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Meetings held on the
1st Tuesday of the
Month at 7:30 p.m. at
Knights of Columbus
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Stratford and District Ostomy News

**DINNER MEETING on Tuesday, June 7, 2022 at 6:30 p.m.
Best Western The Arden Park Hotel - Stratford**

President's Message

What an amazing month of May we have had – lots of sunshine and warmth! Sure is making things grow!

Our May meeting had a small attendance, but we had good discussion and lots of information sharing. It was a rainy, dark night to travel, but some from Listowel and Woodstock area came. Welcome to new member Dick Treleaven.

Plans are being made for our June Dinner to be held at Best Western Plus The

Arden Park Hotel, Stratford, 552 Ontario St., Stratford, on **Tuesday, June 7 – 6:30 p.m.** Everyone will order what they want, and pay their own bill. Mark this on your calendar and let us know if you would like to attend. All are welcome! Call Susan at (519)271-1036 to R.S.V.P. before June 3rd.

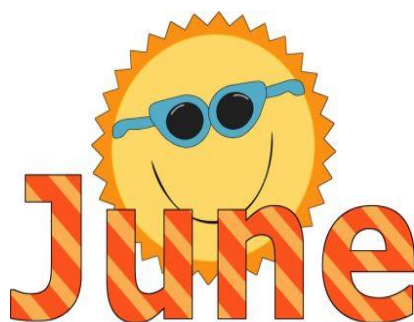
We will not have a meeting in July or August, as is our usual practice. It has been determined that we will not have a

September meeting either, because of scheduling issues. So after the summer break, our next meeting will be Tuesday, October 4th.

We will keep in touch with our newsletter and will be available for contact if there are any concerns over the next few months.

Hoping everyone has a wonderful, safe and relaxing summer!

Janet



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IN MEMORY OF SOMEBODY SPECIAL

Anyone wishing to make a donation in loving memory of a special person, should consider making the donation to the **Stratford and District Ostomy Association**.

A charitable donation receipt will be issued for income tax purposes.

OUR MISSION

We are a Chapter of the Ostomy Canada Society Inc. Our volunteer-based group is dedicated to assisting persons facing life with a temporary or permanent Ostomy by providing information, assistance and emotional support. We also seek to provide information, reassurance and emotional support to the families and friends of those with ostomies and to promote a better public understanding of Ostomy and related surgery.

GETTING ENOUGH SLEEP? YOUR HEALTH DEPENDS ON IT

Did you know that human beings are the only species that will deliberately deprive themselves of sleep (for no good reason)?

Based on the evidence, sleep is the **ultimate** foundation for health, **after** which comes diet and exercise.

When a comparison is made between what the effects would be on brain and body if someone deprived of food for 24 hrs, or deprived of water, or exercise, or sleep for 24 hrs, the resulting impairment that sleep causes far exceeds any of the others.

Many different measures are made when researchers investigate the impact of sleep loss. Different brain measures include things like cognition, attention, learning, memory, moods, emotions, and anxiety, while body measures include things like cardiovascular function, blood pressure, immune function, or the metabolic system, and blood sugar regulation.

So what is considered sufficient sleep?

Seven to nine hours for the average adult. Once someone starts to go below seven hours they can already begin to measure objective

changes in the brain and body.

But what about those people who get less than six hours of sleep and say they're doing fine?

They're likely not. Sleep researchers say it's very rare to find someone who can go below 6 hrs sleep and not show some kind of impairment.

Unfortunately, society praises the hard worker who barely sleeps, and seemingly frowns upon the person who gets 8 hours at night, but this mentality is literally putting people to an early grave.

Evidence shows that getting less than 6 hours of sleep is associated with a higher risk of cardiovascular disease, diabetes, stroke, dementia, as well as an increased risk of certain forms of cancer.

Here's some key recommendations to improve sleep quality:

- Take a bath or hot shower before bed to help promote sleep
- Go to bed at the same time every night
- Get up at the same time every morning
- Avoid bright lights a couple hours before

bed

•Use blue light filters for screens and/or wear blue light blocking glasses

•Keep your room cool (optimal range is 62-65 degrees F)

•Block out all light with black-out curtains or wear an eye mask

•Remove clock faces from your bedroom

•Remove TV from the bedroom

Any improvement in sleep quality and quantity is a win for health!

Source: by Dr. Laura Stix, H. BSc, CCHt, ND—Naturopathic Doctor & Clinical Hypnotherapist, via The Waterloo Region Rural Post, November 4, 2021, via Stratford Ostomy News, June 2022.



To all those born in June, July or August!

Ask the ET

If you have any questions which you would like answered by an E.T. please forward them to the Stratford and District Ostomy Association address and we will endeavor to have the questions answered in the next newsletter.

We want to hear from You!

If you have any personal stories, experiences, book or article reviews that you would like to share with fellow members and readers of our Newsletter, please send them to us. We know others would find your experiences and information most interesting and helpful.

To get rid of unwanted junk.....
Put it in an Amazon box and leave it on the porch.

I found that growing up in the 60's was a lot more fun than being 60!

Membership Application

Dues are \$35.00 per year and due in September of each year. Additional donations are appreciated.

Receipts are issued and are INCOME TAX DEDUCTIBLE.

Membership is open to all ostomates, family members and friends, all health professionals and other interested persons.

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POSTAL: _____ **PHONE:** _____

Email Address: _____

I have an: ILEOSTOMY: _____ COLOSTOMY: _____ UROSTOMY: _____

I am a first time member: _____ I do not have an Ostomy: _____

I would like to be a member, but cannot afford dues: _____
 (This information will be kept confidential. We would still like to have you as a member.)

Newsletters will be emailed if an email address is provided.



Mail cheques or money orders with this completed form to:
 Stratford and District Ostomy Association
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 Stratford, Ontario N5A 7V4

This letter came to us a couple weeks ago. It is wonderful to see the work that FOWC is doing!

When the invasion of Ukraine started in February, we thought we would never be able to send supplies to an Ostomy group in Kyiv. But fortunately, we were informed that a Canadian/Ukrainian shipping company was offering to send humanitarian aid at a reduced cost to Ukraine. They delivered our two pallets from Warsaw by truck transport to Lviv, but cautioned us that they might not get our supplies to our destination in Kyiv due to safety reasons. The alternative would be to distribute the supplies to hospitals in Lviv. The shipping company in Lviv works with a charity that has volunteers to deliver humanitarian aid. In Lviv they were in touch with our contact in Kyiv (our paperwork had all the contact information required) and arranged for delivery. It was serendipitous that the volunteer who delivered our shipment from Lviv to Kyiv about 500 kilometres (again by truck transport) was from Canada.

He was gracious enough to call me from Ukraine, through our Magic Jack number, to let us know he had completed the delivery successfully to our intended destination and was met by tears from our contact in Ukraine. He also explained that hundreds of volunteers have gone to Ukraine and are working to deliver humanitarian aid. We then got an email from our contact confirming our shipment made it to its destination. Humanitarian aid sent by a Canadian Charity delivered by a Canadian volunteer!
 Lorne
 fowc.ca
 416 618 5564



I finally found a diet plan that really works. It's called "The Price of Food."



LATER IN LIFE.....

I used to be able to do cartwheels, now I tip over putting on my underwear.

I hate it, I see an old person and then realize we went to high school together.

My wife says I only have 2 faults. I don't listen and something else....

I thought growing old would take longer.

The officer said, "You drinking?" I said, "You buying?" We just laughed and laughed...I need bail money now.

I think the reason we are born with two hands is so we can pet two dogs at once.

Day 12 without chocolate...Lost hearing in my left eye.

The adult version of "Head, shoulders, knees and toes" is "Wallet, glasses, keys and phone."

A dog accepts you as the boss, a cat wants to see your resume.

Life is too short to waste time matching socks.

Oops...did I roll my eyes out loud?

SUMMERTIME....AND THE LIVING IS EASY

Summertime fun may include many outdoor activities and travel, but may also lead to some concerns about ostomy management. Let's review: Swimming is an excellent exercise and activity you can enjoy with family and friends. So, why are so many of us afraid to get back into the water?

Check out these tips:

□ Don't go swimming immediately after you have put on a new pouching system.

□ Make sure your pouch is empty and has a secure seal.

□ Picture framing your wafer with water-proof tape isn't necessary, but may give you the extra confidence you need.

□ Take precautions against sunburn. Besides being bad for your skin, a bad sunburn can result in diarrhea and sometimes vomiting, thus depleting electrolytes.

□ When sitting and soaking up the sun, protect/shade your pouching system by placing some covering across the outside area (e.g. hat, towel, magazine).

□ Monilia is a common summer problem. This raised itchy red rash on the peristomal skin is uncomfortable and keeps the pouches from holding well. Fluids and More Fluids are needed during the hot summer months.

Review the following:

□ Water is an essential nutrient needed by each and every body cell. Up to 75% of the body's mass is made up of water. Water

controls body temperature, serves as building material and solvent, and transports nutrients. Thirst is a signal that the body needs fluids. Daily losses must be replaced. Encourage fluid intake of eight to ten (8 Oz.) glasses of liquids each day.

□ Any liquid containing water (soda, milk, juice, etc.) helps meet your daily requirement. You can also get water from the food you eat (e.g., tomatoes have a total of 94% water content).

□ Water is an excellent natural beverage; however, over-consumption of water can wash away electrolytes in the body. Drink a combination of water and electrolyte beverages. The glucose ingredient in electrolyte drinks aids in the absorption of electrolytes.

Summer Diets:

□ Remember the fibre content of those fresh fruits and vegetables—enjoy but chew, chew, (ileostomates, especially).

□ Add only one new food at a time to determine the effect (if any) on your output.

Tips for Travelling with Medications and/or ostomy supplies:

□ Keep your medicines (and emergency pouches) with you—not in the checked luggage.

□ Bring more than enough medicine and/or ostomy supplies for your trip. (Usually 2 to 3 times more).

□ Keep a list of all your medicines and/or ostomy supplies with you.

□ Do not store ostomy supplies in your car, especially under the hot summer sun.

Source: By B. Brewer, Greater Atlanta Ostomy Association, via Inside/Out SUMMER 2019, via Stratford Ostomy News, June 2022.



A golfer was thrashing through the bushes, looking for a lost ball.

An old lady watches him as she sits on a nearby bench knitting.

After half an hour the golfer is just about to give up, when the old lady says, "Excuse me. But is it against the rules if I tell you where it is?"



The biggest loser at the weight loss club was an elderly woman.

"How did you do it?" everyone asked.

"Easy," she said. "Every night I take my teeth out at six o'clock."



First things first. There is really no reason your ostomy should keep you from flying. That said, I know that many have concerns about flying after surgery. From worries about exploding pouches to hold ups in airport security, I hope I can ease your worries a little.

What to do before you fly: Make sure to bring more supplies than you think you need—at least 50% more, maybe even double the amount of pouches, etc. you would use for the same time period at home, just in case you have stomach problems or if you are stuck somewhere without access to supplies. Divide your supplies in different bags, in case your luggage is lost or the flight is delayed. Bring as much as you

FLYING WITH AN OSTOMY

can in your hand luggage, but cut a few skin barriers to the right size before you fly (at least those that you will be carrying in your hand luggage), since it is not advisable to bring scissors in your hand luggage.

At the airport: Know your rights! Will you have trouble at the security check? The security scanner might detect your pouch, even if it's empty. But you do not have to show your pouch, and security should not ask you to remove clothing to expose it or let them touch it. You may be asked (or you can volunteer) to rub your hand against the pouch on the outside of your clothes (to rule out explosives), but that should be the extent of the examination. Try and arrive early at the gate, so you can empty your pouch just before boarding.

In the air: I have often heard people be concerned that the pouch could expand during the flight due to the change in cabin pressure. There is a slight risk

that the pressure will cause the pouch to balloon. If this should happen all you need to do is go into the bathroom and empty your pouch. And remember that just as often ballooning is caused by something you ate or drank—when you're flying be extra careful with carbonated drinks. Booking a seat in the back row near the bathroom might help take away some of your concerns and make you feel more confident as well. If you're a little self-conscious about noise from the pouch, I think you will be pleasantly surprised by how noisy an airplane cabin is. Maybe you didn't notice it before, but it is very unlikely that your pouch can make noises loud enough to be heard in the cabin. There's no need to tell the cabin personnel about your ostomy in advance, and most likely they'll never notice.

Source: by Rachel Brown—Manager, Customer Relations on behalf of the Coloplast Care Team, via London & District Ostomy Assoc. "The Torch" Oct. 2014, via WOA's Inside/Out, April/May 2020, via Stratford Ostomy News, June 2022.

Incidentally... By Marjorie Kaufman, Los Ileos News, Los Angeles

No one can tell me at a glance that I have an ostomy. Only those close to me know it for sure. Perhaps that is why it is difficult for me to recognize a curious fact; some people do not realize it's a BLESSING, not a DOOM! One wonders whether this knowledge might have some value to the human race—at least that part of the human race that tends to look upon an ostomy as a disaster. Acceptance is part of being happy. People need happiness as much as they need food; without it they're devoured by restlessness and discontent. How many people who think they resent an ostomy would, if they were truthful, recognize it as the thing they most needed to enjoy life again? How many could, with a simple change in mental outlook, admit it's a BLESSING! Many people never learn; they never achieve the peace of mind and contentment this knowledge brings. They spend their lives in a prison where an ostomy is the eternal punishment. An ostomy is not DOOM—that's a mental attitude. Nothing is a joy or a burden; only thinking makes it so. How can we avoid that feeling of compulsion that makes an ostomy a burden? We don't disclaim it. There's no kidding ourselves about that. Nevertheless, there are things we can do to take the edge of the feeling of compulsion and make things more pleasant. We need to expend our mental and physical energies. If these energies are not expended in a constructive fashion, they turn inward and poison our minds and bodies with resentment and dissatisfaction. We need that warm sense of accomplishment, to be needed, wanted and useful. We need to give balance to our lives. Contentment depends not so much on the BLESSING as on the attitude of the person who has it.

Source: Northern Virginia, The Pouch, via North Central Oklahoma Ostomy Outlook November 2007, via Inside/Out, Summer 2020, Stratford Ostomy News, June 2022.

Health Rules that Doctors Never Break

The Cardiologist Says: Exercise Daily “I exercise every day, even on vacation.” Larry Santora, MD, interventional and preventive cardiology medical director at the Heart and Vascular Wellness Center at St. Joseph Hospital in Orange County, Calif. Why I Follow It: “From a total health perspective, exercise is the single most important thing you can do, with more health benefits than any medicine. It relaxes the arteries; lowers levels of stress hormones like adrenaline and cortisone; reduces blood sugar; raises good HDL cholesterol; helps prevent abnormal heart rhythms, heart attacks and strokes; lowers risk of obesity and related cancers; improves bone density; and boosts testosterone levels in men. I do aerobic exercise (usually a treadmill, stair stepper, or revolving stair machine) seven days a week for about 45 minutes each day, and weight training five days a week. If I miss exercise, I feel tired and sluggish, have more aches and pains and emotionally feel less energized about life in general.”

Source: Ottawa Ostomy News—January 2021, via Inside Out, January 2021, via Stratford Ostomy News, June 2022.



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It cracks me up when people blow their noses, they look into their tissues to see what comes out, I mean what do they expect? .. Diamonds?