

# SASKATOON OSTOMY ASSOCIATION BULLETIN

November 2015

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.

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.



15 - 1610 Isabella Street East, Saskatoon, SK S7J 0C1  
[saskatoonostomy@gmail.com](mailto:saskatoonostomy@gmail.com) | [www.saskatoonostomy.ca](http://www.saskatoonostomy.ca)

## UPCOMING CHAPTER MEETINGS:

**When: Monday December 7, 2015 - 7:30 p.m.**

**Location:** Mayfair United Church, 902 33rd Street West

**Program: Christmas Party, bring a \$10 gift and a tray of goodies.**



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**When: Monday, February 1, 2016 - 6:30 p.m.**

**Location:** Mayfair United Church, 902 33rd Street West

**Program: Pot Luck , Supply reps**

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It's easy to be **GREEN!** With the impending raise in the cost of postage, we encourage our members to receive the newsletter in **LIVING COLOUR**. Please contact [saskatoonostomy@gmail.com](mailto:saskatoonostomy@gmail.com) to be added to our email list.





## Ostomy Accessories to Provide Innovative **Solutions for Skin Health**

Hollister understands that no two people or stomas are alike and accessories play a critical role in ensuring the best outcomes with a focus on security, skin health, discretion and convenience. **The options you need.**

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**The expertise you want.**



## President's Message

### Hope everyone had a good Thanksgiving!

We have a few busy months ahead of us. By the time everyone has gotten this newsletter, we will have had our November meeting. It was "Remembering" We have lost 5 members since last November. Harold Empey did his demonstration "Just in Case", you are welcome to buy these from him. It is a tremendous help for loved ones when we pass away, my husband wouldn't even know how to get the bills if something happened to me. Brian Merritt and Helen Johnston manned our table at SpotLight on Seniors - Thank you for doing that.

We need people to sit on the Nomination Committee. This does not mean you will let your name stand for a position it just means you will help find people who will let their names stand! Let any of us know if you can donate some time for your chapter. Regina Chapter is having their members sign up to take on a month to find and put on the agenda for the meeting. I think that is a great idea!

One idea I was given for a meeting was a physiotherapist, I will try to set something up for March or April. If anyone has any other ideas just let one of the executive know and we will try to arrange it or you can arrange it and we will fit it in to a time for you! I was a little disappointed at the turn out for the World and Canada Ostomy Day at the Forestry Farm. There was 8 of us there. It was a beautiful day, we had a fire and a BBQ and cupcakes. I finally get it, everyone is busy! So unless it is our regular meeting night it is a NO Go! Prince Albert members are wanting to have a visitation program up there. If you are reading this and are interested either contact Alison Attree or one of the executive members and we can get a visitation training planned.

December is our Christmas party again, Santa and his trusty reindeer will be coming (apparently most of us have behaved enough to have him attend). Everyone and anyone is welcome to attend. Bring a present and a tray of goodies and you may enter!! haha! February is our annual "Potluck" supper and the Supply Reps will be attending this meeting as well.

**Wishing Everyone a Healthy, Happy Holiday Season**

Trying to be the best I can be

Wanda



## National Survey on Ostomy Supply Costs



Ostomy Canada Society | Société Canadienne des Personnes Stomisées

### HELP US GATHER INFORMATION ABOUT THE COST OF OSTOMY SUPPLIES IN CANADA

Open to all Canadian Ostomates!

Online questionnaire coming September 28 – Let your voice be heard.

Go online and fill out the 10 question survey.

September 28 to August 31, 2015

**Online survey:** <https://www.surveymonkey.com/s/X7FCDYX>

or <http://www.ostomycanada.ca/survey/>

For those that want to do the survey in French,

the links are: <https://fr.surveymonkey.com/s/97NW72R>

or <http://www.ostomycanada.ca/survey-french/>

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**September 28 to August 31, 2016**



## Items of Interest



*Kathy Guina*



*JoElla Klassen*

**The Stoma Clinic** is located at room 5706, F Wing, Royal University Hospital. If you wish to contact an ET, please phone 306-655-2138. If you do not reach the secretary, please leave a message.



*James Carnegie*

**Carnegie Medical**  
306-922-9880  
ET by appointment.



*Teri Schroeder*

**ET Solutions** is a private practice. 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 ET 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.

**To continue your membership**, please mail your cheque in the amount of \$30.00, along with the membership form from the newsletter 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!**

### DID YOU KNOW?

Ostomates may choose where to purchase products: there are 2 ostomy supply stores in Saskatoon: Nordon Drugs and Carnegie Medical Supplies. Although it may cost more, you also have the option of having your supplies brought into your local pharmacy.

**The Association has received size large men's shirts** with pockets in the bottom left side to hold their pouch. This wife has lovingly put them in every shirt and he no longer needs them. If you are interested Wanda has them phone (306 384 2793) or pick up at the meetings.

**Prince Albert members** want to have a visitation program up there. If you are reading this and are interested either contact Alison Attree or one of the executive members and we can get a visitation training planned.

## TIPS & TRICKS

The first signs of blockage are: no output or runny yellowish or clear drainage from stoma, abdominal pain, nausea, loss of appetite, and vomiting. **If you suspect you have an obstruction seek medical help right away. They should never be left unattended.** Try to avoid eating foods that can cause a blockage e.g. popcorn, peanuts, corn, mushrooms, anything that does not digest properly.

## A Fond Farewell to Leslie

### April 28th, 1977. My first real job as a part-time front counter clerk at NorDon Drugs.

Norm Faulkner hired me the day before, and I was excited to think I had found work close to home in a store I'd been spending my allowance at since 1st grade. The first years were tending to the cash register and post office.

It fit perfectly with the class schedule at university.

I knew little about the back corner of the pharmacy, with its turquoise Hollister boxes, a few Squibb boxes and mysterious items from United Ostomy like rubber face plates, colly-seels, and Skin Bond cement. A little file box of index cards recorded the needs of our clients, and over the years, Norm encouraged me to fill and wrap up orders when time permitted.

After graduating, I moved into an apartment with a friend, and Norm offered full time hours, a great opportunity! I could pay my rent! As I worked daytime weekdays, I learned more and more about ostomy, and fielded calls from Katja Dietz ordering for new patients, slowly gathering knowledge about products and their applications. It was amazing to watch the new products be introduced, as Hollister moved from karaya seal pouches to two-piece systems with synthetic barriers, different pouch options. It was amazing to watch the new products be introduced, as Hollister moved from karaya seal pouches to two-piece systems with synthetic barriers, different pouch options.



Squibb evolved to Bristol-Myers and then ConvaTec, with ever growing choices. Coloplast presented the market with a third line that was added to the selection. The rigid face plates and re-usable pouches gave way to more lifestyle compatible options.

We made the big move from index cards to a computer dedicated to storing client files. No more lost cards! By 1995, I was spending all day every day with hugely expanded product lines, to the point where Norm decided to lease another area in the building to dedicate to medical supplies.

For another 20 years, I saw many more changes in the scope of the business, as we kept adding product lines for both ostomy and wound care, as well as other items to assist with client independence at home. Norm also saw the need for more staff in NorDon Medical, over the years 2 became 3, then 4, then 5 full-time employees. I had the pleasure of working with great staff,

our wonderful ET nurses and territory representatives from our suppliers to provide the best possible customer service. It was a very enjoyable place to work. One could always expect a challenge, shared conversations and humor, and hopefully ultimately a good experience for all.

As of July 31st, I am now enjoying retirement. "Look out" if you are on a golf course or a ski hill! I've encountered many of my NorDon friends around town in the last few months, and it brings me great joy to see you.

***Thank you all for a tremendous 38 years!***

## Words of Wisdom

I am in competition with no one; I have no desire to play the game of being better than anyone. I am simply trying to be better than the person I was yesterday.



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ET clinic in store per request (fee for service).

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## Shop Online And Save On Ostomy Supplies!

### Ordering Your Supplies Is Easy

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2. Find your products by typing in the product code or description in the search bar.
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**\*\*Prescription Blister Packaging \*\***

14th Street & Central Avenue  
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## FISHER'S DRUG STORE

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## NORDON DRUGS & MEDICAL

1610 Isabella St E Saskatoon, SK S7J 0C1

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Fax: 373-0438

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

Medical Ph: 374-1589  
Fax: 374-1447

Hours: Mon-Fri 9am-6pm  
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 *Advice for Life*



# Wish emptying your pouch could be less messy?

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.



Available from O.O.S. Medical.  
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or to order:

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**OstomyEssentials**  
www.OstomyEssentials.ca



## Fits right. Feels right.

### Stay secure and confident throughout your day

The new SenSura® Mio has an elastic adhesive that fits your individual body shape and follows your contours when you bend and stretch. The new SenSura Mio is also very discreet. It has a smooth all-textile material that gives the pouch the feel of a clothing item or accessory. Its specially chosen neutral grey colour is designed to stay unnoticed under all clothing colours – even under white.

### Try it yourself

Order your free samples at [www.sensuramio.coloplast.ca](http://www.sensuramio.coloplast.ca) or by telephone at 1-866-293-6349.



## Saskatoon Ostomy Association celebrates World Ostomy Day

by Peter Folk

**On Saturday, October 17**, members of the Saskatoon Ostomy Association celebrated World Ostomy Day at the Saskatoon Forestry Park and Zoo. 8 people came out to enjoy BBQ hamburgers, hot dogs, cupcakes, pop, the fire pit, and the beautiful weather. A special visitor - MLA David Forbes - joined the celebration and was impressed by the spirit of World Ostomy Day and agreed to mention our cause in the Saskatchewan provincial legislature next week. The normal day for World Ostomy Day should have been October 3, but due to rain and cold, the event was postponed to October 17.

To learn more about World Ostomy Day, visit:  
<http://www.ostomycanada.ca/world-ostomy-day/>

The theme of this year's World Ostomy Day is "Many stories, One Voice".



### JUST ONE MORE DAY

Via Metro Halifax News, via Hamilton & District, 9/97

Don't try to wear your pouch "just one more day" because you have heard that some ostomates can. If it is itching, **TAKE IT OFF!** Your skin will pay for it if you don't. When your tape or adhesive starts to bubble, it is coming loose, so change it NOW. Paper tape can be made more waterproof by covering it with Skin Prep after it's in place. Also, please take note that a camera bag, diaper bag, or an insulated six-pack bag is an excellent way to carry appliances and equipment needed when traveling. The six-pack carrier is especially good as it keeps every-thing from getting too hot if you are traveling by car. Keep your extra pouches handy so you can change without delay. Quick changes will prevent discomfort and skin damage.



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Saskatoon Ostomy Association

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# SASKATOON OSTOMY ASSOCIATION 2014- 2015

## EXECUTIVE OFFICERS

### **President**

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## **DEADLINES:**

Please submit items for the bulletin by the following dates:

January 10th, 2016

March 14th, 2016

### **IMPORTANT NOTICE**

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





### APPLICATION FOR MEMBERSHIP

Yearly Membership includes voting privileges, Issues of the Saskatoon Bulletin, and the UOAC publication "OSTOMY CANADA". The following information is kept strictly confidential.

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Please make cheques payable to:

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