



Saskatoon Ostomy Association Bulletin

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

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

(Note Change) SASKATOON MEETING INFORMATION

Location: Cosmo Civic Center

- North side of Confederation Mall, 3130 Laurier Drive, meeting room A & B
- Convenient washrooms
- Refreshments and visiting period during each meeting
- Spouses, family members and other visitors welcome

Sept 8, 2008 - Small Group and (where are we going to hold our meetings discussions?).

Oct 6, 2008 - to be announced

Saskatoon Ostomy Association

Dates to remember....

Monday, Sept 8, Cosmos Civic Center

Special request!! We need someone to head up our annual Bingo and supper fundraiser. Please Contact Pat Ramage at 384-0581 or 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:

	Phyllis Stephens, R.N., E.T. Prince Albert SK		Sandy Roberts, R.P.N., R.N., B.Sc.N., E.T. Saskatoon SK
	Kathy Guina, 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



Hi friends,

I hope your summer is going according to plans. Are you enjoying the warm weather with the beautiful sunsets? Only in Saskatchewan are we blessed with weather ranging from +30 to -30.

Amid all the summer fun, there was a note of sadness with the passing of Ricki Schmidt. Ricki had been great asset to our group helping with the planning and organizing our bingo. She will be sadly missed.

Our next meeting will be September 8, 2008 at 7:30 p.m. at a new location, see the bulletin for more information. We'll be finding out all about the Hamilton conference and then we will break into rap groups with people with similar ostomies.

Over the summer I have been thinking about our organization and what a difference it has made in my life and in others. Did you know on our logo is a picture of a phoenix? I did a little research and found the story of the Phoenix. I thought I would share it with you.

The phoenix is a mythical bird with a beautiful tail of gold and red plumage. At the end of its life, it builds a nest of twigs and ignites both the nest and the bird. Both the bird and nest are reduced to ashes. It is from these ashes that the new phoenix arises. It is also said that the phoenix is able to regenerate when hurt or wounded, thus being almost invincible. Wow!!!!!! Our founders sure knew which symbol to choose.

Haven't we all been through our own fire and arise better than before.

So to all my phoenixes, see you all in September.

Pat Ramage



MEETING MINUTES

By Prem Dhir



SASKATOON OSTOMY ASSOCIATION

At Nordon Medical
On Monday April 7, 2008

1. Peter Folk called the meeting to order at 7:35 p.m and introduced members of the executive committee.
2. A total of 26 members attended the meeting.
3. Minutes of the March meeting were accepted by Peter Fehr/ Ed pachinsky.
4. Peter Folk requested everyone to introduce himself with name, type of Ostomy and his favorite movie.
5. Members with latest important events were: Ray Ramage had some surgery last month, Evan Wight broke his hand at home, Mark McAvoy celebrated his 51st birthday in March 2008, Prem Dhir will be 65 years old on April 10, 2008, 20 years back in April, Herb Essenburg established his residence in Saskatoon.
6. On May 5, 2008, last monthly meeting of the year will be held at Nordon Medical. Ice cream with some fruits will be served at the meeting. Marlyene Wight will look after the Ice Cream arrangement.
7. According to Evan Wight, we have a total of \$#### in the bank. A sum of \$4000.00 was invested as GIC.
8. According to Don Adams, there were 6 ostomy surgeries consisting of 1 colostomy, 3 urostomy and 2 ileostomy.
9. Pat Crilly sent notice to unpaid members.
10. There was nothing to report for 20/40 members.
11. Kids and parents pizza party will be celebrated on April 10, 2008.
12. Evan, marlyene and Kerry have requested to attend as volunteers at the children ostomy camp in Alberta. Our chapter will contribute \$200.00 towards their expenses.
13. Ricky Schmidt an active member of our association is in hospital.
14. The 11th UOAC conference will be held in Hamilton during August 13 to 16, 2008. We will pay for the greetings from our chapter in the book. We will also send some articles for raffle and auction.

15. Executive election was held: Pat Ramage as President, Louise Mulligan as Vice President, Robert Crowford as Visitor Coordinator, Marlyene Wight as membership Coordinator and Kathy Guina as Librarian.

16. Kim Lytle from Kidney Foundation gave an informative talk on kidney functions. This was followed by questions and answers.

17. A 50/50 draw was won by Kathy Guina who donated her winning to the association.

IMPORTANT UPDATE:

Monthly Saskatoon Ostomy Association meeting location is changing

Monday, September 8 at 7:30 p.m. meeting

When you arrive at the **Cosmo Civic Center** (north side of Confederation Mall, 3130 Laurier Drive), proceed up the ramp to the second floor. Go past the men's and women's washrooms to Meeting Rooms A and B. We have access to the kitchen area right off the side of meeting room A. And a TV, VCR, DVD, white board are included.

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!

EDITOR'S MESSAGE Laurie Beaulieu



Hi all,

Wow, how time flies! I can't believe that summer is almost over. Our family had a wonderful summer and has really enjoyed having a new little one to share our experiences. I hope everyone had as great a summer as we have. 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/>
I've updated our website with new logos and new colours, and new navigation links. If you have not visited our website for awhile, please do so, and let me know how you like the new look!

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.

A big Thank You to **New Holland Saskatoon** for the donation of \$500.00 towards Youth Ostomy Camp sponsorship. This is the second year they have made a donation from their "Cares and Shares" program.

Thanks once again to Peter Folk for applying to New **New Holland Saskatoon "Cares and Shares"** committee .



VISITATION REPORT



The visitations coordinator is Robert Crawford. You can contact Robert at b.b.crawford@shaw.ca

	April	May	June	July
Colostomy	2	1	3	3
Ileostomy	2	1	6	4
Urostomy		2		

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.

WELCOME TO OUR NEW MEMBERS



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

New members

- Louise Mulligan
- Bill Zbitniff
- Allan Miettinen
- Maurice McGratten
- Walter McNabb
- William R.J

In Memorial

Our thoughts are with your families:

Doreen McConnell

Ricarda Schmidt



Life is tough, and if you have the ability to laugh at it you have the ability to enjoy it.

Salma Hayek

Ricky we will miss you and your sunny personality.

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.

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 New Executive



Prem Dhir, Pat Ramage, Peter Folk, Louise Mulligan and Evan Wight

What is Urostomy surgery?

Urostomy and Continent Urinary Diversion

Your kidneys filter waste and excess fluid from your blood, making urine. The urine then travels from the kidneys to the bladder through tubes called ureters. The bladder stores urine until you have the sensation to void. If your bladder is injured or diseased, you may not be able to urinate in the normal way.

A urinary diversion is a way to release urine from the body when you can't urinate because the urinary system is damaged or not working. You will need a urinary diversion, for example, if your bladder has been removed to stop the spread of cancer, or if your bladder has nerve damage. Any problem in the bladder that blocks the flow of urine and causes it to accumulate in the ureters and kidneys may result in the need for a urinary diversion.

A urinary diversion may mean a urostomy, which requires a pouch to be worn outside the body, or a continent diversion, which involves the creation of a pouch or bladder inside the body, usually using part of the digestive tract.

Urostomy

A surgeon creates a urostomy by redirecting your urine to an opening created in the abdomen. The opening is called a stoma. Two main types of urostomy are available.

* **Ileal conduit.** To create an ileal conduit, the surgeon takes a short segment of the small intestine and reconnects the remaining intestine so that it functions normally. One end of the removed short segment of intestine is placed at the skin surface to create the stoma. The ureters, which normally carry urine from the kidneys to the bladder, are then attached to the other end of the segment of intestine. The urine travels through the newly formed ileal conduit and the stoma into an external collecting pouch. The pouch has an outlet for releasing urine into a toilet without removing it from your stoma.

* **Ureterostomy.** Very rarely, the surgeon connects the ureters directly to the abdominal wall to create a stoma. Like the ileal conduit, a ureterostomy requires a collecting pouch placed over the stoma because there are no muscles around the stoma to control the flow of urine.

Continent Diversion

Another method of storing and eliminating urine is the continent diversion. In this method, the surgeon creates a pouch, or reservoir, inside your body from a section of your stomach or small or large intestine. The ureters carry urine to the pouch, where it is stored. Depending on the type of continent diversion, you may or may not have a stoma.

* **Continent cutaneous reservoir.** This form of continent diversion does include a stoma. This method requires you to empty the reservoir, the internal pouch, regularly through the stoma using a catheter or thin plastic tube.

If your urethra is preserved during the operation, you may be able to have a urinary diversion that does not require a stoma or catheter.

* **Bladder substitute.** This method lets you urinate through your own urethra as you did with your original bladder, or you may have to empty using a catheter through your urethra. The surgeon creates an internal pouch that stores urine as your bladder did. It is connected to your urethra so you may be able to empty your bladder in the normal way, although you will need to use different muscles to expel the urine.

Dear Members, please spread the word...post an ad in your local newspaper or place a poster to raise awareness about our organization.

What is the United Ostomy Association of Canada all about?

The United Ostomy Association of Canada Inc. is a volunteer based organization dedicated to assisting all persons facing life with an Ostomy, providing emotional support, instructional and information services through the membership, the family, associated caregivers and the general public. An Ostomy is a surgical created opening made into the bowel or urinary tract for the purpose of eliminating waste materials (feces/ urine) from the body. The United Ostomy Association of Canada Inc. provides many services to those who have had or will have Ostomy surgeries.

Some of the services are:

- Youth Camp
- Conferences
- Bi Annual magazine and monthly newsletter
- Center of resource for literature and audio visual materials
- SASO (support for spouses and significant others)
- National and International networking
- Local Chapter support through our District Support Services
- Provides a national office to assist our members
- Web site information

The association holds three Board meetings annually to provide the best services possible to its members.

There are approximately sixty thousand people in Canada that have undergone Ostomy surgery. We have approximately three thousand five hundred members. There are a lot of people out there who may require our services; so please spread the word that we can and will assist those who have had or will have Ostomy surgery.

Methods of contact are: Our web site is www.ostomycanada.ca.

Our toll free number is 1-888-969-9698

Our email at info@ostomycanada.ca

You may also contact your local chapter at <http://members.shaw.ca/saskatoonostomy/index.htm> or Pat at patramage@sasktel.net or call 384-0581

Saskatoon Meeting, May 5, 2008

We had our ice cream social meeting on May 5, 2008 at Nordon Medical. We had about 29 people in attendance and all enjoyed a nice ice cream treat with all the fixings. Thanks to Marlyne and Teri and Evan and Pat for their cool idea!

**Don Adams is presented with a pen set by Peter.
Don has been our visitation chairman for nine years.**



**Pat Crilly is presented with a flower basket by Peter.
Pat has been our membership director for a number of years.**

President

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

Past President

Peter Folk
 107 Michener Cres.
 Saskatoon, SK S7L 5T8
 384-6059
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Vice President

Louise Mulligan
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 (306) 373-4066

Treasurer

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Bulletin Mailing

Pat Crilly
 Marlyne Wight

Friendship

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 Saskatoon, SK
 S7K 7H8
 (306) 683-3448

Kids and Parents

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 1031 Konihowski Rd
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 249-5731
marlynewight@gmail.com

Laurie Beaulieu

Box 35
 Vonda, SK S0K 4N0
 258-2016
rlfarms@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

Vacant

Membership

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

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Saskatoon meetings for 2008 - 2009

September 8, 2008

(2nd Monday because Labour Day is September 1)

October 6, 2008

November to be announced in next newsletter

December to be announced in next newsletter

(No meeting in January)

February announced in next newsletter

March announced in next newsletter

April announced in next newsletter

May announced in next newsletter

(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.

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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 _____

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:
and mail to:

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

For information contact:
Nordon Drugs...374-1585 or
The Stoma Clinic...655-2138