



New Beginnings

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

United Ostomy
Association

Fredericton and District
Chapter

Winter Issue

November 2012



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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.



You're Invited!

Guess what time of year it is! It's time for the Fredericton Chapter's annual Christmas party and we want you to join us! If you haven't made it to any of the meetings yet this year, this is a great time for you to come enjoy yourself and have a great time with some fellow ostomates. Here is the info you need to know about the event:

- When? At our next meeting held November 20th, 2012 at 7:00pm.
- What will we be doing? We will have our regular business meeting followed by some fun and a Yankee Swap! Feel free to join in on this exciting gift exchange with a \$10 maximum spending fee.
- Will there be food? Yes!! There will be food if you choose to bring some! So if you feel like you can contribute a small snack to make the party even better, that would be great. It doesn't have to be big. Finger foods will do.

"Twas the night before Christmas and all
through the house, not a creature was stirring
not even a mouse. The stockings were hung by
the chimney with care. They'd been worn all
week and needed the air..."

Question: Why is Christmas just like another
day at the office?
Answer: You end up doing all the work and the
fat guy in the suit gets all the credit.



From Our Last Meeting

Attendance: 22 members

Calls to helpline: 8 calls for a total of
3154 calls.

Hospital visits: 6 visits were made.

Main points discussed:

- An update was made on World Ostomy Day. We might try to have a table again at the market in the Spring.
- We discussed how everybody is supposed to have an ET nurse visit them after surgery, and wondered how we could get recently visited ostomates to come to meetings.
- Discussed 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

Hey everyone. I hope the cold weather is finding you all happy and healthy! I am definitely counting my blessings that we didn't get hit with hurricane Sandy like those in the States did! We are very fortunate here!

Life has been busy with work and wedding planning, but I wouldn't have it any other way. Halloween has been a great time this year, and I hope that you all ate lots of candy, or got to see the little ones eating lots of candy! Ha ha.

I would like to mention, that it would be nice if someone would send in some ideas for the newsletter or website. I don't mean jokes, I have tons of those, but I mean the things listed on the 'send it in' part of the newsletter. Stories, experiences that you have been through, tips for other ostomates, questions. Anything would be appreciated.



It's important for everyone to realize that how much you get out of something depends on how much you put in. Think of how amazing the newsletter would be if everyone contributed a small story or piece of information. Also, think about the World Ostomy Day. We had virtually no volunteers to help out that day. Do we not care about raising awareness anymore? Is every single person really too busy to give back to the Chapter or perhaps give a small glimmer of hope to someone who might be suffering? I know I bring this up in almost every letter, but I just want to know what people are thinking. Don't be the one to think, "oh someone else will do it," because they won't. It has to be you to step up. Just something to think about.

See you all in November!

Erin

Christmas Prayers

A few days before Christmas, two young brothers were spending the night at their grandparent's house. When it was time to go to bed, and anxious to do the right thing, they both knelt down to say their prayers.

Suddenly, the younger one began to do so in a very loud voice.

"Dear Lord, please ask Santa Claus to bring me a play-station, a mountain-bike and a telescope."

His older brother leaned over and nudged his brother and said, "Why are you shouting your prayers? God isn't deaf."

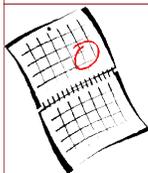


"I know" he replied, "But Grandma is!"

Check This Out!

Our Chapter has a new 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.



Mark your calendar!

What: Our next official meeting will be November 20th, 2012.

When: 7:00 pm

Where: The Stan Cassidy Rehab Center (SCRC)

Guest Speaker: We are looking for suggestions from you! Who would you like to see at our meet-

ings in the Spring? Let us know!

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.



Winter Recipes

Recipe #1: Pumpkin Spiced Latte (Starbucks Style)

Here are the ones I made!!
Soo good!!



Ingredients

2 cups milk
2 tbsp canned pumpkin
2 tbsp sugar
2 tsp vanilla extract
1/2 tsp pumpkin pie spice
1/2 cup strong coffee

For the ultimate latte!

Top with homemade whip
topping and sprinkle with
cinnamon on top.

Directions

1. In a saucepan, stir together milk, pumpkin, and sugar.
2. Cook and stir over medium heat until steaming.
3. Remove from heat, stir in vanilla and pumpkin spice.
4. Whip mixture with whisk.
5. Pour into 1 or 2 large mugs.
6. Add coffee on top.

Recipe # 2: Cheese and Bacon Potato Rounds

Ingredients

4 baking potatoes
1/4 cup melted butter
8 slices of bacon
8 ounces shredded cheese
1/2 cup chopped onion



Directions

1. Preheat oven to 400 degrees F.
2. Cut potatoes into 1/2 inch slices and brush both sides of slices with butter.
3. Place potatoes on an ungreased cookie sheet.
4. Bake in the oven for 30-40 minutes or until light brown on both sides, turning once.
5. When potatoes are ready, top with bacon, cheese and onion.
6. Continue baking until the cheese has melted.

Here are the ones that I made
for supper one night! They didn't
stay on the table very long!

**Do you want your
house to smell amazing
this holiday season?
Check out this home-
made potpourri.**

Ingredients:

One whole orange or peel
1/2 cup cranberries
1 tbsp whole cloves
3 sticks of cinnamon
A bit of grated nutmeg

Directions:

1. Quarter the orange.
2. Put all ingredients into a sauce pan.
3. Fill pan with water.
4. Place on the stove on the lowest setting.
5. Refill water as needed.

*Don't allow the water to completely evaporate.

*One mix lasts for weeks!

*Thanks to: the prairiecot-
tagerose blogspot, allreci-
pes.com, and make-it-do.com*

Stay Active this Winter

There are no excuses this Winter! It is your responsibility to stay active and healthy. Just because it is the season of cold weather and bulky clothing, doesn't mean you have to hibernate in your house for several months. Here are some great tips and ideas on what you can do to make the most of Winter.

- Don't sit around at home, plan a social activity around being active. Do something fun like skating, cross country skiing, snowshoeing, or taking a walk through the park. Fredericton has various skating rinks. A few popular indoor rinks are at the UNB Aitken Centre and the Lady Beaverbrook rink. There are also 10 outdoor rinks, for example down in Officer's Square and also at Odell Park. There are many skiing options as well, for example Odell Park, Kilarny Lake, and Crabbe Mountain all offer cross country skiing!
- Fredericton also offers different Winter activities, for example its annual Winterfesthiver. This festival includes tons of fun filled snow activities and sleigh rides. (Takes place in February)
- Another way to get out and about is to go outside and

play with your children or grandchildren. You could even check out what the neighbour's kids are doing. Build a snowman, or make an angel in the snow.

- How about helping somebody out? If you see that your neighbour is unable to clear the snow out of their driveway or off their front steps, offer to give them a hand! Or, volunteer at the soup kitchen! They are extra busy this time of year.
- If you are looking to exercise but can't afford a gym membership or find that it is too dark outside when you finally have time to go for a walk, head over to one of Fredericton's arenas. The new Grant Harvey Centre has a walking track, as do many other locations here in the city. Or, take a trip to the mall and make a few laps. Leave your wallet at home if you are scared of spending.
- Also, find a tall building and walk up the stairs a few times! You can also go swimming at an indoor pool. The new YMCA has a great salt water pool, and UNB also has a nice pool. Or, buy a home exercise DVD. Invite your friends over to join in for even more fun and laughs.
- Don't forget to check out other indoor Fredericton activities like one of the many art galleries or the Playhouse!



From Our Chapter President

Hello Everyone! Hope you all had a spooktacular Halloween and not too much leftover candy. For our last meeting of the year we will be having our Christmas party. We are doing a pot luck so please bring a snack, just finger foods, with you to share. Also we are doing a yankee swap so bring a small gift and please no spending any more than \$10 on the item you choose to bring. It is going to be a very good time this month!

We are also looking into some different guests to come and share our time with us in the Spring. If anyone has something specific they'd like to do or a particular person they'd like to have come and talk to us let us know and we will do our best to make it happen. Also if anyone has anything they'd like to

contribute to the newsletter you can email us or talk to us or submit ideas on the new website.

Please remember if you haven't paid your dues to bring them with you to our last meeting of the year.

For those of you unable to attend the November meeting Happy Holidays and have a safe and cozy Winter! I'm going to spend mine learning to bake bread and going outside with my Husky and when inside knitting very warm wooly socks for when I'm outside with her :)

Stacey



Did You Know?

The following people were diagnosed with Crohn's Disease:

- Prince Albert—husband of Queen Victoria
- Dwight Eisenhower—34th US President
- Louis XIII—King of France
- Mike McCready—Pearl Jam's lead guitarist
- Shannon Doherty—actress

The following people were diagnosed with Ulcerative Colitis:

- John F. Kenedy—US President
- Fernando Pisani—Chicago Blackhawks hockey player



Don't forget: November 11th is Remembrance Day. Make sure you take a minute of silence to remember those who risked their lives for our country. If not for them, we might not be here today.

He who has not Christmas in his heart will never find it under a tree. ~Roy L. Smith



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Carols	Snowman
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Family	Presents
Figgy pudding	Snowflakes

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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:

Mr. Edmund Duclos, Treasurer
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