

**BI-MONTHLY  
MEETING DATES**

Cancer Society Building  
511 Grey Street, Hamilton

**The 2024 Dates are:**

**29 September**

**24 November**

**Christmas Lunch**

**1 December**

**Meeting Time: 2pm- 4 pm**

**Next Hamilton Coffee  
Mornings**

**Thursday 12 September**

**Saturday 5 October**

**THE PRESIDENT’S REPORT – MURRAY DEAR**

There was a good attendance at our mid-winter Pot Luck lunch on 28 July at the Hillcrest Bowling Club. There was a good selection of mains and desserts and everyone had a very enjoyable time. Unfortunately, we will not be able to use this venue again as the bowling club is closing later this year.

We have two coffee group meetings planned for 10.00 am on Thursday 12 September and Saturday 5 October which is World Ostomy Day. These will be at Cafe Fresca, Alison Street where there is good parking and good coffee!

Our next society meeting will be held at 2.00 pm on Sunday 29 September at the Cancer Society rooms in Grey Street, Hamilton East. Barry Maughan is our Delegate to the FNZOS Annual General Meeting to be held on 8 September and he will give a brief report on any significant outcomes from the AGM. The guest speaker will be Mr Shiva Nair, MBChB, PhD, FRACS (Urol), a Hamilton Urologist and this will be an opportunity for members to find out more about the intricacies of his work. I look forward to catching up with you on the 29<sup>th</sup>.

For your early information, the venue for our Christmas lunch on Sunday 1 December will be The Olde Creamery, Kaipaki Road, Ohaupo. This is a very nice venue, and the lunch will be at a special price for members and partners. Put this date in your diary now.

**Updating Information:**

If you have changed address, phone or email details, please notify Lorraine in order to keep receiving newsletters, etc.

Waikato Ostomy Society Committee

**Let’s SUPPORT our Association**

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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)

Facebook [OstoMATES NZ](https://www.facebook.com/OstoMATESNZ) and [Waikato Ostomates United](https://www.facebook.com/WaikatoOstomatesUnited)

For ostomy supply queries you can email them on [cses@waikatodhb.health.nz](mailto:cses@waikatodhb.health.nz)

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



Some points to ponder.....

- *Can you buy an entire chess set from a pawn shop?*
- *Why does quicksand work slowly?*
- *If man evolved from monkeys, how come we still have monkeys?*
- *Is there a time limit on fortune cookie predictions?*
- *Why is vanilla ice cream white when vanilla extract is brown?*
- *If glassblowers inhale do they get a pane in the stomach?*
- *Why is it that when we "skate on thin ice", we can "get into hot water"*
- *If money doesn't grow on trees, why do banks have branches?*
- *If a bald person works as a chef at a restaurant, do they have to wear a hairnet?*
- *Why is the Lone Ranger called "Lone" when he is always with his Indian friend Tonto?*
- *If pros and cons are opposites, would the opposite of progress be congress?*
- *How do you handcuff a one-armed man?*
- *In the song Yankee Doodle, is he calling the horse or the feather "macaroni"?*

## Brava Adhesive Removal Spray Update:

This spray is available on patient orders. People may contact either Carol Lee or Nicole Prosser at Waikato Hospital to order this and there will be no cost to the patient (thanks for the update Carol)

### Problems with Supplies – update from Carol Lee

As of July 1, 2024, all stoma and incontinence products will be supplied by a new company Amtech and orders will be sent forwarded automatically – patients will no longer be required to order.

Orders will be 28 daily or if patients want a longer time, can be delivered up to 3 monthly.

Patients with an email address can supply this to the CSES and will then be able to track their own orders.

If you have order queries, please leave a message with CSES – note this will be the answer phone. Patients can call Nicole or Carol with queries as they have access to the data base, but it will be CSES who input the information at present.

Please note: - in the first 3 months there may be some teething problems as it is a huge logistical operation with many patient details still needing to be uplifted to the new system and patients may receive incorrect products to start with.

Nicole has been working diligently to get stoma patients products and details updated, however a decision was made without informing the nurses that patient information had already been sent to Amtech.

Carol and Nicole ask for your forbearance. Long term the nurses hope the new system will put a stop to all the problems.

How beautiful is it to do nothing and then rest afterwards.

A keyring is a handy little gadget that allows you to lose all your keys at once!

## Coffee Mornings:

Hamilton have hosted four very successful coffee mornings at Café Fresca, alternating days from week to weekends in the hope of attracting different members. Malcome Vaille has been successful with hosting a morning in Tokoroa. Please let me know if you are planning a coffee morning in your area so I can advertise in the newsletter or send out a quick email. This is a good way to catch up with other Ostomates, give support and share helpful information

Next Hamilton coffee mornings  
Thursday 12 September &  
Saturday 5 October, Café Fresca

## Don't wash your hair in the shower

(its so good to finally get a health warning that is useful)

**IT INVOLVES THE SHAMPOO WHEN IT RUNS DOWN HOUR BODY WHEN YOU SHOWER WITH IT..... A WARNING TO US ALL!!!**

I don't know **WHY** I didn't figure this out sooner!  
I use shampoo in the shower! When I wash my hair the shampoo runs down my whole body, and printed very clearly on the shampoo label is the warning,

**"FOR EXTRA BODY AND VOLUME"**

No wonder I have been gaining weight!  
Well, I got rid of that shampoo, and I am going to start showering with Dawn dishwashing soap instead. Its label reads,

**"DISSOLVES FAT THAT US OTHERWISE DIFFICULT TO REMOVE"**

Problem solved!

If I don't answer the phone, I'll be in the shower!!!

## World Ostomy Day

Saturday 5<sup>th</sup> October with the theme Lifesavers

World Ostomy Day Saturday October 5 with theme of Lifesavers.

Suggesting each area meets up for coffee and chat to celebrate this day

Hamiltonians and anyone around this area, we will meet at Café Fresca at 10 am – remember the theme is Lifesavers

Why don't 99% of us who aren't offended by everything quit catering to the 1% who are.



## **Message from Coloplast to Ostomy customers**

### **During 2024 Coloplast will phase out waste bags in Ostomy Care retail boxes**

We understand that it is hard to deliver waste bags in the right amount and size to cater for individual user's needs.

Using the planet's resources comes with a responsibility.

To ensure we don't produce and ship plastic waste bags around the world, which in some cases end up not being used, we have made the hard decision to remove them from our Ostomy Care retail boxes.

This allows for implementation of a consistent solution that works for individual situations, such as a locally sourced green bag or nappy bag.

By removing waste bags, we are not only reducing our emissions by 995 tCO<sub>2</sub>e, but we can avoid up to 383 t of plastic waste per year.

This change will occur in all Coloplast Ostomy Care retail boxes and will gradually start occurring from July 2024 onwards as new stock is delivered into New Zealand.

We appreciate your understanding of this matter.

Yours sincerely,  
The Coloplast Customer service team

*Welcome to all our new members, delighted you have reached out to the Society, we are here to offer support and assistance, do not hesitate to make contact.*

### **Waikato Ostomy Society Facebook**

**Have you checked out our own Facebook for the Waikato area. "Key" Waikato Ostomates United in your FB search. Let's support this initiative.**

**Thankyou Helen Judd who is ably monitoring the page, originally set up by Kylee Black and Julia Hamon. This is a great way to chat with members in similar situations, so go to the Facebook page and sign in. Sometimes a conversation with like people can make all the difference.**