



New Beginnings

Ostomy Canada
Society

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

Fredericton & District
Chapter Newsletter

Winter Issue

2021

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Fredericton Chapter Officers

President: Erin Feicht
V.Pr./NSWOC: Nancy Schuttenbeld
Treasurer: Vacant
Secretary: Karen Mason
Visit Coordinator and Helpline:
 Judy Woods

Contact us!

Do you need to talk to someone about your ostomy? Do you need advice or just someone to listen? There are multiple ways to get in touch!

Call our **helpline** at: (506) 452-7634

Send an **email** to:
 ostomy.fredericton@gmail.com

Send a message through **Facebook**
 at: Ostomy Fredericton

What do you call an obnoxious reindeer? -Rude-olph!



Winter Weather Got You Down?

Try some of these activities!

- Try a new restaurant.
- Listen to a genre of music you don't usually listen to.
- Get a box, fill it with things you don't use and donate it.
- Learn some phrases or how to count to ten in a new language.
- Make a digital photo album and have it printed.
 - ◆ Shutterfly, Mixbook, Photobook Canada, and Vistaprint are some sites you can use.
- Take yourself on a date. Go wherever you want and do whatever YOU want to do to!
- Make a bucket list and promise yourself you will do at least two things on the list in 2022.
- Go outside and take pictures of whatever catches your eye.
- Drive somewhere you've never been before.
- Start a gratitude journal.
- Sign up for an online course.
 - ◆ Udemy and Coursera are two great sites to use.
 - ◆ Or follow a free tutorial on YouTube.

Let us know what new things you try in 2022!

Send It In!

Do you like to laugh? Tell stories? Inspire people? Tell jokes? Give tips? Well, this is your time to shine! If you have something you think would be great in the newsletter, send it in! For example:

- Product reviews
- Inspirational stories (can be about you!)
- A funny joke
- Tips or personal experiences
- Questions



Reader Question:

I no longer have a family physician, where can I go for medical care?

This is an excellent question! With such a huge shortage of doctors and nurses in New Brunswick, people are struggling to find anyone to provide them with adequate healthcare. The first thing I would recommend is to get yourself on the **Patient Connect NB** list. While there are thousands of people waiting for a doctor on this list and it can potentially take several years to get a callback, it is still the first step you should take. You can also call the various doctor's offices in your area (or around the province if you are willing to travel) to see if they have any openings available. To get your name on the Patient Connect NB list you can either call 811 or visit https://www2.gnb.ca/content/gnb/en/departments/health/Hospital-Services/content/Patient_Connect_NB.html?fbclid=IwAR2_qidkzu_1_84kcUg3WnO0tVE4QuyULEDJ3VOxaVrLbtRJku9P3vQsbjg.

The following are some of the other services you can utilize to access healthcare.

- Tele-care: 811 (Call to talk to a registered nurse 24/7)
- EvisitNB: www.evisitnb.ca (Visit to see an NB nurse practitioner online)
- Get Maple: www.getmaple.ca (See a doctor online *depends on availability*)
- Access Point Health: www.accesspointhealth.ca (See a nurse practitioner online)
- Walk-in clinics in our area:
 - ◆ New Maryland (Mon-Thur 4pm-full. 458-8927)
 - ◆ Marysville (Mon-Fri 8am-full. 449-1653)
 - ◆ Minto (Mon-Fri 7:30am-5pm and Sat 8am-3pm. 327-7800)
 - ◆ Oromocto Health Clinic (Walk-ins 8am-full. 357-4841)
 - ◆ If you are not in the Fredericton area, visit <https://www.nbms.nb.ca/walk-in-clinics/> for information on clinics in your region.
- Your pharmacist can also help with certain medical conditions and prescribe medication to help. See the following link for information. https://nbpharma.ca/your-pharmacist-can/6?fbclid=IwAR2ONupEZR6FjdfzbFVbRztbsY2fvA6kt01EzPgGXr_MI2ed41EoPY9yeLw



evisitnb

Please note that some of these services may charge a fee. It is important to read all the information provided on the website before making an appointment. As always, if you are experiencing an emergency and need urgent care, do not hesitate to call 911 or go to the nearest emergency department!



New Years Resolutions for Ostomates

1. Drink lots of water to stay hydrated!
2. Sample some new ostomy products or accessories.
3. Give someone a compliment.
4. Try something new. Maybe something you've been hesitant to try because of your ostomy.
5. Walk two kilometers a day.
6. Get in touch with someone you haven't spoken to in a long time.
7. Try a new recipe. You can find ostomy friendly recipes on Pinterest!
8. Take the stairs if possible.
9. Volunteer or give to charity.
10. Less social media and news, more time to focus on a healthy and positive mindset.

One day
or day
one. You
decide.



From the President

Hello everyone, and happy holidays! I'm sure everyone is in full swing with their Christmas plans by now and I hope you are all taking time to rest and enjoy this festive season. Whether you are able to spend time with family or are keeping things low-key this year, remember to share a smile or a word of encouragement with someone. Give someone a hug or bake someone a treat. We are coming to the end of another year that has been filled with ups and downs, questions, concerns, and also blessings. It is so important to keep a positive mindset and remember that no matter what you are going through, there are so many things to be thankful for and it always works out in the end. Something to remember and live by: "So far you've survived 100% of your worst days. You're doing great!" - Norm Kelly

Things are going quite well with our chapter and we have had good turn outs at most of our meetings this past year. With the way Covid is going right now, we will plan to continue virtual meetings in the new year and will assess the situation again in the Spring. We had some great topics of discussion this past year and also some interesting guest speakers. If anyone has any suggestions for topics they would like to see discussed in our meetings or guest speakers they would be interested in hearing from, please let us know! I appreciate everyone who has given support to our chapter this year and I know we will have an even more exciting year in 2022! Until then, I wish you all a very Merry Christmas and a Happy New Year!



Take care, Erin

Christmas Recipe - Healthy and Delicious!

Gingerbread Pancakes - Makes approx. 3 pancakes

Ingredients:

- 1/2 cup applesauce
- 1/2 cup milk (regular or alternative of your choice)
- 1 tbsp lemon juice
- 2 tbsp molasses
- 1 tsp vanilla extract
- 1 1/4 cup flour
- 1/2 tsp baking powder
- 1/2 tsp baking soda
- 1 tsp ground ginger
- 1 tsp cinnamon
- 1/4 tsp cloves
- 1/4 tsp salt

Instructions:

- Whisk together all ingredients.
- Heat up pan over medium-low heat.
- Melt butter or coconut oil in pan.
- Spoon batter into the pan. About 1/4 cup per pancake.
- Cook for 4-5 mins. per side, flipping when golden on edges.
- Top with whipped cream, maple syrup, nuts, fruit etc.
- Enjoy!



Recipe by Natalie at
<https://feastingonfruit.com/gingerbread-pancakes/>

Tips for Visiting People During the Holidays

Whether it is dropping in for a visit with a friend or spending a couple days with your relatives, there are going to be times where you have to empty your ostomy bag at someone else's house. Here are some tips on how to do this as discretely as possible. If you have other tips, please feel free to share them with us at the next meeting!

1. Firstly, it is a good idea to check and make sure there is an adequate amount of toilet paper on the roll. There's nothing worse than emptying your bag and realizing you have nothing to clean it with!
2. You can also do a test flush before emptying. This can determine how much toilet paper you use, how many times you think you are going to have to flush afterwards, and if you might have enough time to empty, flush, and clean the bag all in one fell swoop. It can be a race against the clock sometimes if you want to eliminate any immediate smells.
3. With that being said, a tip to minimize smell is to empty the bag, close the lid if there is one, immediately flush, clean bag while flushing, throw toilet paper quickly under lid, and flush again. The key is to be quick about emptying. The longer you take to clean things, the more the smell will start to linger.
4. Only let air out of the bag if absolutely necessary. The more bag air you have swirling around the room, the more smell will be left behind.
5. Put an odor eliminating product in your bag before leaving your house.
6. Put an odor eliminating spray in your purse or bag. Try to keep your bag as close to the bathroom as possible, that way you can grab it without anyone noticing.
7. After you have finished emptying your bag, check the toilet for back splash. This is common courtesy as to not leave a mess behind. A good way to avoid this is by putting a bunch of toilet paper either in the water to avoid splashing, or if the toilet bowl is bare, put the toilet paper there to avoid anything from sticking.
8. Once you are finished, you can also disperse the smell by waving your arms or the hand towel around in the bathroom. This doubles as excellent arm exercise! Be resourceful...if there is no air freshener to spray, grab a bottle of soap or shampoo. Take the top off and gently squeeze the bottle so the scent rises into the air. This can help mask any smells.
9. Try to avoid eating and drinking things that you know will make you gassy or extra smelly.
10. If you are leaving the house with everyone for a walk or a festive activity, stay behind briefly to empty, that way everyone is outside of the house when you empty and it gives time to air things out while you are gone.
11. Wear stretchy clothes and a shirt that goes down over the ostomy for extra concealing comfort. Then, if your bag fills up, you don't have to empty it quite as often.
12. Finally, when you are finished using the bathroom, make sure the toilet seat is down and the door is closed except for a small crack for air to slowly circulate. Or, if there is a bathroom fan, shut the door and leave it on.

What do you do to make emptying your ostomy bag less noticeable at someone else's house?

There is no science or guarantee to any of the above suggestions. These are from the personal experience of the newsletter editor, and while they are usually quite effective, are hopefully also good for a laugh as you imagine them being done. Try some of them! What have you got to lose?

WHO WE ARE

Advocacy.

Awareness.

Collaboration.

Support.



Ostomy
Canada
Society | Société
Canadienne des
Personnes Stomisées



We are a non-profit volunteer organization dedicated to helping people with an ostomy, & their circle of support to live life to the fullest.

**Support Groups • Find An NSWOC
Ostomy Canada Magazine • Publications
Volunteer • Donate • Ostomy Youth Camp
Information For Those Living With An Ostomy
Disability Tax Credit • Ostomy Visitor Program**

CONNECT WITH US

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Mississauga, Ontario L4W 4J4

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www.ostomycanada.ca
info1@ostomycanada.ca



Looking for videos on ostomies and how others live with a bag like yours?

You might remember a few being mentioned in a past newsletter but there are more! Check out the following YouTube channels for topics on living with an ostomy, ostomy appliance reviews, ostomy challenges, and more!

- Ostomy Diaries
- Cecily Living Beyond the Bag
- Mr. ColitisCrohns
- Vegan Ostomy
- Emily Elizabeth Paris
- The Front Butt Youtuber
- Ostomy Story

If you are interested in learning more about a certain ostomy product, you can also type the name of that product with the word “review” beside it in the YouTube search bar and potentially find someone who has already used it! Try the same thing in the Google search bar. There are lots of ostomy blogs written by fellow ostomates!

Where can I get ostomy supplies in a pinch?

Have you ever been in a tricky situation where you need ostomy supplies but there are none to be found in your home, bag, car etc.? Here are some ideas on where to get some!

1. Some pharmacies have supplies readily available. You want to find one with a Home Health Care section preferably. Shoppers on Regent St., Lawtons on Brookside Dr., and Southside Phrmachoice on Prospect St. have Home Healthcare sections.
2. Call or email your local chapter to see if they can help!
3. You can also post a message on Facebook asking if anyone can help. (Post to places like your local chapter’s page and Ostomy Canada Society, or check Facebook Marketplace and Kijiji)
4. Call or email your NSWOC (ostomy nurse).
5. Call the ER to see if they carry extra supplies.
6. Ask a friend who is/or knows an ostomate.

Help! My ostomy appliance won't stay on very long!

Here are a few options to offer extra support:

Coloplast Brava Elastic Strips - Put these clear pieces of tape over your wafer to create an extra layer of adhesion that enhances the life of your appliance and gives extra protection when swimming or sweating.

Convatec DuoDERM - Place the adhesive between your wafer and skin anywhere it usually doesn't stick well. This creates an extra barrier to keep skin healthy and gives the wafer something to stick to aside from your skin.

Ostomy Belt - Holds the appliance against the body, increasing adhesion, support, and security.

All of these options help to prevent leaks and promote longer wear time.

Product Review

As many of you know, I've struggled the past couple years with skin irritation and my appliance not sticking to my skin. There can be so many reasons for this including change in hormones, various activities, difference in body shape, companies changing their products, and so on. I went from getting a week's wear out of my appliance to only two or three days. This is when I decided I needed some reinforcement. With the use of two of the products mentioned on the previous page, I have been able to heal my skin and get extra wear time! Finally, comfort! Below are my thoughts on each product.

Convatec DuoDERM

Anywhere my skin was irritated I would put a strip of DuoDERM. This stuff is great because you can easily cut it down to the size and shape you want. Originally I would put a layer of powder and barrier wipe under the DuoDERM but now I either put a light dusting of just powder, or nothing at all underneath. This sticks well to the moist area and then covers and protects it so that it can heal while your wafer sticks on top of it. This eliminated my skin irritation almost completely...as long as I don't scratch.

Getting rid of the skin irritation was amazing, but unfortunately I still wasn't getting the wear time I desired. This is where the next product comes in.

Coloplast Brava Elastic Strips

These come in different sizes and are essentially just an extra adhesive reinforcement to hold the wafer on. Now I get almost a week's wear and it is also great to protect whatever base plate you're wearing from breaking down through contact with water. These don't cause my skin irritation and they stick so well that I need a bit of adhesive remover to get them off. Also great is that if you do have a leak, the elastic strips will help contain the leak and save your clothes from getting dirty. There are some other brands who have a similar product, so depending on the brand you use, you could always ask the various companies if they have something similar. I know another common version is Sure Seal Rings.

So, if you are struggling like I was, I would highly recommend checking out these products and seeing how they work for you!



Organizing Your Ostomy Supplies

Let's face it, sometimes our ostomy supplies can be a bit disorganized or all over the place. You collect samples and various products over the years, you have your go-to supplies and the supplies you only use once in a while. Maybe you have emergency supplies, travel supplies, at home supplies and so on. No matter what, you need an efficient way to store these things. Below are some examples of how you can make the most of your space and effectively organize your supplies.

The first step is to find a space you can dedicate to your supplies. Whether it is in a closet, the bathroom, under the sink, or behind a door. It is important to have an accessible space for your products. Depending on how many supplies you have, the shape of everything, and what is easiest for you, you will want to pick a container to store everything in. Here are some examples:

1. Plastic Tupperware containers
2. Baskets
3. Shoe organizer
4. Makeup or travel bag
5. Plastic drawers
6. Shelf/baskets by the toilet or sink

If you're choosing a bag, it is a great idea to get one that has the ability to hang off of a door, hook, or doorknob.



Why Should I Be a Member?

It is that time of year again when membership dues are to be sent in. Maybe you are undecided and wondering what the benefit of being a member would be. Here are some of the things your \$30 goes towards:

- ▶ A subscription to the Ostomy Canada magazine.
- ▶ Access to the Ostomy Canada Connects Newsletter.
- ▶ Helps fund your local chapter.
- ▶ Helps build public awareness locally and nationally.
- ▶ Sponsors youth to go to ostomy camp.
- ▶ Funds award programs for nurses studying to work with ostomies and ostomates pursuing a post-secondary degree.
- ▶ Supports funding put into events such as World Ostomy Day and the Stoma Stroll.
- ▶ Advocating opportunities to increase ostomy supply funding.
- ▶ And more!



Our chapter would like to welcome Karen Mason to the position of Secretary! Karen is incredibly kind and helpful. Her first meeting minutes were taken in November and she did an amazing job! Thank you so much for volunteering your time and supporting our chapter!



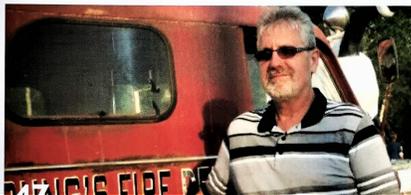
Ostomy Canada Magazine:

OSTOMY CANADA

STORIES • SUPPORT • INSPIRATION
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What is every parent's favourite Christmas carol?
-Silent Night!

Are you wondering what the Ostomy Canada magazine is all about? Here is the newest edition! Take a look at the table of contents and see the wide range of inspiring topics and stories! Thanks to magazine editor Lisa Gausman for her hard work and dedication!

Did you know Ostomy Canada also has a quarterly newsletter called Ostomy Canada Connects? It comes out January, April, July, and October!

If you would like to view the newsletters or be added to the mailing list to receive one, you can go to:

<https://www.ostomycanada.ca/ostomy-canada-connects/>

Membership Application - Fredericton & District Chapter of Ostomy Canada Society

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 _____ Email _____

Birth (dd/mm/yyyy) / / /

Please check all that apply:

Colostomy Ileostomy Urostomy J-pouch Jejunostomy

Other (Specify) _____

If you are not an ostomate, please indicated your connection:

Spouse/Family Member _____
 Healthcare professional _____
 Supplier _____
 Other _____

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 cheques payable to Fredericton & District Chapter of Ostomy Canada Society and mail to:

**Mrs. Erin Feicht, President
Fredericton & District Chapter, Ostomy Canada Society
49 Abbott Court, Apt. 402
Fredericton, NB
E3B 5V8**

E-transfer money to:

**Erin Feicht
ostomy.fredericton@gmail.com**

*You can email your application information to the above email address.