

Saskatoon Ostomy Association Bulletin

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

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



60 people attended our thirty-fifth anniversary party held on May 4, 2009 at Mayfair United Church in Saskatoon. A great time was held by all!

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MEETING INFORMATION

Location: Mayfair United Church

Address 902-33rd St W (corner of 33rd St and Avenue I)

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

Join us on Monday, Sept 14 at 7:30 p.m.

Getting reacquainted with each other. Saskatoon Ostomy Association history PowerPoint will be re- shown for those whom missed it followed by small groups break out with refreshments.

Saturday Oct 3 Celebrate World Ostomy Day come bowling....details to follow

Monday Oct 5 at 7:30 p.m. at Mayfair United Church

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

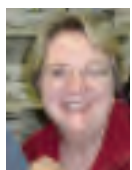
| THERAPISTS: | | | |
|--|--|---|--|
|  | Kathy Guina, B.Sc.N., E.T. Saskatoon SK |  | Sandy Roberts, R.P.N.,R.N., B.Sc.N., E.T. Saskatoon SK |

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

Editor's Message- Laurie Beaulieu



Well summer is winding down..wait a minute...what summer! I don't know about you but I felt entitled to a lovely hot summer (sigh) Oh well maybe the fall will be our summer...we will keep our fingers crossed. Our family had a few pleasant days at the lake and 12 rough days for our son at the hospital. Unfortunately our son needed another emergency surgery (his 13th) ...but he is again on the mend. We are looking forward to our trip to Disney World this winter and plan to make up for the lost summer vacation. If there is anything you would like to see in the newsletter please email me at rlfarms@sasktel.net or call 258-2016



Past therapist:
Teri (Smith) Schroeder,
R.P.N.,R.N., B.Sc.N., E.T.,
IIWCC.
Shares from Experience.

*Change your thoughts and you
change your world.*

Norman Vincent Peale (1898 - 1993)

SASKATOON OSTOMY ASSOCIATION



Hi all,

It's hard to believe summer is over. I hope you all had a great time and kept healthy.

Our social in May was great. We had many old members come back for a visit, and we met new friends also. The food was great. Thank you to the social committee for their work in putting together such a great spread. Ray and I spent our vacation with our grandkids and their families. It was especially sweet as we got to meet our brand new grand daughter.

We are looking forward to a great year this year with the Ostomy Association.

In September we will have a time of just getting reacquainted. For those of you who missed our celebration in May we will show the PowerPoint of our history that Peter made up. I think those of you who missed it will be pleasantly surprised. For those who have seen it already, you can enjoy it again. We will then break into small groups for refreshments.

October is another month to write on your calendar as we will be celebrating World Ostomy Day on October 3 by going bowling.

Our meetings for the next couple of months will be September 14 at 7:30 at Mayfair United Church.
902 33rd street west
October 5 in the same place as above.
See you in September,

Pat

Pat Ramage,
Chapter President

MEETING MINUTES

SASKATOON OSTOMY ASSOCIATION
At Mayfair United Church

No meeting minutes for the May, 2009 social evening. Next minutes will be for the Sept 14th meeting.



ET Recognition Award 2009

It is my pleasure to present the ET Recognition Award for 2009. The recipient of this award has had an ostomy for 30 years and has been an ET for 28 of those 30 years. She is very active in her chapter helping with fund raising, the visitor program, encouraging young ostomates to go to camp and has also attended camp herself last year. She has lobbied the government for ostomy supply funding. She started ostomy clinics to reach outlying areas of Prince Albert and North Battleford Saskatchewan.. This ET has represented CAET as a Regional Representative and is a mentor for new ET students. She is known for her knowledge expertise, caring disposition and her willingness to reach out to others and help them as they go through surgery and adapt to life with an ostomy. I am pleased to present the award to Teri Schroeder from The Saskatoon Ostomy Association.

Peter Folk
UOAC Board of Directors
UOAC Connection Committee Chair
UOAC Website Committee Chair
<http://www.ostomycanada.ca>



World Ostomy Day 2009 will be celebrated on the **3rd October 2009** and the theme will be "Reaching Out" The aim of World Ostomy Day is to improve the rehabilitation of Ostomates worldwide by bringing to the attention of the general community and the global community the needs and aspirations of Ostomates and their families. Saskatoon Ostomy Association is bowling on Oct 3rd, come and join the fun.

Webmaster's Report - September, 2009



Greetings,

Our website is:

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

Our website has had 37,000 visitors since December 1, 2004.

We've added a new feature to our webpage. When you visit, you can now donate to the Saskatoon Ostomy Association online through CanadaHelps.org, by clicking on the button below:



You can also find the same information by clicking on "Donations" on our home page. There are two different Fund Designations - the General Fund - Ongoing programs that are funded through the general fund include sending delegates to conferences and annual general meetings, training for visitors, as well as newsletters to members. The other Fund Designation is Ostomy Youth Camp - Sponsor a kid to attend Ostomy Youth Camp in Bragg Creek Alberta. Annual costs are around \$750 per child.

I've added a Facebook group page for the Saskatoon Ostomy Association. If you are a member of Facebook, you can post photos to the group page and meet new friends online and even instant chat with them. The URL is <http://www.facebook.com/group.php?gid=38272893481> To date we have 13 members!

UOAC Board of Director's Report - September, 2009

Greetings,

I'm proud to represent Saskatoon Ostomy Association by being part of the board of directors for the United Ostomy Association of Canada Inc. (UOAC).

I'm not only on the board of directors, but also chair the committee that writes the monthly magazine, the UOACConnection, and the webmaster for the national website.

The national website (<http://www.ostomycanada.ca>) has a lot of information, including some information on three different contests being held in conjunction with World Ostomy Day which is being held across the world on October 3, 2009.

The UOAC board and the executive continue to be active on your behalf. President Mike Woolridge gave his resignation in June and the board unanimously selected Les Kehoe to be president for the rest of the term until the conference in 2010. Les brings a wealth of experience and dedication to the UOAC.

There is no conference in 2009, but there is still an annual general meeting from August 21-23 in Ottawa. Four positions on the board of directors are open, and four people have agreed to let their names stand. Three of them will be new to the board. The position of vice-president is still open.

This position being open causes problems for the executive and the recent resignation of the president left a huge gap that should normally have been filled by the vice-president.

Pat Ramage was not able to attend the AGM in Ottawa. As no other executive member was willing to be a delegate, I accepted the delegate position, since I was

going to Ottawa anyway. I will give a report at the September meeting and in the November bulletin.

Peter Folk

UOAC Board of Directors

UOACConnection Committee Chair

UOAC Website Committee Chair

<http://www.ostomycanada.ca>

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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 at
jjacobson@hfx.eastlink.ca with their story.

Republished from the June 2009 UOAConnection)

Robert Crawford, Saskatoon Ostomy Association.

Robert Crawford has been a member of the Saskatoon Ostomy Association for a number of years. He regularly attends meetings - in fact, the only time he missed a meeting was when he was in the hospital! Robert is a friendly man and takes a special interest in greeting everyone at the meetings as they come in. He has taken charge of the 50/50 draws for the last number of years and always convinces people to contribute even when they thought they wouldn't.

Robert always enlivens our annual Christmas social by donning his Santa suit and bringing joy to the boys and girls and adults that attend. He and his wife, Bertha, have taken on the visiting committee chair for the last two years. They regularly talk to the ETs and to the visitors to make sure that every visit is a good one. They take a special interest in new patients and make sure that each is invited to a meeting and receives our bi-monthly newsletters. Thank you Robert for making the Saskatoon Chapter a better chapter by being our "Unsung Hero". Robert and Bertha Crawford at the annual Christmas Social of the Saskatoon Ostomy Association on December 1, 2008. Photo by Peter Folk.



VISITATION REPORT



The visitations coordinator is Robert Crawford. You can contact Robert at b.b.crawford@shaw.ca or Phone 979-1221

| | May | June | July | Aug |
|-----------|-----|------|------|-----|
| Colostomy | | | | |
| Ileostomy | | | | |
| Urostomy | | | | |

REGIONAL STOMA AND WOUND CLINICS



Clinic hours:

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.

WELCOME TO OUR NEW MEMBERS

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



New members

Wenonah GallSaskatoon

In Memorial

Our thoughts are with your families:

Bill Max Zbitniff.....Saskatoon



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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.

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://](http://www.fowcanada.org)

www.fowcanada.org

(website is currently under construction)



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.

New Facebook group for Past and Present campers/counselors

<http://www.facebook.com/group.php?gid=258799550636>

Canadian Ostomy Camp in Bragg Creek

April 20th, 2009

This year I was fortunate enough to be able to attend the Ostomy Camp all week. Wow, was it an experience!

The Ostomy Camp is one week at the Easter Seals camp, shared with the kidney kids, making it a fun filled experience for 70 kids. This is a picture perfect piece of property tucked just behind Bragg Creek. The campers spend the week, with breathtaking views of the mountains, breathing the mountain air, sleeping in log bungalows, swimming in the pool, swinging from high ropes, climbing rock walls and making lifetime friendships.

This year was titled, "Extreme" which meant that everything we did was extreme! First we broke into, 4 teams of colors, blue, red, green and orange. Each team focused on one extreme skill, which on the Friday was demonstrated to the whole group. Being on the blue team, we spent the week practicing Capoeira. The other groups did, a newsletter, played extreme sports, and created a beautiful play. All of which was preformed on the Friday where everyone was able to watch.



The camp was a magical experience for everyone, myself included. I was so impressed in how everyone was able to let go of their concerns around the privacy of their Ostomys, and kidney problems. I found that even the children whom at first were somewhat reluctant to open up were able to completely open up and talk about their problems within a day or two. I was also impressed with the ability of the kids to be able to push back their medical issues and just be kids.

Not having my Ostomy until my early 20s, I missed understanding the kinds of issues that a young person would have to deal with. Now that I have seen firsthand the benefits of this type of Camp I can only say that I feel it is imperative for all of our Ostomy children to have an opportunity to attend such an event. I am honored to know Pat Cimmeck for seeing the need for this and taking the steps towards creating it. I am also proud of our Calgary Ostomy chapter for sponsoring 2 children to attend each year.

Not everyone will be able to see firsthand this incredible event., so you will have to take my word for it that this was the most amazing week, I have ever had. The courage, and strength that these children possess touched me deeply in my heart, and I will never forget them.

Sheri R

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Stomal Revisions

The term applies to a surgical correction of the stoma. This may be a small procedure performed in an out-patient surgery, or it may be a procedure requiring hospitalization. Four reasons for revisions are: a tight stoma; a prolapsed (when the stoma slips or "falls" from its normal position); a retraction (when the stoma becomes so short that it is below skin level); or, in the case of a hernia, so near the ostomy that it interferes with management. But please bear in mind that these conditions may be present without causing much trouble- in which case a revision is not needed.

The need for revision of a colostomy stoma occurs infrequently, probably less than 5% . On the other hand, the need for revision of ileostomy stomas occurs much more frequently, between 10% and 15%, due to a number of reasons. First, the average age of Ileostomates is much younger than that of colostomates, so they must live with their ostomies for a much longer period of time during which factors can arise necessitating stomal revision (e.g. massive weight gain, trauma, unrelated disease and the like). Second, many of the diseases for which ileostomies are performed tend to recur and can sabotage a beautifully made, functional stoma. Our old nemesis, Crohn's Disease, is one of the greatest offenders in this regard. Finally, ileostomy stomas are simply more "finicky" than colostomy stomas due to the looser and caustic character of the stool at that point in the intestinal tract, and so they tend to cause more problems.

Source: London & District Ostomy Association and Ostomy Toronto, Metro Halifax Chapter Inc

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.



Donations, Memorials and Tributes

A generous donation in memory of or in honor of a loved one or friend will aid in the continuations of Ostomy rehabilitation.

Please make your tax deductible contribution to :

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

___ In memory of ___ Honoring ___ Other/Donation

Name: _____

Amount \$ _____

From _____

Address _____

Telephone: _____

Send tribute to _____

Address: _____

Some Humor

These are actual notes from Doctors patient charts...

1. Patient has chest pain if she lies on her left side for over a year.
2. On the 2nd day the knee was better and on the 3rd day it disappeared completely.
3. She has had no rigors or shaking chills, but her husband states she was very hot in bed last night.
4. The patient has been depressed ever since she began seeing me in 1993.
5. The patient is tearful and crying constantly. She also appears to be depressed.



Doctor Patient Communication

Talk to your doctor, too many doctor visits open with a general statement about aches and pains, followed by silence as patients wait for a diagnosis.

But good medical care depends upon teamwork, with physician and patient proactively talking to and listening to one another. Physicians must often be private eyes

before the healing process can begin. Body language is important, a patient's posture, facial expressions, speech patterns and even clothing can provide valuable insights to what lies behind "I don't feel well." Initial reasons given for visits to the doctor are often not the entire story.

A patient some times suffers from underlying fears which must be dealt with by a perceptive physician. If you're worried about something that appears minor on the surface may in fact be more serious, ask the questions. The doctor can understand your concerns and, In many cases, help dispel them. Here are some tips that can help you improve communications with your doctor.

Write down your questions on paper beforehand; use these as a guide during your appointment. Be sure that you understand your diagnosis- the recommended treatment and the prescribed medication. Don't hold back family and personal medical history for whatever reasons. If you are consulting other doctors, say so; even better, have those records sent ahead. Be specific as to medications you are currently taking -better yet- take your medication bottles with you so the physician has an accurate picture of the prescriptions and dosages. Keep a list of your medication and dosages at home. It can be invaluable in an emergency. Know what preventive tests you should get and when. Be accountable for those test. Take the initiative following up with your doctor. If the relationship is not working, change physicians. As with other relationships, sometimes the chemistry just is not there. Two-way communications is a very important component in total patient care.

Mesa-East Valley Chapter & The Phoenix & Des Moines, Iowa Via Inside Out,

Saskatoon Meeting Dates 2009/2010

September 14, 2009

October 5, 2009

November 2, 2009

December 7, 2009

No meeting in January

February 1, 2010

March 1, 2010

April 5, 2010

May 3, 2010

No meetings in June , July or August



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 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

Executive and Committee Leaders

President

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

Past President, Webmaster

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peter.folk@shaw.ca

Vice President

Louise Mulligan
2014 Park Ave
Saskatoon, SK S7J 2B9
(306) 373-4066

Treasurer

Mark McAvoy
217 Winnipeg Ave S
Saskatoon, SK
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markamcavoy@hotmail.com
cell - 306-281-3705

Secretary

██████████
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Visitation

Robert Crawford
62 Patterson Cres.
Saskatoon, SK S7L 4Z9
b.b.crawford@shaw.ca

Friendship

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Membership, Kids & Parents, Bulletin Mailing

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

Laurie Beaulieu (Helper)

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

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
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Sandy Roberts
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(306) 242-1627
sandy.roberts@sasktel.net

Liaison with CCFC/ Literature / Library

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Saskatoon, SK
S7H 0C4
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kguina@sasktel.net

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Famous Quotes about Life:

And in the end, it's not the years in your life that count. It's the life in your years. [Abraham Lincoln](#)

Only a life lived for others is a life worthwhile. [Albert Einstein](#)

People living deeply have no fear of death. [Anais Nin](#)

ATTENTION ALL OSTOMATES
REACH OUT AND CELEBRATE

World Ostomy Day

ON

SATURDAY, OCTOBER 3, 2009

WITH A

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