

**SASKATOON
OSTOMY
ASSOCIATION
BULLETIN
JAN. 2018**



#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, Stoma Nurse or patient. 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.

UPCOMING CHAPTER MEETINGS

When: 7:00PM Monday Feb. 5, 2018

Where: Preston Park, 114 Armistice Way

Program: Pot Luck Supper and Rap Session



When: 7:00PM Monday March 5, 2018

Where: Preston Park, 114 Armistice Way

Program: TBA



When: 7:00PM Monday April 2, 2018

Where: Preston Park 114 Armistice Way

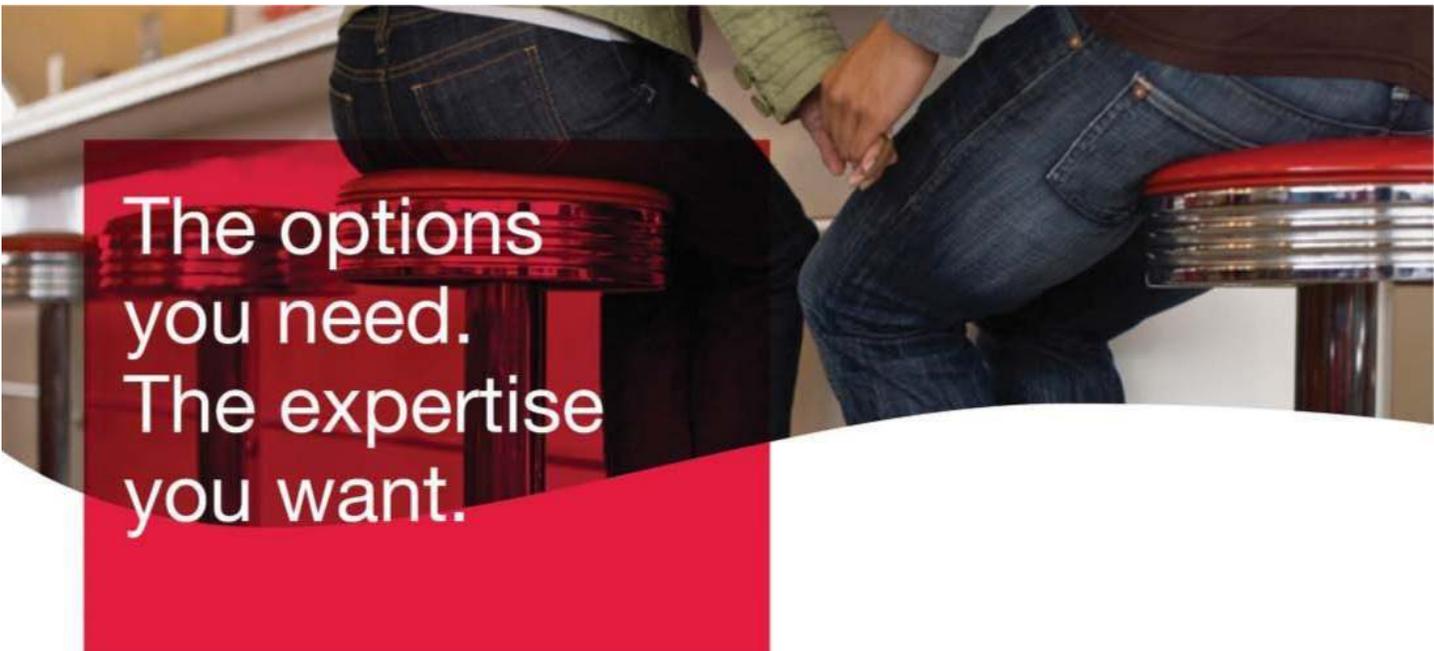
Program: Physio Therapist

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President's Message

We hope you all had a Joyous Christmas and started the New Year with a bang.

Our December social was a blast. We started out with a tour of the Enchanted Forest, a bus ride through a fantastic view of colorful light displays of the festive season. We had a feast of Christmas baking as well as other goodies, followed by a gift exchange. Thanks to everyone who attended.

I'm hoping the New Year will bring out more of our member to attend our socials, whether it be for support or a night out for some fun.

Our February social is the pot luck dinner, so bring your favorite dish and come and join us.

I would like to thank my executive and chair member for doing a great job with the association.

I thank you.

Gerald Dakinewich,
Chapter President



Items of Interest



Kathy Guina



JoElla Klassen



James Carnegie



Teri Schroeder

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. Help Line: 306-655-4345, after hours

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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 Isabella St., Saskatoon, SK. S7J 0C1

Memberships are now due: (Jan. 1, 2018– Aug. 31, 2018), the fee is still \$30.00 and you can use the membership form on the back page. 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!

Visitation: If a person is wanting a visitor please email: saskatoonostomy@gmail.com or contact Kathy Guina 306-343-0334 or Prem Dhir 306-374-5841. Contacts can be in person, phone or by mail.

Did you Know?

Ostomates may choose where to purchase products. There are 2 ostomy supply stores in Saskatoon:

1. Carnegie Medical Supplies (2 locations)
2. Norton Medical

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

We will be starting some new columns! “Hats Off” “In Memory” and “Birthdays & Anniversaries” If you have any you would like added, please let us know!

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

Disability Tax Credit

A new year has arrived which means tax season is just around the corner. Make sure this year you take advantage of the Canadian Disability Tax Credit.

If you have a permanent or temporary ostomy and have had one for at least 12 months, you may be eligible for the Canadian Disability Tax Credit. In order to be approved, you must show two things when applying for the credit:

1. You are restricted in eliminating all, or substantially all the time (at least 90% of the time)
2. It takes you an inordinate amount of time to manage bowel or bladder functions (you spend at least three times as long as people without an ostomy for elimination)

The Disability Tax Credit Form

The Canadian Disability Tax Credit form may be completed by you, but you must get the form signed by your medical practitioner. It is suggested that you get your medical practitioner to describe your impairment on your form. Some guidelines and examples of practitioner descriptions can be found in the Ostomy Canada Society Disability Tax Credit brochure.

If you are searching for the Disability Tax Credit form, it can be found at a local Service Canada Center office or it can be downloaded on the CRA website. You can apply for the Canadian Disability Tax Credit anytime during the year. The form is not to be sent with your regular tax return.

When you have completed your Disability Tax Credit form, you may send it to a local Tax Center or visit the CRA website. If after the form has been submitted you are initially denied but have all the requirements, don't worry. The form can be resubmitted.

For more information on the Canadian Disability Tax Credit, visit ostomycanada.ca. To download the Ostomy Canada Society brochure, visit:

https://www.ostomycanada.ca/wp-content/uploads/2017/06/OCS_DTC_brochure_v5.pdf.

To download the tax credit form, visit:

<https://www.canada.ca/en/revenue-agency/services/forms-publications/forms/t2201.html>.

All information in this posting was retrieved from Ostomy Canada Society.



The Regina Ostomy Chapter presents
The Power of You
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 May 4 & 5, 2018
 Executive Royal Hotel, Regina, Saskatchewan
 Guest speakers include:
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 Dietitian and an Ostomate and Author.....with more to come
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 (Registration opens February 12/18)





Fun at the Airport

By C.J. Papoutsis

My husband and I travel to Greece frequently and since my ileostomy surgery in 2009, we've gone four times. I pack my ostomy supplies in transparent plastic bags divided between my husband's carry-on and mine. Airport security has never questioned us until our last trip and the problem wasn't caused by my ostomy supplies, but a scarf!

When I dressed that morning in Athens, I put on a scarf to keep me cozy for the long trip home to Victoria. Security staff in the Athens and Frankfurt airports showed no interest in me, my scar, nor the ostomy supplies in my backpack. I'm always happy when "Lucifer," my stoma, doesn't cause undue attention at airports.

We arrived in Vancouver, claimed our bags, passed through Customs, and rushed to catch the puddle jumper plane for the twenty minute flight to Victoria.

At security, I placed my belongings on the conveyer belt and proceeded through the metal detector. Things must have been deadly slow that day, because waiting at the end of the conveyer belt, a middle aged, pompous-looking authority figure looked at me and shouted, "We have a woman with a scarf here!"

I'd forgotten to take off my scarf. Two more security officers rushed over, ready to assist him if I caused trouble. I relenquished the scarf without incident.

"You have two choices," Captain Regiment anounced to me at top volume. "You can step over here," he pointed to a buzzard faced woman standing beside a screen, "or" he pointed to a transparent cylinder, "the full body scan."

The joy of it all. I'd travelled all the way from Athens and 20 minutes from home, I meet up with the Goon Squad.

I chose the body scan and stepped into a machine like something on Star Trek and had all my secrets revealed.

When I came out, Captain Regiment pointed to my abdomen and said, "Is that a money belt?"
A money belt? I wish!

After a 20-something hour trip, I was tired and growly. This guy was only doing his job. Not particularly well, but with alacrity. I resisted the temptation to have some fun.

"No, it's and ostomy pouch," I answered.

"A what?" he asked.

"Kind of a medical thing. Would you like to see it?"

"No, no! Please go on through." His faced turned purple as he handed me my scarf.

Justice served.

C.J. Papoutsis is a member of the UOAC Inc. Victoria BC chapter.

This story was copied from Ostomycanada.ca

[More Travel Information on page 10](#)

New Items

We would like to apologize for the error made by Ostomy Canada sending out notifications of memberships due to everyone whether you had paid or not! We normally take care of our own memberships and ours are paid to Saskatoon Ostomy Association,

this was a mail merger

gone wrong. Sorry for this.



Hats Off To:

Patrick Lee for volunteering to do our Newsletter for us.

Big Bouquet, thanks a bunch



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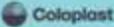
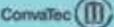
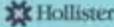
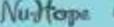
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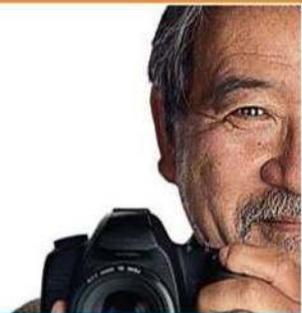
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Ostomy Travel Certificate (Continued from page 6)

Though the look on the officer's face from the story on page 6 would have been priceless to see, not all of us would appreciate finding themselves in the situation C.J. found herself in. Luckily TSA has protocols to help avoid the awkward and time-consuming explanations that sometimes occur at the airport when travelling with an ostomy.

Anyone who has an ostomy and is planning to travel is able to receive what is called a travel certificate. The travel certificate is a form that explains the bearer has a medical condition that would require a private room if a search is necessary and also explains various medical equipment will be present on the bearer. The form allows for the conversation to be avoided and discretion can be utilized between the airport officer and the traveler.

In order to get a Travel Certificate, simply talk to your stoma nurse or contact IA support by e-mail at info@iasupport.org. With cold, winter weather upon us, don't let your ostomy hold you back from taking that sunny, warm trip. Get your travel certificate and hit the beaches.

For more information, check out Ostomy Canada Society's website ostomycanada.ca and under the ostomy information tab, select living life to the fullest.

YOUNG OSTOMATE SUPPORT AND FRIENDSHIP GROUP

NEW SUPPORT GROUP COMING SOON!

I am looking to start a support group for Ostomates in their teens, 20's, and 30's in Saskatoon and the surrounding area.

As a young Ostomate, I would like to meet other young people in the community to connect with.

Meetings will likely be monthly and include various topics and activities.



If you would like to join, or know someone who would, please contact Veronica at jay-lynn13@hotmail.com

Saskatoon Ostomy Association 2017-2018

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Stoma Clinic 306-665-2138

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Deadlines:

Please submit items for the bulletin by the following dates:

February 20th, 2018

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 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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