

**SASKATOON  
OSTOMY  
ASSOCIATION  
BULLETIN  
March 2018**



#15—1610 Isabella Street East, Saskatoon, SK S7J 0C1  
[saskatoonostomy@gmail.com](mailto:saskatoonostomy@gmail.com)  
[saskatoonostomy.ca](http://saskatoonostomy.ca)

## UPCOMING CHAPTER MEETINGS

**When:** 7:00PM Monday April 2, 2018

**Where:** Preston Park, 114 Armistice Way

**Program:** Physio Therapy



**When:** 6:30 PM Monday May 7, 2018

**Where:** Greenbryre Golf and Country Club

**Program:** Steak Night



**When:** June 2018

**Where:** Preston Park, 114 Armistice Way

**Program:** Ice Cream Social

We are the friends you haven't met yet  
 Wheelchair accessible \* Convenient washrooms  
 Refreshments and visiting period after each meeting  
 Spouses, family members and other visitors welcome

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, Stoma Nurse or patient. 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 306-655-2138. 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.

Scent free. Cell phones on vib/off  
 Need a reminder call or ride?

It's easy to be **GREEN!** With the costs of postage, we encourage our members to receive the newsletter in **LIVING COLOUR.** Please contact [saskatoonostomy@gmail.com](mailto:saskatoonostomy@gmail.com) to be added to our email list.





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you need.  
The expertise  
you want.

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**The expertise you want.**



Security

Skin Health

Discretion &  
Convenience



# President's Message

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Well Spring is around the corner and I'm getting excited to work in my yard. Just deciding what to do with the front since the city dug it up to replace the lead water line to my house. Should have lead free drinking water now. May will be a busy month with the Regina Conference on May 4 and 5 "THE POWER OF YOU". There will be great speakers, suppliers and guests, so be sure to book early. Hope to see you there. Also on May 7 it is our annual Steak Night Fundraiser. Tickets are available at 'Nordon Medical' and 'Carnegie Medical Supplies'. You can also contact me at 306 280-8387. We are looking for Auction Prizes, so if anyone is willing to donate the would be great.

Gerard Dakiniewich

Chapter President

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## New Items

- If you are a member of Ostomy Canada, they are looking for feedback and encourage you to participate in their survey. The survey can be found at [ostomycanada.ca](http://ostomycanada.ca) and is open until April 4, 2018.

### Disability Tax Credit

For anyone looking for more information about the Disability Tax Credit, check out:

[https://www.ostomycanada.ca/wp-content/uploads/2017/06/OCS\\_DTC\\_brochure\\_v5.pdf](https://www.ostomycanada.ca/wp-content/uploads/2017/06/OCS_DTC_brochure_v5.pdf).

To download the tax credit form, visit:

<https://www.canada.ca/en/revenue-agency/services/forms-publications/forms/t2201.html>

### Spring Jokes

How does snow know it loves the sun?

*Just the sight of it makes snow melt.*

Why are flowers scandalous in spring?

*They're always in their bloomers*



## Items of Interest



Kathy Guina



Teri Schroeder  
ET Solutions  
Call: 306-249-1442



James Carnegie  
Carnegie Medical Supplies  
306-668-3998  
Ostomy Nurse by ap-  
pointment in store.

**The Stoma Clinic** is located at room 5706, F 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. Help Line: 306-655-4345, after hours

**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, #15 Isabella St., Saskatoon, SK. S7J 0C1

**Memberships are now due:** (Jan. 1, 2018– Aug. 31, 2018), the fee is still \$30.00 and you can use the membership form on the back page. Mail to: Saskatoon Ostomy Association, #15-1610 Isabella St. Saskatoon, SK. S7J 0C1 Please do not let the fee deter you from becoming a member—If you are having financial problems talk to the executive and we may be able to cover the cost. We are here for one another!

**Visitation:** If a person is wanting a visitor please email: [saskatoonostomy@gmail.com](mailto:saskatoonostomy@gmail.com) or contact Kathy Guina 306-343-0334 or Veronica Slade 306-291-5740. Contacts can be in person, phone or by mail.

### **Did you Know?**

Ostomates may choose where to purchase products. There are 2 ostomy supply stores in Saskatoon:

1. Carnegie Medical Supplies (2 locations)
2. Nordon Medical

You may choose to have your supplies brought in to your pharmacy of choice.

**We will be starting some new columns!** “Hats Off” “In Memory” and “Birthdays & Anniversaries” If you have any you would like added, please let us know!

**If you have a change of address or any ideas for meetings or items in the newsletters, please let us know!**

## Registration Form

Complete and mail with cheque or money order payable to Regina Ostomy Seminar.

Gale Miller  
9-42 Brachman Bay  
Regina, Sask. S4N 7P2

OR

On-line Registration:  
With instructions go to  
[www.reginaostomy.ca](http://www.reginaostomy.ca)  
The Power of You

1. \_\_\_\_\_  
First Name Last Name

2. \_\_\_\_\_  
First Name Last Name

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City Province Postal Code

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Fee Enclosed \$ \_\_\_\_\_

Dietary considerations: \_\_\_\_\_

Questions? Call Agnes @ 306-761-0221

## Fee Calculation

### Early Bird Registration by April 1/18

- Full Registration \$50
- Friday & Saturday (lunch & supper) \$40
- Friday only \$10
- Saturday only (lunch & supper) \$40
- Saturday supper only \$20

### Regular Registration after April 1/18

- Full Registration \$65
- Friday & Saturday (lunch & supper) \$50
- Friday only \$15
- Saturday only (lunch & supper) \$50
- Saturday supper only \$20

### Hotel Information

Executive Royal Hotel  
4025 Albert Street  
Regina, Sask. S4S 3R6  
P: 1-306-586-6755

### Reserve by April 1/18 (to receive rate)

Room rates - \$105.00 + taxes  
Quote: Ostomy group block  
Breakfast brunch available in hotel restaurant.



*Regina Ostomy Chapter*

*presents*

# The Power of You

*An Educational Seminar*

**May 4 & 5, 2018**

**Executive Royal Hotel  
Regina, Saskatchewan**



Ostomy Canada Society  
Société Canadienne des  
Personnes Stomisées

# STEAK NIGHT



**MAY 7th 2018**

Cocktails 6:00pm Supper 6:30pm

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PROCEEDS "KIDS with Ostomies to CAMP"



## The COMMON COLD and an OSTOMY - An Anthology of Medical Sources

There is new research on the family of viruses that we regard as the common cold. Although, there is no universal cure for a cold virus, there is information about colds that will serve you and your family. People with ostomies are particularly concerned about cold and flu viruses, mostly because we are worried that a cold or flu will lead to diarrhea, dehydration or other mal conditions. We left off the citations of those who performed the research in order to make this article read better. However, if you are interested in the sources, you may research this information in medical journals. Our article is just about colds and not the flu.

It takes about 48 hours to infect you and make you sick. Researchers say that it takes about two days for a cold to embed into the lining of our cells and produce symptoms. It may be difficult to tell whether or not one has come down with the flu or with a cold. While no one can predict how an infection will progress, and sometimes even experts are fooled by colds masquerading as the flu, a rule of thumb is that cold viruses do not usually cause fever in adults. Sudden onset, fever and cough are the best predictors of influenza.

The best cold-fighting weapon may be vigorous exercise. Researchers suggest that the best way to protect us from a cold is by exercises that raise our heart rate. It has been studied how the immune system and viruses are affected by exercise, and the findings are fascinating: Any exercise, however limited, reduces the probability of contracting as well as the duration and intensity of a cold. It is best to work out at least every day for over 30 minutes, usually more. This does not mean that we want to over-exert ourselves but rather, at a minimum, walk two to three miles. This will help cold proof your immune system. Mild exercise moves the blood around the body and also moves the immune white cells around to search for infections.

We need our sleep. If we obtain fewer than seven hours of quality restful sleep, we are three times more likely to catch a cold. For instance, study participants who spent less than 92 percent of their time in bed asleep were at least five times more likely to pick up a cold virus than those who fell asleep quicker and stayed asleep longer. To obtain better sleep, never have a TV on in the bedroom at sleep time as well as any distractions that can impede the sleep cycles.

*Continued page 10*

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 *Advice for Life*

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\*\* Back Belts \*\*, \*\* Support Pantyhose \*\*

\*\*Prescription Blister Packaging \*\*

14th Street & Central Avenue  
1335 Central Ave,  
Prince Albert, SK S6V 4W1

## Ostomy Canada Youth Camp

Ostomy Canada is putting on the annual camp for children ages 9-18 at Camp Horizon, Bragg Creek Alberta. To apply for camp or to apply to be a volunteer, visit [ostomycanada.ca](http://ostomycanada.ca). Deadline to attend camp is May 15 and the deadline to volunteer to help at camp is May 1.

The camp costs \$620 but no child is ever denied the chance to get outdoors and join in the fun because of financial needs. Ostomy Canada takes donations to help provide for children who may not have the means to attend and are always looking for donations to help get kids involved.

For more information, visit [ostomycanada.ca](http://ostomycanada.ca)



# Wish emptying your pouch could be less messy?

It can be with new Flushable Ostomy Pouch Liners from *OstomyEssentials*. Simply remove the liner, place in the toilet and flush away. No mess, no fuss.

Our liners also extend pouch life and are *much more affordable* than other liners on the market - helping you save money.



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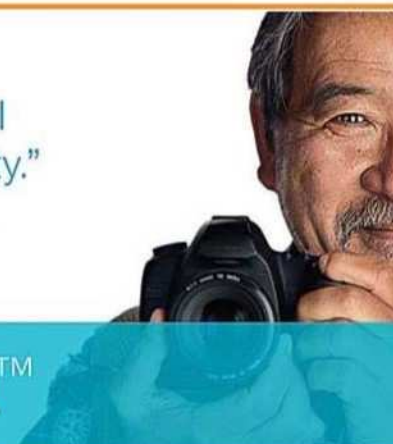
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Experience the long-lasting leakage protection of the Brava Mouldable Ring.

Visit [www.bravarings.coloplast.ca](http://www.bravarings.coloplast.ca) and order free samples today



*Continued from page 7*

Orange juice and vitamin C have benefits only in certain circumstances. At the first signs of a cold coming on some of us drink vitamin C rich beverages in hopes of boosting our immune system. For the majority of people, vitamin C does nothing to prevent or reduce the symptoms of a cold. But there is an exception. If one is under stress, or we are physically pushing our body hard, a daily dose of 200 mg of vitamin C may reduce the chances of catching a cold by about half. It is best to obtain vitamin C naturally with foods like oranges, citrus, papaya, broccoli, tomatoes, red peppers and kiwi.

Echinacea is believed to boost the immune system. After studying more than 1600 people, it was reported that not only did Echinacea cut the chances of catching a cold in half, but also those study participants who took it reduced the duration of their colds by about 1.4 days. It may or may not work for each of us, depending on our own personal body chemistry. Nevertheless, it may be worth a try, after all it is a natural product.

Hot drinks can help reduce the symptoms of cold viruses. It has been known anecdotally that having hot tea and hot soup usually make us feel better when we are suffering from a bad cold. It has been shown that this common knowledge has a scientific basis. Simply sipping a hot beverage can provide immediate and sustained relief from the worst cold symptoms, like coughing, sneezing, runny nose, sore throat and fatigue. Hot beverages were tested against room-temperature drinks and it was found that the warmth in a cup had soothing, feel-good properties. A bit of herbal tea with a squeeze of lemon and one teaspoon of honey has been proven to soothe sore throats.

The average person gets 200 colds in his/her lifetime. According to estimates, by our 75th birthday, we are likely to have suffered through 200 colds—that means about two years of our life are spent sneezing. Children typically get between four and eight colds per year, older people contract far fewer. Experts believe this is due to the fact that most elderly people have already been exposed to the majority of cold viruses circulating. However, a new virus can be devastating to an older person, often manifesting in upper respiratory illness.

Colds are really not that contagious. We hear so much about the dreaded rhinovirus that most people think a mere handshake with a sick person is going to send them coughing. Not true. When healthy people were put in a room with cold sufferers, it was remarkably difficult to spread the infection from one person to another. In fact, the cold virus has to have the ideal conditions when hitting our body to infect us. Colds are not very contagious, and most colds are caught at home from children and partners from prolonged and close contact. In other words, there is no need to don a mask in public— just use common sense.

Being in cold weather brings on a cold. This is not true with a big “but” attached (pardon the pun). Being outside in cold weather may actually help a cold because one would be breathing in more oxygen rich air than that being re-circulated in a building. However, if we become physically cold, this will reduce our ability to resist cold viruses. This is the reason so many people think that cold weather promotes colds. Cold temperatures have the ability to lower one’s resistance, which results in contracting a cold virus. Of course, breathing in stale inside air all day long does not help either. Do not forget to wash your hands with soap and warm water regularly.

*Reprinted from Ostomy Association of Greater Chicago (IL) “The New Outlook/Outlook” by Greater Seattle (WA) “The Ostomist” Sept./Oct. 2016 and via Winnipeg, Inside/Out October 2016 and Regina Ostomy Newsletter Jan/Feb 2017*

## YOUNG OSTOMATES SUPPORT & FRIENDSHIP GROUP

New Online and Community Group for Young Ostomates!



- Monthly group get togethers in Saskatoon
- Online group video chats for those outside of Saskatoon
- Hollister sponsorship for our initial group activity
- 20-40 branch of the Saskatoon Ostomy Association

Come meet others living with an ostomy in a relaxed setting. Ask questions, meet in person for monthly activities or gain support online, and have fun. Participate in the Saskatoon group, the online community, or both. First Saskatoon group meeting coming March 2018, location TBA. Contact Veronica @ [jay-lynn13@hotmail.com](mailto:jay-lynn13@hotmail.com) for more info or to be added to the facebook group.

# Saskatoon Ostomy Association 2017-2018

## Executive Officers

### President

Gerald Dakinewich 306-653-2780  
fernevillefoods@sasktel.net

### Past President

Wanda Dansereau 306-384-2793  
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jay-lynn13@hotmail.com

### Treasurer

Peter Fehr 306-374-7583  
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### Secretary

Peter Folk 306-384-6059  
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## Committee Heads

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### 20/40 Group

Veronica Slade 306-291-5740  
jay-lynn13@hotmail.com

## Membership

Wanda Dansereau  
wjdansereau@gmail.com

## Literature/Library

Available at Carnegie Medical Supplies 306-668-3998

## Visitation

Veronica Slade 306-291-5740  
jay-lynn13@hotmail.com  
Kathy Guina 306-343-0334  
kguina@sasktel.net or  
Stoma Clinic 306-665-2138

## Greeter

Karen Rommel 306-477-2555  
kmkrommel@sasktel.net

## Ostomy Canada Society Office

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1-905-212-7111 1-888-969-9698  
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## Deadlines:

Please submit items for the bulletin by the following dates:

### May 10, 2018

IMPORTANT NOTICE

Articles and information printed in this newsletter are not necessarily endorsed by the Saskatoon Ostomy Association or the Ostomy Canada Society and may not be applicable to everyone. Please consult your own doctor or ET nurse for medical advice





**APPLICATION FOR MEMBERSHIP**

Yearly Membership includes voting privileges, issues of the Saskatoon Bulletin, and the UOAC publication "OSTOMY CANADA". The following information is kept strictly confidential.

New Member  Renewal  Donation  Membership (\$30) Amount Enclosed \_\_\_\_\_

Colostomy  Ileostomy  Urostomy  Continent Ostomy  Spouse Medical  Professional  Other

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Signature \_\_\_\_\_

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Saskatoon Ostomy Association  
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