



# Saskatoon Ostomy Association Bulletin

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

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

## 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, September 11, 2006, 7:30 p.m.**

1. Conference Report
2. Youth Camp report
3. Introduction to new executive
4. Living with an Ostomy - experiences to be shared

**Monday, October 2, 2006, 7:30 p.m.**

1. "OSTOMY, a new way of living" DVD will be shown.

### 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: Sept 14.** 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: September 8th, October 13th, December 8th.**

For more information on upcoming meetings please contact:

Marian Davis 763-3957 [jdavis@sasktel.net](mailto:jdavis@sasktel.net)

### IN THIS ISSUE

President's Report	3
Meeting Minutes	3
Clarence conquers cancer	4
Web Page Update	6
Prince Albert Satellite Meetings	7
Northeast Satellite Meetings	7
World Ostomy Day and Bingo night	7
Donations and Bequests	7
Friends of Ostomates Worldwide	8
Visitation Report	8
New Members	8
Deceased Members	8
Regional Stoma and Wound Clinics	8
Kids and Parents	8
Editor's Message	8
Bingo and supper	8

# 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 - September, 2006



Greetings,

Welcome to another fun-filled year at the Saskatoon Ostomy Association. My wife and

I had an enjoyable summer vacation, traveling to Newfoundland, New Brunswick, Prince Edward Island and Ontario. I was pleased to represent the Saskatoon chapter at the 9th annual UOAC Conference in Moncton, along with James, Prem and Ed. We attended seminars, banquets and outside activities and got to share our stories with other ostomates from all over Canada. We will give you a report at the September meeting.

Leland and Christina attended Ostomy Youth Camp again this year and Leland will be at our September meeting to give a report and answer questions.

World Ostomy Day is Saturday, October 7, 2006. The World Ostomy Day only happens every three years. This year's theme is "Living Life to the Full". The aim of World Ostomy Day is to improve the rehabilitation of ostomates worldwide by bringing to the attention of the general public and the global community the contributions of Ostomy Associations and Ostomy Professionals, the value of the multidisciplinary approach in Ostomy care and the life situation of ostomates. A World Ostomy Day e-mail chain will spread around the world and tracked on the IOA Web site by Stuart Schaefer, IOA Web master.

As part of the World Ostomy Day activities, Saskatoon will be having a bowling event. See the announcement later in this bulletin.

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 plan to show this DVD at our October meeting.

Also returning for the third year in a row is our annual fund-raising event - our supper and bingo night. See the announcement later in this bulletin. 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 or Ostomy Youth Camp.

I also want to recognize and thank Bev Fry for at least six years of being on the board of the UOAC. She really did a good job representing Saskatoon and Saskatchewan interests. Her hard work and dedication will be missed. Well done, Bev!

I also want to extend an invitation to everyone who receives the newsletter to try to attend at least one meeting this year. I know some of the out-of-town people would like to feel connected with others and this would be an excellent opportunity to do so.

We'll see you at the meetings!

Peter Folk,

President SOA

## MEETING MINUTES



By Betty Tydeman

SASKATOON OSTOMY ASSOCIATION

**MONDAY April 4, 2006**

meeting held at Nordon Drugs(MEDICAL)

1. Past President, Trish McCormick, opened the meeting of about 26 persons present at 7:30 pm. She conveyed greetings from President, Jazmes Maloney, who is presently in hospital.

This will be the last meeting for Vice-President, Bob McKenzie. Ben's birthday is on this Saturday. April 21st is the wedding day for Ricki Woloschuk with the celebrations taking place at Clavet Hall.

2. MOTION: Bev. Fry/Robert to accept the minutes of February 6, 2006. CARRIED

3. MOTION: Helen Priess/PremDhir to accept the minutes of March 6, 2006. CARRIED.

4. TREASURER: Marg. Chastakoff reports ### in the Bank account.

5. BULLETIN: Peter Folk reports lots of hits on the internet where he has posted information regarding the

conference in Moncton.

5. FRIENDSHIP: Helen Pries has sent cards on behalf of the Association to Ev. Peters and to James Maloney. Member, Mrs. Kostechenko has died and a card will be sent to the family.

6. MEMBERSHIP: Pat Crilly reports that there are 3 new members since our last meeting.

7. KIDS & PARENTS: Laurie Beaulieu will post a notice about the camp in the Pediatrics Department

8. SOCIAL: We won't need a program for the May meeting.

Trish asked that we think about helping for the fall, September, October and November meetings.

9. VISITATION: Nil report

#### 10. NEW BUSINESS

CORRESPONDENCE: The Crohn's Society newsletter announces their relay coming up June 2nd

- the donation has gone forward to the Friends of Ostomates Worldwide.

- the Video launch has taken place

- Marlynne and James are hoping to have a reply from each group regarding a group for spouses.

- Prem has offered to be a testimonial speaker at some future date.

- The May meeting will be a social held at the Bessborough Hotel's Eerraiice Lounge and a pizza meal will be brought in.

#### 11. ELECTIONS:

Nominations: President - Peter Folk

Vice-President: Prem Dhir volunteered

Secretary - Betty Tydeman

Treasurer - Marg. Chastakoff

MOTION: Bev/Ricky to close nominations for officers.

COMMITTEES: Pat would be happy to have someone else do MEMBERSHIP

- A Social convener is needed

- Newsletter - There are 4 issues per year. Don Purich would write some articles.

Trish explained that the editor can make the newsletter their own. It will require about 8-10 hours every other month. Peter is prepared to help the new editor set it up. The newsletter reaches over 200 people per issue and is a very important communication vehicle. Laurie Beaulieu volunteered to be the editor.

#### 12. TESTIMONIALS:

- Doris read Clarence's story under the general heading of "3 C's - Clarence Conquered Cancer"

- Cliff Nickel recounted his experiences when he discovered that this was not a disease just for young people. Trish thanked both contributors to the program.

Their stories can appear in subsequent newsletters ,

13. D.V.D. was shown. Bev. remarked that recognition was needed for the Ostomy Ass'n and it was hoped that this video would be a support. The launch was in March at the U. of S. Convatec is one of the sponsors.

The title is "A New Way of Living" and we will see it again in the fall.

14. The 50/50 was won by Betty Tydeman

15. MOTION TO ADJOURN: Bob/Ed.

Bob McKenzie is being transferred to Alberta and he urged everyone to "give back" to this Association when we have all received such a benefit from the organization.



### **Doris Huffman reads her husband's story - Clarence conquers cancer**

This story could have had a tragic ending but fortunately I am alive and well living a productive life. This is a story of survival from three strikes with cancer. I hope my story will be an encouragement for anyone who has had a diagnosis of cancer or for his or her family members.

In the month of September of 1989, farmer Clarence who was 67 years old was helping his son finish the summer fallow. This involved driving a four-wheel drive tractor and cultivator. Suddenly Clarence had an urge to have a bowel movement while out in the field. With no facility nearby the field became the toilet. I observed that the bowel movement had a large streak of blood within it. This was on a Tuesday and I was not feeling ill so I waited until the Friday of that week when I had an appointment scheduled with the family doctor for a yearly checkup. He sent me for several tests, x-rays and a barium test. I was also sent to see a surgeon who upon examining me stated, "you will need surgery and a colostomy will be necessary." I inquired whether this could be turned around at a later date. His reply was, "Not in a Hundred years!"

I knew what a colostomy was since my wife's (Doris) brother Harry had a colostomy. Unfortunately he had only lived for two years following this operation. The doctor inquired whether I had any more questions? I said yes would you go out in the waiting room and call Doris in here and tell her what you are going to do.

The doctor did what I had requested. I knew it would be better coming from him since I knew my wife would be fearful because of what had happened to her brother. Now the question was when are you going to operate? The answer was in two to three weeks.

Three weeks late I was in the hospital being operated on. I spent three days in Intensive Care. Then ten days without food or water only receiving fluids and medicine through intravenous. Over the next three weeks I spent in the hospital I lost twelve pounds. Prior to the operation I had not felt ill; afterwards my recovery time was slow. When I first went to the hospital, Terry Smith an Enterostomal Therapist Nurse met with me marking the location of where my stoma was to be. She was also the first person to discuss the Ostomy Association. This is a support group for people who have had the same or similar types of operations. I have been a member since that time. Following New Years I received permission from my doctor to travel to Arizona for a holiday!

(I did not want to shovel snow!)

I had only been in Arizona for approximately two weeks when I received a phone call from my son Kim stating I had an appointment with the Cancer Clinic on February fifth (Strike One).

It was the first time I was told I had cancer. I was able to get the appointment rescheduled for March 24th. On February 20th I felt a lump on my bum. The biopsy was done in a United States hospital. The result was cancer (Strike Two) once again I was not feeling sick. I needed to get home to Canada and have an operation to remove the lump. It was important for me to have an appointment to see the surgeon so that an operation could be scheduled. I wanted to make an appointment for the following Monday but the doctor would not be in. So I asked what about Tuesday but the doctor would not be in. How about Wednesday? The secretary said, "please come at 4:30 p.m., I will squeeze you in."

I was back home and in the doctor's office that Wednesday at 4:30 p.m. The doctor took one look at me and booked me into the hospital immediately. The operation was performed on Thursday. While I was still in the hospital, the appointment for March 24th at the Cancer Centre arrived. Since I was in City Hospital and the Cancer Centre was located beside the University Hospital how was I going to get there? I was sent in a taxi to the Cancer Centre with a bag lunch and returned to City Hospital in a taxi that was paid for by City Hospital.

I was not sick, but I stayed five weeks in the Hospital to allow my incision to heal. I started with twenty-five treatments of radiation in May, and then in late June I was given five more treatments of radiation. These were concentrated in my crotch area, which resulted in the area being burnt similar to having sunburn. This area was very sensitive and the treatments were hard to take they made me feel very ill.

Doris and I spent two winters on Vancouver Island and eight winters in Arizona. While in Arizona I joined the [Ostomy Association](#), which was called Tri-City Association

## Clarence's story continues....

after the three cities of Phoenix, Mesa and Tempe. While I was on Vancouver Island I attended Ostomy meetings at the Nanaimo Hospital.

In February of 2001 while in Arizona I developed a lump under my chin. I went to see a doctor who ran some tests but encouraged me to return to Canada before proceeding further. In April I went to see my family doctor who sent me to see a surgeon. The surgeon performed a biopsy the results were that there was no cancer. The surgeon decided to remove the lump. However, very shortly aft it was surgically removed, the lump had returned to the same size? Now what? I went back tot the surgeon. He did not even examine me. He just pointed his finger at me and said "you have cancer!" (Strike three). You need a cat scan and an appointment with the Cancer Centre.

He was able to book those appointments within ten days (again I was not feeling sick). Now he started the chemotherapy the first three treatments were in a pill form. They were not effective. The next four treatments of chemotherapy were given through intravenous and injection. I was SICK, SICK, and SICK!! Throughout the months of August, September, October and November while receiving the chemotherapy I was very ill. Then in February of 2002, I took fifteen treatments of radiation on my neck. Then I had to go back to the Cancer Centre every three months. This was followed by every six months then it was every year. Then in October 2004 I was diagnosed at the Cancer Centre as being cancer free. Oh Joy! How amazing to be cancer free! Free as anyone with cancer can be 95% free.

The treatment worked for me. The Cancer Association has made tremendous strides in the improvement of treatments for cancer. I believe that the treatments were successful because they were able to catch and treat me in the early stages of cancer. This improved my odds and I believe that is why the treatments were successful for me. I am very thankful that I live in the province of Saskatchewan and that we have Medicare. I did not pay any doctor bills, hospital bills or Cancer Centre bills!

## 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%

Peter Folk [peter.folk@shaw.ca](mailto:peter.folk@shaw.ca)

## 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: September 8th, 2006, November 10th, 2006** For more information on upcoming meetings please contact: Marian Davis 763-3957 [jdavis@sasktel.net](mailto:jdavis@sasktel.net)

## Prince Albert Satellite

Minutes by Gertie Green.

**June 9th, 2006**

Question was raised by Gertie Green, "**What is the future of our ostomy group?**"

Meeting was opening by President Marian Davis. Grace was asked by Jim Davis followed by lunch.

The minutes were read and adopted with no omissions or errors. Seconded by Lydia McRury.

Treasurer's Report by Mary Bueckert: Balance forward #####. Moved by Mary and seconded by Jesse Corrigan that the report be accepted.

Christina Jabusch is planning to go to camp. The Tisdale group has given \$50.00 for expenses. Devessa Blair moved that we give \$100.00 to Christina as well. Seconded by Paul Kozinski.

Jack Greening took the chair to discuss what to do about the ostomy club.

His comments were as follows:

- \*there have been no new members
- \*he contacted many people for their opinion
- \*he spoke with Donna Christofferson, chairperson

for CanSurmount. She stated that their group meets the third Tuesday of each month Jack moved that the Prince Albert Ostomy group disperse and become part of the CanSurmount group.

Seconded by Mary Bueckert. Motion carried.

It was decided to continue with social lunches the same day as the regular meeting.

Next get-togethers:

**Prince Albert—September 8th, 2006**

**Tisdale—September 14th, 2006**

Shirley Klatik won the 50-50 draw.

Thank you given to Marian Davis

Gertie Green moved the meeting be adjourned.

Minutes by Gertie Green.

## **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: Sept 14.** For information on upcoming meetings contact: Wally Derkach at 862-5381 or Shirley Klatik at 873-2156.

## **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.

## **WORLD OSTOMY DAY**

To All Chapters and District Reps

This is a major event. It's something we can all get behind and promote throughout our regions. On the last World Ostomy Day, we did not have many chapters participate. This **WORLD OSTOMY DAY - October 7, 2006.** Let's strive to reach 100% REMEMBER - Big or small, let's show the WORLD we made the effort.

Co-chairs of WOD Sheelah Zapf and Delilah Guy

**World Ostomy Day on October 7, 2006**

**The Saskatoon Ostomy Association**

**will have a bowling event at**

**Fairhaven Bowl**

**3401 22nd St W**

**Saskatoon**



**October 7, 2006**

**Bowling at 6:00 p.m.**

**Prizes, novelty games**

**Cost \$5.00 per person, includes 2 games, shoe rental**

**Members and guests are welcome**

**(Meal not included by available)**

**To sign up, contact:**

**James Maloney at 933-4234**

## **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 the F.O.W., or to make a charitable donation visit their web site at:

<http://www.fowcanada.org/history.htm>

**VISITATION REPORT**



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

	Feb			
Ileostomy	4			
Colostomy	2			
Urostomy	1			
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!

- Mavis Frebert . . . . . Saskatoon**
- Earl Dielsen . . . . . Biggar**
- June R. Walton. . . . . Nipawin**
- Christina Jabusch. . . . . Prince Albert**
- Leon Holoboff. . . . . Wakaw**
- Eugene Hallan. . . . . Lloydminster**
- Debbie Alexandersen.. . . .Prince Albert**

**DECEASED MEMBERS**

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

- Paul Kostuchenko . . . . . Saskatoon**
- Frank Holmes. . . . . Preeceville**

**SUPPORT GROUPS**

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



UOA Canada came out with the release of a video and I want to thank the kids from within our association and throughout for being part of this. Leland and Evan you both are good role models. Thanks for your positive attitude and help within the association. This yearly camp has given many of our members rewarding experiences. Any youth interested in attending camp please call Marlyne at 249-5731 or Laurie at 258-2016.

**EDITOR'S MESSAGE**



Hi all, This is my first ever newsletter! Please feel free to inform me of any errors or omissions I am sure there will be many. My name is Laurie Beaulieu and I am your new editor. I have mighty big shoes to fill but I will do my best. I am not an ostomate but I am a parent to a wonderful boy who has an ostomy. 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 - May 2 & 3/06, Nipawin - June 6 & 7/06.

**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**  
**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**

**President**

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

Vacant

**Liaison with CCFC/ Literature / Library**

Vacant

**Visitation**

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

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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)

