



# Wellington Ostomy Association

## President's First Message

It is my honour to have been recently elected President of the Wellington Ostomy Association. I have been on the board for only one year and marvel at the learnt wisdom and experience from all committee members and those that have gone before us.

My name is Brent Hamlin and I had my final operation when I was 39 which is 16 years ago. Along with so many others I had to make a very difficult choice, Life or a bag and I, as many others chose Life. I, for one, will never say it is an easy road or a road you can get off. In the early years I hated my new body and found it very hard to even look at in a mirror. Learning to dress to hide the bag was the next challenge as I still had to work. Work meetings took on a whole new pressure...not only having to be prepared for the meeting but also ensuring the bag did not act up or leak!! Believe me, many a time it did over these years and many a time I had a red face and left the room. These are things we all have had to face and deal with.

Going back to when I was 5 years old and my grandfather from dad's side would come to stay with our family for 3 months of the year. He had a small caravan that would be parked at the end of the long driveway. To this day I remember, as a family we always took him for a "Sunday Drive". This was my first introduction to someone who had a colostomy bag. I always remember the smell in the car and the instruction from Dad for "All windows down" !!!! I did not understand it then but now I do. He died when staying with us at the age of 99 and I was told he had his bag put on when he was 70. A very rare thing to happen back then. The great thing to remember is that as a grandfather he managed to see so many of his grandchildren. The house I was brought up in is still in the family and when digging the gardens we still manage to puncture one of Granddads buried bags....and yet again we run.....but it also reminds us that we all leave a trail behind us. As Sir Elton John sang, "The Circle of Life"

Taking on this role for me is realising that YES, I do have a bag and YES, I am happy to be alive and YES, we all face challenges everyday.

My hope is to reach out to you all and to others that have not yet joined, but face the same challenges that we do every day, and give them a point of contact and a face that they can connect to.

Finally, I would like to say that I would not be here today without the unconditional love of my life for the past 23 years, Kevin. We have been through many storms and weathered them all. We had a Commitment Ceremony, when nothing was legal in NZ, then had a Civil Union when the law changed. We celebrated our Marriage in front of MP's and 100 special friends 6 years ago.

My wish is that we all stay connected and embrace the differences and similarities we all share. Life is a journey and we need friends and loved ones to help us along the way to be the best we can be.

To any member that is not feeling strong please contact us and let us know how we can try to help you. Asking for help is a sign of strength, never weakness!

Kia Kaha (Be Strong)

**Brent**

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## President's Report

### 50<sup>th</sup> A G M Wellington Ostomy Association 29<sup>th</sup> March 2020

A hectic 2019 is now behind us and this will be my last President's report.

The morning teas, luncheons and meetings around Wellington were again all well attended, even though we did not get as far as Kapiti this year. We also tried a new activity by having a gathering in a pub.

Our AGM last year was held at a church out in Lower Hutt where we had a good turnout. We added two new faces to our committee but sadly had to say goodbye to one of them halfway through the year due to ill health.

Along with our delegate Aileen Broughton, a handful of the committee went to the FNZOS Conference which was up in Hamilton on the second weekend of August. David Barnes said it was time for him to stand down from the Federation but Jan Haines remains there representing Wellington. Several wonderful speakers were heard on the Saturday so all in all a

very good conference. Unfortunately, the AGM on the Sunday morning had some very tense and unpleasant moments for those of us there because of our choice to still have \$0 fees.

The Q & A in September was at a new venue and from what I heard we have found a wonderful place in Trentham (thank you Heather Small for this). This saw a large turnout and some new faces.

The Angus Inn in Lower Hutt was again the site for our Christmas Dinner. Lovely food and beverages were enjoyed. And with heaps more room between the tables this year, we all got the chance to move around and have a chat with each other.

Firstly, I need to thank Kevin, for putting up with all my moods and letting me chew his ear off. Next, to my brilliant Committee: Jan Haines, Aileen Broughton, Derek Smith, David Barnes (Secretary /Treasurer) Brent Hamlin and Eleanor Bentley - Thanks for having broad shoulders and kind hearts. Also a big thanks goes out to Sandra Zukerman for being our great Newsletter Editor.

**Lisa Groos**

### Extra time for flu jab

The Government is extending the times certain priority groups are able to get their flu vaccine before it's made available to the wider public. They'll now have until April 27 to get the jab. The Government is encouraging people in the priority groups to get their vaccine, touting measures that GPs and other providers have taken to ensure people coming to get vaccinated are safe.

Vaccinations are free for people in priority groups. People qualify as a priority group if they are either aged 65 and over, pregnant, have certain chronic conditions, or are a young child with a history of severe respiratory illness. Care and supporter workers are also able to get a priority vaccination.

### 2020 Committee

These are the members who have kindly volunteered to run the committee for the next year:

<b>President</b>	<b>Brent Hamlin</b>
<b>Secretary/ Treasurer</b>	<b>David Barnes</b>
<b>Committee</b>	Aileen Broughton Derek Smith Jan Haines Lisa Groos
<b>Newsletter Ed</b>	<b>Sandra Zukerman</b>

### Subscriptions for 2020 = \$0

Donations are always welcome, and can be made via internet banking to account number:

**03 0531 0496076 000 or by sending a cheque to:**

**Wellington Ostomy Association, PO Box 1142, Wellington 6140**

**Please call David 027 4725148 to let him know of your deposit or email us at [wellington.ostomy@gmail.com](mailto:wellington.ostomy@gmail.com)**

## An excellent article on hand washing:

The following is from Asst. Prof in infectious diseases at Johns Hopkins University.

\* The virus is not a living organism, but a protein molecule (DNA) covered by a protective layer of lipid (fat), which, when absorbed by the cells of the ocular, nasal or buccal mucosa, changes their genetic code (mutation) and convert them into aggressor and multiplier cells.

\* Since the virus is not a living organism but a protein molecule, it is not killed, but decays on its own. The disintegration time depends on the temperature, humidity and type of material where it lies.

\* The virus is very fragile; the only thing that protects it is a thin outer layer of fat. That is why any soap or detergent is the best remedy, because the foam CUTS the FAT (that is why you have to rub so much: for 20 seconds or more, to make a lot of foam).

By dissolving the fat layer, the protein molecule disperses and breaks down on its own.

\* HEAT melts fat; this is why it is so good to use water above 25 degrees C for washing hands, clothes and everything. In addition, hot water makes more foam and that makes it even more useful.

\* Alcohol or any mixture with alcohol over 65% DISSOLVES ANY FAT, especially the external lipid layer of the virus.

\* Any mix with 1 part bleach and 5 parts water directly dissolves the protein, breaks it down from the inside.

\* NO BACTERICIDE OR ANTIBIOTIC SERVES.

The virus is not a living organism like bacteria; antibodies cannot kill what is not alive.

\* NEVER shake used or unused clothing, sheets or cloth. While it is glued to a porous surface, it is very inert and disintegrates only;

- between 3 hours (fabric and porous),
- 4 hours (copper and wood)
- 24 hours (cardboard),
- 42 hours (metal) and
- 72 hours (plastic).

But if you shake it or use a feather duster, the virus molecules float in the air for up to 3 hours, and can lodge in your nose.

\* The virus molecules remain very stable in external cold, or artificial as air conditioners in houses and cars. They also need moisture to stay stable, and especially darkness. Therefore, dehumidified, dry, warm and bright environments will degrade it faster.

\* UV LIGHT on any object that may contain it breaks down the virus protein. For example, to disinfect and reuse a mask is perfect. Be careful, it also breaks down collagen (which is protein) in the skin.

\* The virus CANNOT go through healthy skin.

\* Vinegar is NOT useful because it does not break down the protective layer of fat.

\* NO SPIRITS, NOR VODKA, serve. The strongest vodka is 40% alcohol, and you need 65%.

\* LISTERINE IF IT SERVES! It is 65% alcohol.

\* The more confined the space, the more concentration of the virus there can be. The more open or naturally ventilated, the less.

\* You have to wash your hands before and after touching mucosa, food, locks, knobs, switches, remote control, cell phone, watches, computers, desks, TV, etc. And when using the bathroom.

\* You have to Moisturize dry hands from so much washing them, because the molecules can hide in the micro cracks. The thicker the moisturizer, the better.

\* Also keep your NAILS SHORT so that the virus does not hide there.

### From Rochelle CCDHB

#### Stoma Nurse

We have had notification from all suppliers; there should be no impact on patients receiving their products. The couriers will still continue to deliver by dropping supplies at the door rather than waiting for a signature.

There should be no need to stock pile, but if members are running low please give us a call.

**SYMPTOMS OF COVID-19, FLU AND COLD**

	DRY COUGH	FEVER	RUNNY NOSE	SORE THROAT	BREATH-LESSNESS	HEADACHE	BODY ACHES	SNEEZE	FATIGUE	DIARRHOEA
COVID-19	✓✓	✓✓	~	✓	✓✓	✓	✓	~	✓	~
FLU	✓✓	✓✓	✓	✓	✗	✓✓	✓✓	✗	✓✓	✓
COLD	✓	~	✓✓	✓✓	✗	~	✓✓	✓✓	✓	✗

✓✓ FREQUENTLY  
 ✓ SOMETIMES  
 ~ LITTLE  
 ~ RARE  
 ✗ NOT

@SIOUXSIEW @XTOTL thespinoff.co.nz      SOURCE: WHO, CDC      CC-BY-SA  
 FOR THE LATEST INFO PLEASE SEE [who.int](http://who.int) or [health.govt.nz](http://health.govt.nz)

## Sad news

***It is with great sadness we inform you that Sister Catherine Hannan passed away on 12th March. May she rest in peace. In our last newsletter we featured Sister Catherine being awarded the Queen's Service Medal in the New Year's Honours. Over the years Sister Catherine has been a valuable member of the WOA. She will be dearly missed.***

### Memories of Sister Catherine

I had the good and bad fortune to succeed Sister Catherine as President of the Association – bad fortune as it was a very hard act to follow and good fortune for the great support and guidance she gave me. As Mary, my wife, said it's hard to imagine a world without Catherine. She was involved in so many things, nearly all in support of less fortunate people and this life of service was belatedly acknowledged by her New Year's Award of the QSM.

We saw Catherine at an Ash Wednesday service at the Home of Compassion and less than two weeks later we were at the same venue for her Requiem Mass. While this timescale was a great shock to us all, it was good that Catherine spent so little time inactive – a state I have not seen in the 12 years I have known her. It also had an added advantage that we and all her family, colleagues and friends were able to attend her farewell – one week later and that would not have been possible.

**Derek Smith**

A really lively lady, with a sharp sense of humour and enjoyment of life. I remember sharing a bottle of wine with her at the Conference down in Dunedin, and she was prompt to get to the first of our pub meetings. She was quick to take on new suggestions for the committee including further use of the internet - and had a very practical take on proceedings.

**David**

The thing I remember most about Catherine was her sense of humour. When encouraging new ostomates to return to a normal lifestyle, she would tell of the time shortly after her surgery when she asked Kathy Gill, the senior stomal therapist at the time, whether she would be able to swim. Kathy replied that if she could swim before her surgery, she could still do it!

**Aileen**

I met Sister Catherine in November of 1993, eight months after having my ileostomy surgery. It was my first W.O.A Christmas luncheon which was held at the Miramar golf club. She introduced herself and said "no need to worry anymore, you will

be fine." She even pulled my mum aside and had a talk with her too.

After 27 years, Sister Catherine has become a good friend to me. She had some wonderful stories about her trips and the people she met around the world. When I became President, she said "you will be great at this." She always made the time to talk on the phone even when she was cooking her dinner!

**Lisa**

Sister Catherine was a very special lady and always made everyone feel very welcome.

I first met Sister Catherine 36 years ago when she joined WOA and she would come to most of the meetings and dinners, that is when she was not traveling overseas doing the fantastic work for the church, she had some wonderful stories to tell.

It was hard to believe that she was a nun, she often said to drop the "Sister" and just call her Catherine but it was something I couldn't do, as I had so much respect for her.

We were very lucky to have Sister Catherine on our committee, as well as being President.

She had been a guest speaker at many meetings over the years. We used to have meetings at the Soup Kitchen which was very interesting, Sister Catherine had enjoyed going to our Conferences as well.

The last time I saw Sister Catherine was about 3 weeks before she died at our annual coffee morning at Palmers,.

It is still a shock and hard to believe that we will not see her again.

Sister Catherine had the most fitting funeral - it was a honor to be there with fellow Ostomate's

RIP dear Sister Catherine

**Jan**

### Stoma Therapists

Wellington: Sue or Rochelle **918 6375**

[stomanurses@ccdhb.org.nz](mailto:stomanurses@ccdhb.org.nz)

[ostomysupplies@ccdhb.org.nz](mailto:ostomysupplies@ccdhb.org.nz)

Hutt: Vicky Beban **570 9148**

[Vicky.Beban@huttvalleydhd.org.nz](mailto:Vicky.Beban@huttvalleydhd.org.nz)

**With lockdown still in progress, the committee has not yet met to decide on future meeting dates. We will print and post this newsletter along with the Ostomate magazine as soon as possible. Do you have an email address we could send to instead of posting? You will get it in colour as a bonus!**

**Please contact us** if you need a friendly voice to talk to over this difficult period. Do not struggle on alone or feel isolated. There is a good team of support people to help.