



# Saskatoon Ostomy Association Bulletin

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

Mailing Address ----> 1610 Isabella Street, Saskatoon, SK, S7J 0C1 Nov. 2006

## SASKATOON MEETING INFORMATION

**Location:** NorDon Drugs, Medical Center -

Louise Avenue & Isabella Street

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

**Monday, November 6, 2006, 7:30 p.m.**

1. Coloplast presentation with Shelly Luhning
2. Living with an Ostomy - experiences to be shared.

**Monday, December 4, 2006, 7:30 p.m.**

1. **Christmas** social and gift exchange. A special visitor may drop by!

### Saskatoon Ostomy Association

#### Dates to remember....

**Saturday November 25, 2006**

**Bingo and supper evening, lots of great prizes and a wonderful supper.**

#### 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 Chicken Delight in Tisdale.

**Upcoming meeting dates are: Nov. 16.** For information on upcoming meetings contact: Wally Derkach at 862-5381 or Shirley Klatik at 873-2156.

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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 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



### President's Report - November, 2006

Greetings,

20 members of our chapter, their family and

friends attended our World Ostomy Day event by bowling at Fairhaven Bowl in Saskatoon. Those in attendance had a fun time. Congratulations to the winners of the event: Winners for the prizes: Prem Dhir, Don Fry, Marg Chastakof, Bertha Crawford, Sam, and Isabel Cole. Big or small, we showed the world we tried!! To view photos from this event, visit our website:

<http://members.shaw.ca/saskatoonostomy/wod2006.htm>

At the UOAC Conference, the Corporate Image Video DVD called "OSTOMY, a new way of living" was presented. Many of our Saskatoon members were featured in the DVD and it received many words of praise and congratulations at the wine and cheese reception sponsored by Convatec. We showed this DVD at the October meeting and it was well received.

Also returning for the third year in a row is our annual fundraising event - our supper and bingo night. Many of the volunteers that helped out last year will be away this year, so we are asking for your help for some of the things that have to be done. The proceeds will be used to sponsor members wishing to attend the UOAC national conference and youth to Ostomy Youth Camp.

I also want to thank Robert, Prem and Trish and Ricki who have volunteered for various positions this year. There are a number of other positions available, so, if you have an interest in one of these please let me know during the November meeting, or phone me.

Our November meeting will be Coloplast night. Shelly Luhnig from Coloplast will do a presentation at the meeting in November.

Our December meeting will again be a Christmas social with gift exchange. I heard a rumor that a special visitor will be present that night.

We need more volunteer visitors. A visitor training session is being planned for winter or spring. As you saw from the

video, the visitor is one of the most important person in our association.

We'll see you at the meetings!

Peter Folk,

President SOA

### MEETING MINUTES



By Betty Tydeman

SASKATOON OSTOMY ASSOCIATION

**MONDAY October 2, 2006**

meeting held at Nordon Drugs(MEDICAL)

1. President, Peter Folk, called the meeting to order 7:30 pm and welcomed all present, about 25 people attending and guest, Jan Lloyd Vossen from Convatec.
2. MOTION: Prem Dhir/Isobel Kohl to accept the minutes of the general meeting September 11th as read with some clarification to item #10 regarding the organization of S.A.S.O. which was formed to address the needs of spouses of ostomates. CARRIED.
3. Peter introduced the members of the executive.
  - New members, Leon and Deanna Holoboff
  - guest, Loretta Jolie.
  - Robert has a birthday
  - Evan is a first year student at U. of S.
  - Peter is celebrating his 20th year anniversary at work
  - Ricki had a birthday
4. ACTIVITIES: Peter outlined some detail about the bowling party scheduled for Saturday October 7th in recognition of World Ostomy Day.  
Bingo night is November 25th  
Our November regular meeting night will feature Coloplast company.  
December meeting is a social and there will be the usual gift exchange  
NEEDED: We need more ostomates who will act as visitors. There will be a training session in the spring.
5. TREASURER'S report; Marg. was able to report that we received \$207.55 in a GUST rebate.  
She also gave a report about the coffee time.
6. VISITING: 3 Ileostomies and 1 colostomy.  
Zack has asked to step down as visitor reporter.

Don would like to step down next year but is glad to help train a replacement.

7. MEMBERSHIP. Pat said that notices for renewals will be coming out soon from U.O.A.
8. E.T.'S Sandy reports being very busy. They are seeing a lot of emergency patients. They are having a clinic Oct.30-31 at North Battleford.
9. NEW BUSINESS  
The question arose about visits to homes. Teri wondered if U.O.A. might get a policy about visits to homes in addition to or instead of hospitals.  
Ed. Frey encouraged a visitor go with another visitor.  
A phone visit is also appreciated.
10. BOOK REPORT Trish pointed out the collection of books.
11. SATELLITES: Ed Frey reported about the Prince Albert satellite. He particularly expressed concern about the lack of direct support from Saskatoon Ostomy Association as no one had visited them.  
He will report back further at a later date when he has additional information.
12. PROGRAM: The video "A NEW WAY OF LIVING" was shown. Much of this was taken at one of our meetings and so there were lots of familiar faces in the video. Particularly well received. A big "thank you" to Convatec as one of the sponsors of this video.  
It will be a great asset to doctors, hospitals and other health institutions.
13. The 50/50 of \$36.00 was won by Ron Sadler.
14. MOTION TO ADJOURN: Ricki/Prem.

## WEB SITE UPDATE



Hi all,

Our web site is now searchable using google search engine. Just scroll to the

bottom of our home page:

Web site report - 11,530 visitors since December 1, 2004.

Visitors - Canada - 49%, USA - 38%, UK - 4%

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

## JuSt for FuN....

Two patients limp into two different Canadian medical clinics with the same complaint. Both have trouble walking & appear to require a hip replacement.

The first patient is examined within an hour, is x-rayed the same day & has a time booked for surgery the next week.

The second sees his family doctor after waiting a week for an appointment, waits 18 weeks to see a specialist, then get an x-ray, which isn't reviewed for another month & finally has his surgery booked for a year later.

Why the different treatment for the two patients?

The first is a Golden Retriever; the second is an elderly man

Ain't it the truth ?



## Moncton "Rising together from the ashes of disease"

Report by Peter Folk

### 2006 UOAC Conference

The United Ostomy Association of Canada held their 9th Annual Conference in Moncton, New Brunswick from August 16th to 20th, 2006.

### - Wednesday Trip to Moncton

Donna and I had spent a week before the conference in St. John's Newfoundland. We took a CanJet flight from St. John's to Moncton. Met up with James at the airport. We checked into the Delta Beasejour hotel. Then we went for a tour of Moncton, the magnetic hill and had a Chinese food buffet supper at a local restaurant.

### - Wednesday night meet and greet

Very enjoyable and relaxed atmosphere. Met with several people I had met at other conferences. The food was served at 9:00 p.m. They had lots of door prizes. They had some fiddlers for entertainment. They were pretty good! I won one of the door prizes.

Moncton Conference continued.....

**- Thursday grand opening ceremonies**

I got to carry the Saskatchewan flag. Then we had greetings from dignitaries. The candidates for the new board were introduced.

**- Thursday keynote address**

Erin Oliver and her mother Ferne from Fredricton gave the keynote address. Erin was diagnosed with Chrohn's disease at the age of six and had an ileostomy at age nine. She has had to have either TPN or tube feeds for the past twelve years. Yet through all the hospital stays and problems, she graduated with High Honors and has won a scholarship for four years to attend St. Thomas University in Fredricton to earn a Bachelor of Arts in Education degree. She is very active in singing and sang the O Canada at the grand opening. Donna and I sat with Erin and Ferne at Friday's banquet and I've posted photos of them on our website.

**- Thursday Grand 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. I got to talk to the conference committee from Calgary and they have an exciting conference planned for 2007!

**- Thursday trip to "The Rock"**

Four school buses took everyone from the Delta Beasejour hotel out to Hopewell Rocks, a trip of about 40 kilometers. We got a history of Moncton along the way. Then we had a tour of the rocks and got to go down to the beach before the tide came in. The flowerpot rocks were created by the clash of continents, carved by melting glaciers, then sculpted by the highest tides in the world We had a great lobster supper sponsored by Coloplast.

**- Thursday Wine and Cheese**

Convatec sponsored the wine and cheese on Thursday night. The UOAC Corporate Image Video was shown and was well received. Great job by everyone that agreed to star in the video produced by the University of Saskatchewan here in Saskatoon.

**- Friday morning**

Not much of interest for us, so Donna and I went for an outside tour to the town of Shediac where they have a statue of the world's largest lobster.

**- Friday Prize draw**

I won a door prize, a CD. Donna won a door prize, a beer cooler. Donna bid on one of the auction prizes, a selection of jams from PEI and was successful. Ed Palchinski had brought two of his doll cradles for auction and they sold for \$160 each! James brought a "Corner Gas" shirt for the auction and it sold for \$50. Way to go Saskatoon!

**- Friday Capsule Endoscopy session**

Dr. Peter Lightfoot has performed over 200 capsule endoscopies since 2003 in Moncton, one of only a few hospitals in Canada that perform the procedure. The capsules cost \$1000 each and can only be used once because of the batteries. The patient wears a recorder and sensors for the 8 hours that the capsule passes through the esophagus, stomach and small intestine.

**- Friday Erectile Dysfunction session**

Dr. Guy LeBlanc gave a humorous and informative presentation about the subject. Many of the women were in attendance as well.

**- Friday Convatec banquet and Renaissance Award**

Rob Hill, an ileostomate who is a rock climber was the special guest speaker. He has climbed six out of seven of each continent's highest peaks. He is on track to climb Mt. Everest in 2008. Excellent supper. The Renaissance awards were presented, one for each region and then the grand prize winner, Minerva Holton

**- Saturday morning National Council meeting**

This was my first National Council meeting. I got to have three votes on every motion. I made an amendment to a motion regarding kids camp, but both the amendment and the motion were defeated. The new board was elected,

Moncton Conference continued.....

though there were only four nominations for five openings. Incoming board members elected were Dianne Lowe, Ferne Oliver, David Page and Verna Petrie. The president was elected, Doug Graham and the secretary was elected by acclamation, Daryl Jarvis. There were no nominations for vice president or treasurer. Lorne Aronson leaves the board as Pat Cimmeck becomes Past President. Reports were given, budget was presented, auditor's report accepted and Hamilton Chapter was awarded the 2008 conference. There was discussion about only holding the conference every other year and having more district meetings.

**- Saturday trip to PEI**

James had rented a Ford Fusion and took Donna, Bev and I to Prince Edward Island. We got to see the Confederation bridge and the movie set for Anne of Green Gables at Cavendish. We were delayed driving there at Kensington because the town had decided to have a parade right on the main road going through town.

**- Saturday Farewell banquet**

This was sponsored by Hollister, and was a sit-down and get served supper with three courses. The retiring members of the board were solemnly retired and the new board members sworn in. The planning committee was introduced and warmly thanked. The President's and Maple Leaf Awards were presented. The banner was passed from the Moncton group to Calgary. The evening's program featured the comic - Jimmy the Janitor.

**- Sunday trip**

Donna and I flew to Toronto for three days to visit our daughter before flying back to Saskatoon.



**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>

**NORTHEAST SATELLITE**

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**Upcoming meeting dates are: Nov. 16.** For information on upcoming meetings contact: Wally Derkach at 862-5381 or Shirley Klatik at 873-2156.



**VISITATION REPORT**



The visitations coordinator is Don Adams. You can phone Don at 374-4965

	Aug	Sept		
Ileostomy	1	3		
Colostomy	4	1		
Urostomy				
Pelvic Pouch				

**WELCOME TO OUR NEW MEMBERS**



About 75 percent of the membership fees have been paid so far. Please make an effort to pay promptly to continue to

receive the bulletins and the Ostomy Canada publications. Welcome to our new members. Hope to see you at the meetings soon!

**Sandy Roberts . . . . . Saskatoon**  
**Shirley Ann Saccucci . . . . . Meadow Lake**

**DECEASED MEMBERS**

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

**Mary Bueckert . . . . . Prince Albert**

**SUPPORT GROUPS**

**OSTOMY SUPPORT GROUP FOR KIDS AND THEIR PARENTS**



Canadian Ostomy Camp is located near Bragg Creek, Alberta. 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.

**Report from Camp**

The kids report a wonderful year at Camp Horizon. The weather was wonderful, the new and old friends fantastic and the food... was reported as being improved over last year! My son Leland said he had the best time ever and they really had a nice bunch of kids around his age group. They had a lot of fun white water rafting and body surfing this year. Leland and his parents offer a big thanks to the Saskatoon Ostomy group for sponsoring his travel and camp expenses. It is so important to him and he hopes to go for as long as he is accepted. We had two families , one from Montreal and one from London, Ont. stop at our farm. They both had boys that attended camp for the first time and they also had a wonderful time. It is an interesting way to meet people from all over Canada.



**EDITOR'S MESSAGE Laurie Beaulieu**



Hi all, This is my second ever newsletter! 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](mailto:rlfarms@sasktel.net) or via snail mail at box 35, Vonda, Sask. S0K 4N0

**REGIONAL STOMA AND WOUND CLINICS**



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

Dates for the rural clinics: **Lloydminster** - Nov 27 & 28/06, **Nipawin** - June 19 & 20/07, **North Battleford** - Oct 30 & 31/06,

**Melfort** - Nov 21 & 22/06, **Humboldt** - Jan. 16 & 17/07 and **Tisdale** - March 20, 21/07.

The Ostomy and wound clinic would like to express a big



**Thank you** to Sharon L. , mom to Jason B. for the donation of 120 soft flannel pouch covers. All your hard work was much appreciated. Thoughtful donations sure brighten our day!

**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 Day of Remembrance**

We must remember. If we do not, the sacrifice of those one hundred thousand Canadian lives will be meaningless. The meaning of their sacrifice rests with our collective national consciousness; our future is their monument.

If you aren't IN it's just B-GO!!

The Saskatoon Ostomy Association  
3rd Annual Bingo and Supper

Saturday November 25, 2006

Nutana Legion  
3021 Louise Street



Cocktails 5 - 6 p.m.

Supper 6 p.m.

Bingo to follow

Supper Sponsor: Nordon Drugs and Medical Supplies

Major Prize Sponsors

The Delta Bessborough: One Night at the Bessborough

Coloplast: \$100.00 Sears gift certificate

Convatec: \$100.00 gift certificate for The Keg

Hollister: \$100.00 gas certificate

Tickets: \$25.00 (\$20.00 tax receipt)

Tickets available at the Sept. 11, Oct. 2 and Nov. 6 SOA

General Meetings

Nordon Medical

James Maloney at 933-4234

Deadline to purchase tickets: Saturday November 18

All proceeds used to sponsor members wishing to attend  
the UOAC national conference or Ostomy Youth Camp

### Life story continued...

I found her to be very knowledgeable and she helped me during the more difficult times. Thanks Terri.

For the first few years I had medical checkups every three months, then every 6 months, then every year. So far, everything has been clear, and I only have to have colonoscopies every three years now.

by Peter Folk

### You can eat whatever you want if you have an ostomy

Common intestinal reactions to certain foods

Gas	Beans, beer, broccoli, brussels sprouts, cabbage, carbonated beverages, cauliflower, onions
Incomplete digestion	Cabbage, celery, coconut, corn, dried fruit, green beans, green peppers, lettuce, mushrooms, nuts, olives, peas, pickles, pineapple, popcorn, raw vegetables, sauerkraut, seeds, spinach, skins from fruits and vegetables
Thickened stool	Applesauce, bananas, bread, cheese, pasta, rice, peanut butter (creamy), potato (without skin), tapioca
Thinned stool	Alcoholic beverages, apple juice, grape juice, prune juice, spicy foods
Increased odor	Asparagus, eggs, fish, garlic, onions
Reduced odor	Buttermilk, yogurt

Increases odor	Asparagus, onions, garlic, fish
Decreases odor	Eight to 10 glasses of water, cranberry juice or other noncaffeinated beverages daily

### Sharing Life Story

I am a survivor of colon/rectal cancer.

In June of 1996, I had a physical exam. During the digital rectal exam, a lump was found. A colonoscopy confirmed that it was cancer. I was in St. Paul's Hospital for surgery (abdominal perineal resection and colostomy) on July 5th and was off work until August 19. I had six months of Chemo (5FU/Leukovorin) starting August 12. During the six months, I also had six weeks of radiation therapy starting October 15. My final day of radiation was November 25 - wahoo! My final day of chemotherapy was February 28, 1997. During my hospital stay, I had a visitor (Arnold Friestadt) from the Saskatoon Ostomy Association and it was a great relief to me. I was able to see someone who survived the same thing that I did and was healthy and active. This encouraged me. Before, during and after my surgery, I had Terri Schroeder as my ET.

**President**

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**Social Events & Luncheon****Coordinators**

Vacant

**Liaison with CCFC/ Literature / Library**

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<http://www.ostomycanada.ca>

**Saskatoon meetings for 2006 - 2007**

September 11, 2006  
(2nd Monday because Labour Day is September 4)  
October 2, 2006  
November 6, 2006  
December 4, 2006

(No meeting in January)  
February 5, 2007  
March 5, 2007  
April 2, 2007  
May 7, 2007  
(No meetings in June, July or August)

