



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 Jan 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

Feb 2, 2009 - A presentation called

"Heart Smart and Stroke Savvy" will be given. This speaks on healthy living and the risks factors. The team will also speak on "how to become a volunteer" and "donations". This is a key part of their organization and without them they could not be out in the community raising awareness.

Mar 2, 2009 - Organ donation association speaker

Saskatoon Ostomy Association

Dates to remember....

Join us on Monday, February 2 at 7:30 p.m.

A presentation called "Heart Smart and Stroke Savvy" will be given.

February 28 from 9 a.m. to 4 p.m.

Visitor training session at Royal University Hospital in room 4009. We will provide lunch so we need to know by February 22 so we can order enough pizza.

May 4 at 7 p.m. at Mayfair United Church. We are

planning our **35th anniversary party**. We are hoping that all our members PAST and present will mark this date!

IN THIS ISSUE

Editor's Message	2
President's Report	3
Meeting Minutes	3
Web Page Update and UOAC Council report	4
Friends of Ostomates Worldwide	5
Peter's Hamilton Conference report	5
Visitation report	6
Regional Stoma and Wound Clinics update	6
New Members and Deceased Members	7
Canadian Youth Camp	7
Parents and kids	8
Christmas party 2008	8
Names and addresses of Committee head	9

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.

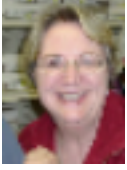


VISITING SERVICES

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:

	<p>Teri (Smith) Schroeder, R.P.N.,R.N., B.Sc.N., E.T., IIWCC. Saskatoon SK</p>		<p>Sandy Roberts, R.P.N.,R.N., B.Sc.N., E.T. Saskatoon SK</p>
	<p>Kathy Guina, B.Sc.N., E.T. Saskatoon SK</p>	<p>Visitor training...We need you! If you are interested please contact Pat Ramage at phone : 384-0581 or e-mail patramage@sasktel.net</p>	

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,
Our family enjoyed a wonderful Christmas break...we loved having another little one to share Christmas with. I have started back to work half time and I am enjoying talking with my co-workers again. 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 or via snail mail at box 35, Vonda, Sask.

SOK 4N0

SASKATOON OSTOMY ASSOCIATION



Hi friends,

Welcome back everyone. Hope your holidays were great. I know Ray and I had a wonderful time with our grandchildren over the Christmas season.

Our first meeting for 2009 will be February 2 at 7:30 p.m. at Mayfair United Church. We are expecting a speaker from Heart and Stroke Association.

February is going to be a busy month for us, as we are having a Visitor training session on February 28 from 9 a.m. to 4 p.m. at Royal University Hospital in room 4009. We will provide lunch so we need to know by February 22 so we can order enough pizza. There will be no charge and you will come out of this seminar equipped to be a better visitor. Looking forward to seeing as many of you as possible.

In March we are hoping to have a speaker from the organ donation association.

In April, we will be looking for people to fill various vacancies on the executive. So please consider helping us on the executive. New ideas are always welcome. There will also be a surprise speaker.

Of course that brings us to May and party time. We are planning our 35th anniversary party. We are hoping that all our members PAST and present will mark May 4 at 7 p.m. at Mayfair United Church. We are hoping to have a short program and lots of visiting. We will also have refreshments and of course a cake. Please put this date on your calendars and talk to your fellow ostomates about coming back for this meeting if they don't regularly meet with us. Hope to see you all there.

Until next time,

Pat Ramage,
Chapter President

**35 Years
Let's Celebrate!**

MEETING MINUTES

Recorded by Peter Folk



SASKATOON OSTOMY ASSOCIATION

At Mayfair United Church
On Monday November 3, 2008

1. President Pat Ramage called the meeting to order at 7:32 p.m. A total of 34 members attended the meeting.
2. Pat invited those in attendance to introduce themselves and state what was their favorite Halloween treat.
3. New members Kristen Sawchuk and Chris Silbernagel attended their first meeting.
4. Pat asked if there were any veterans in attendance. They were warmly thanked for their service to our country.
5. Motion to accept the minutes of the last meeting as presented in the bulletin by Robert Crawford/Bill Zbitniff.
6. Business arising from the minutes - Ray Ramage brought some disability Tax credit forms for anyone who wanted. More are available online or at the Income Tax Office - ask for form T2201
7. Robert Crawford visitation coordinator arranged visitation for three colostomies, seven Ileostomy and one Urostomy surgery patients.
8. Pat is arranging a visitor's training session in the new year. She has contacted Sheelah Zaph to start the arrangements.
9. Marlyne Wight reported on memberships - the dues are coming in nicely and she has about fifty percent completed.
10. President Pat Ramage attended the 50th Anniversary celebration in Edmonton and even got to help cut the anniversary cake!
11. Pat Ramage reported that the Friends of Ostomates Worldwide (FOW) newsletters were available at the front and she encouraged members to donate any unused supplies to Nordon Medical who will collect them and ship them to FOW. Pat read an article in the newsletter about a three-year-old in Guiana.
12. The meeting in May will be a 35th anniversary supper.
13. Marlyne has more copies of the book "Live Well for Older Adults" - a great resource for health services in Saskatoon.
14. The program for December will be a Christmas Social with a gift exchange (pre-wrap a present worth \$10 or less) along with some Christmas Carols sung by "The Confederates".
15. Sandy and Teri attended the Crohn's and Colitis Conference and met the new surgeons in town.
16. ET report - Teri will be attending the regional meeting of the CAET association which will be held in Saskatoon this year in November. She requested that the president

write a nice letter to the ET association welcoming them to the city.

17. Peter Folk reported on the UOAC board meeting in October in Toronto and that a chair for the World Ostomy Day has been appointed - Delilah Guy from Gander, Newfoundland and Labrador. More information would be forthcoming, time to think about what Saskatoon will do.
18. Robert Crawford requested that those who wished to take the visitor training session in the new year to please sign-up on his sheet.
19. Motion by Robert Crawford/Cliff Nickel to adjourn at 8:05 p.m. A rap session was held immediately afterwards, followed by snacks and refreshments.
20. The 50/50 draw was won by Lillian Muzyka and her share of the pot was \$43.50.

Recorded by Peter Folk

WEB SITE UPDATE AND UOAC COUNCIL REPORT

Webmaster's Report

January 19, 2009



Greetings,
Our website is:



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

Our website has had 31,500 visitors since December 1, 2004. I've added a Facebook group page for the Saskatoon Ostomy Association. If you are a member of Facebook, you can post photos to the group page and meet new friends online and even instant chat with them. Photos from the December 1, 2008 Christmas Social are posted there. 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

UOAC Board of Director's Report - January 19, 2009

Greetings,

I'm proud to represent Saskatoon Ostomy Association by being part of the board of directors for the United

Ostomy Association of Canada Inc. (UOAC). I'm not only on the board of directors, but also write the monthly magazine, the UOA Connection, and am now the webmaster for the national website. The national website (<http://www.ostomycanada.ca>) has had a major facelift in the last while, with the site going live to the public on January 19, 2009. All of the previous content of the old site has been brought over to the new site, and additional features, more information and a new look has been incorporated into an easily managed interface.

The UOAC board and the executive continue to be active on your behalf, with president Mike Woolridge setting the pace by meeting with Transport Canada security staff to discuss concerns of Ostomates while flying, especially when going through security. He has met with the Crohn's and Colitis Foundation of Canada, and the Canadian Cancer Society with the goal of actively working together in the interests of all.

There is no conference in 2009, but there is still an annual general meeting planned for August 21-23 in Ottawa. Four positions on the board of directors are open, so if you are interested, the nomination forms must be filled out and sent in by March 15.

The executive of the UOAC will meet in March and will set the strategic plan for the upcoming year as well as finalize the budget. The Ostomy Youth camp dates have been set, and a new committee has been formed called "Parents of Children with Ostomies" and is chaired by Pat Cimmeck from Calgary. This is something that Saskatoon can relate to as we have had such a group together for a few years.

Peter Folk

UOAC Board of Directors

UOAC Website Committee Chair

UOA Connection Committee Chair

<http://www.ostomycanada.ca>

**SUPPORT OUR ADVERTISERS!
THEY SUPPORT OUR WORK AND
HELP MAKE THE NEWSLETTER
POSSIBLE!**

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)



Peter's Hamilton Conference report:

Wednesday, August 13

Meet and greet - we were treated to a warm welcome by the Hamilton chapter. There was entertainment by Scottish Highland Dancers. They had pizza and fresh fruit and chocolates for snacks. There were plenty of door prizes. I won a pen.

Thursday, August 14

Opening ceremonies - Pat got to carry the Saskatchewan flag, I was introduced as a delegate.

Keynote address - Dr. Gary Sibbald talked about Skin Care for the Ostomy Patient - very good, but sometimes too technical.

Identity Theft - Detective Steve Cook talked about identity theft and the growing problem about skimming. A practical method for hiding your PIN number was shown.

Exhibit Hall - the exhibitor booths this year were all great. It was great to stop at each booth and talk to the suppliers and to the host team from Cape Breton for the 2010 conference. Displays from the Ostomy Youth Camp were set up and the national office had a booth with information as well.

Coloplast evening - Warplane Heritage Dinner - we were bussed to the warplane heritage museum and had a tour. The banquet was among the planes. Great food and great desserts! There was a short presentation by a member of the heritage society explaining the history of the museum. We got back to the hotel and there was a fire alarm about 10:00 p.m. Many of the members had to walk down the stairs from the 14th floor in night attire and walk outside in the rain to get to the lobby to find out what was happening. We stayed in the room and heard the all-clear about 10:50 p.m. the next day, the hotel manager addressed the convention and apologized and offered \$20 discount on the one night stay. Then there was a small wine bottle and strawberries waiting for us in our room the next day. The hotel also made a \$500 donation to Ostomy Youth Camp.

Friday, August 15

Steel Town Breakfast - great food for breakfast in the Exhibit hall.

Bertha S. Okun Lectureship - very good presentation called "A funny thing happened on the way to my crisis" by Brenda Elsagher. She is a comedienne, mother and ostomate and we all got a signed book called "I'd like to buy a Bowel". Everyone was laughing until our sides ached!

Buffet Lunch - great food!

Raffle, Auction - Our two paintings donation was raffled off.

Think we spent \$60 on them and they only got \$50 for the two. Five of Ed's cribs fetched \$460. Pat and Mark won door prizes. Dealing with the Media - Joel Jacobson presented tips and helpful advice on how to deal with media.

Convatec Banquet - Renaissance Award. They had a "Great Comebacks" theme for the banquet and guest Rolf Benirschke had a film and story presentation. The five renaissance award winners were announced and the overall winner was Judy Steves. Then we were entertained by a Vegas style act including Roy Orbison, Maryln Monroe, Elvis and Vegas show girls. What fun!

Saturday, August 16

National Council meeting - The meeting started promptly just after 8 a.m. and four new board members were elected from

the five nominations. The new strategic plan was introduced and passed. We passed the application from Cape Breton to host the 2010 conference. A motion to have conferences every

other year was passed. A motion to consider employing a convention organizer was discussed and after realizing that it would cost \$21,000 to do what the volunteer chapters are doing, everyone decided to leave things the way they were. SASO tour of Hamilton Harbour - Donna and my daughter Darcy attended the tour and were very pleased with the event.

Certified Visitors' Refresher Session - Many helpful topics were discussed and some useful information shared from the five DSS representatives that attended.

No Gus, Know Glory! - Rob Hill gave a video and Powerpoint presentation about his latest quest to conquer the seven peaks.

Farewell Banquet - Hollister - awards and passing of flag.

Joel Jacobson was the MC and kept us laughing all the time.

The four new board members and new executive were formally sworn in and the Hamilton host team was introduced and thanked. The President's, Maple Leaf and ET of the Year awards were presented. The banner was passed from Hamilton to Sydney. Hollister had a presentation about the 50 year anniversary and as a special celebration, presented the singing group "The Nylons". Great time had by all.

Sunday, August 17 I attended the UOAC board meeting and got lots of information about the workings of the board. Our next board meeting is in Mississauga on October 23- 26.

Donna and I spent an extra three nights touring Niagara on the Lake and Toronto before flying back from Hamilton.

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

	Oct	Sept	Nov	Dec
Colostomy	3	3	3	1
Ileostomy	7	4	2	
Urostomy	1	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.

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: _____

WELCOME TO OUR NEW MEMBERS



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

New members

Reyneldis HendriksHumboldt
Louis Hradecki.....Albertville
Kristen Sawchuk.....Saskatoon
Chris Silbernagel.....Saskatoon
Vern Brown.....Yorkton
Millie Hofmann.....Muenster



Going back to the Christmas Social in 2007, here secretary Betty Tydeman gave Santa a big hug. Betty passed away November 9, 2008. She will be remembered for her great minutes (in short hand no less) and for her great sense of humour and cheerfulness in the face of multiple surgeries.

In Memorial

Our thoughts are with your families:

Mona Richardson.....Davidson
Betty Tydeman.....Saskatoon

**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.



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

* Provide formal/informal education on:

- o anatomy and physiology
- o self esteem and coping
- o sexuality

* Encourage independence and self confidence with personal care and camp activities

* Provide individual ET and UOAC counseling on physical and psycho social needs

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



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 costs for your child.

Christmas Party 2008..... A great time was had by all!



Left to right Doreen, Don, Claude-Dene, Carol, Arlene, Darlene and Peter from the Country Gospel group "The Confederates" lead the members of the Saskatoon Ostomy Association in singing Christmas Carols on December 1, 2008 at Mayfair United Church for the annual Christmas Social.

Santa plays with SOA member Chris Silbernagel at the annual Christmas Social.



Santa gives president Pat Ramage a great big smile and a hug at the annual Christmas Social.

Peter Folk, past president of SOA, provides a moving bass line for the Christmas Carols at the annual Christmas Social.



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 96 Morris Drive
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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.

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<http://www.globeprinters.com>

APPLICATION FOR MEMBERSHIP

I would like to become a member of the Saskatoon Ostomy Association. Enclosed is my cheque for \$25.00, for one year's membership. I understand that membership includes voting privileges, issues of the Saskatoon Bulletin, and U.O.A. Canada's magazine Ostomy Canada.

I am: New Member Renewing Member Year of birth _____

I have a: Colostomy Ileostomy Urostomy Continent Ostomy

I am a: Spouse Medical Professional Other Date: _____

Name:(Please Print) _____

Address: _____ City/town: _____

Postal Code: _____ Telephone(s): _____

*Please make cheque payable to:
and mail to:*

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

For information contact:
Nordon Drugs....374-1585 or
The Stoma Clinic....655-2138