

SASKATOON OSTOMY ASSOCIATION BULLETIN

November 2021



#15-1610 Isabella Street East, Saskatoon, SK S7J 0C1

saskatoonostomy@gmail.com

saskatoonostomy.ca

The Saskatoon Ostomy Chapter is a non-profit mutual support society for the benefit of people who have had, or are about to have, ostomy surgery.

The purpose of our chapter is to:

- Assist the medical profession in the rehabilitation of ostomates by providing, at the request of the physician, reassurance and emotional support.
- To promote up-to-date information concerning ostomy care and equipment to ostomates, and those involved in their care.
- To educate, develop and promote public awareness and understanding of ostomies.

VISITING SERVICES

At the request of the physician, 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 306-655-2138. They will contact the Visiting Chairperson of the local Ostomy Association. Or emailing soavisation@hotmail.com

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

UPCOMING CHAPTER EVENTS

- **November 1, 2021 - Microsoft Teams meeting - Remembering the members we have lost this past year, discussion on the future of the Saskatoon Ostomy Association. See our website for login information.**
- **December 6, 2021 - Microsoft Teams meeting. See our website for login information.**

Microsoft Teams is similar to the Zoom software that we have been using. We have permission from Ostomy Canada Society to use their Microsoft Teams account for our meetings. For details about the Microsoft Teams meetings, please visit the events calendar on our website.

STAY HOME AND WASH YOUR HANDS

THE SOONER WE ALL STAY HOME

THE SOONER THIS WILL ALL BE OVER

We are friends you haven't met yet. Wheelchair accessible. Convenient washrooms. Refreshments and visiting period after each meeting. Spouses, family members and other visitors welcome. Scent free. Cell phones on vibrate or off. Need a reminder call or ride? It's easy to be **GREEN!** **With the costs of postage, we encourage our members to receive the newsletter in Living Colour. Visit our website and enter your email address, and name and click Subscribe!**





Sometimes you see it,

Sometimes you don't

1 out of 3 people who experience itchy skin around the stoma have healthy looking skin.†

The CeraPlus skin barrier may help.

It helps protect against dryness, a possible cause of itching, by working to protect your skin's natural moisture barrier.

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The CeraPlus skin barrier comes in a range of fit options including one-piece, two-piece, flat, firm convex, soft convex, tape border, and tapeless



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† Consumer Survey of Pruritus, Hollister Incorporated, 2016. Data on file.
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Ostomy Care
Healthy skin. Positive outcomes.

President's Message

Greetings to our Saskatoon Ostomy Members

Hopefully, this message will find all of you in good health and safety. I find myself feeling a little tired and stressed dealing with this fourth Wave of COVID as well as working full time at my job.

IMPORTANT MEETING on NOVEMBER 1st!!!!

We will discuss:

HOW WE WANT TO CARRY ON WITH OUR ORGANIZATION!!

DO WE WANT TO CONTINUE AS A CHAPTER? OR BECOME A PEER SUPPORT GROUP?

I am asking for feedback from our Members. Please join us on NOVEMBER 1st at 7:00 pm. This will be a very IMPORTANT DISCUSSION.

I'm sad to say that our Vice President Veronica has moved on, taking a new position in Regina. As we all know she was our Visitor Training Coordinator. We are reaching out to our members to fill these positions. You can apply by contacting me.

I am looking forward to seeing you on November 1, 2021

Thanks again to our Executive for doing a GREAT JOB

Stay Safe and Take Care

Gerard

Membership Message

Dear Member;

Memberships are slowly coming in, had quite a few after the reminder went out, now just trickling in. Please check your membership card. if it says Sept 1 2021- time to Renew. We now accept etransfers

I have had a couple requests for life memberships! Would it be something our association would do? Say for \$300 or \$500 ??

Questions about the Association that I can think of

- Would you be in favour of a coffee group instead of the formal Association?
- How often do you want to meet?
- Would you be willing to hold an office if not?

Wanda

Step Up For Ostomy

On October 2, 2021 across Canada, people living with an ostomy, their friends and family walked, ran, rolled, slid, hopped, danced, sashayed, pranced, biked, jumped, strutted, twirled, skipped, chilled, played cards, or whatever to raise funds and awareness for Ostomy Canada. This amazing virtual event across Canada raised much needed funds to help us improve the quality of life for people living with an ostomy. Help us get our voices heard!

Peter Folk represented Saskatoon Ostomy Association by walking and biking. To date, he has travelled 388 km. 10

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donors have helped him surpass his \$500 goal. But others can still continue to either join the Saskatoon Ostomy Association team or donate. Please support Saskatoon Ostomy Association who are fundraising for Ostomy Canada Society Inc. on JustGiving. <https://www.justgiving.com/team/soa>

JustGiving sends your donation straight to Ostomy Canada Society Inc.

Thank you for your support!

Peer Support Groups Vs Chapters . . . a few differences

Characteristics of a Peer Support Group (PSG)

- Participants share a common interest or need to help other individuals with an ostomy
- The organizational structure is completely flexible to meet the needs of the participant - meetings, coffee clubs and sharing of information, speakers etc.
- Participants are not necessarily “members” of a Chapter, nor is there pressure to join
- The Facilitator need not be a trained Ostomy Canada Peer Visitor yet keeps a list of Visits, Coordinators, Training and PSG member lists
- They last as only as **long** as there are two or more people who are benefitting
- When the need has been fulfilled, they disappear without comment
- Participants may or may not be ostomy supporters of Ostomy Canada Society

Characteristics of a Chapter (SOA falls into this category)

- Participants share a common desire to help other individuals with an ostomy
- A formal structure is created with a Board of directors or an Executive committee and by-laws to document procedures. Must have at least 15 active members
- Participants become members of the chapter with voting rights to elect officers and establish by-laws for that Chapter
- Chapters are expected to plan and conduct Visitor Training Sessions.
- Chapters are expected to have a medical advisor - not required . . . a nice to have
- Formal chapter meetings are held regularly and announced in newsletters
- Chapters can be independent legal entities with rights and privileges that survive turnover of membership and yet have a succession of Board/Executive
- Chapters can register with Canada Revenue Agency to issue tax receipts for fundraising activities
- Chapters are responsible for their insurance, legal, By-Laws, etc. requirements if required locally

Characteristics of a Peer Support Group

- The Peer Support Group meeting is like a rap session or discussion group – share, learn and exchange and share a common interest or need.
- The Facilitator need not be a trained Ostomy Canada Peer Visitor – Facilitator keeps records
- The organizational structure is completely flexible to meet the needs of the participants.
- Participants are not necessarily members of a Chapter, nor is there pressure to join.
- They are responsible to the national President through the Outreach Administrator.

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Saskatoon Stoma Clinic

The Stoma Clinic is located at room 5706, F Wing, Royal University Hospital. If you wish to contact a NSWOC, please phone 306-655-2138. Help Line: 306-655-4345, after hours.

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- They are not required to be incorporated.
- They do not need to be registered as a charity with CRA and therefore cannot issue tax receipts. This can be done by Ostomy Canada for the PSG

Note from Ostomy Canada – in 2022 we will begin to look at Affiliation Agreements and how best to structure our organization, as well as facilitate conversations with those groups who may wish to have Ostomy Canada Society Inc. oversee and support their operations – Shared Services. The goal is to reduce any complexities within our network.

Kegel Exercises - Harvard Healthbeat via Metro MD



These exercises won't help you look better, but they do something just as important – strengthen the pelvic floor muscles that support the bladder. Strong pelvic floor muscles can go a long way toward preventing incontinence. While many women are familiar with Kegels, these exercises can benefit men too. To do a Kegel exercise correctly, squeeze the muscles you would use to prevent

yourself from passing urine or gas. Hold the contraction for two or three seconds, then release. Make sure to completely relax your pelvic floor muscles after the contraction. Repeat 10 times. Try to do four to five sets a day.

Many of the things we do for fun (and work) count as exercise. Raking the yard counts as physical activity. So does ballroom dancing and playing with your kids or grandkids. As long as you're doing some form of aerobic exercise for at least 30 minutes a day, and you include two days of strength training a week, you can consider yourself an "active" person.

Members We Have Lost This Past Year

During our November meetings we remember members who have passed away this year:

- Carol Mathiason
- Virginia Burling
- William Kosowan

Your NSWOCs



James Carnegie NSWOC
Carnegie Medical Supplies
306-668-3998 or
306-952-2707



Teri Schroeder NSWOC
ET Solutions
Call: 306-249-1442

The purpose of this chapter is to help meet the needs of its members. If you have any suggestions for guest speakers, questions for the Dear NSWOC column or ideas to change/improve how we function, please let us know. We have a Suggestion Box at meetings or send your ideas to: Saskatoon Ostomy Association, #15 - 1610 Isabella St., Saskatoon, SK. S7J 0C1

Memberships: Memberships are in effect from Sept. 1, 2021 – Aug. 31, 2022. Memberships: Another year-time to renew your membership, It is still \$30. Membership application on the last page of the newsletter. Mail to: Saskatoon Ostomy Association, #15-1610 Isabella St. Saskatoon, SK. S7J 0C1 Please do not let the fee deter you from becoming a member— If you are having financial problems talk to the executive and we may be able to cover the cost. We are here for one another!

WEAR A MASK WHEN GOING TO THE MALL OR ANY STORE.

Visitation: If you would like a visitor please email: soavisitation@hotmail.com. Contacts can be in person, phone or by email.

Did you Know? Ostomates may choose where to purchase products. There are 4 ostomy supply stores in Saskatoon:

1. Carnegie Medical Supplies (1 location and online)
2. Nordon Medical
3. Schaan Home Healthcare
4. Uro Medical Supplies

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

OUR LIBRARY is located at Carnegie Medical at Unit H - 2301 Millar Ave. Come check out the books and information we have!

Let us know any birthday, anniversaries, or and “In Memory” notifications we can post in the next newsletter!

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



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Sat 10am-4pm,

Closed Sunday & Holidays

Phone: 306-374-1589

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Free deliveries on orders over \$25

Hours: Mon - Sat 9am-9pm,
Sun 12-4pm,

Closed Holidays

Phone: 306-374-1585

Give the Gift of Dignity



For over 35 years, Friends of Ostomates Worldwide Canada (FOWC) has sent free ostomy supplies to more than 52 countries. Recently, we have sent supplies to ostomates in Kenya and Zimbabwe, and in Central and South America where ostomy supplies are scarce and expensive. Local groups re-distribute these precious supplies to those in need.



FOWC's goal is to raise funds to enable us to ship these supplies. Just one shipment to Kenya was \$4,500.

You can help by sending a cheque payable to FOWC mailed with the form below to the address listed. Online donations are accepted through www.fowc.ca.



My Name is Gertrude from Bulawayo in Zimbabwe. On behalf of the Ostomates friends here, we would like to thank you for your kindness in donating ostomy supplies to us. We are really short of words to express your kindness towards us. We pray that you may be blessed in whatever you do in life.



*I would like to improve the life of needy ostomates worldwide by making a donation.
Je souhaite faire un don pour aider les personnes stomisées du tiers-monde.*

Individual: \$30 Individual Patron: \$50 My Donation/ Mon don: _____

Name/Nom: _____

Address/Adresse: _____

City/Ville: _____ Province: _____ PC/CP _____

Tel: _____ Email/Courriel: _____

Mail to/faire parvenir à: *c/o L. Pismenny, Secretary*

**Friends of Ostomates Worldwide Canada
1101-80 Snow St., Winnipeg, MB, R3T 0P8**

Official tax receipt will be issued/Un reçu officiel aux fins d'impôts sera émis

Jokes

1. Why do we park in driveways and drive on park-ways?
2. Do Lipton employees take coffee breaks?
3. Can I yell "movie" in a crowded firehouse?
4. Can you be a closet claustrophobic?
5. How do a fool and his money GET together?
6. Why does Hawaii have interstate highways?
7. How is it that a building burns up as it burns down?



No-Sting Skin Barrier Film

- No-Sting, Alcohol-Free
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Ask your supplier to bring in these products for you!

For more information to acquire locally or to request a sample please call

In Canada Contact - Peter West

519-726-5959 | peter@westcaremed.com



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www.sns-medical.com

Stretch Your Dollars with our High Quality, Cost Effective Products!

* Did You Know?

People living with an ostomy are eligible for the disability tax credit when a qualified medical practitioner certifies the disability tax credit certificate and Canada Revenue Agency approves the application. See our website for details: <https://www.ostomycanada.ca/dtc>



Ostomy Canada Society / Société Canadienne des Personnes Stomisées



Shop Online And Save On Ostomy Supplies!

Ordering Your Supplies Is Easy

1. Visit www.CanMedDirect.ca from your computer.
2. Find your products by typing in the product code or description in the search bar.
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Ask your supplier to bring in these products for you!

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In Canada Contact - Peter West

519-726-5959 | peter@westcaremed.com

Safe n Simple
Clean. Comfortable. Confident.

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Stretch Your Dollars with our High Quality, Cost Effective Products!

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

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



For free samples or to order:

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Available from O.O.S. Medical. Dealer inquiries welcome.

OstomyEssentials

www.OstomyEssentials.ca



Ostomy Society | Société Canadienne des Personnes Stomisées

STEP UP

World Ostomy Day

FOR OSTOMY

Oct 2, 2021

walk.run.chill.whatever.

Enroll or donate at stepupforostomy.ca

Saskatoon Ostomy Association 2021-2022

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Literature/Library

Available at Carnegie Medical Supplies 306-668-3998

Visitation

OPEN
Or Stoma Clinic 306-655-2138

Greeter

OPEN

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Website: www.ostomycanada.ca

Deadlines:

Please submit items for the bulletin by the following dates:

January 22, 2021

IMPORTANT NOTICE

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



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Saskatoon, SK
Phone 306.955.3373
Tom Jeffries
tom@globesask.com



APPLICATION FOR MEMBERSHIP

Yearly membership includes voting privileges, issues of the Saskatoon Ostomy Association Bulletin, and the Ostomy Canada Society publication "*Ostomy Canada*". The following information is kept strictly confidential:

New Member Renewal Donation Membership (\$30) Spousal Membership (\$10) Amount Enclosed _____

Colostomy Ileostomy Urostomy Continent Ostomy Spouse Medical Professional Other

Name: (Please Print) _____

Address: _____

City: _____ **Province:** _____

Postal Code: _____ **Year of Birth:** _____

Telephone #s: _____ **Email:** _____

Do you prefer paper or electronic copy of the Saskatoon Ostomy Bulletin? Circle one

I give permission for my name and/or photo to be used for the SOA Bulletin and/or the SOA website.

Signature _____

Please make cheques payable to:

Saskatoon Ostomy Association and mail to: #15—1610 Isabella Street East, Saskatoon, SK, S7J 0C1

Saskatoon Ostomy Association
#15 - 1610 Isabella Street East
Saskatoon, SK S7J 0C1