

Jo's Bit

Welcome to the "GOSS". At the AGM, members voted to change our name to Geelong Ostomy Inc and this has been approved by Consumer Affairs, so we are now up and running in changing all our literature etc. This will be a gradual thing which we hope to complete when we move into the new building in June/July 2011, where we will have new phone numbers etc to incorporate.

During October one of our members turned 100 years old and that is a fantastic achievement especially for an ostomate. Congratulations to Mr Smith.

Personally, I would like to thank all the members and friends who contributed to the Garage Sale which was held last Saturday. Unfortunately I do not have a complete list of contributors so please accept this as my sincerest thanks to all of you. Anyone who didn't attend the garage sale, missed on out purchasing one of the nicest sausages in bread that I have had for a long time!!

A special thank you to the Taylor Family for the donation of the lovely couch that we have in the reception area, which is for you to rest your weary bones on.

As I write this we are now starting to prepare for the Annual Christmas Luncheon at the Sphinx this week, which is scary when you think about it, as Christmas has come around so quick this year (is it because I have now hit 50?). I wish you all a happy Christmas. Kelly and I will be having a big sleep in and kick back for a few days as I am sure by the time Christmas comes around we will need it!!

2011 looks to be a very busy but exciting year with the new building to commence in February and aiming for moving in, in June/July.

I wish you all a very safe and healthy 2011.

Joanne
22/11/10



Geelong Ostomy Inc. COMMITTEE OF MANAGEMENT 2010 - 2011

PRESIDENT:	Ian Combridge
VICE PRESIDENT:	Kelly Holmes
SECRETARY:	Joanne Holmes
ASSISTANT SECRETARY:	Marion Taylor
TREASURER:	Bob May
ASSISTANT TREASURER:	Vacant
SOCIAL SECRETARY:	Brenda Ebbels
COMMITTEE MEMBER:	Rhoda Lynch
	Elleray Combridge
	Margaret Dickson
	Patricia Hamilton
ADMINISTRATOR/ APPLIANCE OFFICER:	Joanne Holmes

LIFE MEMBERS

Audrey Daniels (Sr.) (the late)	Glyneth Cooper (Sr.) (the late)
Patricia Wood (Sr.)	Eric Hassold (the late)
Eileen Dessent (the late)	Ian Macrae
Les Allen (the late)	Hazel Drew (the late)
Brenda Ebbels	Margaret Dickson
Laurie Bensted	George Burrell
Tony Palamara (the late)	Joanne Holmes
Netta Coleman	Brenda Little
Sam Reid	Marion Taylor

GOSS CONTRIBUTIONS

The editor of GOSS thanks everyone who contributed to this issue.

GOSS PRODUCTION

Issues of the GOSS are produced in April, August and December to coincide with the release dates of the national journal "Ostomy Australia"

DISCLAIMER

The views expressed by the contributors are not necessarily those of the Committee of the Association. GO accepts no responsibility for statements made or opinions expressed by their contributors, although every effort will be made to publish reliable information.

President's Pen



Guess what! Another year is almost gone and we are about to face a new one. As I was considering the fact of time passing, I was thinking about how things are changing so rapidly that it is hard to keep up with it all. Each one of us is older, and wiser, maybe.

This year has seen quite a few changes, either happening or going to happen, in our own Ostomy Association. Our present premises were sold with the intention of moving to Grovedale in the coming year. Even the sale didn't go without some difficulty. We've had trouble with computers (and who doesn't) and some problems getting building permits, etc. However, this is all in the past. What of the future? All being well, our new premises will be built and occupied in the coming year. We believe this is a step forward in keeping up the service our ostomates will need for some years to come.

Throughout the past year we have been served by a fantastic group of volunteers and staff. I must say a big thanks to all who have kept our supplies in order and the organisation running throughout this past year. A special thanks to Jo and Kel for their excellent work. Without them we would really be 'in the soup'. They not only work at the office, but many hours are spent working for Ostomy at home, just so everything runs smoothly (well that's how it appears to the customers). Many hassles need to be sorted out each day.

Thank you to our customers for their co-operation with our staff, and we trust you will continue to support us in the New Year.

I would like to take this opportunity to wish you all a wonderful Christmas and a safe and happy New Year.



Till next time,

Ian Combridge.

Postage & Cash Sales Payment

Your postage account and your cash sales (**cash sales for linen and postage orders only**) & future memberships can be now paid by direct deposit. You need to make sure you have your name in the reference area, so that we know who has paid us.

The bank details are:

A/c Name : Geelong Ostomy Inc.

BSB No. : 633000

A/C No. : 102191087

Bank: : Bendigo Bank

Do you know that you can pay for your postage up to 12 months in advance?

This can save you money, especially if you have to pay for your cheques or if you use money orders.

It costs \$4.50 for every money order you get, so if you were to pay for 3 months postage on one money order (\$30) you would save yourself \$9.00 which is nearly another months postage!!!



We will also take up to 12 months of orders in advance - so if your stoma has settled down and you order the same thing each month this might be the way for you to manage your orders and postage.

If for some reason you have orders placed in advance and you need to change them, that is no problem, as that can be done with a phone call or by sending in a new order.

PICK UP DATES 2011

Orders will be available for **Pick-up** at **100 Lt Myers Street**, any **Monday, Wednesday or Friday**, 9.30 am to 2.30 pm, **on and after these dates** of the month ordered for.

PLEASE NOTE: Members ordering Braun, Welland, Pelican appliances, Eakin seals and Omnigon Support garments will not be able to pick up their order until the dates listed.

Month	APPLIANCE COMPANY: Salts, Convatec,, Coloplast, Dansac, Hollister	APPLIANCE COMPANY: Braun, Pelican ,Welland, Omnigon, Eakin
January	Friday 7 th January	Monday 10 th January
February	Friday 4 th February	Wednes. 9 th February
March	Friday 4 th March	Wednes. 9 th March
April	Monday 4 th April	Friday 8 th April
May	Wednesday 4 th May	Monday 9 th May
June	Monday 6 th June	Wednesday 8 th June
July	Monday 4 th July	Friday 8 th July
August	Friday 5 th August	Monday 8 th August
September	Monday 5 th September	Friday 9 th September
October	Wednes. 5 th October	Monday 10 th October
November	Friday 4 th November	Wednes. 9 th November
December	Monday 5 th December	Friday 9 th December

2011 PUBLIC HOLIDAYS - days we will be closed

New Years Day - Monday 3rd January
 Australia Day - Wednesday 26th January
 Labour Day - Monday 14th March
 Good Friday - Friday 22nd April
 Easter Monday - Monday 25th April
 Queens Birthday - Monday 14th June
 Boxing Day - Monday 26th December

CLOSING DATES for ORDERS 2011

These are the dates that all orders close for your supplies.

PLEASE NOTE!! These are the last days we are open before or on the 27th of each month,so orders need to be places **BEFORE** 2.30 pm on these dates. **Be aware of holidays & place your orders early.**

PLEASE do the right thing and order on time (earlier is preferable)!

REMEMBER: Late orders placed could incur a special deliver fee.

2011

Friday	17 th December '10	for January	Pickup
Monday	24 th of January	for February	Pickup
Friday	25 th of February	for March	Pickup
Friday	25 th of March	for April	Pickup
Wednesday	27 th of April	for May	Pickup
Friday	27 th of May	for June	Pickup
Monday	27 th of June	for July	Pickup
Wednesday	27 th of July	for August	Pickup
Friday	26 th of August	for September	Pickup
Monday	26 th of September	for October	Pickup
Wednesday	26 th of October	for November	Pickup
Friday	25 th of November	for December	Pickup
Friday	16 th of December	for January 2012	Pickup

REMEMBER: if posting in your order. please allow at least 5 days - because Australia Post is not the most reliable and you also have to take into account weekends and distance.



ORDERING BY E-MAIL

Orders can be placed by e-mail at goainc@ncable.net.au .

Joanne has available for those who wish to do this, a "Microsoft Word" file that she can send to you. It is the same as the ordinary order form except that you type in the info and then send it to the above e-mail address as an attachment.

If you want a copy of the "Microsoft Word" file then just ring or e-mail Joanne at goainc@ncable.net.au

ORDERING VIA THE INTERNET

Orders are now able to be placed via our web site
www.geelongostomy.com.au.

The same rules apply as for posting, hand delivering, fax and e-mail (Especially regarding the dates!!)



Go to the "Orders" page and then click on the "Order Form" button and complete the form.

Remember to put in your correct e-mail address so that we can acknowledge your order.

ARE YOU OVER ORDERING !!

Over ordering is a problem that all members must be aware of and be responsible for.

Over ordered and returned stock can not be reused as per government regulations and is a total waste!!



We are extremely lucky in Australia in that all you need to pay for your stomal needs is your membership fees and over ordering puts the Stoma Appliance Scheme in jeopardy!!

PLEASE DO NOT OVER ORDER - ONE MONTH'S SUPPLY IN RESERVE IS ENOUGH

ARE YOU UNDER ORDERING !!

Although over ordering is a major problem so is under ordering. Running your self short does not help yourself, the association or even the STN's - you need to keep one months supply in reserve to cover for emergency events, like gastro, faulty product, going on holidays, etc.

One major problem that the STN's have brought to our attention is that members are going to them to get holiday issues or certificates for holidays - but leaving it until a couple of days before they leave!!!

Everyone plans their holidays and your stoma care should be an essential part of that holiday planning. If you are going to be away for an extended time, then you need to see you STN to discuss an ordering plan with them. Also remember that the Government only allows one months holiday per calendar year.

PLEASE DO NOT UNDER ORDER - KEEP ONE MONTH'S SUPPLY IN RESERVE

Life Member ***Sr. Audrey Daniels - Chappell***

It is with much sadness that we acknowledge the passing of Sr. Audrey Daniels.

Audrey was one of the Stomal therapy Nurses at the Geelong Hospital who along with Pat Wood (a representative of Hollister at the time) and Glyneth Cooper (the late) who was from the Geelong & District nursing Service, organised the ostomates in Geelong to get together and unite and form what is now the Geelong Ostomy. She worked with the ostomates in Geelong until her retirement in 1985, so many of our longer term members will have been seen by her and will remember her well. (And I believe that some of them even met her on the bowling green a few times!)

Audrey in recent years remarried and became a country girl down in the Birregurra area, but she never forgot the association and still kept in contact and attended our Annual Christmas Dinner when able.



Our thoughts and thanks go to Audrey's Husband, Roy Chappell and her extended family.

Life Memberships

At our recent AGM, Life Membership was given to 3 volunteers who between them have given 47 years of volunteering service to the association.

Brenda Little, Marion Taylor and Sam Reid were presented with their Life Memberships by the President Ian Combridge and both Brenda and Sam were surprised as we had managed to keep it a secret.



Thank You - Kerrie Barnao

You will have noticed that one of our volunteers has not been seen since the Annual General Meeting.

Kerrie Barnao, who was a volunteer on the front counter and also has been our assistant treasurer (for Laurie Benstead) and then was our Acting Treasurer last year, resigned at the AGM and has been accepted at Deakin to do a degree in Psychology.

Although not an ostomate, Kerrie was kind enough to contribute her time and knowledge to the association and this was greatly appreciated.

We thank her for all her support and help over the last 8 years and wish her success with her future path.



Thank You - Sam Reid

Also earlier in the year Sam Reid one of our volunteers resigned after 15 years of helping us out.

Unfortunately Old Man Time was starting to catch up to Sam and at 87 Sam decided that it was time to relax and enjoy retirement!

Sam for many years worked on the reception counter and lately he has been our "Box" pack out man who on pack out days was delegated the task of boxing up all the bigger orders.

We thank Sam for all his contribution of time and support and wish him a very Irish Happy retirement.

JUMBLE/GARAGE SALE

On Saturday 20th of November we held our Garage/Jumble Sale out the back of the rooms in the car park and the weather was perfect. Many of the workers on Sunday woke up looking a bit like Rudolf the Reindeer!!!

Many, Many, Many hours were spent prior to Saturday sorting, cleaning and marking the goods, which you can see from the photo were numerous.



Many people need to be thanked

- to all the members who donated the goods to sell - we thank you all (we tried to keep a list but many goods were left without a name taken - so as not to leave anyone out we will thank you all on mass.
- to the cleaners, sorters and markers, especially Margaret, Marion, Lyn and Kelly.
- to the workers on the day, we cannot thank you all enough. You all did a fantastic job and we appreciate your efforts and time taken to help.
- to the groups outside GO who let us use their tables for the day, etc.

A special thank you to Stef, who takes his job as STN far beyond the normal parameters of the job. His heart is as big as his laugh and we are lucky to have him as part of our extended ostomy family. Thank you Stef for your BBQ skills and your genuine heart!.



The above picture shows Stef the Chef, Bob on the Sauce, Queensland Lyn with the fashion hat and Margaret enjoying the shade.

The overall effort of the project has raised us approximately \$1300 (some money is still to come in and we hope to sell a few more items). This will be put to good use in the new building which was the aim of the project.

TABLE TOP BBQ RAFFLE

Thank you to the members who bought tickets in the Tabletop BBQ raffle that we held in the rooms. We raised \$230. Thank you to the Taylor Family for BBQ that they donated.

Our Solution to the Future Needs of GOA PART 3



It is great to know that many of you have been out to Grovedale to check out the location of our new building.

Unfortunately the building that is being erected on the corner, which many of you think is ours, isn't!! We will be down the little street on the side of that building.

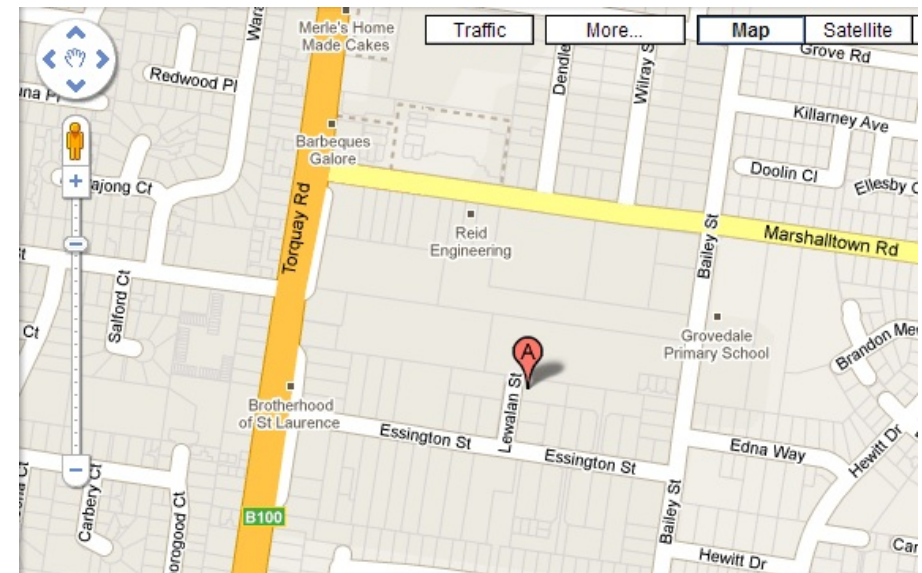
We have had to go back to the Architect to have a few modifications done as we were slightly over budget with our plans but we now hope to commence building in February and be in residence in late June - early July 2011.

We will still be having the 12 car parks etc, the changes are cosmetic (like roof style, wall heights etc) but we will not have to lose any of our floor space etc, which is one of the main reasons for the new premises.

Floor space is so lacking at Little Myers Street, which I am sure most of you will have realised by now. Moving into the new premises will give us a lot more room in many areas including the reception area (get 4 people in the present one and you couldn't swing a mouse, let alone a cat!!!)

Bob May, our Treasurer is doing a fantastic job of chasing the builders for quotes etc. Like all tradespeople these days you have to keep in contact with them constantly to remind them that you want something and this is what Bob is having to do, and he is doing it very well. Thank You Bob.

On your next Tuesday drive take a drive out to Grovedale and start to familiarise yourself with the location and how to get there. It is quite easy. And while there maybe visit the great pie and cake shop "Merle's" or have an ice cream in the Great Australian Ice Creamery in Torquay Road.



DONATIONS TO BUILDING FUND ARE MUCH APPRECIATED!!

Once we build our new premises, we are going to need to purchase many new fixtures etc.

We will take as much of the furnishings etc that we can from the old Ostomy House but we are going to need to buy a lot of new items to suit the new building.

Just for a start we are going to need to buy new shelving for both the distribution area and for the stock room. The distribution shelving costs about \$600 for 2 metres and the stock room shelving will cost about \$200 for 2 metres, so it is going to cost a lot to fit it all out.

We not only need shelving but a new reception counter to fit the new building, new chairs and couch for the reception area, so that you can have a comfortable seat while waiting for your order to be found, or to just take a rest on. The list is endless!!!

If you would like to help us by setting aside some money for the building refitting, it would be greatly appreciated.-

DONATIONS ARE TAX DEDUCTABLE

Yes, in case you are not aware - any donation made to GO over \$2 is Tax Deductable.

So save your receipts and if you have to do a tax return don't forget to claim for your donations to us.

We thank all members who have given us a donation

IT'S WHAT YOU SCATTER

I was at the corner grocery store buying some early potatoes when I noticed a small boy, delicate of bone and feature, ragged but clean, hungrily apprising a basket of freshly picked green peas.

I paid for my potatoes but was also drawn to the display of fresh green peas. I am a pushover for creamed peas and new potatoes. Pondering the peas, I couldn't help overhearing the conversation between Mr. Miller (the store owner) and the ragged boy next to me.

'Hello Barry, how are you today?'

'H'lo, Mr. Miller. Fine, thank ya. Jus' admirin' them peas. They sure look good.'

'They are good, Barry. How's your Ma?'

'Fine. Gittin' stronger alla' time.'

'Good. Anything I can help you with?'

'No, Sir. Jus' admirin' them peas.'

'Would you like to take some home?' asked Mr. Miller.

'No, Sir. Got nuthin' to pay for 'em with.'

'Well, what have you to trade me for some of those peas?'

'All I got's my prize marble here.'

'Is that right? Let me see it', said Miller.

'Here 'tis. She's a dandy.'

'I can see that. Hmm mmm, only thing is this one is blue and I sort of go for red. Do you have a red one like this at home?' the store owner asked.

'Not zackley but almost.'

'Tell you what. Take this sack of peas home with you and next trip this way let me look at that red marble'. Mr. Miller told the boy.

'Sure will. Thanks Mr. Miller.'



Mrs.. Miller, who had been standing nearby, came over to help me.

With a smile she said, 'There are two other boys like him in our community, all three are in very poor circumstances. Jim just loves to bargain with them for peas, apples, tomatoes, or whatever.

When they come back with their red marbles, and they always do, he decides he doesn't like red after all and he sends them home with a bag of produce for a green marble or an orange one, when they come on their next trip to the store.'

I left the store smiling to myself, impressed with this man. A short time later I moved to Colorado , but I never forgot the story of this man, the boys, and their bartering for marbles.

Several years went by, each more rapid than the previous one. Just recently I had occasion to visit some old friends in that Idaho community and while I was there learned that Mr. Miller had died. They were having his visitation that evening and knowing my friends wanted to go, I agreed to accompany them. Upon arrival at the mortuary we fell into line to meet the relatives of the deceased and to offer whatever words of comfort we could.

Ahead of us in line were three young men. One was in an army uniform and the other two wore nice haircuts, dark suits and white shirts...all very professional looking. They approached Mrs. Miller, standing composed and smiling by her husband's casket.

Each of the young men hugged her, kissed her on the cheek, spoke briefly with her and moved on to the casket. Her misty light blue eyes followed them as, one by one; each young man stopped briefly and placed his own warm hand over the cold pale hand in the casket. Each left the mortuary awkwardly, wiping his eyes.

Our turn came to meet Mrs. Miller. I told her who I was and reminded her of the story from those many years ago and what she had told me about her husband's bartering for marbles. With her eyes glistening, she took my hand and led me to the casket.

'Those three young men who just left were the boys I told you about.

They just told me how they appreciated the things Jim 'traded' them. Now, at last, when Jim could not change his mind about color or size....they came to pay their debt.'

'We've never had a great deal of the wealth of this world,' she confided, 'but right now, Jim would consider himself the richest man in Idaho ...'

With loving gentleness she lifted the lifeless fingers of her deceased husband. Resting underneath were three exquisitely shined red marbles.

The Moral:

We will not be remembered by our words, but by our kind deeds. Life is not measured by the breaths we take, but by the moments that take our breath.

Today I wish you a day of ordinary miracles ~
A fresh pot of coffee you didn't make yourself...
An unexpected phone call from an old friend....
Green traffic lights on your way to work....
The fastest line at the grocery store....
A good sing-along song on the radio...
Your keys found right where you left them.



CERTIFICATES FOR ADDITIONAL STOMA SUPPLIES

The Government has set a limit as to what you are entitled to monthly and annually, and unfortunately without an up-to-date Certificate for Additional Stoma Supplies, you can not get over this amount and no amount of debating will alter this fact. These Certificates are forwarded on to the Government and checked against our claim for you.

Certificates for additional supplies **does not** apply for any support garment.

These Certificates SHOULD be signed by your Stomal Therapy Nurse - as they can ascertain why you need additional supplies. (as it could be just an inappropriate pouch is being used) - Your Doctor, while very knowledgeable, is not trained in Stomal Therapy and does not know all the tricks of the trade that your STN does and could be doing the wrong thing (unintentionally) for you.

If you do get a medical certificate for extra supplies then it is **YOUR** responsibility, not your STN's, to ensure that it is added to your next order. Your STN has enough to do with out having to remember to contact us about Medical Certificates.



Rules for Certificates for Additional Stoma Supplies

- ✓ Having a certificate does not mean you automatically get the extra - you need to ask for it on your order form.
- ✓ Your certificate only lasts for up to 6 months - depending on what your STN has asked for.
- ✓ You are responsible for having your certificate renewed if needed.
- ✓ You can not get another type of product with your certificate - they can only be used for the product as stipulated on it.
- ✓ You can only get up to the amount as stipulated on the certificate.
- ✓ You are responsible for handing in your certificate and not your STN and for the ordering of your extra appliances regarding the certificate.
- ✓ You CANNOT get a certificate for extra supplies because you don't want to come or pay postage for every month. They are only for members who need above the government allowance each month, and who order each month!!

- ★ request membership application forms
- ★ read and download GOA annual Reports
- ★ download back issues of GOAN
- ★ download brochures like "Food Glorious Food"
- ★ place your monthly order online
- ★ link to other resources like ACSA, Company web sites etc



NEED TO SEE YOUR STN ?

It is **essential** that you ring and make an appointment with your very, very busy Stomal Therapy Nurse.

Please do not just drop in and expect to be seen as these wonderful nurses have many other duties as well as seeing their out-patients.

It is just like your GP, You cannot just walk in and expect to see your GP without an appointment.

It is also good manners to actually wait until your appointment time before attending the out-patients clinics - as your STN has allotted the scheduled time to see you around their other duties and by turning up early you are causing other problems elsewhere.

If you are early - have a cuppa in the café or in town.

Talking Turkey by Lynne Bryant

DRINK, DRINK, DRINK.



These three words apply to all of us, but particularly to ostomates. Maintaining an adequate fluid intake allows our body's to function correctly. Not having a sufficient fluid intake can cause dehydration for those ostomates with ileostomy's and can also contribute to constipation for those with colostomy's. Ostomates having chemotherapy may also have increased stoma output leading to dehydration.

Ostomates with ileostomy's need to be aware of their stoma output and consistency. Ideally the output should be the consistency of baby poo or toothpaste. If the consistency becomes very fluidy you need to increase your fluid intake to balance what you are losing from your stoma. With summer approaching adequate fluid intake is even more important, as not only do you lose fluids from your stoma, but also through perspiration. It is no use waiting until you feel thirsty as often you have already started to dehydrate.

Ostomates with colostomy's whose output is firm and pebbly may also not be drinking enough. Constipation can be caused by lack of fibre in your diet, medication and not drinking sufficient fluid.

Ostomates with urostomy's should have light straw coloured urine with very little mucus present in the urine. If your urine is a dark yellow and has a lot of mucus present you need to increase your fluid intake.

So how much should you drink and what sort of fluids should you drink?

Ideally, all of us should drink 1.5 – 2 Litres a day (6 - 8 250ml glasses per day). This amount of fluid should be a mixture of juices, milk, and

water. It should exclude tea and coffee, unless they are decaffeinated or herbal. Large amounts of tea and coffee should be avoided as they can also contribute to dehydration because of the caffeine content and should be limited to 3 – 4 cups a day. If drinking alcohol at any time make sure you drink equal amounts of water as alcohol also dehydrates you.

We all think we drink enough, but the only way we can be sure is to measure it. This can be a jug in the fridge or on the kitchen bench, or a drink bottle that you carry with you. Drinking small amounts and often, allows the gut to absorb it more readily than drinking large amounts at one time. It's amazing how much fluid you can drink by constantly sipping.



Drinking isotonic Poweraide® helps to replace salts and minerals lost through increased stoma output. A bottle of Poweraide® can be included in the daily amount that you drink.

Any ostomates who contracts gastroenteritis should obtain Hydralyte®, an oral rehydrating solution available at the chemist. This is available in powder form or icy poles and can help to maintain hydration. If you find these solutions difficult to drink, try drinking it chilled, drink it slowly through a straw or add a little diet cordial.

Fluids that contain large amounts of sugar can increase your stoma output if you drink them in large amounts.

These include soft drinks, fruit juices, cordials and flavoured milk.

If at any time you are feeling lethargic, dizzy or nauseated you should seek medical attention as you maybe suffering from dehydrated.

If you are unsure about your fluid intake or what you should be drinking, you can also contact your Stomal Therapy Nurse for further advice.

Remember when in doubt have another DRINK.

Aging and Dehydration

source: www.agingandvitality.com by Fiona Fry Sep 18 2009

One of the things I noticed in this aging process is that I have to make myself drink water. I know how important hydration is so even though I may not feel thirsty, I drink my water anyway. Actually thirst is not always a very good indicator of the body's need for more fluids, especially as we get older. So it is a good idea to drink water at intervals during throughout the day. A quick way to that you are getting enough fluids is to look at the color of your urine. Your urine should be pale yellow. If it is dark yellow and has a strong odor you probably need to drink more fluids.

In researching this issue of dehydration and aging, I found that older individuals have been shown to have a higher risk of developing dehydration than younger adults. Loss of muscle mass, loss of total body water and loss of bone mass contribute to dehydration. Since water intake is mainly stimulated by thirst and since the thirst sensation decreases with aging, risk factors for dehydration increase. Also, the important body mechanisms used to regulate body water content is compromised with aging. The capacity to respond to dehydration and retain water is limited while thirst sensations and thus the drive to replace fluids are also reduced with aging. Certain medical conditions like hypertension, medications and hormonal changes can increase the risk of water imbalance. It is an interesting paradox that the very fluids we need to keep our organs healthy and vital as we age – our body tells us we don't need as much so we quit drinking.

Dehydration is actually quite dangerous. When fluid loss overwhelms the body's ability to compensate, blood pressure falls and you can go into shock. Dehydration can also cause kidney failure although if it is treated early, it is often reversible. As dehydration progresses, the volume of fluid in the intravascular space decreases, and again blood pressure may fall. This can decrease blood flow to vital organs like the kidneys, and like any organ with a decreased blood flow; it has the potential to fail to do its job. If we get overheated our body attempts to cool itself by sweating which may cause dehydration to the point those muscles may go into spasm. All in all, it is important that we keep the water in our body balanced.

Now that we know we have to keep our fluid intake at youthful levels, we have to drink good clean water because that is what hydrates us not the juice, coffee and tea. Many people turn to bottled water and all of us have seen the massive growth of this industry, but is bottled water better than plain old tap water?

That is a separate issue!!





Ed: If you are like me, you are sick of elections in 2010. Sick of all the promises and the mail!! Maxine has the right idea

TEMPORARY STOMAS

Do you have a Temporary Stoma? Have you been given a date for your reversal? Do you no longer need our services?

If you can answer YES to the last two questions we need your help please.

Firstly if you have been given a date for your reversal it is important that you see your STN before going to hospital for that procedure. There are always a few questions that need to be answered and few tips that can be given to help you return to your *no stoma* status.

Also please let us know AFTER you have been reversed so that we can adjust our records etc. Doing so before your reversal could be a bit too early because for some reason your surgery might be postponed (Your Surgeon may break a finger playing Hockey the night before, or even get the flu, you never can tell!)

DISABILITY TOILET CARDS

There is now available, a card for members to show that they are entitled to use the Disabled Toilets.

New members are sent these with their welcome letter. Other members please place your name on the list at the reception counter and one will be sent out to you. They are of a business card size and should fit in your wallet or purse comfortably and are laminated. Also if you misplace your card just contact us for another one.

These cards are already helping our members who use the disabled toilets and were being challenged by people who do not know what you have under your clothes.



GOING TO HAVE A COLONOSCOPY?

You will probably need a different pouch to wear during the preparation for the procedure. This will be a drainable pouch.

If you have not been given some of these pouches or if you have any questions about the procedure preparation, please contact your stomal therapy nurse or Joanne.

GOING TO HOSPITAL OR TO SEE THE STN ?

If you are going to hospital for a procedure or going to see the Stomal Therapy nurse it is very important that you take with you at least one change of appliance. Any procedure that requires you to have your appliance removed requires another one to be put back on - so think about it and bring a change.

Any Hospital stay whether a day stay or a week stay - you need to take adequate supplies with you. Make sure to tell family or friends where your supplies are at home in case you have to go to hospital in a hurry. Hospitals do not stock your supplies and they are not required to supply you them after your initial surgery.

Make arrangements with Family/Friends or ring us if you are in hospital and need to place your monthly order.

Be prepared and ALWAYS carry a spare change anyway even if not going to hospital because things happen sometimes and it is always best to be prepared.



PLEASE BE RESPONSIBLE FOR YOUR OWN APPLIANCE NEEDS - IT IS UNFAIR TO RELY ON THE STN's WHEN YOU ARE CAPABLE.

HOW LONG WILL I FEEL LIKE THIS?

Adapted from an article on www.ostomy.evansville.net

It is often mentioned that an ostomate finds him/herself depressed and withdrawn even though it has been a year since their surgery. They wonder how long could they expect that feeling to last, and whether it would go on for the rest of their life.



Some ostomates adjust almost immediately. These people see an stoma as a cure for an illness that threatened their lives or restricted their activities. Others take a few months, generally feeling better about the situation as soon as they master the fine art of pouch changing and maintenance.

For many, ostomy surgery begins a process that appears, and is, very close to the grieving process, and like any grieving process, the amount of time needed to feel emotionally whole again will vary. Some people can take 2 years before they feel like they have regained their former personality and are ready to move on with their life.

So there is no magic amount of time needed to adjust to your new stoma. Allow yourself the time you need and realize that the feelings of depression and isolation will eventually go away. If the depression is severe, do not be afraid to seek professional help. If your isolation is caused by a lack of confidence in your appliance, seek help from your STN. If your appliance is working fine but you still feel separated from others, seek help from other ostomates.

Above all, give yourself time to adjust.



A Little Beam Of Laughter

It was entertainment night at the old peoples home.

Claude the hypnotist explained: "I'm here to put you into a trance; I intend to hypnotize each and every member of the audience."

The excitement was almost electric as Claude withdrew a beautiful antique pocket watch from his coat.

"I want you each to keep your eye on this antique watch."

"It's a very special watch."

"It's been in my family for six generations"

He began to swing the watch gently back and forth while quietly chanting,

"Watch the watch, watch the watch, watch the watch. ..."

The crowd became mesmerized as the watch swayed back and forth, light gleaming off its polished surface. Hundreds of pairs eyes followed the swaying watch, until, suddenly, it slipped from the hypnotist's fingers and fell to the floor, breaking into a hundred pieces.

"SHIT!" said the Hypnotist.

It took three days to clean up the nursing home - Claude has not been invited back



- * A big thank you to the members who continue to contribute to the Volunteers morning tea supplies - they really appreciate your thoughtfulness.
- * Thank you to the Volunteers who do a wonderful job of looking after the 600 members who attend the rooms each month! WELL DONE !!!!
- * Thank you to Ed and Nola Webster who came to visit on their recent trip to Melbourne. Ed is the previous ACSA Secretary who GO has a long association with. It was a great chance for Ed and Nola to meet up with the volunteers and to put a face to the names.

PLEASE NOTE: According to food and safety regulations we can not accept food items that have been opened or past their use by date - so to those members who like to share their lollies etc, thank you for thinking of us BUT we can not accept open or out of date food items.

Do You Live In the Western District?

There is a "Supporters and Survivors" Group that meets each Tuesday at 1.00 pm in the Neighbourhood House in Colac.

They would love to see you there.

One of your fellow ostomates, Faye, is one of the organisers and she would love to have some fellow ostomates come to this support group and join in the fellowship.

For more information either attend next Tuesday or phone Faye on 5231 6522
(if you get an answering machine leave a message as she will get back to you ASAP)

This is a terrific idea so go along and make some new friends.



More Little Beams Of Laughter

I was in the pub yesterday when I suddenly realised I desperately needed to fart. The music was really, really loud, so I timed my farts with the beat.



After a couple of songs, I started to feel better. I finished my drink and noticed that everybody was staring at me.

Then I suddenly remembered that I was listening to my iPod.

Thanks to G.MC for this little gem



As We Silver Surfers know, sometimes we have trouble with our computers.

I had a problem yesterday, so I called Eric, the 13 year old next door, whose bedroom looks like Mission Control, and asked him to come over.

Eric clicked a couple of buttons and solved the problem.

As he was walking away, I called after him, 'So, what was wrong?

He replied, 'It was an ID ten T error.'

I didn't want to appear stupid, but nonetheless inquired,

'An, ID ten T error? What's that? In case I need to fix it again.'

Eric grinned.... 'Haven't you ever heard of an ID ten T error before?

'No,' I replied.

'Write it down,' he said, 'and I think you'll figure it out.'

So I wrote down:

ID10T

I used to like Eric, the little bugger.

Thanks to Ed W for this little beautie

FOOD for PLEASURE

Source: www.bestrecipes.com.au

MEATLOAF (The sauce is what makes this!!)

Ingredients

Meatloaf:

1 250-500g packet sausage meat	500g beef mince
1 cup breadcrumbs	1 egg
2 teaspoons curry	2 onions, grated

Salt & pepper

Sauce:

½ cup water	½ cup tomato or steak sauce
2 teaspoons vinegar	¼ cup brown sugar
¼ cup Worcestershire sauce	25g butter



Method

- 1 Combine all loaf ingredients and mix well and place into an oven proof dish with enough room for basting. Shape into a loaf and bake at 180°C for 30 minutes.
- 2 While loaf is baking, place sauce ingredients in a pan, bring to the boil and simmer for 5 minutes.
- 3 Pour over loaf and bake a further 25 minutes, basting frequently, or until cooked.



CONDENSED MILK TART

Ingredients

1 395g tin condensed milk	300 ml cream
1 825g tin fruit salad with crushed pineapple	½ cup lemon juice
Tart Shells x 2 or pkt Lattice biscuits	

Method

- 1 Combine condensed milk and lemon juice in a bowl.
- 2 drain juice from fruit salad and mix fruit into condensed milk mixture.
- 3 Whip cream to soft peaks and fold into mixture.
- 4 Pour into tarts or over lattice biscuits (placed in the bottom of a suitable container) and place in the fridge to set.

CASH SALE ITEMS

Deodorisers:

Orange or Lime or lemon Power - 100% natural	\$3.50
Floral Air Freshener	\$3.00
Ozium Aerosol Spray Purse size	\$12.50

Tapes:

Micropore	- 25mm (1 inch)	\$1.10
	- 50mm (2 inch)	\$2.20
Hyperfix		\$18.50

Disposable Washers:

Mastercloths	- 50 per box	\$5.50
Adept Cloths	- 70 per box	\$6.50

Mattress Protectors:

Disposable	- large single	\$3.00
Washable	- Queen size	\$6.00
Washable	- Double size	\$6.00
Washable	- Single size	\$6.00

Nappy Bags - 100 per box \$2.25

Rediwipes wet wipes \$4.50

Latex Disposable Gloves - 100 per box \$6.00

Curved Scissors \$8.50

Night Drainage Bag Stands

Metal	\$25.00
Plastic	\$8.50

Belly Bands - all sizes \$10.00

Wheat Heat Bags (NEW PRICE) \$10.00

Don't forget there is no returns on Cash Sale items, especially the Belly Bands, so make sure that you get the correct size or only buy one at a time to make sure they are what you require.

AUSSIE SAYING

Do you remember these? We as Australian's are losing our originality with most of our unique saying being faded out. We need to start introducing these saying to our kids and grandkids and stop being Americanized.

- ✧ He's as full as a goog.
- ✧ A rooster one day, a feather duster the next.
- ✧ He couldn't organise his way out of a wet paper bag.
- ✧ Pass the dead horse.
- ✧ Fair crack of the whip!
- ✧ What are ya bumping your gums about?
- ✧ All froth and no beer.
- ✧ He's got short arms and long pockets.
- ✧ More front than the town hall.
- ✧ Tough as a Mallee Bull.
- ✧ Busy as a blowie at a barbie.
- ✧ It's liquid sunshine.
- ✧ Pardon for reaching, I just got off the boat.
- ✧ A few tiles short of a roof.
- ✧ He's an odd bod.
- ✧ Between you and me and the gatepost.....
- ✧ See ya 'round like a rissole.
- ✧ Send 'er down Hughie!
- ✧ Wouldn't be dead for quids!



- ✧ In two shakes of a lamb's tail.
- ✧ On ya Bike!
- ✧ She's apples mate!
- ✧ Even Blind Freddy could see it.
- ✧ It's that windy it would blow a dog off it's chain.
- ✧ Last time I saw a mouth like that, it had a hook in it.
- ✧ Wet enough to bog a duck.
- ✧ I'll go and have a Caption Cook.
- ✧ He wouldn't work in a iron lung.
- ✧ Ya bloody Galah!
- ✧ As useful as lips on a chicken.
- ✧ What do you think it is, bushweek
- ✧ Fits like a bum in a bucket.
- ✧ Mad as a cut snake.
- ✧ Well that's down the gurgler.
- ✧ He's so tight he wouldn't shout if a shark bit him.
- ✧ It's not worth a brass razoo.
- ✧ Couldn't lie straight in bed.
- ✧ I wore my bag of fruit yesterday.
- ✧ Ya bloods worth bottling!
- ✧ Thick as a lump of 4 x 2.
- ✧ going twenty to the dozen.

