



SASKATOON OSTOMY ASSOCIATION BULLETIN

FEBRUARY 2011

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

President's Message

Happy New Year's to one and all!!!!!! Hope you all had a great time doing all the things you hold special.

We had a wonderful Christmas party in December with lots of food, drink and friends. As in past years we had a 'gift exchange'. We would also like to again thank Peter and his band for the live music and sing along. In case any of you weren't able to attend we were also visited by Santa Claus, so if he missed you maybe he will visit you next year at our Christmas party 2011.

The new year will be a busy one for us as we plan a visitor training session and of course we are hosting the Chapter Information Session for western Canada. Wanda is doing a great job at keeping us on track and organized.

April will once again be elections for various executive positions, please keep this in mind as your chapter is only as good as its members. May will be our last meeting until the Chapter Information Session in August.

We as the executive are always looking for topics you would like addressed at the monthly meetings. So please speak to anyone on the executive with your ideas. A list of the executive are included on the back page of the bulletin.



See you the first Monday in February. Until then,

Pat for the rest of the executive

.....

Webmaster Report

Greetings,



Our website is: <http://members.shaw.ca/saskatoonostomy/>. Our website has had 45,119 visitors since December 1, 2004. 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. Photos from our Christmas party in December have been posted on our Facebook group page.

Peter Folk

Webmaster, SOA

Phone: 306-384-6059

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

**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.

**UOAC Board of Director's Report –
February 2011**

Greetings all,

The UOAC board of directors is not too busy this time of year. We will be meeting the end of March in Toronto to set the budget for the upcoming year as well as finalize some of the things set in motion at the last conference in Sydney, Nova Scotia. We are still working on a travel passport for people with Ostomies. We are still working on having a virtual event for parents of children with Ostomies. We have been in contact with the Transport Safety people in regards to Ostomates being put through full-body scanners when travelling on an airplane.

We are quite pleased and excited that Saskatoon has offered to hold the Annual General meeting in August in conjunction with the Chapter Information Session.

Thanks!
Peter Folk



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.

MEDICAL PHARMACY

14th Street & Central Avenue

Prince Albert, Sk. S6V 4W1

- | | |
|----------------------------------|---------------------|
| **Breast Prosthesis and Bras | **Ostomy Supplies |
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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

The Value Of An Ostomy Visitor

There are times when a certain person can make a difference that no one else can make . . . So it is with the ostomy visitor. You help someone at a time when they are vulnerable. They in turn might be the visitors of the future. Do you remember your ostomy visitor? Just when you thought you couldn't possibly deal with this operation. A friendly face at your hospital door (or home). This person assured you that he or she had once been the patient in the bed. They could also empathize with your aches and pains, depression and your fear for the future . . .

You can reflect back on your questions when you first had surgery. Am I still lovable? How will I ever wear clothes? Will there be an odor? Won't my pouch leak at an embarrassing moment? How well you remember these feelings. The visitor somehow made you feel loveable. The idea dawned that if he or she could make it, you would too. The possibility of participating in your own ostomy care didn't seem quite so overwhelming. Perhaps you could start learning, one small step at a time. You are living proof that life goes on. You are there doing the very thing that the new patient wonders about.. You are indeed a symbol of hope in the midst of their pain, confusion and fear.

Making a visit may seem like a small thing to you. It is like lighting a candle in the midst of darkness. It is helping them to help themselves. Not everyone is blessed with an ostomy visitor so they struggle to find the answers . . .

Source: The Newsletter of The Winnipeg Ostomy Association

VISITOR REPORT

	Colostomy	Ileostomy	Urostomy
October	0	1	1
November	4	2	1
December	2	3	5

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. As of date our appeal letter that was sent out in November 2009, has brought in over \$1815.00. 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 Everyone,

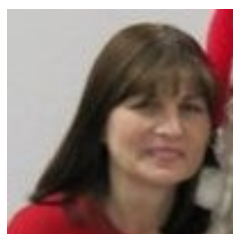
Hope everyone had a joyous Christmas and enjoying the first month of 2011. I attended the annual Christmas party in December and it was a success once again, a lot of great food and people had fun exchanging their gifts or should I say stealing their favorite item from others. But it was all in fun..

Valentines Day is around the corner, just a reminder not to forget those chocolates or card for your Sweetheart.. And for us without a Sweetheart we can use this as an excuse to buy ourselves some yummy chocolates.

Laurie Beaulieu has stepped down as helper for the parent & kids group. She did say she would be available to speak to a parent if they need someone to talk to.

Tam has lined up Cheryl from Coloplast to speak at the February 7 meeting.

Stay warm everyone. And Happy Valentine's Day!!!!



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.



Roger was buying an expensive bracelet to surprise his girlfriend on Valentine's Day. The jeweller enquired "Would you like your girlfriend's name engraved?" Roger thought for a moment, grinned then answered; 'No, instead write "To My One and Only Love" The jeweller said How romantic of you! Roger answered with a glint in his eye. 'Not really romantic just being practical. This way if we break up I can use it again . . .

WILL YOU BE MINE?

Valentine you make me silly;

You make my heart beat
willy-nilly;

When I'm wit you, the world
is hazy;

Valentine, you drive me
crazy!

Valentine, when we're apart,

My need for you goes off the
chart,

Will you be mine? Can I be
thine?

Say You'll Be My Valentine

Joanne Fuch

There was a man sitting in a bar minding his own business when a big dude came in and WHACK! Knocks him off his stool and onto the floor "That's a karate chop from Korea. The man gets up on the stool and starts drinking again when WHACK! The dude knocks him down again "That's a judo chop from Japan"

The man gets up brushes himself off and quietly leaves. He's gone for an hour before he returns. He walks up behind the big dude and WHAM! Knocks him out cold. He looks at the bartender, "When he gets up, tell him that's a crowbar from Home Hardware..

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. Plus 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.

CHRISTMAS PARTY 2010



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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
Saskatoon, SK. S7J 0C1

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Executive and Committee Leaders

President

Pat Ramage
96 Morris Drive
Saskatoon, SK S7L 3V3
306-384-0581
patramage@sasktel.net

Past President, Webmaster

Peter Folk
107 Michener Crescent
Saskatoon, SK. S7L 5T8
306-384-6059
peter.folk@shaw.ca

Vice President

Wanda Dansereau
RR# 1 LCD Main
Saskatoon, SK. S7K 3J5
306-384-2793
wjdansereau@gmail.com

Treasurer

Lil Muzyka
6-330 Stodola Court
Saskatoon, SK. S7N4N9
306-373-1350
blmuzyka@shaw.ca

Secretary

Tam Gunn
c/o Nordon Drugs
1610 Isabella Street
Saskatoon, SK > S7J 0C1
306-374-1589
mgunn@shaw.ca

Friendship

Helen Pries
210-110 Laronge Rd.
Saskatoon SK. S7K 7H8
306-343-1119

Kids & Parents & Bulletin Mailing

Marlyne Wight
1031 Konihowski Rd
Saskatoon, SK S7S 1K5
306-249-5731
marlynewight@gmail.com

**Social Events & Luncheon
Coordinator**

Evelyn Peters
102-1020 Tiffen Cres.
Saskatoon SK
S7L 6H3
(306) 374-8194

Helpers

Teri Schroeder
438 Crean Lane
Saskatoon, SK S7J 3X4
(306) 249-1442
Teri-Anne@shaw.ca

Sandy Roberts
1119 Monroe Ave
Saskatoon, SK S7H 2G3
(306) 242-1627
sandy.roberts@sasktel.net

Liaison with CCFC

Teri Schroeder
438 Crean Lane
Saskatoon, SK S7J 2G3
306-249-1442
Teri-Anne@shaw.ca

Membership

Diane Boyd
#200-235 Harold Terrace
Saskatoon, SK S7V 1J2
306-249-9079
dianeboyd@sasktel.net

Bulletin Editor

Caroline Harris
Box 23
Duck Lake, Sk. S0K1J0
306-467-2330
carolineharris997@hotmail.com

SASO (spouses and Significant Others)

Ray Ramage
96 Morris Dr.
Saskatoon, SK S7L 3V3
(306) 384-0581 Cell 306-222-0983
rayramage@sasktel.net

UOA Canada Office

344 Bloor St. West, Suite 501
Toronto, ON M5S 3A7
(416) 595-5452
1-888-969-9698
e-mail: uoacan@astral.magic.ca
Web site address:
<http://www.ostomycanada.ca>

Visitation

Ron Sadler
35-330 Haight Crescent
Saskatoon, SK. S7H 4V9
306-382-7689
d.sadler@shaw.ca

Howard Rankin (Helper)
206-401 Cartwright St.
Saskatoon, SK. S7T 0B3
306-220-7141

Library

Louise Mulligan
2014 Park Ave
Saskatoon, SK. S7J 2B9
306-373-4066
louiseamulligan@hotmail.com

Greeter/Welcoming Committee

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, Spina bifida).

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.





FRIENDS OF OSTOMATES WORLDWIDE

FOW is a nonprofit organization operated solely by volunteers. Since 1986, FOW Canada has collected and sent over 50,000 KG of ostomy supplies and literature to more than 52 needy countries. Some of the countries receiving these donations are: Algeria, Bulgaria, Chili, China, Croatia, Cuba, Dominican Republic, Ecuador, Egypt, Hungary, India, Indonesia, Iran, Iraq, Jamaica, Malaysia, Mexico, Nigeria, Pakistan, Panama, Philippines, Romania, Russia-Belarus, Santo Domingo, Thailand, Vietnam and Yugoslavia.

Donations of ostomy supplies for F.O.W. can be brought to Nordon Medical Supplies or a meeting of the Saskatoon Ostomy Association.

To learn more about the F.O.W., or to make a charitable donation visit their web site at: <http://www.fowcanada.org> (website is currently under construction)

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