



MAY / JUNE
2021

Love Seeing you on Zoom

Our **May Zoom meeting** is pleased to have Marisol Molina-Smith, who is involved with the Forever In Motion program join us to talk about the benefits of activity in our lives.

Forever ... In Motion is a program supported by the Saskatchewan Health Authority. The program goal is to improve and/or maintain the health of older adults living in the community through education and physical activity. Over the past year the program has been put on hold but will be coming back. Marisol not only talks the talk, she walks the walk.

For June we are looking forward to **hosting Angie Schickerowski**, who some of you will remember as a key speaker at our May 2018 "The Power of You" Seminar. Angie is a bright light and is more than happy to share her journey and learnings.

Murray Wolfe will be sending out emails, inviting you to a scheduled Zoom gathering for Tuesday, May 11th and again for Tuesday, June 8th at 7 pm. If you aren't on our email list please contact Murray Wolfe at the number listed on the next page or at his email mwolfe@myaccess.ca.

See you soon!!

In This Issue

<i>Love Seeing you on Zoom</i>	1
<i>Editorial</i>	3
<i>Water</i>	4
<i>Ask The NSWOC</i>	7
<i>Urostomy Fluid and Infection</i>	9
<i>A Gentle Man Who Lived Far Beyond His 1952 Ileostomy</i>	10/ 11
<i>Membership Form</i>	12

MEETINGS

Meetings are held on the second Tuesday of the month at 7:00 pm except for January, July and August. Currently we are not meeting face to face but by **ZOOM**. If you'd like to be part of that please contact Murray Wolfe to ensure he has your email.



Let's
have a
Great
Summer



REGINA OSTOMY CHAPTER EXECUTIVE

President	Murray Wolfe	550-7958
Past President	Agnes Parisloff	761-0221
Vice President	Vacant	
Secretary	Heather Bathgate	949-4664
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Membership	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	536-3319
	Louise Laverdiere	536-5442
Visiting Coordinator	Ruth Suderman	450-4690
Partner & Family Support	Bob Fearnside	924-5993

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Pasqua Hospital 766-2271

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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 WOCC (c)

Bobbi Kish, Office Manager

MISSION STATEMENT

The Regina & District 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.



A husband and wife were driving through Louisiana. As they approached Natchitoches, they started arguing about the pronunciation of the town.



They argued back and forth, then they stopped for lunch. At the counter, the husband asked the blonde waitress, "Before we order, could you please settle an argument for us? Would you please pronounce where we are very slowly?" She leaned over the counter and said, "Burr-r-gerrr Kiiing."

Welcome
New Members

"There are no strangers here, only friends who haven't met"

*Stella Berger
Barry Langdon
Kevin Prince
Valerie Tippe*

Editor's Message



Summertime and the living is easy bring it on! I can quite comfortably say that I don't believe that any of us expected to be in a worse Covid-19 situation now than we were last May, but we are. The good news is that 30% of eligible Saskatchewan residents have had their first shot. Hopefully we will all have had our second jab by summer.

We received information from a group who sews appliance covers. The proceeds go toward Oneness Gogos, which is a group of Canadian grandmothers and "grandothers" who raise funds for the Grandmothers Campaign of the Stephen Lewis Foundation. <https://thelmasfibreart.ca/stoma-bag-covers>

NSWOC is holding their **Plugged In and Charged Up**, the NSWOC 40th Anniversary Educational Summit from May 12-15. They have generously invited all Ostomy Canada members to join in online this year at no cost. The agenda and registration can be seen at www.nswoc.ca/conference2021 and the password to register is OstomyCanada2021

At our April meeting we had the Chair of Ostomy Canada, Ann Durkee, join us to talk about the DTC. Ann is also the Chair of the DTC committee which has done incredible work in making the DTC easier to understand and more prominent. Here's a step by step guide to assist in filling out the DTC application. <https://www.ostomycanada.ca/dtc/>

Interesting news for the fall. Regina & District Ostomy and Ostomy Canada is seeing the "Stoma Stroll's" Stoma Sally hanging up her hat and handing over the "baton" for Ostomy awareness and fund raising to a new look. So, save the date of October 2nd and we'll keep you posted on all that is to come. October 2nd isn't just a day we celebrate and promote awareness but it is also World Ostomy Day. All across the world, awareness and funds are being raised to support the work that is being done to support all people living with an ostomy. Let's all "STEP UP for OSTOMY" this October 2nd. You can follow us soon at www.stepupforostomy.ca

We won't know whether we can meet face to face in the fall or not as so much depends on the rate of infections and whether the majority of people have their second vaccines. For those people who join the zoom meetings it's been a great year. We'll stay on top of it and keep you posted. Let's all take advantage of this spring and summer with all the sun and wind and rain it has to offer. Being outdoors is good for us, nature has a way of calming the body and the emotions. When the air is warmer and the flowers are blooming we will be filled with a sense of freedom, freedom to enjoy with our eyes and ears and hands. I'd love to have a few photos for our fall edition. What do you love about summer?

Be safe and have fun.

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: 306-536-3319
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**

WATER

Reprinted from the Winnipeg Ostomy Association's newsletter INSIDE/OUT—May/June 2003; Inside/Out April 2020

Editors's note: I have put MANY articles in this newsletter dealing with the importance of water for all ostomates. As I was getting a handout ready for a visit to a patient in hospital I stopped, as a few words "*Water reduces itchy skin*" caught my eye. After re-reading this article I was reminded that water does more than just quench our thirst. Then I ran and grabbed another glass of water. I hope you do too!



Water is important. An ostomate especially needs to drink enough water. It is necessary when you want to take better control of your life. Along with a balanced diet and regular exercise, water has many positive benefits you may enjoy which provides good health for your body and mind. Water keeps us fit. We all want to stay lean and avoid adding fat. Dehydration slows down our metabolism, which leads to a reduction in the number of calories we burn. Did you know that sometimes when we feel hungry it might just be we're thirsty? Next time instead of snacking, drink a glass of water. You actually train your body to be thirsty. Drink water regularly, and you will be thirsty more often. Your body will know when it needs water and will begin telling you, if you train it correctly by drinking enough water.

Water helps prevent headaches, dizziness and cramping caused from dehydration. You will also be able to think and remember more clearly when you drink enough water throughout the day. Water distributes the chemicals our bodies need. Enough water distributes vitamins and minerals evenly and dilutes them enough for us to use.

Water helps us normalize our body weight. Water washes fats out of our bloodstream. If we start drinking about three litres a day, our weight will increase the first few days. Then, amazingly, our weight goes down sharply. The water we drink is washing the waste out of our bodies while making our metabolism more efficient. Fashion models who need to maintain a very thin figure drink water so their tissues do not store it.

Water reduces itchy skin. If you have ever had itching around your appliance, try drinking a glass of water. Ostomates are notorious for being hydrated. Our skin will become dry and itchy when this happens. New ostomates have the most trouble with itchy skin while their bodies adapt to their new life. Drink water to reduce itching and dry skin.

Water helps lubricate the joints in our bodies. Not only that, our skin will feel softer, and it will be smoother. Drinking water removes wrinkles and creases in the skin. You will look better. The water we drink combines with nutrients in our body to create the oils and lubricants necessary for a healthy and good-looking body.

Water is especially helpful to ostomates in preventing kidney stones and promoting a healthy liver. When the kidneys are overworked because of a lack of water, the liver must assume some of the kidney's tasks. This is not good. Because mineral may not be removed from the kidneys, stones may form more easily. Simply drinking enough water helps prevent this condition. In addition, excess bile salts are utilized and disposed of more easily. This assists the body in efficient operation affecting multiple organs and body units.

Water is an excellent remedy for a hangover, which exists partly because of dehydration. Drinking caffeine drinks like coffee, alcoholic beverages, sodas and the like will actually dehydrate the body. Drink more water after enjoying these drinks. You do not need to remove them from your diet; you just need to drink more water when you imbibe.

Water fights fatigue. Many people have tiring schedules, and by the day's end are exhausted. One source of fatigue might be that we fail to drink enough water during the day. Make sure you always bring along a bottle of water. Drink water on the way to work, at work, at home, away from home ... all the time. You'll feel much more energized.

Most health authorities recommend that a person should drink eight 8-ounce glasses (64 ounces) of water per day. Your body will absorb the water more efficiently if you sip rather than gulp your water. Coffee, tea, juices, fruits and vegetables are all additional sources of water.

Kidneys do a wonderful job of eliminating excess water and wastes—anywhere from 5 to 7 gallons a day. Wow! However, drinking too much water at a time may be harmful to your kidneys and you. Avoid drinking more than 24 to 32 ounces per hour to allow your kidneys a chance to bounce back from a hard day's work. One of the easiest things you may want to do to be healthier quickly is to start drinking more water each day. We value each of our members, and we value the good health of each one of you too.

Source: Chicago's North Suburban Chapter, via Hamilton (ON) OstoInfo, Oct. 2002.



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ASK THE NSWOC

Q: My stoma is often bleeding, should I be concerned?

A: It is normal for the stoma to bleed at times when touched, rubbed or washed. Small amounts of blood may be mixed with the stool or urine. The tissue of the stoma has tiny blood vessels at the surface which can commonly bleed when touched. Any bleeding that doesn't stop or accumulates in the pouch should be investigated. Ensure adequate fit of the wafer or appliance to reduce risks of trauma to the stoma.

Q: Should my ostomy smell?

A: Stool or urine can have an odor when emptied from the ostomy appliance. If the tail or tap of the ostomy appliance is closed there should be no odor. Things to check if odor is noted:

- Tail closure or tap are clean and free of soilage; Ostomy appliance is emptied when half to one-third full; Ostomy appliance is changed regularly; No pinholes or flaws noted in the pouch; A reliable seal; Charcoal filter is wet or clogged.

Q: Is it normal to have a bowel movement from my anus if I have a colostomy or ileostomy?

A: If your anus is not closed there is likely remaining colon attached to blood supply. The rectum/anus can still function for old blood, old stool and mucous. It will vary from person to person if there is function from the anus and how much. This is normal and can happen at any time. Old mucous may look like a bowel movement.



Sheryl Walker

Reference:

Ostomy Care Tips. Hollister Incorporated (2018)



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or check out our facebook group: YOS+FG



Bi-Monthly group get togethers in Saskatoon

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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.

2021 meetings will remain virtual until we can safely meet in person!

Zoom meetings will be offered in January, March and May with a chance to win a gift card for all attendees!

We will re-assess meeting for a socially distant BBQ in the spring & what our fall meetings will look like. Follow us on Facebook for updates!



Ostomy Canada Society | Société Canadienne des Personnes Stomisées

OSTOMY CANADA SOCIETY

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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.

* 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>




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UROSTOMY FLUID and INFECTION

By Juliana Eldridge, WOC nurse

People with urinary diversions of a urostomy no longer have a storage area, a bladder for urine. Therefore, urine should flow from the stoma as fast as the kidneys can make it. In fact, if one's urinary stoma has no drainage after even an hour, it is of serious concern. The distance from the stoma to the kidneys is markedly reduced after urinary diversion surgery. Any external bacteria have a short route to the kidney.

Since kidney infection can occur rapidly and be devastating, prevention is essential. Wearing clean pouches and frequent emptying are vital. Equally important is adequate fluid intake, particularly fluids that acidify the urine and decrease problems of odour. In warm weather, with increased activity, or with a fever, fluids should be increased to make up for body losses due to perspiration and increase metabolism. It is important to be aware of the symptoms of a kidney infection: Elevated temperature; chills; low back pain; cloudy, bloody urine; decreased urine output.

All ileal conduits normally produce mucus in the urine, which gives it a cloudy appearance. Blood in the urine is a danger signal. Thirst is a good index of fluid needs.

NOTE: If one is asked to give a urine specimen, be sure your doctor and nurse know a sterile specimen must be taken directly from the stoma and not from the pouch. Bacteria build up in the pouch constantly. One will always get a false positive test result if the sample is taken from the pouch instead of the stoma.

If they are not sure how to do this, do the following:

- Remove the pouch
- Clean the stoma
- Bend over
- Catch the urine in a sterile cup.

Source: The Ostomy Assoc. of Greater Chicago "The New Outlook", Reprinted from Winnipeg Ostomy Assoc. INSIDE/OUT - February 2013

A Gentle Man who lived far beyond his 1952 ileostomy



Anton (Tony) Seitz was a man who overcame the challenges of having an ileostomy, and for him even more so because his surgery was in the early 50's. He lived a long and full life until his last days in December 2020. His daughter felt he lived such a life that others would love to hear his story so she sought out the Regina Ostomy Chapter after his passing. Interestingly enough, Tony used to join

up with a Regina support group in the 50's, but that was prior to our current group which wasn't established until 1972. Although he had his surgery in the very early days of ileostomies, and had a belly that looked like a punched out bowl of rising bread dough, Tony had very few troubles and needed no intervention until 2017 when some scar tissue had to be removed. A very heartfelt thank you to Gayle Gibbs of Moose Jaw for sharing her father's story.

So, without further adieu here is the story of Anton (Tony) Seitz, in his own words.

I was born November 20, 1926 to Matthew & Wilhelmina on a farm near Kendal, Saskatchewan. I was born number four of 13 children, a baker's dozen. I moved east of Francis, at approximately 4 to 5 years of age to a grain & cattle farm with actual "horsepower". I was taken out of school at the age of 15, to work the farm, as my oldest brother, Bert, was called to the army. I never knew if I had passed into grade 6 or 7, as I never saw my last report card.

I worked on the farm 'till 1949 when I became ill, spent a short time in the hospital and lots of diets to find a cure, as at that time no one knew anything about my condition. My sister Marion had been working at the medical arts lab at the time and she told me about a specialist that could possibly help me. I was diagnosed with ulcerative colitis and major surgery followed in 1952. I was proud to be one of the longest living on record to survive so many years with this type of surgery which removed my large intestine. Even now when Gayle would take me to a medical appointment the staff were always so amazed at how long I had lived with this condition and how well I was doing taking care of myself.

In Francis, I operated a service station plus lunch counter, etc. I guess now you would call it the first "7-11". I added a trucking business (hauling grain, cattle & machinery locally). In 1953 I was married and had three children during my marriage, Brad in 1954, Darryl in 1957 & Gayle in 1958. In 1954 we moved to "Hooverville", 10 miles east of Francis to a teacherage (school), where my wife worked, and we lived there 'till 1960. At this time, I worked for the rural telephone company as a repairman, climbing telephone poles, checking wires in the insulators, etc. I remember Gayle taking many a trip with me to a repair site, and playing with her dolls in the back seat. No such thing as a company truck back then.

I hunted mink & muskrat and beaver for the pelts, as a hobby. The teacherage was closed and we moved back to Francis where I started as a school bus driver, school caretaker, and working on the farm till 1968 when a move took us to Weyburn. Brad, Darryl and Gayle were also given small jobs at the school helping me, such as cleaning off chalkboards, cleaning brushes, emptying garbage, but mostly spent time running around in the gymnasium.

After our move to Weyburn, I sold cars for Great Plains Ford for about a 1 year, but with slow sales and not able to make a living, I started in construction and the first project was to build apartments. I had loved reading books and especially about carpentry. I actually learned a lot about the trade from reading ... plumbing, carpentry, electrical. In 1974 I attended Moose Jaw Tech to work towards obtaining my journeyman carpentry certificate and at that time only 2 years was required. I challenged the 2nd year, passed the exam and became a journeyman carpenter in 1976. I worked for miscellaneous construction companies, building homes & apartment buildings as far away as Yellow Knife and built a Beaver Lumber store in Winnipeg. I retired at 65 and spare time was spent building china cabinets, gun cabinets, kitchen cabinets, etc. You could say my work was throughout the countryside, in homes, cabins, garages and businesses.

In 1990 I moved to Edmonton and spent 20 years there with my loving companion Helen, who passed away in May of 2011. While there I continued my carpentry work as a past-time, helping out with odd jobs in the apartment building I lived at, and I worked for Hope Cottage which were group homes and also doing odd repairs for other homes.

My health had deteriorated considerably as I dedicated all my time to taking care of Helen during her illness and never took care of myself. My daughter and son-in-law moved me to Moose Jaw and I lived with them for nearly

Continued from page 10

4 months. As my health was improving with all the tender loving care I was able to move into my own apartment at a Senior Highrise.... the 9th floor overlooking Crescent Park. It had large windows which provided a beautiful view of the city and the park. I know I was the envy of many visitors. I would take myself and my red walker to downtown Moose Jaw nearly every day, weather permitting, looking for the sales and just enjoying fresh air and walking. The ducks in Crescent Park always looked forward to seeing me as well. I made many friends during my stay at Victoria Towers and was active at whist during the evenings and taking part in "hymn sing" Sunday afternoons. Bingo did become a favorite and I was many times a winner, those nickels really started to pile up. I also enjoyed helping with barbequing burgers for senior days. I was often told mine were cooked the best. Gayle would visit often and the ladies in the building would always be asking her about me as I seemed to have acquired quite a "harem" of followers!!

I had been active in many community activities over the year. I taught gun safety courses and was active in the Boy Scouts. President of the Saskatchewan Wildlife Federation and a Chartered Member of the Francis Lions Club. I so enjoyed the family fishing and the hunting trips with Brad and Darryl. I always looked forward to the boys going to the "turkey shoots" out at West Osage Gun Club with me.

My life was complete in so many ways. My favorite saying was, "I always loved people and they always loved me, with so much love to share it makes me a millionaire. "

Because of health reasons Tony was moved into Pioneer Lodge Nursing Home in May 2017, where he lived until he died December 28, 2020.

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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 _____

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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

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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.
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VISITING PROGRAM

March - 1 colostomy; 1 ileostomy; 1 urostomy

April - 1 colostomy; 2 ileostomy