



# Saskatoon Ostomy Association Bulletin

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

Mailing Address ----> 1610 Isabella Street, Saskatoon, SK, S7J 0C1 Jan. 2007

## SASKATOON MEETING INFORMATION

**Location:** NorDon Drugs, Medical Center -

Louise Avenue & Isabella Street

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

**Monday, February 5, 2007, 7:30 p.m.**

**Rap Sessions:** A chance to meet with members who have had the same Ostomy surgery to discuss experiences, challenges and triumphs! Spouses and significant others can also have their own break-out session.

**Monday, March 5, 2007, 7:30 p.m.**

**Medical Session**

A presentation by a medical professional.

## Saskatoon Ostomy Association

### Dates to remember....

**First Meeting of 2007, Monday, Feb. 5**

### VISITOR TRAINING

A visitor training session will be held on **Saturday, April 21** at the Delta Bessborough Hotel, Saskatoon.

All current visitors need to be reaccredited and we would welcome any new visitors. In fact we need new visitors - particularly for newer procedures like the pelvic pouch.

The training will start at **10:30 a.m.** and run until about **3:00 p.m.** Lunch will be provided. There is no fee for this training session.

To register for the training please contact **Peter Folk** at **384-6059** or email him at [peter.folk@shaw.ca](mailto:peter.folk@shaw.ca).

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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 1610, A Wing, Royal University Hospital  
Saskatoon, Saskatchewan S7N 0X0 ..... 655-2138

#### THERAPISTS:

	Phyllis Stephens, R.N., E.T. Prince Albert SK		Teri (Smith) Schroeder, R.P.N.,R.N., B.Sc.N., E.T., IIWCC. Saskatoon SK
	Kathy Guina, B.Sc.N., E.T. Saskatoon SK		Sandy Roberts, R.P.N.,R.N., B.Sc.N., E.T. Saskatoon SK

#### MEDICAL ADVISORY BOARD

	Dr. Provash C. Ganguli, Gastroenterologist Saskatoon SK		Dr. Lawrence Taranger, Urologist Saskatoon SK
	Dr. Brian Colquhoun, Surgeon Saskatoon SK		Phyllis Stephens, R.N., E.T. Prince Albert 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**

## SASKATOON OSTOMY ASSOCIATION



### President's Report - February, 2007

Greetings,

Happy New Year to everyone!

Do you remember where you were during the blizzard of 2007? I spent the night at work. It was too stormy to attempt to drive home even if I could get my car unstuck from my parking spot! I was glad that I had extra Ostomy supplies even though I did not need them.

109 people attended our third annual supper and bingo night held at Nutana Legion hall on November 25. A delicious turkey and meat ball supper was followed by 8 games of bingo, 50/50 prizes, silent auction and door prizes.

Many thanks to James, Marg and Ricky for many hours of work getting everything ready, getting prizes, printing the cards and selling tickets, picking up and returning the bingo supplies, the alcohol and prizes and keeping us laughing while doing it! A great time was had by all! See photos on our website:

<http://members.shaw.ca/saskatoonostomy/bingo2006.htm>

Thanks to the many sponsors who donated to make this event a success. Their names are listed later in this newsletter.

And 26 people attended our annual Christmas Social with gift exchange on December 4. Santa came and added to the atmosphere of this fun-filled night.

See photos on our website:

<http://members.shaw.ca/saskatoonostomy/christmas2006.htm>

Congratulations to Clarence and Doris Huffman - Clarence Conquers Cancer made the Ostomy Canada magazine. And James and Bev had their photos in the same issue from the Moncton Conference. We need more volunteer visitors. A visitor training session is being planned for spring. As you saw from the video, the visitor is one of the most important persons in our association. All current visitors MUST attend. New volunteer visitors are required. To register, call me. Election of new executive for the next year will be held at the May meeting. If you are interested in letting your name stand, please contact James. Two executive positions must be filled this year as both the

treasurer and secretary have reached the limits of their terms according to the bylaws. Please consider letting your name stand. The executive has decided to help sponsor up to 3 kids to go to camp this year. The registration fee has increased to \$500. See more details later on in this newsletter. The executive has decided to help sponsor up to 10 members to attend the UOAC national convention in Calgary on August 15 to 18, 2007. Some money will be provided to each member to cover transportation and hotel room and conference registration. Please contact me for details or if you wish to go. Our executive has some new ideas to change the format of our meetings. So come out and see for yourself. Hope to see you soon.

Peter Folk,

President SOA

### MEETING MINUTES



By Betty Tydeman

SASKATOON OSTOMY ASSOCIATION

MONDAY DECEMBER 4, 2006

The meeting was called to order by President, Peter Folk, with about 25 members present.

Special welcome to newcomers. Heather and Jennifer.

Celebratory birthdays were acknowledged for Robert, Adeline and Linda.

**MOTION:** James/Ricki to accept the minutes of November 6, 2006. CARRIED

**BINGO REPORT** - Some 109 persons attended this 3rd Bingo night with proceeds to help sponsor camp attendees and help for delegates to attend the national meeting coming up in Calgary.

**VISITORS:** We needs more visitors and there will be a training session in the spring.

**TREASURER'S REPORT:** Marg. was able to report that there was about a \$2,000. profit from the Bingo but not all the accounting is complete. Ricki gave a good report about the many wonderful prizes which had been given and won at 3 the Bingo night. Great job!

**VISITOR REPORT:** Don reported that there had been 5 colostomies, 2 ileostomies and 1 urostomy for November

Terri wondered if some kind of personal invitation, with a contact number, for those who did not wish to have a personal visit.

**SANTA ARRIVED:** and there was a Christmas parcel exchange. The big highlight was that everyone could get a picture taken (by Peter) while sitting on Santa's knee - -one at a time, please! There was a great variety of Christmas goodies served with the coffee time 50/50 was won by Sandy Roberts.

**MOTION TO ADJOURN** Santa/Marg.Chastakoff.

## WEB SITE UPDATE



Hi all,

We've had over 17,300 visitors since December 1, 2004. There were 209

visitors in December 2006 alone. Over 70 percent of visitors reached our website by a Google search. Over 91 percent of visitors use Windows XP. 41 percent of visitors are from Canada, while 38 percent are from the United States. 86 percent of visitors use Internet Explorer while only 11 percent use Firefox.

Did you misplace your previous newsletters? Our website has copies of previous newsletters in PDF format going back to September of 2003.

## EDITOR'S MESSAGE Laurie Beaulieu



Hi all,

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



# Special Report:

## FRIENDS OF OSTOMATES WORLDWIDE

Information reprinted from FOWC Fall update

### Goals and Objectives

Friends of Ostomates Worldwide Canada endeavors to improve the quality of life of people with ostomies and assist in educating their caregivers in countries where the latest technology is not available. FOWC collects, repacks, ships and donates quality surplus ostomy products and related literature. All donated material is received from pharmacies, individuals, chapters of the United Ostomy Association of Canada Inc, suppliers, Enterostomal Therapy Nurses and hospitals. These donations are then shipped throughout the world to needy people.

### Special people receive support from Friends of Ostomates.

#### Iran

To you dear, that sent us a 'happy box' from overseas. Mrs. Astrid Graham, to you with great respect. I should say I'm a 10 years ostomate. I suffered for years to get used to my new life and the lack of equipment. Our association by the name of "Iran Ostomy Society (IOS) is a new established society. It's been working for three years. When I knew IOS in my city I noticed that there were not enough bags to supply patients especially if they needed bags. The price was very expensive for each and we had some ostomates from even far villages and they had to pay for traveling to get to the capital and it was very hard for them. It's better to say our IOS gives free bags to patients where high prices are asked for by pharmacies. For me who was a clerk with a low salary and others it was too hard to buy pouches from drugstores. One day our surgeon Mrs. Mahjoobi who had met you before spoke to all our patients in IOS about you. That you are going to send us a cargo full of pouches and other equipment. I and other ostomates didn't believe that. But we said to each other: "if it happens we call that cargo 'happy box'". We were very surprised even to hear about it. Our surgeon said "There are

### Special report cont...

some people who are thinking about us but we left it behind us and went home. Mrs. Astrid Graham we wish you were among us when we received your cargo with unbelievable eyes. All ostomates were asking "Is this the same lady who we were told about? What is her name? Why is she doing it? We are very far from her country. The others would answer "she is God's angel; she is God's hand for us. At that moment Mrs. Mahjoobie, our surgeon, started to talk and gave us more information about you. And after that IOS began to share the bags among ostomates who were the most poor at first. Just God knows what it was worth for us. We were witness for the next days that villagers would get their shares. Surprised and happy they would leave IOS with a smile. Mrs. Astrid Graham, the work you've done caused us a beautiful feeling. We are sure our patients extreme happiness will open blessing and mercy doors for you and who ever works with you in that big society. We ask ourselves will it be possible. The great happy feeling which you gave us will spread throughout the universe? We are sure that you and your friends will have God's special attention forever in this world and the world after. We thank you heartily and we wish you the best in two worlds here and there. We pray for you as you gave us the 'happy box' plus great feelings. God presents you with beauty, calmness and health.

Needy ostomates, who need your help.

R. Sareh (An ostomate of IOS and other patients)

### China

Dr Joyce Hill gives details about two of the ostomy infants at the Hope Foster Home FOWC is supporting.

1. **Fu Hai Xing**, a boy, DOB: 18th Nov. 2005 was abandoned in Jiaozuo city, Henan province, central china because of an "Imperforate anus". He arrived at our home in Beijing for further care on 9th December 2005 with colostomy already in place. His anus is present. He was admitted to Suzhou hospital on 5th April 2006 and assessed by a visiting pediatric surgeon from Hong Kong and he was found to have a fistula

from his rectum to the urethra. Surgery with this surgeon in Suzhou has been arranged for December 9th. 2006

2. **Rao Lan Jiao** DOB: 13th August 2006, is a little girl from Shangrao, Jiangxi Province in the South of China who arrived

just a few day ago.. She was sent to us by an American group called 'Love Without Boundaries' with whom we work very closely. I care for many of the children they send to me to build up for surgery or care for them after surgery. Rao Lan Jiao has been diagnosed as having a megacolon , part of which has been removed. She will receive further surgery when she is above 10kgs in weight.



**Rao Lan Jiao**

### Product Donation Criteria

- Only unused ostomy products can be accepted
- Do not include liquids.
- Pack supplies in cartons weighing less than 18 kgs. (40 lbs.) each
- Include your name and address on both the inside and outside of your parcel
- Please label the cartons clearly and send them to the nearest collection centre.

### 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/history.htm>



**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.

**VISITATION REPORT**



The visitations coordinator is Don Adams. You can phone Don at 374-4965

	Aug	Sept	Nov	
Ileostomy	1	3	2	
Colostomy	4	1	5	
Urostomy			2	
Pelvic Pouch				

**WELCOME TO OUR NEW MEMBERS**



About 75 percent of the membership fees have been paid so far. Please make an effort to pay promptly to continue to receive the bulletins and the Ostomy Canada publications. Welcome to our new members. Hope to see you at the meetings soon!

**Flora Kuzyk . . . . . Lloydminster, AB**  
**Jennifer A. Ewles . . . . . Saskatoon**

**REGIONAL STOMA AND WOUND CLINICS**



Throughout the year, the ET nurses hold stoma and wound clinics in Lloydminster, North Battleford, Humboldt, Melfort and Nipawin.

Dates for the rural clinics: **Tisdale** - March 20, 21/07.  
**Nipawin** - June 19 & 20/07,

**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

\* camp out. swimming, outdoor recreation, rafting, arts and crafts, dance and rap sessions.

**WHEN:** July 2 to July 8, 2007

**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 \$500.00/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](mailto:pvc@shaw.ca)

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

**DEADLINE FOR APPLICATION:** March 31, 2007

## 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.

**Saskatoon Ostomy Association is able to sponsor 3 children to camp this year.**

### Gas , it's part of being human.

ia: San Mateo UOA & The Ostomist", Greater Seattle Chapter, UOA

If one were to search for the most embarrassing bodily phenomenon, the passing of gas would certainly come out on top. The average person passes gas about fourteen times a day, in spite of all attempts not to. Physicians refer to the process as flatus or flatulence which only rarely requires a visit to the doctor's office. Technically speaking, gas can pass either by way of the mouth (belching) or by way of the anus (flatulence). Each is considered unacceptable in polite society. In some societies, the belching after a meal is deemed complimentary to the cook/host. As a result of incomplete digestion, gases are formed in the alimentary canal. Normally food is broken down into simple sugars, amino acids and fats in order to be absorbed and used by the body. However, complex sugars found in certain foods tend to resist this process and end up in the large intestine where they begin to ferment, forming carbon dioxide which works its way to the outside. While beans are notorious gas producers, eggs, cheese, cucumbers, onions, garlic, fish, dairy foods and coffee, as well as such high fiber foods as cabbage, whole wheat bread and broccoli are known to produce their ample share of gas. To avoid intestinal gas, chew food thoroughly, eat slowly and leisurely in a quiet atmosphere. Avoid washing solids down with a beverage. Don't gulp liquids. Avoid drinking from small mouth bottles or through straws. Do not lie down or sit in a slumped position immediately after eating. Learn to enjoy yogurt and parsley. Never put a pin prick in your pouch to release gas; it will also release odor. Consult your friendly appliance dealer or ostomy nurse about Osto-EZ-Vent for your pouches; see your friendly physician about oral deodorants. Don't take bismuth sub carbonate against gas. If authorized by your doctor, Mylicontablets, Beano or Mylanta liquid can relieve excess gas.

## Major Sponsors

The Supper	Nordon Drugs and Medical
Sears Gift Cards	Coloplast
Keg Restaurant Gift Card	Convatec
Gas Card	Hollister
1 night hotel room for 2 / brunch	Delta Bessborough
1 night hotel room for 2 / brunch	Travelodge
Colin James concert tickets	Kathy Skomar
Donation	Nutana Legion Ladies Auxiliary
Two Pre-Season Game Tickets	Saskatchewan Roughriders
Doll Cradle	Ed Palchinski

## Other Donations

Briefcase, pen, travel mug	Saskatoon Catholic School Board
Photo Session	Cindy Moleski Photography
Soccer ball, jackknife, t-shirt	Colonsay Credit Union
Fleece jacket, golf balls, water bottle,	RSB Logistic Inc
Cook books, cushion blanket	SGI
Crystal picture frame, beverage cooler	Peter Folk
Apron, pocket knife	Don Fry
Leather wallet	Sask. Blue Cross
Sears gift certificates	Sears (Randy Wight)
Wheel balance and rotation	Market Tire
Oil and Lube	Midas Muffler
Gift certificate	Spa Express
Gift Package	Tim Horton's
Gift Certificate	Tomas Cook restaurant
Gift Certificate	Dutch Growers
Watch and pen set	Federation of Saskatchewan Indian
Bath Set	Allan Agencies
Two jackets, two golf shirts	Globe Excavating
Electric toothbrush	Kenderdine Dental
3 in 1 tool kit, book lights	Camporum Enterprises 2001 Inc.
Coffee brewer and picture	Pat and Vi Reniger
Diary and Pen	Canada Trust
30 minute massage	On Track Massage Therapy
Gift Pack	Mac's Convenience Store
Sunday Brunch for two	Hilton Garden Inn
7Shirt	Admore Co-op (Allan, SK)
Food/beverage cooler	Sask Energy

## Bingo Winners

Bingo #	Winner's names	Prize
1 blackout	Dianne Woloschuk Shannon Wourms	Market Tire - gift certificate Hollister - \$100 Sears gift card
2 blackout	Marguerite Wolfe Blair Poplestone Donna Heywood	Midas Muffler gift certificates Coloplast - \$100 gas card
3 blackout	Ted Berg , Don Adams Kathi Beaulieu Randy Albers, Don Adams	On Track massage gift certificate, Angels Salon Spa gift card, Spa Express gift certificate Convatec - \$100 Keg gift card, Hilton Garden Inn gift certificate
4 blackout	Jack Adams Myran Sirman	Thomas the Cook gift certificate Saskatchewan Roughrider gift package
5 blackout	Jack Adams Philip Schmidt Susan Bonnor	Macs convenience store coffee gift pack, Kenderdine Dental electric toothbrush, Cindy Moleski gift certificate
6 blackout	Peter Krawchuk, Ricarda Schmidt	Coffee to go (pat & viola reniger) - "A Touch of Prairie Magic" print, Travelodge - gift certificates for nite stay and brunch for two
7 blackout	Trevor Johnson, Steve Lucyshyn	FSIN - watch and pen set Kathy Skomar - Colin James tickets
8 blackout	Laurie Beaulieu, Don Adams	Bessborough - gift certificates for nite stay and brunch for two RSB logistic inc - fleece Jacket/travel mug/water bottle/golf balls and towel

## Bingo Night - November 25, 2006

109 people attended our third annual supper and bingo night held at Nutana Legion hall. A delicious turkey and meat ball supper was followed by 8 games of bingo, 50/50 prizes, silent auction and door prizes. A great time was had by all!



Seventh Winner - Ricki Schmidt

THANK YOU TO ALL OUR BINGO NIGHT SPONSORS!

## Christmas meeting 2006



Santa needs a hug

HAPPY NEW YEAR EVERYONE !

Did you know !

February 18, 2007 is the first day of the Chinese new year.

2007 is the Year of the Pig



**President**

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**Kids and Parents**

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Laurie Beaulieu  
Box 35  
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258-2016  
[rlfarms@sasktel.net](mailto:rlfarms@sasktel.net)

**Social Events & Luncheon**

**Coordinators**  
Vacant

**Liaison with CCFC/ Literature / Library**

Trish McCormick  
389 McMaster Crescent  
Saskatoon SK S7H 4E5  
374-6807  
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**Saskatoon meetings for 2006 - 2007**

September 11, 2006  
(2nd Monday because Labour Day is September 4)  
October 2, 2006  
November 6, 2006  
December 4, 2006

(No meeting in January)  
February 5, 2007  
March 5, 2007  
April 2, 2007  
May 7, 2007  
(No meetings in June, July or August)

