

NEWSLETTER

Charities Commission Registration CC44515

Patron: Mr Philip Allen
MBChB, FRACS

President: Mike Taylor
Mike.t55@xtra.co.nz
Phone: 837 3338

Secretary / Treasurer: Lynda McCarthy
lyndarobin@slingshot.co.nz
Phone: 521 1184

All Correspondence to:
4a Elcoat Avenue, Henderson
Auckland 0612
aucklandostomy@gmail.com

Hi Everyone,

Here we are 2017 has started, I hope you all had a Happy New Year, an enjoyable festive break and are all fighting fit for the upcoming year – it's going to be a cracker, I can sense it.

It was great to see so many happy faces enjoying our Christmas Lunch last year, a very successful day enjoyed by so many. A huge thank you must go out to all the ladies who worked tirelessly in the kitchen preparing all the yummy food – what a mighty effort.

Our first Saturday meeting will be **February 18th** at the usual time of **10.30 am** and the same place **Domain Lodge 1 Boyle Crescent, Grafton**. I hope we see you all there ready for another year.

Your committee met on the 21st January and have laid the ground work for an interesting up coming year. This year, we are hoping to see at least one of our Stoma Nurses attending our Bi-Monthly

meetings, they will be able to answer any questions you may have. As usual we will be having Supplier displays and advice regarding new products on the market and of course our Guest Speakers to entertain you.

This year is also our 50th Anniversary year and we are planning on having a lunch gathering at the Domain Lodge on the 13th May, there will be more updates on this in due course.

The Cancer Society is holding their **Relays for Life** this year, **Auckland North 25th – 26th March** and **Franklin 1st – 2nd April** for more information go to: <http://www.relay.org.nz/?gclid=COzypMCAu9ECFQcFKgodTV4MTQ> these are a lot of fun, as a survivor I have taken part in the **Opening March Off** on 3 occasions and found it very interesting seeing all the different teams camp sites. Participation in the **Opening March** is free to all just turn up register at the Cancer Society tent on the first day, be part of the opening ceremony, do a lap of the course and then enjoy some refreshments while watching the relay teams do their thing. A bit of fun and also we remember those that weren't as lucky as we are.

As I mentioned at our Christmas meeting, we are combining our News Letter with our North Harbour Society to give you more information across all of Auckland. This is our first edition, so any feed back or information you would like included, please feel free to submit. This is your news Letter.

I have inserted the dates for our Saturday Meetings and our Monthly Lunches for 2017, mark your calendars.

In closing I would like to leave you with this thought;

“If you can't figure out your purpose, figure out your passion. For your passion will lead you right into your purpose” – Bishop T D Jakes

Mike

Subscriptions \$15.00 per annum can be paid at any Saturday meeting, by mail or via internet banking

Bank Account: Auckland Ostomy Society – ASB Meadowbank – 123086 0250193 00

IMPORTANT: Please enter your name in the **REFERENCE FIELD** if paying by Internet Banking

Special thanks to **CONVATEC** for the supply of envelopes and stamps, this really assists us in ensuring you receive your copy of the Bi-Monthly News Letter

Comedy Corner

Little Johnny is always being teased by the other neighbourhood boys for being so stupid. Their favourite joke is to offer Johnny his choice of a nickel or a dime and little Johnny takes the nickel. A neighbour takes him aside and says "Johnny, those boys are making fun of you. Don't you know that a dime is worth more than a nickel, even though the nickel is bigger in size." Johnny grins and says "Well, if I took the dime they'd stop doing it, and so far I have made \$20!"

Medical Tip.

A Home Remedy:

If you have a bad cough, take a large dose of laxatives. Then you will be afraid to cough.

Warning:

Never, under any circumstances, take the laxatives and sleeping pills on the same night.

STOMA NURSE CONTACT DETAILS

<u>Auckland</u>	Tel: 09 307 4949
Fran Martin	Ext: 28530
Mary Vandetti	Ext: 28532
<u>South Auckland</u>	Tel: 09 276 0044
Erica Crosby	Ext: 3321
<u>West Auckland</u>	Tel: 09 839 0000
Sandy Izard	Ext: 6342
<u>North Shore</u>	
Jennifer Rowlands	Tel: 09 486 8945 (Takapuna)
Julie Skinner	Tel: 09 427 0300 (Rodney)
North Shore Supplies:	Tel: 09 442 3242, then press 1

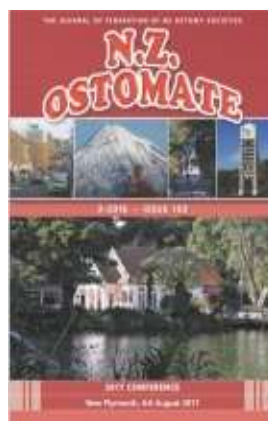
Ostomy Supplies

Contact for ostomy supplies are:

Hollister: www.holister.com.au
Convatec: www.convatec.co.nz
Dansac: www.dansac.com.au
Coloplast: www.coloplast.com
Omnigon: www.omnigon.com.au
Salts: www.ainscorp.co.nz
WM Bamford www.bamford.co.nz

Federation of New Zealand Ostomy Societies

"FNZOS" <http://www.ostomy.org.nz>



The FNZOS website has been upgraded, and contains useful information, current and back issues of the NZ Ostomate magazine, plus society newsletters. Issue 3 (shown here) has been out for a while. The first edition of 2017 has a deadline of 19th Feb for articles/news, so feel free to contact the editor, Jill – she's always looking for material.

So look out for the NZ Ostomate with your supplies or upload a copy from the website.

This year, the annual National Conference will be hosted by the Taranaki Ostomy Society, with the theme being "Reaching Out". It will be held at the Quality Hotel Plymouth International, New Plymouth from 4th to 6th August. The whole event is \$90 for full registration (reduced to \$80 if you pay before 4th April) and there is a Dine & Dance on the Saturday night for \$70 – which has always proved to be a fantastic night. Mainly for delegates, the FNZOS AGM is held on the Sunday morning, but is open to anyone.

The conference is a fantastic way of hearing about ostomy-related ideas and issues, meet medical folk, other ostomates, suppliers and non-ostomates/partners etc, plus learn from those that have been in the same situations. For more information, speak to Mike (AOS) or Mandy (NHOS) – details above.

Travelling Overseas

Travel Certificates are available from the FNZOS via your local societies. Once your doctor has signed this form, including a list of your prescribed medication, this should help make travelling trouble-free. Download a form from www.ostomy.org.nz or write to us for one at nho@hotmail.co.nz.

If travelling to the US, information can be located at: www.tsa.gov/traveler-information-ostomies

Remember: If you move home, change your e-mail address, no longer require supplies or have surplus that you do not need, do please let us know and we can action accordingly.

Also, if you do have an e-mail address, we can send this newsletter to you electronically. This saves time and money – not to mention the environment. If you currently receive these newsletters via e-mail, thank you and you don't need to do anything further. If not, and you would like to, please provide your e-mail details to AOS aucklandostomy@gmail.com or NHOS nhos@hotmail.co.nz.

2017	General Society Meetings Saturdays, unless otherwise stated		Alexander Park luncheons Last Wednesday monthly
	Auckland Main Hall, Domain Lodge, 1 Boyle Crescent, Grafton. 10.30am to Midday	North Harbour 136 Whangaparaoa Road, Red Beach. 10.00 for cuppa then 10.30am to Midday	Alexander Bar and Café Alexandra Park Raceway, 11.30am. Please phone Monte (09) 534 4494 if interested in attending
February 18	Main Hall		25 January
March 18		Red Beach	22 February
April 8	Main Hall		29 March
May 13	Main Hall - 9.30am to 2pm 50th Anniversary Luncheon		26 April
June 17	Main Hall - AGM		31 May
July 15		Red Beach	28 June
August 4 - 6	National Conference – New Plymouth		26 July
August 19	Main Hall		30 August
September 16		Red Beach	27 September
October 21	Main Hall		25 October
November 25		Red Beach AGM & Xmas Brunch	29 November
December 2	Main Hall –9.30am to 2pm Christmas Lunch		

Both venues have plenty of free parking. Door prizes and raffles.

Transport: Should you require help or assistance getting to and/or from any of these meetings, please phone one of the committee, as we do have volunteers willing to help.

Federation of New Zealand Ostomy Societies ("FNZOS") : Mission Statement

To work together with families, all medical professionals and local health authorities, to ensure ostomates and persons with related surgeries of every age and culture in New Zealand and within our region, receive, free of charge, the best care and equipment that will enable them to lead normal lives if optimum quality.



North Harbour Ostomy Society (Inc)

PO Box 31574 Milford, Auckland 0741

Registered Charity No: CC29298

E-mail: nhos@hotmail.co.nz

President: **Douglas Laughlan**, ph (09) 486 2294

Vice-President: **Debbie Malloch**, ph 021 0822 3831

Secretary: **Mandy Little**, ph 021 0444 067

Temporary Treasurer: **Stuart Ross**, ph (09) 410 2407

Newsletter : January & February 2017

Happy New Year!

Yes, another new year, and a new-look format for the newsletter! We hope you like it.

We've teamed up with the Auckland Ostomy Society (AOS), to provide a sharper product, which will be able to provide more information but saving time and cost. We also hope to work closer with AOS and that you will join us in supporting some of their activities. They are also have their 50th anniversary this year, so they're organising a lunch in May, which we hope to support too.

General Meeting & AGM

Well, going back to the beginning of December last year, NHOS held their last meeting of 2016, which included a Christmas brunch and AGM. We were fortunate to have our stoma nurses Julie and Jennifer attend. It was great to meet Jennifer, who has only recently taken over from Marie. We also have two new committee members! Just a quick update on the elections of officer:

Douglas Laughlan : President;

Debbie Malloch: Vice-President;

Stuart Ross stood down as Treasurer, but has kindly offered to stay on the Committee until a replacement is found;

Mandy Little: Secretary;

Eleanor Thompson, Judy Smith and Barbara McIntosh remain on the Committee;

Glenn Hoare was elected as a new member of the committee.

It is just fantastic to have new members on board – welcome and thank you.

Brenda Robinson has agreed to remain our Patron.

Due to the changes in accounting standards, our accounts will no longer be audited. A big "Thank you" to Crowe Horwath, who have audited our accounts free for the past few years. Not being audited, however, is not an issue for us – except if we ever need to apply for grants, but we can do this with assistance from AOS or FNZOS.

Also, a HUGE big "thank you" once again to our wonderful stoma nurses. We are certainly very fortunate to have them dedicated to us. We must also be thankful for free supplies and the team who work to ensure we receive the correct ones when we need them. We should be mindful that some countries don't have access to supplies at all. Supplies enable us to lead more normal lives.

Talking of supplies, please don't order too many. If you've managed to gain a little stockpile of boxes for whatever reason, just phone and cancel the odd order. The ordering system up and running in North Harbour really does work well. Just ring a member of the committee to organise collection.

A special vote of thanks to Stuart, for his diligence as NHOS Treasurer for many years. Is there anyone out there who can do this type of job and take over the role? It would be greatly appreciated – and not too onerous – it is a very friendly committee. Just ring Stuart, Mandy or Douglas to find out more. You don't have to be a member of the society – a friend or family member would be most welcome.

Volunteers Day

Barbara, Douglas and Judy attended the Volunteers Day at North Shore Hospital on 5th December. It was well represented – and an honour for the Society to be invited. Eleanor, is a hospital volunteer and went along wearing two hats – NHOS and for her volunteer work!!!

Subscriptions: The Annual \$15 2016/2017 subs (1st Oct to 30th Sept) are now due. Thank you to those that have paid, but if not, you can either post a cheque to: NHOS, PO Box 31574, Milford, Auckland 0741, or pay via internet banking. Please remember to put your full name and what you are paying (subs/donation etc) as the payment reference. Thank you.

A to Z of Superfoods

Some of you will know that the NHOS newsletters have included an A-Z of foods that have, in themselves, health-giving properties that can aid our lives. Of course, they will also be suitable for ostomates and their families and we try to provide a simple recipe that can turn the superfood into a nutritious super meal.

We're now up to I, and, believe it or not... drinking ice water, is now considered a superfood – and no recipe needed here!

Water is a life-saving, natural resource. I read that drinking iced water is one of several ways to harness our mechanism for weight loss, since the body must compensate for the sudden temperature drop. Drinking ice water speeds up our metabolism and can burn up to 17.5 calories. So, as ostomates, what better way to keep up our fluid intake whilst keeping our body working! I'm going to give it a go to see if this works...I'll let you know the results....

