



MAY / JUNE
2020

Benefits of Bone Broth + Gut-Healing Recipe

From the beginning of time (well, at least since there's been fire), man has been eating bone broth. Have you ever wondered



why? I'm sure you remember your mother or grandmother telling you to make sure to eat your chicken soup when you were sick. And likely when you did, you actually felt better. I recommend everyone make bone broth and incorporate it into your dietary routine. Here's why.

1. It heals a leaky gut. - The gelatin in bone broth protects and heals the mucosal lining of the digestive tract and helps aid in the digestion of nutrients.
2. Fights infections such as colds and flu. - A study published in the journal Chest shows eating chicken soup during a respiratory infection reduces the number of white blood cells, which are the cells that cause flu and cold symptoms.
3. Reduces joint pain and inflammation. - The glucosamine in bone broth can actually stimulate the growth of new collagen, repair damaged joints and reduce pain and inflammation.
4. Produces gorgeous skin, hair and nails. - The collagen and gelatin in bone broth supports hair growth and helps to keep your nails strong.
5. Helps with bone formation, growth and repair. - The calcium, magnesium and phosphorus in bone broth helps our bones to grow and repair.
6. Saves you money. - Homemade bone broth is cheaper and healthier than store bought.
7. Super easy to make. - All you need is a crockpot. Throw all of the ingredients into the crockpot and it cooks while you sleep.
8. Healthier than buying supplements. - Homemade bone broth contains all nutrients and minerals found in bones and tendons rather than just one or two found in pills. Slow cooking pre-serves the nutrients better than the high heat extraction used to make supplements.
9. Fights inflammation. - Bone broth is very high in the anti-inflammatory amino acids glycine and proline.
10. Promotes sleep and calms the mind. - The amino acid glycine found in bone broth can be very calming.

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MEETINGS

Meetings are held on the second Tuesday of the month at 7:00 p.m., starting in September, at the Community of Christ Church, 4710 8th Avenue (corner of Arthur and 8th). No meetings are held during the months of January, July and August)

UPCOMING MEETINGS

Due to the Covid-19 virus there will be no meetings until at least September. We will keep you posted.

*Enjoy
Your
Summer*

Continued on Page 4

REGINA OSTOMY CHAPTER EXECUTIVE

President	Murray Wolfe	550-7958
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Vice President	Diane Weir-Wagg	539-7404
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Phoning	Gord Kosloski	789-1592
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Lunch	Brenda Frohlick	949-2352
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Newsletter & website	Deb Carpentier	775-1869
	Louise Laverdiere	536-5442
Visiting	Ostomy & Wound Care	766-2271
SASO	Bob Fearnside	924-5993

OSTOMY & WOUND CARE

Pasqua Hospital 766-2271

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Karen Kinaschuk, RN, BScN (NSWOC in training)

Christine Day, RN, BScN (NSWOC in training)

Bobbi Kish, Office Manager

Dana Anderson, Unit Assistant

The Colorectal Cancer Association of Canada is a support group for the estimated 22,000 Canadians annually diagnosed with colorectal cancer. Membership is free.

Info is available at their website: www.colorectal-cancer.ca with links to news reports, articles, and other cancer organizations in the field. Support cancer coaches are also available to talk with patients. **Or Phone 1-877-50COLON**

MISSION STATEMENT

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

Our purpose is:

- To help people with intestinal and/or urinary diversions to lead full and productive lives and to provide information and emotional support to their families and caregivers.
- To educate the public about intestinal and urinary diversion surgery.
- To provide trained visitors to those who have undergone intestinal and/or urinary diversions, including preoperative and postoperative visits or phone calls, at the request of the physician or enterostomal therapist.

Crohn's and Colitis Canada

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Toll free in Saskatchewan [1-844-664-4420](tel:1-844-664-4420)
www.crohnsandcolitis.ca



Editor's Message



May/June newsletter

What a unique time we are now experiencing. Over the past couple of months life has changed dramatically, our personal lives are looking somewhat different than they were and we have no real sense when things will resemble what life was like just a few months ago.

We all have concerns for our health and our family and friends' health. I imagine that we are all somewhat anxious about what the future holds and if we can find or maintain our health and the supplies we all depend on. It is comforting that our major suppliers have all assured us that the supply chain should remain steady and if we have concerns or issues to call them. For that we are all grateful.

If you have any questions about your supplies locally don't hesitate to call Jollys or Medical1 or for that matter the supplier directly if that's what you need. Neither suppliers are taking 'walk ins' for supplies so you'll need to call or email.

Jolly's: Telephone: 306-522-3833 Email : orders@jollysmedical.ca

Medical1: Telephone 306-352-8874 Email : medical1@sasktel.net Fax : 306-352-8876

The ostomy clinic is still available to you if you're having issues. Their number is 306-766-2271

Something for us all to remember is that some of our members live on their own and in this time of isolation some people are more isolated than others. A phone call or a card now and again makes the day a little brighter. I know that I appreciate a call or a note from the people in both my small and bigger circles.

Some of our members are working on the front lines of this pandemic, in hospitals and care homes. Thank you for the work you do.

We may be able to start our meetings up again in the fall if the Provincial Health Office authorizes such gatherings. Whenever we do meet it will be so good to see everyone. Our annual Stoma Stroll is scheduled for October 2nd and again, we hold out hope that we'll be able to do this.

In the meantime, please take all the safeguards that are being recommended and be sure to take care of yourself and each other.



Continued from front page

Gut-Healing Chicken Broth Recipe

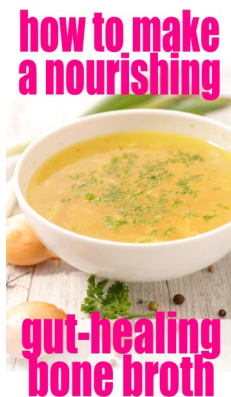
Ingredients:

- 1 organic whole chicken
- 8 c of water
- 4 -6 stalks of celery, finely chopped
- ½ white or yellow onion, finely chopped
- 3 cloves garlic, finely chopped
- 1 Tablespoon chopped fresh parsley
- 1 inch ginger root, finely chopped
- ½ teaspoon sea salt
- ½ teaspoon of apple cider vinegar

Directions:

Place all of the above ingredients in a crockpot and cook on low heat for 8 -10 hours. I like to cook mine until the meat is falling away from the bones. I make this just before bed and it's ready and hot for breakfast. You can store any excess broth in the freezer and defrost for a later time.

Source: <http://www.mindbodygreen.com/0-9890/10-benefits-of-bone-broth-gut-healing-recipe.html> / Island Ostomy News February 2016



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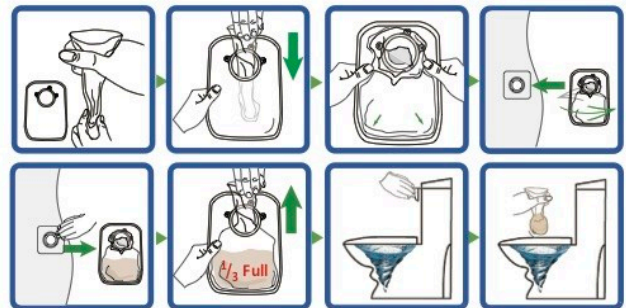
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We are proud to offer dedicated support for each and every patient along the continuum of care! Once enrolled, a Hollister Secure Start Services Coordinator will call to explain our services, answer any questions, and provide ongoing support.

A Hollister Secure Start Services Coordinator can assist with the following:

- *Finding the right products*
- *Providing product information and condition-specific education*
- *Finding local resources (ie. Retailers and Clinicians)*
- *Product usage care tips*

To learn more about Hollister Secure Start Services, call us at **1.866.789.7574**, or email us at securestartcanada@hollister.com, or visit us at www.hollister.com.

Start enjoying the benefits of Hollister Secure Start Services today!



Embracing Happiness: How to Have Your Ostomy and Be Truly Happy Too.

Excerpt from Convatec's *Health and Vitality* magazine.



“If you have your happiness, you have everything. You don’t have to have your health, as society defines it, to be very, very happy.”

Dan Gottlieb, PhD, a Philadelphia-based psychologist who hosts a public radio show, should know. He lost the use of his legs in a catastrophic car accident 25 years ago. He lost his hope. And ultimately lost his wife to divorce.

“My wheelchair, your ostomy – they’re just facts,” he says. “They signify losses, of course – formidable ones. But the losses themselves don’t determine how happy or how miserable we’re going to be. We do that. You and me.”

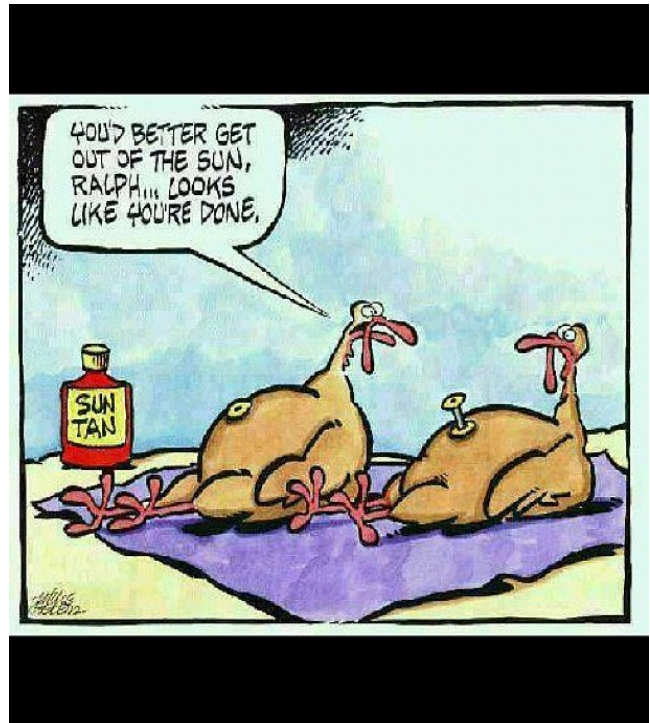
First you cry. When you got your ostomy, you lost an important part of your body. You lost the image you’d always had of that body, and you lost your sense of normalcy. Put your arms around everything that is gone, and allow yourself to feel your pain, outrage, and grief fully and deeply.

Stop fighting. We know we have to stop fighting in order to make peace in the world. The same is true of our own battles. Stop fighting the fact that you have an ostomy, and life – with its ups and downs – will fill in the space that opens up. If you have an ostomy, you’ve been introduced to death. You know it, you’ve seen it. So you also know what you want is life. Let it in.

Be grateful. When we’re grateful, we feel indebted for our gift. When we’re indebted, we give back. And nothing fosters happiness more than giving. Grateful people don’t deny or ignore the negative aspects of life, they just view them with more compassion – toward themselves and others.

Don’t waste your pain. Ronald A. Burton, PhD, opted for early retirement to pursue helping fellow ostomates. “I wanted to be the person someone with a new ostomy could call on when they couldn’t embrace it psychologically. I understand that feeling. I get it. And I want to use my experience to help. I need to use my experience to help, because it helps me.”

Reprinted from *Ostomy Assoc of the Houston (TX) Area* by Greater Seattle (WA) *The Ostomist*.



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The Boasting Boys

Three boys are in the schoolyard bragging about their fathers. The first boy says, "My Dad scribbles a few words on a piece of paper, he calls it a poem, they give him \$50."

The second boy says, "That's nothing. My Dad scribbles a few words on a piece of paper, he calls it a song, they give him \$100."

The third boy says, "I got you both beat. My Dad scribbles a few words on a piece of paper, he calls it a sermon. And it takes eight people to collect all the money!"



Ostomy Canada Society | Société Canadienne des Personnes Stomisées

OSTOMY CANADA SOCIETY

Suite 210

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Mississauga, ON L4W 4J4

e-mail: info1@ostomycanada.ca

Toll-free telephone number:

1-888-969-9698

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

Ostomy Canada Society Mission Statement

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

YOUNG OSTOMATES SUPPORT & FRIENDSHIP GROUP

Online and Community Group for Young Ostomates!

Contact Veronica: jay-lynn13@hotmail.com for more info

or check out our facebook group: YOS+FG



- ▶ Bi-monthly group get together in Saskatoon
- ▶ Skype meets offered for those outside of Saskatoon
- ▶ Sponsorship for all of our activities
- ▶ 20-40 branch of the Saskatoon Ostomy Association

Come meet others living well with an ostomy in a relaxed setting! We do various activities that are typically followed by coffee.

2020 meetings:

January: Glass Fusing @ Wet Paint Pottery

March: Pokey's Pinball Cafe

May: Family BBQ at the Forestry Farm

September: Family Swim

November: Group Supper

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: <http://www.ostomycanada.ca/dtc>

A joint project by:



Ostomy Canada Society | Société Canadienne des Personnes Stomisées



The Canadian Association for Enterostomal Therapy
Association Canadienne des Stomothérapeutes

My Emergency Ostomy Kit

Winging It, Is Not An Emergency Plan

A starter kit was given to me at the hospital from my ostomy nurse who suggested that I keep extra supplies with me at all times. It was a little black carrying case that has pockets for various supplies. I remember taking that starter kit with me everywhere I went, even on quick errands, because being a new ostomate I was always afraid the ostomy bag would fall off my body.



The First Year After Ostomy Surgery

I was just starting to learn what worked and what didn't, and I remember feeling very anxious. I was constantly making sure the pouch was secured and not leaking. I didn't trust that the ostomy system would hold up, especially when doing any physical activity.

At night, I'd slept on my back with my hand over the pouch, and had nightmares of embarrassing leaks in public. There was so much anxiety about leakage that I decided to use a larger emergency kit with enough supplies for a week, along with extra clothes.

During that first year there were only a couple instances where I had an unexpected leak in a public place, and even though it was embarrassing I kept my wits and handled it as calmly as possible. Knowing I had extra supplies with me gave me peace of mind.

Ostomy Living Now

These days I rarely check on my pouch. I've learned which foods cause higher output, how dehydration affects wafer adhesion and what type of clothing constricts the stoma area. I've traveled far away from home, experienced different climate conditions and stay very active. I am aware that it's there, but my ileostomy is certainly not at the forefront of my mind.

If you're new to ostomy surgery, you might be feeling the same anxiety that I did in the beginning. I hope this gives you hope that any fears you may have are completely normal, but as time passes you'll gain more confidence and those worries will recede.

Be On the Safe Side

It has been over 20 years since my ileostomy surgery and I still carry an emergency pack, the smaller one. I leave my house with confidence knowing I will be able to handle any situation. I don't expect an emergency, but if I have one I'm prepared.

What's Inside an Ostomy Emergency Pack? Here are some ideas:

- Ostomy Pouches + Clips (if using non-velcro closure)
- Ostomy Wafers (pre-cut)
- Moldable Rings or Stoma Paste Tube
- Bottle of ostomy deodorizer (sample size)
- Barrier Wipes (individual packets)
- Baby Wipes or Disinfecting Wipes
- Paper Towel (for clean up)
- Baggies
- Gauze Pads



Quick Tip: Always keep ostomy supplies in a cool, dry place.

by Christine Kim; via ostomyconnection.com; and UOAA Articles to Share, April 2016, Ostomy Association of North Central Oklahoma, June 2016



I'm feeling stressed due to the pandemic

(Canadian Mental Health Association website; March 17 2020)

A pandemic is a very stressful event for individuals and communities, so it's normal to feel some stress and anxiety. It is also important to note that it's also common for people to display great resiliency during times of crisis.

Some groups may be more likely to feel that the stress is overwhelming or harming their mental health, including:

- Older people or those at higher risk from COVID-19;
- Children and teenagers;
- First responders, health-care providers and others who are helping with their community's response to the disease;
- People with pre-existing mental health problems or mental illnesses, including histories of problematic substance use.

How might stress related to the pandemic affect me?

- It's common to see fear and worry, especially focused on one's own health and the health of loved ones. For some people these worries become excessive, and affect how we function in our daily lives.
- It can be difficult to relax and to get the normal amount of sleep, or to get restful sleep, and your appetite and eating habits can also be affected. Disruptions to one's eating and sleeping routine, and a lack of exercise, can have a negative effect on your general or overall health, as well as your immune system.
- Being stressed out can worsen the symptoms of existing chronic health problems, including mental health problems. It's important to stay with any treatment and to monitor your condition.
- For some people we can see an increase in the use of substances such as tobacco, alcohol and other drugs.
- Keep in mind that relying on alcohol, tobacco or drugs to manage stress can have a number of negative effects on health.
- Feeling stressed and afraid – as well as self-isolation and social distancing – can make it difficult to maintain close social relationships, and those are important to well-being and to maintaining our resilience in the face of a crisis.

What can I do to ease my mind?

- Accept that it's okay to be worried; it's normal to feel some anxiety about a situation like this.
- Take breaks from the news and social media regarding the outbreak. It's important to be informed, but there's evidence that hearing constantly about an upsetting event can worsen the stress and worry – beyond what's necessarily appropriate and proportionate. Could you limit your check-in to one reliable source, once a day?
- When you do follow the news, get your information from reliable sources, such as public health agencies and officials.
- Practice self-care. Get enough sleep, eat healthy, exercise (including by going outdoors while following public health directives) and do things you enjoy.
- This is absolutely the time to lean on each other. Even if we can't be close physically with one another, we need to stay close emotionally. Stay in touch with your social network and reach out for social support.
- One way to do this is to discuss a buddy system in which you agree to check in on each other and run essential errands if you become sick.
- Stay focused on what is within your control:
- Follow the precautions set out by Health Canada and your public health agencies: wash your hands, cover your mouth during coughs and sneezes, avoid non-essential travel, etc.

Reach out if you need to

- Seek help if you're experiencing significant mental distress, such as worsening symptoms of anxiety or depression that were previously unrelated to the current situation.
- If you are experiencing significant distress, reach out for formal mental health supports from a health care professional or a recognized agency, such as your local Canadian Mental Health Association. Find your local CMHA at www.cmha.ca/find-your-cmha
- Saskatchewan division of Canadian Mental Health Association is <https://sk.cmha.ca/about-cmha/contact-us/>

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REGINA AND DISTRICT OSTOMY SOCIETY MEMBERSHIP APPLICATION

Membership is open to all persons interested in supporting people with ostomy surgery and their families. As a member you can enjoy the benefits of being part of a group in Regina and Saskatchewan through newsletters, meetings, websites and social media. Members receive the Society's 5 newsletters annually, become members of Ostomy Canada Society and receive the Ostomy Canada magazine. The following information is kept strictly confidential.

- Please enrol me as a new or renewal member of the Regina and District Ostomy Society.
- I am enclosing my annual membership dues of \$30.00.
- I wish to make an additional donation of \$_____, to support the program and activities of the Regina and District Ostomy Society and Ostomy Society Canada.
- Please update my contact information.

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Bequests & Donations

We are a non-profit association and welcome bequests, donations and gifts. Acknowledgement cards are sent to next-of-kin when memorial donations are received. Donations should be made payable to Regina Chapter at address listed on this page and tax receipts will be issued.

VISITING SERVICES

We provide lay visiting service, at the request of the physician, patient or Ostomy Nurse, either pre-operative or post-operative or both. The visitor is chosen according to the patient's age, gender, and type of surgery. **A visit may be arranged by calling the Visiting Coordinator, Bobbi Kish at 306-766-2271.**

Moving? Questions? Need Information?

Regina Ostomy Chapter

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Regina, Sk S4Y 1E3

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