



**2 SIXTY YEARS**  
A brief history of  
Ostomy Canada.

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STOMAS**  
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men, who have a  
stoma way above the  
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A few yummy smoothie  
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who can't digest fruits &  
veggies. Incorporate them  
easily in your diet.

# OSTOMY CANADA

A Quarterly Newsletter  
For Canadians Living  
With An Ostomy

# Connects

Spring 2022

Volume 30

Edition 11

## What's Up?

With **John Hartman**  
& **Ann Durkee-MacIsaac**

**OMG – what is going on?** An invasion, convoys, flood warnings, COVID-19 mitigation, and mandates you need a degree to figure out to keep you safe. Doesn't the seasonal change from winter to spring also bring eternal hope? We hope so!

It has been a busy two months for most of us across the country, and we are hearing about plans to get back to face-to-face meetings. It does provide some level of hope. Zoom, Go To Meetings, or Teams have offered us an opportunity to stay somewhat connected - perfect, maybe not - but at least we know we are there for each other.

**Want some good news?** Ostomy Canada Youth Camp is a go! By the time you read this, you should know all the details. The Executive Committee of the Board gave a thumbs up in late March. Although Easter Seals Alberta (who manages and oversees Camp Horizon) has created some stringent COVID mitigation rules and reduced the number of camp days and campers – we thought it was important to move forward, as are other partner organizations. Ostomy Canada will monitor registration and public health measures as we go ahead. Lisa Gausman (Camp Administrator) and Janet Paquet (Camp Coordinator/Hamilton Co-President) have done an insane amount of work and deserve credit for developing plans and communications to build Camp 2022. If you have questions – connect with Lisa at [lisa.gausman@ostomycanada.ca](mailto:lisa.gausman@ostomycanada.ca).

**More good news?** Our third national webinar is set for April 20 at 5:00 p.m. ET. “The Battle of the Bulge: Stomal Hernia Prevention and Care” presentation will feature guest speaker Leslie Heath, who has a ton of credentials as an NSWOC in this area. Register at [www.ostomycanada.ca/webinars](http://www.ostomycanada.ca/webinars).

**And more great news?** Our website will be launched on May 1, 2022. We have seen some fantastic sneak peeks and are genuinely excited about sharing it across our network. We are grateful to Yaser Nadeem, who has led this project along with a national website design team. Post-launch, we expect to make modifications over the year, and much of that will depend on your feedback, so don't be shy.

**Finally – more great news.** We are 60! Yep, this is our 60th Anniversary. We have not finalized the celebration details – but we are working on it. Do you have thoughts? If so, please do. We are looking for tidbits of history, recognition of our founding champions and other things you may wish to share. Please send them to [john.hartman@ostomycanada.ca](mailto:john.hartman@ostomycanada.ca). And to put a rumour to rest – it is also the Rolling Stones 60th Anniversary, and no, they aren't doing a private concert for us.

*Hoppy Easter, Ramadan and Spring Season to all! ■*



# A Brief Timeline From 1962 - 2022

It began in 1949 when a small group of four World War 2 veterans met at the Veterans' Hospital in Pennsylvania to exchange information about stoma management based on their life experiences. Today, Ostomy Canada is now the voice of hundreds of thousands of Canadians!

by **ED TUMMERS**

We represent people who had undergone bowel or urinary diversion surgery, those living with an ostomy or continent diversion, their caregivers, family and friends. We have also developed strong ties with the medical community and ostomy product manufacturers and distributors.

Over the years, medical advances and support have come a long way. However, there is still a vital need for Ostomy Canada in helping to increase awareness, eliminate stigma, and provide a national network of support groups. Thanks to the tireless efforts of our volunteers, Ostomy Canada continues to fulfill its mission.

Ostomy Canada Society is a non-profit volunteer organization dedicated to all people living with an ostomy, and their circles of support, helping them live life to the fullest through advocacy, awareness, collaboration and support. ■

Ostomy Canada traces its roots to a meeting of representatives of 24 informal self-help peer support groups from Canada and the United States in 1962. Canada sent delegates from London, Ontario and Montreal, Quebec. At that convention, they approved a motion to establish a United Ostomy Association (UOA) to serve as a multi-national network for bowel and urinary diversion support groups. Their first project was to publish an information booklet to circulate, and membership dues were set at 50 cents to cover the costs.

1962



At its peak in 1986, UOA volunteers had affiliated with over 500 local support groups throughout the United States, Puerto Rico, Bermuda and Canada. UOA represented over 50,000 dues-paying members with an almost \$ 1 million annual budget.

1986



1974

The organization spread across North America and other countries. In 1974, UOA became a charter member of the newly formed International Ostomy Association (IOA).



1997

At a meeting in Calgary in 1997, the decision was made to found a purely Canadian association and chapter delegates voted to create the United Ostomy Association of Canada (UOAC). The following years were spent developing support programs such as the Ostomy Visitor Program, a national office, publications, a youth camp, conferences and volunteer recognition awards.

2014



In 2014, the association name was officially changed to Ostomy Canada Society.

## Our Youth Camp Fund Has A New Name

Ostomy Canada's Youth Camp Fund has been given a new name in recognition of an estate gift. Ostomy Canada Society Inc.'s Board of Directors unanimously approved a motion to rename the Camp Fund to "The Argue Family Youth Camp Fund." The renaming comes at a time when OCS received a significant bequest in honour of Frank Argue, who had ostomy surgery and was very sympathetic to the issues that younger ostomy patients experienced. We are very grateful for this level of financial commitment from Valerie and Frank Argue and their surviving family members. ■



## Step Up for Ostomy is October 1, 2022.



We have exciting plans and changes:

- Updated logo for those that may want to begin to promote
- We are looking for a national t-shirt sponsor
- We will refresh our website and improve Team and individual set ups
- Chapter and Support Group rebates will continue (10% of your funds) but individual Incentives are no longer offered
- Got an idea – let john.hartman@ostomycanada.ca know!



# Quarterly News & Updates

## EXCITEMENT? WE'VE GOT IT!!

by **JOEL JACOBSON**, Connects Editor



Wow! Do we have exciting times ahead!! This year, 2022, is the 60th Anniversary of Ostomy Canada in its various iterations.

We started in 1962 as a member of the United Ostomy Association Inc., based in the United States. Within a short time, Canadian chapters and members realized our needs and wanted to differ from our southern neighbours, and we started arranging a separation. Finally, in 1997, we became the United Ostomy Association of Canada (UOAC) until the name was changed to Ostomy Canada Society (OCS) in 2014.

Plans are now being made nationally through OCS to celebrate our birthday. Chapters and support groups are challenged, too, to come up with celebratory events to mark this momentous occasion.

Step Up For Ostomy, a major recognition event to create awareness of how people living with ostomies every day are positive and excited about moving forward, is also a key fundraiser for Ostomy Canada to continue existing projects, like Ostomy Canada Magazine, and generate new programs while advocating for all of us across the country.

Step Up went through a major reorganization last fall, being re-named from Stoma Stroll to recognize strolling

isn't the only activity in which people living with ostomies participate. A solid volunteer committee of members from coast to coast and newly-installed OCS executive director John Hartman enthusiastically raised over \$82,000, far exceeding any past annual total, to help all ostomates live life better.

Can we top that dollar amount this year?

By all means – with your help and that of your membership which will hopefully approach family, friends, workmates, and anyone you think will support you. Chapters and support groups are encouraged to hold an event Saturday, October 1 (hopefully together as a group with COVID in the rearview mirror). This will show how people living with ostomies can be active, whether by walking, jogging, running, swimming, or doing any other physical activity, or being a bit more sedentary and quilting, scrapbooking, gardening, doing housework (ugh?) or cooking a meal for family and friends.

You'll show how great life can be, despite having an ostomy, doing SOMETHING, ANYTHING. And let me tell you, after living with a permanent ileostomy for 23 years, I know life IS great.

So get excited, everyone!!

Celebrate 60 years of OCS. Remember those who built this solid organization so you and I would be able to live our lives to the fullest.

Step Up For Ostomy so those coming after us will be able to celebrate in years to come. ■

## OSTOMY CANADA AWARDS: CHAIR'S, MAPLE LEAF, NSWOC & THE UNSUNG HERO AWARD



Awards are given to individuals of Ostomy Canada for their incredible contributions towards the success of the organization – locally, regionally and nationally. Recognition and presentation of the awards serves as an inspiration to other members leading towards self-improvement and self-empowerment. It also increases participation and commitment of the Chapter/Support Group members and to the Society. We are pleased to advise that we have updated our Manual, process and timing for 2022. Awards will now be given out on an annual basis.

The revised Manual, criteria and nomination forms can be found on our current website at <https://www.ostomycanada.ca/our-awards/>, and also post on our new website May 1. The deadline for

the Chair's, Maple Leaf and NSWOC Awards is June 1, 2022. Unsung Hero recognition Awards are given out each quarter and are posted in the Connects Newsletter. The Chair's Award is selected by the Chair of the Board. Questions? Please direct them to [awards@ostomycanada.ca](mailto:awards@ostomycanada.ca) or [troy.curtis@ostomycanada.ca](mailto:troy.curtis@ostomycanada.ca). Ostomy Canada is incredibly grateful to Troy Curtis (Board member) and Sarah Kadach (Volunteer) for their tireless efforts in updating and managing this project. ■

# Unsung Jo-Ann Tremblay HERO A Retirement Thank You!

In 2014, Jo-Ann started her volunteer position as Ostomy Canada's Ostomy Lifestyle Advisor. Jo-Ann brought her expertise as a lifestyle coach, author and a person living with an ostomy to this newly formed position. People would submit questions; Jo-Ann would quickly formulate a well-informed response.

She has helped so many people living with an ostomy and others in their circle of support since 2014.

Here are responses to questions that we asked Jo-Ann.

### What inspired you to get involved?

When my permanent ostomy was created in 2011, there were daily, weekly, and monthly physical/emotional ostomy-related issues. At that time, there seemed to be few resources available to seek answers to my questions and to provide support. The Ostomy Canada Society website was my comprehensive go-to site filled with valuable information, links to resources and support for ostomates, their families, and caregivers. The website helped me during uncertain times. When I was asked to become a volunteer as Ostomy Lifestyle Advisor years later, I was grateful to give back.

### Are you still writing your blog? Can I get the titles of the ostomy books you have written and how people can get them?

I am an ostomy blogger and an author. I have published four ostomy related books, including three Adult non-fictions and one Pediatric Ostomy picture and story book for young readers:

- Better with a BAG Than in a BAG (From the brink of death to recovery through humour and inspiration)
- Another BAG Another DAY (Creating a new lease on life in a new world)
- BAGS Around the World (Thoughts and words offering solace and inspiration to ignite the human spirit)
- Why Buttercup Wears a BAG (The adventures of Buttercup and Elliott for young readers).

Books are available for purchase from Amazon (Worldwide Distribution) and Barnes and Noble. BAGS Around the World is a collection of my "The Ostomy Factor" blogs from 2012 through 2015: [joanntremblay.wordpress.com](http://joanntremblay.wordpress.com)



### What have you learned, or what have you gotten from being involved as the Lifestyle Advisor?

I have learned and experienced many things in my volunteer position as Ostomy Lifestyle Advisor. What stands out is that we are not alone in our Ostomy journeys. Together our caring, sharing and support for one another is a great gift we give to ourselves individually and one another. It has been a pleasure to serve with the many dedicated Ostomy Canada Society volunteers. Through their varied expertise and capacities, they give support, educate, and assist in collaboration and advocacy to all people. It has been an honour. Thank you.

**Authors Note** - On behalf of Ostomy Canada, I would like to thank Jo-Ann for her time, energy, and expertise to help others over the last eight years. Her help to others continues through her books and blog. The Lifestyle Advisory Committee has grown from Jo-Ann to a Medical Lifestyle Advisory Team of 8 specialists, including surgeons, NSWOCs, pharmacists, naturopaths, etc. Jo-Ann should feel incredibly proud of the impact she has made and the standards she has set for this team. ■

**Have an Unsung Hero amongst your group?  
Send a brief story & picture to  
[john.hartman@ostomycanada.ca](mailto:john.hartman@ostomycanada.ca).**

# Regional Reports

## Pacific

— Andy Manson

Egg-citing news from the Pacific Region!

Two new groups have started, one is for people with urinary continent diversions, and the other is a j- pouch group. These groups have started in BC and are very open to having people from across Canada join them.

**Urinary continent diversion group** contact is Fiona at: [bc urinarycontinentdiversions@gmail.com](mailto:bc urinarycontinentdiversions@gmail.com).

**J- pouch group** contact is Rowena at: [bcjpouchgroup@gmail.com](mailto:bcjpouchgroup@gmail.com).

Other Region groups are still meeting either in small face-to-face groups, via Zoom or by phone. A big thank you to all the group facilitators who, throughout COVID, have kept in touch with their members and have reached out to new people having ostomy surgery. Happy Spring to all!

## Prairies

— Deb Carpentier

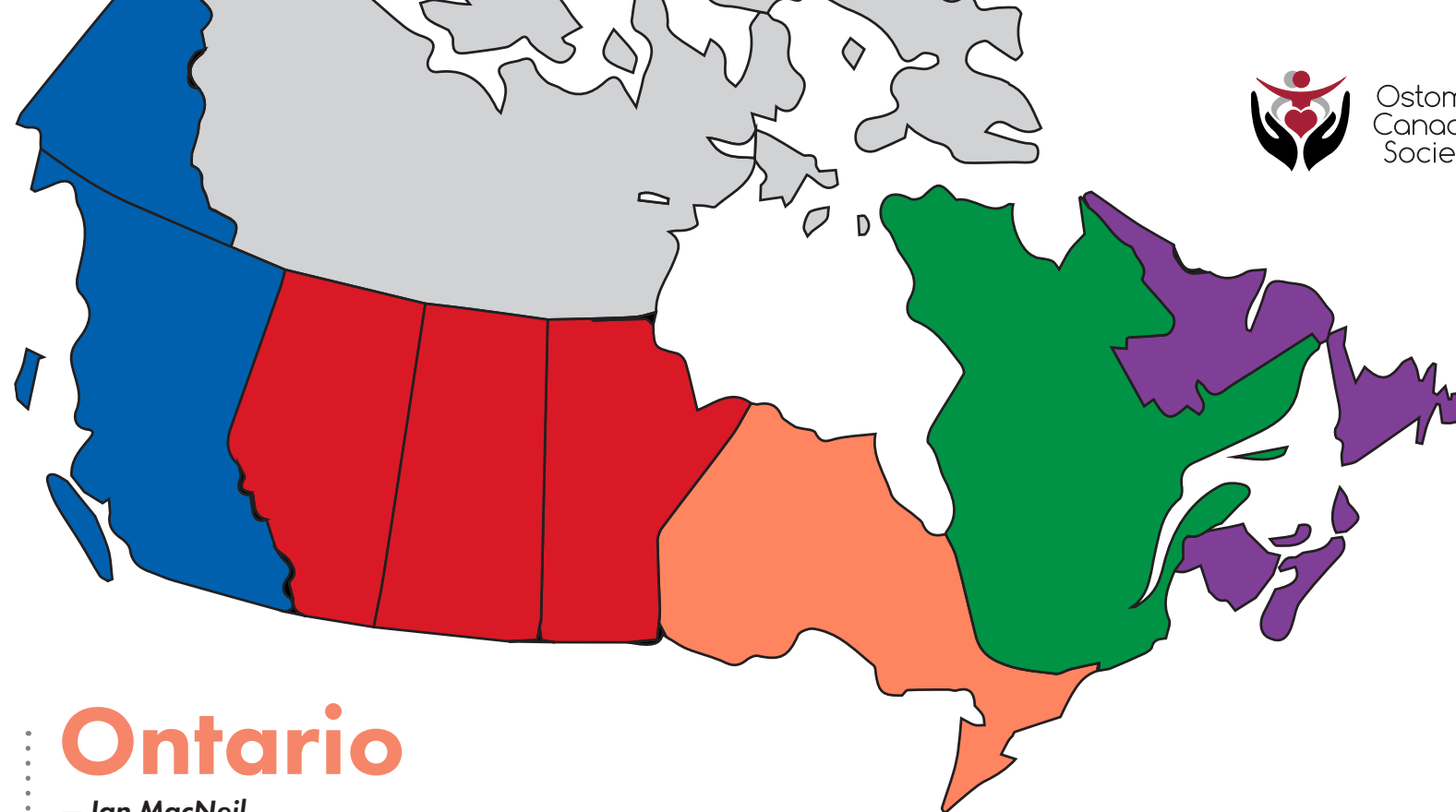
For the most part, it's been a quiet winter for many people because the virus has been strong these past few months. Groups continued to meet online but perhaps not with the same enthusiasm as last year. Like the rest of the country, many chapters hope for a spring that allows us to get together again.

**Calgary** has some new enthusiastic volunteers to assist with social media and the newsletter, which look very spiffy. On March 30, there was an excellent online presentation on Managing Ostomy Skin Issues presented by NSWOC nurses Andy Chua and Jessica Damm. It is now available on YouTube.

**Saskatoon** is still meeting with very small numbers, and they stay in touch via their newsletter.

**Regina** continues to meet as well but with declining numbers. Regina Ostomy and the NSWOCs with an Ostomy & Wound Care Clinic continue to work together, sending out information packages to all ostomy patients, especially those who have never requested a visitor. The hope is that at the post-operation (10-12 week point), they will have a new opportunity to absorb the great information.

**Winnipeg** continues to plan events to celebrate its 50th Anniversary but is somewhat handicapped by Covid's strong presence. To start the celebration, \$50 is given to some lucky member who attends their monthly meetings. April 27 is their first hybrid meeting, Zoom and in-person.



## Ontario

— Ian MacNeil

Earlier this year, while reaching out to the Ontario groups, I was pleased to have the opportunity of having some enjoyable conversations with Chapter Presidents and Peer Group leaders. We are looking forward to our next Regional meeting on April 11 and bringing some key actions around advocacy. Several people across the province volunteer to help persons living with an ostomy, sometimes only within their bubble. I want to put out special kudos to Lisa Gausman and Janet Paquet from Ostomy Hamilton for their tremendous work ensuring that this year Ostomy Canada's Youth Camp will be welcoming young people from across Canada who have an ostomy. Some sad news – due to COVID, our Collingwood Support Group could not get off the ground – yet we are grateful to Lynne Towsley for her efforts.

## Québec

— Real Lamarche

La pandémie étant sous contrôle (?) pour le moment, chaque association régionale continue à prévoir le retour aux rencontres face à face pour l'année 2022.

Voici l'horaire prévu à ce jour des activités des diverses associations régionales:

L'Association québécoise des personnes stomisées (AQPS) est à planifier diverses journées « Vivre avec une stomie » à différents endroits:

The pandemic is under control (?) for the moment; each regional association continues to plan the return to face-to-face meetings for 2022.

Here is the schedule planned as of today for the various regional associations:

The Association Quebecoise des personnes stomisés (AQPS) is planning 'Living with an ostomy' days in different locations:

## Atlantic

— Joan Peddle

I attended the National Advisory Committee meeting via Teams on February 3 and provided a report on the Atlantic Region. We had our Joint Advocacy meeting on March 30. We will keep increasing the number of NSWOC positions and work towards increased funding for ostomy products for all. Disability Without Poverty has added us to their website as a partner and other organizations.

Positive phone calls were made to several members within the Region. The Peer Support Group in Truro got together at Christmas. My goal and hope are to visit some of the areas in the Atlantic to attend meetings in person.

Ostomy Halifax has a new president Stephen Likely. Halifax continues to have meetings via Zoom and usually has guest speakers included in their agendas to educate and raise awareness. I attended their executive meeting on March 19 and saw some familiar faces. I look forward to attending one of their meetings this year. They are planning their 50-year reunion of the Chapter this year.

I continue to learn and am excited for the next year as we move forward with our strategic plans and work ahead of us under the direction of our Executive Director John Hartman and our Board Chair Ann Durkee-MacIsaac. ■

### IF COVID-19 WAS A MATH WORD PROBLEM...

If you're going down a river at 2 MPH and your canoe loses a wheel, how much pancake mix would you need to re-shingle your roof in order to buy a new pair of shoes?

## **Why do urostomates occasionally notice blue discoloration in a urostomy pouch or overnight drainage bag?**

Be assured there is nothing wrong with the appliance. In recent laboratory tests conducted by ConvaTec, the blue colour was found to be the result of normal bacteria decomposition of an essential amino acid called tryptophan. There is no clinical evidence, according to an article in the American Journal of Nursing, to indicate that the production of indigo blue is harmful or that dietary tryptophan should be limited. If you are concerned, please talk to your doctor. Tryptophan is part of the regular intake of dietary protein. As it passed through your system, it changes to a blue colour when it finally oxidizes in the urostomy pouch.

## **Why are fluids so important for the urostomate?**

People with urinary diversions no longer have a storage area (bladder) for urine. Therefore, urine should flow from the stoma as fast as the kidneys can make it. In fact, if your urinary stoma has no drainage for even an hour during the day, it is time for concern. The distance from the stoma to the kidney is markedly reduced after urinary diversion surgery. Any external bacteria have a short route to the kidney. As kidney infections can occur rapidly, and be devastating, prevention is essential. Wearing clean appliances and frequent bag emptying are vital. Equally important is adequate fluid intake, particularly fluids that acidify the urine and decrease problems of odour. In warm weather, with increased activity or with a fever, fluids should be increased even more to make up for body losses due to perspiration and increased metabolism. It is important that you be aware of the symptoms of a kidney infections: elevated temperature; chills; low back pain; decreased urine output; and cloudy, bloody urine. Ileal conduits normally produce mucous threads in urine, which give a cloudy appearance but bloody urine is a danger sign. Thirst is a great index of fluid needs. If you are thirsty, drink up! Also, develop the habit of sampling every time you see a water fountain.

*Source: By Juliane Eldridge, RN, CETN Q. Tri-State OA, Iowa via Broward Ostomy Assoc. Broward Beacon Summer 2019; Winnipeg Inside Out January 2022*

## **Do Stress & Anxiety Affect Bowel Disease?**

Stress and anxiety often put the body in flight or fight mode, negatively impacting diseases of the intestine. When you are in flight or fight mode, hormone levels are altered, nutrient absorption is decreased, and there is four times less blood flow to the gut, resulting in a slower metabolism. During periods of stress and anxiety, digestion speeds change, causing constipation or diarrhea. Foods are digested more slowly, increasing gas production. Immunity decreases, and inflammation increases during periods of anxiety and stress. During these periods, there is a high risk of flares or development of Inflammatory Bowel Disease, Irritable Bowel Syndrome, Acid Reflux and Gastric Ulcers. Ways to manage stress and anxiety include not taking on more than you can handle. Remember, it is okay to say "no" when life gets busy. Taking mental breaks and finding ways to relax are essential. Daily exercise can help you re-energize and refresh. Seeking out support groups or counselling can help you learn new ways to manage stress and anxiety better. When life seems too overwhelming, reach out to your medical provider for further support and resources.

*Source: Dr. Sally Arnold, DNP, AGPCNP-BC, CWOCN. Via Greater Cincinnati Ostomy Association May 2018, via Stratford Ostomy News March 2022.*

## **Can I Exercise With An Ostomy?**

There is no better time to get back to healthy living. Digestive or bladder issues may have reduced one's overall endurance and strength, perhaps followed by surgery. While always recommended to speak with your physician first, one can ease back into it. No one wants to be stiff and sore or risk burnout or injury, even when we are excited to get back moving! A better plan is to start with fewer and easier exercises or repetitions of movement and gradually increase.

Strengthening one's core is an excellent way to start and can occur post-operative even with simple awareness of standing straight and tall and taking deep breaths. Walking is a simple activity that lets one go at their own pace, is affordable and easy to do anywhere. Check out mall walking if you are not keen on maneuvering on icy sidewalks with our Canadian winters.

Swimming provides a whole body workout while being easy on the joints. Your pouch is water-resistant and well adhered, especially if you've had it changed for at least one hour before going in the pool, lake or, if you're fortunate, the ocean! Before diving in, it is recommended to empty your pouch and check for a good seal. Cover the filter if you have one on your pouch. Even walking laps in a pool is a great start.

Get back to the activities you enjoy or take up an activity – biking, tennis, golf and yoga; the list is endless. If you have any concerns, your Ostomy Nurse is here to help guide you.

*Source: By Karen Kinaschuk, RN, BScN NSWOC. Regina Ostomy & Wound Clinic.*

## **What Are Some Tips For Managing My Ostomy?**

1. If your ostomy appliance is leaking, don't patch it; change it.
2. Always change it before it leaks.
3. Warming up your barriers and barrier rings before applying (under your arm is sufficient) can help them adhere better.
4. The best time to change is in the morning. If your ostomy is active—stand in the shower until it slows down or stops.
5. Tap water is all you need for cleaning.
6. Ensure you have enough supplies on hand, but not too many, as they can expire.
7. Less is more when using supplies. You may not need all the accessories available.
8. The best ostomy brand is the one that works for your body.
9. If you think you have an odour, you are most likely leaking. Change your pouching system.
10. If you are leaking, have questions or want to trial new products, make an appointment with your stoma nurse.

Don't let your Ostomy Control your Life. You Control your Ostomy.

*Source: Lauren Wolfe RN, BSN, MCISc-WH, NSWOC, CWOCN. Macdonalds Prescriptions-Fairmont ■*



# Have “Bags” Will Travel...

Thinking about traveling but a little nervous venturing out with your ostomy? Or have you ever thought about going to an ostomy meeting at the place you are visiting or checking out a zoom meeting in another country? Or, Oops, didn't pack enough supplies? Here are some resources that may be helpful.



## In Canada:

Ostomy Canada Society: <https://www.ostomycanada.ca/>

Or to find an NSWOC nurse: <http://nswoc.ca/>

## In the US:

Ostomy Association of the Americas: <https://www.ostomy.org/>

Or to find a Wound Ostomy Continence nurse in the US: <https://www.wocn.org/>

## International:

International Ostomy Association: <http://www.ostomyinternational.org/>

## To find an ET or NSWOC nurse in different countries:

<https://wcetn.org/>

**Europe:** <https://ostomyeurope.org/>

**Asia:** <http://ostomyasiasouthpacific.org/>

**Africa (South):** <https://sasstomates.org.za/>

**Australia:** <https://australianstoma.com.au/>

**Note:** Ostomy Canada Society is in the early stage of developing a revised travel “card”, built from a combination of sources from our friends in Quebec (AQPS), the USA (UOAA) and others. Stay tuned.

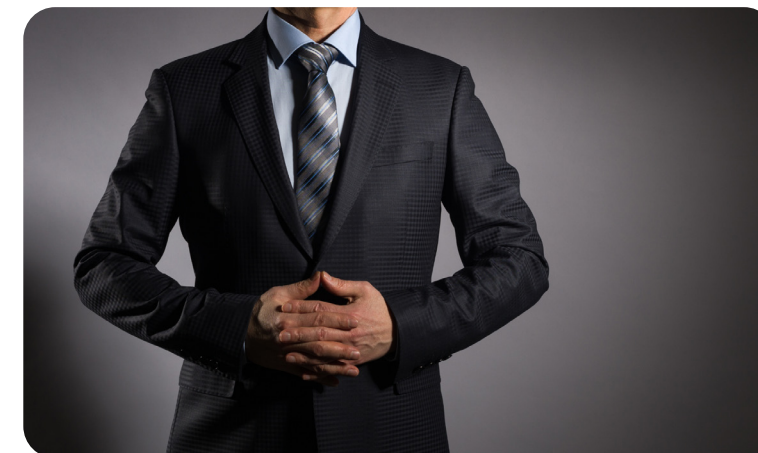
Source: Andrea Manson, OCS Board Member, 2022 ■

# High Sitting Stomas

**W**e hear more concerns from men rather than women about stomas that are sited high on their abdomen.

This may be due to the fact that men tend to be shorter through the hips than women, giving the surgeon less vertical room to choose from and how and where men put on weight. There are sometimes compelling reasons for a high stoma siting - the deceased portion of the bowel may make it necessary to remove more of the descending and sigmoid colon, leaving the surgeon without adequate bowel length to reach a lower region. Or, the patient may carry excess weight around their stomach, which would make it difficult to see the area to change the appliance, so the NSWOC may site the stoma above the spare tire. Scars from previous surgeries or many skin folds in the lower quadrants can be other reasons why your stoma nurse may site the stoma higher. If you have not had your surgery yet, it's critical that your stoma be sited beforehand by a qualified NSWOC nurse. Ideally, the stoma should be sited below the line of the navel, to the left or right, depending on which type of surgery you will be having. Ask for such a siting if possible, and if your nurse advises that it be higher, ask to have the reasons explained—stress how you prefer to wear your trousers (and belts).

Stomas that are situated level with or above the navel are more problematic to dress around. If your normal belt



line falls over top or under the stoma, it can make proper drainage into the pouch more difficult, not to mention making it harder to conceal the appliance. So how do you dress around this? You can buy your pants larger in the waist and belt more loosely or wear suspenders if you're having trouble keeping loose-waisted pants up. You can buy the type of sports shirt meant to be worn outside pants that conceals the top of the appliance well, but lots of guys tuck their shirts in any way. The pouching system may show somewhat, but this is far more apparent to the wearer than to anyone else. Vests, sweaters, hoodies, suit jackets, etc., are good camouflage over a shirt. If you're feeling self-conscious about the outline of the pouch showing anywhere, bear in mind that this is far more glaring to you than to anyone else. It's also perfectly all right to wear your pants lower on the hips and tuck the lower half of the pouch into the waist. You can tuck your shirt in over this or just let it hang out. Whatever makes you feel the most comfortable is the right choice.

Source: Vancouver Highlife, Winter 2021. ■

**OSTOMY CANADA SOCIETY INC.**

WELCOME TO

**OUR NEW WEBSITE IS LAUNCHING SOON**

SAVE THE DATE

**MAY 1ST 2022**

SUBSCRIBE TO US

70,000+ CANADIANS WITH AN OSTOMY

50+ CHAPTERS AND SUPPORT GROUPS



## The Wisdom of Phyllis Diller

As your beauty fades, so will his eyesight.  
Housework can't kill you, but why take that chance?  
Best way to get rid of kitchen odours – eat out!  
A bachelor is a guy who never made the same mistake once.  
Most children threaten at times to run away from home. This is the only thing that keeps some parents going!  
My photographs don't do me justice – they look just like me!

The reason the golf pro tells you to keep your head down is so you can't see him laughing.  
What I don't like about office Christmas parties is looking for a job the next day.  
The only day I ever enjoyed ironing was the day I accidentally got gin in the steam iron.  
Tranquillizers work only if you follow the advice on the bottle – keep away from children!  
You know you're old if they have discontinued your blood type.

# The Two Sides Of Aluminum Foil

It's a common question and one that we've been too afraid to ask our mothers: Should we use the shiny or the dull side of aluminum foil when we cook? And have we been doing it wrong this entire time?!

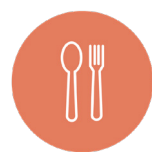


Concerned cooks can breathe a sigh of relief: As it turns out, there's no "correct" side of aluminum foil to use when cooking, so using it on either side is not one of the cooking mistakes that could ruin your food.

According to the Huffington Post, they're both equally effective at heating your food—so choose whatever side you prefer. If there's no trick to it, then why, exactly, does aluminum foil have a shiny and dull side in the first place? Experts at Reynold's Kitchen say that the difference between the two sides is due to a manufacturing process called milling, during which heat and tension are applied to stretch and shape the foil. Two layers of foil are pressed together and milled simultaneously because otherwise, it would break. "Where the foil is in contact with another layer, that's the 'dull' side," Reynolds explains.

"The 'shiny' side is the side milled without being in contact with another sheet of metal. The performance of the foil is the same, whichever side you use." But pay attention if you are using non-stick foil; in that case, there is a difference between the two sides. Since the non-stick coating is only applied to one side, you'll want to use the dull side. Side note: There will be a label that designates the "non-stick side" in case you forget.

Aluminum Foil can be used for more than just cooking or storage of food! It can be used in a decidedly "alternative" way for the most common household chores. Check out these amazing aluminum foil hacks!



## CLEAN THE SILVERWARE

To clean the silver without using chemicals on the market, it is necessary to use tinfoil. You have to put it with the shiny part upwards in a container, pour in boiling water and baking soda and let forks or necklaces soak in it. The aluminum foils will make the baking soda effect much more intense.



## MOVE HEAVY FURNITURE

Who has never been able to move heavy furniture with only the strength of the arms? Dragging furniture can scratch some floors. The remedy to do it effortlessly is to use tinfoil. You will just have to place it under the feet of the furniture so that they can slide with ease on the floor.



## CLEAN THE BBQ

The barbecue is one of the most difficult things to clean as food leftovers end up charring on the grill. To eliminate dirt, you can rub it away after making a small ball of aluminum foil. The only thing to do next is that you will have to wash everything with hot water.



## IRON DELICATE CLOTHES

Aluminum foils used in the kitchen can resist heat and can therefore also be used for ironing delicate items of clothing. Just place them on the dress from which you want to remove the folds, and you will have a sensational result: the fabric will remain intact.



## SCARE THE BIRDS AWAY

When the balcony is "invaded" by pigeons and birds, which do nothing but leave their guano on the railing, you can use tinfoil to chase them away. You have to cut strips of 30 cm and tie them with a string to the "incriminated" surface. In this way, the scared birds will fly away.



## SOFTEN HARDENED BROWN SUGAR

When the brown sugar has hardened, and you do not know how to bring it back to normal, you can use tinfoil. The brown sugar must be wrapped in aluminum foil and placed in an oven at 150 degrees for 5 minutes: it will immediately return to its normal state.

# Which bathroom stall is the cleanest?



Researchers have discovered which public restroom stall is traditionally the cleanest, says Reader's Digest reports. According to studies, the middle stalls are to be avoided if possible. Apparently, people tend to choose the middle one because of the "centrality preference." On the other hand, the first stall, which is the least used, is likely to be the cleanest.

After teaming up with a local custodian, a psychologist tracked how often the toilet paper was changed in each of four stalls for 10 weeks. Sixty

percent of finished rolls came from the middle stalls, whereas only 40 percent came from those at the ends. This indicated that far more people used the stalls in the middle. Add to this the results of a 2015 survey from New York Magazine that analyzed the preferences of men and women. It was determined that the majority of both men and women prefer to use the middle stalls, when they are available. In cases when the middle stall is taken, men then lean toward the a stall closest to the door.

Women go to the stalls farthest away. Still, just because fewer people use an end stall, that doesn't necessarily mean it's cleaner. Reader's Digest suggests that those used less frequently might also be cleaned less often, so people avoid them. There may be other factors in stall choice. An article on CleanLink reported that a 2016 survey by the restroom fixture manufacturer Bradley Corporation found that the most aggravating restroom situation is empty or jammed toilet paper dispensers, followed closely by partition doors that don't latch, an overall dirty or unkempt appearance, and empty or jammed towel or soap dispensers.

Source: National Association for Continence, BHealth Blog, CleanLink. ■

Living to the fullest? Have a joke to share?  
Send your contributions to:  
[john.hartman@ostomycanada.ca](mailto:john.hartman@ostomycanada.ca)

## Funny Newspaper Headlines

- Two Convicts evade noose, jury hung
- Queen Mary having bottom scraped
- Smokers are productive, but death cuts efficiency
- Two Soviet ships collide - one dies
- Two sisters reunite after eighteen years at checkout counter
- Cold wave linked to temperatures
- Deaf mute gets new hearing in killing
- Grandmother of eight makes hole in one
- Police begin campaign to run down jaywalkers
- Miners refuse to work after death
- If strike isn't settled quickly it may last a while
- Blind woman gets new kidney from dad she hasn't seen in years

## If You Can't Eat It – Smooth It

**A**s many of those living with an ostomy know, it's hard to digest fibre and the worst for me is fruits and vegetables. Smoothies are not only delicious, but can be a healthy way to incorporate them into your diet.

A Magic Bullet is a handy little appliance. Toss in a few of those choice ingredients that do not do well with your system, push a button and voila. You will have a tasty, refreshing drink that goes through the track easy. It is best to layer ingredients with liquid at the bottom, then fresh produce, and frozen on top.



### 1 Blueberry Orange Smoothie

- 1 cup blueberries, frozen
- ½ cup watermelon
- 1 cup orange juice
- 1 cup milk
- ½ cup yogurt
- 1 tbsp maple syrup
- handful ice cubes

### 2 Mango Peach Smoothie

- 1 mango, fresh or frozen, chopped
- 1 cup vanilla almond milk
- 2 ½ cups peach slices & juice



### 3 Strawberry Mango Smoothie

- 1 mango, large, chopped
- ½ cup yogurt
- 1 cup strawberries, fresh or frozen
- 1 banana, medium, cut up
- 1 cup orange juice

## Chocolate Chip Cookies



- 1 cup margarine
- ½ cup white sugar
- 1 cup brown sugar
- 1 tsp vanilla
- 2 eggs
- 2 ½ cups flour
- 1 tsp baking soda
- 1 tsp salt
- 2 cups milk chocolate chips

1. Mix margarine, sugar, brown sugar, and vanilla together until smooth. Add eggs and mix well.
2. In a separate bowl mix flour, and add baking soda and salt.
3. Add this to the other mixture and mix well. Add milk chocolate chips.
4. Using a cookie scoop assemble 12 cookies per 13"x18" baking sheet.
5. Cook for 8-10 minutes in a 375C degree oven. Don't overcook.
6. Remove the cookies from the sheet to cool on a rack. The cookies should be soft and chewy.

Ostomy Canada Society is proud of its strong partnership and commitment to Friends of Ostomates Worldwide Canada (FOWC).



Our support goes beyond our annual gold level sponsorship commitment (\$4,000) and includes kit packing and sharing information between both organizations. We are committed to FOWC's mission and hope that their request for support for Ukraine and other countries is met with appreciation and success.

### An Open Letter to the ostomy community from Friends of Ostomates Worldwide.

FOWC's mission is to provide supplies to countries for people who cannot obtain ostomy products, either due to financial or supply restraints. Ukraine is one of the countries FOWC has helped and continues to help. Now, more than ever, the Ukrainian ostomy community needs our support. We anticipate shipping supplies by the end of March and are planning for a second shipment in April. With the help of a logistics company in Toronto, we may be able to send our shipments at a discount, via Poland, allowing us to maximize our efforts.

During this time-sensitive period, we are appealing to the ostomy community, in conjunction with our strategic allied partner, the Ostomy Canada Society, for help in sending much needed supplies for Ukrainians during this extremely difficult time. To help us offset this anticipated budget expense we are seeking your consideration for financial aid so we can continue to give the gift of dignity.

### Une lettre ouverte à la communauté des personnes stomisées de Friends of Ostomates Worldwide.

La mission de FOWC est de fournir des fournitures aux pays pour les personnes qui ne peuvent pas obtenir de produits de stomie, soit en raison de contraintes financières ou d'approvisionnement.

L'Ukraine est l'un des pays que le FOWC a aidé et continue d'aider. Aujourd'hui plus que jamais, la communauté Ukrainienne des personnes stomisées a besoin de notre aide. Nous prévoyons d'expédier des fournitures d'ici une semaine ou deux et prévoyons déjà une deuxième expédition. Avec l'aide d'une entreprise de logistique situé à Toronto, nous pourrions prévoyons nos envois à prix réduit, via la Pologne, ce qui nous permettra de maximiser nos efforts.

Pendant cette période urgente, nous faisons appel à la communauté des personnes stomisées, en collaboration avec notre partenaire allié stratégique, la Société Canadienne des Personnes Stomisées Canada, pour nous aider à envoyer des fournitures indispensables aux Ukrainiens pendant cette période extrêmement difficile.

Veillez envisager de faire un don d'aide financière afin que nous puissions continuer à offrir le don de la dignité. ■

**Donate / Veuillez faire un don sur:**  
www.fowc.ca

**Or Send a Cheque / Ou envoyer un chèque à:**  
FOWC  
PO Box 158  
Pine Falls, MB R0E 1M0



### WEBINAR

### THE BATTLE OF THE BULGE: STOMAL HERNIA PREVENTION AND CARE

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SPEAKER:  
**LESLIE HEATH**  
RN, BSCN, MCLSC-WH, WOCC(C)

WEDNESDAY  
20 | APRIL | 2022

5:00 PM - 6:00 PM ET





# 7 STEPS TO IMPROVE Your Memory

**If we can preserve and maintain some kinds of memory as we age, can we do even better? Can we hope to improve? The answer from the experts is a heartening "Yes!"**

"Everyone can improve memory," says Danielle Lapp, a memory-training specialist at Stanford University, and author of *Nearly Total Recall*. In her training program at Stanford, Lapp has helped thousands of people to sharpen their storage and retrieval skills. Here are some memory strengthening tips from Lapp's book, and from Thomas Crook's "How to Remember Names".

Source: Vancouver Highlife Jan 2022. Via Tacoma (Wa) Newsletter, Via S. Brevard (Fl) Ostomy Newsletter, Dec. 2001.

1

## Set Priorities.

"Don't expect to be able to juggle six things at once," says Lapp. Get mentally organized; distinguish between what's important to remember and what isn't.

2

## Sharpen The Focus.

Crook suggests paying special attention to landmarks when you're doing your routine driving. "This will help you develop a more active sense of awareness," he says.

3

## Pause and Ponder.

You can improve the amount of written material you can recall by as much as 300% if you simply stop to think about what you've read.

4

## Make Associations.

Find key words, pictures, or letter combinations to help you remember. This is known as mnemonic memory. If you meet a woman named Rose, for example, remember her name by picturing the flower.

5

## Use Your Senses.

"When you order dishes at a restaurant," Crook writes, "note the texture, the subtle flavorings, the temperature, and the colors." In general, use as many of your senses as you can to aid in remembering.

6

## Do Your Exercises.

Memorize numbers that may be important to you, such as your drivers' license and Social Security numbers. When you're at a party, make it a point to remember the names of at least four of the new people you meet. When you write your shopping list, try to remember all the items without looking when you get to the market.

7

## Be Kind to Yourself.

Losing the car keys or forgetting the name of your bridge partner for a moment is not a sign of mental disintegration. ■



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## BITS N' PIECES

- **Do you need any copies of our amazing Ostomy Canada Magazine?** We have back issues. They are great for doctor offices, clinics, hospitals or for new members. Please contact Carole at [info1@ostomycanada.ca](mailto:info1@ostomycanada.ca).
- **Thinking of joining the National Board of Directors?** Know someone who wants to lead with passion, elevate support and has skills OCS could use? Please connect with our Chair, Ann Durkee-MacIsaac at [ann.durkee@ostomycanada.ca](mailto:ann.durkee@ostomycanada.ca) for more information, including a nomination form.
- **The UOAA's 8th National Conference** has been postponed until August 10-13, 2023 due to concerns with COVID-19 and for the health and safety of attendees.
- **Live in Ontario and love golf?** Missed the Masters? Halton-Peel Ostomy Group is hosting a charity golf event to generate funds for Ostomy Canada's Youth Camp on May 28 at 2:00 pm at the Oakville Executive Golf course. This 9-hole event will be a blast! For pricing and event details please connect with: [kevin.taziar@outlook.com](mailto:kevin.taziar@outlook.com) or [richard.olley@yahoo.ca](mailto:richard.olley@yahoo.ca).

## Disability Tax Credit – Did You Know?

by ANN DURKEE-MACISAAC  
Chairperson, DTC Committee

An eligible individual or a supporting person may be able to claim the disability amount of up to \$8,662.00. Application forms are available on the CRA site. If you have had your ostomy for one year you are eligible to submit.

Every two years the Disability Tax Credit Advisory Committee- CRA publishes a report. In 2021 the report included the Federal Tax Expenditures for the year 2018.

- 1.2 million individuals claimed an amount for DTC for 2018 (the years covered by the report).
- 770,000 eligible persons who claimed all or some portion of the credit for themselves.
- 150,000 individuals who claimed all or some portion of the credit on behalf of an eligible spouse or partner.
- 260,000 individuals who claimed all or some portion of the credit transferred from an eligible person (such as a parent for a minor child.)
- 30,000 individuals who claimed all or some portion of the credit for themselves and on behalf of another eligible person.
- According to the report, the projected cost of the DTC for 2021 is estimated to be about \$1.3 billion.

Keep in mind that these figures are for the year 2018 and published in 2021. The DTC is for all eligible disabilities listed within the Disability Tax Credit. In 2021 there has been a new application form (T2201) issued.

And finally, Ostomy Canada Society is pleased to inform you that we just recently printed a new version of our DTC brochure to assist you in completing your form. We also mail out the DTC brochure upon request to your Support Groups, as well as for educational events and hospital release kits. Contact [info1@ostomycanada.ca](mailto:info1@ostomycanada.ca) for your request. ■

# WHO WE ARE

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Ostomy Canada Society Inc. is a non-profit volunteer organization dedicated to all people with an ostomy, and their families, helping them to live life to the fullest through support, education, collaboration, and advocacy.

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### CONTACT

Ostomy Canada Society Inc.  
5800 Ambler Drive, Suite 210  
Mississauga, ON L4W 4J4

Email [info1@ostomycanada.ca](mailto:info1@ostomycanada.ca)

Phone 905-212-7111

FAX 905-212-9002

TOLL FREE 1-888-969-9698

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