



# New Beginnings

United Ostomy  
Association

Fredericton and District  
Chapter

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

Summer Issue

June 2012



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## Fredericton Chapter Officers

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**Treasurer-** Edmond Duclos  
**Secretary-** Erin Oliver

**Past Pres.-** Judy Woods  
**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.



## Important Chapter Announcements!

- Next month will be our last meeting for the summer, so we will be having a Finger Food Potluck! We encourage you to bring something yummy but light, for example sandwiches, crackers and cheese, fruit, or something else you have created! Come enjoy the support and great conversation offered by all of our members.
- We will also be having a guest speaker, so come to the meeting to find out who it will be!
- Ostomy Camp time is just around the corner and please remember although it is an amazing experience for the children who get to go, it can be extremely expensive. So, if you would like to donate money to send a child to Camp Horizon in Calgary, please feel free to do so at our next meeting, because although there may not be someone to go from our Chapter, there are definitely children in other Chapters that could really use the support!
- June will be our last meeting until next September, and with this comes the fact that our current Chapter president is indeed stepping down from the position and that unless someone else steps up to take on the role, there will be no one to run the meetings in the Fall. Please sit down and consider what you can contribute to the Chapter, because without your support there is no Chapter.
- Also, our members are down a fair amount compared to this time last year, so if you have neglected to pay your membership dues this year, please do so, as this will give you access to our newsletter, the national magazine, and of course keep our organization up and running.
- Lastly, don't forget, there is a Conference in Toronto this summer! So for more information on that, please refer to page 5.



## From Our Last Meeting

**Attendance:** 21

**Calls to helpline:** 5 calls

**Hospital visits:** 3

**Paid members for 2011:** 42

**Main points discussed:** We learned about some great new Convatec products, tried to think of something we could send to Conference for the auction, discussed different alternatives that might lower the cost of our current phone plan, and also decided it would be a good idea to put up posters a week or so before each meeting.

## 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](mailto:erino90@gmail.com) to view on your computer!

"You must be the change you wish to see in the world."

- Gandhi



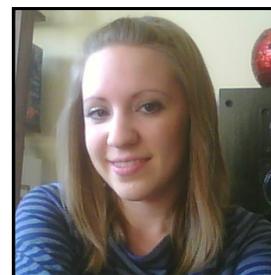
## From the Editor

Finally, Summer has arrived! We have some beautiful weather ahead of us and I hope that you have made lots of fun plans for the upcoming months! Once again I will be living on campus teaching English, so that will pretty much be my life until August. Also, wedding planning has been taking up a lot of my time, but it is just as fun as I had always dreamed it would be! Steve and I have set the date for August 31, 2013, and are planning a small wedding with our families. Needless to say, we are super excited! Other than that, I am hoping to attend the Bruce Springsteen concert this summer and do lots of singing and dancing; of course working at the English Language Programme that just goes without saying! But my main focus is to just have fun and enjoy life!

In other news, June is of course our last meeting time until next September, so I really encourage you to come to our meeting and enjoy our little Summer celebration. Over the Summer, I would also like everyone to make it a point to really consider their role within our Chapter. We are in great need of people stepping up to the plate and taking on some roles, especially when it comes to Chapter President. I have gotten some suggestions for myself to take on the role, but with work I run a pretty busy, jam packed schedule. I am sure there is someone out there who maybe works part time, is retired, or not as busy due to other reasons, that could take on the position to keep our Chapter up and running. It would be great if it was someone with an ostomy especially! Anyway, just

give it a bit of consideration! I know there are tons of people who would do great at this job!

Well, I hope everyone has a great Summer, and if you get the time to send me some of your funny jokes, stories, interesting questions, or any other ideas you can think of for the next newsletter, that would also be greatly appreciated! Oh, and if there is anyone out there questioning whether or not they can do something fun this summer like swimming, kayaking, hiking, or any other activity like that, remember, of course you can!!  
Erin



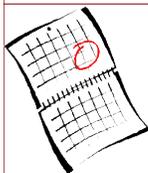
## The Phantom Phenomenon!!

The phantom rectum is similar to the phantom limb of amputees. A person may feel their limb is still there. For ileostomates, it is normal to feel the need to evacuate. This can occur years after surgery. Explanation of this sensation helps the ostomate understand it is a normal mechanism related to spinal nerve control. Simply stated, the nerves have innervated the rectum. This nerve is responsible for rectal continence and continues to respond even after the rectum is removed. If the rectum has not been removed, one may also have this feeling and may pass mucus when sitting on the toilet. Some who have had their rectums removed say the feeling is relieved somewhat by sitting on the toilet and acting as if an evacuation is taking place.  
Source: The Greater Seattle Ostomy Assoc. The Ostomist Newsletter January 2012  
*-Taken from the May 2012 edition of Winnipeg's Inside Outside Newsletter.*

## Wow!

Did you know that during the year 2010, the UOAC website had 504,822 hits from 17,193 unique visitors. During 2011, they had 660,359 hits from 19,160 unique visitors. So far in 2012, they have had 268,278 hits from 10,019 visitors. This is so awesome! Helping just one person connect with the Ostomy Association is great, so having this many people is just extraordinary! Not to mention the Facebook group now has 255 members! Just think, all this is possible through the click of a button!

"Invisible threads are the strongest ties."  
-Friedrich Nietzsche



### Mark your calendar!

**What:** Our next official meeting will be June 19th, 2012.

**When:** 7:00 pm

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

**Guest Speaker:** Pending

**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.

# Did You know?

With a colostomy bag, Elvis Presley might still be alive today?!

Reading news this week I found an article about Elvis Presley's health condition before his death. His friend and physician, Dr. George Nichopoulos, wrote a new book called "The King and Dr. Nick" and discusses Elvis's hereditary bowel paralysis.

Elvis was always believed to die of a heart attack, likely from the buffet of drugs he was taking, but his doctor of 12 years leading up to his death now believes with new research it was actually chronic constipation that killed him in the end, brought on by bowel disease, and even his bloated appearance was because of his bowel condition. While treatment has probably changed since for Elvis's death in the 1970s, bowel paralysis was treated with a colostomy back then. His digestive system was a real mess, according to the autopsy when he died, and it's unfortunate he was too proud to succumb to a pouch to live (a lot) longer than he did.

Because the nature of his illness was rather embarrassing and Elvis was too proud, he didn't get the surgery. Even the King of Rock and Roll was not impervious to bowel disease. It can happen to anyone, and when it does, we're faced with the decision of surgery or illness. So if all the secrets about Elvis are now out of the bag, and people finally agree that he is indeed dead, there is one final lesson we can learn from the King of Rock and Roll: Never be too proud to admit when we're sick.

*-From the Niagara Ostomy April Newsletter - It's in the Bag*



"THEY MUST HAVE MISUNDERSTOOD AT THE SURGERY. ITS MY HUSBAND WHO HAS THE BLOCKAGE!"

## Rotini Pasta with Roasted Vegetables and Goat Cheese

## Summer Recipe!

This dish is a great way to increase vegetable intake. You can prepare with these vegetables or choose your own favourites. Left-overs are delicious served cold or reheated.

Vegetarian choice  
High calorie choice  
Source of potassium

### Nutrients Per Serving:

Calories	395
Fat	13g
Fiber	6g
Protein	14g
Carbs	56g

### Low-residue?

Peel and seed zucchini and eggplant. Peel and finely chop red peppers and onions. Roast vegetables until soft. If using fresh herbs do not include stems.

### Ingredients:

- 4 cups cubed zucchini
- 2 cups cubed eggplant
- 2 cups coarsely chopped red bell peppers
- 1 cup coarsely chopped sweet white or red onions
- 2 tbsp olive oil
- 1 1/2 tsp dried Italian seasoning or French herbs
- 8 oz rotini pasta
- 3 1/2 to 4 oz soft crumbled goat cheese
- Freshly grated Parmesan cheese (optional)

1. Preheat oven to 435 °F (220°C)
2. Grease a large rimmed baking sheet
3. Combine zucchini, eggplant, peppers and onions in large bowl. Add oil and Italian seasoning; toss to coat.
4. Place vegetables in a single layer on prepared baking sheet; roast in preheated oven, stirring occasionally for 30 to 40 minutes or until vegetables are golden and slightly softened.
5. Meanwhile, in a pot of boiling water, cook pasta according to package directions or until tender but firm; drain.
6. Toss vegetables with pasta. Sprinkle goat cheese over top; toss to combine or leave as is and sprinkle with Parmesan cheese, if desired.

### IBD Tips:

- Goat cheese does contain lactose, despite some claims that individuals with lactose intolerance can eat it, but not cheese made with cow milk. But it may not be an "all or nothing" situation—you may be able to tolerate some lactose, just not a lot.

\*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 and Friends:

Summer is approaching quickly now! As June will be our last meeting until September, we hope to have a good turnout for it and enjoy a time of sharing and fellowship.

The UOAC Biennial Conference and Annual General Meeting are coming up in August. I will be attending as the Secretary of the National Board. This is the time when we will be looking at some new things being presented to help push the association

forward. It would be nice if everyone had an opportunity, at some time, to attend a National Conference. It is a great time of learning in many areas, making new friends, getting together with old friends and enjoying the activities.

It is hoped that we will have a successful fall within our chapter and that people will step up to the plate with a willingness to take part in the Executive. I know we have many members who have a lot to offer the chapter if given the opportunity. If we don't have people with a desire to take part in the running of our chapter, it can mean uncertainties as we try to go forward. A number of people have told me how much the chapter means to them; therefore, we need to have everyone help with keeping the chapter alive! We not only need people to help with the running of

meetings but also people willing to submit ideas, stories, etc. for the newsletter. Also suggestions for speakers are welcome. Feel free to tell the chapter who you would like to see, and if you have connections, check with these people to see if they would be interested in doing a presentation for us.

Our fall meetings will be September, October, and November. Hoping to see you all there as we look forward to interesting topics, discussions and sharing.

A special thank you goes to all our members who come out to our meetings and share their experiences with others. The discussion time is well received by all who attend.

Wishing you all a very wonderful summer filled with family, friends, BBQ's, and much happiness!  
Ferne

## Charter of Ostomate's Rights

*Interestingly, I have seen a couple of comments on Facebook from people who want to know their rights as an ostomate. Discrimination has taken place in many environments such as pools, the work place, hospitals, and airports. Here is a list of rights that are supposed to be recognized around the world:*

This Charter of Ostomates' Rights presents the special needs of this particular group and the care they require. They have to receive the information and care which will enable them to live a self-determined and independent life and to participate in all decision making processes.

It is the declared objective of the International Ostomy Association that this CHARTER shall be realised in all Countries of the World.

The Ostomate shall:

- Receive preoperative counselling to ensure that they are fully aware of the benefits of the operation and the essential facts about living with a stoma.
- Have a well-constructed stoma

placed at an appropriate site, and with full and proper consideration to the comfort of the patient.

- Receive experienced and professional medical support and stoma nursing care in the preoperative and postoperative period both in hospital and in their community.
- Receive support and information for the benefit of the family, personal caregivers and friends to increase their understanding of the conditions and adjustments which are necessary for achieving a satisfactory standard of life with a stoma.
- Receive full and impartial information about all relevant supplies and products available in their country.
- Have unrestricted access to a variety of affordable ostomy products.
- Be given information about their National Ostomy Association and the services and support which can be provided.
- Be protected against all forms of discrimination.

- Receive assurance that personal information regarding their ostomy surgery will be treated with discretion and confidentiality to maintain privacy; and that no information about their medical condition will be disclosed by anyone possessing this information, to an entity that engages in the manufacture, sales or distribution of ostomy or related products; nor shall it be disclosed to any person that will benefit, directly or indirectly, because of their relation to the commercial ostomy market without the expressed consent of the ostomate.

*Issued by the IOA Coordination Committee - Latest revision by World Council 2007.*





Find us on Facebook at:

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



Find us on Twitter at:

@UOACWeb  
<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](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.

**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)

**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!

## Unedited Doctor’s Notes

- She is numb from the toes down.
- While in the ER, she was examined, X-rated, and sent home.
- Patient was alert and unresponsive.
- Both breasts are equal and reactive to light and accommodation.
- The pelvic examination will be done later on the floor.
- Patient had waffles for breakfast and anorexia for lunch.
- The patient is tearful and crying constantly. She also appears depressed.



**Joke from the March 1977 newsletter:** I called a specialist and his secretary said the first appointment she could give me would be in three weeks. “Three weeks!” I exclaimed. “I may be dead by that time!” “Oh,” said the secretary, “you can always cancel the appointment.”

- Carrie Clark, Pikes Peak Ostomy Association.

## Too Funny!



**Q. How cold is it in Canada?**

**A. In Celsius:**

- **+25:** visiting Aussies put on sweaters (if they actually own one.)
- **+20:** visiting Floridians ask if somebody could *please* turn on the heat.
- **+10:** you start to see your own breath. Vancouverites begin shivering uncontrollably.
- **0:** water freezes; construction begins on backyard hockey rinks.
- **-10:** Vancouverites weep with cold; Maritimers put on t-shirts.
- **-15:** Manitobans host the last backyard cookout with ice cream for dessert; Maritimers go camping.
- **-25:** Manitobans do up the top button.
- **-35:** Ottawans think about digging out their mittens.
- **-50:** Prairie kids start saying “Cold, eh?” and elect to stay inside for recess.
- **-60:** Vancouverites disappear; Montrealers put on overcoats; Yukoners close the bathroom window.
- **-70:** Hell freezes over and the Leafs win the Stanley cup. Haha!

**Employee to boss** - “My wife wants me to take a holiday tomorrow since the attic, the garage, and the garden has to be cleaned.” **Boss** - “Sorry I cannot give you a holiday tomorrow.” **Employee** - “Thanks boss, I knew you would help me!”

# Live Your Life - Summer with an Ostomy!

Alright everyone, no more excuses! It's summer and you have an ostomy...so what? The sun is shining, the weather is gorgeous, and the water is calling you. Are you going to sit on your couch all day? No way! Whip on that bathing suit and head out for a swim. Now, some people might not care and just let their bag hang out, but for those of you who want a little more coverage, here are some awesome ways to suit up and camouflage your ostomy at the same time.

Ok, lets start out with my most favourite bathing suit ever! Here I am sporting it in Cuba! At this time I also had the feeding button in my stomach, so ideally it covered the side with the button and the side with the ostomy while still looking cute and even resembling a bikini from the back.



Take a look at these other bathing suits I found online!

Alright men, here are some tips for you!

1. Check out these swim trunks with the use of a stealth belt.



Find this at:

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



2. These trunks are great because they have a higher waist, and an elastic to hold things in place. Also, the camouflage print helps to...well...camouflage everything!



Find this at:

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

\*You could also pair shorts with a t-shirt or tank top.



1. Ladies, choose a fun print to help camouflage everything.

Find this at:

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



2. Find a suit with a wrap around skirt. These are fun and stylish!



Find this at:

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



3. This next bathing suit is great for two reasons. One, it's black which helps to cover any little bump, and second it has a flowy skirt so that it isn't hugging right against the bag. If it happens to fill up you still have a little room to stretch!

Also found at [whiterosecollection.com](http://whiterosecollection.com)



4. Alright bikini lovers! There's something out there for you too! High rise bikinis are all the rage! So check out this website for some really cute ones.



[www.glitterbeach.co.uk](http://www.glitterbeach.co.uk)

5. Last but not least, a suit that is scrunched in the front! This helps to take any attention away from your bag!

Find this at:

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



## 5 Important Reasons to Drink Water!!!

1. Water gives you energy. Dehydration can leave you feeling tired, so drink throughout the day.
2. Water helps control calories. By sticking to water, you could save yourself hundreds of calories a day and in turn feel fuller so that you don't overeat.
3. Water provides a detox for your body helping to flush toxins and unwanted waste from your body.
4. Keeps your bladder active and healthy.
5. It helps keep you regular by keeping stool soft and easy to pass.

\*Bottom line: if your urine is clear you're probably getting enough water! Contact your Dr. for a professional opinion.



“If you can’t change your fate,  
change your attitude.”

-Amy Tan

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1/4 page...\$25

1/2 page...\$45

Full page...\$75

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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**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**