

# Ostomy Activities



## Ostomy Piñata

A party isn't a party until a piñata is involved! Create a custom ostomy bag piñata and fill it with your favorite things.

### Directions

#### What you'll need:

- 2 large pieces of thick cardboard
- Strips of thinner cardboard (cereal boxes are great)
- 2 toilet paper rolls
- Streamers or Tissue Paper
- Tape
- Pencil
- Box Cutter
- Twine

Step 1: Draw the outline of an ostomy bag on one of the large pieces of cardboard and cut it out with a box cutter. Flip cut out shape onto the other piece of cardboard to trace it, and cut it out.

Step 2: Tape the toilet paper rolls standing up to the inside of one of the cardboard cutouts. Lay the other cutout on top and tape the toilet paper rolls to the second cutout.

Step 3: Puncture small holes on each side for where you want to put the twine for hanging up the piñata. Thread twine through the holes and leave it long enough to hang out on each side.

Step 4: Tape the thin cardboard strips between the two cutouts to cover the open spaces in between. Tape it between the two edges and complete this around the entire piñata. Don't forget to leave an open flap so you can put in the treats!

Step 1



Step 2



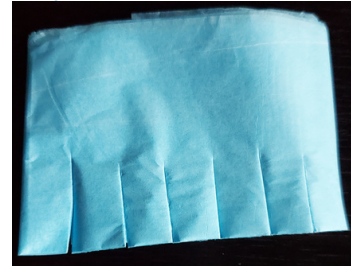
Step 5: Layout the tissue paper and fold it into 2' wide strips. Now cut small sections of those strips and make slits on the bottom. Unfold and now you will have your fringed strips ready to glue on. Use strips of tissue paper to cover the width of the piñata and glue the fringe across the entire piñata. Tip: Using multiple layers of tissue paper is best to cover up the cardboard.

Step 4



Step 6: Use construction paper to make some details. Tip: Use construction paper to create the look of the wafer on a one-piece bag. This way you can also draw on the measuring guidelines or any details of choice.

Step 5



Step 7: Fill with treats of choice, close flap, and tape shut. Then have some fun!

Step 7



# Ostomy Activities



## Ostomy Trivia

Time for a challenge of ostomates and non-ostomates alike. The winner should definitely be proud of themselves!

### Questions to Ask

**When was the first ostomy appliance manufactured?**

- A. 1795
- B. 1890
- C. 1920

Answer: C. In 1920, Dr. Alfred Strauss, a Chicago physician, came up with the idea of a rubber pouch that could be held in place on the abdomen by adhesives and belts.

**The creation of the stoma was not favored by surgeons and there was much reluctance to carry out the surgery. Which of these other experiments were NOT conducted as an alternative?**

- A. Placing a kitten on the tummy to have the heat warm up the abdomen and help pass the stools
- B. Treatment of a kilo of mercury to help pass a blockage
- C. Drinking a large amount of Castor Oil

Answer: C. Surprisingly, drinking a large amount of Castor Oil was not a method used. Using a kitten and ingesting mercury were both used by surgeons hesitant to perform stoma surgery. For many, these treatments were not successful and more so because most of them died from mercury poisoning. Now we know that ostomy surgery is relatively common and safe.

**Where does the word "stoma" originate?**

- A. Greek for "mouth"
- B. Latin for "incision"
- C. Ancient Egyptian for "opening"

Answer A. Greek for "mouth." Now we use the term to describe an artificial opening between a body cavity or canal (such as the colon) and the skin.

**What was NOT used as a homemade collection device before ostomy appliances were created?**

- A. Tuna Can
- B. Milk Jug
- C. Bread Bag

Answer: B. Milk Jug. As painful as it sounds, things like tuna cans and bread bags were used as collection devices.

**Which of these famous leaders had an ostomy?**

- A. Winston Churchill
- B. Martin Luther King Jr.
- C. Napoleon Bonaparte

Answer: C. Napoleon Bonaparte, whose ostomy bag was made from a goat's bladder. He is often pictured with his hand in his shirt to conceal this.

**How many ostomy surgeries are performed each year in the U.S.?**

- A. Approximately 57,000
- B. Approximately 104,000
- C. Approximately 120,000

Answer: C. Approximately 120,000 ostomy surgeries are being performed each year in the US.

**When was the first image of a stoma recorded?**

- A. Late 1600's
- B. Mid 1700's
- C. Early 1800's

Answer: B. Mid 1700's, in a surgical textbook. The first-ever recorded surgery in early surgical books was reported to have been a colostomy in 1750. At the time, there was no differentiation as to whether the operation was for a colostomy or an ileostomy. The patient was Margaret White, and she was 73 years old.



Margaret White

# Ostomy Activities



## Stoma Cupcakes

No party is complete without cupcakes! Here is how to make the perfect vegan sweet treat.

### Recipes

#### Vegan Frosting - Makes 2 cups

Ingredients:

- 2 cups raw cashews, soaked overnight
- $\frac{1}{3}$  cup + 1 Tablespoon pure maple syrup
- 2 Tablespoons fresh lemon juice, to taste
- $\frac{1}{4}$  cup unsweetened almond milk
- 1 teaspoon pure vanilla extract
- $\frac{1}{8}$  teaspoon sea salt

Directions:

- Soak cashews overnight (or at least 3 hours). Drain and pat dry.
- Add cashews to the food processor and pulse until a thick paste is formed. Stop the processor to scrape down the sides multiple times.
- Leaving the processor on, slowly pour in the maple syrup, lemon juice, and almond milk through opening. Add vanilla and salt, continue to process until frosting is smooth and creamy. Taste and add more maple syrup or lemon juice if needed.
- Mix in pink vegan food coloring (if using for stoma cupcakes)



#### Vegan Royal Icing (for those who can't have tropical oils or nuts)

Ingredients:

- $\frac{1}{2}$  cup aquafaba (the liquid found in cans of chickpeas)
- $\frac{1}{4}$  teaspoon cream of tartar OR 1 teaspoon lemon juice
- 1 teaspoon pure vanilla extract
- Vegan food coloring

Directions:

- Add aquafaba and cream of tartar to a large mixing bowl. Use an electric mixer with whisk attachment and beat the mixture on high for 3 minutes, or until stiff peaks form.
- Turn the mixer to low speed and slowly add powdered sugar. Keep mixing and adding until you reach desired consistency (close to that of Elmer's glue)
- Mix in vanilla extract and vegan food coloring

## **Vegan Vanilla Cake - Makes two 8-inch cakes, one 9x13 sheet cake, or cupcakes**

Ingredients:

- 1 ¼ cup nondairy milk of choice
- 1 ½ Tablespoon white or apple cider vinegar
- 1 Tablespoon pure vanilla extract
- ¼ cup oil (sunflower or vegetable are great)
- 2 cups flour
- 1 Tablespoon baking powder
- ½ teaspoon salt
- 1 cup sugar (unrefined)

Directions:

- Start by preheating the oven to 350 F.
- Whisk liquid ingredients in a large bowl.
- Let sit for at least 10 minutes, then add remaining ingredients to form a batter.
- Smooth into greased baking pans. Bake for 30 minutes, or until the cake is risen and cooked through.

## **Decorating Stoma Cupcakes**

What you'll need:

- Cupcakes
- Frosting
- Maraschino cherries or fresh raspberries
- Piping bag/tip (can be made at home)

If filling cupcakes, you will need a melon baller, apple corer, or knife.

Directions:

- Use a tall glass and reclosable plastic bag (quart or gallon size both work) to create a piping bag.
- Put the bag in the glass and fold the edges over the sides of the glass.
- Use a spoon or spatula to add frosting and fill the bag  $\frac{3}{4}$  full.
- Squeeze frosting to the bottom of the bag and push out excess air. Cut a small slit in the corner of the bag for opening. Now you are set to decorate!

If filling cupcakes, use one of the above items to remove the center of each cupcake. Use your piping bag to fill with icing or filling of choice (jam, chocolate, etc.).

- Cover cupcakes with frosting (no need to use your piping bag, a spatula will work) and smooth.
- Place a small amount of frosting on the bottom of the fruit of choice and place it on the top center of the cupcake.
- Then frost a ring around the fruit to keep it secure. Now you have a stoma cupcake!

# Ostomy Activities



## Bag Decorating Contest & Pin the Bag on the Stoma

If you love “pin-the-tail-on-the-donkey,” you will love “pin-the-bag-on-the-stoma!” It is a fun game to play with friends and family and only requires a few materials, including optional bag decorations.

### Bag Decorating Contest

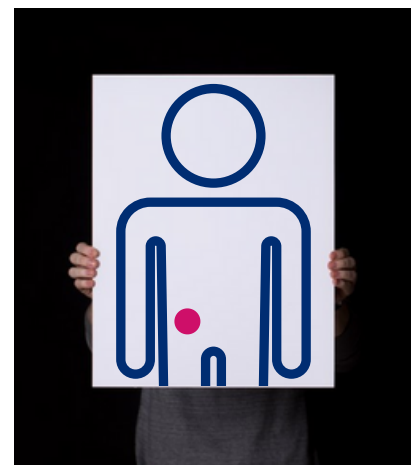
You can get super creative about this first part of the game! Decorate an ostomy bag - real or printout (next page) - with stickers, crayons, markers, glitter, craft paint, etc.

Need some inspiration on how to doctorate your ostomy bag? Add the Alliance logo with some of our catchphrases (I'm an Ally, Tomorrow Can't Wait, Survivor, Nation of Allies, etc.) or other fun sayings like, “shhh it's sleeping,” “totally pooping right now,” “now we both bag our poop (with a picture of a dog),” “my other bag is a Gucci,” and “Number 2.”

Then everyone goes around the room and votes for their favorite bag. The winner gets to be the first person to play Pin the Bag on the Stoma.

### Pin the Bag on the Stoma

The ostomy bags used for the decorating contest can be used for Pin the Bag on the Stoma. Use poster paper to draw the outline of a person, marking the location of the stoma. The person placing the bag closest to the stoma wins! What do they win? That's up to you!



Poster design example, with stoma







**colorectal  
cancer  
alliance**