

Changing Times

JUNE 2019

NOTICE: CHANGE IN MEETING VENUE!
St. Augustine's Church Hall: 7605 - 22A Street SE

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UPCOMING MEETINGS

QUARTERLY MEETING

June 12, 2019 | 7 PM

AGM & Ostomy Nutrition
(see pg 2)

St. Augustine's Church Hall
7605 - 22A Street SE,
Calgary
See map page 5

5 THINGS NO ONE TELLS YOU ABOUT HAVING AN OSTOMY

Source: Coloplast.com, via UOAA Minneapolis Area 'Ostomy Outlook' newsletter, May/June 2019.

Having a surgery that results in an ostomy is a huge, life-changing event. It can feel scary and there are so many 'unknowns'. Asking questions, and gathering as much information as possible before your surgery will help to prepare you for your new life and routine. Based on others who have had surgery before you, we have put together a list of 'five things no one tells you before your ostomy'. These are 5 things many ostomates wish they had known before adapting to life as an ostomate. We hope this list helps to prepare you even more, and encourages you with moving forward into your new lifestyle and routine.

1. You are Not Alone

You may feel like your ostomy alienates you from your world, but you are not alone in this. There are many people who have had surgery before you and there is an extensive and supportive ostomy community available to you. Your adjustment process may take time, and if you are experiencing discouragement, talking about it with someone who understands can be helpful. There are also numerous ostomy blogs and websites dedicated to sharing stories and experiences, as well as tips on living with your ostomy and how to avoid common mishaps. Once you have settled into the routine that works best for you, consider adding to these resources or reaching out to someone you may know who is struggling with their new ostomy.

2. Your Quality of Life May Improve

Most ostomates are happy to find out that they are able to do everything they were already able to do before their surgery, and often, even more. There's a chance that your illness leading up to your surgery was debilitating and left you with little to no control over your own life. If this was the case, having an ostomy will be a profoundly new experience in which you have more control and less limits. You will be able to check items off of your bucket list that seemed impossible before.

Continued page 15



WEDNESDAY, JUNE 12, 2019 @ 7 PM



**ST. AUGUSTINE'S CHURCH HALL
7605 - 22A STREET SE**



Annual General Meeting

Strawberry Social

**Guest Speaker Rory Hornstein,
*Registered Dietician & Ostomate***

www.calgaryostomysociety.com

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ABOUT

The Calgary Ostomy Society is dedicated to helping people with a Colostomy, Ileostomy, Urostomy & J-Pouch. It is a self-governing, non-profit, educational health service agency with medical advisers. The Society operates a volunteer visitor service to ostomates and holds quarterly information and social meetings. Meetings are open to all ostomates, their families, friends and supporters. The COS provides: Trained volunteer visitors (all of whom have an ostomy) who aid ostomy patients before and after surgery; Help for ostomy patients to adjust to the emotional and psychological results of ostomy surgery; and Tips for everyday appliance management.

CONTACT

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www.facebook.com/groups/calgaryostomysociety

QUARTERLY MEETINGS

Meetings typically take place on the second Wednesday of March, June, September at 7pm & December at 6pm, at St. Augustine's Church Hall, unless otherwise stated. Please check the event ads in the newsletter, on our website, or Facebook.

ADVERTISING OPPORTUNITIES

If you are interested in placing an ad in the Changing Times newsletter, please contact our treasurer for more information

DISCLAIMER

Articles do not necessarily reflect the views of the COS or Ostomy Canada Society. Please consult your doctor, or ET before using any product or method described.

From Your President

Hello Friends,

The last few days the city has turned green with the budding trees and green grass. Such a welcome sight from the snow and cold.

Our Annual General Meeting is coming up at the June meeting.

Attached to the newsletter you will find our financial statements for our fiscal year. Please take a moment to have a look and if there are any questions, please let us know or bring your concerns to the meeting in June.

The Ostomy Youth Camp is coming up July 7-12. We will need drivers to transport kids from the airport to Wellspring on July 7 and back to the airport from Camp horizon on July 12. If you can help out, please sign up at the meeting or let me or Lisa Gausman know.

COS also requires a volunteer for the Secretary position. This involves taking meeting minutes for the AGM and executive meetings. Knowledge of Microsoft Word or a similar software is required. Please contact me if you are interested.

The Educational seminar that a few of us attended in Saskatoon was a great experience. The speakers were wonderful with much good usable information. The Saskatoon chapter put on a great day.

AADL and private insurance coverage issues have come up again. Please see page 5 of the newsletter for more information about how it works. Please bear in mind that when you sign your re-assessment sheet given to you by an ET, you accept all terms and conditions including the disclaimer on the back of the document. Please take a moment to read carefully what you accept and are responsible for.

We will be holding another FOWC pack on Tuesday, June 4 at CB Medical. If you would like to volunteer your time, please let me know. We work from 9:00 am – 4:00 pm. Lunch is provided.

Our speaker in June is Rory Hornstein, a registered dietitian, on the topic of Nutrition For Ostomates, which is an education session offering more than just dietary advice. It focuses on providing the missing nutritional links for Ostomates that support overall health and vitality. This is an opportunity to discuss specific concerns such as dietary limitations leading to reduced nutrient intake, or output issues that are causing distress.

We hope all of you enjoy a safe, healthy summer with family and friends.

Pat Cimmeck

Renew Today!



Simply visit
calgaryostomysociety.com
to renew your 2019
membership online!

News & Updates

Small Support Group

The Small Support Group, held at Wellspring, is a meeting held by COS, to assist persons with an ostomy. The Small Support Group will be taking a summer break, resuming October 2019, so please check the September newsletter and Facebook for details.

J-Pouch Group

The Calgary J-Pouch Group is a support group and hospital visitation program, coordinated by Kaylee Janse. Persons with a J-pouch are encouraged to join our events. Please check out the Facebook group or COS website for info.

FOWC PackUp - Volunteers Needed!

The Calgary Ostomy Society will be holding the next FOWC PackUp on Tuesday, June 4, 2019. This involves a day of hard work, (lifting, standing, etc.), at the CB Medical Warehouse. We unpack boxes of ostomy supply donations, sort them out according to type (colostomy, urostomy, 1-piece & 2-piece systems, etc.), and repack for shipment to the Friends of Ostomates Worldwide Canada headquarters in Toronto.

When: June 4, 2019, from 9 am to 4 pm

Where: CB Medical - [#21, 3900 106 Ave SE, Calgary, AB](#)

RSVP: Facebook or email info@calgaryostomysociety.com.

Gutsy Gang Social Club

By Tiffany Shorson

The Gutsy Gang met on April 4th for the third annual Aussie Rules fundraiser. We all had a great evening! For the first time since I've been coordinating the group, we had alumni from the Ostomy Youth Camp, 18-year-old Kai join us. That was also the first time anyone under 30 has participated!

We also had several members in their 30's and 40's, plus some in their 50's and 60's, with ostomies, j-pouches, and other bowel resections in attendance. We danced on the stage, joined a congo line and had a blast to live music. The cherry on the top: we raised \$490 for the Ostomy Canada Youth camp! A special thank you to Lisa Gausman for coordinating the event, and Pat Machan for your generosity in gifting a few of our members with tickets.

GGSC is geared towards young adults aged 18 to 40 with bowel and bladder diversionary surgeries, such as an ostomy or J-Pouch. The young at heart are always welcome, and depending on the venue, children may also attend. Please check the COS website and Facebook for more info on upcoming Gutsy Gang events.

Alberta Healthy Living Program

Did you know that AHC has a program that can benefit you?

The Alberta Healthy Living Program (AHLP) is an integrated community-based chronic disease management program.

The program includes the following services:

- Patient education, including disease-specific and general health and lifestyle topics
- Self-management support through Better Choices, Better Health ® workshops
- Supervised exercises

Services may also include specialty services and services targeting diverse and vulnerable populations.

You can register for courses through your doctor, or by [self-referral](#). You will find many cost-free classes to take, such as those for sleep concerns, healthy eating, chronic pain, and many more.

Visit www.ahs.ca/ahlp for more information.



A fun evening at Aussie Rules.

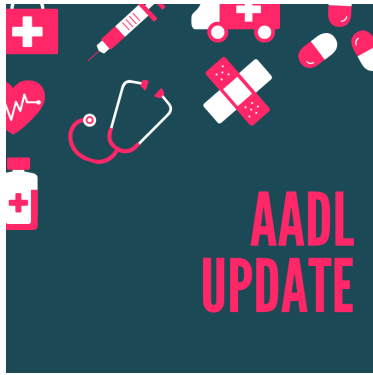


Tiffany, Ian & David on the "Iron Throne".



The Gutsy Gang party fully engaged.

Ask The Ostomy Nurse



Clarification Of AADL Information Provided In The Last Issue Of The Changing Times

I would like to clarify 2 areas of information that was provided in the March 2019 issue of the Changing Times newsletter as to AADL benefits.

Reauthorization: when you are first assessed for AADL products the NSWOCN (ET) nurses enter an expiry date for your supplies. This date varies but is usually 2 years from the date of assessment. Prior to this running out, you will need to be reassessed, and a new authorization form with a new expiry date will have to be submitted to AADL. Your NSWOCN

(ET) and/or home health care supply store will be able to tell you when the expiry date is, but your medical supply store cannot reauthorize any products for you only the health care professional. Contact the NSWOCN (ET) office in the hospital where you had your surgery if you can't remember who your nurse was to have a reauthorization done when required.

Insurance: If you have private insurance you must go through this avenue and not AADL. They will not cover the portion of the amount that your insurance will not cover. I.e. say you only have 80% coverage with your insurance company, AADL will not cover the remaining 20%. This portion would be out of pocket. There are some exceptions to this if you have low coverage such as a limited yearly amount like a health spending account of for instance \$300.00 per year. This would not be enough to cover your supplies and in this case, you may email Lori Harmon the AADL program manager at lori.harmon@gov.ab.ca and she will work with people that need extra assistance but it is based on a case by case scenario. For example, this may involve her writing a letter to your insurance company stating that you are not eligible which may increase the amount your insurance company is willing to cover or AADL covering your supplies after your amount has run out in a situation such as a health spending account.

Be careful not to sign the back of the AADL 1250 form as by signing you are admitting that you do not have other insurance. If you have other insurance and you sign the 1250 form and go through the AADL program it is considered insurance fraud.

Karen Lagden is an NSWOCN and owner of Staywell Home Care Medical Supplies Ltd, (see ad to the right). □



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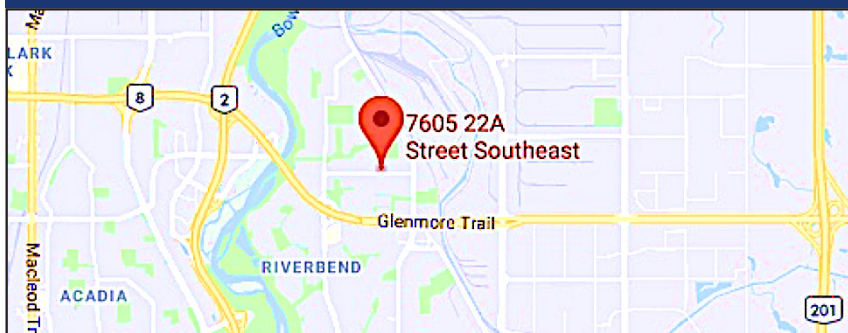
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June Meeting Location





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- *Providing product information and condition-specific education*
- *Finding local resources (ie. Retailers and Clinicians)*
- *Product usage care tips*

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UOAA Partners with Gospel Artist Damon Little to Save Ostomy Patient Lives

KENNEBUNK, Maine (PRWEB) April 26, 2019. Retrieved from https://www.prweb.com/releases/uoa_a_partners_with_gospel_artist_damon_little_to_save_ostomy_patient_lives/prweb16264596.htm

Inspired by his past, Grammy winner touched by child's suicide works with nonprofit to end ostomy surgery stigmas.

Grammy award-winning songwriter, vocalist and producer Damon Little was working on a new inspirational single "Be Alright" when he felt that something was missing. While touring at a radio station in Louisville, Kentucky he heard of the tragic suicide of Seven Bridges. The 10-year-old boy had been teased due to his medical condition that caused him to once wear a colostomy pouch (bag) for the elimination of bodily waste. A flood of emotions and memories overcame Mr. Little who was compelled to record a testimony to add to the song revealing for the first time that he too had lived with a colostomy until the age of 13, not much older than Seven when he died.

"This boy's story was my story. The feelings of isolation and pain of endless surgeries," says Damon Little. He wanted to do more to help people living with an ostomy so he reached out to the nonprofit organization United Ostomy Associations of America (UOAA) to see what could be done to help the next person in need. UOAA has over 300 affiliated support groups around the country, a national advocacy program, and distributes free educational information to ostomy patients, caregivers and medical professionals.

Mr. Little found that the volunteers of UOAA and many in the ostomy community (estimated by UOAA at 725,000 to one million people in U.S.) were equally shaken by this tragic loss and the existing stigmas that likely contributed to it. Ostomy surgery is a life-saving procedure that allows bodily waste to pass through a surgically created stoma on the abdomen into a prosthetic known as a 'pouch' or 'ostomy bag' on the outside of the body or an internal surgically created pouch for continent diversion surgeries. An ostomy may be necessary due to birth defects, cancer, inflammatory bowel disease, diverticulitis, incontinence and many other medical conditions. They are also necessary in cases of severe abdominal or pelvic trauma resulting from accidents or from injuries sustained during military service.

Ostomy or continent diversion surgery can occur at any age and many patients feel in robust health after recovery but it is often the emotional scars that take the longest to heal. "Most people with an ostomy who connect to the support and education they need live full, active, and healthy lives," says UOAA President Susan Burns, a longtime ostomate. "Many people don't realize that with some help they can swim, play sports, work, be intimate, and fully embrace a second lease on life."



George Salamy, left, Treasurer of United Ostomy Associations of America (UOAA) signs a partnership with Damon Little, right, an award-winning Gospel artist who wants to help end ostomy stigmas.

Damon Little is now partnering with UOAA to reach out to communities everywhere, particularly underserved populations, to dispel ostomy stigmas and connect people in need with support and educational resources. He'll also serve as UOAA's Ostomy Awareness Day Champion on October 5, 2019. Events include the Run for Resilience Ostomy 5k that will raise awareness in nine U.S. cities. □

Calling all parents... sign up your kids for Ostomy Canada Society Youth Camp!



July 7-12, 2019

Easter Seals Camp Horizon

Bragg Creek, AB

To reserve a spot at camp or receive application forms, please contact Ostomy Canada Society at 1-888-969-9698 or email info1@ostomycanada.ca.

Please contact your local ostomy chapter for sponsorship information.

"Once they witness the magic, your kids are forever changed."

Dementia Stoma Care

By R. S. Elvey via UOAA Articles to Share, June 1, 2018. via Vancouver Ostomy High Life March April 2019.

Caring for an ostomy can often be a frustrating and challenging experience at any age. But combine advanced age and dementia and it becomes even more of a challenge for caregivers and loved ones. According to the Population Reference Bureau, the number of Americans 65 and older will gradually increase from 15% of our population to 24% by 2050. With this growth has come a rise in existing and new ostomies combined with Alzheimer's or other dementias. The Alzheimer's Association of America reports in their 2017 Alzheimer's Disease and Figures Report, "Of the estimated 5.5 million Americans with Alzheimer's dementia in 2017, 5.3 million are age 65 and older." The association predicts a half a million new cases of Alzheimer's dementia will develop annually. This explosive growth in new cases of dementia is putting an enormous strain on family caregivers. The Family Caregiver Alliance estimates, "44 million Americans age 18 and older provide unpaid assistance and support to older people and adults with disabilities who live in the community." These caregivers often have little or no preparation or support in providing care for people with disabilities such as stoma care. They become frustrated and worn out.

In an online forum, an anonymous writer expressed her frustration about caring for her mother's stoma as follows, "I am TIRED of it. I need someone to take over dealing with an ostomy and ordering the correct supplies for her, etc... And I am just going to make whatever decisions seem right regarding her bladder care, as I find out more info. I really wanted to yell at her tonight and that makes me feel like a terrible, awful person. I didn't, but I did get a little firm."

Studies have shown that family caregivers who provide care to family members with chronic and disabling conditions are also putting themselves at risk of developing emotional and physical health problems. When seeking stoma care information, caregivers often participate in online chat rooms and forums for anecdotal advice. Additionally, visiting nurses with wound and ostomy training often make home visits and teach ostomy care. But when they leave the caregiver is often faced with ever-changing challenges as their loved one's dementia worsens. Most often they face the challenge of not knowing when a pouch needs to be emptied, appliances being ripped off by their loved one or attempts to empty and change the appliance that miss the mark and require massive cleanups.

Realizing the complexity of stoma care and dementia and the pressure it causes to caregivers, the Colostomy Association of the United Kingdom and the Dementia Association of the United Kingdom combined to issue a twelve-page downloadable leaflet at www.dementiauk.org entitled, "Caring for a person with a stoma and dementia." They readily recognize that not all persons with dementia

will profit from learning to care for their stoma. But where it is possible a person should be encouraged to participate in their own stoma maintenance. The leaflet's content is based on input from health professionals who care for ostomates with dementia and a stoma. A few of the hints and tips included in the publication are:

- "People with dementia who are actively involved in changing their bags should be encouraged to wear gloves. This reduces the risk of infection, feces under the nails and fecal spreading."
- "Some people with dementia who require their bag to be changed for them might resist. In these cases distraction could help. For instance, encouraging the person to clean their teeth or brush their hair during the process might be helpful. Standing the person in front of a mirror so they can focus on the task they are performing and not the bag change can help."
- Bag choice is important. One-piece bags with pre-cut aperture have the advantage of being uncomplicated for both person and caregiver. Two-piece bags, where the flange can remain in situ for up to three days, helps protect the skin when frequent changes are necessary.

Individual and professional caregivers also provide additional advice based on their experiences. Many staff who work in nursing homes put a plastic bag over the pouch so that in case of any leakage, there won't be a much larger incident.

Many persons with Alzheimer's or other dementias either pick or rip off their pouches. To prevent this from happening, many caregivers dress their loved ones in special clothing that has no openings in the front, but still gives the appearance of normal clothing. One source for this type of clothing is Buck and Buck. Their online catalog features adaptive clothing by gender and condition.

Lastly, in this smartphone age there is even an app that might help. 11 Health has created the ostomi™Alert Sensor. The sensor is applied to the pouch at a point where it should be emptied. When that point is reached it connects by Bluetooth wireless technology to the ostomi-i™ app on your smartphone to tell you it is time to empty. The app can also capture patient output volume over a period of time. The data is stored in a HIPAA compliant cloud server where it can be shared by medical professional and family members.

In the final analysis, caring for loved ones with dementia is a joint effort between the person with dementia, their loved ones, their medical consultants and other professional caregivers.

Thanks to Insights, Ostomy Association of Southern New Jersey The Pouch, October 2018. □

Those Abdominal Noises

Via Regina & District Ostomy Newsletter, May/June 2019.

Rumbles and grumbles, growls and howls – such noises that come from the abdomen. Everyone seems to get messages from inside that are broadcast to anyone within hearing distance. Since it happens to everyone you'd think we could just laugh them off or ignore them but, instead, we are embarrassed and, as ostomates, wonder if something is wrong since it seems to happen more often since our surgery. At least we notice it more. Those abdominal growls are officially called borborygmi (bore-bore-rig-my). If pain accompanies the noise it could be a sign of bowel obstruction, an ulcer, or gall bladder problems. See your doctor. Usually, however, it is all sound and fury signifying nothing important.

Any of the following may be the cause:

- You are hungry. Peristalsis goes on whether there is anything to move on or not.
- You are nervous so peristalsis is increased.
- You have been drinking coffee, tea, cola or beer, which stimulate peristalsis. Since these are often drunk on an empty stomach, they produce gurgles as peristalsis redoubles its movement.
- You have been reading about lowering cholesterol by eating a high fiber diet, so you have added high fiber foods. Digesting fiber foods produces gas, so rumbles increase. You may notice that your pouch fills quickly with gas and you are wearing a balloon.
- You have been eating too many carbohydrates. Culprits are often lactose (a sugar in milk), sorbitol (a sugar alcohol used as a sweetener), and raffinose and stachyose (sugars found in beans). The result is more gas gurgling about.
- You have been eating too fast, with your mouth open, or trying to talk while you eat. Your mother always told you it was rude, but she didn't mention that you would swallow air which grumbles and growls as it is moved along the digestive tract.

Prevention – Eat a snack of fruit or vegetables between meals if you are hungry. Eat smaller more frequent meals. Eat slowly and don't gulp. ☐



Wellspring Calgary

Carma House

1404 Home Rd NW
Calgary, AB T3B 1C7
PH: (403) 521-5292
FAX: (403) 521-5298

Unsung Hero - Pat Cimmeck

Via Ostomy Canada Connects, April 2019

Pat Cimmeck has dedicated a large portion of her life to Ostomy Canada Society (formerly UOAC). She has been President and past President of UOAC, served as President and past President of the North and Central America and Caribbean Ostomy Association, is a Director on the FOW(C) BOD, has been President of the Calgary Ostomy Society for many years, and has volunteered for Crohn's and Colitis Canada in Calgary. Pat received the Renaissance Great Comebacks Award in 1999 and Ostomy Canada Society's Maple Leaf Award in 2010.



However, another area of volunteerism to which Pat has devoted countless hours is as Ostomy Canada Youth Camp Administrator – 27 years of countless hours! Being administrator of youth camp held at Easter Seals Camp Horizon is a year-round job that she manages with full dedication and passion. During the last two years, due to Pat's family issues, Camp Co-Administrator Lisa Gausman has taken on a lot of the duties.

"Camp is so much work and I find it impossible to fathom how she has run it practically solo for so many years," says Lisa. "I cannot tell you how many times I have said, 'That woman deserves a medal!'"

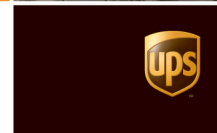
Maybe there's no medal to give to Pat but she certainly deserves recognition as an Unsung Hero for the hard work and dedication she has shown the kids, and their parents, in ensuring their camp experience is one they'll cherish – and definitely never forget.

She has changed so many lives for the better. For that, we thank Pat Cimmeck. ☐

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Thinking Of A Master Plan

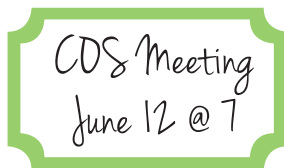
By Tiffany Shorson, newsletter editor, ileostomate

Last fall, after reading some blogs about getting organized, I bought something called a [Happy Planner](#). It is a planner where you not only fill out your schedule but can be crafty while doing it, decorating with stickers and gel pens. I am using a “disc bound”, A4 / letter size planner. That way, I can buy pre-made inserts for it, or print my own. But there are also many other planners out there in a variety of sizes, some being very [basic](#), and some being [digital](#), with designs for men, women and kids. But when I consider the heat I constantly fight, I only wish that Amazon could ship it to me 10 years ago!

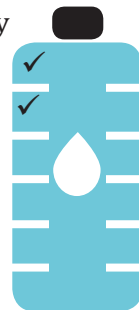
Since my late 20's, I have felt myself sinking deeper and deeper into the quicksand that is depression. To tackle an issue that was mainly rooted in my chronic condition, I spent a lot of time in therapy and trying to improve my life in a variety of ways in hopes of giving myself the best chance I can. It takes a lot of hard work to learn new skills, passions and change the way you fundamentally think, and making them habitual can be a full-time job. Planning has helped me to develop a sense of mastery over my time, health and my future goals.

To explain, I will share a few reasons to consider planning:

- 1. Plan your week.** [Basic planning](#) involves to-do's, shopping, work, appointments, and even more if you have kids or home business. You can also track things like exercise, vital stats, habits, and your daily mood. Another plus is that you will never forget another birthday!
- 2. Plan that list.** I would forget my head if it weren't attached and have post-it notes all over my office, plus many lists on my iPhone. A planner is an excellent way to get all the To-Dos in one spot. An idea I learned is to make a master list of say, all my chores. Then divide them into categories based on urgent, this week, this month, and backburner. I also use specific lists to plan for things like my volunteer work and garden. However, when dealing with a chronic condition, we have something else in the mix...
- 3. Plan your energy.** An Occupational Therapist taught me to manage low energy levels by rating my list. To begin, you would choose a list, ie chores, and rate each task from 1 to 10 stars, 1 for low and 10 for max energy. You would set a daily limit, like 10 stars per day, and then plan your tasks accordingly. And on a sick day, cut your star number down by half, and do a zero star activity like watching a movie. Move missed tasks to another day, or add to a “honey-do” list.



- 4. Plan your health.** For ostomates, we have so many more things to consider on a daily basis, like hydration. I use my planner to keep track of what I drink, plus meds and supplements, with daily or weekly stickers. For new ostomates, and j-pouchers, a planner can be exceptionally helpful for keeping a food journal or testing new product samples. I also have cute ostomy stickers that I use to mark the days I should change my bag. This is useful for maximizing my wear time whilst preserving my skin. If you do activities that might lower wear time, like swimming, you can plan a more complex appliance change routine.



- 5. Plan to balance productivity and self-care.** Being productive is a great thing, but when facing depression, pleasurable activities are equally important. Like a jar of pennies, drop one or two every day, and when something goes south, your jar won't be depleted. Make a plan to do the things that bring joy or lift your spirits, and reignite your sense of passion. You may even need to learn some new ways to accomplish that, especially if you were greeted by unexpected physical barriers. And just as important as that are personal connections. Make a plan to attend an ostomy support meeting, book a Volunteer Visitor, or a therapy appointment. Be proactive about you! I would also like to suggest that if you are reading a self-help book, like [The Healing Compass](#), or are in therapy, a planner is a great way to keep track of tools and skill sets.
- 6. Plan for success.** I use my planner for projects, namely, tasks that involve multiple steps. With that in mind, a Brain Dump is helpful, where you could jot down every random thing on your mind, and sort them out later. You may be surprised by what you find... possibly a new passion, hobby or goal.

Those are only a few ways to use a planner. If you search on Google or YouTube, you will find many more. To get a taste of planning, I've designed a printable Ostomy Planner page, which is included on page 11, and also available for download at calgaryostomysociety.com. □

*Do you have a story or something
you'd love to share on the COS website
blog or in the next newsletter?*

✉ info@calgaryostomysociety.com

Notes

.....

- Check off the day you plan to change on the calendar.
- Use the notes section to record details like your skin condition. It will help you assess wear time and product effectiveness.
- Track your inventory by using tally marks to record each time a product is used.
- Ask your vendor for your next reorder date and your AISH reauthorization date.

Enjoy Life More and Worry Less

Seal-N-Toss is a thick, heavy duty disposal bag that lets you discreetly dispose of your used ostomy pouch, worry-free.

Simply place your used pouch in the **Seal-N-Toss** bag, seal, and toss away. **Seal-N-Toss:**

- contains odours
- is 100% opaque
- does not make rustling noises



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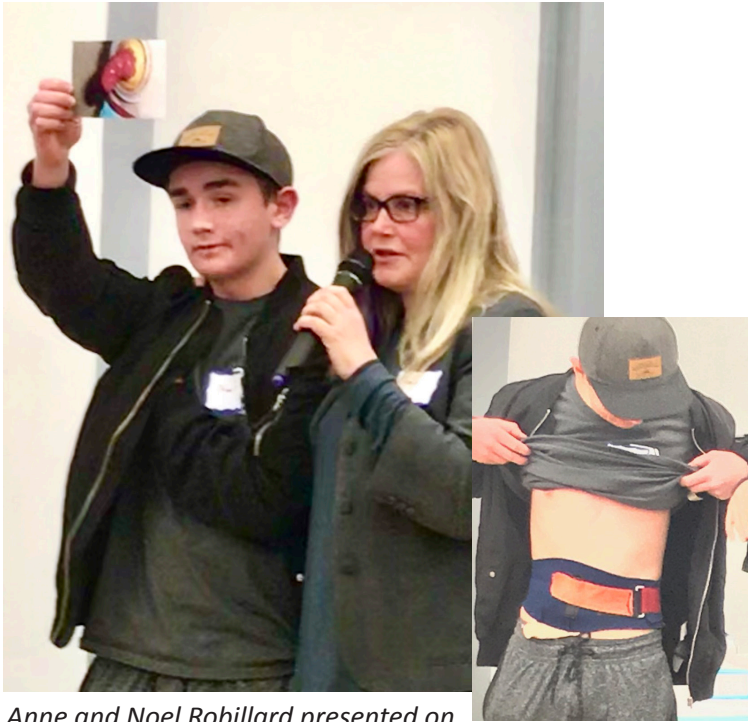
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calgarycoop.com/homehealth

Vendor Fair 2019 Recap



Anne and Noel Robillard presented on the NAD Ostomy Split and Belt. Anne has offered to do custom belts pro bono. www.nadostomysplintandbelt.com.



Several vendors were present at the March Vendor Fair, including CB Medical, (Craig Bean of CB pictured above), Hollister, Co-op, and ConvaTec. ConvaTec promoted their [Me+ program](#), which is a 24 hour service including a recovery program and financial counselling.



The Vendor Fair, hosted by Lisa Gausman, had an excellent turnout, and many new faces. The layout for the venue suited our needs perfectly. Many thanks to Gerald and Sharon Sheen for coordinating the hall again.



Jerry Exner was one of many winners for the door prizes.



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fits my
life, not
the other
way around"
Wendy



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As a member of me+, you have full access to several benefits, including a dedicated Ostomy Team (ET Nurse, registered nurses and product specialists) who are available by phone or email to answer your questions and offer the advice you need when you need it most. They will take the time to consult with you and make sure you are caring for your stoma correctly — including sending you samples to ensure you are wearing the best product ConvaTec has for you.

Our in-depth online resource covers a wide variety of ostomy content and highlights real stories from others who have walked in your shoes.

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Simply call **1-800-465-6302** (M-F, 8:00 AM-6:00 PM EST)
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5 Things No One Tells You About Having An Ostomy - Continued from page 1

3. There are Amazing Products Available to You

In the first few months to a year after your ostomy, you may take some time getting used to your appliance and how to change it out and clean the skin around your stoma. In addition to helpful information and tips online, you can also find an array of different products to help you manage your ostomy on a daily basis. It's amazing how far science and technology have come, and companies such as Coloplast, are continuing to develop new products with you in mind.

4. It Takes Time to Adjust - And That's Ok

While your ostomy should not hold you back from seeing and doing new things, it also is a big adjustment and there is no timetable on how and when you do this. Be patient with yourself and take the time you need to feel confident with caring for your new stoma. Use the information that is available to you, but do so without comparing your progress with that of others. Every body is different, so don't rush your recovery with unrealistic expectations and goals. Be kind to yourself.

5. Diet - Most of the Same Rules Still Apply

As far as diet and exercise, they are just as important after your ostomy as they were before. If you were a healthy person before your ostomy, continue to treat your body well with what you put in it and how you use it. Keep in mind that the foods that were good and healthy for your body before your operation are still good for you. Hydration is key. It is important to drink lots of liquids with an ostomy.

When you are in the hospital, chances are you will be given a list of what foods to avoid. Eating simple and bland soft foods directly after your surgery will be easier to digest, and will help your recovery. As you heal, it's okay to incorporate other foods into your regular diet, but it is recommended that you try them slowly and possibly even one at a time. Again, every body is different, and what affects someone else may not affect you in the same way. Keeping a journal or diary of how your body responds to different foods can be helpful.

For more information, visit www.coloplast.ca. ☐

CALGARY OSTOMY RESOURCE DIRECTORY

SUPPLIES

Coloplast Canada	1-866-293-6349
ConvaTec Canada	1-800-465-6302
Hollister Canada	1-800-263-7400

VENDORS

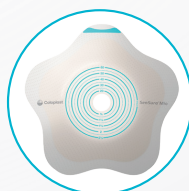
Co-op Home Health Care	1-800-352-8249
CB Medical	1-866-764-0674
Kenron Pharmacy NW	(403) 289-7224
Kenron Pharmacy SW	(403) 252-2616
Luke's Drug Mart	(403) 242-1566
Okotoks HC Pharmacy	(403) 995-1080
Shoppers Home Health Care	(403) 255-2288
Staywell Home Care	(403) 874-8787

ET NURSES

Foothills Medical Centre	(403) 944-1552
Rockyview Hospital	(403) 943-3238
Peter Lougheed Centre	(403) 943-4774
South Health Campus	(403) 956-3206
Alberta Children's Hospital	(403) 943-7290

Private Practice ET

Karen Lagden RN, BScN, ET	(403) 703-9407
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Your *Membership* Matters!

MEMBERSHIP BENEFITS

BE INFORMED

- Receive our quarterly newsletter Changing Times, via email or Canada Post, as well as the bi-annual Ostomy Canada Magazine.
- Educational seminars, support groups and social functions for ostomates.

SOCIAL NETWORKING

- You will meet many Calgarians with a Colostomy, Urostomy, Ileostomy and surgeries like a J-Pouch; all of whom have an ostomy due to Cancer, Crohn's & Colitis, and various other diseases. People of all ages are welcome!

GET INVOLVED

- Members can volunteer for positions on the Calgary Ostomy Society executive committee, and can also vote on agenda items at our AGM.

MEMBER-ONLY PERKS

- Access to Member-only web content when you sign up online.
- Fee assistance for Ostomy Canada Conferences.

\$30 annual fee

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