



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 Oct. 2008

(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

Nov 3, 2008 - Getting more active safely!

Dec 1, 2008 - Christmas Social:

Join us on Monday December 1 at 7:30 p.m. at Mayfair United Church (Avenue I and 33rd Street). Musical entertainment will be provided by Peter Folk and the singing group "The Confederates". As in previous years, please bring a wrapped present worth between \$5 and \$10 for a gift exchange. There will NOT be a meeting in January.

February 2, 2009- speaker on Heart Smart and Stoke Savy.

Saskatoon Ostomy Association

Dates to remember....

Dec 1, 2008 - Christmas party!



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

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.

Visitor training...We need you!

If you are interested please contact Pat Ramage at phone : 384-0581 or e-mail patramage@sasktel.net

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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.

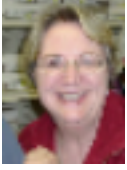


VISITING SERVICES

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:

	<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>		

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

Ostomy Myths and Facts

MYTH: An ostomy stoma often causes pain.

FACT: Because stomas have no nerve endings, they can't transmit pain or other sensations. They're rich in blood vessels, however, and may bleed easily if irritated.

MYTH: A red, shiny stoma signals an infection.

FACT: Actually, that's a stoma's normal appearance. A pale color may indicate anemia or poor circulation. A dark color may be a sign of internal stricture or loss of circulation.

SASKATOON OSTOMY ASSOCIATION



Hi friends,

As many of you know we have been looking for a new place to have our monthly meetings. In September we met at the Cosmo Civic Centre. It was at that meeting that we took a vote and the majority decided that we hold our monthly meetings at Mayfair United Church on 33rd St. The meeting times and dates are unchanged. We still will meet on the first Monday of the month, except for January and the summer months of June, July and August. The time is still 7:30 p.m.

We have arranged some interesting topics for the upcoming months. Next month we hope to celebrate November by getting more active safely. December of course will be our Christmas party. Everyone is welcome to bring an unmarked gift for around \$10. We hope to have some live music, sing some carols, eat some great Christmas goodies and maybe even Santa Claus will visit.

In 2009 we are planning a visitor training seminar. So if you would like to become a visitor, keep in touch as we will let you know more details in the next newsletter.

Also this is a big year for our association. It has been active for 35 years and we will be celebrating this milestone in May. So keep your calendar open. We are hoping that members who are no longer active will return and celebrate with us. If you know of someone who is no longer a member would you please invite them for us.

In February, we will have a speaker on Heart Smart and Stoke Savy.

I hope to see you at the upcoming meetings and if I don't I wish you all a merry Christmas and a happy and healthy New Year.

Pat Ramage, Chapter President



MEETING MINUTES

Recorded by Peter Folk



SASKATOON OSTOMY ASSOCIATION

At Mayfair United Church

On Monday Oct 6, 2008

1. President Pat Ramage called the meeting to order at 7:32 p.m. with 24 people in attendance.
2. Pat invited everyone to stand, state their name, and one thing that they are thankful for.
3. There were no minutes of previous meeting to read.
4. Treasurer Evan Wight reported a bank balance of approximately #####.
5. Three people were attending their first meeting.
6. Membership director Marlyne Wight reported that not much was happening with membership over the summer and she is still trying to learn how to do the computer list. Membership renewals will be sent out by the UOAC office soon and she wants everyone to mail the cheques to her home rather than Nordon's. She will be in Cuba in January for her son's wedding and asks everyone to send their cheques before she leaves so she can mail out the membership cards.
7. Social chairman Evelyn Peters requested that people give her their phone numbers when volunteering to bring snacks for the meetings. She likes to phone everyone that is bringing snacks before the meetings to remind them.
8. Visitation Chairman Robert Crawford reported that there were 3 colostomy, 4 Ileostomy and 2 Urostomy visits during the month of September.
9. Pat and Robert discussed having a visitation training session in the new year.
10. Mail - Bob McLean wrote a letter to his MLA asking for full coverage of Ostomy supplies from SAIL. Pat Ramage agreed to write a letter as well on behalf of the Saskatoon Ostomy Association and encouraged individuals to also write letters to their MLA and to the Health Minister. The government has a surplus in their budget this year and are asking people for ideas on how to spend the money.
11. There was a discussion about the Disability Tax Credit from Revenue Canada. Three people at the meeting have applied for it and are getting the credit. Revenue Canada has forms to fill out and you have to get your family doctor to sign them. You can also download the forms on the Revenue Canada website.
12. Evelyn Peters welcomed everyone to the new meeting location at Mayfair United Church and let everyone know where the kitchen and washrooms were.
13. Mail - Hollister sent personal invitations to attend their 50th anniversary celebration in Edmonton on

- Wednesday, October 29. You can RSVP by mail, phone or email.
14. Mail - Project Share thanked Saskatoon Ostomy Association and Nordon Medical for three boxes of Ostomy supplies sent to FOW Canada. Thank you from Astrid Graham, president of FOW Canada.
 15. Mail - a Thank you note from thanking us for three boxes of Ostomy supplies sent to FOW Canada.
 16. Mail - a thank you note from UOAC Ostomy Youth camp thanking Saskatoon Ostomy Association for the generous donation for Ostomy Youth camp this year. The letter was signed by Doug Graham, past president of the UOAC.
 17. Pat Ramage handed out some volunteer pins.
 18. Newsletter - Marlyne has extra copies of the newsletters. Some were taken by the three new members, some were taken by the ETs to hand out, and some were sent to Nordon Medical to give away.
 19. There was discussion as to whether we should continue to use Nordon Medical as the mailing address for the Saskatoon Ostomy Association. Kathy Guina will ask the Saskatoon Health Region if we can use the Stoma Clinic mailing address. She will report back at the next meeting.
 20. Marlyne received a catalogue with helpful information for older adults. She gave away extra copies to members that requested them and gave one to Kathy Guina to put in the library. There was discussion as to why the Saskatoon Ostomy Association was not listed in the catalogue, and Marlyne was going to contact the editor. Later it was found that the Saskatoon Ostomy Association WAS listed, but filed under Cancer.
 21. Pat Ramage reminded members about the "Live well with Chronic Conditions" pamphlet and the availability of courses on this subject to groups or individuals.
 22. Evan Wight gave a talk on Ostomy youth camp. Evan was a volunteer this year instead of a camper and had a different experience now that he is older. He was responsible for three younger male campers and talked about the fun they had rock climbing, giant swinging, rafting, and of course, Magic Circle. He mentioned that Barbara Nelson, a social worker from Toronto, attended camp this year for the first time. She probably referred half the campers that attended this year and was really impressed by the camp.
 23. Question about TV, DVD, VCR - does the SOA own these? It was thought that we do, but don't have anywhere to store them, so they are still at Nordon's. Evelyn will ask Mayfair United Church if it is possible to borrow their TV and VCR for future meetings if required.
 24. Terri Schroeder also shared some stories from Ostomy Youth Camp as she volunteered as an ET at the camp for the first time and traveled with Evan to camp. She also helped pick up the campers from the airport and drive them to camp.
 25. Robert Crawford passed around a sign-up sheet for any member that does not have visitor training if they would like to attend the training session that is planned. Three names were collected.
 26. ET report - Sandy Roberts now works at St. Paul's Hospital and Kathy covers RUH and City hospital. All outpatient visits now are ONLY held at RUH as St. Paul's could not develop a procedure whereby patients and ETs could meet.
 27. Mark McAvoy gave a short testimony on how he enjoyed the conference in Hamilton and was impressed by how much he had learned about his Ostomy from the ETs compared to other people in his support group meeting at the conference.
 28. Peter Folk gave a report from UOAC national board. He is now the chair of the UOAC connection and of the website. He is also a member of the finance committee. His next board meeting is October 23 - 26. If any member from Saskatoon has concerns about what is happening nationally, get Peter's ear and he will bring the concern to the board meeting. Peter did not have any details about upcoming cluster/regional meetings scheduled for 2009. The next conference is in 2010 in Sydney, NS.
 29. Motion by Robert Crawford seconded by Ed Palchinski to adjourn at 8:43 p.m.
 30. The 50/50 draw was held and the winner was Bill Zbitniff and his share was \$32.50

IMPORTANT UPDATE:

Monthly Saskatoon Ostomy Association meeting location has changed. The new meeting place will be:

Mayfair United Church

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

We want to extend a HUGE thank-you to Nordon Medical for being our meeting host for the last number of years. It has been greatly appreciated!

HUMOUR

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."

EDITOR'S MESSAGE Laurie Beaulieu



Hi all,

Well life has been a bit challenging over the last few weeks. My son now 15 has gotten his learner's license...scary and my 2 year old daughter had an operation on her foot and has been in a cast for 3 weeks. A 2 year old, in a cast she can't walk in, makes a very unhappy little girl and a very tired mom. Only 5 more days and she will be free to run and jump! 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. S0K 4N0

WEB SITE UPDATE AND UOAC COUNCIL REPORT



Webmaster's Report - Oct 18, 2008

Greetings,

Hello again. It has been a few months since I last reported to you. Back then I was president of the Saskatoon Ostomy Association and was thanking everyone for their help. I attended the UOAC conference in Hamilton in August where I let my name stand for the board of directors. After the elections I was one of the four new members chosen. My term is two years.

Each board member of the UOAC is asked to be on one or more committees. I volunteered for three committees and ended up being appointed the chair of two of the committees. These two are the UOACconnection committee which is a monthly newsletter sent out to the chapters that form part of the UOAC, and the website committee which looks after the website for the national office

<http://www.ostomycanada.ca>

At the Hamilton Conference, a strategic plan was adopted by

the membership. This plan has 14 pages of recommendations for changes going forward. There are eight specific recommendations for changing the website and increasing cyberspace membership. We are also looking at integrating the individual chapter websites with the national website.

Some of the changes will be easy to do and some will require a bit of work and require help from volunteers outside of the UOAC board.

As part of the UOAC board, it is my pleasure to represent Saskatoon and Saskatchewan, bringing our concerns to the national board. I would love to hear from you if you have anything that would be of concern on a national level.

Peter Folk,

Webmaster, SOA UOAC Board Member

Phone: (306) 384-6059

e-mail: peter.folk@shaw.ca



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>



FOW receives Letters of Gratitude; Here's just a few:

Guyana, South America

I am Ian of Guyana, South America. I am the father of three year old Abigail who was diagnosed with Hirschsprung's Disease and underwent initial surgery December 2007 to put in place a temporary colostomy. As a result, we are required to have at least six (6) months supply of colostomy bags for her. These bags are not readily available in Guyana. My wife Venessa and I therefore would like to express our sincere gratitude to you, FOWC and our friend Sharon for the help we have gotten in our time of need. Sharon delivered to us the few bags you had sent to her by mail, which worked quite well. She also informed us that an additional package was on its way. Thank you very much. Sharon shared your Newsletter with us, which we found very informative and reassuring. We are presently considering forming a local Ostomates Association here in Guyana, where we too can help others as much as we are able to. Thank you and may God continue to richly bless you, your members, and associates of FOWC.

Yours sincerely, Ian

Philippines

Dear Astrid and FOWC; Warm Christmas greetings. We say in the Philippines "Maligayang Pasko" from the Philippine Ostomy Chapter. Thanks for the email and the support you have been extending me. You know colobags here in our country is pretty expensive, since most of the ostomates dont have job so we can't afford to buy supplies and we are just waiting for donations from other ostomates like you! I just want you to know that members of our organization also received some of the supplies you send me. thanks for the love and support, I hope I could see you in the future, to thank you personally! Don't get tired of supporting me. Will be writing you a longer note next time. Thanks alot!
Regards!with all my love, Cora

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

	Aug	Sept	June	July
Colostomy	1	3	3	3
Ileostomy	2	4	6	4
Urostomy	3	2		

**Remembrance Day
Lest we forget**

On the 11th hour of the 11th day of the 11th month, Canadians are asked to pause and remember the thousands of men and women who sacrificed their lives fighting for freedom and democracy during the First World War, the Second World War, the Korean War, the Afghanistan conflict and during peacekeeping missions.

The first Remembrance Day, held in 1919 throughout the Commonwealth, was originally called Armistice Day. The day commemorated the end of the First World War on Monday, November 11, 1918, at 11 a.m.: the 11th hour of the 11th day of the 11th month.

**In Flanders fields the poppies blow
Between the crosses, row on row
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.**



Disability Tax Credit Form

Income tax time is coming up soon for many of us. If you have a colostomy, ileostomy or urostomy you may be eligible for a tax credit. The form required is not widely advertised and does not come with your standard income tax form, you must request form #T2201 and it will be sent to you. The DTC was instituted some years ago for individuals who have an impairment in physical or mental function' that is deemed 'severe and prolonged. Individuals with an ostomy are deemed to have a significant impairment in the bodily function of elimination (bowel or bladder) and are therefore eligible the same as, for example, someone with a severe visual impairment. The form is not difficult to complete and once done, you need to take it to your doctor for verification of your condition. You are only eligible for the disability amount if a qualified practitioner (your doctor) certifies, on the form, that you have a prolonged impairment and certifies its effects, and if the income tax people approve your form. Your doctor may write his or her own letter detailing the extent of your situation, or you may write your own assessment and present it to your doctor for his or her certification. Some doctors will charge for this service. You can send Form #T2201 at any time of the year, but it's recommended that you submit it before you file your income tax return. If you send it in later, or at the same time, it will still be processed but this may take longer for your submission to be assessed. If you are deemed ineligible, the form will not affect the outcome of your usual tax return. If you have had your ostomy for some time, a successful DTC assessment will be prorated back to either the date on which you had your surgery, or the date when form T2201 was first instituted (if your surgery was performed many years ago). How much you get back will vary depending on your income, and when your ostomy surgery was first performed. To obtain a copy of the Disability Tax Credit Form you can call 1-800-959-2221 and request Form #T2201. Or you can order online at www.cra.gc.ca/forms. You can request more than one copy of this form, which will be mailed to you.

Source: Vancouver Hilife; Metro Halifax News, March 2007.

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.

News from the clinic...

Hi Everyone;

After 10 wonderful years of being the secretary in the Ostomy Clinic I will be moving on. My husband has accepted a job in El Paso, Texas! He has been down there for awhile now and as our house recently sold I will be joining him soon. It has been an honor and a privilege to meet so many wonderful people and to work with such dedicated nurses.

Best Wishes to All
Deb Quest

Humour

A man goes to the doctor and says to the doctor:
"It hurts when I press here" (pressing his side)
"And when I press here" (pressing the other side)
"And here" (his leg)
"And here, here and here" (his other leg, and both arms)

So the doctor examined him all over and finally discovered what was wrong... "You've got a broken finger!"

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.



WELCOME TO OUR NEW MEMBERS



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

New members

June CherrySaskatoon

In Memorial

Our thoughts are with your families:
James Wheaton

Important information regarding UOAC membership dues:

I got a letter from Doug Graham, president of UOAC. There has been some confusion about membership dues being paid yearly now and what to do with a new member who signs up after June 30 in any given year.

The UOAC board of directors passed a motion that if a new member's dues are paid after June 30, he or she would be entitled to one-and-one-half year membership.

For example, if a new member joins August 3, 2008, the chapter would send \$20 to the National Office and that new member would be a paid member until December 31, 2009



The Renaissance Great Comebacks™ Program was designed to recognize people with an

ostomy who: Have made significant achievements in his/her life following ostomy surgery. Have made a meaningful contribution to the community or to others around them. Have contributed to eliminating prejudicial misconceptions relating to people with ostomies in society.

Are you interested in sharing your story and becoming a source of

inspiration to others? Here is how you can participate in the 2009 Program:

Obtain a Renaissance Great Comebacks™ Application Form:

By Phone : Call the ConvaTec Customer Relations Center at 1-800-465-6302

By E-Mail: convatec.canada@convatec.com

By contacting the national office of the United Ostomy Association of Canada at 1-888-969-9698 or your local chapter All the applications have to be returned to ConvaTec by July 13, 2009.

The only enrollment criteria: You must be a person living with an ostomy.

Unsung Hero — Marlyne Wight

SASKATOON, SK: You know, last May when we had our windup with pizza at Sardinia restaurant, I was really concerned that we could not find anyone to serve on the executive. It was after the meeting and before we left Sardinia's, that Marlyne Wight came up to me and asked if she could help in any way. I asked if she would like to organize our bingo night this year. She said sure, it would be fun. So, during the summer, she worked at getting the hall booked and laying plans so that come the September meeting, we were on the ground running and getting everything ready. Incredible sponsors were found. Incredible prizes were donated. The silent

auction was expanded to 14 items instead of just one. Attendance was up from 109 last year to 151 this year. She got her whole family involved. Not only that, but 24 friends and family came out and showed us how to party. She recruited a team of volunteers and they met every week or so and really put on a great fund-raising supper and bingo night. Please join me in thanking Marlyne Wight for a job well done.



(Submitted by Peter Folk from the Saskatoon Ostomy Association).

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

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



My Hamiton Experience

By Pat Ramsey

This summer I was privileged to attend the Annual Ostomy Conference in Hamilton. For three days and nights we learned more on the lives of ostomates, laughed along with guest speakers and renewed old friendships.

I attended session on everything from proboscis, to how to handle altered body images. There were sessions on chapter fundraising to chapter president meeting. I was fortunate to attend the National Conference meeting. I was especially thrilled when Peter Falk was elected to the national delegation. I know he will work as hard nationally as he has done for us locally. The conference ended with Rob Hill, mountain climber and ostomate challenging each one of us as we climb our own mountains.

Ray and I stayed an extra day in the Hamilton area and participated in a wine tour of the Niagra region. Of course this involved some wine tasting and bringing home a bottle or two. Now we can sit in front of the fireplace, sipping our wine and remembering the Niagra region and the Hamilton conference

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 (306) 374-8194

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 (306) 249-1442

Sandy Roberts
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 (306) 242-1627
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 S7H 0C4
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kguina@sasktel.net

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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
PHONE 374-1589

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PHONE 374-1585

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- Braces
- Prosthesis
- Australian
- Medical Sheepskin

1610 ISABELLA ST
At Corner of Louise Ave
SASKATOON, SASK
S7J 0C1
Fax: 306-374-1447

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MEDICAL PHARMACY

14th Street & Central Avenue
Prince Albert, SK, S6V 4W1

Phone: 763-2637 ** Fax: 763-5981

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- Hernia Supports
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- Surgical Support Stockings
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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 _____

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