



# New Beginnings

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

United Ostomy  
Association

Fredericton and District  
Chapter

Fall Issue

September 2013

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## Meetings to Start up Again!! Let's Get Excited!

It is that time of year again everyone! Meetings are about to start up and hopefully everyone will be able to attend! We have a great meeting coming up in September! Not only will this be a chance for everyone to meet again, but it will be a chance to celebrate the start of a new session of meetings.

### Here is all the info you need:

**When:** Tuesday, September 17, 2013 at 7:00pm

**Where:** The Stan Cassidy Centre

**What:** This meeting we will have a time to eat and catch up with one another. There will be some food provided, but if you would like to contribute something, feel free to bring food or a beverage as well.

**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, significant other, parents, children, family members or even your friends!

### Fredericton chapter officers:

**President-**Erin Oliver  
**Vice pres.-**Don Savoie  
**Treasurer-**TBA  
**Secretary-**Brian Cupples

**Past pres.-**Stacey Palmer  
**Program-**Doris McKnight and Kathy Esliger, RNET  
**Visit coordinator-**Judy Woods

**Visitor trainer-**Sally Wells  
**Appliances-**Daphne Stafford and Lisa Elliot

### Calling all Members!!

We are in desperate need of a Treasurer!!!  
So if you feel that you would like to support our Chapter, please put your name in ASAP!!!

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

Need ostomy advice or information?



Call the helpline any time at (506) 459-6781



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"United Ostomy Association"  
[http://www.facebook.com/home.php?sk=group\\_39109880405](http://www.facebook.com/home.php?sk=group_39109880405)



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There is free parking in the SCRC parking lot for those attending the meeting. Proceed up the SCRC driveway until you reach the gate. Advise that you are attending the meeting and park opposite the theatre entrance. Those with handicap place cards may park directly in front of the centre.



### What's new with the national (UOAC)?

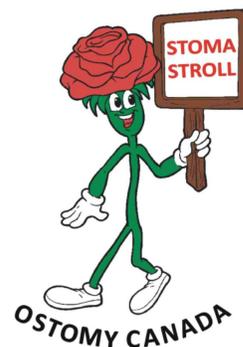
The board of directors have been working on some recently approved initiatives that will increase awareness, raise our public image, raise funds, and promote greater partnership within the ostomy medical community. Here are some changes that are taking place.

**Bursaries:**

- A bursary fund is going to be created to assist any Canadian citizens living with a permanent ostomy or other bowel or bladder diversionary surgery, who has decided to continue with a post-secondary education in Canada. Applicants must be a member of the UOAC.
- A bursary fund will also be created to assist registered nurses who need to take the necessary courses to become certified Enterostomal Therapy Nurses.

**Walkathons:**

- UOAC is planning to hold several walkathons this Fall, one tentatively being Saturday, October 5th. Chapters may chose another date if they desire. Because this will be the first time having something like this, the board of directors feels that the number of locations holding this event should be limited to no more than a handful. So far, participating Chapters are the London, Niagra, and St. John's Chapters.
- There will also be a chance for everyone to do a 'virtual walk'. This means that anyone can participate anywhere, any day, it just won't be scheduled. The first one hundred participants to register will receive a t-shirt with the 'stoma stroll' mascot on the front. Pledge sheets, posters, guidelines for the walk, and any other information needed can be found at [www.stomastroll.ca](http://www.stomastroll.ca). If you would like to make a donation or sign up for a virtual walk, you can also visit this site to do so. We can further discuss this at our September meeting and perhaps decide if we would like to participate as a Chapter or make a donation etc.



### From the Editor/Chapter President

Well, can you believe it? I made it out alive! Finally work is finished for the Summer and I have a three week vacation. I will finally be able to focus on the Chapter, the newsletter, the meetings, and perhaps some me time in there we well. I feel really bad about not getting a Summer newsletter out to you all and not being able to attend our last couple meetings, but I assure you that things will get back on track now that Fall is just around the corner. You might notice that the newsletter has a slightly different look than before. This is because my old computer gave up on me and I am now working solely from my iPad. This requires me to make the newsletter using Apple's Pages, and although it isn't quite Microsoft Publisher, it should get the job done.

This coming round of meetings I am hoping to see attendance up, as it usually is in the Winter, and hopefully will have some interesting guest speakers and discussions with each other! We thankfully have had Brian Cupples volunteer to be our new Secretary, and are now in need of a Treasurer. This position is critical for keeping our Chapter going, so if anyone feels that they would be able to take on this responsibility, it would be greatly appreciated! Without a Treasurer, our Chapter may need to be put on hold until the position can be filled, so please take this serious matter into consideration.

I really hope this newsletter finds everyone in good health and that the short Summer we have had hasn't left anyone down in the dumps. August 31st marks the day of my wedding, and I am very excited for that! There is still lots of planning to be done, but I hope to find that day as relaxing as possible. Take care everyone and I hope to see you at our September meeting where we will celebrate a new season of meetings with lots of food and conversation!

Erin



Wishing anyone who had a birthday or anniversary during the summer months, a very happy one!



What do you call an ostomate with excessive gas? - a pouch puffer!



### In the News!



Did you hear about the controversy this past month concerning ostomies and gun violence? Police in Cincinnati hoped to impact at risk youth involved in drugs and gangs by showing them pictures of gunshot survivors who were paralyzed or required an ostomy bag. "You're not killed, but you're walking around with a colostomy bag and that's just not the way to get a girl's attention by limping down Warsaw Avenue with a colostomy bag," said Lt. Joe Richardson.

Although the District had good intentions, an uproar arose within the ostomy community after hearing about this. Letters to the officers were sent and petitions started circulating. Facebook and Twitter pages filled with comments of disgust and amazement in how the ostomy had been portrayed. Members of the UOAA and UOAC worked to get an apology from the police department and actually got a response. The chief of the police department sent a letter saying how truly sorry he was for offending the ostomy community. He promised that the ostomy would not be used as a scare tactic again and that he is working very hard to personally make amends with those of the ostomy community.

Read the article at: [http://www.wcpo.com/dpp/news/region\\_west\\_cincinnati/price\\_hill/cincinnati-police-hope-to-sway-teens-with-photos-of-colostomy-bags-paralyzed-shooting-victims#ixzz2c5b8c2Nz](http://www.wcpo.com/dpp/news/region_west_cincinnati/price_hill/cincinnati-police-hope-to-sway-teens-with-photos-of-colostomy-bags-paralyzed-shooting-victims#ixzz2c5b8c2Nz)

Read the apology at: <https://www.facebook.com/notes/ostomy-on-the-track/response-from-the-cincinnati-police-department-regarding-their-use-of-ostomy-bag/490702187675259>

### Good stuff:

If you haven't heard of the website [www.inspire.com](http://www.inspire.com), you are really missing out! This ostomy support site, sponsored by Great Comebacks, has so much information and advice on it. It also has really funny stories from ostomates who tell about humorous experiences and it gives you a chance to make friends with hundreds of ostomates!

Here is an example of a discussion from the site: person a: *"If we all got together we could form a band using noise from stomas. At least it wouldn't smell like those without a bag."*

person b: *"Gives new meaning to the word 'bagpipes!'"*

And one writer says: *"my three year old son used to ask his mom for a small paper lunch bag to put inside his little Levi's to have a bag like his daddy's."*

If you think these are cute, there are many, many more fun things to read on this site. People creating ostomy songs, sharing inspirational stories, and asking/answering questions that only ostomates can relate to. Check it out!



### 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 [eri-no90@gmail.com](mailto:eri-no90@gmail.com)



**And for your entertainment:** Two ladies sitting on a bench in the park.. One said, I have been sitting here so long that my bum has gone to sleep. The other lady said, I know that, I could here it snoring.

## Time to Eat!

### **On tonight's menu: crunchy fish with cucumber dill relish**

- Vegetarian choice
- Low-fibre choice
- High-protein choice
- Source of sodium

#### Tips

- Try to make the relish as close to the time of serving as possible.
- Use cod, snapper or haddock.
- Use 1 1/2 tsp dried dill weed if fresh dill is unavailable.
- The flatter the fish, the faster it cooks.
- Prepare fish early in the day and keep refrigerated until ready to bake.

#### IBD Tips

- This recipe is suitable for vegetarians who eat fish, dairy and eggs.
- Choose a non-hydrogenated margarine to limit saturated and trans fats.
- To boost calories, use full-fat yogurt, mayo and milk.

#### Relish

- 2 cups finely chopped cucumbers
- 1/3 cup chopped fresh dill
- 1/3 cup 2% yogurt
- 1/4 cup finely diced green onions
- 1/4 cup finely diced green bell pepper
- 3 tbsp light mayo
- 1 tsp minced garlic

#### Crunchy Fish

- 2 cups corn flakes
- 1 tbsp freshly grated Parmesan cheese
- 1 tsp minced garlic
- 1/2 tsp dried basil
- 1 egg
- 3 tbsp 2% milk
- 3 tbsp flour
- 1 lb firm white fish fillets
- 1 tbsp margarine or butter

#### Directions

1. Prepare the relish: in a bowl, combine cucumbers, dill, yogurt, green onions, green peppers, mayo and garlic; mix to combine and set aside.
2. Prepare the fish: put corn flakes, Parmesan, garlic and basil in food processor. Process until fine and put on a plate. In a bowl, whisk together egg and milk. Dust fish with flour.
3. Dip fish fillets in egg wash, then coat with crumb mixture. In a large, nonstick skillet sprayed with vegetable spray,

- melt margarine over medium heat. Add fillets and cook for five minutes or until browned, turn and cook for two minutes longer, or until fish is browned and flakes easily when pierced with a fork.
4. Serve topped with cucumber dill relish.

#### Following a low residue diet?

Peel and seed the cucumbers, finely chop the dill (do not include stems) or use dried dill weed, sauté the green onions until soft, and peel the green pepper before dicing.

#### Nutrients per serving

Calories 274

Fat 9g

Fibre 1g

Protein 27g

Carbs 20g



**Can't tolerate calcium?** Here are some alternatives that might be worth adding to your diet:

- Fortified soy milk
- Orange juice
- Fortified rice beverage
- Plant based beverages such as almond or cashew milk
- Tofu set with calcium sulphate
- Nuts and seeds such as almonds, Brazil nuts (dried), sesame seeds (whole dried)
- Legumes (cooked) such as baked or retriend beans, chickpeas, red kidney beans, navy or white soy beans
- Vegetables (cooked) for example, spinach, broccoli, bok choy, kale, Swiss chard, and collard greens
- Pink or sockeye salmon
- Sardines
- Blackstrap molasses
- Figs

\*ostomates, please remember to be careful when eating nuts, legumes and vegetables! We don't want any blockages!

**On another note:** try eating your largest meal at lunchtime.

If you consume your largest meal for lunch rather than for dinner, you may find that you pass larger amounts of stool earlier in the evening. This allows you to empty your pelvic pouch or ileostomy or colostomy bag before bed, and you may not have to wake up at night (or not as often).

All recipes and other nutritional facts taken from: Steinhart, A. Hillary, and Julie Cepo. *Mount Sinai Hospital: Crohn's and Colitis Diet Guide*. Toronto, Robert Rose Inc., 2008. Print.

\* please consult your doctor for any medical advice.

## **Ostomy Camp: A Camper's Perspective on Camp and Life by Brealyn Riley**



Having an ostomy has never been an issue for me since day one, however it was an adjustment like many other major changes people face. I have been nothing but optimistic with it and being given the opportunity to go to a camp with others facing some of the same challenges as myself opened my mind to all the different opportunities out there. It showed me that even though I do have an ostomy and there are obstacles out there that I may come face to face with; I can overcome it by looking myself in the mirror and saying, "bring it, show me what you've got!"

You learn who your true friends are when something like this happens, losing a few along the way; but gaining a few for life

and knowing there is someone always there who understands no matter what, is the best feeling ever. Attending camp gave me the opportunity to meet many new people that I know I'll always be able to count on and showed me that there are many others out there in similar situations that are my age. It also gave me the chance to see how others have coped with the challenges of being slightly different than most of their friends. In my opinion each person takes it differently, from hating themselves for it, to absolutely loving life because of it; like me. It is something that we either hide from everyone we know or embrace and show the world. No one can tell us how to deal with something like this; it is something that we choose ourselves.



Brealyn says about any obstacle she comes face to face with: "I can overcome it by looking myself in the mirror and saying, 'bring it, show me what you've got!'"

I never imagined doing such strenuous activities again in my life; I thought having an ostomy might hold me back from certain enjoyments of life. However that is not the case, I did things like obstacles 40 feet in the air to swimming all day long. Things I had never done even before my colectomy surgery. I ran like I did back in the days I did track and jumped like I was spiking that volleyball with a little less power but a lot more fun. I laughed till I cried and my belly hurt, I smiled bigger than I had in months and shared my story with whoever asked. I learned there is no reason to hide or be self conscious; I can still wear that bikini to the beach. This camp really shows you that nothing can hold you back in life, only yourself. It doesn't make you forget you have an ostomy but shows you that life doesn't end because of it. It shows that activities can still be done with or without one. It is because of this camp that I am no longer embarrassed or nervous to tell people about it and why I have decided to put my story out there to hopefully help raise awareness.



A huge thank you to everyone who contributed in making it possible to go to camp this year! A huge thank you to the Fredericton Chapter, the Moncton Chapter and the nurses on 4 South West. It was greatly appreciated!!

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REPORT United Ostomy Association of Canada  
ANNUAL GENERAL MEETING (AGM)  
HALIFAX, NOVA SCOTIA  
AUGUST, 2013

The Chapter Information Session (CIS) was held Saturday, August 17, 2013 from 9 a.m. to 12:30 noon. This meeting was planned and facilitated by Judy Steeves from the Fredericton, N.B. Chapter.

There were 47 members from Chapters across Canada in attendance. Guest speakers were also from across Canada including UOAC President, Peter Folk; Ostomy Canada Editor and Youth Camp volunteer, Vice President of NCACOA, Lisa Gausman; FOWC President Lorne Aronson and SASO Chairperson, Betty Woolridge. A panel discussion was held with the focus on the new Not-for-Profit Act. This legislation applies only to federally incorporated not-for-profit groups like Ostomy Canada, Local Chapters if they are incorporated in their Province and fall under Provincial Legislation.

The AGM was held Sunday, August 18, 2013. There was discussion on the new By-Laws. They are in "DRAFT" form and will be sent to each Chapter for feed-back before the 2014 vote. A special resolution voted on, for the Corporation to continue under the Canada Not-For-Profit Corporations Act, and a proposed corporate name change to "OSTOMY CANADA SOCIETY, Inc". Both resolutions were passed. Henceforth, upon registration, we will be known as "Ostomy Canada Society, Inc."

Respectfully submitted,  
Judy Steeves

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Also, if you are interested in receiving this newsletter in full colour, on your computer, send your email address to [erino90@gmail.com](mailto:erino90@gmail.com) or write it on the sign in sheet at the next meeting!

**Thank you!**

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**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:**

Erin Oliver, President  
49 Abbott Court, Apt. 12  
Fredericton, NB  
E3B 5V8

