



SASKATOON OSTOMY ASSOCIATION BULLETIN

April 2011

President's Message

Hello all,

Wow, spring is here!!!! If you are like me you have to continually pinch yourself to see if you're dreaming. . . Spring means warm weather, puddles of water, flowers poking out of the ground, birds singing. What do we have snowfall warnings, icy ruts in the streets and temperatures in the minus readings still, Oh well we have a lot of new things happening with our association.

First, our meeting in April, we will be having Cam Broten, he is a NDP MLA for Massey Place and he will be listening to our concerns re: ostomy coverage and any other questions relating to the concerns of ostomates. If you have questions write them down and we can get Mr. Broten to address them. He is also hoping to bring Judy Junor the health critic with him to add to our evening. We are trying to get a member of the Sask Party to address our members, but as yet have not heard back from them.

As you know, April is also election month. We have been blessed with a hard working executive and I would like to thank each one of them. We are going to have a few vacancies to fill as some people are stepping down, so if you are interested in becoming part of the organizing committee, please let us know. I know we need a Vice President, bulletin editor, and treasurer. We will hold the elections first, then on to our guest speaker. **WE NEED AS MANY AS POSSIBLE THERE TO LET OUR NEEDS BE HEARD.**

May means our windup with ice cream social and silent auction. We supply the ice cream plus fixings, you supply the items for the silent auction. These can be anything new, gently used (in original boxes) or donations you have received from other sources. If you have donations for the auction you may bring them to the April meeting and I will take them to my house until May.

This year as you know, we are hosting the Chapter Information Session in August. Due to the cost of hosting this event, we need to do fund-raising so we can keep the meeting affordable for all. We are hosting a steak supper at Mullberry's on June 6. We will be selling tickets and **we need you to buy tickets for yourselves plus inviting all your friends and relatives.** We are hoping to have a couple of raffle items plus a 50/50. If you have never been to a steak supper, the restaurant will serve you a choice of beef, chicken, vegetarian lasagne, then Caesar salad, a pasta salad, baked potato and dessert. Ray and I have been to a number of these steak suppers and have been pleased with the quality of the food.

We are now into summer and we will be having a BBQ at either Sobeys' or Canadian Tire to help with our fund raising for the CIS. AS you can see we will need lots of help from everyone. As it gets closer August, there will be more jobs that we will need help with. Sitting at the registration table, to stuffing welcome packages for our visitors. We also need everyone to be on the look for donations of all kinds.

Hope this finds everyone warm, yearning for spring and summer and all the great activities that are coming up.

See you all there, Pat. . .



The Saskatoon Ostomy Chapter is a non-profit 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.

Mailing Address

1610 Isabella Street,
Saskatoon, SK,
S7J 0C1

Website:

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

PRESIDENT:

Pat Ramage

VICE PRESIDENT:

Wanda Dansereau

TREASURER:

Lillian Muzyka

SECRETARY:

Tam Gunn

PAST PRESIDENT:

Peter Folk

**United Ostomy
Association of Canada
(UOAC)
NATIONAL OFFICE
ADDRESS**

344 Bloor St. W., Suite
501

Toronto, ON M5S 3A7

**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**

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. 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 in any other publication.

Webmaster Report

Greetings,

Our website is: <http://members.shaw.ca/saskatoonostomy/>. Our website had 4,728 hits from 2,511 unique visitors in 2010. I've added a "Like" button on our website for people who use Facebook. I've added a two page invitation for kids to go to UOAC Ostomy Youth camp.



Our Facebook group has 21 members. Our email discussion group has 45 members. To join our group, visit: <http://health.groups.yahoo.com/group/saskatoonostomy/> - that way you can stay in touch with other members and get reminders about upcoming meetings and events!

Peter Folk

Webmaster, SOA

Phone: 306-384-6059

peter.folk@shaw.ca Add me as a FRIEND on Facebook!



The Saskatoon Ostomy Association invites you to attend the UOAC Annual General Meeting in August 2011.

Located in the heart of downtown Saskatoon along the banks of the South Saskatchewan River, the Park Town Hotel's unique architectural design features many deluxe Riverview rooms, along with a variety of standard guestroom accommodations and many amenities to help you feel at home.

Tentative Schedule for the Chapter Information Session and Annual General Meeting:

Friday August 19:

- DSS meeting from 8 a.m. to 5 p.m.
- Meet and Greet – Saskatoon Chapter invites you to an evening of entertainment and greetings from 7 p.m. until 10 p.m.

Saturday August 20:

- Saskatoon Chapter invites you to the chapter information sessions 8 a.m. to 5 p.m.
- Evening banquet from 7 p.m. until 9 p.m.

Sunday August 21:

- UOAC Annual General Meeting – 8 a.m. to noon.
- Board of Directors Meeting – 1 p.m. to 6 p.m.
- Friends of Ostomates Worldwide Canada meeting – 1:30 p.m. to 4 p.m.

Monday August 22:

Board of Directors Meeting – 9 a.m. to 6 p.m.

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1-800-667-3999 (Reservations only)

Hotel website: <http://www.parktownhotel.com/>

Quoted room rates for this event are \$135.00 for Standard Single or Standard Double, plus 5% PST, plus 5% GST, plus 2% Destination Marketing Fee. Rooms must be reserved by July 15 to receive the discounted rates. It would be a preference of the guests to not mail their reservations in but to either phone in or book on line. The room block is listed under United Ostomy Association – Group Block #036744.

To register, visit the National Website at: <http://www.ostomycanada.ca/events/cis>

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United Ostomy Association of Canada Inc. Mission Statement

The United Ostomy Association of Canada Inc. is a volunteer-based organization dedicated to assisting all persons facing life with gastrointestinal or urinary diversions by providing emotional support, experienced and practical help, instructional and informational services through its membership, to the family unit, associated care givers and the general public.

A Non-Profit Canadian Charitable Organization

MEETING INFORMATION

Meetings are the first Monday of the Month unless it's a holiday then it is the following Monday. They start at 7:30. There are NO Meetings held in January June, July or August Meetings are held at the

MAYFAIR UNITED CHURCH

902-33rd Street West
(Corner of 33rd St & Avenue I)

Convenient Washrooms

Refreshments and visiting during each meeting

Spouses, family members and other visitors Welcome!

THERAPISTS:



Kathy Guina, BScN, ET



Sandy Roberts, RPN, RN, BScN, CETN(C), IIWCC



Independent Enterostomal Therapy Nurse
Teri-Anne Smith Schroeder
RPN, RN, CETN(C), BScN, IIWCC, HCL, MCEd



Heather MacKay, RN, BScN, ET

Visitor Report

Many thanks to whomever located and reprinted the VALUE OF AN OSTOMY VISITOR on page 4 of the February newsletter. That article is a "must read" for all visitors.

We had a busy 2010 but are in dire need of more visitors so a training session has been arranged.

In 2010, there were 41 Ileostomy visits, 29 Colostomy visits, 16 Urostomy visits for a total of 86.

Thanks to the following:

- Vi Haight - 15 visits
- Ron Sadler - 14 visits
- Trish McCormick - 12 visits
- David Cottingham - 7 visits
- Helen Pries - 5 visits
- Peter Folk - 5 visits
- Zach Hauser - 5 visits
- Don Purich - 5 visits
- Pat Ramage - 4 visits

And 9 other visitors. Some were not always available, and some previous visitors were just no longer available. We are really short of visitors who would visit women with Ileostomies and Colostomies, and at present we only have 2 visitors to call on Urostomies.

If anyone else would like to take visitor training, please call me at 382-7689.

Ron Sadler

	Colostomy	Ileostomy	Urostomy
January 2011	2	3	3
February 2011	3	3	0

DONATIONS AND BEQUESTS

Donations and bequests are gratefully accepted at anytime and are used to support Chapter activities. Tax receipts are provided for all donations over \$10.00 to the Saskatoon Ostomy Association. You can also make donations on our website by clicking on the "Donate Now through CanadaHelps.org" button. You can use your credit card, and now, PayPal. A big THANKYOU to everyone for your generous contributions.



REGIONAL STOMA CLINICS



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!! Service is FREE to all North Saskatchewan ostomates.

Clinic hours:

The Ostomy Clinic will only have one part-time secretary - Kathy, Heather and Sandy will be working full time (8 am to 4:30 pm) but the secretary will only be in the clinic 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.

FROM THE EDITOR

Hi all,

Caroline has decided to step down as editor of the bulletin, so I will take it over this time. We are looking to one of you to become our new editor. The job is not too hard, a little computer knowledge and a few hours of your time is required. Issues are only 4 times a year—September, November, February and April. So, if you are interested, please let me or the executive know.

Our chapter will be in the spotlight this August as we host the first ever Chapter Information Session held in conjunction with the Annual General meeting of the UOAC. The cost is only \$40 and this includes lunch and a banquet. It's a great time to come out and show Canada how great the Saskatoon chapter really is!

Our president, Pat, was in hospital—twice this last month and our vice president, Wanda took over and chaired our March meeting. Great job Wanda, and get well Pat! Our April meeting is sure to bring some interest with two MLAs attending from the NDP to discuss health issues. We will also be having elections, so come out and show your support.

Thanks all for your best wishes during my search for a new job. I will be starting a new position in Saskatoon starting April 1.

Thanks!

Peter Folk
Temporary Editor



Ostomy Canada Magazine

Have a story to tell, anecdotes or unforgettable moments?

Share it with the readers of *Ostomy Canada*.

All submissions welcomed and appreciated.

Contact the editor, Lisa Gausman through the UOAC office.

Look for an interesting article about one of our Saskatoon members in the Spring issue!



Upcoming Events

April 4—Chapter meeting with NDP MLA, Provincial Health Critic, chapter elections. Mayfair United Church at 7:30 p.m.

April 11—CIS committee meeting at Pat Ramage's house. New helpers encouraged to attend!

May 2—Our spring windup, ice cream social and silent auction. Mayfair United Church at 7:30 p.m.

June 6—Steak Night at Mulberry's. Tickets can be purchased at the April or May meetings or by contacting

August 19—Meet and Greet at the Park Town Hotel.

August 20—Chapter Information Session, includes lunch and banquet in the evening. Register through the national office by July 8.

August 21—Annual General meeting of the United Ostomy Association of Canada Inc. from 9:00 a.m. to noon. Come out and see what the UOAC is doing for you!

October 15—tentative date for the Visitor Training session. If anyone wants to become a certified visitor, please sign up at the April, May, September or October meetings.

Toronto, Ontario Conference—2012

The UOAC now holds conferences every other year. In 2010, the conference was in Sydney, Nova Scotia. In 2012, the conference will be in Toronto, Ontario.

The Toronto Conference dates are: August 15 - 18, 2012. The theme of the 2012 conference is 'Caring in a Changing World'. Official logo will be posted closer to the event.

The host hotel is the Delta Chelsea in downtown Toronto. Their website is <http://www.deltahotels.com/en/hotels/ontario/delta-chelsea/>. Quoted conference rates are Single or Double for \$159.00, Triple for \$179.00. These rates do not include the harmonized sales tax of 13%.

You can view the presentation given by the Toronto Conference Committee on our website: http://www.ostomycanada.ca/user_files/pdf/Toronto%202012.pdf.



2012 UOAC Conference in Toronto
"Caring in a Changing World"
August 15 – 18, 2012
Delta Chelsea Hotel
Downtown Toronto

GLOBE PRINTERS

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FAX: 306-955-5739

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

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



DONATIONS, MEMORIALS AND TRIBUTES

A generous donation in memory of or in honor of a Loved one or Friend will aid the continuation of Ostomy rehabilitation.

Please make your TAX deductible contribution to:

Saskatoon Ostomy Association

1610 Isabella Street

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d.sadler@shaw.ca

Howard Rankin (Helper)
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Saskatoon, SK. S7T 0B3
306-220-7141

Library

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Abram McAvoy
217 Winnipeg Ave S
Saskatoon, SK S7M 3M1
306-382-4640
abram.mcavoy@hotmail.com

20/40

Vacant

OSTOMY YOUTH CAMP

Our Saskatoon Chapter will be sponsoring youth to go to camp. Our deadline for registration is the end of March. If you are interested in attending camp please contact Marlyne Wight marlynewight@gmail.com or 249-5731. The info is as follows:

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:

anatomy and physiology

self esteem and coping

sexuality

Encourage independence and self confidence with personal care and camp activities

Provide individual ET and UOAC counseling on physical and psychosocial needs

Activities:

formal/informal education sessions

swimming

camp out

outdoor recreation

rafting

arts and crafts

dance

rap sessions



WHEN: August 15-20, 2011

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: (self catheterization, bowel and bladder incontinence) due to birth defects trauma or disease (e.g. Crohn's disease, ulcerative colitis, cancer, Spinabifida).

COST: Registration fee is \$565.00 per child, plus airfare, (transportation to and from camp, room and board are included.) A 10.00 T-shirt will also be included which was extra in previous years.

CONTACT: UOAC office or camp coordinator, Pat Cimmeck at pvc@shaw.ca

APPLICATION FORMS: Available upon request from Coordinator.

DEADLINE: July 21/2011 but our chapter's deadline is at the end of March because it has to be brought to the executive meeting.

Marlyne Wight marlynewight@gmail.com or 249-5731





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 he F.O.W., or to make a charitable donation visit their new web site at: <http://www.fowc.ca>.

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 membership. I understand that membership includes voting privileges, issues of the Saskatoon Bulletin, and United Ostomy Association of Canada's magazine OSTOMY CANADA.

I'm: 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: _____

Postal Code: _____ Telephone #'s: _____

Please make cheques payable to:

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

For Information contact:
Nordon Medical 374-1589
Stoma Clinic: 665-2138