



Saskatoon Ostomy Association Bulletin



Internet web page -> <http://members.shaw.ca/saskatoonostomy>
Mailing Address -> 1610 Isabella Street, Saskatoon, SK, S7J 0C1

Nov. 2005

SASKATOON MEETING INFORMATION

Location: **NorDon Drugs, Medical Centre -**
Louise Avenue & Isabella Street

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

Monday November 7, 2005, 7:30 p.m.

E.T. Tips

Our three ET's, Kathy Guina, Sandy Roberts and Teri Schroeder, will share a little of their personal stories and their top tips for colostomates, ileostomates and urostomates.

Monday, December 5, 2005, 7:30 p.m.

Annual Christmas Party

Join us for an evening of fun, fellowship and food. Please bring a small gift for a gift exchange. If you would like to bring a treat for the snack table, please feel free.

Note: No meeting in January.

NORTHEAST SATELLITE

The North East Satellite of the Saskatoon Ostomy Association meets for lunch the second Thursday every other month at 1:00 p.m. at Mr. Ribs in Tisdale.

Upcoming meeting dates are: November 10, 2005. For information on upcoming meetings contact: Wally Derkach at 862-5381 or Shirley Klatik at 873-2156.

PRINCE ALBERT SATELLITE

The Saskatoon Ostomy Association has a branch in Prince Albert which meets for lunch every 2nd Friday of every 2nd month at 11:45 a.m. at the Travelodge.

Upcoming meeting dates are: December 9, 2005. For more information on upcoming meetings please contact: Marian Davis 763-3957 jdavis@sasktel.net

IN THIS ISSUE:

Meeting Minutes	3
Editor's Message and Web Page Update	3
Visitation Report	4
In the News	5
Prince Albert Satellite Meetings	5
Special Announcement	5
Northeast Satellite Meetings	5
Regional Stoma and Wound Clinics	5
Telehealth	5
Share Donations	6
Donations and Bequests	6
Bingo Sponsors	7
Bingo Night	7
New Members	7
Pat's Story	7
Deceased Members	8
Support Groups	8
20/40	8
Kids and Parents	8
Marshmallows	8
Vice President Report	8

SASKATOON OSTOMY ASSOCIATION

(A Chapter of the United Ostomy Association of Canada)

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.

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 pre-operative or post-operative, 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 1610, A Wing, Royal University Hospital
Saskatoon, Saskatchewan S7N 0X0 655-2138

THERAPISTS:			
	Phyllis Stephens, R.N., E.T. Prince Albert SK		Teri (Smith) Schroeder, R.P.N.,R.N., B.Sc.N., E.T., IIWCC. Saskatoon SK
	Kathy Guina, B.Sc.N., E.T. Saskatoon SK		Sandy Roberts, R.P.N.,R.N., B.Sc.N., E.T. Saskatoon SK
MEDICAL ADVISORY BOARD			
	Dr. Provash C. Ganguli, Gastroenterologist Saskatoon SK		Dr. Lawrence Taranger, Urologist Saskatoon SK
	Dr. Brian Colquhoun, Surgeon 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

MEETING MINUTES



By Betty Tydeman

SASKATOON OSTOMY ASSOCIATION
MONDAY, OCTOBER 3, 2005 meeting held

at Nordon Drugs

1. The meeting was called to order at 7:30 pm by President, James Maloney. James welcomed all those present - about 32 persons attending. There were no new members to be introduced and no one admitted having either a birthday or anniversary.
2. MOTION: Zach Hauser/Robert McKenzie to accept the minutes of September 12, 2005, as read. CARRIED.
3. James announced that Wayne Duncan has resigned as Treasurer and we will need to find a replacement. Nominations for this office will be open at the next meeting. Marg Chastakoff offered to call the auditor to see that the books are in order. . . James and Bob will go to the Bank to sign the authority to sign cheques. The office for Treasurer would be from now to June, 2006.
4. COMMITTEE REPORTS
5. MEMBERSHIP: Pat Crilly said there was nothing new to report
6. KIDS & PARENTS: Marlyne Wight said they had applied again for a grant from the Muttart Foundation.
7. VISITATION: Since the last report, Zach Hauser reports there were visits to 3 Ileostomy patients.
8. BULLETIN: Peter Folk reminded everyone that the deadline for the next bulletin is October 27th.
9. FUND RAISING: Trish McCormick reminded people about the Bingo night. Sale of tickets to date are 40. She was able to report that there were about 15 prizes plus a number of certificates. It is \$25.00 for the supper and Bingo with a \$20. receipt
10. Evan showed a video he had compiled showing many of the camp participants and their varied activities. This was so well put together and all attending gave him a round of applause. Evan thanked the membership for helping him go to the Ostomy camp and he thinks he would like to act as a councillor at some future camp. He had found that camp experience to be very beneficial.
11. STORIES OF AN OSTOMATE were shared by Marg Chastakoff and Pat Crilly.
12. CHANGES AT NORDON'S: Diane is leaving for Fairmont, B.C. and she thanked the group for their kindnesses. S.O.A. presented Diane with a gift as a thank you for her help.
13. MINI RAP SESSIONS followed

14. 50/50 was won by Narg. Chastakoff - \$28.50.
15. The meeting was adjourned from the chair at 8:50 pm.

EDITOR'S MESSAGE AND WEBSITE UPDATE



Hi all,

Winnipeg Feel Alive in 2005 UOAC Conference

The United Ostomy Association of Canada held their 8th Annual Conference in Winnipeg, Manitoba from August 17th to 21st, 2005.

- Wednesday Trip to Winnipeg

We had a nice 12 passenger van for the 8 of us who were going together. We stopped for breakfast in Wynyard and then lunch in Yorkton. The van was great, except for some problems with the windshield wipers.

- Wednesday night meet and greet

Very enjoyable and relaxed atmosphere. Met with several people I had met at other conferences. The Winnipeg people went out of their way to welcome us and make us feel at home. The food served at 9:00 p.m. (Winnipeg rye bread, cold meats, cheese and crackers) was a great help because we had not eaten since Yorkton. They had lots of door prizes. And a man from Winnipeg went around playing his harmonica at every table. He was pretty good!

- Thursday opening ceremonies

Bit of confusion at the start of the ceremonies. The bagpipe player came in and Dave Page and Lorrie Pismenny welcomed the flags from the provinces and territories. Then we had greetings from UOAC president, Minister of Healthy Living, IOA president, UOA president, MCACOA president, CAET representative. This year they did some of the awards during the conference instead of at the farewell banquet. So the Unsung Heros Award and the Allan Porter Memorial Award were presented at the opening ceremonies.

- Thursday keynote address

Dr. Alex Vajcner did a wonderful presentation of all the changes in Gastro-Intestinal Surgery from his days in residence in 1969 until his retirement in 2004. New procedures are coming in the future, maybe even bowel transplants.

- Thursday Prostate health for men

Anne Katz and Gayle Nickol, two RNs, gave excellent presentations. Someone asked a question they did not know and they phoned a physician during the presentation and got an answer before we were done! The question was how do they do a biopsy of the prostate if the patient does not have a rectum. The answer was to insert the needle behind the scrotum into the prostate. Particular emphases was placed on nutrition and diet for prevention. The pros and cons of various or non treatments of prostate cancer were discussed. About 70 percent of men over 70 will have prostate problems, but because prostate cancer is slow growing, most of these will die WITH the cancer rather than FROM the cancer.

- Thursday opening of Exhibit Hall

Many displays from the major appliance suppliers - it was a chance to meet and talk to them about new products and about any problems.

- Thursday Coloplast evening at Hitch N Post

We took buses from the hotel at 6 p.m. to the "Prairie Dog Central" - a vintage train that actually runs on a real line. The cars were built in the early 1900s and have been restored. They have volunteer workers like conductors, station masters, etc. Near the end of the line, the sheriff and his posse stopped the train to arrest some desperados - like the president of UOAC. Then back into buses to go to the Hitch 'N Post - a barn converted to a banquet hall for some beef roast, baked potatoes, beans and vegetables. For dessert, apple crisp with homemade ice cream. Lots more door prizes. Then back on buses, train and buses for the return trip back to the hotel. The hotel offered coffee, tea or hot chocolate when we returned.

- Friday Manitoba Ostomy Program

Our presenter was Gay Hordienko, an ET nurse from Winnipeg. She explained the Manitoba Ostomy Program and how the ET nurses have to collaborate with other health professionals. Also, the ostomy supplies in Manitoba are 100 percent covered under the provincial health plan. However, the supplies are distributed from one central government department and the ETs have to approve the supplies that each patient can purchase. The government is able to save money by doing all the purchasing. There are around 3000 ostomates in their database.

- Friday Stress Management

Muriel Upham gave a great presentation about the causes and symptoms of stress and some practical ways to relieve stress.

- Friday Prize draw

Donna won two prizes - a stuffed buffalo and a signed wall hanging from the conference, and James won an afghan. Bev bought a painting at the auction.

- Friday Life after Treatment

Tom Roche has a masters degree in social work and is well known as a story teller. Unfortunately, I did not understand how his stories fit the topic that he was to present.

- Friday Convatec banquet

Great buffet and great selections of desserts. The program after supper included performances from the Folklorama that was held in Winnipeg this year. There were performances from the Chinese who did the dragon dance, the Serbian dancers, the Portuguese dancers were a hit with their flashy costumes for the women and castanet playing men. They also had dancers from Columbia.

- Saturday morning shopping

Marg, Pat, Donna and I went down Broadway and saw the Bears on Broadway, similar to our Pigs in the City a few years ago. Then we went for shopping at "The Forks" - a food and gift store plaza. We took time to walk down to the waterfront.

- Saturday rap sessions

Unlike previous years, this time there was enough time for the rap sessions, though some people thought that there were too many per group. The colostomy rap session was facilitated by Gay Hordienko, an ET nurse from Winnipeg. She was able to answer some of the questions that we had, though other ostomates did an equally good sharing of what worked for them. Gay was able to get everyone to participate.

- Saturday Bertha Okun Lectureship - Dr Kevin McHugh

Dr. Kevin McHugh, who is an ostomate that has had several surgeries, brought us up to date with his latest research on IBD (Inflammatory Bowl Disease). They are a long way from a cure, but they have discovered that there is not a single gene that is responsible, maybe a combination of genes, and that genes alone would only explain about 65 percent of the cases of IBD. There are on-going studies being done and they should be publishing some information before the end of the year.

- Saturday Farewell banquet

This was sponsored by Hollister, and was a sit-down and get served supper with three courses. Everyone got a box of wild rice. The retiring members of the board were solemnly retired and the two new board members sworn in. The planning committee was introduced and warmly thanked. The evening's program featured the University Women's Handbell Choir - really great, though a bit long for the program. The President's and Maple Leaf Awards were presented, though there was no ET award because not one nomination was received. The banner was passed from the Winnipeg group to the Moncton group. Nurit Drory had a really funny presentation, kind of a humourous poem called "All Mine". She created a necklace or a Lai from appliance cover papers and a scarf. Gene Zaph took it and started an impromptu auction that raised \$375!

- Sunday trip back to Saskatoon

We stopped for breakfast in Gladstone and lunch in Yorkton. Four drivers helped to share the driving.

Web site report - 8600 visitors since December 1, 2004. Visitors - USA - 42%, Canada - 31%, Egypt - 3%, Iran 3%.

Peter Folk peter.folk@shaw.ca

VISITATION REPORT



The visitations coordinators are Don Adams and Zach Hauser. You can phone Don at 374-4965 or Zach at 343-8598.

	Sept
Ileostomy	3
Colostomy	
Urostomy	
Pelvic Pouch	

We are in need of more visitors. If you would like to volunteer, please call Don Adams or Zach Hauser. Training session is required. If there is enough interest, a training session will be held this year.

IN THE NEWS

Saskatoon Star Phoenix - Saturday, October 29, 2005, page A6. Eleven years ago, Shirley Klatik left on a road trip to Inuvik with a heart-sinking secret she wasn't ready to share.

PRINCE ALBERT SATELLITE

The Saskatoon Ostomy Association has a branch in Prince Albert which meets for lunch every 2nd Friday of every 2nd month at 11:45 a.m. at the Travelodge. **Upcoming meeting dates are: December 9, 2005.** For more information on upcoming meetings please contact: Marian Davis 763-3957 jdavis@sasktel.net

Prince Albert Satellite Chapter of Saskatoon Ostomy Association October 14th, 2005

Shirl Klatik took minutes due to Gertie Green's absence. The minutes were read and adopted. Seconded by Lydia McRury. Marian Davis made brochures. Nordon Drugs and Medical Pharmacy have agreed to insert brochures in ostomy supplies for Prince Albert and area customers. Thanks to Shirl and Mary for contacting the pharmacies.

Gord Suel will be the speaker for the February, 2006 meeting. Marian Davis mentioned an ostomy video that was made several years ago. Phyllis Stevens will check into the video and also ask a doctor to be a consultant for our group.

Treasurer's Report by Mary Buechart: Balance forward \$292.44; Deposit: \$15.00; New Balance \$307.44

Christina Jabusch gave a report of her week at Camp Horizon this summer. There were approximately 30 campers. They were quite upset around the campfire remembering a former camper, age 15, who passed away a couple months before camp. Christina showed the group some photos and a piece of rope—each of the older kids wore a rope wristband to symbolize their togetherness as ostomates. Christina kept busy at camp with many activities such as mud sliding, canoeing, a poem-writing talent contest, and a banquet. The campers talked about such things as tatoos, other medical conditions, and the girls especially discussed suitable clothing to wear with an ostomy. The kids could be themselves at camp, sharing even more openly than at home. They were encouraged that they weren't alone as ostomates and have kept in contact throughout the year. A slide show of camp will be obtained if possible.

Shirl Klatik gave Christina two pouch covers that she had made.

Phyllis Stevens showed the group a variety of products—new products, such as a pouch with a reliable gas filter, and other products of interest such as —M9, odor eliminator drops by Hollister, and a non-allergenic tape. Information was given about hernias, yeast infections and average pouch wear time.

Next meeting—December 9th, 2005

Christina Jabusch won the 50-50 draw.

Shirl moved the meeting be adjourned. Paul seconded it.

SPECIAL ANNOUNCEMENT

Gord Suel, 2005 Canadian lightweight bodybuilding champion, will be the guest speaker at the Prince Albert Satellite luncheon meeting at 11:45 on Friday, February 10th, 2006, at the Prince Albert Travelodge.

Gord will share his story of debilitating illness, ostomy and reversal surgeries, and his road to becoming a champion.

Everyone is welcome.

For more information call: 873-2156 (Tisdale) or 763-3957 (Prince Albert)

NORTHEAST SATELLITE

The North East Satellite of the Saskatoon Ostomy Association meets for lunch the second Thursday every other month at 1:00 p.m. at Mr. Ribs in Tisdale. **Upcoming meeting dates are: November 10, 2005.** For information on upcoming meetings contact: Wally Derkach at 862-5381 or Shirley Klatik at 873-2156.

REGIONAL STOMA AND WOUND CLINICS



Throughout the year, the ET nurses hold stoma and wound clinics in Lloydminster, North Battleford, Melfort and Nipawin.

TELEHEALTH SASKATCHEWAN: LINKING COMMUNITIES FOR HEALTH

Telehealth is a Saskatchewan Health program that provides medical consultation and services to rural or remote areas of the province through videoconference links with designated sites. Health care professionals can use Telehealth for appropriate clinical appointment, consultations, follow-ups, meetings and education sessions. Telehealth not only connects sites within its own provincial network - it links with other select sites provincially, nationally and internationally.

Seventeen Telehealth sites are currently operating in 12 health regions. They provide specialist appointments to approximately 300 people every year, and education opportunities to about 4,500 people annually.

Goals:

- To improve access to health services and health providers
- To enhance rural practice support
- To encourage optimal use of health specialists
- To provide continuing education and health information to patients and the public

- To support provincial or regional (i.e. North/South) service and education networks

Booking a Telehealth Session

If you are:

- ✓ considering a Telehealth specialist referral,
 - ✓ participating in a Telehealth education session
 - ✓ wish to make a presentation using Telehealth
- or if you have any questions about Telehealth, please contact the Telehealth Coordinator or the Network Operations Manager for more information.

Telehealth Saskatchewan Network

Saskatoon Health Region

- ◆ Royal University Hospital, Saskatoon
- ◆ Kinsmen Children’s Centre, Saskatoon
- ◆ St. Paul’s Hospital, Saskatoon

Prince Albert Parkland Health Region

- ◆ Victoria Hospital, Prince Albert

Mamawetan Churchill River Regional Health Authority

- ◆ La Ronge Health Centre, La Ronge
- ◆ Pinehouse Lake Nursing Station, Pinehouse Lake

Prairie North Health Region

- ◆ Battlefords Union Hospital, Meadow Lake
- ◆ Meadow Lake Hospital, Meadow Lake

Keewatin Yatthe Regional Health Authority

- ◆ St. Josephs Hospital, Ile a la Crosse
- ◆ La Loch Health Centre, La Loche
- ◆ Beauval Nursing Station, Beauval

Kelsey Trail Health Region

- ◆ Nipawin Hospital, Nipawin

Regina Qu’Appelle Health Region

- ◆ Regina General Hospital, Regina

Heartland Health Region

- ◆ Kindersley Hospital, Kindersley

Five Hills Health Region

- ◆ Moose Jaw Union Hospital, Moose Jaw

Sun Country Health Region

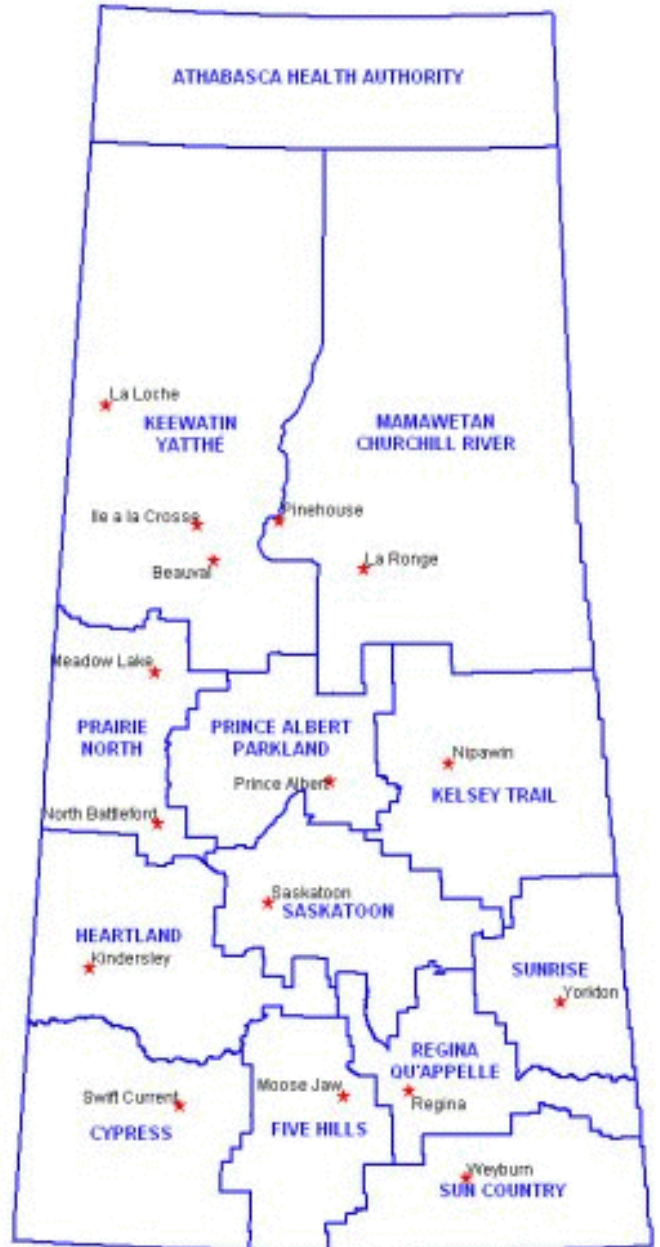
- ◆ Weyburn General Hospital, Weyburn

Sunrise Health Region

- ◆ Yorkton Regional Health Centre, Yorkton

Cypress Health Region

- ◆ Cypress Regional Hospital, Swift Current



SHARE DONATIONS

Please help ostomates in third world countries, who often have very few or no supplies, by donating supplies you cannot use or do not need. These can be brought to our meetings or dropped off at NorDon's Drugs for shipment overseas by FOW Canada. FOW (Friends of Ostomates Worldwide) has a web site now. www.fowcanada.org

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.

MAJOR SPONSORS FOR THE BINGO NIGHT ON OCTOBER 22

The Supper Nordon Drugs and Medical
 Sears Gift Card and t-shirt Coloplast
 Keg Restaurant Gift Card Convatec
 Gas Card Hollister
 Delta Bessborough Gift Certificate James Maloney
 Radisson Gift Certificate Kathy Skomar

Other Donations

Sears Merchandise Cert. Randy Wight
 \$25.00 Gift Certificate Ozzie's on Central
 Gift Certificate Cindy Moleski Photography
 Fleece Vest & 4 x \$10. gift cert. ... Globe Excavating Ltd.
 Miniature Ford Galaxy Jubilee Ford (Rob Wilson)
 Electric Tooth Brush Kenderdine Dental
 Glass Wheat Picture & misc. Remax (Don Fry)
 Golf Wind Breaker Sask. Blue Cross
 Digital Phone United Pharmacists
 \$25.00 Gift Certificate Chianti
 Stadium Blanket SGI
 Golf t-shirt Potash Corporation
 Blades Tickets Saskatoon Blades
 Octaine Gift Certificate Riviera Group
 Casserole Dish Peter Folk
 Gift set Zach Hauser

SECOND ANNUAL BINGO SOCIAL AND FUNDRAISER

What a night! The social was a fun evening for 115 (up 20 from last year!!) members, family and friends of our association. Once again Victor Skomar lead the way in ticket sales! In addition to fellowship and a roast beef supper, we enjoyed lots of door prizes, 12 fun (and, for some, rewarding) games of bingo, as well as a chance to win the 50-50 draw. In addition to fun and fellowship, we raised funds that will be used to sponsor members to next year's national conference and children and youth to ostomy camp.

Special thanks to the always entertaining Don Fry for calling the bingo.

Thanks also to Pat Crilly for providing bingo expertise and all the necessary supplies, James Maloney for his organizational work, and Marlyne Whyte for the many prizes. What would this organization be without those who pitch in wherever needed? Thanks to Laurie and Leland Beaulieu, Ted Berg, Peter Folk, the rest of the Whyte family, and Zach and Iris Hauser.

Y'all come back, now!!



Bingo winners: Cindy Weber, Steve Lucyshyn, Emily Adams, Bev Fry and Evelyn Peters

WELCOME TO OUR NEW MEMBERS



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

Pat's Story

I first began to have problems in 1973. My main problem at that time was diarrhoea. But eventually these terrible abdominal pains started. I was sure I had gall stones. However, they tried every test available and claimed it was not gall stones. I even went so far as to eat a whole can of smoked oysters before I came to see the doctor one day because I wanted him to see me in an attack. Nothing happened except the doctor had a good laugh. He suggested my best bet was to come into emergency when I was having one of these attacks so they could examine me at the time. After may more test they decided I had "radiation colitis", which was caused by cobalt treatments I had had after a hysterectomy in 1970. Well now it had a name - but that didn't make me feel any better. The radiation had damaged my bowel so badly and there was not much they could do about it.

They told me all I could do was come to emergency before it got too bad, not to try to get through it at home - get a shot and some intervenes - rest up and go home until the next time. Several surgeons examined be but didn't want to operate if at all possible. It was too risky. So we carried on running to emergency, usually in the middle of the night, my poor dear husband - bless his soul, had many nights sleep interrupted with a run to the hospital and hours of waiting. His friends told him he should have a red bulb for the roof of his car. Then in 1983, the bowel perforated and they had to operate. I was hoping they would do a colostomy - but they were afraid they could not find enough healthy bowel that would stay healthy to make the stoma. They did a resection of the

bowel. I was very optimistically hoping that this would be the answer.

Six weeks after surgery, I had another obstruction. That was a real let down as I thought just maybe everything would be okay for at least a little bit longer than that. Again in 1992, I had the same surgery done.

Finally, in 1996, things had gotten so bad they decided to do a temporary colostomy to give my bowels a chance to heal - my first words were "if it works, can I keep it?". The doctor assured me I could. Thanks to Kathy who gave me such wonderful care and advice that I had no fears at all going into surgery. I just knew things had to be better. My quality of life has improved som immensely. Oh, I still have some blockage problems. I did have to have another resectioning surgery this past winter, but have been doing just great since. My daughter remarked the other day "You know, mom, I think they finally got the right piece." I hope she is right. However, I will enjoy each good day that comes along. To me, my colostomy gave me back a quality of life which I hadn't had for year.

DECEASED MEMBERS

We extend our sympathies to the families of the following members:

Dorothy Berger Saskatoon

SUPPORT GROUPS

OUR 20/40 GROUP COULD BE FOR YOU



New members in this age group always welcome. Programming to occur targeted for this group outside of regular meetings. Fresh faces and new ideas always welcome. Planning also happening on the national level with several contacts across the country. Call James Maloney 933-4234

OSTOMY SUPPORT GROUP FOR KIDS AND THEIR PARENTS

Any kids and parents interested in us arranging a bowling and pizza gathering please call Marlyne Wight at 249-5731. Also THANKS to Leland and Evan for their help at the Supper and Bingo night. Our association also enjoyed a presentation on the ostomy camp from Leland at the September meeting and Evan at the October meeting.

MARSHMALLOWS...AN ILEOSTOMATES BEST FRIEND

Via: Various Websites and New Life Newsletter & GB News
* Eat a couple of marshmallows up to 30 minutes before changing. One ostomate says: "I eat a couple of marshmallows just as I go into the shower, which takes me 10 to 15 minutes to complete. I also skip a meal before changing my appliance. Combining the marshmallow, lack of food and a blast of cold water on my stoma in the shower for about 20

seconds does a pretty good job of shutting me down during the changing process."

* Put an ice cube in a thin washrag and circle the stoma for about 20 seconds. This will shock the stoma into delaying output for a while.

* Just before removing the pouch and flange, rinse the pouch with warm water, shake the pouch up and down well, which will clean the out-put away from your stoma. Then do a cool water rinse, and the stoma will slow the output for a while, giving you time to change the pouch.

VICE PRESIDENT'S REPORT



Since I became your VP and attended the conference in Winnipeg I thought it was time to make a report.

Thanks for giving me the opportunity to serve as vp. I hope that in some way I can pay back some of the benefit I have received. The first time I benefited was from a visitation from Peter Folk. This was before my surgery. I got confidence that life continued after surgery. And learned that it was up to us to make the best of every day, no matter what. That is what I see in the members of the association, a great bunch of people.

I got a lot out of the Winnipeg Ostomy conference. I met people from across Canada, and yes the Delta did a bang up job - no need for tents. We had the opportunity to compare benefits provided by various governments to help with ostomy supplies across Canada. Saskatchewan pays less than Manitoba and Alberta, but more than the Maritimes.

We had the opportunity to hear and meet with medical professionals, other ostomates, supply reps. I realize how much things have improved over the years. There were several interesting seminars. I learned how important it was to keep looking after ourselves - feeding our brain, etc.

A highlight was a presentation given by a medical researcher from Ontario. His topic was IBD Bowel disease. His work involves looking at genetics, which may be a link, but also what may trigger the disease, as opposed to just looking at the result.

My conclusion is that there is a lot of work to be done. We are lucky to have the professionals working with us. We need to keep pushing onward.

I am looking forward to a great year.

I can report that my reconnect last week appears to be very successful. My thanks to Dr. Kanthan and his team.

Bob McKenzie

SASKATOON OSTOMY ASSOCIATION

OFFICERS

President

James Maloney
1020 East Lake Ave
Saskatoon, SK S7N 1A7
933-4234
jamesmaloney@sasktel.net

Past President

Trish McCormick
389 McMaster Crescent
Saskatoon SK S7H 4E5
374-6807
r.mccormick@sasktel.net

Vice President

Robert (Bob) McKenzie
19 Dragan Cres
Saskatoon SK S7H 5C8
955-3479
b.mckenzie@shaw.ca

Secretary

Betty Tydeman
2906 14th St. E.
Saskatoon, SK S7H 4B5
374-8436

Treasurer

Vacant

COMMITTEE HEADS

Bulletin Editor / Webmaster

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

Bulletin Mailing

Violet Haight
514 Tobin Cres
Saskatoon SK S7K 4N9
242-8915

Friendship

Prem Dhir
3 Delaronde Bay
Saskatoon, SK S7J 3Z3
374-5841

Liason with CCFC/ Literature / Library

Vacant

Membership

Pat Crilly
206 - 1700 Main Street
Saskatoon SK S7H 5S1
955-1207
acrilly@sasktel.net

20/40 Group

James Maloney
1020 East Lake Ave
Saskatoon, SK S7N 1A7
933-4234
jamesmaloney@sasktel.net

Kids and Parents

Marlyne Wight
1031 Konihowski Rd
Saskatoon, SK S7S 1K5
249-5731
mwight@sasktel.net

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

Program and Fundraising

Executive Committee

Social Events & Luncheon

Co-ordinators

Marg Chastakoff
Site 601 Box 20 R.R. #6
Saskatoon SK S7J 0J6
374-6963
mchasta@sasktel.net

Visitation

Don Adams
401 - 108th St
Saskatoon SK S7N 1R1
374-4965

Zach Hauser
1035 10th St. E.
Saskatoon, SK S7H 0H8
343-8598
zachhauser@shaw.ca

Prince Albert Satellite

Marian Davis
1144 6th St. E.
Prince Albert SK S6V 0P7
763-3957
jdavis@sasktel.net

North East Satellite

Wally Derkach, President
Box 2682
Nipawin SK S0E 1E0
862-5381
w.derkach@sasktel.net

UOA Canada Office

P.O. Box 825
50 Charles Street East
Toronto ON M4Y 2N7
(416) 595-5452
1-888-969-9698
email: uoacan@astral.magic.ca
Web site address:
<http://www.ostomycanada.ca>

Saskatoon 2005 - 2006 Meetings

September 12, 2005
October 3, 2005
November 7, 2005

December 5, 2005
February 6, 2006
March 6, 2006

April 3, 2006
May 1, 2006

VISIT YOUR STOMA CLINIC regularly!

Room 1610, 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.

Fisher's

Your Ostomy Supply Dealer in the Northwest

We stock:

- Convatec
- Hollister
- Surfit
- Guardian

Mail order service available . . .

Call Ian: 445-6153

FISHER'S DRUG COMPANY (1982) LTD

Prescription Druggists - 101 -1501 100th St.
North Battleford, SK, S9A 0W3

**NORDON MEDICAL
PHONE 374-1589**

**NORDON DRUGS LTD.
PHONE 374-1585**

--MAIL ORDER SERVICE AVAILABLE

--FREE DELIVERY WITHIN SASKATOON

- Convatec
- Hollister
- Coloplast
- Bard
- Nu Hope
- Micropore Tape
- Sween Products
- Irrigation Sets
- Incontinent Supplies
- Support Hosiery
- Jobst Custom Garments
- Braces
- Prosthesis
- Australian Medical Sheepskin

**1610 ISABELLA ST
At Corner of Louise Ave
SASKATOON, SASK
S7J 0C1**

<http://www.stn-biz.com/nordondrugs/>

MEDICAL PHARMACY

14th Street & Central Avenue

Prince Albert, SK, S6V 4W1

Phone: 763-2637 ** Fax: 763-5981

- Breast Prosthesis and Bras
- Hernia Supports
- Back Belts
- Surgical Support Stockings
- Support Pantyhose
- Incontinent Supplies
- Ostomy Supplies
- Prescription Blister Packaging

GLOBE PRINTERS

217 Jessop Avenue

Saskatoon, SK

S7N 1Y3

Phone: 306-955-3373 FAX: 306-955-5739

<http://www.globeprinters.com>

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

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