



**INSIDE THIS ISSUE:**

From the Editor and Check This Out! **2**

Fighting Allergies and Spring Recipe **3**

From the President and Ostomy Myth Busters **4**

Upcoming Events and Time for a Laugh! **5**

Fighting Cold and Flu Season **6**

Calling Creative Minds and Ostomy Horoscopes **7**

Inspiration and Our Sponsor **8**

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## Preparing for Spring Allergies

Does Spring equal red, itchy, swollen eyes for you? Or does the joy of a runny nose, sneezing, and hardly being able to breathe sound familiar this time of year? Well, you are not alone in this! Spring allergies are one of the most common annoyances for people around the world, and there are hundreds of different remedies that people have tried out over the years to alleviate their discomfort. Here are some solutions that you might find helpful.



- Start allergy treatment early! If pollen is your irritant, you should start taking precautions beginning in mid-February.
- Take your gut into consideration. Remove any dietary irritants such as dairy products or refined carbs several weeks before allergy season even starts. This reduces reactivity of mucous membranes throughout the body.
- Allergen eye-drops with anti-histamines can be a life saver when it comes to red, itchy eyes.
- Quercetin can help immensely! This can be naturally found in onions, apples, and black tea. It has anti-inflammatory properties which have been shown to block histamines.
- Nasal irrigation is something you might want to try out. Use warm water, about 1/4 tea-spoon of salt, and 1/4 teaspoon of baking soda.

A neti pot, purchased from your local drug store, can help administer this and clear out your nasal passage.

- Try to stay indoors when the pollen count is high. You can monitor this in places such as The Weather Network.
  - Use an air purifier with a HEPA filter in your house, especially if you have pets or carpets!
  - Wash your hair after going outside because pollen and other allergens can collect there.
  - If you have to mow the lawn, dust, or vacuum, wear a protective mask to avoid breathing in the dust or pollen.
- \*\*See Page 3 for allergy fighting must-haves.\*\***

*Information taken from:*  
<http://www.webmd.com/allergies/spring-allergies>

*\*Please see your doctor for professional advice.*

## From Our Last Meeting

- Attendance:** 20  
**Calls to helpline:** 5 for a total of 2089  
**Hospital visits:** 3  
**Paid members for 2011:** 62  
**Main points discussed:**  
 -Our last visitor training session produced 6 new ostomy visitors!  
 -Discussed the benefits of having a Chapter up river.  
 -Discussed having a conference type session for ostomy patients in the area.  
 -We had an awesome Christmas party!

## Local Chapter Announcements

Dues were to be paid in December and not everyone renewed their membership. So, if you would like to contribute to our Chapter, receive the Ostomy magazine and our newsletter, please pay your dues!

In March: Kevin will be visiting from Hollister!

Don't forget: meetings are every third Tuesday of the month.

If you would like to enjoy the entire newsletter experience in full coloured detail, send your email to [erino90@gmail.com](mailto:erino90@gmail.com) to view on your computer!



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.



## From the Editor

Hello everyone! I hope this newsletter finds you all happy and in good health. As the year gets underway, I find that I am busy with work but also have time to relax and enjoy life. Christmas in Germany and getting engaged were wonderful and now that I am home I have been spending a lot of time practicing with the band I am in and getting ready for our upcoming gig. I never realized how much work it is when you are working with real instruments and have other voices to harmonize with, but it is so much fun! I really hope that you all do the same as I have done and find something you really have fun doing this year. It is important to remain active and do things that make you feel good.

I would also like to encourage everyone to take a minute and think about their role within our chapter. What can you

do to support our Chapter, and what kinds of things can you bring to the meetings? As the new year approaches, so does election time, and perhaps you could bring something to our executive. I know that our current president is ready to step down and let someone new bring their own flavour to our meetings, so please consider whether you might want to take on this role. The situation is very black and white; we need someone to step up and be president or else our Chapter will not have anyone to take the lead and organize everything. This is very important if we want to keep the Chapter up and running.

Also, if you have any ideas for something we can do at a meeting, or a topic you would like to discuss, or a guest speaker you would like to hear from, let us know! We would be more

than happy to arrange those types of things for upcoming meetings. The last thing I would like you to consider is if you have anything to put into the newsletter. Even though I put a section in here asking for people to send in content, no one does and I feel as though it would make the newsletter ten times better and more personal within our Chapter. So please refer to page 5 for ideas on what you can send in and consider contributing to something that is part of our Chapter.

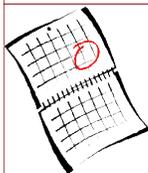
I hope to see you all at the next meeting and take lots of time to enjoy Spring!

Erin



## Check this out...

- Here is a cool website if you are looking for a customized ostomy belt! Take a look: [www.funostomybelts.com](http://www.funostomybelts.com)
- Did you know that chocolate can cause loose stool in ileostomates and colostomates? Did you know that seafood can cause a strange smell in your urine? For an entire chart on what certain foods can do to your ostomy check out Chapter 17 of the Lifestyle Guide on the following website. You can also get lot of other helpful information there as well: [www.ostomyland.com](http://www.ostomyland.com)
- Ok, now-a-days there are dating sites for everything...but who would have guessed there would be one for people with ostomies? Wow! [www.ostodate.com](http://www.ostodate.com)



### Mark your calendar!

**What:** Our next official meeting will be March 20, 2012.

**When:** 7:00 pm

**Where:** The Stan Cassidy Rehab Center (SCRC)

**Guest Speaker:** Kevin will be visiting from Hollister to give us a look at all the latest products!

**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.

## Allergy Fighting Must-Haves

1. Moisturizing cream. This can help relieve itching and redness.
2. Eye drops
3. A cold press, this can relieve itching as well.
4. Antihistamines (ex: Claritin or Reactine)
5. Nasal spray decongestant
6. Dust proof pillow case. Especially if you're travelling.
7. Any important medical information about your allergies. If severe enough, you may want to get a Medical Alert bracelet in case of medical emergencies.
8. An Epipen.
9. Last but not least, Kleenex!

## Best Reported Allergies

- Nitrous oxide - "Makes me light-headed."
- Bleach - "When I inhale it, I have respiratory distress."
- Epinephrine - "Makes my heart race."
- Poison Ivy - "Gives me a rash."
- Morphine - "Makes me sleepy."
- "I can only take brand name drugs, I get a rash from any generics."
- "I'm allergic to Demerol, Codeine, Morphine and 2mg Dilaudid. But I can take 4mg Dilaudid."
- "I'm allergic to all painkillers except one. I think its called 'perc-a-something' but I really don't remember the exact name."

Ha ha, very funny...



As part of the admission procedure in the hospital where I work, I ask the patients if they are allergic to anything. If they are, I print it on an allergy band placed on the patients' wrists. Once when I asked an elderly woman if she had any allergies, she said she couldn't eat bananas. Imagine my surprise when several hours later a very irate son came out to the nurses' station demanding, "Who's responsible for labelling my mother 'bananas'?"

## Vegetable Moussaka

## Recipe for Spring!

A great version of a Greek classic. The rich cream sauce normally used in moussaka has been replaced with a tofu mixture that gives all the taste with a fraction of the fat!

- Vegetarian choice
- Low-calorie choice
- Low-fat choice
- High-protein choice
- Source of soluble fiber

### Ingredients:

- 2 medium eggplants
- 1 tsp salt
- 1 onion chopped
- 1 minced garlic clove
- 1 can of tomatoes
- 1 can of chickpeas (drained and rinsed)
- 1 tbsp dried oregano
- 1 tbsp dried basil
- 1/2 tsp ground cinnamon
- 1/2 tsp black pepper
- 1/4 cup of grated parmesan cheese

### Topping:

- 1 lb tofu (add beef or chicken for an alternative to vegetarian)
- 1 onion quartered
- 2 egg whites
- Pinch of nutmeg

1. Preheat oven to 350°F (180°C)
2. Grease baking sheet.
3. 13 by 9 inch baking pan.
4. Slice eggplants lengthwise into 1/4 inch thick slices; sprinkle with salt. Drain in colander for 30 minutes. Bake in preheated oven for 15 minutes. Turn and bake for 15 minutes longer.
5. In a non-stick skillet, cook onion and garlic, stirring, for two minutes. Add chickpeas, mashing slightly. Stir in tomatoes, oregano, basil, cinnamon, pepper and 1/2 tsp salt; bring to a boil. Reduce heat and simmer, uncovered, for 20 minutes, stirring occasionally.
6. Process in food processor until mixture resembles coarse meal.
7. In greased baking pan, layer half of the eggplant, then all of the chickpea mixture, half of the parmesan, then remaining eggplant.
8. *Prepare the topping:* Puree ingredients for topping; spread over moussaka. Sprinkle with remaining cheese. Bake in preheated oven for 30 minutes.

### IBD Tips:

- This recipe is appropriate for vegetarians who eat eggs and dairy.
- Eggplant is not typically found in a low-residue diet, but if the skin and seeds are removed and it is cooked very soft, eaten in small amounts and chewed well, it can be included.

### Nutrients Per Serving:

Calories	187
Fat	5g
Fiber	6g
Protein	12g
Carbs	26g

**Low-residue?** Peel and seed the eggplant and bake until very soft. Pinch skin from the chickpeas, and peel and seed an equivalent amount of fresh tomatoes.



\*All recipes taken from Mount Sinai Hospital's *Crohn's & Colitis Diet Guide* by Dr. A. Hillary Steinhart and Julie Cepo.



## From Our Chapter President

Dear Members & Friends:

What a winter we have had...sun, rain, snow, and so on! Overall, do hope you all have been well and enjoying the winter months.

We are now heading into our next session of meetings and hopefully, you all will be able to attend. This is the time of year when we take a look at our members and hope that some will be willing to step up to the plate and take on a position either at the local chapter level or nationally.

The month of May is the regular time to elect new officers for our chapter and August is the elections nationally. This year, it is very important to me that someone step up and offer to be President of the Fredericton and District Chapter. Nationally, the positions of all executive (President, Vice-President, Treasurer and Secretary) are open as well as two directors.

To make our meetings more exciting, we are looking for ideas for speakers, programs, etc. Come to the next meeting with some great ideas...they are all welcome. Also, don't forget that you don't have to have an ostomy to be a member. Family members and friends of people with an ostomy who wish to support their family member or friend are welcome.

Looking forward to seeing you all on March 20, 2012 as we start our new year of meetings!

Have a wonderful rest of the winter!

Ferne

### Friends of Ostomates Worldwide

Do you have any old or unused ostomy supplies that is just sitting in your closet collecting dust? If so, why not donate your supplies to a good cause? Many people from various countries have ostomies but cannot afford the necessities such as bags or wafers. Why not help out? Bring your supplies to one of our meetings or take them to Daphne at Shoppers and donate to those in need!

## Ostomy Myth Busters: Valentine Edition

Because we just celebrated Valentine's Day and considering the fact that Spring is the season of love, this is the time to debunk some myths about the ostomy and being intimate. There is no reason you cannot enjoy that special time with your partner after having your surgery, and here is why:

**Myth: No one will ever love me because I have an ostomy.**

**Fact:** It is understandable that you feel this way. People who have lost a breast to cancer or a limb feel this way too. Remember, your attitude and how you treat yourself sets the tone on how others treat you. If you feel comfortable and accepting of your 'new' body, your partner will likely do the same.

**Myth: The odour from the stoma will be a turn-off for my partner.**

**Fact:** There are deodorizers you can get to put into your pouch to make the contents smell a little better, but when the pouch is closed there should be no odour coming from it. To ensure things are fresh, make sure you keep your pouch and body clean.

**Myth: My body movements and pressure of our bodies will hurt my**

**stoma.**

**Fact:** Close body contact and movement during intimacy will not hurt your stoma!

**Myth: Women with an ostomy can't get pregnant.**

**Fact:** I know many women who have an ostomy and have also had healthy children. Just make sure you go to regular appointments with a health professional.

**Myth: I can't look sexy because of my ostomy.**

**Fact:** You can still wear the same sexy lingerie and anything else you wore before the surgery. If your partner loves you, he or she won't care if they can see the ostomy. But, if it helps, there are special things you can try to make your pouch more discrete.

- Before intimacy, empty your pouch!
- Change to a smaller bag. You can get small, close-ended, disposable bags that are much shorter than a regular pouch.
- Get a fun pouch cover. There are

- many different patterns and designs for these. Check out these sites:

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

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

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

- Focus on your feelings rather than the pouch being exposed or hurt.
- Avoid gassy foods before being intimate.
- Consider wearing something that might cover or hold your ostomy in place while being intimate, like crotchless underwear, a short slip or 'teddy', or a tight t-shirt or tank-top.

Most of all **ENJOY!**

*Some info courtesy of the UOAA Intimacy After Surgery Guide. Pictures from My Heart Ties and C&S Ostomy Pouch Covers.*





Find us on Facebook! The UOAC ostomy group on Facebook is great for information, news on upcoming events, and helping others who might be new to the ostomy world! Find us here:

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

Or search "United Ostomy Association of Canada".

## 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](mailto:erino90@gmail.com)

## Upcoming Events

**Toronto presents "Caring in a Changing World", UOAC conference 2012:**

**Where?** The Delta Chelsea hotel in downtown Toronto

**When?** August 15-18, 2012

**Want more info? Visit the following websites:**

- The Delta Chelsea is offering conference rates as a Single or Double room for \$159 or a Triple for \$179. Tax not included.
- If you want to know about some of the activities you can take part in while visiting the city of Toronto, check out these sites. If there are enough requests for a certain activity, the UOAC might be able to get a group rate for some of them.

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

[www.argonauts.ca](http://www.argonauts.ca)

[www.torontofc.ca](http://www.torontofc.ca)

[www.paddletoronto.ca](http://www.paddletoronto.ca)

[www.brucebelltours.ca](http://www.brucebelltours.ca)

**To register for the conference visit this website:**

[www.ostomycanada.ca/user\\_files/pdf/OstCan\\_InfoRegistrationForm2012\\_HR.pdf](http://www.ostomycanada.ca/user_files/pdf/OstCan_InfoRegistrationForm2012_HR.pdf)

**Nominations:** It is time again for the national board nominations. Positions available are President, V. President, Secretary, Treasurer, and two for director. Nominations are due April 13th, 2012. Also nominations for ET of the Year, Unsung Heroes, and Maple Leaf Awards can be sent in to the UOAC. Nomination forms can be found at [www.ostomycanada.ca/awards](http://www.ostomycanada.ca/awards)

## Unedited Doctor's Notes

- "Patient has chest pain if she lies on her left side for over a year."
- "On the second day the knee was better, and on the third day it disappeared completely."
- "The patient refused an autopsy."
- "Patient has left his white blood cells at another hospital."
- "Between you and me, we ought to be able to get this lady pregnant."
- "She stated that she had been constipated for most of her life until she got a divorce."
- "Exam of genitalia reveals that he is circus sized."
- "The lab test indicated abnormal liver function."
- "Skin: somewhat pale but present."
- "The patient expired on the floor uneventfully."
- "There is large brown stool ambulating in the hall."



## You know you've adjusted to your ostomy when...

- You stop spending all of your spare time in the bathroom waiting for your stoma to work so you can empty your pouch right away.
- You can move freely without holding your appliance as though it might fall off at any time.
- You make your first trip to the mailbox without taking along your ostomy supplies.
- You stop grabbing your abdomen when the grocery clerk asks if you need help to the car with your bag.
- You go out for the evening and realize too late that you left your emergency kit at home.
- You begin to think how lucky you are to be alive instead of how unlucky you are to have an ostomy.

Think about this: "One out of four people in this country is mentally unbalanced. Think of your three closest friends; if they seem OK, then you're the one." - Ann Landers.

Joke: The worst time to have a heart attack is during a game of charades!



*"For every negative thing you say or think, you lose a piece of possible happiness." - Erin Oliver*

## Fighting Cold and Flu Season with Vitamin Supplements:

Yes folks! It is that time of year! Cold and flu season is in full swing and that means you have a job to do if you want to stay healthy. Please remember, the most effective way to avoid getting sick is to wash your hands and not touch your face (eyes, nose, mouth) in public. To improve your chances of maintaining great health, here some vitamins that may also do the job.

1. **Vitamin D** plays a very important role in our lives for excellent health, and without it our bones become brittle, with other health issues arising. We need about 2000 to 4000 IU, achieved through supplements (read the labels for specifics) and natural sources of the sun such as sun lamps or tanning beds.
2. **Vitamin C** does not stop the common cold as previously thought but rather decreases the length and severity of the symptoms. What it does is protect the body against diseases and it is vital for the production of collagen, used to build body tissue and bones. The recommended dosage is about 40 mg for adults and 25 mg for children.
3. **Iron** supplements help in the formation of red blood cells which carry oxygen around the body. A proper dosage of iron is necessary for energy, performance and vitality. The recommended daily dose is 15 mg for women, 9 mg for men and 2-9 mg for children.
4. **Vitamin A** is great for repairing tissue needed for growth and development, for improving the immune system and good vision. A dose of 600 - 700 mcg is recommended.
5. **Vitamin E** provides the anti-oxidant protecting cell membranes from damage and is thought to also ward off some cancers and heart disease, with a recommended dosage of 10 mg
6. **Vitamin B** is an essential water soluble supplement for many reasons such as cell metabolism. It also helps to maintain healthy skin and muscle tone, enhance the immune and nervous system, promote cell growth including the necessary red blood cells, and lessens the chances of pancreatic cancer. A Complex vitamin of between 50 and 100 mg would be more than sufficient.
7. **Selenium** makes up a part of the enzymes that defend the body as well and also thought to ward off cancer, especially prostate cancer. 200 mcg are recommended.
8. **Phosphorus, magnesium and potassium** are all minerals that are essential for maximum health. They are needed for proper cell function, tissue building, and healing. Minerals should be water soluble, as they are otherwise difficult to be absorbed into the body unless taken along with the other vitamins listed.



## Further Cold and Flu Prevention:

- Put some freshly squeezed lemon juice in water and on salads, or add apple cider vinegar to foods for a great way to improve the bodies' alkalinity.
- Fresh herbs and whole food remedies are always preferable over packaged herbs or supplements.
- Try to always get a good nights' sleep, at least 6 - 8 hours preferably.
- Eat ample amounts of protein daily for a healthy body, mind and immune system.
- Drink plenty of water! Headaches and thirst are signs of dehydration.
- Stop or limit your intake of chocolate and caffeine as these are the worst things for your immune system, robbing your body of necessary vitamins and minerals. Caffeine has also been known to cause dehydration.
- Avoid refined white sugar. This weakens the immune system.
- Stock up on raw fruits and vegetables as they provide essential antioxidants, vitamins, minerals, fiber and enzymes, all in a natural form.
- Exercise. Although it may be a struggle, exercising outdoors is key to getting away from all of those germs that can be floating around inside.
- Don't stress. This causes all sorts of ailments from depression to flare ups of your Crohn's or UC. Do something you love and live life to the fullest.

Taken from *Niagra Ostomy Association-It's in the Bag*. Feb. 2011



Bombeck's rule of medicine: Never go to a doctor whose office plants have died.

"Being ill is one of the greatest pleasures of life, provided one is not too ill and is not obliged to work until one is better." - Samuel Butler

## Attention! Attention! Calling all creative minds! We need your help!

Ok everyone, this is your time to shine. We are having a contest to come up with a name for our newsletter. Right now it has a plain old title that states our location. What we need though, is a title that represents us and how we feel about our ostomies. Think something catchy, inspirational, eye-catching, or even just fun. Also, if you have thought of a good title and your creative juices are still flowing, feel free to suggest a logo to go with your title. Some sort of picture or symbol that would represent your title. Send your ideas to [erino90@gmail.com](mailto:erino90@gmail.com) or bring them to our March meeting as we will have a place for you to submit your ideas that night!



## Ostomy Horoscopes 2012



**Dec. 23-Jan. 20** Your ostomy will be very happy this year, with no blockages or leaks ahead. Saturn has lots in store for you, so stay active! Hike through the woods or take a bike ride along the river. Get that heart rate pumping!



**Jun. 22-Jul. 22** Save up your money and take a trip somewhere far away! Travelling is easy with your ostomy; you can hold it in a lot longer if you have to go! Make plans to go to the top of the Eiffel Tower or climb the Mayan Pyramids.



**Jan. 21-Feb. 19** This year, it is time to stop focusing on your ostomy and think about helping others. Volunteer at a fundraiser, help out a friend, or spend time with your family. You will be busy but rewarded at the same time.



**Jul. 23-Aug. 21** Try some experimenting this year. Cook a cool new recipe or learn a type of exercise you have never tried before. Remember that your ostomy doesn't prevent you from being adventurous, so try on that sexy outfit or go rock climbing.



**Feb. 20-Mar. 20** Don't worry about having some water fun this year! You can look forward to enjoying many summer activities with great success. Try out that bathing suit you've been eyeing or take a trip down a crazy water slide!!



**Aug. 22-Sept. 23** Venus is looking down on you this year. Love is in the air, and it is time to show that special someone that your ostomy doesn't get in the way of those special times you once had. Light the candles, turn up the music, and let the romance begin.



**Mar. 21-Apr. 20** Mars is all fired up this year and you need to be on top of your game! Be assertive and don't let others get you down. Your ostomy is ready for something new, so do some Zumba or strike a yoga pose!



**Sept. 24-Oct. 23** Get in gear for a full year of volunteering. Give your time to the UOAC or help fundraise for the CCFC. This year is all about supporting others even if it means helping at the soup kitchen or running in a marathon. Be motivated!



**Apr. 21-May 21** The people in your life want to see you happy this year; it is your job to assure them that your ostomy is your friend. Throw a party, play a sport, or go dancing to show how comfy you are in your body, bag and all.



**Oct. 24-Nov. 22** You will have a great year with your ostomy. Just be thankful to be alive and take advantage of every minute you have with family and friends. Throw a party or take them out to dinner to show your appreciation for their support.



**May 22-Jun. 21** Summer, a time for BBQs and campfires. Let loose this year and treat yourself to a smoked sausage or some roasted marshmallows. Don't be afraid to go camping with your ostomy, it's easier to use the bathroom in the woods anyway!



**Nov. 23-Dec. 22** It is your turn to come to the rescue this year! Someone will need your expertise on living with an ostomy and you must encourage them to live life to the fullest and give them advice on how to cope with something that is no big deal after all.



*"Instead of comparing our lot with that of those who are more fortunate than we are, we should compare it with the lot of the great majority of our fellow men. It then appears that we are among the privileged."—Helen Keller*

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

1/4 page...\$25

1/2 page...\$45

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**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!**

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**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 Duclose, Treasurer**  
**UOAC Fredericton & District Chapter Inc.**  
**16 Page Street**  
**Fredericton, N.B.**  
**E3A 5B5**