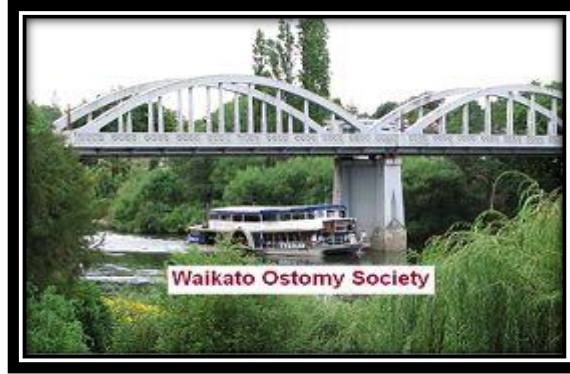


WAIKATO OSTOMY SOCIETY Inc.

NEWSLETTER - July - 2018



WEBSITES
www.ostomywaikato.org.nz
www.ostomy.org.nz

<u>PATRON</u>	<u>PRESIDENT</u>	NEW <u>SECRETARY</u>	<u>TREASURER</u>
Mr. Ralph Van Dalen MBChBFRAC	Brian Gordon 139 Spinley Street Te Awamutu 3800 bandsgordon@xtra.co.nz Ph. (07) 871 3300	Jan O'Leary 17 Saxbys Road Hamilton 3206 janoiam1st@gmail.com Ph. (07) 843 7505	Michael Sumner 58 Cemetery Road. RD9 Hamilton 3289 michael_sarah@xtra.co.nz Ph. (07) 829 3446




NOTICE OF BI-MONTHLY MEETING

Sunday 29th July, 2018 at 2pm.
ST STEPHENS CHURCH HALL = MELVILLE



NOTE: The Mid-Winter Luncheon will be held at 12pm before the meeting. More details will be published at a later date.

Hi Folks

Brian & Sue Gordon called in for a quick coffee and left with a new Secretary for the Waikato Ostomy Society, mission accomplished for them and Jano was left wondering how the heck did that happen.....?? 

So here I am and here is my first Newsletter.

President's Report - Brian Gordon

As a change to the winter blues your ostomy Society is hosting a pot-luck mid-year Xmas Lunch. This will be at 12.00pm midday in the St Stephens Church Hall on Sunday, 29th July, 2018. In the years I have attended this function I have not yet been disappointed with delicious selection and presentation of food that has been bought along.

Your new committee has been active in aligning itself with what might be required by all Ostomy of the Society in the future.

As your president I have consulted with our DHB Stoma Nurse, Carol Lee and discovered there are one or two areas we could improve to assist her with introductions for new Ostomates. The website I am sure will assist with the large area we are servicing. The web site www.ostomywaikato.org.nz has been generously hosted by our web designer Anna Freidlander ..

Thank you Anna.

I hope you will use the site and encourage others to use it as well. I will welcome all feedback for the site with suggestions of changes, improvements and ideas.

An initial reminder that your Society is hosting the National Conference next year on the 10/11th August, 2019 at the Novotel Hotel. This is an impressive event for Ostomates with Trade Displays from your suppliers, informative speakers and your chance to meet other Ostomates for information and inspiration.

Finally do not underestimate the worth of your society in the overall scheme of things. If it did not exist here or anywhere else in NZ we as individual ostomates would not be supplied with appliances as we are now and that would not enhance our quality of lifethat is for sure.

Even if you do not wish to attend the meetings please do join the society, it is only \$20 per annum. By doing so, this will strengthen the Society, and encourage those who are prepared to work on your behalf.

Brian Gordon

Another reason to join your local Ostomy Society:

it's a member of the Federation of NZ Ostomy Societies. Pharmac has just issued a RFP for the the supply of ostomy appliances. This will then come up for renewal every 3 years subsequently. The first time this was done on a national basis, some 6 years ago by Health Benefits Ltd, they ruled out a number of the suppliers, including one of the main ones. It was only swift intervention from the Federation that obtained from the Minister of Health the express undertaking that ostomates could continue using the appliances with which they were they were comfortable. The next time these others were included, but now it's all up for grabs again under a new regime. The provision of supplies was established over many years by the work of the Federation along with the nurses. It is vital that the Federation remains strong to act on our behalf to ensure that we continue to have good access to the most appropriate appliances. This means having a high proportion of ostomates as members, and having younger people to carry on this work. After all, the younger you are the longer you're going to need appliances... So please do consider joining your local society or support group!

David Barnes May 10, 2018



Evening news is where they begin with 'Good Evening,' and then proceed to tell you why it isn't.

Hello Ostomates,

Ostomy New Zealand is the umbrella organization that provides a collective voice for all NZ Ostomates. We also provide support and direction to Ostomy societies and support groups.

- October 6th is World Ostomy Day. Ostomy New Zealand is currently working on establishing an annual Ostomy Awareness Day which will help to bring about a national consciousness and reduce the stigma that surrounds ostomies. Watch for updates through your local society or support group.
- Ostomy New Zealand executive committee are always looking for suitably skilled people to help us with our administrative duties and are currently on the lookout for someone who can help us manage our website www.ostomy.org.nz We would also love to hear from anyone who could assist with Secretarial duties. Please contact us through our website or through your local society to find out more.

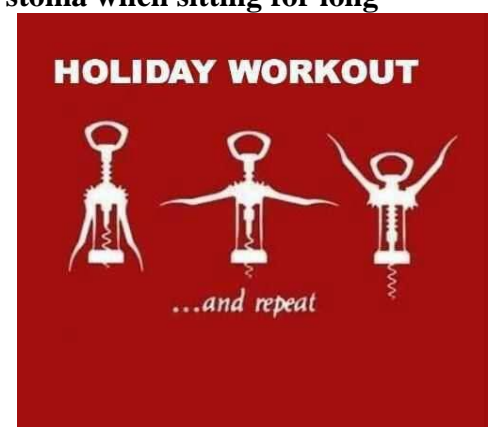
Our national Ostomy Training Day and AGM will be held at the Brentwood in Wellington on Saturday 4th August this year. If you are interested in learning more about the work of Ostomy New Zealand or your society, check your next issue of the New Zealand Ostomate magazine for registration details. We welcome you all as a part of our New Zealand Ostomy family.

Lee King Secretary Ostomy New Zealand secretary@ostomy.org.nz June 2018

Travel With only a very little extra organisation, an ostomate can travel anywhere in New Zealand or overseas.

Do remember to: -

- Keep your equipment in a cool place: a car boot can get very hot and cause deterioration to adhesive etc.
- Carry some spare appliances with you in your hand luggage on plane or train as other luggage can be lost for considerable periods of time.
- Plan to use the type of appliance with which you are totally familiar; test new ones when at home!
- If planning a long stay away, take all the appliances you will need for your whole trip. If this is not possible, enquire from your Ostomy Society, stoma care nurse or appliance manufacturer of the availability of products in other areas and their possible cost.
- Obtain the contact address of the Ostomy Society of any overseas country from the FNZOS.
- Ask your doctor to prescribe some anti-diarrheal medication - be careful about “drinking” water in some countries. Bottled water is widely available.
- Outdoor work in hot weather may be fun but remember your liquids.
- Obtain a [Travel Certificate](#) from the Federation, your Stomal Therapist or local Society to forestall any problems with Customs Officers.
- Take along any medications you are supposed to take regularly. Make sure everything is labelled so that a doctor will know exactly what you may need in case of an unplanned consultation.
- Some ostomates find it advisable to provide shade for their stoma when sitting for long periods in the sun e.g. when travelling by car, bus or train.
- *HAVE A GREAT TRIP!*



Modern Technology

Can we use it to our advantage? I am sure we can.



Can we in the near future establish who can receive emails by sending your email address to janoiam1st@gmail.com and or if you are not computer savvy please contact Jano with your address on 07 843 7505 and she will be happy to post the information being shared.



Your immediate response would be much appreciated.

SUBSCRIPTION TIME

Subscriptions for 2018 year are now due and remain at \$20.00. They can be paid via any of the following methods:

- =**Internet** banking to Westpac 03 1560 0014261 00 (preferred method, include your name in reference area.
- =**Post** to Treasurer, Address as per page 1.
- =**Pay** directly at the next meeting!

NZ Ostomate Trust Fund

This magazine is provided **FREE** to every Ostomate in NZ 3 times per year to help keep us informed of the latest appliances available, along with a variety of useful hints and information. If you would like to make a donation towards the cost of producing this magazine, please fill in the form below. With donations of \$5.00 and over, a rebate of 33 1/3 cents in the dollar can be claimed within the limits of the donee's taxable income. Donations can also be made by Internet banking or Direct Credit to Federation of New of Zealand Ostomy Societies Account 12-3011-0809378-01.

Please send your address details to enable receipt to be sent to email below. We give assurance that the name of anyone giving a donation will remain confidential and will not be made available to your local Society.

The Treasurer, Federation of New Zealand Ostomy Societies

Mr Barry Maughan,

21 Strathconnan Court, HAMILTON 3210

Phone: 07 853 8355 or 027 2811 769 Email: jackieandbarry@xtra.co.nz

Please find enclosed a donation of \$.....

To: NZ Ostomate Trust Fund

Kindly forward receipt to:

.....
Mr, Mrs, Miss, Ms
.....

Please make cheques payable to: The Federation of New Zealand Ostomy Soc Inc

