



## SASKATOON OSTOMY ASSOCIATION BULLETIN

SEPTEMBER, 2010

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.

### Mailing Address

1610 Isabella Street,  
Saskatoon, SK,  
S7J 0C1

### Website:

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

### PRESIDENT:

Pat Ramage

### VICE PRESIDENT:

Wanda Dansereau

### TREASURER:

Lillian Muzyka

### SECRETARY:

Tam Gunn

### PAST PRESIDENT:

Peter Folk

## President's Message

Hello Fellow Ostomates,

Hi All! Hope you had a great summer and I'm looking forward to getting back with old friends and hopefully some new ones.

As some of you must be wondering why I'm writing this message to you. For circumstances beyond our control due to Kris's work commitment, he was unable to assume the job as president. So I have resumed the role until someone else can be voted in. So that is our first topic for the September meeting.

On the second Monday of the month (13) Nominations for president are now open. Let Peter know if you are interested or know of someone who is. Also at the September 13 meeting we will be having a rap sessions plus conference, and annual meeting reports from Sydney, N.S.

We have a number of issues that have come up this summer and we need to deal with them; plus I would like to try some new ideas "Have I Got Your INTEREST?" Come find out.

Looking forward to seeing you all.....

Pat

Chapter President



## ICE CREAM SOCIAL / SILENT RAFFLE

For all of you who were not able to join us at our year end windup on May 3, you missed a great time. We had an ice cream social, ice cream with every topping you could imagine and all that you could eat. Thank you to Teri, Sandy and Evelyn for their help in organizing this event.

In addition to the ice cream social we held a silent auction, our members donated items and then we auctioned them. We were able to raise over \$500.00 to go towards our group. Some of this will go towards sending some our group to the national conference. Thank you to all who attended; donated items and the bid on them. A good time was had by all (even if you were unsuccessful at the auction like me.)

## Webmaster Report

Greetings,



Our website is: <http://members.shaw.ca/saskatoonostomy/>. Our website has had 43,700 visitors since December 1, 2004. I've posted photos and names of the executive on our webpage. Our Facebook group has 21 members.

Peter Folk

Webmaster, SOA

Phone: 306-384-6059

[peter.folk@shaw.ca](mailto:peter.folk@shaw.ca) Add me as a FRIEND on Facebook!

**United Ostomy  
Association of Canada  
(UOAC)**

**NATIONAL OFFICE  
ADDRESS**

344 Bloor St. W., Suite  
501

Toronto, ON M5S 3A7

**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**

At the request of the physician, either preoperative or postoperative, or both. The visitor is chosen according to the patient's age, sex and type of surgery. A visit may be arranged by calling the Stoma Clinic therapists at 655-2138. They will contact the Visiting Chairperson of the local Ostomy Association.

The Saskatoon Ostomy Association advises all ostomates to consult their physician or E.T. before using any product or method referred to in this bulletin or in any other publication.

(Continued from page 1)

**INTERESTING VIDEOS**

From our friends across the border:

[http://www.uoaa.org/living\\_with\\_an\\_ostomy.shtml](http://www.uoaa.org/living_with_an_ostomy.shtml) 16 minutes long, but very worthwhile watching.

Also a 2 minute long video about Jessica Grossman

<http://www.jdocommunications.com/socialmediarelease.html>

Jessica is a 20 year old University of Western Ontario media studies student, an actor and a model. Diagnosed with Crohn's disease at age 9, Jessica made the decision to have her diseased colon removed at age 13 and undergo ileostomy surgery. Professional studio photographs of Jessica, including her ostomy, are available for media reprint on request..

Peter Folk  
Past President and Webmaster  
Saskatoon Ostomy Association

**UOAC Board of Director's Report – September, 2010**

Greetings,

I'm proud to represent Saskatoon Ostomy Association by being part of the board of directors for the United Ostomy Association of Canada Inc. (UOAC). I'm also chair the committee that writes the monthly magazine, the UOACconnection, and the webmaster for the national website.

The Board of Directors of UOAC met in Sydney, Nova Scotia, on the Wednesday before the conference and on the Sunday after the conference. Doug Graham and Darryl Jarvis have retired from the executive and board respectively. Mike Woolridge now has taken over as Past President. A new treasurer, but a familiar face, Gene Zapf was acclaimed.

The UOAC Ostomy Youth Camp was well attended, this year we had 46 campers, the most ever. The camp could have held 55 campers. Perhaps we will get more next year.

The future directions committee presented information to govern the year in which no conference is being offered. A full package was presented in August and approved to be implemented for the upcoming year. The policy will be in effect for UOAC to use as guideline for every other year when there is no conference.

Our next conference will be in Toronto Ontario from August 15 – 23, 2012. More information is on our national website.

This year, the UOAC will focus on three main concerns: Future Directions, Fundraising and communications. Our next board meeting is October 15, 16 and 17 in Halifax, Nova Scotia.

Your concerns are our concerns, and if there is anything that you would like me to pass on the UOAC, please contact me.

Peter Folk



Video



**LOOK FOR UNSUNG HEROES IN YOUR CHAPTERS  
LET'S HONOUR THEM BY TELLING WHAT THEY DO.**  
E-MAIL Joel Jacobson, UOA Connection editor  
[jjacobson@hfx.eastlink.ca](mailto:jjacobson@hfx.eastlink.ca) with their story.



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**United Ostomy Association of Canada Inc. Mission Statement**

The United Ostomy Association of Canada Inc. is a volunteer based organization dedicated to assisting all persons facing life with gastrointestinal or urinary diversions by providing emotion support, instructional and information services through the membership, the family associated caregivers and the general public.

**MEETING INFORMATION**

Meetings are the first Monday of the Month unless it's a holiday then it is the following Monday. They start at 7:30. There are NO Meetings held in January June, July or August.....

Meetings are held at the **MAYFAIR UNITED CHURCH**

902-33rd Street West  
(Corner of 33rd St & Avenue I)

Convenient Washrooms  
Refreshments and visiting during each meeting  
Spouses, family members and other visitors Welcome!

**THERAPISTS:**



Kathy Guina, BScN, ET



Sandy Roberts, RPN, RN, BScN, CETN(C), IIWCC



Independent Enterostomal Therapy Nurse  
Teri-Anne Smith Schroeder  
RPN, RN, CETN(C), BScN, IIWCC, HCL, MCEd



Heather MacKay, RN, BScN, ET

## YOUR THOUGHTS REQUESTED

**Important we need our members input on.....**  
**Executive Meeting after thoughts:**

We as an executive are ever trying to come up with new ideas on how to keep our monthly meetings interesting and exciting. So we came up with the brain wave of "Why not ask the members " So we are asking. What do you want to see at our meetings? Let us know at the next meetings. Thanks.

Pat Ramage, President

## REMINDER

Memberships are DUE December 31, 2010 . You can mail your monies to the following address below.

SOA  
 Diane Boyd  
 #200-235 Harold Terrace  
 Saskatoon, SK S7V 1J2

## VISITATION REPORT

	Colostomy	Ileostomy	Urostomy
June	1	3	0
July	4	7	1
August	2	4	0

## 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. As to date our appeal letter that was sent out in November has brought in \$1815.00 and where are we going??HIGHER!! A big THANKYOU to everyone for your generous contributions. Tax receipts have been mailed out; if you didn't receive yours please contact Marlyne Wight at 306-249-5731 or e-mail— [marlynewight@gmail.com](mailto:marlynewight@gmail.com).



## REGIONAL STOMA CLINICS



### Clinic hours:

The Ostomy Clinic will only have one part-time secretary - Both Sandy & Kathy will be working full time (8 am to 4:30 pm) but the secretary will only be on Mondays, Tuesdays, Wednesdays & Thursdays from 8 am to 1 pm. If you have any questions or concerns please call the office at 655-2138.

### VISIT YOUR STOMA CLINIC REGULARLY!

Room 5706, 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!! Service is FREE to all North Saskatchewan ostomates.

## FROM THE EDITOR

Hi Everyone,

Well September is here again, I hope everyone had a great summer. The weather cooperated most of the time. I'm assuming everyone who went to the conference in Nova Scotia had an awesome time. One person in particular kept bragging on Facebook about the great food he was eating for e.g. Lobster and fresh blueberry pie with ice cream.

My summer was busy I got company and I travelled to Edmonton and Winnipeg to visit relatives I hadn't seen for a years. The best part of the summer was been told I'm going to be a Grandma again in February. This will be number five and hearing that news is just as exciting as it was the first time.

With all the rain that's been falling has anyone turned into a duck yet or you just feel like one? Well it won't be long and Old Man Winter will be arriving and leaving his white blanket behind.

For the benefit of new members I will repeat some articles, and I hope to see some new faces this season and of course will be happy to see the old acquaintances.

If anyone has any ideas or articles they would like printed in the newsletter feel free to contact me. I'm always open to suggestions.

I can be reached by e-mail, telephone or mail by post.

Caroline

[carolineharris997@hotmail.com](mailto:carolineharris997@hotmail.com)

306-467-2330

Box 23,

Duck Lake, Sask. S0K1J0



### Ostomy Canada Magazine

Have a story to tell, anecdotes or unforgettable moments?

Share it with the readers of Ostomy Canada.

All submissions welcomed and appreciated.

Contact the editor, Lisa Gausman through the UOAC office.

>>>>HUMOUR<<<<



Two students had a few beers instead of studying the night before an exam. In the morning they discovered they had slept through it. They told the professor they had had gotten a flat tire. He said they could take the test a 5 p.m.. They were delighted and called classmates for the questions and answers. The professor gave them the test in separate rooms. A second page was attached. It said: FOR 50% OF YOUR GRADE, WHICH TIRE WAS FLAT?

### RANDOM QUOTES

“ A good laugh overcomes more difficulties and dissipates more dark clouds than any other one thing”

Laura Ingalls Wilder (1867-1957) Author.....

“Only one who devotes himself to a cause with his whole strength and soul can be a true master. For this reason mastery demands all of a person.”

Albert Einstein (1879-1955)..Theoretical Physicist Philosopher & Author.....

“Gratitude is a duty which ought to be paid; but which no one have a right to expect.”

Jean Jacques Rousseau (1712-1778) Philosopher & Writer.....

Why do people say “I saw it with my own eyes”...Do they ever have someone else’s eyes to see with?.....



### Toronto, Ontario Conference—2012

The UOAC now holds conferences every other year. In 2010, the conference was in Sydney, Nova Scotia. In 2012, the conference will be in Toronto, Ontario.

The Toronto Conference dates are: August 15 - 23, 2012. The theme of the 2012 conference is ‘Caring in a Changing World’. Official logo will be posted closer to the event.

The host hotel is the Delta Chelsea in downtown Toronto. Their website is <http://www.deltahotels.com/en/hotels/ontario/delta-chelsea/>. Quoted conference rates are Single or Double for \$159.00, Triple for \$179.00. Plus the harmonized sales tax of 13%.

You can view the presentation given by the Toronto Conference Committee on our website: [http://www.ostomycanada.ca/user\\_files/pdf/Toronto%202012.pdf](http://www.ostomycanada.ca/user_files/pdf/Toronto%202012.pdf).



Photo from the Ice Cream Social and Silent Raffle on May 3, 2010.

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## DONATIONS, MEMORIALS AND TRIBUTES

A generous donation in memory of or in honor of a Loved one or Friend will aid the continuation of Ostomy rehabilitation.

Please make your TAX deductible contribution to:

### Saskatoon Ostomy Association

1610 Isabella Street

Saskatoon, SK. S7J 0C1

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ADDRESS: \_\_\_\_\_

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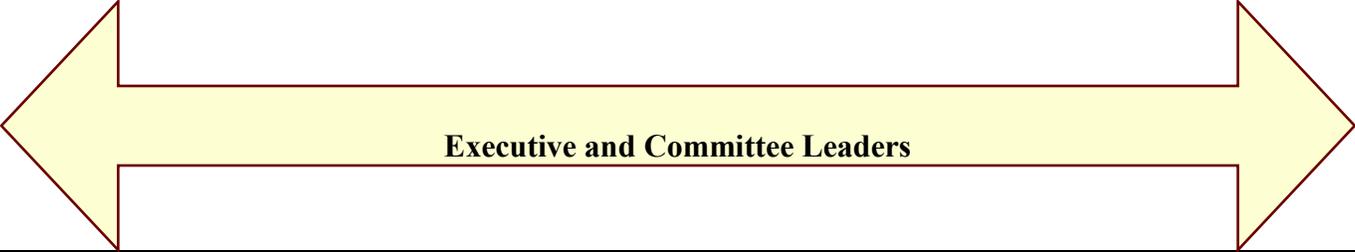
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## Executive and Committee Leaders

### President

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Laurie Beaulieu (Helper)  
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258-2016  
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### Social Events & Luncheon Coordinator

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S7L 6H3  
(306) 374-8194

### Helpers

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1-888-969-9698  
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Web site address:  
<http://www.ostomycanada.ca>

### Visitation

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Howard Rankin (Helper)  
206-401 Cartwright St.  
Saskatoon, SK. S7T 0B3  
306-220-7141

### Library

Louise Mulligan  
2014 Park Ave  
Saskatoon, SK. S7J 2B9  
306-373-4066  
[louiseamulligan@hotmail.com](mailto:louiseamulligan@hotmail.com)

### Greeter/Welcoming Committee

██████████  
██████████████████  
██████████████████████  
██████████  
██████████████████████

20/40  
Vacant

## UOAC Ostomy Youth Camp

(From the September 2010 UOAC Connection, used by permission)

2010 was an expansion year for youth camp with 41 participants. We set a new record with 16 new campers!

We had 10 volunteer counsellors who came from BC, Alberta, Ontario, Manitoba and Nova Scotia. Two new volunteers were former campers. We also had three medical professionals including two ET's, of whom one was a first year volunteer, and one social worker.

The website for parents, family and friends went smoothly. Comments have been favourable. We have had requests for invitations to view the site from ET's who sent kids to camp.

The Vendor Fair was a success. The campers enjoyed Ostomy Jeopardy and there is discussion of developing another interactive game for the campers for next year to keep their interest and engage them. Each of the manufacturers provided treats for the kids, including water bottles, movie passes and t-shirts. Thanks to ConvaTec Canada, Hollister Ltd., and Coloplast Canada.

We received tremendous support from the chapters who sent new and returning campers, especially, Vancouver, Central Vancouver Island, Calgary Ostomy Society, Winnipeg Ostomy Association, Ostomy Toronto, Halton-Peel, Hamilton and District, Niagara and Region, Ottawa, Metro Halifax and St. John's, Newfoundland.

We were supported by individuals and companies who made donations, by chapters who had no children to send and made donations, by manufacturers and by the parents. Special thanks to the following members of the Calgary Ostomy Society who volunteered for camp in one capacity or another. Without their commitment and participation, the week wouldn't have gone as smoothly. They are **Berthe Huntley, Lisa Gausman, Elizabeth Lindner, Ann & Mark Hambridge, Lynley Cook, Tricia Reeves, Ken Mawer, Wes Richardson, Sheri Rodwell, Karen Spencer, Carla Mesic and Al & Laurie Tambosso.**

We would also like to thank **CB Medical, Shoppers Home Health Care, Coop Home Health Care and Florence Robertson**, all of Calgary, for their donations to camp. We greatly appreciate their support and generosity.

A great week was had by all and the campers are already counting the days until they can return next year.

Pat Cimmeck  
UOAC Ostomy Youth Camp chair



## Ostomy support group for kids and their parents

Canadian Ostomy Camp is a place where 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 costs for your child.



# 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> (website is currently under construction)

## 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 membership. I understand that membership includes voting privileges, issues of the Saskatoon Bulletin, and U.O.A. Canada 's magazine OSTOMY CANADA.

I ' m:      New Member: \_ \_ \_      Renewing Member: \_ \_ \_      Year of Birth \_ \_ \_ \_ \_

I have a: Colostomy : \_ \_ \_      Ileostomy :      \_ \_ \_      Urostomy: \_ \_ \_ \_ \_      Continent  
Ostomy: \_ \_ \_ \_ \_

I am a:      Spouse:      \_ \_ \_      Medical Professional: \_ \_ \_      Other:      \_ \_ \_ \_ \_

Date: \_ \_ \_ \_ \_

NAME: ( Please Print )

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ADDRESS:  
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Postal Code: \_ \_ \_ \_ \_      Telephone # ' s: \_ \_ \_ \_ \_

Please make cheques payable to:

The Saskatoon Ostomy Association  
1610 Isabella Street, Saskatoon, SK  
S7J 0C1

For Information contact: Nordon Medical at 374-1589  
The Stoma Clinic at 655-2138