



Saskatoon Ostomy Association Bulletin

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

Mailing Address ----> 1610 Isabella Street, Saskatoon, SK, S7J 0C1 Jan. 2008

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

February 4, 2008 - "Stoma Clinic Night" - Sandy and Kathy's manager, Charlotte Filipchuk and her director, Jenny Bartsch, are coming speak to our chapter meeting on the topic of "Changes to the Saskatoon Stoma Clinic".

March 3, 2008 - "Hernia Surgery" - Dr. C.S. Kanthan is coming to speak to our chapter meeting on the topic of hernias, both stomal and incision.

Saskatoon Ostomy Association

Dates to remember....

Youth Canadian Ostomy Camp

June 30 - July 5, 2008

UOAC annual conference is in Hamilton this year,

August 13 - 16.

Valentines day Feb. 14, 2008

Don't forget your sweetheart!



IN THIS ISSUE

President's Report	3
Meeting Minutes	3
Web Page Update	4
Editor's Message	4
Friends of Ostomates Worldwide	4
Regional Stoma and Wound Clinics (Important update)	5
New Members and Deceased Members	5
Visitation Report	5
Christmas Pictures	6
Understanding colostomy surgery	6
Kids and Parent	6
Canadian Ostomy Youth Camp	7
Thank-you Bingo Night Sponsors	8

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.


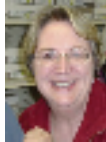
VISITING SERVICES

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:

	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. Brian Colquhoun, Surgeon Saskatoon SK		Dr. Lawrence Taranger, Urologist Saskatoon SK
	Phyllis Stephens, R.N., E.T. Prince Albert SK		

THE SASKATOON OSTOMY ASSOCIATION ADVISES ALL OSTOMATES TO CONSULT THEIR PHYSICIAN OR E.T. BEFORE USING ANY PRODUCT OR METHOD REFERRED TO IN THIS BULLETIN OR ANY OTHER PUBLICATION

SASKATOON OSTOMY ASSOCIATION



President's Report - February, 2008

Greetings,

Thanks to the 34 members and guests who attended our December 3 Christmas social. We really enjoyed the gift exchange. And thanks to Santa Claus for dropping by and adding to the atmosphere of the evening.

I hope that everyone enjoyed their Christmas and New Year's. It is always good to get together with family and friends.

Thanks to Marlyne Wight and her committee for putting on a successful bingo night this past November. A list of sponsors is included in this newsletter. Be sure to thank them when you visit their businesses.

Thanks to Evan Wight who has accepted the position of Treasurer for our chapter. Evan has also agreed to be the 20/40 representative. Contact him if you are in this age group and are interested in doing some activities.

I've asked Sandy and Kathy's manager, Charlotte Filipchuk, to come speak to our chapter meeting in February on the topic of "Changes to the Saskatoon Stoma Clinic". As well, Charlotte's director, Jenny Bartsch, will attend.

Pat Ramage has asked Dr. C.S. Kanthan to come speak at our March meeting on the topic "Hernia Surgery". These should be interesting meetings, I urge everyone who is interested to attend.

Our executive met in January and we've decided to again partially sponsor up to three youth to attend Ostomy Youth Camp in Alberta. This year's dates are June 30 - July 5.

There are further details in this newsletter.

The 11th UOAC annual conference is in Hamilton this year, August 13 - 16. We would like a good representation by Saskatoon Chapter at the conference. If you are interested, please contact me. Partial funding will be provided for up to 10 people.

Elections will be held at our April meeting. I will be seeking the past president position, Pat Ramage will accept nomination for president.

Prem and Evan will continue on as secretary and treasurer. However, positions of Vice President and Membership will be vacant. If interested, talk to Zach Hauser at the February or March meeting.

A reminder that the meetings are open to anyone, you do not have to be a paid-up member to attend the meetings.

Feel free to bring a family member or a friend.

Peter Folk,

President, SOA

Phone: (306) 384-6059

e-mail: peter.folk@shaw.ca

MEETING MINUTES



By Prem Dhir

SASKATOON OSTOMY ASSOCIATION

On Monday December 3, 2007

1. Peter Folk called the meeting to order at 7:40 P.M
2. The minutes of the November meeting were accepted as read by Ray Ramage/Don Purich.
3. A total of 34 people attended the last meeting of the year. Christmas gifts were exchanged at the meeting.
4. Some of the important events for the members:
Bertha and Robert Crawford celebrating their 46th Wedding Anniversary, Ramona Krawchuk will be 76 on Jan. 1/08, Peter Folk will be 56 on Jan. 28/08 and Theresa Skomar will be 63 on Jan. 25/08.
5. Abram 13 year old boy came as support person for his dad and delighted the members with 3 songs in French and English.
6. Marlyne received few more gifts for the Bingo night .
7. Evan has a balance of \$12,000.00 and plans of investing some money.
8. There were no visitation this month.
9. Sandy and Kathy (E.T. nurses): patients are being discharged very fast. It does not give enough time to arrange visitation.
10. Pat: members are sending membership fee at a good pace. Received \$715.00 in the memory of Marg Chastakoff.
11. Pat Ramage: a. There are 25 UOAC chapters/ satellites with SASO representative. b. UOAC conference 2008 will be held in Hamilton, Ontario. c. The UOAC Board of Directors has given permission to a clinical nurse, Jacqueline Gordon from New Brunswick to summarize

experiences of spouses and partner with ostomy surgery. d. Local Stoma Ilico, Kortrijk, Belgium honored the founder and fist chairperson, Sister Brigitte.

12. A 50:50 draw of \$48.50 was won by Kathy Guina and she donated her winning to the association. The draws were also made for the Bingo gifts received lately by Marlyne.
13. The meeting was adjourned at 8:30 p.m by Ray Ramage/Robert Crawford



Abram McAvoy sings for the crowd.

EDITOR'S MESSAGE Laurie Beaulieu



Hi all,

Well there have been big changes in our home since Christmas eve. We arrived home on Christmas eve with our beautiful little girl Angel Marie. We had the most amazing experience meeting her in the Philippines. The Filipino people were so wonderful and our hearts have been forever changed, She just turned 16 months old and is adjusting very well. She is not fond of the cold or car seats... but who is.

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



Webmaster's Report - Jan 14, 2008

Greetings,

Our website is:

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

Our website has had 22,500 visitors since December 1, 2004.

See photos from the Christmas Party on December 3, 2007:

<http://members.shaw.ca/saskatoonostomy/christmas2007.htm>

See photos from the Bingo Night on November 3, 2007:

<http://members.shaw.ca/saskatoonostomy/bingo2007.htm>

We also have links to our current and past newsletters.

Happy surfing! - add me as a friend on Facebook!

Peter Folk,

Webmaster, SOA

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 he F.O.W., or to make a charitable donation visit their web site at: <http://www.fowcanada.org/history.htm>



DONATIONS AND BEQUESTS

Donations and bequests are gratefully accepted and are used to support chapter activities. Tax receipts are provided for all donations to the Saskatoon Ostomy Association.



VISITATION REPORT



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

	Aug	Sept	Oct.	Nov
Ileostomy	1	3		
Colostomy	4	1		
Urostomy				
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!

Shelly Luhning, SaskatoonColoplast Rep
 Ray Ramage, Spousal Rep Saskatoon

In memorial

We extend our heartfelt sympathies to the families of:

Norine Wick. North Battleford
 Patrick Bitz Saskatoon



REGIONAL STOMA AND WOUND CLINICS



IMPORTANT UPDATE:

Update from the Ostomy Clinic - as of Mon. Feb. 4 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. We look forward to greater availability and service to ostomy patients when this time of change is complete.

Christmas Party 2007



Sandy has a nice present.



Santa gets a present too.



Pat is in red too!



Zach gets some jam - for awhile

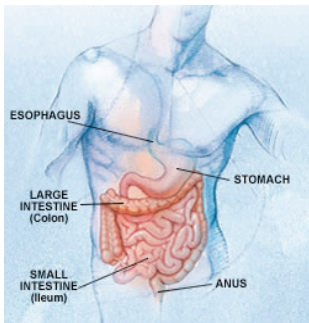
Ooo, Ahhh, Oohh

Types of Ostomies (part 1)

UNDERSTANDING COLOSTOMY SURGERY

THE HUMAN DIGESTIVE SYSTEM

The digestion and absorption of nutrients, as well as the storage and elimination of fecal waste, take place within the gastrointestinal system, or the GI tract. Digestion starts in the mouth as you chew your food. Food then passes through the esophagus to be digested in the stomach. Partially digested food moves into the small intestine, where nutrients are absorbed. The remaining undigested portion solidifies as water is reabsorbed in the large intestine, or colon, forming solid fecal matter, or stool. Stool is then passed to the rectum, where it is stored until it is excreted through the anus.



UNDERSTANDING COLOSTOMY SURGERY

A colostomy is a surgically-created opening in the abdomen through which a small portion of the colon is brought up to the surface of the skin. This new opening, called a stoma, allows stool to pass directly out of the body, bypassing a diseased or damaged section of the colon. In some patients, this section may be removed.

After colostomy surgery, your stool will pass through your stoma, the opening on your abdomen, and empty into a pouch.

Since you will no longer have voluntary control over bowel movements, it is important that you understand the consistency and frequency of discharge unique to your particular type of colostomy. These vary depending on the location of the colostomy within the colon.

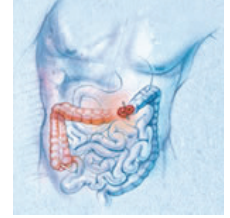
There are four main types of colostomies, named after the portion of the bowel where the colostomy is located.

An **Ascending Colostomy** is located within the ascending colon.

Output is liquid to semiliquid, rich in digestive enzymes and irritating to the skin around the stoma.



Ascending Colostomy



Transverse Colostomy

A **Transverse Colostomy** is located within the transverse colon.

Output is usually liquid to semiformal, because digestive H39 enzyme content decreases as the stoma moves farther to the left of the transverse colon.



Descending Colostomy



Sigmoid Colostomy

A **Descending Colostomy** is located within the descending colon.

Output is semiformal to formed, because much of the water is absorbed as waste moves through the ascending and transverse colons.

A **Sigmoid Colostomy** is located within the sigmoid colon.

Output has a normal, formed consistency, since the water is absorbed as the waste passes through the remaining large bowel.

Copywrite: Concvatec

<http://www.convatec.ca/convatec/jsp/CVTACStaticContent.do?lang=en&country=CA&audience=Consumer&channelId=-13292>

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.

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 counselling on physical and psychosocial needs

Activities:

- * formal/informal education sessions
- * swimming
- * camp out
- * outdoor recreation
- * rafting
- * arts and crafts
- * dance
 - o rap sessions



WHEN: June 30 - July 5, 2008

WHERE: Camp Horizon, Bragg Creek Alberta (southwest of Calgary)

WHO: Children between the ages 9 - 18 who have had or who will have bowel or bladder diversionary surgery or who have related special needs (i.e. self catheterization, bowel and bladder incontinence), due to birth defects, trauma or disease (e.g.. Crohn's disease, ulcerative colitis, cancer, spina bifida.)

COST: Registration fee is \$500.00/child plus airfare (transportation to and from camp, room and board are included)

CONTACT: UOAC office or Camp Coordinator, Pat Cimmeck at pvc@shaw.ca

APPLICATION FORMS: Available upon request from Coordinator

DEADLINE FOR APPLICATION: March 31, 2007

The Saskatoon Ostomy Association can sponsor up to 3 children for camp this year. They can also help with some of the costs for travel. Please contact if you want your child to attend camp.

Thanks to all our Sponsors who made our Bingo Night another Huge Success !

Dr. Rani Kanthan
Nordon Medical
Western Redi Mix Inc.
Ramada
Fabutan (The Marketplace Plaza)
Saskatoon Blades Hockey Club
Coloplast
Dynamic Glass & Door Ltd.
Kenderdine Dental
Jubilee Ford (Rob "Bull" Wilson)
Remax (Don Fry)
Honeywell (Randy Albers)
Barb Yedersberger
Peter Folk
Brad Johner
Cemaine Tsang
Wilhelmine Hauser
Potash Corp
Globe Excavating
Delta Bessborough
Mykonons Restarurant
Canporum Enterprizes (Randy Riddell)
VanHoutte Coffee Services (Darren Hobman)
Saskatoon Curbside Recycling
Iris Hauser
Cindy Moleski Photography & Framing
Tourism Saskatoon
Lillian Muzyka
Don Adams
Convatec
Artistic Masonry & Stucco
Saskatoon Station Place
Grainfields
Saskatchewan Roughriders
The Centre (Dave Bubnick)
Dutch Growers
Betty Tydeman & Evelyn Peters
Hollister
Peter D's
Simon's British Flavours
Pick Nic's
Mano's
Ed Palchinski
Affinity Credit Union
Farm & Garden Centre of Saskatoon Ltd.
RSB Logistic Inc.
Moody's Equipment Ltd.
TD Canada Trust (Allan,SK)
Full Line Ag (Gerald Swystun)
Mid-Sask Ag Services Ltd.(Greg Brown)
Neen's Nook (Noreen Taylor)
Allan Agencies (1976) Ltd.

Combine World (Coleman Murch)
Sear's Canada (Randy Wight)
Mac's Convenience Store (Lorne& Ruth)
Good Year Market Tire (1976) Ltd.
Circle Centre Chiropractic Clinic
On Track Massage Therapy
Teri Schroeder
Sandy Roberts
B & L Sons Construction Ltd.
Custom Truck Sales Inc. (Kenworth)
SK Crop Insurance (Neil Wouters)
Al Hattie Insurance
Colonsay Credit Union
The Western Producer (Carmel Hicks)
Tim Horton's (8th & Acadia)
Spa Express
Midas Muffler
Canada Safeway (Circle Centre)
Grandma Lee's (Market Mall)
Dundee Developments
Gail Wendt
Marcella Pilsner
GE Healthcare Technologies
Dupont (Stuart Rasmussen)
Knackstedt Farms (Lawrence)
Kathy Guina
Aaneen Power Corporation (Brian Isbister)
Salonika (Jim Dangas)
TCU (Kathy Skomar)
Boston Pizza
TD Canada Trust (Preston Crossing)
Farm Credit Canada
Admore Co-op (Allan)
Frontier Peterbilt Paclease
Kay Schmidt
Opa Souvlaki of Greece
Dr. Stephen Boechler
Isabelle Cole
New Food Classics (James Adams)
Early's Farm & Garden
Saskatoon Catholic School Board



President

Peter Folk
107 Michener Cres.
Saskatoon, SK S7L 5T8
384-6059
peter.folk@shaw.ca

Past President

Past President
Zach Hauser
1035 10th St. E.
Saskatoon, SK S7H 0H8
(306) 343-8598
zachhauser@shaw.ca

Vice President

Pat Ramage
96 Morris Drive
Saskatoon, SK S7L 3V3
384-0581
patramage@sasktel.net

Treasurer

Evan Wight
031 Konihowski Rd
Saskatoon, SK S7S 1K5
249-5731
thgiwnave@hotmail.com

Secretary

Prem Dhir
3 Delaronde Bay
Saskatoon, SK S7J 3Z3
374-5841
premdhir43@hotmail.com

Visitation

Don Adams
401 - 108th St
Saskatoon SK S7N 1R1
374-4965

Bulletin Mailing

Pat Crilly
Marlyne Wight

Friendship

Helen Pries
210 - 110 LaRonge Rd
Saskatoon, SK
S7K 7H8
(306) 683-3448

Kids and Parents

Marlyne Wight
1031 Konihowski Rd
Saskatoon, SK S7S 1K5
249-5731
marlynewight@gmail.com

Laurie Beaulieu

Box 35
Vonda, SK S0K 4N0
258-2016
r1lfarms@sasktel.net

Social Events & Luncheon**Coordinator**

Evelyn Peters
206 - 2318 Arlington Avenue
Saskatoon SK
S7S 1K5

Helpers

Teri Schroeder
438 Crean Lane
Saskatoon, SK S7J 3X4
(306) 249-1442

Sandy Roberts
1119 Monroe Ave
Saskatoon, SK S7H 2G3
(306) 242-1626
sandy.roberts@sasktel.net

Liaison with CCFC/ Literature / Library

Trish McCormick
389 McMaster Crescent
Saskatoon SK S7H 4E5
374-6807
r.mccormick@sasktel.net

Membership

Pat Crilly
206 - 1700 Main Street
Saskatoon SK S7H 5S1
955-1207
cripat@sasktel.net

UOA Canada Office

P.O. Box 825
50 Charles Street East
Toronto ON M4Y 2N7
(416) 595-5452
1-888-969-9698
e-mail: uoacan@astral.magic.ca
Web site address:
<http://www.ostomycanada.ca>

Bulletin Editor

Laurie Beaulieu
Box 35
Vonda, SK S0K 4N0
258-2016
r1lfarms@sasktel.net

SASO (Spouses and Significant Others)

Ray Ramage
96 Morris Dr.
Saskatoon, SK S7L 3V3
(306) 384-0581
rayramage@sasktel.net

Saskatoon meetings for 2007 - 2008

September 10, 2007
(2nd Monday because Labour Day is September 3)
October 1, 2007
November 5, 2007
December 3, 2007

(No meeting in January)
February 4, 2008
March 3, 2008
April 7, 2008
May 5, 2008
(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**

**NORDON DRUGS LTD.
PHONE 374-1585**

--MAIL ORDER SERVICE AVAILABLE

--FREE DELIVERY WITHIN SASKATOON

- Convatec
- Hollister
- Coloplast
- Bard
- Nu Hope
- Micropore Tape
- Sween Products
- Irrigation Sets
- Incontinent Supplies
- Support Hosiery
- Jobst Custom Garments
- Braces
- Prosthesis
- Australian Medical Sheepskin

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

Fisher's Drug Store

Your Ostomy Supply Dealer in the Northwest

We stock:

- Convatec
- Hollister
- Surfit
- Guardian

Mail order service available . . .

Phone # 445-6153 and Fax # 445-7714

FISHER'S DRUG Store

101 -1501 - 100th Street
North Battleford, SK, S9A 0W3

MEDICAL PHARMACY

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

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

- Breast Prosthesis and Bras
- Hernia Supports
- Back Belts
- Surgical Support Stockings
- Support Pantyhose and incontinent Supplies
- Ostomy Supplies
- Prescription Blister Packaging

GLOBE PRINTERS

217 Jessop Avenue
Saskatoon, SK
S7N 1Y3

Phone: 306-955-3373 FAX: 306-955-5739

<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 Age: 1-19 20-40 41-65 66 and older
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: The Saskatoon Ostomy Association For information contact:
and mail to: 1610 Isabella Street Nordon Drugs....374-1585 or
Saskatoon SK S7J 0C1 The Stoma Clinic....655-2138