

May 2017

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DAY



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Resource Centre

Ostomy Toronto's Resource Centre is located at 344 Bloor Street West in suite 609. This is on the north side of Bloor, just west of Spadina. There is street parking and Green P lots within walking distance, or you can take the subway and get off at Spadina station.

As our Resource Centre is operated by volunteers, we advise that you call or email before coming to ensure that there is someone there to receive you. Our telephone number is 416-596-7718, and the email address is info@ostomytoronto.com.

Why come to the Resource Centre? We have lots of great informative material and people you can talk to. We can also make you a cup of tea!

So, once again, our info is:

Ostomy Toronto's Resource Centre
344 Bloor Street West, Suite 609
416-596-7718
info@ostomytoronto.com

Looking forward to seeing you there!

President's Letter

May is a great month to shake off those winter blues and get outside. Even if it is raining! What better way to do so then start thinking about outdoor adventures like camping and travel!

With that said I think it is a must for your attendance at this month's meeting: CAMP MONTH! Every year we share, highlight and inform you all on what camp really is all about as well as possibly meet some campers. Well what a better way to do so then to have a long time camper, now graduated, share with us ! I encourage you all to invite any new friends and ostomates you may know! It is a meeting you don't want to miss.

What else is great about the month of May is it is spring! And with that I want to send a quick reminder to everyone to do some spring cleaning. Check your meds, medical supplies, medical notes and much more. It's the perfect time post-taxes to also update all government documents, health cards, drivers licences and much more! I bet you did not even know that your medical supplies expire!!?!!

As always we are actively looking for volunteers over the summer to help us set up for the year! If you, or someone you know, have time on your hands and would like to help, please contact us at info@ostomytoronto.com.

Last I want to share that you should check out the High Park Cherry Blossoms asap as they went into bloom early and it's truly beautiful to see!

Happy Spring!

Best

Maria-Jose Bouey

Products and methods mentioned in this newsletter are not endorsed by Ostomy Toronto, and may not be applicable to everyone. Please consult your own doctor or ET. for the medical advice that is best for you.

Stella's Corner

It is with true honour and pleasure that I, Maria-Jose, introduce our newest addition to the O Newsletter, STELLA'S CORNER.

We are thrilled to have a diverse community at Ostomy Toronto and want those voices to be heard. This is why we created Stella's Corner. A diverse and open space for Stella to share a bit of her life, experiences, questions and much more!

I had the privilege of meeting Stella, her parents and siblings a few years ago and could not have said yes any sooner for her request to take part in our newsletter. From her smile, amazing positivity, and opinions I am thrilled for her to share with you a snippet of herself!

I hope you too will be as excited to welcome Stella's Corner to the newsletter!

However this is a lot to ask a young lady, so we are reaching out to you, our readers, to share and reach out to our younger members and encourage them to connect with Stella and Ostomy Toronto! This is a great way for questions, stories and adventures to be shared!



In the meantime stay tuned for Stella's first article coming next month.

Welcome Stella!!

Monthly Meeting

Ostomy Toronto

Wednesday, May 17 at 6:30 p.m.
Shoppers Home Health Care
528 Lawrence Ave W., Unit 16A

This meeting presents Kaitlyn O'Brien, long-time camper at Camp Horizons during the ostomy week they host every year. Join the meeting to learn about how important camp is for younger ostomates.

Please note: our meeting space will be under renovation this month. If inaccessible the night of meeting, we will relocate to the TORONTO PUBLIC LIBRARY BARBARA FRUM: 20 Covington Road, directly behind Shoppers Home Healthcare. Signs will be posted if this change occurs.

Other Events

Here are the planned events for May 2017. If you are interested in attending, please see our website at www.ostomytoronto.com or call the office at 416-596-7718 for more information.

Wednesday May 24: Peer-to-Peer, RSVP required. Details will be given upon RSVP confirmation. Please email info@ostomytoronto.com or call 416-596-7718

Monday May 29: Mt Sinai IBD Support Group. The topic is travelling with IBD. This takes place at Mount Sinai Hospital, 18th Floor Auditorium and starts at 7 pm.

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Imagine  **Canada**

Volunteering and Its Benefits

Ostomy Toronto is always looking for good volunteers. As a volunteer-run organization, volunteers are the backbone of the association. After reading about all the great benefits of volunteering from <https://www.helpguide.org/articles/work-career/volunteering-and-its-surprising-benefits.htm>, give us a call and we will find the perfect fit for you!

With busy lives, it can be hard to find time to volunteer. However, the benefits of volunteering are enormous to you, your family, and your community. The right match can help you to reduce stress, find friends, reach out to the community, learn new skills, and even advance your career. Giving to others can also help protect your mental and physical health. Learn more about the many benefits of helping others and find tips on getting started.

Why Volunteer?

Volunteering offers vital help to people in need, worthwhile causes, and the community, but the benefits can be even greater for you, the volunteer. Volunteering and helping others can help you reduce stress, combat depression, keep you mentally stimulated, and provide a sense of purpose. While it's true that the more you volunteer, the more benefits you'll experience, volunteering doesn't have to involve a long-term commitment or take a huge amount of time out of your busy day. Giving in even simple ways can help others those in need and improve your health and happiness.

Volunteering Connects You to Others

One of the better-known benefits of volunteering is the impact on the community. Volunteering allows you to connect to your community and make it a better place. Even helping out with the smallest tasks can make a real difference to the lives of people, animals, and organizations in need. And volunteering is a two-way street: It can benefit you and your family as much as the cause you choose to help. Dedicating your time as a volunteer helps you make new friends, expand your network, and boost your social skills.

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Camping With An Ostomy

Camping season is upon us. Here are some helpful tips on how to prepare and make your trip easier. From <https://innergood.ca/camping-with-an-ostomy/#>



Roughing it in the great Canadian outdoors means different things to different people. But unless you're glamping (doesn't really count) you're in for few amenities, fewer showers, and limited access to proper bathroom facilities. For someone living with an ostomy, the prospect can be scarier than a Grizzly bear. But it doesn't need to be. Keep reading.

REDEFINE CAMPING SUPPLY NECESSITIES

The biggest impact you'll feel on your first camping trip after receiving an ostomy will be found when writing up the supply checklist. With no stores or pharmacies in sight, you must be sure to you pack everything you need, and extras, to account for unexpected events. Run through this ostomy supply list. If you're planning for a three-day camping trip, pack ostomy supplies for six. This may include pouches, cleansers, lotions, deodorant drops, sprays and everything else that requires multiple-use.

It goes beyond the essentials. Consider the activities on your camping trip. Is there a lake? If so (and the weather is right) you will want to bring ostomy supplies for swimming too. Will there be strenuous activities? Even something as basic as chopping and carrying firewood will be better managed with a belt and stoma guard system. With all that said, be sure not to dominate your backpack real estate with too many supplies. Have a hard look at what is absolutely necessary for an enjoyable trip - remember a lighter pack is always advisable but not having enough supplies could spell disaster. Devise one ultimate camping-with-an-ostomy checklist



cont., over

Camping With An Ostomy cont.,

that you can reference with every trip and you'll be back on track when it comes to enjoying the great outdoors.

CREATE A CLEAN SPACE

Changing your ostomy pouch in a tight-fit tent can be an uncomfortable and messy experience if you don't have the right plan. You will need to prepare a space to lay down and a location for your supplies so that you have easy access to them. Once set up, use your backpack to create a pillow for your head so you can see what you are doing and don't have to strain holding your head up. Go ahead and remove the old appliance. Use a few wipes to cap off the stoma to avoid a mess on your abdomen. Have a plastic bag handy for waste supplies. Clean up any adhesive as usual with your adhesive remover wipes, and then take a lint free wipe and wet it with your water bottles so you can wash the area around the stoma. Dry and reapply the new appliance. Changing the appliance laying down may take a bit of practice, but it's easy and will allow you the flexibility to change your stoma bag in your tent, or simply on a sleeping pad. Regardless, it gives you the freedom to enjoy the backcountry without thinking about where a toilet is.

BAGS MAKE BATHROOM BREAKS EASIER



Regardless of being an ostomate or not, we all need to go to the bathroom in the woods. Depending on the location you are in, one option is to bury your waste and pack-out or burn the toilet paper. the second option is packing everything out - stool included (more likely on any icy technical routes

where burying is a no-no). This is one area where living with an ostomy comes at a significant advantage! As an ostomate, you never have to worry about tip-toeing through the dark brush to go to the bathroom again. The easiest night time solution to waste management is to have a well-marked (trust me) 1 litre Nalgene bottle with the regular wide

cont., on pg. 12

Camping With An Ostomy, cont.,

opening. Simply drain your bag into it. While easy, practice has its benefits for not getting it on you, your bag, or your tent. Men, same goes for late night pee needs. In the morning the bottle can be packed or drained in a pit toilet or buried in the designated area. Clean up is easy - add water, shake, and drain. Add a few drops of soap and close it up. If you are sharing a tent, be sure your partner is asleep, the process is a tad stinky and what they don't know won't hurt them. Besides, they will be wishing for an ostomy bag after they see how easy going to the bathroom in the woods is.

MIND YOUR FOOD INTAKE, SOMEWHAT



We're not asking you to stay away from s'mores. Indulge all you want! But do be mindful of foods that could cause a blockage. Foods high in fibre such as raw crunchy vegetables, beans, nuts etc. should be avoided. Even a small chance of blockage should be avoided if traveling in the back country.

Medical emergencies experience in the back country can have catastrophic outcomes - we need to be thinking about how our actions will affect us and our hiking/climbing partners. Be sure to keep hydrated with filtered/treated water. Ostomates ideally should be drinking more than their non ostomate counterpart. Bring vitamin packs that account for vitamin and mineral deficiencies common to ostomates, and throw in additional supplements to keep you full, healthy, and energized for all of the outdoor adventures that await. View the complete line of nutritional supplements that can accompany you on your next camping trip.

Regardless if it is your first time heading into the woods or 100th time. Plan your trip carefully, enjoy the splendor of nature and by all means laugh a bit if things get a little messy. After all it is only poo!

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Volunteering, cont.,

Volunteering is Good for your Body and Mind

Volunteering provides many benefits to both mental and physical health:

- Volunteering helps counteract the effects of stress, anger, and anxiety
- Volunteering combats depression
- Volunteering makes you happy
- Volunteering increases self-confidence
- Volunteering provides a sense of purpose
- Volunteering helps you stay physically healthy

Limited Mobility? You Can Still Volunteer

People with disabilities or chronic health conditions can still benefit greatly from volunteering. In fact, research has shown that adults with disabilities or health conditions ranging from hearing and vision loss to heart disease, diabetes or digestive disorders all show improvement after volunteering.

Whether due to a disability, a lack of transportation, or time constraints, many people choose to volunteer their time via phone or computer. In today's digital age many organizations need help with writing, graphic design, email, and other web-based tasks. Some organizations may require you to attend an initial training session or periodical meetings while others can be done completely remotely. In any volunteer situation, make sure that you are getting enough social contact, and that the organization is available to support you should you have questions.

Check out the article for other great reasons to volunteer. And contact us if you are interested in helping out with Ostomy Toronto!

Membership Application

Personal Information

Name		Cell Phone	
Street Address		Email Address	
City		Year of Birth	
Postal Code		Year of Surgery	
Home Phone		Languages in which you are fluent	

Type of Diversion Surgery

<input type="checkbox"/> Ileostomy	<input type="checkbox"/> Colostomy	<input type="checkbox"/> Pelvic Pouch
<input type="checkbox"/> Urostomy	<input type="checkbox"/> Other	

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You would like to receive the newsletter by: E-mail Post

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Once completed, send this form to Ostomy Toronto, 609-344 Bloor St W, Toronto, ON M5S 3A7. Alternatively, you can call the office at 416-596-7718 or 1-866-285-5948 to pay by credit card over, or complete a membership form at www.ostomytoronto.com and pay via PayPal. **Note:** no one will be refused attendance to meetings due to inability to pay the membership fee.

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