



## NOTICE OF BI-MONTHLY

### NEXT MEETING

**Sunday 28th**  
**July, 2019 at**  
**2pm.**

*ST STEPHENS*  
*CHURCH HALL =*  
*MELVILLE*

The dates are as follows:-  
July 28th 2019,  
September 29th 2019,  
November 24th 2019.

**Pot Luck mid-Winter**  
**LUNCH**

**Bring a plate please folks**

Do I have your email address  
if not please forward it to  
ianoiam1st@gmail.com

## Subscription Time

Subscriptions for 2020 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, & Quote your invoice # Posting Cash (NOT recommended)

=Pay directly at the next meeting!

## **The Presidents Message – Brian Gordon**

Again, I would like to promote the National Ostomy Conference to be held on the 10<sup>th</sup> and 11<sup>th</sup> of August at the Tainui Novotel in Hamilton. There will be new things to learn and do, people to meet and opportunities for personal growth that you didn't think possible, Jot down any thoughts and questions as soon as you think of them, so that you can raise them at the appropriate time and opportunity during the conference – and there will be ample question time.

The theme is Breaking Down Barriers and I'm sure you will be enlightened on how to do this in many ways by the impressive list of speakers.

Our Supply Companies play an important role in the Ostomates life. They overall support our Mission and Vision as well as help educate members about products, new developments and services that improve the quality of care. There will be trade displays by all the individual companies, appliances and their personnel on hand to answer any questions. They are valued members of the Ostomy world and deserve recognition along with those in the distribution supply chain. The latter are the ones who systematically send out our supplies through a very efficient system; a service we in NZ should not ever take for granted but be grateful that we have such.

So, come on all you Waikato Ostomates, join us for the education and friendship, which are always a major component of any Conference. I will look forward to meeting as many of you as possible in person.

## Words of Wisdom

Middle age is when broadness of the mind and the narrowness of the waist change places.

**Mom: "What do you think I am, made of money?"**  
**You: "Isn't that what MOM stands for?"**

YOU NEVER KNOW HOW  
**STRONG**  
YOU ARE...  
UNTIL BEING STRONG IS THE  
**ONLY** CHOICE YOU HAVE.

**Swimming** is considered to be one of the best forms of exercise as it works out every part of your body whilst putting minimum strain on your muscles. It is also however, a major source of anxiety for many Ostomates who may worry about leakage or people noticing their bag. Here are some simple tips to take in order feel more comfortable taking a dip.

1. You don't need a special bag

Your stoma bag has been designed with water in mind and should be fully waterproof. If stickers come with your box, they can be used to cover the filter and stop it clogging in water. If you are the sort of person who likes cannonballing / diving in the pool, it might be a good idea to wear a snug bathing suit to help keep your bag in place. For men, drawstring trunks that are tightly fitted around the waist could do the job.

2. Swimsuits

You do not necessarily need bespoke swimwear although there are some on the market. Patterned fabrics are recommended as they make it more difficult to identify lumps, bumps and movement underneath. Try on your swimwear at home with your pouch, perhaps in the shower or bath so you can get comfortable with how it feels when its wet. This will also make you feel more confident that your bag won't come loose (if properly fit). Many people wear a towel or beach wrap to conceal the area.

3. Changing

A changing room is another source of anxiety. If you are concerned about getting changed in front of other people as they may notice your stoma/bag then try wearing a long shirt, or even draping a towel over your body. You could always change at home and wear clothes over your swimsuit too.

There's a natural tendency to worry that others will notice your stoma and stare. In truth, most people will not even notice the colour of your swim suit; let alone what is underneath it. We hope these simple tips will encourage you to get down to your local swimming pool and get back in the pool.

**Waikato Ostomy Society Committee**

**Let's SUPPORT our Association**

**PATRON** Mr. Ralph Van Dalen MBChBFRAC

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Web Sites [www.ostomywaikato.org.nz](http://www.ostomywaikato.org.nz) and [www.ostomy.org.nz](http://www.ostomy.org.nz)

*This newsletter is kindly printed and posted for us by Mr. Ralph van Dalen*

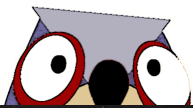
I lost the round for morning and afternoon teas outings



Ock Well ... worth a shot.....



The problem with the world is that the intelligent people are full of doubts, while the stupid ones are full of confidence.



The oldest computer can be traced back to Adam and Eve.

Surprise! Surprise!

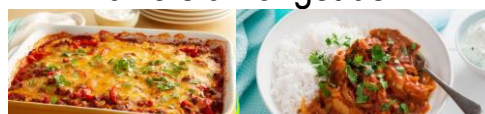
It was an Apple.

But with extremely limited memory.

Just 1 byte.

Then everything crashed.

Don't forget the Mid-winter lunch on **Sunday 28th July, 2019** tis a great get together, some excellent chiefs amongst us.



Set out below is the Programme (Listed on the <https://ostomywaikato.org.nz/> site) for the Ostomy NZ Education, Support and Training Conference in August...

Barry has spent many an hour getting interesting speakers and Trade firms to join us for the day so I have added some more details hoping to peak your interest and encourage you to come along and enjoy a day of learning and sharing information.

I have also added parking information for the weekend.



“BREAKING DOWN BARRIERS”



Waikato Ostomy Society is hosting

The Ostomy NZ Education, Support and Training Conference  
On the 9<sup>th</sup>, 10<sup>th</sup> 11<sup>th</sup> August 2019

Programme for Conference

Saturday 10<sup>th</sup> August, 2019  
Sunday 11<sup>th</sup> August, 2019

Conference  
AGM

**8.50am** Move to be seated

**9am** Opening remarks Barry Maughan

**9.05am** Welcome Andrew King, Mayor Hamilton

Followed by, the Waikato Diocesan School Kapahaka Group.

**9.30am** **Simi Lolohea** Specialist Qualifications MB ChB 1993 Auckland; FRACS (GS)  
2003Colorectal, General & Laparoscopic Surgeon

Colorectal Surgeon: Surgery in Tonga. How it is done.

**10am** Trade/Appliance firms' intro etc

**These Trade / Appliance firms will have stalls available with all their latest products and will have their experts to answer all your questions.**

**Omnigon:** - Supplier of Ostomy and Wound Care

**Ainscorp:** - Our wide range of ostomy appliances are shipped from Salts Healthcare Ltd in the UK, where a focus lies in the production of superior hydrocolloids infused with Aloe Vera for the ultimate in skin care and protection.

Fanny Adams:- Underwear lovingly hand-made in New Zealand. No riding up, no panty line.

**Health 2000 Natural Health Store:** - New Zealand's favourite supplier of natural health supplements, vitamins, minerals and weight lose products.

**Coloplast:** - develops *ostomy*, continence, urology, wound and skin care products and services that make life easier for people with very personal and private medical conditions.

**Hollister:** - One of the most important elements of regaining and maintaining a healthy, comfortable lifestyle after ostomy surgery is about taking good care of the skin around the stoma.

**ConvaTec** :- is a global medical products and technologies company, with leading market positions in wound therapeutics, stoma care, continence and critical care, and infusion devices. Our products provide a range of clinical and economic benefits, including infection prevention, protection of at-risk skin, improved patient outcomes and reduced total cost of

**Dansac**:- develops, manufactures, and markets unique stoma care products to fill the needs of people with a stoma—and the people who provide stoma care. Our products are designed to solve specific problems and improve the quality of life for each individual who uses them.

**10.10am** Wrapping up of morning

**10.15am** Morning Tea

**10.45am** Kallia Patching “Team OKK a personal story” Kallia is a very active member of the Ostomy NZ Committee. Kallia participated in a charity bike race throughout NZ in April 2019.

**11.15am** Richard McNair FOW NZ Trustee at Friends of Ostomates World Wide New Zealand Charitable Trust is to discuss “ASPOA, (The Asia and South Pacific Ostomy Association) (ASPOA) is the governing body for regional ostomy associations for both Asia and the South Pacific countries which advocates quality of life for all Ostomates, IOA (International Ostomy Association) and FOW NZ (Friends of Ostomates World Wide (NZ)

**11.30am** Debbie Strode: Stoma Therapist, Rotorua ‘Support of Ostomates in Muslim Countries etc”

**11.50am** “How Adversity can lead to Success” Toby Cunliffe- Steel: Athlete, Brain Tumour Survivor and Speaker.

**12.20pm** Coloplast Award presentation: Rachael Tiberi-Marketing Manager Australia and NZ

**12.30pm** Lunch

**1.30pm** Workshops break into Ileostomy, Colostomy, Urostomy, 20-40 or Young Ostomates, Partners/ Support 50 Min session. Planned session Chaired by Ostomate and stomal therapist

**2.30pm** Judy Warren: Stoma Therapist, Hamilton “Current state of Bowel Cancer Screening Programme “

**2.55pm** Jasen Ly: Colorectal Surgeon: “Parastomal Hernias-Everything we need to know and how to treat them”

**3.25 pm** Graeme Roadley (Patron Ostomy NZ) ”Breaking Down Barriers”

**3.45pm** Ostomy NZ President Jill Newton Present Awards, Introduces Issues etc

**4 05pm** Raffle drawing etc

**4.15pm** Closure: Brian Gordon Waikato Ostomy Society President followed by

**4.20pm** Afternoon Tea    **6.15pm** Pre dinner drinks /social interaction **7pm** Dinner Music

## **Parking Information**

**HCC Anglesea Street Car park:** Saturday/Sunday 2 + hrs \$5 6-10.0pm  
Friday per hr. Early bird available \$8(before 8)

**HCC River Road over Claudelands Bridge:** \$5 Friday Free weekends (closest to venue)

**Centre Place car park Bryce Street entry free weekends:** 6-10.30 pm

Weekdays Early Bird \$8 before 8. Money spent reduces cost!!!

**Waikato Casino:** \$20 day reduced if \$20 spent in cafes restaurants and maybe casino.  
If booked in hotels voucher enables evening out next day \$20.

**WE LOOK FORWARD TO SEEING YOU THERE**