



**Make a note...**

**Mid-Island Ostomy Group**

will hold its next

# **COFFEE BREAK**

beginning at 10:30 a.m. on

# **FRIDAY, JULY 5**

**2019**

**Sessions are held in the second floor meeting room  
of Country Grocer on Bowen Road in Nanaimo**

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

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These are not business style meetings but rather just a group of ostomates, families and friends who meet once a month to spend some time in informal conversation as well as discussions on the various aspects of living with an ostomy.

**Newcomers and visitors are always welcome.**

**PHOTO:** The Beban House in Beban Park as seen today. Haunted or not?

Back in 1930 Frank Beban, described as one of the old-time “timber barons”, bought 160 acres of prime, rolling farm land in an area described at the time as “three miles north of Nanaimo”. There he, and his wife Hannah, built what became known as The Beban House. It is now in the heart of the city. Over the years the area has gone through countless developments and changes until today it is known as Beban Park, one of the most popular parks in the city.

The entire setup was purchased by the City in 1953, following the death of Frank and is now under the

(See inside)



# COFFEE BREAK

## NEWS !!!

**June 7 Coffee Break** played to an almost full house and the format was completely different to that usually followed.

**The conversation began** when a relatively new member asked about peoples' names, how far afield did the membership reach, what types of ostomies were represented, and about personal experiences.

And this prompted each member around the table to introduced themselves (and partners) in turn, their type of ostomy, and tell of some experiences that they had bumped into along the way. Some very funny incidents were reported much to the amusement of those present, although some quite serious episodes were also noted.

Most of us thought we knew other members pretty well but we now realize we had been seeing, in some cases, only the surface of their lives as ostomates. Nevertheless it brought to the attention of everyone there that we're all in the same boat, living the ostomy way of life and we can quite openly discuss with other ostomates all sorts of good and bad personal ostomy experiences and, in some cases, still joke about it. The result was a wide ranging discussion including some quite personal experiences aired with never a thought of embarrassment.

We're very fortunate people.

**A second important discussion** took place when Yours Truly announced that he wanted to be replaced as the contact point for the group. His age is catching up with him and the next few weeks could see a major change in his situation. He marks his 91<sup>st</sup> birthday on July 4 and feels he is no longer capable of providing the impetus necessary to keep the group functioning in its current enthusiastic manner.

The group is serving a very important service for local ostomates and it is vitally important that someone step forward to take the reins.

### MID-ISLAND ET NURSES

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Following the meeting one member stepped forward with the comment that someone or several members would see that the group continues. By the date of the next Coffee Break in July Yours Truly will know what the future holds for him.

Next Coffee Break: Friday, July 5, same time, same place.

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## Beban House (Continued from front page)

ownership of the Regional District of Nanaimo.

The house itself has had a varied and interesting history, including its use as a daycare centre and Nanaimo Tourism headquarters.

During its reign as a daycare centre many stories are told of strange, unexplained happenings occurring, such a doors opening and closing by themselves, taps turning themselves on and off and the old servants' quarters and boiler room still make people uncomfortable.



One tale tells of youngsters attending daycare all talking

about seeing a small playmate playing with a red ball. When asked to draw pictures of their version of the image adults were surprised to find an amazing similarity in the drawings. It was first thought to be that of a little girl but later it was suggested the little figure could have been an image of the small son of the Chinese servants. He had died on the site.

It is reported that while present staff doesn't seem to mind working there, no one cares to be in the building after dark.

As far as the rest of park is concerned it was, in the past, many things: the site of a popular horseracing track, later to become a popular stock car race track. But over the years all these areas have become huge playing fields, home of the Vancouver Island Exhibition along with all its display buildings, a very busy Social Centre, two ice arenas, a swimming pool, tennis courts, walking trails, childrens' playgrounds, and many other activities.

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## Urology concerns via Oskosh Ostomy Support Group, Oshkosh, WI

Germes are all over the world, but when they are in the urinary tract, either in the conduit, the ureters, or the kidneys, they are in an abnormal location, and that is what causes an infection.

What causes infection? Mostly, the reasons are unexplainable. Why do some people get more colds than others? Infections can be caused by urine being forced back to the kidneys through the conduit. This could happen if you fall asleep with the appliance full of urine and accidentally roll over on the pouch, causing urine to be forced back through the stoma and the urinary tract with tremendous pressure. Invariably, the urine in the appliance is contaminated.

In general, to prevent and treat infection, you need a good flow of urine, much like a stream. That not only dilutes the bacteria or germs in the urine but also helps wash them out.

Two and one-half quarts of liquids daily are required for the average adult. Night drainage is a **MUST**, otherwise, you run the risk of urine backing up into the kidneys which can cause irritation or infection. This is especially important for urostomates with only one kidney.

It's important to be aware of the symptoms of a kidney infection: elevated temperature, decreased urine output. People with ileal conduits normally produce mucus threads in their urine which give a cloudy appearance, but bloody urine is a danger sign. You must see your doctor if any of these symptoms occur.

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## Is your appliance showing? via The Right Connection, San Diego Area Chapter

Are you worried about your appliance showing under your clothes or your stoma protruding enough to show?

People today lead busy lives at a fast pace. Everyone is concerned with his or her happenings. Aren't you?

By the way, what is the color of your bus driver's hair? Did the sales clerk wear a dress or slacks today? What color was the bank teller's tie?

Give up?

Forget about the uncalled for worries and enjoy each day. Remember that your attitude about your image will affect the attitude of your family and friends.

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You have adjusted to your ostomy when...

- You can move about freely, without holding your appliance as though it might fall off any minute.
- You make that first trip to the mailbox without taking along your ostomy supplies.
- You stop grabbing your abdomen when the grocery clerk asks if you need help to the car with your bag.
- You begin to think how lucky you are to be alive instead of how unlucky you are to have an ostomy.
- You attend the monthly support group meetings with an expectation of learning more about your ostomy and making friends rather than staying at home worrying about it all.



