



Saskatoon Ostomy Association Bulletin

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

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

SASKATOON MEETING INFORMATION

Location: NorDon Drugs, Medical Center -

Louise Avenue & Isabella Street

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

Monday, April 2, 2007, 7:30 p.m. - YuLin Pas is a

Reflexologist practicing in Saskatoon. Come hear the topic "How the body can heal itself". There will be time for demonstrations and individual practice!

Monday, May 7, 2007 - Our last meeting until fall will be a social evening with food. This will be held at Sardina Family Restaurant (1620 Idylwyld Drive North). Social hour 6:00 to 7:00 p.m. and then meal at 7:00 p.m. After the meal there will be a short awards program, elections and a vote on the proposed bylaw change. (There is no charge to attend)

Saskatoon Ostomy Association

Dates to remember....

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.

Canadian Ostomy Youth Camp- July 2 to July 8, 2007

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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 - April, 2007

Greetings,

As discussed at the February meeting, I applied for a grant under the Batting 1000 - Youth Advisory Council before the February 9th deadline. I have not heard if we were successful yet.

I also applied for a grant at where I work - New Holland Saskatoon. The application was for sponsoring youth to attend Ostomy Camp. I'm pleased to announce that we were successful in getting \$250.00.

We need more volunteer visitors. A visitor training session is being held on April 21 from 10:30 a.m. until 3:00 p.m. at the Delta Bessborough. 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. So far, we have 15 people signed up. There is room for more.

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. So far, we have 8 people signed up. Please contact me for details or if you wish to go.

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.

We have exciting programs planned for the April and May meetings. Please come out and bring a friend!

Thanks to Sandy Roberts and Louise Mulligan for the demonstration of new technology at the March meeting!

Peter Folk,
President SOA

MEETING MINUTES



By Betty Tydeman

SASKATOON OSTOMY ASSOCIATION

MONDAY March 5, 2006

1. President, Peter, called the meeting to order at 7:30pm with about 25 persons present.
2. **MOTION:** Betty/Teri to accept the minutes of February 5, 2007 as read. **CARRIED.**
3. **WELCOME AND SPECIAL OCCASIONS:** **Welcome** to Richard and his wife, Lillian from Canora and their friend, Mike. Also welcome to DelEbbert from Outlook and Elaine Afflick whose husband is in hospital. We were happy to have 3 1/2 year old, Tiernan and his brother, Alex who was helping to baby sit. Special anniversary congrats to Peter and a birthday for Teri. Louise also has a birthday. Sandy's dog is entered in a competition for agility. Good luck.
4. Coffee/Tea break
5. Peter reconvened the meeting at 8 pm
6. Hollister representative, Gigi, advised the group that she will be away for a time and asked that people refer to their Customer Service desk in the meantime. If anyone wishes to inquire about "Shalom Buddies" they should contact their E.T. It is also available for education purposes.' Gigi thanked the members for their support. She let us know that Hollister has packaged some supplies in smaller amounts so that it is easier to take on holidays. These amounts can go by plane as "carryon". Teri thanked Gigi on 'behalf of the members.
7. **Funding:** Peter has applied for funds from New Holland for \$250.00 Peter has also applied to the Youth Advisory Council of the Saskatoon Foundation for funding support.
- 8 **Visitors' Workshop**, for April 21st. If you still wish to register, please call ,Peter.
9. **Convention** - in Calgary. Peter advised the group that the executive had moved to help sponsor up to 10 people. So far, there are 6 applications.
- 3 10. **Camp.** Laurie advised that there was an application from a 14-year old from Unity and also her son, Leiand, wished to go. The end of March is the deadline for applications.

11. U.O.A.C. letter confirms \$75.00 donation from Convatec for E.T.'s. U.O.A.C. letter is asking for nominations for some of the awards. April 15th is the deadline.
12. One of our group's original members. Vesta Evans, has died. Sympathy card will be sent for the family.
13. James is accepting nominations for the executive. Both the positions of Secretary and Treasurer are open for nomination and the present President. Past President and Vice-President are prepared to continue. Nominations can be presented at the April meeting and elections will be in May.
14. **The treasurer report** that \$1,000.00 toward the Bingo had been received from Nordon Drugs.
15. **Visitors report.** Don reports visits to Ileostomy -3, Colostomies -3, Urostomy - 1
James asked if the DVD film was being used. There was some discussion as to how this might best be used. The suggestions are referred to the executive for further discussion and recommendation.
16. Newsletter: Laurie asked that the deadline be March 18th for submissions for the next newsletter.
17. **Membership,** Pat reported there were 3 new members. Not all continuing members have paid the current membership.
18. E.t.'s Teri advised that they are doing some advocacy work. It needs to be defined more closely what is needed to provide proper care for a life.
19. 50/50 was won by Victor.
20. Motion to Adjourn; Laurie.

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 or via snail mail at box 35, Vonda, Sask. S0K 4N0

Important Notification

Did you know that Saskatoon Ostomy Association has bylaws? The executive met in March and are proposing a change to the bylaws. Accordingly, written notice is hereby give to amend the bylaws, with the vote being held at the May 2007 meeting.

Article 7 - Officers

1. The officers of this association shall be President, Vice-President, Secretary, Treasurer, and the Immediate Past President.

1. Each officer shall be elected for a term of one year by a majority vote of the members at the election meeting, which will be held in the second quarter of the calendar year, to encourage attendance of the future leadership at the U.O.A.- Canada Annual Meeting. Officers shall not serve more than **two** consecutive terms in the same office and each shall be a regular member of the association.

The proposed amendment is to change the word **two** to **three** in article 7, section 2 as highlighted.

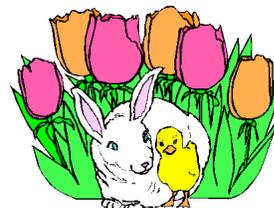
WEB SITE UPDATE



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.



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.

Editor's note: Our family receives this deduction and it has been a significant help to our family. It follows my son into adulthood.

United Ostomy Association of Canada 10th Annual Conference

Calgary, Ab August 16-18, 2007

The theme "Changing Times" chosen for the Calgary Conference reflects the tenth anniversary of the United Ostomy Association of Canada Inc. (UOAC), the past, the present and the future. In French "Second Regard" incorporates those features. The logo echoes the chinook in the arching of the words, the old in the Rockies, the present in the Calgary Tower and the future in the modern architecture. The red chosen for the words and date is the maroon used in the UOAC logo. Plans are in hand for a keynote address ss by one of western Canada's foremost colorectal surgeons; workshops with an Acute Care Nurse Practitioner for I.B.D; Manager of the Alberta Aids to Daily Living scheme; a Chapter Development Forum. Calgary's 20/40 Group is preparing a program particularly relevant to their concerns, and participating in the whole conference. As well as a western theme and lively entertainment in the evenings, a new concept is optional local tours on the Sunday following the conference, possibly one to the Ostomy Youth Camp. Calgary has a great team, an exciting theme and is planning a varied program of presentations and entertainment to suit all age groups of ostomates and significant others, not to mention the excellent facilities and food of the Westin Hotel located downtown. More information and conference registration forms and hotel reservation forms will be posted early in 2007. We look forward to hosting members to attend from throughout Canada, bringing your families to enjoy an Alberta holiday before or after the actual conference. There are so many places to visit nearby - Icefields Highway - Royal Tyrell Museum, Drumheller - Head Smashed in Buffalo Jump - Bar U Ranch & Turner Valley early oil industry site - Banff Hot Springs. Travel Alberta gives many ideas for visits: see TravelAlberta.com or call 1.800.ALBERTA.

K. Ann Hambridge, Conference Chair

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.

A big Thanks:

The employees at New Holland, Saskatoon - or CNH Canada, Ltd. granted \$250. to help kids who want to attend Canadian Ostomy Camp.



VISITATION REPORT



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

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

WELCOME TO OUR NEW MEMBERS



Memberships for 2007 are almost all collected. We do have some memberships that have not been paid. It is important that this is taken care of immediately to continue receiving the bulletins and the Ostomy Canada publications. Welcome to our new members. Hope to see you at the meetings soon!

Jenine Boser.....Unity

Elaine Affleck.....Saskatoon

With sympathy we share the name of our

In memorial

Vesta Evans, a founding member of the Saskatoon Ostomy Association has passed away at the age of 96.

We extend our condolences to the families.

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: **Nipawin** - June 19 & 20/07,

What an Ostomate Should Know About Medication

Liquids are faster acting than pills. The degree of compression of a tablet determines the rate the medicine is dissolved in one's system. The amount of medication absorbed by the body depends on the amount of intestine available. Therefore, the type of drugs to be taken must be based on the "absorption power" you have. Time-release capsules are not for the ileostomate. They do not have enough time to dissolve in the short remaining intestine and are passed virtually intact. Time-release medicine will completely dissolve at once if alcohol is consumed with it or shortly thereafter. An overdose would result! Most medication is available in a variety of forms - be sure to tell your pharmacist that you have an ostomy so that he/she can provide the right form of the prescribed medication.

Source: South Nevada Town Karaya; Edmonton; AB;

MetroHalifax News, June 2006

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 Cimneck at pvc@shaw.ca

DEADLINE FOR APPLICATION: March 31, 2007

Saskatoon Ostomy Association has can sponsor 1 more child. There are 2 kids going at this time.

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.

Factors Which Influence Ostomy Function

Quite often patients experience a sudden reversal in normal ostomy function due to medications or treatments they are undergoing. The following information might be helpful to keep in mind.

Antibiotics: These often cause diarrhea, even in patients without an ostomy. Ostomates are no exception, and if the problem becomes severe, notify your physician immediately. In the meantime, keep Gatorade, Gastrolyte or a like drink on hand to maintain adequate electrolyte balance.

Pain Medications: These are often constipating, extra irritations or laxatives or stool softeners might be required for colostomates to combat the side effects of medicine. Perhaps the dosage of relievers can be reduced to eliminate the situation. If not, consider one of the above alternatives.

Chemotherapy: Many cancer patients have follow-up chemotherapy after surgery or as an alternative to surgery. This often produces nausea and/or vomiting. Gatorade or Gastrolyte is again good to keep on hand for electrolyte balance.

Radiation Therapy: This often produces the same effects as chemotherapy and should be treated accordingly.

Travel: Travel can cause constipation in some patients and diarrhea in others. Be aware that these are possibilities.

Altered diet when traveling accounts for some of this, plus the excitement of new surroundings. Allow sufficient time for irritations and take along an anti-diarrhea medication. Check with your doctor if you are not familiar with what works best for you to control diarrhea.

Antacids: Those with magnesium can cause diarrhea. Perhaps you will want to ask your doctor to suggest some with aluminum rather than magnesium. Drink plenty of fluids - Tea is always a good source of potassium (so are orange juice and bananas). Coca Cola also contains some potassium. Bouillon cubes are a good source of sodium. Gatorade is used by athletes for electrolyte replacement. It is better served over ice. Another good source of electrolyte replacement

7 is Gastrolyte.

Factors Which Influence Ostomy Function continued....
Remember that some of the signs of electrolyte imbalance are irritability, nausea and drowsiness. Be prepared and prevent this problem when possible. Keep well hydrated with adequate fluids of all types - water included.

Source: Liz O'Connor, RN, ET, Via Metro MD, Sterling Ostomy Chapter and Metro Halifax News and Ostomy Toronto



Ostomies versus False Teeth

from Spacecoast Shuttle Blast, FL; via Seattle (WA) The Ostomist
How often have members of ostomy groups said that having an ostomy is no worse than wearing false teeth?
Non-ostomates often laugh at this and can't believe that we are being honest. False teeth? Everyone dreads the day that teeth must go and an expensive set of "false choppers" replaces them. But think of false teeth as the equivalent to that "awful surgery?" Never! Well, before folks feel so sorry for us ostomates, let's look at the similarities. Everyone would prefer to keep his own teeth—or his own colon or bladder. Wearers of false teeth try to pretend their teeth are real—many ostomates hide their surgery. A big problem is keeping false teeth in place—same way with ostomy appliances. No one wants the "click" of teeth to be heard—ostomies may gurgle audibly. After a few months, false teeth are supposed to feel like a natural part of you—also true of your ostomy appliance. As one grows and changes, a set of false teeth may have to be changed—and appliances may have to be changed due to weight gain/loss or stoma retraction. False teeth are expensive—but so is ostomy surgery. False teeth must be worn all the time—ostomates wear appliances, or at least tiny pads, all the time. Many products are sold to keep false teeth clean and odor-free—the same is true for ostomy equipment. Let's say that false teeth are a necessary evil, a little nuisance in the mouth—at the opposite end of the tract may be the nuisance of a stoma needing an ostomy appliance or pad. So the next time a distressed family member says a relative

will "have his life ruined" by having an ostomy, ask whether someone who has all his teeth suddenly knocked out has a ruined life. If we could think of ostomies with the same calm humor with which we view false teeth, wouldn't everybody see them for what they really are? Not really worse than false teeth.

From: UOAC
NOMINATIONS AND ELECTIONS
2007

UOAC needs your talent and ability. Four board of director's positions are open..
Please consider running for office. If you would make a good addition to the board, please run for office. If you think you could serve on the board, take this opportunity to be included. If someone you know would be a solid choice, encourage him or her to offer for the board.
Nominations for this year's election close April 15, 2007. All nominations must be received in the UOAC office by fax, email or regular mail, no later than midnight on the 15th.
Take this opportunity to help UOAC move forward.

Pat Cimmeck
Chair, Nominations and Elections
Committee



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

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

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Social Events & Luncheon

Coordinators
Vacant

Liaison with CCFC/ Literature / Library

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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)

