



Mark your calendar...

Mid-Island Ostomy Group

next

COFFEE BREAK

starts at 10:30 a.m. on

FRI., OCT. 5

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 oriented get-togethers but rather just a group of ostomates, families and friends who meet once a month to spend some time in informal conversation and discussions on the various aspects of living with an ostomy.

New people are always made welcome to the group

PHOTO: A sailboat with a strong following wind skims along the fringe of Neck Point Park in north-end Nanaimo using only its main sail. The park is recognized as an environmentally sensitive area as well as offering visitors scenic views as well as rugged cliffs and pebbled beaches. From the main trails smaller trails branch off into quiet, secluded forest areas and groves of Garry Oaks.

The area is also very popular with scuba divers featuring an impressive array of sea life off the rocky headlands.
(See inside)



COFFEE BREAK NEWS !!!

As the old saying goes, “Time marches on” and now we’re into October and the autumn season is underway with the coming of shorter days and the start of the annual color changes in the leaves.

My request last month that members, if any had been praying for rain, should stop, brought some very strange replies and suggestions.

One member confessed to doing the Rain Dance but unfortunately had forgotten how to reverse it. That sounded like pretty poor planning. Will have a talk with her.

Another was surprised because she had been hoping for snow. SNOW! That’s got to be grounds for permanent banishment.

Another suggested he had been hoping for MORE rain. Well he got his wish.

Another more practical type suggested we should, after seeing what’s taking place south of us, be thankful for what we’ve got. Have to agree with that,

And then there was handful who said simply: “Yes, please stop”. That’s more like it.

Sad to report the loss of two members:

Joyce Hedges passed away in palliative care during the latter part of August. Because of on-going health problems she attended few Coffee Breaks but when she did she spoke her part quietly and firmly. She was a very active member in the community and will be missed.

Another sudden passing was that of Lloyd Torgerson. A note from his son said he died of a stroke on Sept. 14. He was a recent newcomer having moved here from Victoria following the death of his wife. He was an active participant in Coffee Breaks, even bringing supplies he was experimenting with, displaying the items and discussing their use.

MID-ISLAND ET NURSES

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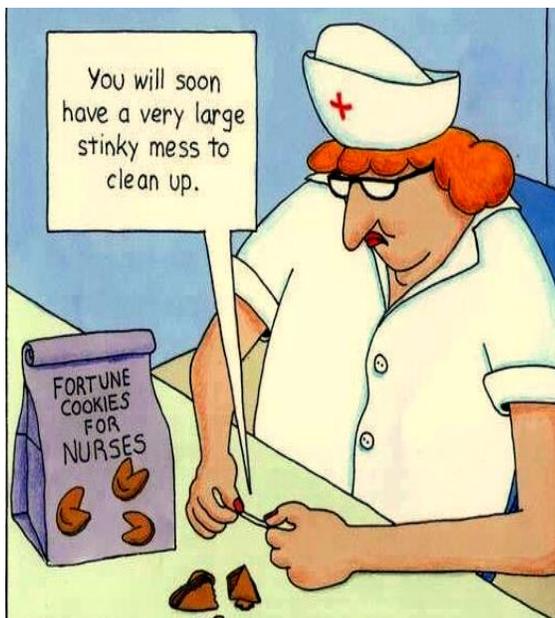
The September luncheon at Milanos Ristorante was another successful affair. Members not only enjoyed the meal but ended up discussing everything from results of treatment, to computer problems, families, and visiting outside of Coffee Breaks among other topics. It was also a chance to visit with members we hadn't seen in a while. A round of applause thanked Wendy, The Lunch Lady, for taking care of arrangements.

Neck Point Park (continued from Page One)

For the scuba divers there is a deep water rock wall that is reportedly the home of a friendly octopus.

In the photo two visitors make their way over the strip of sand and gravel to get to the outer edge of the rock outcrop from which the park gets its name. The trick, though, is to keep track of the tide as the area they are on can be under three feet or more of water when high tide arrives.

Additional land for the park was acquired in 2009 and now the area provides visitors with 36 acres of waterfront to explore.



Pouching Tips

- Prepare your new pouching system before you remove your used pouch.
- Empty your pouch when 1/3 to 1/2 full of discharge or gas. Do not let the pouch overflow.
- Empty your pouch before activities and before bedtime.
- If you notice that you have a lot of gas in your pouch (colostomy or ileostomy) you may want to consider a pouch with a built-in filter.
- The best time for a routine pouching system change is in the morning when the stoma is less active and before you have had anything to eat or drink.
- If you wear a two-piece pouching system, try placing the skin barrier on your body in a diamond shape for a smoother fit.