

NOTICE OF BI-MONTHLY

ST STEPHENS CHURCH
HALL

2 Mahoe Street
MELVILLE

**The dates are as
follows for
2023.**

May 28th, 2023

2pm to 4pm

July 30th, 2023 (Lunch)

12pm to 4pm

September 24th, 2023

2pm to 4pm

November, 26th, 2023

2pm to 4pm

THE PRESIDENT'S REPORT – MURRAY DEAR

It is with much sadness that I report the passing of our Past President, Brian Gordon. Brian was a stalwart of the society and always had the best interests of ostomates at heart. Barry and Jackie Maughan represented the society at Brian's memorial service. On behalf of the society, I offer our deep condolences to Sue and the Gordon family.

On a brighter note, we now have a new Secretary (yaay!). Lorraine Sutherland applied for the position through Volunteering Waikato and I am pleased to report she has the skills we need for what is a very responsible position within our society. Lorraine will be attending our next meeting. Unfortunately, our next meeting at St Stephen's Church Hall will be our last at this venue. I have arranged a one-off venue for our pot luck lunch and meeting on 30 July and from our September meeting onwards we will be meeting at a new venue. More information on this will be provided at our meeting.

**I look forward to catching up with you all on
Sunday 28 May**

Murray Dear
President



Tea Parties

Whangamata
Paeroa
Hamilton
Thames
Matamata
Tokoroa
etc
ALL

To be advised

Waikato Ostomy Society Committee

Let's SUPPORT our Association

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Committee	Yvonne Moosberger	yvonnemoosberger@gmail.com	Ph. (07) 854 5458
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Web Sites www.ostomywaikato.org.nz and www.ostomy.org.nz
Facebook OstoMATES NZ and Waikato Ostomates United



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

OUR OWN STOMA NURSE IN HER OWN WORDS

My journey started with my mum in 1971 when my mother had an abdominal perineal resection with an end colostomy. I was 15 at the time and 6 of her children were at home growing up in a 3-bedroom railway house with a hut outside. I can remember the district nurses attending Mum and the appliance made of rubber, washed and dried on the rack above the coal range. All other rubbish was burnt in the coal range. I suppose mum was quite lucky back then as our toilet was a separate building out the back. For her supplies she had to go up to the pharmacy at the Waikato Hospital.

In 1974 I commenced my Community Nursing Training, leaving Waikato in 1979 moving up to Auckland working at the Marter Misericordiae Hospital which was owned by the Sisters of Mercy. I was working in the theatre and back then a colonoscopy was under a general anaesthetic and the colonic scope only had an eye piece to find any abnormalities.

Off back down to Hamilton in 1993 where I secured a position at the Braemar Hospital working in the Wards, theatre and endoscopy. The hospital was having a few stomal surgeries with Angus, a private stomal therapist, who was coming to visit the patients. Angela Sheenan was the stomal therapist at Waikato Hospital along with Joy Homewood working in the District Nursing area running teaching sessions. In 1999 I attended the Waiaroki Stomal Therapist course as an enrolled nurse. I was able to be a Stomal Resource Nurse. There I met Judy Warren and this was the last Stomal training in NZ since 1998.

With attending the Waikato Ostomy Society fund raising for my first Conference in 2009 was a movie evening with Wine and cheese, coffee and dessert after. Maureen Jamieson was busy fundraising and was well supported.

This conference was held on the day Braemar Hospital officially opened their new building and financially assisted our Conference. Our last Conference in 2019 was well attended by Waikato Ostomates and the speakers were Mr. S Lolohea who spoke on surgical procedures in Tonga and how it was done. As a Society we support Mr. Lolohea with appliances to use with his Tongan Patients. Mr Jason Ly spoke on the parastomal hernias.

NOW we have turned 50 years CONGRATULATIONS..... Helena Macdonald

**SHOUT OUT
TO MY ARMS FOR ALWAYS BEING BY MY SIDE**

Yes, as Murray says I am heading off in a new direction team. Thanks for a jolly good time of it. I have met some great people, lost some great people and will encourage more people to be great. Your committee do put a lot of personal time in to keep the Society going hence I encourage you all to support them. I will be working behind the scenes on a couple of projects so will you will no doubt hear from me from time to time. I welcome Lorraine on board and wish her all the best. Cheers Jano

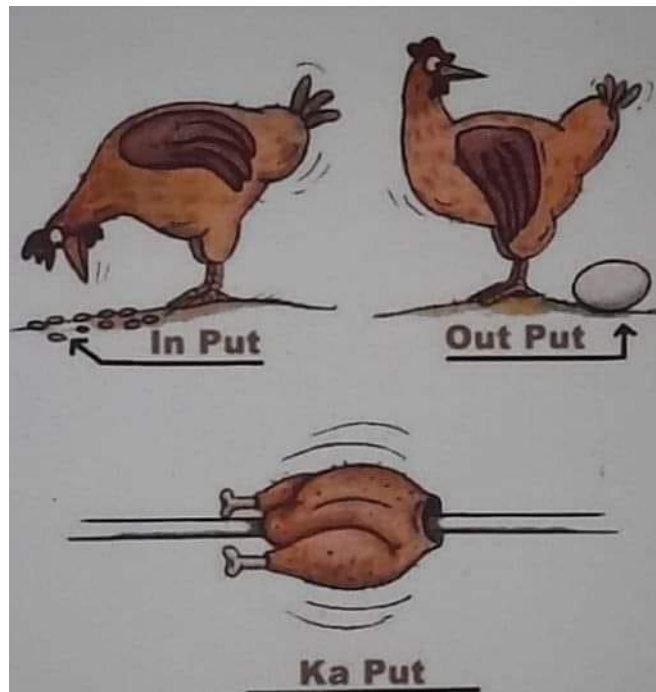
HOW TO FOLD A FITTED SHEET

STEP 1: Stop giving a crap about folding fitted sheets.

No one cares.

STEP 2: Roll it into a ball and chuck it into a closet.

Follow me for more life hacks.



Tea Parties One of my projects is to organise a regular get together in each area of the Waikato where Ostomates can be found. For this I will require a volunteer from each area to organise a café, date and time then I will publish the details to the Ostomates in that area.

The areas are Hamilton, Raglan, Te Awamutu, Otorohanga, Te Kuiti, Cambridge, Morrinsville, Matamata, Tokoroa, Whangamata, Waihi, Thames, Paeroa, Tirau, Putaruru, Kerepehi, Huntly, Ngaruawahia, Te Kauwhata, Coromandel, Whitianga, Pauanui Beach, Tuakau, and Pokeno. There are more but we do not have anyone registered from the missing communities. If I have missed an area please advise. Some towns are close to one and other so we may join up these communities. However, in the meantime let us see how many volunteers I can get organised to go forward. My phone numbers are on P1. Remember all you have to do is to name a place, a date and a time and we shall publish the details in the Newsletter or by email. Look forward to hearing from you. Hands up Team.



Waikato Ostomy Society Facebook

Please Note. Two members Kylee Black and Julia Hamon shared Ward 18. They made good of this time by organising our own Facebook for the Waikato area. "Key" Waikato Ostomates United in your FB search. Let's support this initiative. I will fire up some jokes to get us started.

Breathing exercises for stress

This calming breathing technique for stress, anxiety and panic takes just a few minutes and can be done anywhere.

You will get the most benefit if you do it regularly, as part of your daily routine.

You can do it standing up, sitting in a chair that supports your back, or lying on a bed or yoga mat on the floor.

Make yourself as comfortable as you can. If you can, loosen any clothes that restrict your breathing.

If you're lying down, place your arms a little bit away from your sides, with the palms up. Let your legs be straight, or bend your knees so your feet are flat on the floor.

If you're sitting, place your arms on the chair arms.

If you're sitting or standing, place both feet flat on the ground. Whatever position you're in, place your feet roughly hip-width apart.

- Let your breath flow as deep down into your belly as is comfortable, without forcing it.
- Try breathing in through your nose and out through your mouth.
- Breathe in gently and regularly. Some people find it helpful to count steadily from 1 to 5. You may not be able to reach 5 at first.
- Then let it flow out gently, counting from 1 to 5 again, if you find this helpful.
- Keep doing this for at least 5 minutes.

**PEOPLE ARE GOING TO THE MOON,
ALIENS ARE COMING TO EARTH
AND I'M STILL PUSHING ON A
DOOR THAT SAYS PULL.**

**My teacher told me not
to worry about spelling
because in the future
there will be autocorrect
And for that I am
eternally grapefruit.**