



Make a note...

Mid-Island Ostomy Group

will hold its next

COFFEE BREAK

beginning at 10:30 a.m. on

FRI., MAR. 1, 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**

#####

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 shows an early morning driver cautiously entering a drifted-in residential street in Nanaimo. Not the kind of view Islanders want to see when they look out their windows first thing in the morning.

The entire area, as well as the lower mainland, was hit by twin winter storms in mid-February.

Record breaking low temperatures and snowfall caused ferry cancellations, school closures, airport shutdowns, power outages and regular city outdoor services were brought to a halt. Snow clearing crews were working around the clock in an effort to keep the major arterial roads open.

Until the arrival of the storms the winter had been unseasonably warm.



COFFEE BREAK NEWS !!!

February Coffee Break was a bit different, to say the least. While it started with the usual reports of letters received, address changes, reports from people who were unable to attend and so on, it soon disintegrated into a series of wildly humorous stories of personal experiences and solutions

It even covered the discovery of what had caused a mysterious sewer backup in a basement suite, and later explained the details of a problem that developed when an older woman was unable to get out of her bathtub and her husband's unappreciated attempt at helping.

Of course all these tales were immediately and freely commented on and expanded on at length, much to the delight of those taking part. Never let it be said our Coffee Breaks are boring or predictable. That Coffee Break will no doubt be marked as the most entertaining so far.

And we even spent some time discussing some ostomy problems and how they had been overcome by members. For the first time, we almost ran past the allotted time slot assigned to us for the meeting room.

Major residential move by longtime member Bev Cottrell. She tells me she has sold her townhouse in Ladysmith and has moved into Nanaimo Seniors Village on Uplands Drive. She says she is quite happy there. Anyone wanting to contact her can reach her by phone at 250-760-2362.

The handbill pertaining to the program on bladder problems to be held at Beban Park the day following this Coffee Break was again circulated around the table as a reminder.

Our visitor at last Coffee Break, Debra Rooney from Vancouver, submitted a couple of letters and one contained a great object lesson about the necessity of packing enough supplies when travelling. She is a colostomate and had told us during her visit that, as a regular traveler, she always packs three times the amount of supplies she thinks she will need.

And this time it paid off...in Spades.

MID-ISLAND ET NURSES

TERESA STONE, RN, BScN, ET

Ostomy Wound Care Clinician,
Central Island
E-Mail: Teresa.Stone@viha.ca
Phone: 250-716-7709

MEGHAN MALONEY, RN,
BScN, ETN, Ostomy Wound
Care Clinician, NRGH
Phone 250-716-7709

COLETTE MacASKILL, RN, ET

Ostomy, Wound Care Clinician
Westhill Pharmasave
1816 Bowen Road
250-740-3880 on Tues and Wed.
9-4

E-Mail: 260hhc@forewest.ca

LINDA PENNY: RN, BScN, ET

Ostomy, Wound Care and
Diabetic Foot Specialist
Contact her at Pharmasave
1816 Bowen Rd., Thursdays
Phone 250-740-3880

While holidaying in Mexico shortly after her visit here she was walking to the nearest market when she suddenly realized that she was about to be in serious ostomy trouble.

I will let her explain the situation in her own words in an excerpt from her letter:

“Remember I said to the group I always pack at least 3 times what I think I’ll need on a trip and always come home with lots unused? Good thing I do because I sure needed a bunch of product day before yesterday.

“Must have eaten that one bad bit of lettuce. We were walking en route to the nearby town market when I knew something was going to go wrong.

“I use one-piece closed end or caps which do NOT go far if things get nasty. Note to self: pack more drainables next time, you never know.

“I paid 10 pesos to use a lady’s home bathroom to address the situation. She was one of the many enterprising locals who know visitors will always partake of too many cervezas (beers) and need a toilet (not an abundant item in Mexico) so she augments her income by renting out her own bathroom.

“It was a fluke that I just happened to have two spare bags in my pack that day, otherwise it wouldn’t have been pretty. Lesson learned!!

“**Interesting observation:** you can empty a full closed end one piece into the toilet and re-apply if you oh-so-carefully wipe any residue off the wafer first. (I have good skin that puts up with all sorts of insult.) Probably not a good idea in general but it works in the short run. For me, anyway!

“Ever see that movie ‘Trainspotting’? There’s a scene in it titled ‘The Worst Toilet in Scotland’. You get the picture, even if you haven’t seen the movie.”



She closed her note with: “Have fun at the meeting and give my best to the group”.

#####

Tips for stoma care From shieldhealthcare

---Change your ostomy pouch on a routine basis, before it leaks. You will get more comfortable with this after you learn what works best for you.

---Twice a week changes are considered usual. Seven days is generally recommended as the maximum length of time you should wear a single skin barrier.

- If your wear time becomes erratic or unpredictable, consult your ostomy nurse.
- Pouch wear time may decrease during warmer seasons when you are perspiring more or during times of increased activity. This is normal, so anticipate and plan appropriately.
- When traveling, plan ahead. Some suggestions include: take extra ostomy supplies, pack your ostomy products in your carry-on bag when flying, pre-cut your cut-to-fit skin barriers so you don't need to carry scissors on the plane and obtain a travel ID which explains your need for specific medical supplies when traveling.
- You can shower or bathe with your pouch on. If you use a two-piece pouching system keep your pouch on during the shower. Some find it convenient to switch to a different pouch for the shower so that the pouch you wear stays dry.
- When emptying your pouch it is not necessary to rinse it out. A lubricating pouch deodorant may make emptying easier.
- Do not put oils or cooking sprays in your ostomy pouch.
- Store your unused ostomy supplies in a cool, dry place.

#####

You've been an ostomate for too long when...

By Tim Colbert via Houston, Texas Area Ostomy Association

- You get gleeful at the ease of emptying your bag the first time after changing it.
- For men: You find scratching under the bag to be as natural as scratching your other parts in the morning.
- For woman: Spare bag clips make dandy hair accessories in a pinch!
- You draw upside-down smiley faces on your bag so something is smiling at you whenever you go to the bathroom.
- You name your stoma and your bag and celebrate their birthday.
- You drink a lot of beer and/or soda just to see how quickly they will fill with gas.
- You eat certain foods, like red licorice or lots of pesto, to watch your output change color.
- You absent-mindedly feel the bottom of your bag in front of strangers to see if it needs emptying.

Tim Colbert published his humorous insights on Facebook, Hisostomy. He suffered from cancer

