



# Saskatoon Ostomy Association Bulletin

Member Chapter of UOAC Inc.

Internet web page - > <http://members.shaw.ca/saskatoonostomy>

Mailing Address ----> 1610 Isabella Street, Saskatoon, SK, S7J 0C1 March 2009

## (Note Change) SASKATOON MEETING INFORMATION

**Location:** Mayfair United Church

Address 902-33rd St W (corner of 33rd St and Avenue I)

- Convenient washrooms
- Refreshments and visiting period during each meeting
- Spouses, family members and other visitors welcome

Join us on Monday, April 6 at 7:30 p.m.

Elections are being held for new executive! Please share your talents with your Ostomy Association.

May 4 at 7 p.m. to 9:00 pm at Mayfair United Church

**Celebrate 35 years!**



## Saskatoon Ostomy Association

### Dates to remember....

#### **Come Celebrate 35 years!**

May 4 at 7 p.m. to 9:00 pm at Mayfair United Church. We are planning our 35th anniversary party. We will be having a short program and presentations of awards and most importantly a time of sharing our experiences and successes with each other over refreshments and goodies. We are hoping that all our members PAST and present will mark this date!

Youth Camp: July 6 - July 11, 2009

Application Deadline: June 1st, 2009

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# SASKATOON OSTOMY ASSOCIATION

## (A Chapter of the United Ostomy Association of Canada)

The Saskatoon Ostomy Chapter is a nonprofit mutual support society for the benefit of people who have had, or are about to have, Ostomy surgery. The purpose of our chapter is to:

- Assist the medical profession in the rehabilitation of ostomates by providing, at the request of the physician, reassurance and emotional support.
- To promote up-to-date information concerning Ostomy care and equipment to ostomates, and those involved in their care.
- To educate, develop, and promote public awareness and understanding of ostomies.

### MEMBERSHIP & DONATIONS

The annual membership fee of \$25.00 entitles you to the chapter newsletters and a subscription to the Ostomy Canada Magazine, a U.O.A. Canada publication. Bequests and donations over \$10.00 will receive an official income tax receipt.

### VISITING SERVICES

We provide lay visitation service, at the request of the physician, either preoperative or postoperative, or both. The visitor is chosen according to the patient's age, sex and type of surgery. A visit may be arranged by calling the Stoma Clinic therapists at 655-2138. They will contact the Visiting Chairperson of the local Ostomy Association.

### ENTEROSTOMAL THERAPISTS AND STOMA CLINIC

**STOMA CLINIC:** Room 5706 A Wing, Royal University Hospital  
Saskatoon, Saskatchewan S7N 0X0 ..... 655-2138

#### THERAPISTS:



Kathy Guina, B.Sc.N., E.T.  
Saskatoon SK



Sandy Roberts, R.P.N., R.N.,  
B.Sc.N., E.T.  
Saskatoon SK

**THE SASKATOON OSTOMY ASSOCIATION ADVISES ALL OSTOMATES TO CONSULT THEIR PHYSICIAN OR E.T. BEFORE USING ANY PRODUCT OR METHOD REFERRED TO IN THIS BULLETIN OR ANY OTHER PUBLICATION**

#### EDITOR'S MESSAGE Laurie Beaulieu



Hi all,

I don't know about you but I can't wait to see the end of winter!! We are all looking forward to spring and summer. Going to the lake and planting a garden (sigh). This is the last news letter until August. If there is anyone who would like to take over writing up the newsletter please contact me. I would help you get you set up...it is alot of fun when one has time and no small children :\*). Please feel free to inform me of any errors or omissions. If there are items you would like to see in the newsletter feel free to submit them via e-mail [rlfarms@sasktel.net](mailto:rlfarms@sasktel.net) or via snail mail at box 35, Vonda, Sask. S0K 4N0



Past therapist:  
Teri (Smith) Schroeder,  
R.P.N., R.N., B.Sc.N., E.T.,  
IIWCC.  
Shares from Experience.

**Will I live any longer?...some humour**

**Patient:** Doctor, if I give up wine, women, and song, will I live longer?

**Doctor:** Not really. It will just seem longer.

## SASKATOON OSTOMY ASSOCIATION



Hi friends,

Hi to all,

Hope you are managing to keep a positive outlook....Spring will be here soon.

We had a great visitor training session in February. Eleven people attended and thanks to our ET's we now have 11 more trained visitors. We will be hosting another training session in the future so if you are interested, let us know. These training sessions are open to all people both in Saskatoon and area.

April's meeting will be election of new executive. We are always looking for more help. So if you would like to be a part of our team please let us know.

Now to the most exciting event coming up- The 35th Anniversary of Comebacks. On Monday, May 4 at 7- 9 p.m. at Mayfair United Church we will be celebrating 35 years of our successes and comebacks. This is our 35th year as an association and we are encouraging all our members to "comeback" and celebrate with us. We will be having a short program and presentations of awards and most importantly a time of sharing our experiences and successes with each other over refreshments and goodies. Hope to see you all there again or for the first time.

Speaking of celebrations on October 3, we will be celebrating World Ostomy Day. Its the first Saturday in the month, so keep your calendar open and we will supply further details in the September bulletin.

With summer coming, so is Youth Camp. If you fit into this category and would like to go. Let us know so we can get you in contact with the registration process. There is also funding available for interested campers.

I hope we will see you at the next meeting or at least for our 35th Comeback Celebration.

Pat Ramage,  
Chapter President

**35 Years  
Let's Celebrate!**

## MEETING MINUTES

Recorded by Peter Folk



## SASKATOON OSTOMY ASSOCIATION

At Mayfair United Church  
On Monday March 2, 2008

1. President Pat Ramage called the meeting to order at 7:32 p.m.
2. A total of 22 members and guests attended the meeting.
3. The minutes of the last meetings were not available.
4. First time attending meeting were Wenonah and Don Gall, and Albert Degerness.
5. Everybody introduced himself/herself by name, type of ostomy surgery and what they remember about having a visitor after surgery if they had a visitor.
6. Peter and Donna Folk celebrated 33rd wedding anniversary and Teri and her hubby celebrated 17th wedding anniversary.
7. Social Events & Luncheon coordinator was not able to attend, so the names of people bringing goodies for April meeting were taken. May is the 35th anniversary, so goodies are not needed that month.
8. Robert Crawford, visitation coordinator, arranged visitation for one colostomy, four Ileostomy and two Urostomy surgery patients. Howard Rankin stated that he was a visitor in the past and would like to be active again.
9. President Pat Ramage reported on the visitor training session held on February 28 and had 11 visitors certified. This was slightly less than expected, but the people who attended had a very animated session and are enthusiastic about their new-found talents! Some concern was raised about the length of hospital stay these days and that some visits might have to be done in the patient's home or at a coffee shop, or over the phone. This was discussed at the training session and some ideas were presented.
10. Membership - Marlyne Wight reported that about 25 members still have not paid their dues and to get them in as soon as possible.
11. Treasurer's report was not given as Evan was away.
12. Elections will be held at the April meeting. If you are willing to let your name stand, please contact Peter Folk. Pat Ramage brought job description handouts for those interested.
13. The May meeting will be our 35th anniversary and a special function is being planned. If you want to help out in any way, contact Pat Ramage or Marlyne Wight, the meeting will be March 18th at Marlyne's house.
14. Peter Folk offered to do a "Power Point" presentation at the May meeting. Pat Ramage gave Peter a pile of photos to use. Kathy Guina offered to bring a projector to do the presentation.

15. Pat Ramage indicated that Ray Ramage has agreed to make posters for the 35th anniversary and put them up at Nordon Medical.
16. Library report - Kathy has gone through the library that we have and some of the stuff is 20 years old and could be archived. She will keep these in her garage until a suitable place is chosen. Kathy will also send a book review to Laurie to be included in the next bulletin.
17. Pat Ramage introduced the guest speaker for the evening, Raylene Matlock and her daughter Page Ask with. The topic was "Organ Donations". Some facts that were given: Livers from an 80 year-old person are still good for transplanting, as are kidneys. The main transplant facilities in Canada are Edmonton, Saskatoon, Toronto and Montreal. If a person signs an organ donation card, or includes a sticker on their health card, that does not guarantee that they will be harvested for organs. The patient's family still must sign the consent form. For the most part, donations of kidneys remain in the province that the patient resides. Donors and recipients are matched using the best tissue match (HLA).
18. The meeting was adjourned at 9:00 p.m. by Peter Folk/Sandy Roberts.
19. 50/50 draw was won by Rev. David Cottingham - \$30.00  
Recorded by Peter Folk as Prem was out of country.

## WEB SITE UPDATE AND UOAC COUNCIL REPORT

### Webmaster's Report

January 19, 2009

Greetings,



Our website is:



<http://members.shaw.ca/saskatoonostomy/>

We've added a new feature to our webpage. When you visit, you can now donate to the Saskatoon Ostomy Association online through [CanadaHelps.org](http://CanadaHelps.org), by clicking on the button below:



You can also find the same information by clicking on "Donations" on our home page. There are two different Fund Designations - the General Fund - Ongoing programs that are funded through the general fund include sending delegates to conferences and annual general meetings,

training for visitors, as well as newsletters to members. The other Fund Designation is Ostomy Youth Camp - Sponsor a kid to attend Ostomy Youth Camp in Bragg Creek Alberta. Annual costs are around \$750 per child. I'm also pleased that we now have 6 members of our Facebook group. If you are on Facebook, join by clicking on the link on our webpage. The URL is <http://www.facebook.com/group.php?gid=38272893481>  
Webmaster, SOA UOAC Board Member  
Phone: (306) 384-6059 e-mail: [peter.folk@shaw.ca](mailto:peter.folk@shaw.ca)

### Recognition for the Spouse

At no time has a genuine and real recognition been given to the ostomate's spouse. The spouse deserves more credit than anyone can possibly bestow on him/her. Try for one moment, if you can, to imagine that the shoe is on the other foot; that is, that your spouse has the ostomy, and you do not. Now you will find yourself waiting to use the bathroom, waiting for your mate to get through irrigation or to replace the appliance. When you go out of town or make a visit, and your spouse has an "accident" you will have to cut short your outing, and go home so the ostomate may clean up, not to mention that all the way home there may be an odor attached with the drive.

The spouse of the ostomate should be given a great big orchid, and we should all thank God that we have persons like our spouses in our midst...and that goes for families as well.

For most of us our spouse is very happy to have us alive.

Ostomy surgery gave us a new life, and our life partner may be more thankful than we are to have us with them. For those of us with Crohn's or colitis, our lives are better than ever. Our mates may once again have us all to themselves, without sharing us with a disease. It's nice being married. It's nice being healthy.

Inside Out, Edmonton Ostomy Chapter

### Just a little humor....

The patient awakened after the operation to find herself in a room with all the blinds drawn.

"Why are all the blinds closed?" she asked her doctor.

"Well," the surgeon responded, "They're fighting a huge fire across the street, and we didn't want you to wake up and think the operation had failed."

**VISITATION REPORT**



The visitations coordinator is Robert Crawford. You can contact Robert at b.b.crawford@shaw.ca or Phone 979-1221

	Feb	Mar	April	May
Colostomy	1			
Ileostomy	4			
Urostomy	2			

**REGIONAL STOMA AND WOUND CLINICS**

**Clinic hours:**



The Ostomy Clinic will only have one part-time secretary. Both Sandy & Kathy will be working full time (8 am to 4:30 pm) but the secretary will only be on Mondays,

Tuesdays, Wednesdays & Thursdays from 8 am to 1 pm. If you have any questions or concerns please call the office at 655-2138.

**WELCOME TO OUR NEW MEMBERS**



Welcome to our new members. Hope to see you at the meetings soon!

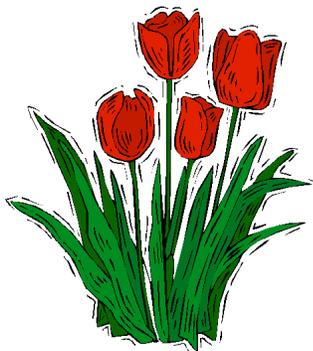
**New members**

- Albert Degerness .....Saskatoon
- David Cottingham.....Saskatoon
- Wanda Dansereau.....Saskatoon

**In Memorial**

Our thoughts are with your families:

Herbert Essenburg.....Saskatoon



**DONATIONS AND BEQUESTS**

Donations and bequests are gratefully accepted and are used to support chapter activities. Tax receipts are provided for all donations to the Saskatoon Ostomy Association.

**Donations, Memorials and Tributes**

A generous donation in memory of or in honor of a loved one or friend will aid in the continuations of Ostomy rehabilitation.

Please make your tax deductible contribution to :

Saskatoon Ostomy Association  
1610 Isabella Street  
Saskatoon,SK S7J 0C1

In memory of  Honoring  Other/Donation

Name: \_\_\_\_\_

Amount\$ \_\_\_\_\_

From \_\_\_\_\_

Address \_\_\_\_\_

Telephone: \_\_\_\_\_

Send tribute to \_\_\_\_\_

Address: \_\_\_\_\_

**Quote: Happiness**

When one door of happiness closes, another opens, but often we look so long at the closed door that we do not see the one that has been opened for us.

Helen Keller

**Quote: Life**

As I grow to understand life less and less, I learn to love it more and more.

Jules Renard





## FRIENDS OF OSTOMATES WORLDWIDE

FOW is a nonprofit organization operated solely by volunteers. Since 1986, FOW Canada has collected and sent over 50,000 KG of ostomy supplies and literature to more than 52 needy countries. Some of the countries receiving these donations are: Algeria, Bulgaria, Chili, China, Croatia, Cuba, Dominican Republic, Ecuador, Egypt, Hungary, India, Indonesia, Iran, Iraq, Jamaica, Malaysia, Mexico, Nigeria, Pakistan, Panama, Philippines, Romania, Russia-Belarus, Santo Domingo, Thailand, Vietnam and Yugoslavia.

Donations of ostomy supplies for F.O.W. can be brought to Nordon Medical Supplies or a meeting of the Saskatoon Ostomy Association.

To learn more about the F.O.W., or to make a charitable donation visit their web site at: <http://www.fowcanada.org> (website is currently under construction)

### We Get Letters of Thanks

Dear Astrid, July 2008 ,

**Ronnie Lorenzo, Philippines**

#### A Simple Life Story

This is the story of one of the recipient of the colostomy bags given by FOWC. He is the person I mentioned that lives in the province of Santiago City which is almost a 9 hour drive from Manila proper. I was not able to meet him personally but a friend of his was able to get in touch with me and I have sent him the needed supplies. The attached picture here was taken still in January 2007 because he no longer wants a picture taken at present because he has grown thin. Unfortunately, they are a family with a history of cancer. His mother extends their heartfelt gratitude to you for the colostomy bags.

Ronaldo Lora

Colon Cancer, Stage IV with peritoneal carcinomatosis  
Ronnie is 45 who was diagnosed last July 27, 2007, to have cecal mass thru colonoscopy. For one year, he had stomach problems which he just ignored. His gastroenterologist

suggested an operation to remove the mass. When he was opened, it turned out to be peritoneal carcinomatosis so the only thing his surgeon did was to get a sample for biopsy and ileostomy. Biopsy revealed metastatic adenocarcinoma. He had undergone 12 sessions of chemotherapy every other week which ended last February, 2008. All masses and lesions and ascites were gone except for a small mass at the right lobe of the liver. He rested from chemo but after 2 months, his CEA went up again and it was found to be due to pulmonary metastasis. He tried one session of oral chemo but he couldn't tolerate it. Due to financial problems, he stopped the oral chemo. Now he has lost so much weight and can barely walk to the toilet. Before, he was just using an improvised bag, that he has to clean himself. He is on morphine now, 10 mg every 12 hours and he is just taking herbal medicine. He is still hoping to get better. He will celebrate his birthday on August 8, 2008.

**Mark Anthony Reynon - Philippines**

He is the youngest among 4 children age 3 years old. He was found out to have Hirschsprung's disease. His father is the sole breadwinner of the family while his mother stays at home and looks after the needs of their children. The family had used improvised plastic to collect the stool since the time Mark was operated for colostomy. The little boy is up and about not minding the surgery and plays around although he is aware of the stool that comes out his abdomen. This is the first time he will be using colostomy bags saving time for his mother on hygiene and cleanliness.

**Colima, Mexico**

During my visit to Colima, Mexico in February, I was present when the first satellite chapter was started. The President of this satellite chapter has an urostomy, but when supplies are unavailable she has to use colostomy bags. FOWC created an urostomy supply parcel and shipped it to her. She received our parcel and has sent me a picture displaying the content and included a very nice letter. The letter reads:  
Dear Astrid. I remember you very well and send greetings to you and I'm telling you that I received the supplies. These supplies are very necessary for me and the group. I

appreciate your kindness and support. All people from Ostocol and Ostohan (Manzanillo) remember you by the great work you do for the ostomate people, not only for Mexico, but all around the world. I'm very glad and happy to have the opportunity to know you and know also that there are people as you that send help and love to the poor people. You send donations to many people who have a strong need to enjoy life, because we are not alone now. Particular the supplies that you send us are very necessary. For me one piece or two piece supplies are good. Some of these items I can't use and I will provide these to other needy ostomates. I have an urostomy since I was 9 years old and now thanks to my God and you I'm living. I am 26 years old with only one kidney. The urostomy supplies that you have send me I never used before so it was a little challenge for me to use it the first time. In the night I'm used to wear diapers. Thanks for your support. There are few people with urostomy here and it is very difficult to get this

kind of urostomy appliances. God bless you and protect you and Doug for the great work you are doing. Greetings to you both. We love you. Take care. I send hugs and kisses for you and look forward seeing you in February 2009.  
President Yesenia Reinaga Alanis

#### Ostomy support group for kids and their parents



Canadian Ostomy Camp is a place where your child can meet others from all over Canada. The children love the freedom that comes with hanging out with others who can understand. If you have a child that has an ostomy of any kind or a continent alternative surgery for bowel or bladder emptying this is the camp for them. Interested in attending camp please call Marlyne at 249-5731 or Laurie at 258-2016.

We may be able to help with with costs for your child.

#### Humor...

Attending a wedding for the first time, a little girl whispered to her mother, "Why is the bride dressed in white?" "Because white is the color of happiness, and today is the happiest day of her life." The child thought about this for a moment then said, "So why the groom wearing black?"

### Canadian Ostomy Youth Camp Mission Statement

**\* To provide an opportunity for young people aged 9-18 with consideration to emotional growth and maturity, who have ostomies or other special related needs (intermittent catheterization; urinary or bowel incontinence; internal pouch; Crohn's disease or ulcerative colitis), to attend camp and participate in camp activities under professional supervision**

#### Activities:

- \* formal/informal education sessions
- \* swimming
- \* camp out
- \* outdoor recreation
- \* rafting
- \* arts and crafts
- \* dance
- \* rap sessions

**WHEN:** July 6 - July 11, 2009

**WHERE:** Camp Horizon, Bragg Creek Alberta (southwest of Calgary)

**WHO:** Children between the ages 9 - 18 who have had or who will have bowel or bladder diversionary surgery or who have related special needs ( i.e. self catheterization, bowel and bladder incontinence), due to birth defects, trauma or disease (e.g. Crohn's disease, ulcerative colitis, cancer, spina bifida.)

**COST:** Registration fee is \$550.00/child plus airfare (transportation to and from camp, room and board are included)

**CONTACT:** UOAC office or Camp Coordinator, Pat Cimmeck at pvc@shaw.ca

**APPLICATION FORMS:** Available upon request from Coordinator

**DEADLINE FOR APPLICATION:** June 1, 2009



### Pointers for the New Ostomate

- There is no answer for "Why me?" but it is normal to ask the question and you do need to work through the answer.
- Each person's ostomy is different, even as our finger prints are different.
- Support and information received from someone who has an ostomy can be helpful. Ask your doctor or ET nurse to arrange an ostomy visitor.
- It is your ostomy; learn to manage it and don't let it manage you. In the beginning, it is normal for your ostomy care to be the center of your existence; however, with time and practice your ostomy and its care will become just a normal part of your life.
- Basic management skills can be learned.
- Any problems that develop must be met and managed as they occur. With time and experience you will become comfortable with your ostomy care.
- You are alive! You will get better and stronger. Give yourself time to get over surgery and to adjust to this body change and adapt to your ostomy.

Source: *EvensvilleINOstomyNews*, Dec. 08, *IslandOstomyNews*, Victoria, BC, March, 09, *MetroHalifaxChapter* January 2009

## Stomal Complications

Complications related to the stoma may range from a minor inconvenience to a surgical emergency. Many problems can be prevented if the stoma is correctly constructed and properly placed, which involves a combination of the skills of the surgeon and ET nurse. First will be a description of the normal stoma followed by possible stomal complications. Keep in mind that all changes in your stoma should be reported to your physician or ET nurse.

**Normal:** Red or pink, moist appearance. Slight bleeding is normal with cleansing. Swelling should decrease over a period of 6-8 weeks after surgery. Movement of the stoma is normal, and it may move in and out with changes in your position. Stomas are fairly hardy, but should be protected from physical blows, tight clothing, and rigid objects. The stoma has no feeling; therefore, it can be injured without pain. Always check your stoma with each pouch change, and report any change to your physician or ET nurse.

**Change in Color (Ischemia/Necrosis):** Caused by an inadequate blood supply to the stoma. Sometimes a stoma will "pink up" as swelling decreases. If the stoma continues to darken--turns dusky blue, dark brown or black, you should report this to your physician immediately. If the stoma does not improve, surgical revision may be needed.

**Disappearing Stoma (Retraction):** This is when the stoma pulls back into the abdomen which can be caused by scarring, adhesion or weight gain. Treatment may be the use of an appliance with convexity, topical products or surgical revision.

**Protruding Stoma (Prolapse):** This is caused by weak abdominal muscles, and the bowel appears to hang out of the abdomen. Sometimes pushing the stoma back in (by someone trained) followed by use of a binder will help. Surgical revision may be needed as the stoma may lose blood supply or stop functioning.

**Bulging Around Stoma (Herniation):** This is caused by protrusion of the bowel around the stoma. It is most noticed when sitting or standing. It is associated with weak muscles or obesity. Treatment may be weight control, increase of exercise slowly, exercises to strengthen abdominal muscles, supportive binder or surgical revision.

**Narrowing of the Stoma (Stenosis/Stricture):** This can be caused by repeated dilatation's (opening the stoma with a finger), alkaline urine causing a warty growth, repeated skin breakdown resulting in scarring or a disease process. Surgical revision may be needed if narrowing is severe. If recommended, dilatation's should be done correctly and gently. An ET nurse should be consulted for recommendation regarding alkaline urine, a properly fitting appliance, or products that prevent skin damage.

by Gloria Johnson, RN, ET, Charlotte, NC; via Metro Maryland  
Copyright by Stillwater-Ponca City (OK) Ostomy Outlook

### Humor....

*A couple drove down a country road for several miles, not saying a word. An earlier discussion had led to an argument and neither of them wanted to concede their position. As they passed a barnyard of mules, goats and pigs, the husband asked sarcastically, "Relatives of yours?" "Yep," the wife replied, "in-laws."*

**LOOK FOR UNSUNG HEROES IN YOUR CHAPTERS  
LET'S HONOUR THEM BY TELLING WHAT THEY DO.**

E-MAIL Joel Jacobson, UOA Connection editor at  
jjacobson@hfx.eastlink.ca with their story.



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 258-2016  
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 438 Crean Lane  
 Saskatoon, SK S7J 3X4  
 (306) 249-1442

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 1119 Monroe Ave  
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[sandy.roberts@sasktel.net](mailto:sandy.roberts@sasktel.net)

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<http://www.ostomycanada.ca>

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**Saskatoon meetings for 2008 - 2009**

September 8, 2008

(2nd Monday because Labour Day is September 1)

October 6, 2008

November 3, 2008

December 1, 2008

(No meeting in January)

February 2, 2009

March 2, 2009

April 6, 2009

May 4, 2009

(No meetings in June, July or August)

**VISIT YOUR STOMA CLINIC regularly!**

Room 5706 , A Wing, Royal University Hospital. The help and expertise of our Enterostomal Therapists is available to you on an ongoing basis. It pays to keep in touch and keep updated, so see us soon.

FOR APPOINTMENT PHONE: **655-2138**  
Service is free to all North Saskatchewan ostomates.

**NorDon Medical**

ph: **374-1589**

email: [nordonmedical@sasktel.net](mailto:nordonmedical@sasktel.net)

**NorDon Drugs**

ph: **374-1585**

**Saskatchewan's largest selection of  
Ostomy Care Products**

from

**Hollister, ConvaTec, Coloplast  
NuHope**

with a variety of other products available:

**Wound dressings, Incontinence supplies**

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I am:            New Member                Renewing Member                Year of birth \_\_\_\_\_

I have a:        Colostomy                        Ileostomy                        Urostomy                Continent Ostomy   

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