A time of discussion and question and answer will take place, so come

with your questions and advice!

Why: To enjoy the great company of fellow ostomates in a relaxed setting, have your questions answered, offer advice, and have excellent refreshments!

Who: Yourself, your significant other, your parents, your children, other family members, or even your friends!



There is also **free parking** in the SCRC parking lot for those attending the meeting. Proceed up the SCRC driveway until you reach the gate. Advise them that you are attending the meeting and park opposite the theatre entrance.

Those with handicap place cards may park right in front of the SCRC.





Camp Horizon 2012 Update

Summer 2012 is almost over, and that means another round of Ostomy Camp has come and gone. Every year, children between the ages of 9 and 18, attend the camp to spend a week with other ostomates. This is an amazing opportunity for each person who attends, and everyone always leaves with new life long friends and memories. This year there were approximately 55 kids who attended the camp making it a very successful year. Above are some campers enjoying a few activities (left: high ropes –kind of like treego– middle: team building exercise, and right: archery.) Once again it is very apparent that having an ostomy does not phase these kids whatsoever.

From the desk of our DSS Rep...

"Caring in a Changing World" was the theme for our 2012 national *United Ostomy Association of Canada (UOAC)* Conference. Over one hundred and thirty (130) attendees from across CANADA were registered for the conference. At the annual general meeting held Saturday, August 18, 2012, delegates voted to accept the proposed strategic plan, a new logo, mission statement, and name change. You will learn more about this in the near future.

CHANGE!

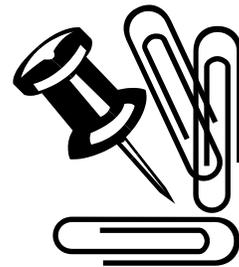
What does the word change mean? The word change is a verb meaning "to transform". There is a fundamental shift in the way society communicates and UOAC has to capitalize on that. Therefore, there is an inevitable change in the face of UOAC where, in the near future, we will have to confront what lies ahead. CHANGE means different things to each of us, but the final result of change in UOAC will be to allow us to benefit more ostomates, more effectively. It is not always easy to accept change, yet if we don't change, we know we will never better ourselves, grow, advance or make progress.

Over the next few years, your UOAC Board of Directors has an objective to make our association the best it can be and with your

continued support, and under the direction of our new President, Janet Paquet, that is precisely what will happen!

Remember what change means.....(to transform) and know what positive things it can accomplish. Change presents opportunities for a new beginning. It is refreshing and effective. Please support your UOAC Board of Directors as they work through these changes.

Respectfully submitted;
Judy Steeves,
District Support Services Rep
for the Atlantic Region



2012 UOAC Board of Directors selected at the Toronto Conference are now as follows:

Executive:

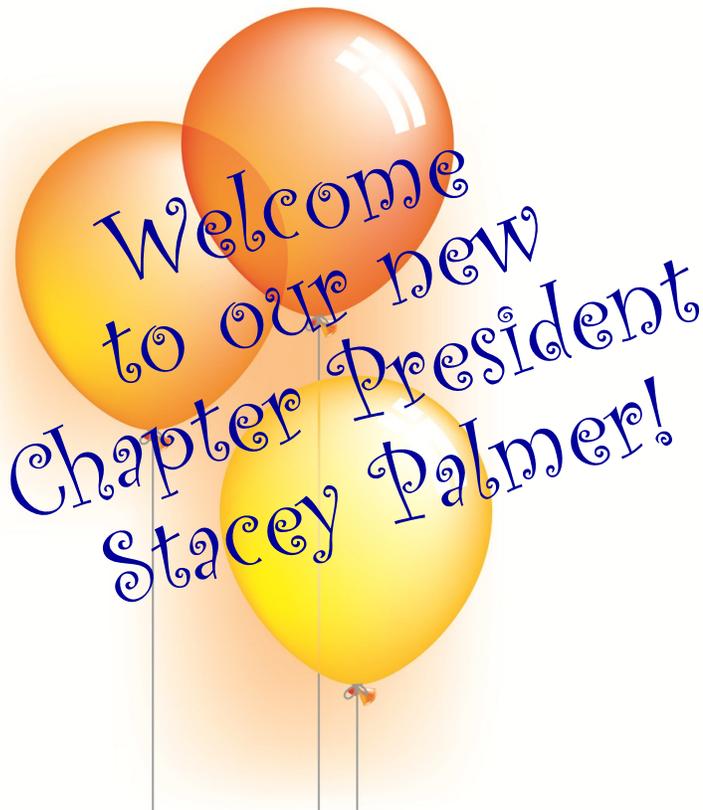
President: Janet Paquet
Vice President: Peter Folk
Treasurer: Gene Zapf
Secretary: Ferne Oliver

Board of Directors:

Delilah Guy
Ann Ivoll
Andrea (Andy) Manson
John Molnar
Mary Penner



Ed Tummers
Carol Wells
Anne-Marie Vorkampff



That's right folks! You read it correctly! We have a new Chapter President. Although Stacey is fairly new to being an ostomate and a member of our Chapter, she has shown a great passion for getting involved and volunteering her time to help in any way possible.

Being a young woman with an ostomy, Stacy could have looked upon herself in a negative light and given up on life, but instead, she is the perfect example of how having an ostomy doesn't prevent you from leading a normal life and doing the things you did previous to getting the surgery. From the first minute that I met Stacy when visiting her during her hospital stay to get the ostomy, I was so impressed with her courage and sense of humour. She was telling jokes and laughing, all the while discussing her very supportive significant other and telling stories about her cats. I had a feeling that she would do great things after receiving her ostomy.

Since then, she has attended our Chapter meetings and shown the rest of the group what a great woman she is.

We are so proud of you Stacey, and welcome you as the new Fredericton & District Chapter President.



From Our Chapter President

I'm going to start by introducing myself as most of you probably have no idea who I am. I'm Stacey and my stoma's name is Opal. I'm a fairly new ostomate having had my original ileostomy surgery in July of 2011 with a recent revision this summer. I'm recovering and starting to get back on my feet again which is nice. It helps that I have a very supportive better half who makes me smile even when I least feel like it. I have two cats and a 9mth old husky puppy at home cheering me on. I'm now able to do far more than I was before my surgery.

I think I've managed to keep a fairly positive attitude about the loss of my colon all in all. As I've said to my mother, I can walk through Walmart and I'm pooping all the time I'm there and loving it. I find it very freeing not to have to worry if there is a toilet within three seconds away all

the time. I went swimming for the first time with my ostomy this summer and was surprised at how easy it is to hide your pouch with a swimsuit! No one noticed and I really enjoyed it for the first time in years. I hope everyone had a great summer with lots of BBQ's and fun in the sun. Now we are into the Fall season and looking forward to our new round of sessions.

I want to remind everyone that World Ostomy day is this month on the 29th of September. Kathy and I are working on a very interesting idea however it is under wraps until we know if we can do it for sure. We will be needing volunteers for whichever event we hold that day. Hoping some of you will decide to get yourselves involved.

There was a national conference held in Toronto this summer that our previous president attended. She will be sharing news and updating us on all that happened during the conference at our next meeting.

We are also attempting to bring in a representative from Coloplast at some point this Fall as we've had someone from Convatec and Hollister

already this year. It's always nice to learn about new products and services from companies out there. I have a few ideas for guests for the Spring and I'd like to hear suggestions from our members; you're coming to the meetings to learn and get support so let us know your thoughts and ideas as they are most welcome! Also the submission of stories, ideas, recipes etc for the newsletter are most appreciated. Thank you everyone for sharing and supporting each other and attending meetings. I'm excited to be taking on the role of president for the upcoming year! I hope everyone has a wonderful Fall full of apple pies, Halloween candy and good spirits :)

Stacey



Upcoming Events

World Ostomy Day:

This year the celebration will take place on September 29th in order for Canadians to avoid Thanksgiving plans. The theme this year is "Let's Be Heard," so let's take part and show our community we are proud of our ostomies! If you have any ideas for how our Chapter can take part, please feel free to bring your ideas to the meetings!

Halifax AGM:

Halifax is hosting the Annual AGM in 2013 with a Chapter information session and a celebration for the 40th anniversary of the Metro Halifax Chapter.

When? August 16-18th, 2013.

Where? Hotel information pending.

It is sure to be a fun and informative time!

2014 Biennial Conference:

Start saving your pennies folks, it's been decided, the 2014 UOAC National Conference is going to be held in St. John's, Newfoundland! This is sure to be a once in a lifetime opportunity to see the beautiful landscape of our most Eastern province, while enjoying exciting activities with your fellow ostomates. Start planning now!

Good-bye from our last president.



As past president of the Fredericton Chapter of UOAC, I first want to welcome Stacey Palmer as our new President. I am sure she will do a wonderful job and will come up with younger and fresher ideas to help our chapter grow. As I step down, I want to thank everyone who helped me through the time I served as your president. To thank individuals would make it sure that I would forget someone so will just thank each and every one of you.

I know that you all will support Stacey as she moves our chapter forward. It is fantastic to see younger members take an interest and fill positions on the executive. Again, thank you for all the support you have shown me. - Ferne

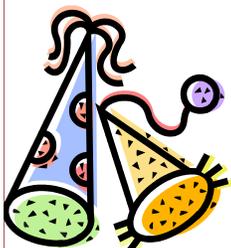


The members of the Fredericton and District Chapter, would like to thank Ferne for her dedication and hard work to making our Chapter a successful one. Her volunteer work and the support she has given to each member, has been greatly appreciated and she will always be a treasured member of our Association! Ferne will continue to support the United Ostomy Association by continuing her work on the board at the National level of the UOAC.

UOAC Toronto Conference Report

The 2012 Biennial Conference was held in Toronto with a lot of great sessions. On Wednesday, a Board of Directors' meeting and a visitor training session was held and a good number attended and became certified hospital visitors. The Wednesday Evening Meet & Greet was well attended with entertainment representing different parts of the world – Hawaii, Ireland and India. Thursday was opening ceremonies with a parade of flags and keynote speaker was David Thomas, VP, Telus Health Solutions Ontario. His address was titled "How Health Technology Can Help Us All Gain a Higher Quality of Life."

An Awards Luncheon was held from 12:30 to 2:00 pm with the following awards being given: President's Award: Gene Zapf, Maple Leaf Award: Di Bracken, ET Award: Gail Creelman, Unsung Heroes: Joan Mancinelli, Lorette Comeau, Alyson Walsh, Robert Wychers, Sharon and Gerald Sheen, and a special award and gift were presented to Sheelah Zapf for her outstanding contributions to the UOAC for over 35 years.



The grand opening of exhibits was also on Thursday. The Coloplast Evening was Thursday with a very nice banquet. Friday had a number of other sessions and an Exhibitor's Breakfast and the Exhibits open again. The

Bertha Okun Lectureship was presented by Andrew Misle. After lunch on Friday, a raffle and auction was held with Gene Zapf as auctioneer. Friday evening was the Renaissance/Great Comebacks Award Banquet put on by Convatec. The recipients were Carly Lindsay for 2011 and Mary Penner for 2012. Along with the banquet there was wonderful entertainment. Saturday was the Annual General Meeting and installation of officers. The delegates voted on the new Strategic Plan which was approved with a few amendments. A number of additional sessions were held in the afternoon. The Hollister Evening was the finale of the Conference with another banquet and fantastic entertainment. This was a great conference thanks to the hosts "Ostomy Toronto".





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<https://twitter.com/#!/21/UOACWeb>



Find us on Google+ at:

<https://plus.google.com/106602558231005460497/posts>

Send it in!

Do you like to laugh? Tell stories? Inspire people? Tell jokes? Give tips? Well this is your time to shine! The newsletter is about to start some new segments and they are all about you the reader! Here's how. Now, you can send in:

Your most embarrassing moments.
 Inspirational stories.
 Jokes
 Tips
 Questions

All will be totally anonymous and can be about your ostomy, or something else you feel we would like to read about. Send to erino90@gmail.com

Did you know...

- During the 2012 Olympics, one of the torch carriers was Caroline Emeny, a colostomate from England's Colostomy Association. See! Ostomates love getting involved all over the world!
- **Honey and cinnamon can be helpful to prevent:**
 - Heart disease: this mixture reduces cholesterol in arteries and helps to prevent heart attacks.
 - Arthritis: the mixture combined with water, relieves pain.
 - Bladder infections: above mixture destroys germs in the bladder.
 - Colds: helps to cure coughing and clear the sinuses.
 - Upset stomach: honey and cinnamon cure stomach aches and also clear stomach ulcers from the root.
 - Gas: helps to relieve gas.
 - Immune System: these also strengthen the immune system and protect the body from bacteria and viral attacks.
 - Indigestion: taken before eating, relieves acidity and digests the heaviest meals.
 - Longevity: Tea made with honey and cinnamon powder helps to keep skin fresh and soft. Drinking 1/4 cup of this mixture a few times a day can even increase your lifespan.
 - Cancer: cancer of the stomach and bones have been relieved due to this mixture.
 - Fatigue: Especially seniors who take honey and cinnamon are more alert and flexible.
 - Bad breath: gargle in the morning with the mixture and some hot water so breath stays fresh throughout the day.
 - Hearing loss: take morning and night in equal parts to help restore hearing loss!

Too Funny!

A teenage boy had just passed his driving test and inquired of his father as to when they could discuss his use of the car.

His father said he'd make a deal: 'You bring your grades up from a C to a B average, Study your Bible a little & get a Hair Cut, then we'll talk about the car.'

The boy thought about that for a moment, decided he'd settle for the offer, and they agreed on it.

After about six weeks his father said, 'Son, you've brought your grades up and I've observed that you have been studying your Bible, but I'm disappointed you haven't had your hair cut.'

The boy said, 'You know, Dad, I've been thinking about that, and I've noticed in my studies of the Bible that Samson had long hair, John the Baptist had long hair, Moses had long hair...and there's even strong evidence that Jesus had long hair. . . '

The Dad replied, 'My son, did you also notice they all walked everywhere they went!'



Looking for a cheap alternative to paper towels? Look no further, coffee filters are your new lifesaver! Check out these cool uses!



1. Use as covers for bowls and dishes in the microwave.
2. Clean windows, mirrors, and chrome to a shine!
3. Protect China by separating your good dishes with a filter between each dish. Or put between frying pans.
4. Hold tacos. The filters make convenient wrappers for messy foods.
5. Line a plant pot with a coffee filter to prevent soil from going through the drainage holes.
6. Prevent a popsicle from dripping by poking holes through the filter for the sticks.
7. Put a filter on a plate under your fried bacon, French fries, chicken fingers etc. to soak up the grease.
8. Put on razor nicks for a quick fix.
9. Use as a spoon rest when cooking
10. Use them to wrap Christmas ornaments for storage.
11. Use as a disposable snack bowl.
12. Great for straining soup stop and to tie fresh herbs in to put into your soups and stews.
13. If you run out of cotton balls, these are great for removing finger nail polish.
14. Put baking soda into a filter and place in shoes or a closet to absorb and prevent odours.
15. Weigh chopped foods by placing ingredients in the filter and then placing on the kitchen scale.



Everything is created from moment to moment, always new. Like fireworks, this universe is a celebration and you are the spectator contemplating the eternal Fourth of July of your absolute splendour.

-Francis Lucille

We Have Space Reserved for Advertising by a Supplier and/or a Supporter of our Chapter!

1/4 page...\$25

1/2 page...\$45

Full page...\$75

Send your ad request to erino90@gmail.com

**Proceeds toward cost of each publication payable to:
"Fredericton Ostomy Association"**

Members! Inform your supplier of this opportunity! Now you can be a promoter of our Chapter!

Thank you!

This newsletter is made possible through the advertising revenue of sponsors such as "SHOPPERS"HOME HEALTH CARE, and we thank SHOPPERS for their continued support.

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Fredericton, NB
E3B 6H5
1-506-459-8888-4-5
1-800-561-4088-4-5**

Remember to show your Ostomy Association Membership card for your 10% discount on all ostomy supplies.

**Home Health Care Hours
Monday to Friday 9am-9pm
Saturday 9am-5pm
Sunday & Holidays 12pm-5pm**



WE'RE HERE TO SERVE YOUR OSTOMY & HEALTH NEEDS; we also maintain a free mini-library to answer all your ostomy related questions.

Membership Application - United Ostomy Assoc of Canada & Fredericton & District Chapter

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

New Member Renewal Change of Address

Name _____

Address _____ Apt. No. _____

City _____ Province _____ Postal Code _____

Phone (s) _____

Birth (day/mo/yr) / / Occupation _____

Please check all that apply:

Colostomy Ileostomy Urinary Diversion

Continent Ileostomy Continent Urostomy Ileoanal

Other (Specify) _____

Spouse/Family Member _____ M.D., E.T., Supplier, Etc.

Enclosed are my annual membership dues of **\$30.00**

Donation (tax deductible)\$ _____ (Registered Tax # 077568-11).

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

Make cheque payable to UOAC Fredericton Chapter and mail to:

Mr. Edmund Duclos, Treasurer
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Fredericton, N.B.
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