

WHAT'S INSIDE:

2 Donation Model

Ostomy Canada shifts to a donation model to support operations.

10 A Primer On Ostomy Adhesives

Learn how to create a stronger bond with your skin.

12 Phases of Psychological Adjustment

How new ostomates and their families can recognize these 4 phases.

CANADA'S VOICE FOR PEOPLE LIVING WITH AN OSTOMY

ostomy canada CONNECTS

WINTER
2023

the best is yet to come...

with **Ann Durkee-Maclsaac & John Hartman**

If you ask us, 2022 was better than 2021. Would you agree? Yes, we had our ups and downs, yet in 2022 many of us seemed to have a bit more jump in our stride. Many Chapters and Support Groups began to meet face-to-face or in various hybrid models. Groups used the holiday season to host parties and events, such as Calgary's event (below). That was another sign that the "COVID thing" may not yet be behind us, but we are managing our lives a bit differently.



Overall Ostomy Canada Society was pleased with our collective achievements. We developed new programs, expanded others, and said farewell to a few things that did not make sense. Several new Board Members were welcomed in September (Jackie Bloom, Janet Paquet and Stephanie Grace). We thank others for their contributions (Andrea Leard, Jim Fitzgerald, and Karen Bruton).

Ostomy Canada's Youth Camp was back in full swing with a few slight modifications when we hosted 32 Campers and nine volunteers to Camp Horizon in July. Step Up for Ostomy had more groups involved. Yet, we fell short of our financial target – a sign of the times and economic realities? Last year we launched an updated Ostomy Canada

Awards Manual with key dates and changes planned for 2023 (see page 3). Our new website continues to evolve with new features being added and refreshed content making it one of the best resources for those living with an ostomy or their circles of support. Bravery Bag Covers, a program for free covers for children and youth, gained momentum and revenue support (see page 14). And in November, we announced that Ostomy Canada would become a supporter-based organization (effective April 2023) with the amount going to \$25.00 – a marginal increase (that has not changed in over ten years) to cover increased expenses and maintain benefits.

continued on page 2

NEWS & UPDATES

the best is yet to come...

- Continued from page 1

Chapters and Groups continue to be challenged with demographic shifts, succession, and overall engagement. Edmonton re-emerged as a Support Group, a new group has emerged in Chatham, and Barrie South Simcoe is back on the map. With sadness, we witnessed Saskatoon, Fraser Valley, Kamloops, Collingwood, Salmon Arm, and Kingston closing (yet we will continue to offer support where we can).

Setting up a group is relatively easy as Ostomy Canada has made the process much easier and streamlined. We are also investing in various social media platforms to connect digitally for those who like this collaboration and support channel.

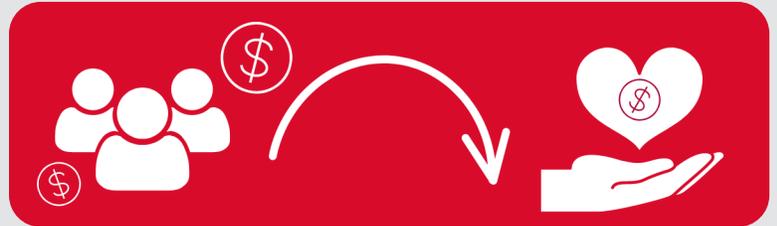
What's up in 2023?

We will soon be rolling out our online Ostomy Visitor training program – a robust way to be certified in an individual or group setting. We are confident that this resource will help us elevate our visits and impact by leveraging different learning styles. The Board will soon be looking at the National Advisory Council (or a new name yet to be determined) so that individuals, groups, and stakeholders have a more significant voice in our future. Some of you may have noticed a recruitment and job posting for an Executive Director. The Board of Directors and the Operational Teams are sad to see John go after two years. Still, these volunteers have appreciated his impact, professionalism, and support. Ostomy Canada wishes him well as he leaves at the end of his contract on March 31, 2023.

Questions? John.hartman@ostomycanada.ca or ann.durkee@ostomycanada.ca. ○

DONATION MODEL

Ostomy Canada Society shifts to a donation model to support operations.



In December 2022, we shared a Board motion (through News and Notes) about a shift in how we help fund our national operations and programs (Magazine, Youth Camp, webinars, website, staff, outreach, marketing, advocacy, etc.)

The change will see OCS's funding model based exclusively on supporters' and donors' donations. This means that individuals who donate at least \$25 to Ostomy Canada will be registered as supporters and receive the Ostomy Canada Magazine, Connects Newsletter, advance notice of webinars, select events, etc. Members of the Board of Directors, Regional Administrators, Presidents, Support Group Facilitators or Visitors will also be expected to make an annual contribution of at least \$25, for which a tax receipt will be issued.

Chapters that run their own membership drive and wish their members to be registered with Ostomy Canada will forward details (full name, mailing address, email, and phone numbers) and \$25 for each Chapter member. A tax receipt will be issued to those individuals by the Society unless the Chapter has already done so.

This change will be phased in during 2023.

Questions? please connect with your Regional Administrator or john.hartman@ostomycanada.ca. ○

key dates for 2023

AWARD & RECOGNITION DATES

It's never too early to reflect on people who have made an enormous contribution to your Chapter, Support Group and/or Ostomy Canada Society. Last year we launched a new and streamlined Awards Manual. We are pleased to let you know the 2023 Manual is now on our website along with the updated Nomination forms at www.ostomycanada.ca/our-awards/.

You can nominate an Unsung Hero (anytime) as we post these stories and pictures within our quarterly Connects Newsletter. The Chairs Award, Maple Leaf Award, and NSWOC Recognition Award are well respected and important to those that have given so much to our Mission. We encourage you to consider who in your circle may warrant such high praise and nomination. Questions? Please send it to awards@ostomycanada.ca. You can find the 2023 Awards manual and Forms at www.ostomycanada.ca/our-awards/.

Key dates for 2023:

- 2023 Awards Manual - available now
- Award Nomination Forms - available now
- Submission Deadlines - June 15, 2023
- Committee review - July-August 2023
- Announcement - OCS AGM – September 2023

NATIONAL WEBINARS DATES

Based on feedback and a growing number of participants, Ostomy Canada's 2022 slate of webinars was a huge success. Past webinars can be seen on our website anytime. This year we are excited about recruiting a solid lineup of topics and dates. We will send out notices throughout the year. Please Register in advance at www.ostomycanada.ca/webinars/

- January 18, 2023, at 5:00 pm ET- Disability Tax Credit - with Ann Durkee & Rosemary Hill, NSWOC
- April 19, 2023 - Topic TBA
- July 19, 2023 - Topic TBA
- October 18, 2023 - Topic TBA

Do you have a webinar suggestion? Please send your ideas to webinars@ostomycanada.ca.

NEWSLETTER & MAGAZINE

This quarterly newsletter can only happen if you send us things to share, such as stories, recipes, humour, ostomy care and management articles, Unsung Hero nominees, etc. Yes, we "borrow" pieces from some of the wonderful newsletters produced in Canada, yet we want to hear from you. If you have an idea or article, we need it FOUR WEEKS before we send it out. BTW, many people may not know that the Creative genius on Connects is Tiffany Shorson, from Calgary. John Hartman has been the "farmer or harvester" of information, yet we are looking for a new editor... interested?

- December 31 - for January 15, 2023, Connects
- March 31 - for April 15, Connects
- June 30 - for July 15, Connects
- September 30 - for October 15, Connects

Send your information to Connects@ostomycanada.ca

The award-winning Ostomy Canada Magazine – ok, we are not sure what award, but it certainly deserves one! Lisa Gausman is the Senior Editor and loves getting contributions from you anytime. Send to lisagaus@shaw.ca.

BUDGETING AT OSTOMY CANADA

Like any good organization, you need a plan and a budget. Ostomy Canada reviews its Strategic Plan through a Committee of the Board annually. From this process, the Executive Director and the Operational Team Committees (the five core pillars of OCS) build an annual operating plan that sets our activities/road map for the year. (This was completed in December of 2022). From here, we build a budget as we head to our new fiscal year beginning April 1, 2023. So why does this matter to you? We ask every Chapter/Support Group to think about their own needs and submit (if they need support) a plan and request. It could be for something special – like an Anniversary, or meetings, or to look at something innovative. We do not fund everything – but we assess everyone based on needs, their financial picture and how we can help. This year our request will go out to Presidents and facilitators in January, with deadlines in February.

Questions? John.hartman@ostomycanada.ca or steve.maybee@ostomycanada.ca. From here, your national Board reviews its operations and sets a budget for the next fiscal year (April 1 to March 31). ○



I

Karen & her daughter Carly.

UNSUNG

Karen Lindsay

- Hamilton, Ontario

Ostomy Hamilton has a member who prefers to stay behind the scenes but does incredible things.

In 2003, Karen Lindsay and her daughter Carly became members of the Brantford Ostomy Association. When it disbanded, they quickly joined the Hamilton & District Association when they sponsored Carly to attend the Ostomy Canada Youth Camp.

It took Karen only a short time to get involved with the association. By 2006 she was organizing applications and flight information for all the children attending the camp. At one point, Karen took on the task of booking all the camper flights, arranging payments for registration and making sure each camper from Hamilton and the area had the correct forms completed. Karen would ensure that our campers were checked into their flights and had seats together on both the outbound and inbound trips. She initiated communication with all the camp families. She made sure that each camper knew where to meet at the airport. Karen was always on hand to meet the families so that all campers felt welcomed. At Hamilton's peak, Karen was planning for upwards of 12 campers.

In 2010, Karen and Carly sponsored "Carly's Camp Out." As a resident of Waterford, ON (45 minutes from Hamilton), Karen booked the Waterford Museum and hosted a one-night sleepover. Approximately 15 kids from the areas between London and Toronto attended and had a fun night of baking cookies and cupcakes. Hiking, games and a mini 'Magic Circle' (an annual Ostomy Camp event) rounded out the evening. For some of the children who attended, it was their first introduction to Ostomy Camp and meeting with other ostomates.

After her daughter graduated from camp, Karen passed the role of camp coordinator on to the next generation of campers. Yet, Karen's volunteer work with the association continued.

Some of the most tedious work within the association is maintaining our membership list. No list is too small for Karen. For more than a decade, Karen has diligently maintained our list. She collects all the membership fees and coordinates with the Ostomy Canada Society office to ensure all our members are up to date and receive their monthly newsletter and copies of the Ostomy Canada Magazine.

Karen is a tremendous asset to Ostomy Hamilton, and we are grateful for all the work she has done for the association.

**Your
Community
Needs You.**

For volunteer opportunities visit www.ostomycanada.ca today!

HEROES

Marney Ellis

– Victoria, BC Peer Support Group

For many years, Marney has been essential in organizing and leading the Peer Support Group in Victoria, BC. Here is part of her story as told by herself:

“It has been forty-five years since I was diagnosed with Crohn’s disease. This year (2022) was my thirty-first year as an Ostomate. After my ostomy surgery in 1991, I joined the Surrey Chapter of the United Ostomy Association. When I moved to Vancouver Island, I joined the Victoria Chapter. In 2012 when my husband went into care, I was able to attend the Chapter meetings and served on the Executive. In 2018 the consensus was to dissolve our non-profit Society and form a Peer Support Group. At that time, I organized and kept our group members notified of meetings, guest speakers etc.

Throughout the years, I have been thankful to be able to talk with and help people who have had ostomy surgery. I have walked in their shoes and have empathy for what they are experiencing, physically and mentally. This may be because my brother, at sixteen, became very ill when starting his engineering degree at UBC. At that time, in 1962, they were not able to give a correct diagnosis. My parents located a doctor who diagnosed my brother with Ulcerative Colitis. He was in and out of the hospital, had blood transfusions, and with his strong spirit, managed his illness until he passed away at forty-seven years old from cancer.

It is my strong conviction to support and encourage people who have an ostomy and Veterans, knowing that although their lives can be challenging, there will be better days ahead. It takes courage and strength, but with love and perseverance, we can win.” ○



Marney, sitting, surrounded by a few of her many friends.

Thanks to those who
donated to our
60th Anniversary appeal

IT'S NOT TOO LATE TO HELP.

Visit our website: ostomycanada.ca
or call toll-free 1.888.969.9698



Nursing
sister D.
Mick reads
a patient
chart
during
rounds
at No. 15
Canadian
General
Hospital.



Ostomy
Canada
Society | Société
Canadienne des
Personnes Stomisées

PACIFIC

— **Andy Manson**

Greetings from the West Coast! We hope everyone had a wonderful festive season and look forward to a wonderful 2023. Ok, so we had some snow, but we are digging out for 2023.

Our groups are still meeting either in person or via Zoom, and newsletters are still being sent to keep in touch and support people in these different ways. UOA Vancouver was a key part of an ostomy education day hosted by the Lions Gate Hospital Foundation, generously sponsored by Neil Seldon (North Shore) and others. Over 110 people attended and benefited from an engaging full-day agenda. "Connect" with Deb Rooney for more information.

We want to thank Marney Ellis for participating in local ostomy groups over the years and for her leadership of the Victoria Support Group. Thank you, Marney, for all the people you have helped over the years. We are fortunate to have Dave Clark step forward to assume the Victoria facilitator position.

Would the area where you live benefit from having an ostomy support group? Please let me know, and we can work together to make it happen: almanson@me.com.

Looking For Local Support?
Get connected with a Chapter
or Peer Support Group in your
area! For more info,
visit ostomycanada.ca.

REGIONAL REPORTS

PRAIRIES

— **Deb Carpentier**

On the prairies, 2022 has been a very interesting year. For some, it's been the start of something new; for others, it's a farewell to what once was. Some groups still have an active membership with meetings, activities, fundraisers and training. For others, the energy is dimming or petering out for various reasons. Many people have made their circles of support made smaller this past couple of years. People who have just had their ostomy for a short time or even those who are balancing work, family and activities find some of their answers online. We all see differences post-COVID that contribute to how people are now engaging or not engaging.

We all know that many people in our ostomy communities continue to work hard and passionately to start groups, keep groups going, and start new activities and initiatives that support people learning to live with their ostomy. Without the work being done and the planning to continue, many people would not get the critical support they receive through our groups, our NSWOCs and Ostomy Canada programs.

We are in constant motion and change. The momentum takes us to different places but returns to the beginning. We're here to support all people living with an ostomy live life to the fullest. We are confident that people will keep the faith, stay the course, and be open to new ideas and initiatives while knowing that people are benefiting from all our efforts.



ONTARIO

— Ian MacNeil & Janet Paquet

First, we would like to welcome a new PSG (Peer Support Group). Chatham PSG held their first meeting on December 14. Kudos to Lori Zozzolto, NSWOC and Kathy Verral for starting the group.

We look forward to meeting the team and, with any luck, making our way down the 401 to participate. As always, “we are here to help.”

The Ottawa Ostomy Support Group will be celebrating their 50th anniversary (3 years late due to covid) on April 22 with an Expo and Information Day from 10-4 featuring Ostomy manufacturers & local representatives, Community Partner Groups, informative speakers and an NSWOC clinic. All are welcome.

Ostomy Hamilton is reprinting the HANDBOOK FOR NEW OSTOMY PATIENTS. If you would like to have pharmacies and ostomy suppliers in your area listed in the handbook, please get in touch with Janet Paquet at janet.paquet@ostomycanada.ca. Ostomy Hamilton will provide the handbooks at a cost to Chapters/PSGs participating, and the local advertising revenue will stay within your Chapter/PSG. This is a fantastic opportunity to provide new ostomates in your area with vital information.

The last few years have been challenging for all of us, and as a result, many Chapters and PSGs have become insular. Unfortunately, only some groups have participated in our regional meetings or responded to our follow-up inquiries. We want to encourage Chapters/PSGs to take the time to meet with your fellow groups to share ideas and information. By collaborating and sharing resources, we will have an impact on Ontario ostomates and make our respective groups more sustainable. *continued on page 8*

QUÉBEC — Réal Lamarche

FRENCH: Une fin d'année 2022 qui se veut Espoir pour le futur ; la pandémie presque (!) finie; on repart du bon pied, voici un sommaire :

- Réorganisation en cours pour plusieurs de nos associations régionales
- Deux associations ont fêté une étape importante dans leur existence : soit « l'Association des Personnes Stomisées Saguenay-Lac-St-Jean » pour le 40^{ème} congrès et « l'Association des Personnes Stomisées de la Mauricie et Centre du Québec » pour leur 40^{ème} anniversaire
- Une Journée « Vivre avec une stomie » à Gatineau le 18 février 2023
- Un 8^{ème} congrès provincial est planifié pour le 13 mai 2023 à Drummondville avec 2 conférenciers, des consultations privées en stomothérapie et en relation d'aide, des ateliers de divers types de stomie, 12 à 15 kiosques. Nous anticipons une participation de 150 personnes

Toute l'information est disponible sur le site de l'Association québécoise des personnes stomisées (AQPS) Congrès 2023 - AQPS. Meilleurs vœux pour 2023.

ENGLISH: The end of the year 2022 wants to be Hope for the future; the pandemic(!) over; we start on the right foot. Here is a summary:

- Reorganization is underway for several of our regional associations
- Two associations celebrated an important step in their existence: the "Association des Personnes Stomisées Saguenay-Lac-St-Jean" for the 40th congress and the "Association des Personnes Stomisées de la Mauricie et Centre du Québec" for their 40th anniversary.
- A "Living with an Ostomy" Day in Gatineau on February 18, 2023
- An 8th Provincial Congress is planned for May 13, 2023, in Drummondville with two speakers, private consultations in ostomy therapy and helping relationships, workshops on various types of ostomies, and 12 to 15 booths. We anticipate the participation of 150 people.

All information is available on the website of the "Association Québécoise des personnes stomisées" (AQPS) Congress 2023 - AQPS. Best wishes for 2023.

ATLANTIC — Joan Peddle

2022 has been a year of hope and challenges as we move forward in the third year of the pandemic. Ostomy Canada has continued to be active, and we have had meetings via Teams. I feel fortunate to be part of this great organization. I have contacted our members via phone calls and emails and received replies to my last message for good holidays.

I attended the Saint John Chapter meeting in October and planned to continue to reach out to other areas in the New Year. I look forward to travelling in 2023.

I presented the NSWOCC Recognition of the Year award to Denise Nicholson in October at the Atlantic Region NSWOCC meeting in Moncton. A well-deserved honour to one of our own. Other Atlantic members also received awards: Maple Leaf Award – Ed Tummers, Halifax and Unsung Hero award to Blanca Baquero – Ostomy Annapolis Valley/Ostomy Halifax Society. I am proud to say that we have lots of deserving people in our ostomy community.

Many Chapters and PSGs have resumed in-person meetings and look forward to seeing members in person again. Visitor programs are allowed in some healthcare facilities, but with new guidelines. This is one of the essential roles for Ostomy Canada members and will be delivered in an online format soon.

I plan to continue my role for another couple of years and work hard on behalf of the Atlantic Region and Ostomy Canada. I enjoy my involvement in an organization for people with ostomies in Canada. We have a strong team moving forward as Ostomy Canada, and I look forward to serving our Atlantic Region and the Board. ○



Making Good On Your New Year's Resolutions

With the New Year just beginning, you are probably beginning to think of some resolutions for 2023 or beyond. Weight loss, fitness goals, debt reduction and smoking cessation are some of the most common.

And if you are like most people, those well-intentioned resolutions often become a distant memory before the month of January is out. And unfortunately, setting goals without following through can have a negative impact on our mental health. In a way, we are letting ourselves down and reinforcing the belief that we cannot achieve what we would like to. But it is possible. It is about setting goals that are Specific, Measurable, Attainable, Relevant and Time Bound (SMART).

Let us make 2023 the year you make good on your New Year's resolutions with some **SMART Goals!**

SPECIFIC – Think about you want to accomplish. Being healthy is a great goal; however, it is vague and could mean countless things. What do you mean? Will you exercise more? Will you eat healthier? Will you take time to meditate and relax your mind?

MEASURABLE – How will you know when you have achieved your goal? What metric will you use to quantify it? Here is also where you can put something of a plan into place. For instance, if your goal is to reduce your \$2500 credit card balance to \$0, you may decide to pay off \$50/week until you reach your goal. Or if we revisit our goal of being healthy, perhaps you will aim to exercise three days per week for 30 minutes.

ATTAINABLE – Ask yourself; is your goal something that you can achieve in the context of your current responsibilities? For example, if you are approaching a particularly stressful time at work, it might not be the best time to say, "I'm going to quit smoking." Instead, you might commit to holding to a certain number of cigarettes per day with a plan to reduce use once crunch time has passed. When we achieve multiple, smaller goals we stay motivated to up the ante along the way.

RELEVANT – Why do you want to achieve this goal? Really give this one some thought. If you are lukewarm about the idea in the planning phase, chances are it will join the land of other forgotten New Year's resolutions before you are done ringing in the New Year. Once you have a solid list of reasons (and there might just be one or two important ones), post them in a few key places where you will see them if your motivation starts to wane, and you feel like you might throw in the towel.

TIME BOUND – By when would you like to achieve your goal? For years I have talked about doing a triathlon. It was not until a friend gave me a race entry for one that expired in a year did, I put my plan in place and compete in my first triathlon. Having a deadline can go a long way to making a bucket list item a reality. Once you have determined your SMART goals, tell someone about it; it will hold you accountable to following through. Or even better, recruit others to join you on your mission! Happy New Year! Best wishes for making those goals a reality! ○

Source: <https://www.camh.ca/en/camh-news-and-stories/making-good-on-your-new-years-resolutions> and Ostomy Support Halton-Peel (2022)

a primer on

OSTOMY ADHESIVES

Ostomy pouches have an adhesive wafer that stick to the skin around the stoma to keep the pouch in place and help protect the skin from urine or stool. The adhesive built into wafer barriers are designed to keep the pouch in place for days at a time. Including medical adhesives may also be used to create a stronger bond with the skin. There are many products that are classified as adhesive but the focus here is on liquid adhesives. These are different from barrier wipes or sprays that are designed to form a dry breathable protective film on the skin and may help reduce friction and irritation when ostomy wafers are removed. They might promote adhesion of some ostomy products, but some companies recommend not to use them unless directed by an ostomy nurse as they may also reduce adhesion of ostomy wafers.

Different Types of Ostomy Adhesives

Spray Adhesives

The most well known is the Adapt Medical Adhesive Spray. This silicone-based product when used as directed would help create a strong contact between the skin and the wafer. However, this product is now discontinued and only available until remaining supplies run out.

Wipe Adhesives

Individual wipes are small and convenient to travel with or to have as part of a spare pouching kit. While there are many products that are adhesive remover wipes, the Skin Tac Adhesive Barrier Wipes are the opposite. It is described as latex-free and hypoallergenic. They can be applied to the wafer or other ostomy products that adhere to the skin and dry (cure) in a minute or less and become sticky to touch. It can be applied to the skin, but it does contain alcohol that evaporates as it dries and may be irritating to skin. It is also available as a bottled liquid with dauber built into the cap.



Latex-Based Adhesives

These adhesives can create a strong waterproof bond between the wafer and the skin and can be used with some reusable ostomy wafers. They should not be used if a person has a latex sensitivity or allergy. They also contain zinc oxide that may help reduce skin irritation. They come in a small bottle and have an integrated brush or dauber built into their cap for easier application. They can take longer to dry than other adhesive products and should be applied in a thin layer. They also contain alcohol and so may be irritating to skin. Examples of these products are Torbot Liquid Bonding Cement, Osto-Bond, and Nu-Hope Adhesive.



**Looking for ostomy care tips?
Check out the Ostomy 101 section at
www.ostomycanada.ca**

Silicone-Based Adhesives

These are an alternative to latex adhesives but can still form a strong waterproof bond between a wafer and skin. However, they do not contain zinc oxide. They also come in a small bottle with an integrated brush in the cap. Application is the same as latex adhesives and can come in alcohol and non-alcohol versions. Two examples are Uro-bond III and Uro-bond V (non-flammable).

Tincture of Benzoin

This is an older product based on a type of tree sap Benzoin mixed with alcohol. In addition to its adhesive properties, it is used (but not limited) to treat blisters, skin fissures, blister, canker sores and has some anti-septic properties. It is not commonly used with ostomy products compared to other adhesives. Depending on how strong a bond is by adding one of these products, an adhesive remover may be needed to remove the appliance without irritating or damaging the skin. Talk with your NSWOC or ostomy nurse to see if these products would be right for you. ○

Source: Neal Dunwoody RN, BN, NSWOC, WOCC(C) Lifecare Medical, Davie Pharmacy, and MacDonald' Prescription (Kitsilano). Via UOAA Winter 2022 Newsletter.

The Flu & What To Do

The flu brings with its headaches, upset stomach, diarrhea, muscle aches and pains!

Drink plenty of fluids and rest in bed - this remains sound medical advice for your general attack of the virus. But if your case of the flu includes diarrhea, you may find the following hints helpful.

COLOSTOMY CARE

For those with a colostomy it is usually wise not to irrigate during this time. Your intestine is really washing itself out. After diarrhea, you have a sluggish colon for a few days, so "leave it alone." Start irrigation again when your colon has had a chance to return to normal.

ILEOSTOMY CARE

For the ileostomates diarrhea is a greater hazard. Along with the excess water discharge, there is a loss of electrolytes and vitamins that are necessary in maintaining good health. And this loss usually causes dehydration. Therefore, it is important to restore electrolyte balance. First, eliminate all solid food. Second, obtain potassium and sodium from drink or food sources. Fourth, drink a lot of water.

UROSTOMY CARE

For urostomates be sure to keep electrolytes in balance by following the general instructions for colostomies and ileostomies. Vomiting also brings the threat of dehydration. If it is severe and continuing, your doctor should be notified, or you should go to the ER. You should also know that diarrhea may be symptomatic of a partial obstruction or an acute attack of gastroenteritis. Since the treatment of these two entities is entirely different, a proper diagnosis should be made by a physician as rapidly as possible. If you are unsure, check it out with your doctor.

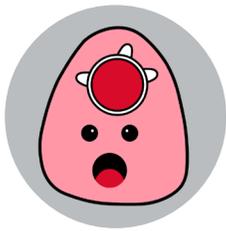
No one with an ostomy should take medicine for pain or a laxative without a physician's order. Do not use antibiotics for colds or flu unless the doctor orders it. In colostomy patients, drugs or certain foods can cause constipation. This can be prevented by drinking plenty of liquids. Increased water intake for the ileostomates results in increased urine output rather than increased water discharge through the appliance. When returning to a normal diet, use fiber-free foods at first, then gradually increase to regular, normal diet. ○

Source: UOAA Update 7/13 Via the Pittsburgh Triangle



phases of Psychological Adjustment

Most people go through four phases of recovery following an accident or illness that results in loss of function of an important part of the body. Persons undergoing ostomy surgery, along with their family, can expect to go through this together, varying only in the time required for each phase. Knowledge of the phases of recovery by the rehabilitation team is essential. There must be recognition of the specific phase the ostomate and family are experiencing at a given time.

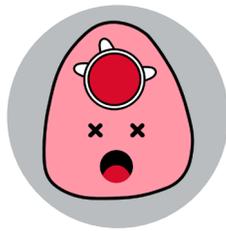


1. The Shock Phase

You will enter the period of initial psychological impact. You will probably remember little of this phase after your surgical procedure.

Family will need to provide extra support during this phase.

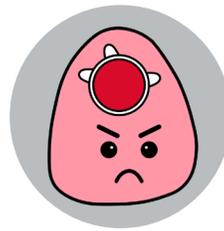
Are you short on support? We can help. Please contact the Ostomy Visitor Program today!



2. The Defensive Retreat Phase

You may defend yourself against the implications of the crisis during this stage. You may also avoid reality. Characteristic of this period is wishful thinking or denial or repression of your actual condition.

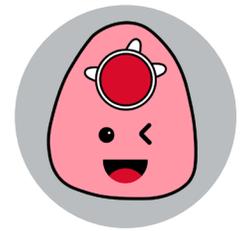
Family can support their loved one when they are being unreasonable during this phase by reassuring them. Don't lie, but don't agree with their denial.



3. The Phase of Acknowledgment

You start to face the realities of the crisis. You give up the existing old structure, and will enter into a period, at least temporarily, of depression, or apathy, or agitation, or bitterness, and of high anxiety. You may cry a lot, feel pity, won't eat, can't sleep, or want to be left alone.

Family needs to provide all the support they can muster during this phase.



4. The Phase of Adaptation

You will begin to cope with your situation in a constructive manner. You adapt, in your own time, to the adjustments that are necessary. You will start to establish new structures and develop a new sense of worth. With the aid of the medical professional team and a Certified Ostomy Visitor, you can start rebuilding and altering your life.

Rehabilitation requires great patience on the part of the entire team including the ostomate. Professional aid must be maintained through what may be a period of time, during hospitalization and self-care instructions, home care, and any possible change in work and life patterns. A successful rehabilitation program can be slow, but it can be very rewarding to all participants; especially to those who have undergone surgery and their family. ○

Source: Adapted from Ostomy Canada's Visitors Training Manual and adoption of the new online course (2023).

YOU ARE NOT ALONE!



In-hospital, phone, virtual & more!

Speak to an Ostomy Canada Certified Ostomy Visitor for one-on-one support.

www.ostomycanada.ca
Toll-free: 1-888-969-9698

OSTOMY VISITOR PROGRAM

Online visitor training coming soon!

Since late last summer 2022, Ostomy Canada has been working with a leading Canadian eLearning company in Ottawa (Hyperactive Studios) to help support and convert the “binder version” of the Visitor Training Program to an online version. User friendly, intuitive adaptive to Group or individual training - the new version is impressive. (Ok I may be slightly biased) and yet this is also based on feedback from a pilot in Regina. All the elements still exist – and yet the online version has video, voice over, improved graphics and a tracking tool for Visitor Coordinators who manage their local groups program. People will be able to “register online” which will allow OCS to capture important tracking data. To become a certified visitor, Ostomy Canada will require every visitor to be a member or supporter to be covered by our insurance. No visits can be made unless the person is certified and recertified every five years thereafter. With COVID 19 and limited courses taken three years ago – we are assuming that most everyone will need to take the training. Stay tuned for additional launch information coming out this spring.

Questions? Ann.Durkee@ostomycanada.ca or Deb.Carpentier@ostomycanada.ca 📍



DISABILITY TAX CREDIT

Persons living with an ostomy may be eligible for the DTC. Discover some tips from Ann & Rosemary from Ostomy Canada's DTC Committee.

 Live Webinar

 January 18, 2023

 5 pm ET | 3 pm MT

RSVP: ostomycanada.ca/webinars

GUEST SPEAKERS



Ann Durkee

Chair of the Board
Ostomy Canada Society



Rosemary Hill

BSN CWOCN WOCC (C)
VCH - Coastal - Lions
Gate Hospital

Bravery Bag Covers

Now Available FOR FREE

In the Summer edition of Connects, we shared a story about a young girl named Kenzie (right) who had emergency surgery because of an accident and required an ostomy.

Kenzie was not feeling good about this change until her mom and dad stepped in and found an ostomy cover of one of Kenzie's favourite superheroes.

The light went on, and Josh and Lindsay decided to match passion with philanthropy and created a program called the Bravery Bag Covers – a cover for children who want to feel more confident about their ostomy bag. Ostomy Canada has been a strong partner in this program. We are pleased to advise that covers are now available for order.

The cover and shipping are FREE, yet anyone can donate on the same site. Josh and Lindsay are not making any profit from this program. They are hoping to ship bags to individuals, children's hospitals, clinics, NSWOCs and the like.

Please visit their website to learn more at www.braverybagcovers.com. ○



STEP UP

FOR OSTOMY

The Step Up for Ostomy 2022 fundraising campaign results are in!

Thank you to those Chapters, Support Groups, teams, sponsors, donors, and individuals who Stepped it Up for Ostomy last October 1.

We have generated over \$85,000 (and counting) and we could not have done it with you! Your support is truly appreciated.

Thank you!

HAVE A LAUGH!

GOTCHA!

Sven was speeding down the highway, feeling safe because he was traveling in a group of cars that were all going the same speed. However, as the cars passed by a police radar check the cop picked him out to pull over.

As the officer started to write out the ticket, Sven started to complain. "I know I was speeding but it's not fair to give me a ticket alone when all the other cars were doing the same thing. Why didn't they get pulled over?"

"Ever catch ALL the fish when you go fishing?", responded the officer. ○

Source: Stratford and District Ostomy News (November 2022)

OSTOMY GRAB & GO BAG (OGGB) *ARE YOU READY?*

Last year we asked people to submit pictures, a list and a story on if they have a "grab and go bag" for those situations when they may need emergency ostomy supplies in a pinch. Camping, hiking, shopping, travelling, working or anytime means someone may need quick access to their "go-to" supplies. Did you miss the OBBG article?

A few of the things people said:

- Bring more than less – you never know
- Busy? It's better to have an OBBG than nothing
- Wipes, sprays, drops and the like
- Use what you use – not anything new

We are grateful to those that submitted pictures. Although we called it a "contest," we have acclaimed those who submitted their lists and photos as winners as they have helped share their stories and the impact of "being prepared." ○



▲
Nancy P's OBBG



▲
Lisa G's OBBG - Ostomy + IV
▼



◀ Lynn C's OBBG

Jenn B's OBBG ▶

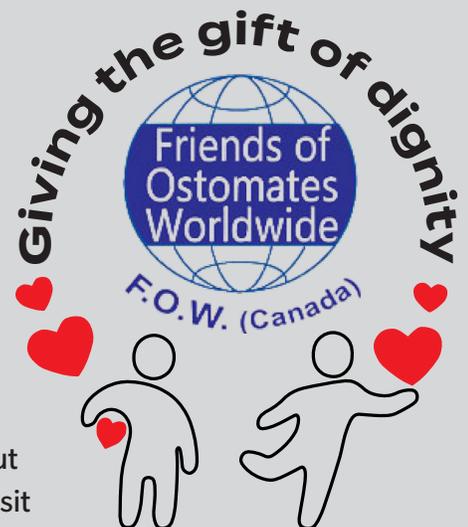


OUR GLOBAL IMPACT IN 2022

In 2022 FOWC was able to ship 240 cartons to Ukraine, 126 cartons to Kenya, and 126 cartons to Iran.

All the products were donated by individuals, Chapters and Support Groups, and ostomy manufacturers and distributors, and represent a retail value of \$500,000. Shipping costs were \$50,000 which includes costs of our warehouse.

Based on shipping cost versus the amount of aid provided, FOWC made a significant impact on improving the lives of ostomates in those countries. FOWC thanks all who have supported us in the past. For more information about FOWC, and ways you can support our important mission in the future, please visit www.fowc.ca. ○



WHO WE ARE

Advocacy.

Awareness.

Collaboration.

Support.



Ostomy
Canada
Society | Société
Canadienne des
Personnes Stomisées



**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.**

**Support Groups • Find An NSWOC • Ostomy Visitor Program • Volunteer
Ostomy Canada Magazine • Publications • Ostomy Canada Youth Camp • Donate
Educational Ostomy Webinars • Disability Tax Credit • Financial Resources**

YOUR

DONATIONS

MATTER



Tax receipts are
issued for donations
of \$25 or more.

Charitable Registration
No. 119277093 RR0001

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