

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,

Let me start this off by apologising for the lateness of our last news letter, unfortunately that was due to outside influences. How did everyone like / dislike our new look news letter.

I hope you all have had some sort of summer enjoyment since we are now officially into AUTUMN – I only hope we have the next two months of great weather, to make up for what we haven't had so far. To all our members who perhaps aren't in the best of health at present, our thoughts and prayers go out to you.

Our next meeting will be **April 8th** 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.

Our plans for **the 50th Anniversary Lunch** are well under way; we will be having The Spit Roast Company catering for us. This being the case, we will be requiring your contribution of \$15.00

per person prepaid beforehand so we can confirm numbers for the caterers. You can either send us a cheque or pay at our next meeting; unfortunately we will not be able to accept internet banking as we will not know who has paid until the bank issues a statement.

Reminder; Cancer Society **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,

Some of you may be a little behind with your annual subscription for the 2016 / 2017 year, it will soon be June and the start of our new year again which will mean all subscriptions will be due again.

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

Be who you are and say what you feel because those who mind don't matter and those who matter don't mind – Dr Zeus

Mike

Monthly Lunch Meetings, last Wednesday of each month at **The Alex bar and Eatery**, Alexandra Park Racecourse Cnr of **Greenlane West Rd** and **Manukau Rd** Greenlane, your next meeting **29th March**

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

Groups of Americans were travelling by tour bus through Holland. As they stopped at a cheese farm, a young guide led them through the process of cheese making, explaining that goat's milk was used.

She showed the group a lovely hillside where many goats were grazing. 'These' she explained, 'Are the older goats put out to pasture when they no longer produce.'

She then asked, 'What do you do in America with your old goats?' A spry old gentleman answered, 'They send us on bus tours!'

THE WAY WOMEN THINK....

Husband's Message (by mobile phone):

Honey, I got hit by a car outside the office. Paula brought me to the Hospital. They have been making tests and taking X-rays. The blow to my head though very strong, will not have any serious or lasting injury... But, I have three broken ribs, a broken arm, a compound fracture in the left leg, and they may have to amputate my right foot.

Wife's Response:

Who the HELL is PAULA?

Medical Tip.

Be Careful
About reading health
books you may die of a
MISPRINT

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

STOMA NURSE CONTACT DETAILS

Auckland

Tel: 09 307 4949

Fran Martin

Ext: 28530

Mary Vandetti

Ext: 28532

West Auckland

Tel: 09 839 0000

Sandy Izard

Ext: 6342

South Auckland

Tel: 09 276 0044

Erica Crosby

Ext: 3321

North Shore

Jennifer Rowlands

Tel: 09 486 8945 (Takapuna)

Julie Skinner

Tel: 09 427 0300 (Rodney)

North Shore Supplies Tel: 09 442 3242 then press 1

Travelling Overseas

Travel Certificates are available from the FNZOS. 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 on time and money – not to mention on 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.

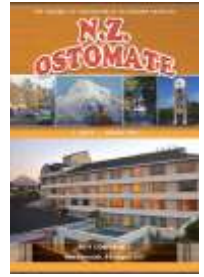
2017	General Society Meetings Saturdays, unless otherwise stated		Alexander Park luncheons Last Wednesday monthly
	Auckland Main Hall, Domain Lodge, 1 Boyle Crescent, Grafton. 10.30am to Midday	North Harbour 136 Whangaparaoa Road, Red Beach. 10.00 for cuppa then 10.30am to Midday	Alexander Bar and Café Alexandra Park Raceway, 11.30am. Please phone Monte (09) 534 4494 if interested in attending
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		

FNZOS

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

Federation of NZ Ostomy Societies

The national magazine, the NZ Ostomate, Issue 2 is out now, so look out for the NZ Ostomate with your supplies or upload a copy from the website.



April 21st is the deadline for Early Bird registration to this year's annual National Conference, being held in New Plymouth, hosted by the Taranaki Ostomy Society. It will be held at the Quality Hotel New Plymouth International 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.

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 or via FNZOS website.

Nutrition connection!

NZ Registered Dietitians



Nutrition & Wellbeing

Medical nutrition
Performance nutrition
Fertility & pregnancy

Digestive Health

Irritable bowel syndrome & FODMAPs
Allergies & intolerances
Inflammatory Bowel Disease

Sleep Apnoea

Specialised weight loss program
Sustainable & Realistic
Tailored approach for individuals

Intuitive Eating

Weight management
Non-diet approach
Eating behaviour psychology

Infants to Teens

Fussy eating
Developmental nutrition
Healthy teens

Online Services

Diet analysis
Skype services
Health check-in



**AUCKLAND OSTOMY SOCIETY
50TH ANNIVERSARY CELEBRATION**

Come and enjoy a Spit Road lunch and be part of the 50th Anniversary celebrations. Great food, refreshments and best of all, good company.

When: Saturday, 13th May 2017

Where: Domain Lodge, 1 Boyle Crescent, Grafton

Time: 11.30am

Cost: \$15.00

For catering purposes, please phone AOS to confirm your attendance and pre-pay \$15.00 at the next meeting on April 8th or by cheque in the post by April 21st (providing your name and number of tickets)



Call for an appointment today on 021 436 305, or email info@nutritionconnection.co.nz

www.nutritionconnection.co.nz



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 486 2294

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

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

Temporary Treasurer: **Stuart Ross**, ph 410 2407

Hospital Visitor: **Eleanor Thompson**, ph 480 9364

Newsletter – April – May 2017

Well “hello” again! I hope you’ve not been flooded out or driven mad by the “interesting” summer weather we’ve all had this year.

March General Meeting

So, to update you, we held our March meeting at Red Beach on Saturday, 18th March. It was wonderful to see so many faces – ones we’ve not seen for a while, plus many new ones. Our guest speakers were excellent. They were so professional and made nutrition and diet interesting for all and made it clearer as to why foods do what they do or give us issues. As usual, we did have some lovely food provided and refreshments, which always go down well.

So, as my first day trying to resist chocolate comes to an end, I must say, I appreciate what food does and why a lot more now!

Some of you may know Anna and John through North Shore Hospital, but they came in their capacity from Nutrition Connection, a private practice, based in Red Beach. If you do have concerns or issues with your food intake which is affecting your stoma, please discuss these issues with your stomal therapy nurse (STN) first and she will be able to guide you. Nutritionists and dietitians are now covered under some private health schemes, so this could be an option for you.

The whole meeting was very empowering – with lots of questions easily answered by Anna and John and good discussion afterwards.

Many thanks to Julie, though, for helping set the room so wonderfully.

Our STN Julie, opened her Surgery from 9am to 10am. Please remember though, that this is for her clients only (being those covered under the Rodney area).

Excess Supplies

If you know you are going to have a reversal or that there might be a chance your usual supplies may change, please speak to your STN straight away. She will put your product “on hold”. If required, it can easily be reinstated – but it will save in ordering too much.

Next General Meeting – 15th July

As we go to press, we’re not sure what we’ve got planned yet for our meeting in July. However, we do know that we have two suppliers attending - Gene and Mark from Dansac and Hollister respectively coming along to show their latest products.

Again, STN Julie and her team will be available from 9am to 10am for her Rodney district clients, then 10am to 10.30pm for tea, mix & mingle then 10.30am meeting.

A to Z of Superfoods

OK – we’re now up to “J” in our A-Z of foods that have, in themselves, health-giving properties that can aid our lives. The first needs no recipe as, I think it speaks for itself!

When doing some research, I found that there were two superfoods beginning with the letter “J” – Japanese Green Tea

(yes, it was listed under “J”) and Jalapeño Peppers.

Japanese green tea is full of anti-ageing antioxidants and contains methylxanthines that boost metabolism, help burn fat more rapidly, especially around the stomach, and also lowers cholesterol. I drink Japanese Lime tea, a slightly sweeter taste.

Jalapeños are packed with capsaicin, a compound found in spicy peppers that is credited with speeding up metabolism and suppressing appetite. This magical compound also increases fat oxidation (so the body can more easily use fat as fuel). Capsaicin is linked to reduced muscle, nerve and joint pain, plus it helps clear mucus.

With up to seven times more vitamin C than oranges, chillies can combat sinus congestion, making them the perfect health food to help beat the common cold.

Try milk or yoghurt next time you need to beat the heat. The ‘casein’ found in dairy blocks the heat-producing ‘capsaicin’ in chilli from binding with pain receptors. Water will only make it worse!

I’m not brave enough to eat chillies, but I do love my cuppa!

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.

