

# SASKATOON OSTOMY ASSOCIATION BULLETIN

January 2015

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.

## 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.



1610 Isabella Street East Saskatoon, SK S7J 0C1

Website: [www.saskatoonostomy.ca](http://www.saskatoonostomy.ca) Email: [info@saskatoonostomy.ca](mailto:info@saskatoonostomy.ca)

## UPCOMING CHAPTER MEETINGS:

**When:** Monday February 2, 2015 at **6:30 PM**

**Location:** Mayfair United Church, 902 33rd Street West

**Program:** Potluck Dinner – Bring an item to share.

There will also be a general discussion open to the membership.

**Please note earlier time.**

**When:** Monday March 2, 2015 at 7:30 PM

**Location:** Mayfair United Church, 902 33rd Street West

**Program:** Our own Chef Gerard will have a class on how to make Spring Rolls. There will be a nominal charge for supplies to be determined.

**When:** Monday April 6, 2015 at 7:30 PM

**Location:** Mayfair United Church, 902 33rd Street West

**Program:** **Chapter Elections** followed by a rap session

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It's easy to be **GREEN!** With the impending raise in the cost of postage, we encourage our members to receive the newsletter in **LIVING COLOUR.**

Please contact Diane Boyd at [dianeboyd@sasktel.net](mailto:dianeboyd@sasktel.net) to be added to our email list.





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## CHAPTER ELECTIONS

Elections will be held at our April meeting and we encourage you to consider a nomination to one of the positions that will be available. We all benefit from attending our meetings, sharing our experiences and learning from guest speakers, and we need to continue with these positive things. You will be part of a team that works together to provide support and education to both old and new ostomates, their caregivers and the public.

Wanda will be standing down as President and will therefore replace Pat as Past- President. Gerard is willing to step up to President. Diane will be standing down as Treasurer and also resigning as Membership Chairperson.

We will be looking for nominations however, for all the Executive positions, as well as volunteers for Committee chairs.

Please consider one of these positions so we can continue to operate our chapter. Saskatoon Ostomy Association has been providing a much needed service to persons about to have or who have had ostomy surgery for over 40 years, and we would hate to see it fold and cease operation for future ostomates.

## Elected Positions:

### Vice-President

- Conduct general meetings when the President is absent
- Assist the President in whatever ways possible
- Stands next in line for position of President.

### Secretary

- Records minutes of regular and Executive meetings and sends high-lights to Bulletin Editor.
- Handles correspondence of the chapter as directed.
- As the minutes are a record of the Chapter and its activities, they must be kept until such time as the Chapter is dissolved.

#### ***Minutes should include:***

Date and time

Number of people in attendance

Summary of committee reports including ETs

Names of guest speakers and topics covered

Record motions made by whom and duly seconded by whom and results of the vote on the motion.

Time of meeting adjournment.

### Treasurer

- Receives membership monies and receipts from Membership Chairperson.
- Receives donation monies and issues charitable receipts as applicable.
- Sends accounts payable notices to advertisers yearly.
- Deposits all monies to the bank.
- Ensures all bills are paid in a timely manner.
- Keeps accurate accounts either by computer or in general ledger and does bank reconciliation monthly.
- Prepares financial summary for membership to be presented at each meeting (or upon request).
- Prepares all documents for auditors as soon after June 30 as possible (fiscal year end)
- Keeps all Revenue Canada documentation for the required 7 years.

## Volunteer Positions:

### Membership Chairperson

*The Membership Chairperson works closely with the Treasurer and assists as follows:*

- Sends out membership renewal notices each September/October for dues payment by December 1st of that year.
- Receives membership applications and payments and sends receipts along with membership card to the member. This card is to be sent to both new and renewing members.
- Returns all cheques and/or cash to the Treasurer for banking, along with the Treasurer's copy of the membership receipt form.
- The receipt forms are in triplicate: top copy is sent to the member along with the membership card; second copy goes to the Treasurer along with payment; third copy is kept for membership records. Membership records should be kept indefinitely.
- Keeps an updated list of all members, indicated as R= Regular, E= Exempt, LM= Life Member.
- Keeps an updated list of all dues paying members.
- Keeps an updated list of unpaid/inactive members.
- Keeps an updated list of deceased members.
- Keeps an updated list of members wanting the newsletter mailed to them. Also, keeps a list of those members wanting the newsletter sent to them electronically.
- Coordinates with Newsletter Editor regarding distribution of newsletter.
- Provides a current list of paid members to OCS once per year as requested.

### Visitation

- maintains a list of qualified visitors
- receives requests from ETs for visits to ostomates usually while they are still in hospital
- matches new patients with existing qualified visitor
- reports to the membership the number of monthly visits
- coordinates with President to ensure availability of folders with applicable literature for new ostomates

### Bulletin Editor

- Read newsletters from other chapters and decide what to include in their own chapter's edition.
- Keep up on activities going on in the chapter/ OCS and include that information as applicable.
- Ensure reports from Executive are received in a timely manner.
- Ensure content is informational, educational and morale-lifting.
- Ensure the newsletter is sent to the printers to allow time for mailing to members in a timely manner.
- Coordinate with Membership Chairperson for mailing the newsletter.

## Items of Interest



Kathy Guina



JoElla Klassen

**The Stoma Clinic** is located at room 5706, A Wing, Royal University Hospital. If you wish to contact an ET, please phone 306-655-2138. If you do not reach the secretary, please leave a message.



James Carnegie

**Carnegie Medical**  
306-922-9880



Teri Schroeder

**ET Solutions** is a private practice. Call 306-249-1442

• **If you are having to read this newsletter** on our website, it means you have not paid your membership dues for 2015 and as a result, you will no longer receive this chapter bulletin nor the Ostomy Canada magazine. Dues reminders were sent out in October 2014. To continue your membership, please mail your cheque in the amount of \$30.00, along with the membership form from the newsletter to; Saskatoon Ostomy Association, 1610 Isabella St, Saskatoon, SK S7J 0C1

• **The purpose of this chapter is** to help meet the needs of its members. If you have any suggestions for guest speakers, questions for the Dear ET column or ideas to change/improve how we function, please let us know. We have a Suggestion Box at meetings or send your ideas to: Saskatoon Ostomy Association, 1610 Isabella St., Saskatoon, SK. S7J 0C1.

• **On Wednesday, January 21, 2015 at 10 AM,** there will be a coffee "meet and greet" with some members of the executive at Carnegie Medical Supplies, 2301 Millar Avenue, Saskatoon. Come out for a coffee and a chat!

• **At our March meeting,** Chef Gerard will have a class on how to make spring rolls. There will be a nominal charge for ingredients, however, at time of publication, this cost was not known. We apologize for any inconvenience.

### NEW YEAR'S RESOLUTIONS OF AN OSTOMATE I RESOLVE:

- To remember my own early days and realize that no question by a new ostomate is silly.
- To not begrudge the time necessary for my personal care.
- To keep myself neat and presentable at all times.
- To keep my bathroom sharable.
- To value the cooperation of my family.
- To appreciate the fact that I am one of the lucky ones.
- To try to do the things I want to do but think I can't.
- To be patient.
- To LIVE all day, every day.
- To help others whenever I can.
- To urge my fellow ostomates to see people, go places, and do things.
- To be grateful for my present good health.
- To be of good cheer.
- To renew my pledge the first of every month.

*From Jamestown (NY) Ostomy Newsletter via Stillwater-Ponca City (OK) Ostomy Outlook Jan 2000, via Inside Out On-line Nov/Dec 2000*

## HAPPY NEW YEAR!

Hope everyone had a Christmas full of friends and family! I did, most of my family was home. Weather was awesome most of the holidays, kids got to play outside and wear off some pent up energy! Hopefully everyone is energized and ready for anew?

We are needing a few people to step up to let their names stand for executive positions. For this organization to go forward we HAVE TO HAVE a President (my term is up according to bylaws), Treasure (Diane is done) ,Secretary (due to family commitments had to step down) and Vice President (moves up to president) and of course the outgoing president is "past" president. With new laws these positions HAVE to be filled or the association will have to fold.

Ostomates have been approaching me about having a 2 tier membership. (this does not include magazine subscription, affiliation to OCS and involves reduced voting power at OCS AGMs) The executive will discuss and bring it to the membership.

Ostomy Canada Society or (OCS) supplies us with the training for Visitors (who have to be OCS members) , some of the information in the folders and of course Camp. If you have an opinion on this (either way) please talk with me, an executive member or leave a comment in the suggestion box.

*Trying to be the best I can be*

*Wanda*

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## And the Survey Says.....

Thank you to all who participated in the membership survey we sent out in September 2014. The Executive has reviewed the replies and we are now advising the results based on the majority of answers received.

Meetings on Monday evenings at 7:30 PM at Mayfair United Church are acceptable as well as our current schedule of 9 times per year.

Speakers and agendas presented at the meetings are acceptable. Future topics to look into: rap sessions with the ETs to lead, updates from the ETs, Police department representative to discuss identity theft etc, a doctor once a year to answer questions, ostomy video followed by a discussion. We currently do updates on products every year with the company representatives. In November, we had a representative from the Fire department discuss smoke and carbon monoxide detectors.

With regard to donating some time, the reply was discouraging with only 4 people saying they would consider doing this, and 2 people who would consider it depending on the task. This does not bode well for upcoming elections, see page 3.

We include some other comments we received and the Executive's concerns regarding them:

- Have cupcakes each month for birthdays – who will volunteer to make them each month? Is this in addition to what we already have at the meetings?
- Have a bingo once or twice a year – who will organize and run it?
- Have "entertaining" events – who will organize and run them?
- Try another venue such as a hospital auditorium – who will pay the exorbitant parking costs?

So, there you have it. If you have any comments, please contact an Executive member. If you wish to volunteer to do some of the above mentioned tasks, please contact an Executive member.

**SIMPLE YET PROFOUND WORDS FROM A FIVE YEAR OLD**

*By Kathy Ward, UOAA Admin. Asst. UOAA Update 08/2014*

When my granddaughter was five, she had many problems with her digestive system. Her surgeon placed a stoma over her stomach so that a feeding tube could be inserted.

One day, she looked at me and said, "Grandma, did you name your stoma?"

I replied, "Yes, I did. I call it Rose, because it looks like a flower to me. Did you name yours?"

"Yes," she said. "But I named mine Jack."

Thinking this was an odd name for a little girl to name her stoma, I had to ask, "Why did you name it Jack?" Her response, "Because Jack is the name of the lifeguard at the beach and my stoma saved my life."



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# SASKATOON OSTOMY ASSOCIATION 2014- 2015

## EXECUTIVE OFFICERS

### **President**

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wjdansereau@gmail.com

### **Past President**

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### **Vice President/Liason for CCFC**

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### **Treasurer**

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### **Secretary**

Vacant

## **COMMITTEE HEADS**

### **Friendship**

Vacant

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Website:www.ostomycanada.ca

## APPLICATION FOR MEMBERSHIP

Yearly Membership Includes voting privileges, Issues of the Saskatoon Bulletin, and the OCS publication "OSTOMY CANADA". The following information is kept strictly confidential.

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