



New Beginnings

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

United Ostomy
Association

Fredericton and District
Chapter

Spring Issue

March 2013



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Fredericton Chapter Officers

President– Erin Oliver
Vice Pres.– Don Savoie
Treasurer– Edmond Duclos
Secretary– TBA

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

Happy New Year! Happy Spring!

A Sure Sign

When you see upon the walk
Circles newly made of chalk,
And around them all the day
Little kids in eager play
Rolling marbles, agates fine,
Banded, polished, red as wine,
Marbles crystal as the dew,
Each with rainbows twisted through,
Marbles gay in painted clay,
Flashing, twinkling in your way,
When the walk has blossomed so,
Surely every one must know
None need wonder who has heard
Robin, wren, or Peter-bird;
Sure the sign as song or wing,
It is spring!
-Evaleen Stein



At this month's meeting we will be collecting something from you! It can be a question you have for the group, a piece of advice from an experience you've had, or a topic you would like to discuss with everyone. Bring your ideas to make our meetings more meaningful to you and everyone else who attends.

If you know any people in the 20/40 age group or younger, let them know about our meetings! If you are in that age group yourself, join us! We would love to have activities especially for you!



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



Need ostomy advice or information?

Reminder:

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



From Our Last Meeting

Attendance: 18 members

Calls to helpline: 4 calls for a total of 3158 calls.

Hospital visits: 2 visits were made.

Main points discussed:

- How to spread the word about meetings (ex: making posters and different kinds of advertisements).
- Announced that Judy Steeves is no longer our DSS representative.
- Ideas for guest speakers in the new year.
- Congratulated Devon on her baby girl!
- Finished up with our Christmas party.

Make a Change

Try something new! Why not save our Chapter money while also saving our planet, and have the newsletter sent to you in full colour through your email.

This will also reduce clutter in your home as well, because the newsletter will be neatly stored on your computer instead of laying around on a desk or in a paper pile. When you think you are ready to try this more efficient way of receiving the newsletter, send your email to erino90@gmail.com.



From the Editor



Hello everyone! I hope the new year is treating you well so far. It was such a cold Winter, I think many of us who didn't go down south are ready for Spring to come!

An interesting turn of events have taken place within our Chapter so far this year, where unfortunately Stacey is no longer able to be our President due to health reasons. I'm sure we can all sympathize and agree that health comes first and that sometimes you just need to take time to get your body back on the right track. Because of this, I am going to be taking over the position of President and this opens up the space for someone to be Secretary. If anyone is interested please let me know at the next meeting or send me an email.

I have been brainstorming some ideas

for upcoming meetings and really hope to have some fun and interesting topics, speakers, and activities. I think 2013 is going to be a good year for getting people motivated and doing things that will help to raise awareness while also giving support to people within our own group.

This Spring, I really urge people to get out and experience something new or do something you have always wanted to do. Throughout the Winter I have been thinking about life and how much we tend to take even the simple things for granted. With my fiancé's step-dad passing away recently, along with a few other people my family knew, it has really put things into perspective and made me remember how lucky I am to be alive and able to do anything I want. It is time to embrace life and help others see that they should too!

Anyway, I hope everyone takes time to treat themselves this Spring and it

it will be great to see you all at this month's meeting. We look forward to having the Winter travelers back! Take care for now.

Erin

Ha Ha Ha...

Interesting Ads:

Music Shop:
Guitar for sale. Cheap.
No strings attached.

Bar:
Those of you who are drinking to forget, please pay in advance.

Restaurant:
All drinking water in this establishment has been personally passed by the manager.

The surest sign that intelligent life exists elsewhere in the universe, is the fact that it has never tried to contact us.

Check This Out!

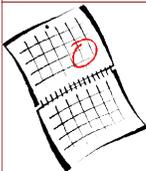
Our Chapter has a website. It isn't super fancy, but it is a place where you will be able to find information about what is going on within our Chapter, and also where you can find links to get additional ostomy support! If you have any ideas for the website, please let me know! There is also a place 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>. Don't forget, this is *your* Chapter, so everything needs your feedback and ideas to be the best it can be.



BLOCKAGE?

GOOD! I DON'T LIKE VEGETABLES ANYWAY!

memegenerator.net



Mark your calendar!

What: Our next official meeting will be March 19th, 2013.

When: 7:00 pm

Where: The Stan Cassidy Rehab Center (SCRC)

Guest Speaker: There will be no guest speaker for our first meeting back, but keep coming to see some

special guests!

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.



10 Reasons Why Lemon Juice is a Super Food!

Sure, everyone likes lemonade and the fresh smell of lemon after something has been cleaned, but did you know it could do this:

1. Prevent kidney stones by drinking half a cup of lemon juice a day.
2. Soothe a sore throat by mixing lemon juice with honey.
3. Looking for a way to lose weight? Lemon juice contains Pectin, a soluble fibre that has been shown to help with weight loss.
4. Instead of coffee to start your day, try a cup of hot water and lemon juice to add Vitamin C for a kick start in your morning and to stimulate your digestive track (good for blockage too!),
5. Stop an itch by mixing lemon juice and corn starch. This will help relieve the sting of annoyances such as poison ivy or insect bites.

6. In need of a digestive aid? Try a mixture of lemon juice and flaxseed in order to eliminate waste from your body more quickly. Ostomates might not need this often, but when you have a blockage, anything is worth a try sometimes.
7. Studies have shown that the citrus in lemons contain anticancer properties; compounds that protect your cells from damage that can lead to formation of cancer cells.
8. Getting a good dose of Potassium isn't necessarily just for the banana lover. Lemons offer 80mg of this in addition to a great dose of Vitamin C.
9. Bring down a nasty fever by mixing lemon juice into a drink.
10. And finally, balance your pH levels. While lemons are quite acidic, they are a good source of alkaline food, that can help balance your body's pH.



*Source: <http://www.fitsugar.com/10-Reasons-Lemon-Juice-Good-You-14860617>
 Article by : Lizzie Fuhr, Popsugar, Feb 14, 2013.
 * This is in no way intended as medical advice. Please contact your doctor for more info.

My bowels' changing mood deserves a starring role on a soap opera.



someecards user card

Check out these funny ostomy bag covers from



Contents:
Coffee of the Day

Is that a full pouch or are you just happy to see me?



My other bag is a Gucci



Funny Stories:

- After getting the ostomy surgery, my aunt looked at me very concerned and asked, "so what exactly is *in* the bag?"
- When explaining what an ostomy was to her grade 3 class, an inquisitive little boy asked, "can I watch you use the bathroom and will you be able to have babies when you grow up?"
- When I told my friend that I was about to

get my colon removed she looked dumfounded and asked, "Can they put it back in? Don't you need that?"

- The first day back to work after getting my ostomy surgery, I was surprised to find that everyone in the office had taped shopping bags to their stomachs to show how much they cared.



Upcoming Events

UOAA Conference:

United Ostomy Associations of America are having their 2013 conference in Jacksonville, Florida. The theme this year is Bridge to Acceptance, and they are inviting all of their Canadian friends to join in the festivities. The conference goes from August 7 to 10 and for more information or to register you can go to www.ostomy.org/conference_2013.shtml.

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!



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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

The Benefits of Dancing

"Dance as if no one's watching, sing as if no one's listening, and live every day as if it were your last."

Ok, so you have an ostomy and don't think you should be dancing anymore. You might hurt it, it might fall off, it might bust, the person you are dancing with might feel it, etc. Enough excuses! It is time to bust out a move and put a little fun back into your life! There are so many awesome benefits to dancing, just look at what you have been missing.

It doesn't matter how old you are, there is a kind of dance for everyone. Maybe it's ballet, or jazz, swing, the jitterbug, clogging! It can be whatever you prefer. Dancing offers a full body workout by burning body fat, increasing balance and coordination, while also strengthening bones. Who doesn't want to decrease their risk of Osteoporosis, right? Another amazing fact: dancing makes you smarter! A recent study done by teaching the cha-cha to older adults twice a week for six months, improved memory and cognitive function, and ballroom dancing decreased the likelihood of developing dementia. Dancing has also been shown to improve memory skills and for people with Alzheimer's, they are able to recall some memories while dancing. Look at the results of another study done to test the effectiveness of recreational activities on cognitive function.

Reading: 35% reduced risk of dementia

Bicycling and Swimming: 0%

Doing crossword puzzles at least 4 days/week: 47%

Playing golf: 0%

Dancing: **76%** (the greatest risk reduction out of all the activities, physical and cognitive)

To improve cognitive function, chose a dance where you have to make quick decisions. This will keep your brain most alert.

The physical activity of dancing also increases the flow of anti-bodies through the bloodstream, boosting immunity, and admit it, we ostomy junkies could definitely appreciate an immunity boost every now and then.

So, get out there and take a dancing class or just have fun dancing in your living room. Any physical activity will be of benefit to you, so give it a try!



* Sources: Use it or Lose it: Dancing Makes You Smarter by Richard Powers, July 30, 2010. <<http://socialdance.stanford.edu/syllabi/smarter.htm>>

The Many Health Benefits of Dancing by Marjie Gilliam, Nov. 27. 2012. <denverpost.com>

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Send your ad request to erino90@gmail.com

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