

Regina and District Ostomy News



Ostomy Canada Society | Société Canadienne des Personnes Stomisées



NOVEMBER / DECEMBER
2020

Happy Holidays

In This Issue

<i>We Miss You</i>	1
<i>Editorial</i>	3
<i>C'mon get Happy and Healthy</i>	4 / 5
<i>What Your Urine Color Says About You</i>	8
<i>Ostomy Management That Can Backfire</i>	11
<i>This Winter Season ... Walk Like a Penguin</i>	11
<i>How to Wear Medical Masks Safely</i>	12
<i>How to Wear a Non-Medical Fabric Mask Safely</i>	13
<i>Membership Form</i>	14

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

- November 10 - Convatec Rep (Carla Zahaik)
- December 8 - (7:00 pm) Christmas Special
- January - NO MEETING



WE MISS YOU

One of the difficult things about this crazy Covid-19 virus is that a person just doesn't see all the people they really want to see or do all the things we used to. And then, we get caught up in our new habits and routines and somehow just kind of stay there. Here's a chance to step out!!

We miss you and want you to come and join us at our Zoom gathering. You'll see the faces you're familiar with, voices you haven't heard in a while and you'll be glad you came. It's an hour that will boost your spirits. We have a great line up for November and December.

Carla Zahaik, our Saskatchewan CONVATEC rep will join us with a presentation and discussion on products and programs. Our local suppliers will be on hand and maybe a favourite stoma nurse too. This will be on Tuesday NOVEMBER 10 at 7 pm.

If we don't already have your email then give one of us call and we'll ensure you get the ZOOM link. If you prefer to just phone in you can. Here's how you do that. Just follow the "prompts" once you dial in. 1-306-802-2609 Ext 800 (if required) Meeting ID: 709 317 8979 Passcode: 625820.

For your holiday pleasure we will have a very special Zoom evening planned for December 8th. Your friends at Regina & District Ostomy want to celebrate the Christmas season with you so be sure to mark your calendars!!

Be on the lookout for an email with the Zoom info and be sure to check your "junk" email for any wayward emails. And when you see Gord's number come up on your phone (306-789-1592) or Diane's (306-539-7404) when they call to remind you of the meeting, you'll know it's someone nice to talk to.

REGINA OSTOMY CHAPTER EXECUTIVE

President	Murray Wolfe	550-7958
Past President	Agnes Parisloff	761-0221
Vice President		
Secretary	Heather Bathgate	949-4664
Treasurer	Gerry Powers	586-7758
Membership Chair	Patty Gianoli	535-8251
Flowers & Cards	Agnes Parisloff	761-0221
Phoning	Gord Kosloski	789-1592
	Diane Weir-Wagg	539-7404
Host	June Crawford	543-2852
	Bill Collie	543-2647
Lunch	Brenda Frohlick	949-2352
Mailing	Brenda Frohlick	949-2352
Newsletter & website	Deb Carpentier	775-1869
	Louise Laverdiere	536-5442
Visiting Coordinator	Ruth Suderman	450-4690
SASO	Bob Fearnside	924-5993

OSTOMY & WOUND CARE

Pasqua Hospital 766-2271

Sheryl Walker, RN BScN WOCC (C) Program Coordinator

Lela Mileusnic, RN BScN WOCC (c)

Monica Aikman, RN, BScN WOCC (c)

Ruth Suderman, RN, BScN NSWOC

Louise Swan, RN, BScN NSWOC

Karen Kinaschuk, RN, BScN (NSWOC)

Bobbi Kish, Office Manager

NOVEMBER 11



REMEMBRANCE DAY

Lest We Forget

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.



**FRIENDLY REMINDER
2021 MEMBERSHIP FEES ARE DUE
SOON!**

PLEASE FORWARD \$30.00 BY EITHER
CHEQUE TO PATTY GIANOLI (MEMBERSHIP CHAIR)
7631 Discovery Road, Regina, Sk S4Y 1E3
OR
E-TRANSFER TO GERRY POWERS
gpowers@myaccess.ca

Editor's Message



Greetings everyone! 2020 has sped by and what a year it has been. I'm grateful we had a beautiful summer and a lovely fall so that we could spend time outdoors. What we are looking toward now is a winter season of many of the Covid-19 restrictions we faced a few months ago so those summer memories will be a God send.

Surviving this season will be easier if we can keep our physical and mental health as good as it can be. During our October Zoom call we had a terrific presentation featuring Pat Whitteker, an experienced mental health practitioner. It was so great to have her available and there for us. She reminded us of the things we all need to practice during this time of increased isolation. She stressed the importance of sleep, nutrition, connection, exercise and spirituality. We all have different ways of practicing these principals but let's try to keep an eye on them.! Never underestimate the positive value a phone call or a note from you has on someone else's day.

This year was the 8th Annual Stoma Stroll. It was very different, we did not meet or walk as a group, but we did encourage people to take on their own virtual walk. There's still an opportunity to donate to the Ostomy Canada Stoma Stroll which helps support programs here in our group and also for all people living with an ostomy across our country and relies on donations to continue. Here's how to make that happen. www.stomastroll.ca and look for team Regina & District Walkers or send a cheque to the National office at #210, 5800 Ambler Dr., Mississauga, ON L4W 4J4

It is our great pleasure to announce a change with the Visitor Program in that Ruth Suderman has now accepted the position of **Visitor Coordinator** for the Regina & District Ostomy Society. Effective immediately any visit requests will come from Ruth. Once a visit is complete please contact Ruth by e-mail (sudermanruth@gmail.com) or phone (306-450-4690). Please join us in welcoming Ruth!

We want to thank Bobbi Kish for helping us out with visitations over this past year.

Another person we want to thank is Diane Weir-Wagg for the work she's done as Vice President of Regina & District Ostomy this past two years. Other priorities are calling her away from this role for now but she'll still be phoning you for meeting reminders. Best wishes Diane.

What you may not have noticed is that our website has a new look. Take a few minutes and see what's there at <http://www.reginaostomy.ca>

Best wishes for a healthy and happy ending to 2020 and new beginnings in 2021.

Letters to the Editor . . .

Dear Readers, our aim is to provide you with articles that inform and entertain. We're always looking for stories, tips and anecdotes about life and/or living with an ostomy. Here are some ways to contact me or connect with a larger on-line group.

Deb Carpentier
carpentier.deb@gmail.com
 Phone: 306-775-1869
www.reginaostomy.ca
www.ostomycanada.ca

Facebook coordinates:

Regina Ostomy Chapter group
 Ostomy Canada Society group
 Ostomy Canada Parents' group
 Young Ostomates support – YOS+FG

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**

Crohn's and Colitis Canada

Box 28074 Westgate
 Saskatoon, SK S7M 5V8
 (306) 664-4420

Toll free in Saskatchewan 1-844-664-4420
www.crohnsandcolitis.ca



Crohn's and
 Colitis Canada
 Crohn et
 Colite Canada

C'mon get Happy and Healthy



What if you could improve your health by improving your mood? Science has come a long way in understanding how happiness impacts our health. In fact, numerous research studies have shown that people who are happy are in better health than people who say they are not happy.

Dr. Mark Holder is an Associate Professor at the University of British Columbia, Okanagan, where he studies the science of happiness. “Medicine and psychology have traditionally focused on deficits and dysfunction, what’s wrong with you and how to fix it - important information when treating illness,” says Holder. “The science of positive psychology focuses on what’s right with you and how to promote it. We are gaining a real understanding of the health benefits of being happy.”

According to Holder, happy people are only half as likely to catch a cold or the flu and if they do the symptoms are less severe. They take fewer medications and visit their doctor less frequently than someone who says that they are not happy. They are less likely to develop heart disease. In a long-term study, researchers invited nearly 2,000 Canadians into the lab to talk about their anger and stress at work. Ten years later, the researchers checked in with the participants to see how they were doing - and it turned out that the people who were rated as happy were less likely to have developed coronary heart disease.

“Happy people seem to have better immune systems along with a whole range of other positive aspects,” says Holder. “They experience less distress before and after breast surgery and they have better recovery after a stroke with both better physical and cognitive recovery.” Happy people live longer overall, 7.2 years longer than unhappy people, even when diet, exercise and smoking are taken into account.

It’s not that we should be dismissive of unhappiness - it has a role in helping us recognize that we need to

change something,” says Holder. “The goal is to understand that we can all take part in creating more happiness in our lives, which can lead to health benefits.” We’ve all seen the lottery ads that tell us that money (like that big lottery win) will make us happy. However researchers have found that money, once you reach a certain income level, doesn’t buy happiness. According to Holder, for B.C residents, once your annual family income reaches \$75,000, more income doesn’t relate to greater happiness.



And how you spend your money can impact your happiness. You can buy a thing, like a new TV or car, or buy an experience like a vacation, both provide equal happiness for about two weeks, and then after that you become accustomed to TV (or thing) that you purchased. The experience however continues to provide happiness through reminiscing, looking at photos and talking about it. “To enhance your happiness try spending your disposable income on experiences not things,” says Holder.

Many people believe that they don’t have any control over their happiness. They believe that they were born unhappy or that their life (job/marriage/money) prevents them from being happy, that it’s their genes or circumstance that determine happiness and therefore it’s out of their control. Our genes predetermine however research has shown that only about 50 percent of happiness. And that just 10 percent comes from our circumstance, whether we are rich or poor, beautiful or plain, married or single. That leaves 40 percent of our own happiness within our control, 40 percent for opportunities to increase or decrease our happiness through what we do and what we think.

“It is an exciting and empowering message,” says Holder. People can increase the quality of their happiness and their life through intentional activity.” If being happy leads to better health and living longer, something most of us are interested in, is it possible to increase happiness? Happiness means different things to different people and there is no “one size fits all” action that will guarantee happiness. There are however a few key things that people who are happy have in common: meaningful social relationships, expressing gratitude, helping others and an appreciation for nature to name a few. While suggestions of gratitude journals and being one with nature might lead some eyeball rolling, try to conquer your inner cynic and look for intentional activities that are meaningful to you. C’mon get happy ... you might just feel better.

Continued from previous page

How to Increase Happiness

Nurture Relationships

Happy people have meaningful relationships and it’s the quality of these relationships (close and trusting), not quantity (1,000 Facebook friends) that matters.

Experience Nature

Spend time outside appreciating the natural world around you. Go for a walk around your neighbourhood or spend time enjoying the sunset from your backyard. Just make sure to put down your phone and give it your full attention.

Get physically active

It is a well-researched fact that exercise makes you feel good. You don’t have to run a marathon or join a gym, just start moving. Or better yet, go for a walk in the park with a friend.

Practice Gratitude

As grandma used to say “count your blessings.” There are many ways to practice gratitude, so find one that works for you. For example make time to sit down once a week and identify five things you are grateful for that week and write them down.

Volunteer and help others

Doing something for others, whether through a specific volunteer role or just pitching in to help friends and neighbours, makes you feel good and enhances self-esteem.

Find a Hobby

And no, binge watching Netflix doesn’t count. Finding a hobby that allows you to immerse yourself in something can be extremely gratifying. It can be gardening, sports, arts and crafts, or raising daschunds, think about something that you loved to do as a child and explore it. Bonus points if you have a hobby that includes other people.

Explore your Spirituality

Spirituality relates to finding greater meaning and purpose in your existence. It can mean organized religion for some people, meditation or self-reflection for others.

Cultivate Optimism

This can be hard for all those pessimists out there, but looking for what’s right instead of what’s wrong can bring happiness into your life.

Source: Susan Evans—Island Health Magazine Spring 2016



DermaPro
Waterproof Silicone Tape

- Hypoallergenic, latex free
- Gentle to remove from sensitive skin areas
- Perfect for those with skin allergies
- Superior for securing the pouch or wafer edges
- Repels moisture while swimming or bathing

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@westcaredmed.com

Safe n Simple
Clean. Comfortable. Confident.

844-767-6334
www.sns-medical.com

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

CARNEGIE MEDICAL SUPPLIES

WWW.CARMEDSUP.COM

THE ONLY ONLINE OSTOMY AND UROLOGICAL SUPPLIER THAT ACCEPTS COVERAGE SUCH AS SAIL, PARA, WCB, NIHB, SOCIAL SERVICES, SGI.
BUY ONLINE AND SAVE.
FREE SHIPPING!!!

WWW.CARMEDSUP.COM



JOLLY'S MEDICAL SUPPLIES

YOUR OSTOMY SUPPLY HEADQUARTERS

120 Victoria Avenue
Regina, Sask.
P: 306.522.3833
Mon. to Fri. 9-5:30
Sat. 10-3
jollysmedical.ca

Honored to be Serving our Ostomy
Community for over 40 years!

We carry a complete line from:

- ✓ Convatec ✓ Hollister
- ✓ Coloplast ✓ Nu Hope

As well as many other Ostomy
accessories and products!

***FREE city wide delivery**
We deliver province wide

**Great Customer
Service is our
Specialty!**

ONCE AGAIN A PROUD SPONSOR OF THE REGINA & DISTRICT OSTOMY SOCIETY

- Ostomy Supplies ● Catheters & Incontinence Supplies ● Wound Care
- Aids to Daily Living ● Compression Stockings ● Athletic & Bracing Supplies



**Flushable Biodegradable
Pouch Liners**



For FREE SAMPLES visit www.colomajic.com

For Colostomy or Ileostomy Management

For more information Call: 1 (866) 611 6028



The unique combination of Fit and Formulation

you deserve from Day One

Introducing the NEW Two-Piece Soft Convex CeraPlus skin barrier with Remois Technology*

The Two-Piece Soft Convex CeraPlus skin barrier is designed to:

- achieve a comfortable fit
- help prevent leakage
- help maintain healthy skin

Try the Fit and Formulation you deserve today.

Visit: www.hollister.com or call us at 1.800.263.7400



Prior to use, be sure to read the instructions for use for information regarding Intended Use, Contraindications, Warnings, Precautions, and Instructions for Use. The Hollister logo, CeraPlus and "Healthy skin. Positive Outcomes." are trademarks of Hollister Incorporated. All other trademarks and copyrights are the property of their respective owners. Not all products are CE marked. © 2020 Hollister Incorporated.



*Remois is a technology of Alcare Co., Ltd.



Ostomy Care
Healthy skin. Positive outcomes.

**SHOPPERS
DRUG MART**



4130 Albert St

Landmark location

- Carries extensive line of Convatec Ostomy Supplies
- Free Delivery and Mail Orders
- Convenient Hours

Open 8:00 a.m. - Midnight

777-8040

**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.
3. Add your items to the shopping cart, checkout and pay using:
4. Get FREE SHIPPING for orders \$150 or more, or \$8 shipping for orders under \$150, across Canada.

Huge Selection, Lowest Prices

We price check other stores so we have the **LOWEST PRICES** in Canada. Plus, we've got a huge selection of products. Give us a try today!



CANMedDirect.ca

Canada's Online Medical Superstore

www.CanMedDirect.ca info@canmeddirect.ca 1-855-4-CANMED



WHAT YOUR URINE COLOR SAYS ABOUT YOU

Human urine has been a useful diagnostic tool since the earliest days of medicine. The color, density, and smell of urine can reveal much about the state of our health. Here is a quick look at some of the things you can tell from the hue of your liquid excreta.

NO COLOR, TRANSPARENT: You're drinking a lot of water. You may want to cut back.

PALE STRAW COLOR: You're normal, healthy and well-hydrated.

TRANSPARENT YELLOW: You're normal.

DARK YELLOW: Normal, but drink some water soon.

AMBER OR HONEY: Your body isn't getting enough water. Drink some now.

SYRUP OR BROWN ALE: You could have liver disease, or severe dehydration. Drink water and see your doctor if it persists.

PINK TO REDDISH: Have you eaten beets, blueberries or rhubarb recently? If not, you may have blood in your urine. It could be nothing, or it could be a sign of kidney disease, tumors, urinary tract infections, prostate problems or something else. Contact your doctor.

Outside Influences: Stuff you take can change the color of your urine. For instance, some medications, laxatives, chemotherapy drugs and dyes doctors give you to diagnose urinary tract infections can make your urine darker than normal.

Final Word: The Invisible World of Urine: You can tell a lot from looking at your urine. But you can tell a lot more from the kind of urinalysis you should be getting along with a regular physical exam by your doctor. Blood in the urine, a serious sign, is often invisible to the naked eye. The level of sugars in your urine may indicate a risk for diabetes. When you're at your doctor's office, don't be afraid to pee in the cup. It's one of the best things you can do for your health.

By Cleveland Clinic - The Color of Pee: Via Ottawa Ostomy News, Oct 2019; Niagra Ostomy Association, November 2019



Christmas In Heaven

One Christmas Eve, St. Peter welcomed three newly-deceased guys to the gates of heaven.



“Christmas is a special time here in heaven,” said St. Peter, “so tonight you have to show me something that symbolizes the season in order to get in.”

The first guy rummaged around his clothes and came up with a lighter. He flicked on the flame and said, “This represents a Christmas candle.”

St. Peter said, "You may come in."

The second guy pulled some keys out of his pocket and shook them so they jingled. “It’s like the Christmas bells,” he said.

St. Peter said, “You too may come in.”

The third guy was at a loss. He couldn’t find anything, until finally he produced a pair of ladies underwear. St. Peter gazed at him suspiciously and said, “And what do those have to do with Christmas?”

The guy said, “These are Carols.”

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



Ostomy Canada Society | Société Canadienne des Personnes Stomisées

OSTOMY CANADA SOCIETY

Suite 210

5800 Ambler Drive

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.



Ostomy Canada Society | Société Canadienne des Personnes Stomisées



MEETING CUSTOMERS NEEDS PROVINCE WIDE

Free delivery for Ostomy
Free city wide delivery
on orders over \$50

Products

Ostomy Supplies
Incontinence & Urological
Catheters
Skin Care
Wound Care
Athletic Supplies
First Aid Supplies
Exam Room Supplies
Stethoscopes
Isagel Products
Tens Machines
Exam Gloves

Brands

Coloplast
Convatec
Hollister
Tena
3M

HOURS

Monday - Thursday
8:30AM - 4:30PM

Friday
8:30AM - 2:30PM

Weekends/Holidays
Closed

Locally Owned and Operated for 15+ Years



2347 2nd Avenue
Regina, SK
S4R 1A5

Call: (306) 352-8874
Fax: (306) 352-8876

medical1@sasktel.net
www.medical1.ca



Skin Barrier Arcs

- Water resistant to protect the skin
- Picture frame around an Ostomy pouch
- Thin profile for comfortable wear
- Use directly on irritated skin

Available Sizes:
SNS20630 - 1" arc
SNS21130 - 2" x-tra wide arc
SNS22222 - 1"-1/2 circle arc

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@westcared.com



844-767-6334
www.sns-medical.com

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

DID YOU KNOW? *(Winnipeg Inside-Out Sept 2020)*

You can disinfect standard paper face masks?

Popular advice is that you cannot, but this is not true. If, by some miracle you've actually managed to get your hands on a paper face mask, try this method to make it last for many wearings:



- Upon returning home, immediately remove the mask and drop it in the bathroom sink. Don't touch the out- side of the mask, just the elastic part.
- Wash your hands immediately, let- ting lots of hot water and soap soak the mask.
- Now boil a kettle of water and once it's ready, pour the boiling water over the mask while it's still in the sink.
- Hang somewhere clean to dry **SHOW ME A VIRUS THAT CAN WITHSTAND THAT!!**

Ostomy 'Management' That Can Backfire

There are times when we think we are doing the right thing or take a "logical" shortcut, but inadvertently get ourselves into trouble. As is said, the "road to hell is paved with good intentions." Here are some instances to think about.

- Using alcohol to clean the skin around the stoma: Alcohol is a powerful drying agent. Prolonged contact with the skin can have serious consequences.
- Wrapping the drainable pouch tail around and around the clamp before closing it: This will not make the clamp work better. All it will do is spring the clamp out of shape, which will ensure that the clamp will not work for future applications, and which will make the releasing of excess gas more difficult.
- Snapping the pouch off the faceplate ring to expel gas: This procedure does not do much for odour control. It is better to hold the tail of the pouch beyond the clamp with a tissue with deodorant on it. Then hold the pouch up so that only gas is at the clamp, open the clamp and push the gas out through the tissue with the deodorant. Then use the tissue to clean out the end of the pouch and replace the clamp.
- Wearing the appliance for as long as you can until it leaks: The object is to change the appliance before leakage occurs. This way your skin gets the best protection and care. Five to seven days wearing time is good.
- Washing pouches in the washing machine and using the same pouch for months: Eventually, the plastic of the pouches is saturated with odour of the chemicals and no amount of washing will get rid of it. Throw the pouch away when throwing the faceplate away.
- Insisting on trying every new pouch and new product you hear about: Although it is fine to experiment with new appliances, especially if you are unhappy with your usual equipment, you generally get the best service from the equipment with which you have the most experience and practice.
- Ignoring skin problems: All the skin problems are easier to treat if they are found early.
- Letting the pouch get full before emptying it: Excess weight will separate a 2-piece system and will put excess weight on the faceplate, resulting in early failures. Empty the pouch when it is about one-third to one-half full.
- Not using seat belts in a car: A well-placed and adjusted seat belt should not interfere with the stoma function or damage your stoma. True, in an accident your stoma may be damaged, but it is a lot easier to repair a stoma than a crushed skull.
- It is not a good idea to try to live with a condition that you cannot correct yourself: When in doubt, see your ET Nurse or your doctor.

Via Orange County; via Metro Maryland; Hamilton-Peel Counties & Ostomy Toronto June/99, via Winnipeg Inside Out April-May 2016

In this winter season Walk like a penguin?

Ideally, people will shovel snow from walkways and mop water from floors. But if they don't, how can people stay safe and avoid slipping?

I saw one interesting suggestion on Twitter from the Dublin Fire Brigade: "Do the penguin walk! Walking like a penguin in compacted snow and ice will help prevent slips, trips and falls."

- Bend slightly and walk flat footed
- Point your feet out slightly like a penguin
- Keep your centre of gravity over your feet as much as possible
- Watch where you are stepping
- Take shorter, shuffle-like steps
- Keep your arms at your sides (not in your pockets!)
- Concentrate on keeping your balance
- Go S-L-O-W-L-Y

Following in the foot-steps of these experienced – and adorable – ice walkers is a great idea any time you're on slippery ground.

Niagra Ostomy Association, November 2019

HOW TO WEAR A MEDICAL MASK SAFELY

who.int/epi-win

Do's →



Wash your hands before touching the mask



Inspect the mask for tears or holes



Find the top side, where the metal piece or stiff edge is



Ensure the colored-side faces outwards



Place the metal piece or stiff edge over your nose



Cover your mouth, nose, and chin



Adjust the mask to your face without leaving gaps on the sides



Avoid touching the mask



Remove the mask from behind the ears or head



Keep the mask away from you and surfaces while removing it



Discard the mask immediately after use preferably into a closed bin



Wash your hands after discarding the mask

Don'ts →



Do not Use a ripped or damp mask



Do not wear the mask only over mouth or nose



Do not wear a loose mask



Do not touch the front of the mask



Do not remove the mask to talk to someone or do other things that would require touching the mask



Do not leave your used mask within the reach of others



Do not re-use the mask

Remember that masks alone cannot protect you from COVID-19. Maintain at least 1 metre distance from others and wash your hands frequently and thoroughly, even while wearing a mask.

HOW TO WEAR A NON-MEDICAL FABRIC MASK SAFELY

[who.int/epi-win](https://www.who.int/epi-win)

Do's →



Clean your hands before touching the mask



Inspect the mask for damage or if dirty



Adjust the mask to your face without leaving gaps on the sides



Cover your mouth, nose, and chin



Avoid touching the mask



Clean your hands before removing the mask



Remove the mask by the straps behind the ears or head



Pull the mask away from your face



Store the mask in a clean plastic, resealable bag if it is not dirty or wet and you plan to re-use it



Remove the mask by the straps when taking it out of the bag



Wash the mask in soap or detergent, preferably with hot water, at least once a day



Clean your hands after removing the mask

Don'ts →



Do not use a mask that looks damaged



Do not wear a loose mask



Do not wear the mask under the nose



Do not remove the mask where there are people within 1 metre



Do not use a mask that is difficult to breathe through



Do not wear a dirty or wet mask



Do not share your mask with others

A fabric mask can protect others around you. To protect yourself and prevent the spread of COVID-19, remember to keep at least 1 metre distance from others, clean your hands frequently and thoroughly, and avoid touching your face and mask.



World Health Organization



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.

Name _____ Phone _____

Address _____ City _____

Postal Code _____ Email address: _____ Year of Birth _____

Send my newsletter via: Canada Post Email _____

Type of Surgery: Colostomy Ileostomy Urostomy Other _____

Membership Information: Ostomate Supporter Other (please specify) _____

A charitable tax receipt will be issued for all additional donations of \$20.00 or more. Please make cheque payable to:
Regina and District Ostomy Society and mail with this form to: 7631 Discovery Road Regina, Sk S4Y 1E3

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, Ruth Suderman at 306-450-4690 or emailing sudermanruth@gmail.com**

Moving? Questions? Need Information?

Regina Ostomy Chapter

7631 Discovery Road

Regina, Sk S4Y 1E3

(306) 761-0221 or reginaostomygroup@gmail.com

PRODUCTS MENTIONED IN THIS NEWSLETTER ARE NOT NECESSARILY ENDORSED BY THE REGINA OSTOMY CHAPTER. SEE YOUR DOCTOR FIRST BEFORE TAKING ANY OF THEM!

**Charitable Registration No.
119114213RR0001**

*Best Wishes for
The Holiday Season.*

Creator: CSA-Archive | Credit: Getty Images