



**Don't forget...**

**Mid-Island Ostomy Group's**

next

**COFFEE BREAK**

begins at 10:30 a.m.

**FRI., DEC. 1**

**Sessions are held in the Second Floor meeting room of Country Grocer on Bowen Road in Nanaimo**

**Access is via the stairs at the left of the entrance to the store cafeteria**

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Ostomates, families and friends are welcome...Bring your suggestions, questions, information, discussions, donated supplies and, of course, your sense of humour

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**On the way to the stairs pick up a coffee or goodie and be prepared to spend some time with a bunch of friendly people,**

**PHOTO:** It appears this flock of geese is finally making the move to head south to warmer climes. And their timing is perfect as we have already seen the first snowfall of the season, far earlier than usual. The view, with all its Fall colours, overlooks downtown Nanaimo with Protection and Gabriola Islands in the background.

**---Photo by Gian Berselli of San Francisco while a guest at members Wayne & Michelle Guenters' B and B in Nanaimo.**



# COFFEE BREAK NEWS !!!

**The sudden onset of cold weather** didn't seem to bother members attending November Coffee Break. Once again we almost ran out of chairs, and that's an excellent sign.

**And once again** there was no structured program and after a handful of updates were reported the conversation was turned

over to the members. And, as usual, discussions ranged all over the map and touched on many topics.

**This is a very drastic change** from the former organization, where minutes had to be read, seconded and passed; motions were presented, seconded, discussed and voted on; committees filed reports to be studied, voted on and accepted, etc.

**A couple of reports** by people having some ostomy problems were listened to, commented on and some suggestions offered. Again, we are not a medical group; we are simply people who have "been there" and can talk freely and openly about the various situations we have had to deal with. The main thing is that people with problems can come to Coffee Break, talk about their ostomy problems, and be listened to. Many of us came into the ostomy world with no backup of any kind and had to deal with any problems by ourselves.

**After recently postponing the proposed luncheon**, members chose a new date (Fri., Nov. 17), but retained the location as The Fox and Hounds Pub in Ladysmith. Time remained the same: 12 noon. A separate reminder sheet was mailed to members.

**It was decided, as in last year**, not to plan a special Christmas get-together because of the busy time that ordinarily accompanies that season. However, regular Coffee Break will take place on Fri., Dec. 1. A brief discussion suggested something a bit different for later in January when the seasonal rush is over, Nothing definite was decided, so it will most likely come up again at December Coffee Break.

**Two members reported success** in obtaining the Disability Tax Credit Certificate after a bit of a battle. Strange how some applications go through with very little effort while others seem to get bogged down in details. A set of application forms was picked up by a new member.

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**PHOTO:** Not exactly a scene you would ordinarily expect to see on the Island in early November. The recent sudden snowfall caught many by surprise and weather "experts" claim it is the earliest snowfall in over 10 years.

---Photo by Paul Knudson

**After a lack of response** to the suggestion that members contribute photos of island scenes, we suddenly have two submitted, both of which appear in this issue. Hopefully they will spark other members to try their hands with photos taken with their digital cameras. Another set of interesting photos was submitted in the older black and white camera format and I will see if they will stand up to being copied, enlarged and reproduced.

**TAKE NOTE:** A member has asked a very pertinent question: “Are Our Coffee Breaks a Scent Free Zone?” Apparently this member has major lung and breathing problems after having twice undergone surgeries and if perfumes or other scents are present the member would have to be prepared to leave or wear a mask. This “Scent Free” ruling is becoming quite common wherever people gather. I think it is safe to say we are, or will be in the very near future, a scent free area.

**Next Coffee Break:** Friday, December 1, 10:30.

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## Improvising or fixing a leak in a hurry

If you happen to spring a leak, especially when away from home, it can be a cause of panic. Being prepared can help you keep your cool.

Wearing an appliance cover can provide extra protection. One person noted that when he had a leak near the seal, he was able to stuff several folded tissues between the pouch and the cover. This absorbed the leakage and kept him going for 90 minutes until he was able to get back home and change. Also, a pouch cover has the advantage of soaking up perspiration on a hot day. Perspiration can quickly undermine the best adhesives. A good ostomy powder can help soak up moisture too. Lacking this, cornstarch or baby powder is equally effective.

Some people carry Band-Aids with them, which can be used to mend a small tear in the pouch. Some say that it works so well, they forget about the makeshift repair until their regular time to change pouches!

You may want to keep individually packaged alcohol wipes or towelettes. They are easily carried and are great helpers in cleaning up an emergency.

Best of all though, take precautions to try to avoid having an emergency.

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