

# SASKATOON OSTOMY ASSOCIATION BULLETIN May 2022



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

[saskatoonostomy@gmail.com](mailto:saskatoonostomy@gmail.com)

[saskatoonostomy.ca](http://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](mailto: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

- **May 2, 2022 - In-person meeting at Mayfair United Church. Annual General Meeting - Election of executive.**
- **June 6, 2022 - TBA**
- **July 4 - 8, 2022 - Ostomy Canada Youth Camp. See the Ostomy Canada website for more details. Saskatoon Ostomy Association will sponsor campers. Please contact Gerard if interested.**
- **October 1, 2022—Step Up For Ostomy**

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

**WASH YOUR HANDS.**

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.

To learn more about the ceramide-infused CeraPlus skin barrier, or to request a **FREE** sample, contact us at **1.800.263.7400** or visit us at **[www.hollister.com](http://www.hollister.com)**.



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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Prior to use, be sure to read the Instructions for Use for information regarding Intended Use, Contraindications, Warnings, Precautions, and Instructions.

† Consumer Survey of Pruritus, Hollister Incorporated, 2016. Data on file.

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**Ostomy Care**  
Healthy skin. Positive outcomes.

## President's Message

Greetings everyone!

Hope everyone enjoyed their Easter break and had safe travels. I worked during the holiday and helped the residents make butter lambs for the Easter Baskets.

Old Man Winter does not want to leave us and continues on into April. So does COVID-19, as we are going into the sixth wave with an Omicron variant. Even though restrictions are lifted, we should still take precautions and stay safe.

We will meet in person for the first time in two years. Everyone is welcome to join us at the Mayfair United Church on 33rd Street West, on Monday May 2nd. See you there.

We have a new member joining our executive team; welcome and thank you to John for filling in. I would like to thank the Executive: Wanda, Peter, Peter and John for hanging in there through this pandemic. THANK YOU. Take care and stay safe.

Gerard Dakinewich  
President of Saskatoon Chapter



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### Young Ostomates Support & Friendship Group (YOS+FG)- Saskatchewan



**Online & Community Group for Saskatchewan's  
-20-40's+**

Find us on Facebook at YOSF+G and request to join!  
Or email [jay-lynn13@hotmail.com](mailto:jay-lynn13@hotmail.com) for more information.

- Zoom meet ups as requested
- Connect with other local chapters in Canada
- Annual meets up in both Saskatoon and Regina
- Ask questions, find support, or share information

*Connection, support, and living well at all stages of the journey*

### WHO WE ARE



Ostomy Canada Society | Société Canadienne des Personnes Stomatisées

**Advocacy.**

**Awareness.**

**Collaboration.**

**Support.**



We are a non-profit volunteer organization dedicated to helping people with an ostomy, & their circle of support to live life to the fullest.

**Support Groups • Find An NSWOC  
Ostomy Canada Magazine • Publications  
Volunteer • Donate • Ostomy Youth Camp  
Information For Those Living With An Ostomy  
Disability Tax Credit • Ostomy Visitor Program**

#### CONNECT WITH US

Ostomy Canada Society  
Suite 210, 5800 Ambler Drive  
Mississauga, Ontario L4W 4J4

1 888.969.9698  
[www.ostomycanada.ca](http://www.ostomycanada.ca)  
[info1@ostomycanada.ca](mailto:info1@ostomycanada.ca)



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## **Membership Message**

Memberships are down, a few new members. Memberships are valid from Sept 1st to the following August 31.

Wanda

## **Can I Exercise With An Ostomy?**

There is no better time to get back to healthy living. Digestive or bladder issues may have reduced one's overall endurance and strength, perhaps followed by surgery. While always recommended to speak with your physician first, one can ease back into it. No one wants to be stiff and sore or risk burnout or injury, even when we are excited to get back moving! A better plan is to start with fewer and easier exercises or repetitions of movement and gradually increase. Strengthening one's core is an excellent way to start and can occur post-operative even with simple awareness of standing straight and tall and taking deep breaths. Walking is a simple activity that lets one go at their own pace, is affordable and easy to do anywhere. Check out mall walking if you are not keen on maneuvering on icy sidewalks with our Canadian winters.

Swimming provides a whole body workout while being easy on the joints. Your pouch is water-resistant and well adhered, especially if you've had it changed for at least one hour before going in the pool, lake or, if you're fortunate, the ocean! Before diving in, it is recommended to empty your pouch and check for a good seal. Cover the filter if you have one on your pouch. Even walking laps in a pool is a great start.

Get back to the activities you enjoy or take up an activity – biking, tennis, golf and yoga; the list is endless. If you have any concerns, your Ostomy Nurse is here to help guide you.

Source: By Karen Kinashuk, RN, BScN NSWOC. Regina Ostomy & Wound Clinic.

## **Disability Tax Credit – Did You Know?**

by ANN DURKEE-MACISAAC, Chairperson, DTC Committee

An eligible individual or a supporting person may be able to claim the disability amount of up to \$8,662.00. Application forms are available on the CRA site. If you have had your ostomy for one year you are eligible to submit. Every two years the Disability Tax Credit Advisory Committee - CRA publishes a report. In 2021 the report included the Federal Tax Expenditures for the year 2018.

- 1.2 million individuals claimed an amount for DTC for 2018 (the years covered by the report).
- 770,000 eligible persons who claimed all or some portion of the credit for themselves.
- 150,000 individuals who claimed all or some portion of the credit on behalf of an eligible spouse or partner.
- 260,000 individuals who claimed all or some portion of the credit transferred from an eligible person (such as a parent for a minor child.)
- 30,000 individuals who claimed all or some portion of the credit for themselves and on behalf of another eligible person.
- According to the report, the projected cost of the DTC for 2021 is estimated to be about \$1.3 billion.

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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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Keep in mind that these figures are for the year 2018 and published in 2021. The DTC is for all eligible disabilities listed within the Disability Tax Credit. In 2021 there has been a new application form (T2201) issued. And finally, Ostomy Canada Society is pleased to inform you that we just recently printed a new version of our DTC brochure to assist you in completing your form. We also mail out the DTC brochure upon request to your Support Groups, as well as for educational events and hospital release kits. Contact [info1@ostomycanada.ca](mailto:info1@ostomycanada.ca) for your request.

## Ostomy Canada 60th Anniversary

Prepared by Ed Tummers

Ostomy Canada traces its roots to a meeting of representatives of 24 informal self-help peer support groups in Canada and the United States in 1962. Canada sent delegates from London, Ontario and Montreal, Quebec. At that convention, they approved a motion to establish a United Ostomy Association (UOA) to serve as a multi-national network for bowel and urinary diversion support groups. Their first project was to publish an information booklet to circulate and membership dues were set at 50 cents to cover the costs.

The organization spread across North America and other countries and in 1974, UOA became a charter member of the newly formed International Ostomy Association (IOA). At its peak in 1986, UOA volunteers had affiliated with over 500 local support groups throughout the United States, Puerto Rico, Bermuda and Canada. UOA represented over 50,000 dues-paying members with an annual budget of almost \$ 1 million.

At a meeting in Calgary in 1997, the decision was made to found a purely Canadian association and voted to establish the United Ostomy Association of Canada (UOAC). The following years were spent developing support programs such

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Ostomy  
Canada  
Society

Soci t   
Canadienne des  
Personnes Stomis es



### Step Up for Ostomy is October 1, 2022.

**STEP UP**  
FOR OSTOMY  
**Oct. 1, 2022**  
walk.run.chill.whatever.

We have exciting plans and changes:

- Updated logo for those that may want to begin to promote
- We are looking for a national t-shirt sponsor
- We will refresh our website and improve Team and individual set ups
- Chapter and Support Group rebates will continue (10% of your funds) but individual Incentives are no longer offered
- Got it an idea – let [john.hartman@ostomycanada.ca](mailto:john.hartman@ostomycanada.ca) know!

**AGISSONS**  
AVEC OSTOMIE CANADA  
**1 octobre 2022**  
Courez. Marchez.  
D tendez-Vous.  
Peu importe.

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as the Visiting Program, a national office, publications, a youth camp, conferences and volunteer recognition awards.

In 2014, the name was officially changed to become the Ostomy Canada Society. From very humble beginnings in 1949, when a small group of four World War 2 veterans met at the Veterans' Hospital in Pennsylvania to exchange information about stoma management based on their life experiences, Ostomy Canada is now the voice of hundreds of thousands of Canadians representing people who had undergone bowel or urinary diversion surgery, those living with an ostomy or continent diversion, their caregivers, family and friends, members of the medical community, ostomy product manufacturers and distributors.

Despite all the medical advances and supports that have been developed over the years, there is still a vital need for Ostomy Canada in helping to increase awareness, eliminate stigma and provide a national network of support groups. Thanks to the tireless efforts of our volunteers, Ostomy Canada continues to fulfill its mission.

**Ostomy Canada Society is a non-profit volunteer organization dedicated to all people living with an ostomy, and their circles of support, helping them to live life to the fullest through advocacy, awareness, collaboration and support.**

Note – By the summer of 2022 Ostomy Canada Society will share how groups can use the 60th Anniversary logo over the short term. Stay tuned.

**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](mailto: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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**Free deliveries on orders over \$25**

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

Closed Holidays

**Phone:** 306-374-1585

## Stomach Trivia ... did you know?

- It takes about 9 seconds for food to reach your stomach?
- Your stomach acid is so strong that you grow a new stomach lining every three days?
- You can eat standing on your head, because your esophagus pushes food into your stomach, even uphill?
- Without your stomach, you couldn't store food for digestion. You'd have to eat continuously all day and night?
- The hydrochloric acid of the human digestive process is so strong a corrosive that it easily can eat its way through a cotton handkerchief, and even through the iron of an automobile body. Yet, it doesn't endanger the stomach's sticky mucus walls.
- Your stomach holds barely 0.5 liters, but after a big meal it can stretch to more than 4 liters!
- *Bill Nye: The Science Guy*

## Ostomy Canada Youth Camp

After a two-year hiatus, we are pleased to announce that the Ostomy Canada Youth Camp is officially a 'GO' for this year. The dates for this year's camp are Monday July 4, 2022 to Friday July 8, 2022.

Please take note that due to the ongoing COVID-19 pandemic there are several significant changes to this year's

*(Continued on page 10)*



### Skin Barrier Ring Conforming Seal

- Ideal for any type of ostomy
- Moldable, stretchable
- Highly absorbent
- "Holds up better" promoting longer pouch wear time



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In Canada Contact - Peter West  
519-726-5959 | peter@westcaredmed.com



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

### Give the Gift of Dignity

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

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

You can help by sending a cheque payable to FOOWC mailed with the form below to the address below. Online donations are accepted through [www.foowc.ca](http://www.foowc.ca).

*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 de tous-monde.*

Individual: \$50    
  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. Pivonny, Secretary Friends of Ostomates Worldwide Canada  
 1101-80 Snow St., Winnipeg, MB, R3T 0P8

Official tax receipt will be issued. Un reçu officiel sera émis.

## \* 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>

## Shop Online And Save On Ostomy Supplies!

### Ordering Your Supplies Is Easy

1. Visit [www.CanMedDirect.ca](http://www.CanMedDirect.ca) from your computer.
2. Find your products by typing in the product code or description in the search bar.
3. Add your items to the shopping cart, checkout and pay using: **VISA** **MasterCard** **PayPal**
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## MEDICAL PHARMACY

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**\*\*Prescription Blister Packaging \*\***

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Prince Albert, SK S6V 4W1



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In Canada Contact - Peter West

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## Saskatoon Ostomy Association 2021-2022

### Executive Officers

#### President

Gerard Dakinewich  
306-653-2780  
fernevillefoods@sasktel.net

#### Past President

Wanda Dansereau  
306-222-7281  
wjdansereau@gmail.com

#### Vice President

OPEN

#### Treasurer

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pgfehr@sasktel.net

#### Secretary

Peter Folk 306-384-6059  
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John Degerness 306-249-3875  
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### Committee Heads

#### Friendship

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#### 20/40 Group

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jay-lynn13@hotmail.com

### Membership

Wanda Dansereau 306-222-7281  
wjdansereau@gmail.com

#### Literature/Library

Available at Carnegie Medical Supplies 306-668-3998

#### Visitation

OPEN  
Or Stoma Clinic 306-655-2138

#### Greeter

OPEN

#### Ostomy Canada Society Office

5800 Amber Drive, Suite 210  
Mississauga, On. L4W 4J4  
1-905-212-7111 1-888-969-9698  
FAX 1-905-212-9002  
e-mail: [info1@ostomycanada.ca](mailto:info1@ostomycanada.ca)  
Website: [www.ostomycanada.ca](http://www.ostomycanada.ca)

### Deadlines:

**Please submit items for the bulletin by the following dates:**

**August 26, 2022**

#### 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.



217 Jessop Avenue  
Saskatoon, SK  
Phone 306.955.3373  
Tom Jeffries  
[tom@globesask.com](mailto: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

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