

Regina and District Ostomy



Ostomy
Canada
Society

Société
Canadienne des
Personnes Stomisées



JANUARY /
FEBRUARY
2023

OSTOMIES AND THE FLU

COVID is getting all the press and attention these days but let's not forget our old pal, that 'other' flu. You know, the one that comes around like clockwork every year for which you get a



flu shot (You do get a flu shot, right?). That 'other' flu that brings with it headaches, upset stomach, diarrhea, muscle aches and general malaise. One of the major dangers of catching the flu for anyone, but especially for people living with an ostomy, is dehydration. Focus on replacing at least as much fluid as you lose.

What to do if you catch that 'other' flu

I'm thinking that with all the heightened precautions Covid has made necessary that this year we will see less of the regular or 'other' flu outbreaks. It stands to reason, masks, hand cleaning, avoiding crowds and germ surfaces are all things that will limit the spread of both COVID AND the regular flu. But what if, despite your best efforts, you do catch that 'other' flu? It's a drag, but such flu generally only lasts a few days. While you're toughing it out, here are some recommendations:



For colostomates: it is usually wise not to irrigate during this time. Your intestine is really washing itself out. After diarrhea you may have a sluggish colon for a few days; just leave it alone and it will sort itself out. Start irrigation again after a few days when your colon has had a chance to return to normal. Drink more fluids and rest.

For ileostomates: diarrhea is a greater hazard. Along with the excess water discharge, there is a loss of electrolytes and vitamins. Replace electrolytes and potassium with green tea, bullion, and ginger ale. Obtain sodium from saltine crackers or salted pretzels. Drink a lot of water!

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MEETINGS

Meetings and gatherings are held at the hall at Community of Christ Church on Arthur and 8th. For the next few months the schedule is a bit irregular but you can find updates on the website (www.reginaostomy.ca) and will be listed in the newsletter. They will be a combination of zoom or face-to-face or a hybrid combination of both. We look forward to meeting you.

UPCOMING MEETINGS

January/February 2023 -

No meeting.

March 14 - Zoom Meeting



Cont'd on page 4

REGINA OSTOMY CHAPTER EXECUTIVE

President	Patty Gianoli	535-8251
Past President	Murray Wolfe	550-7958
Vice President	Deb Carpentier	536-3319
Secretary	Diane Weir-Wagg	539-7404
Treasurer	Gerry Powers	586-7758
Membership	Patty Gianoli	535-8251
Flowers & Cards	Agnes Parisloff	761-0221
Phoning	Gord Kosloski	789-1592
	Diane Weir-Wagg	539-7404
	Agnes Parisloff	761-0221
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

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

Christi Tsui , RN, BScN WOCC (c)

Karen Kinaschuk, RN, BScN WOCC (c)

Naseem Siddiqui, Office Manager

Amy Moore, Unit Assistant

2023 MEMBERSHIP FEES ARE BEING COLLECTED!

A cheque for \$30 can be made out to:
REGINA & DISTRICT OSTOMY,
 7631 Discovery Road Regina, SK S4Y 1E3
 OR

e-transfer to:

Gerry Powers - gpowers@myaccess.ca

(a receipt will not be mailed, Patty will be in contact with you as a reminder if needed. If you're unsure if you've paid don't hesitate to call Patty.)

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.



HINTS & TIPS

- If your pouch doesn't stick well, are you applying it right after showering in a high-humidity bathroom? Skin must be perfectly dry to receive and hold the appliance. Also, oily products such as Dove soap can cause the wafer to loosen and fall off.
- If you are beginning a new medication for any reason, keep a close eye on your appliance. Contact your doctor immediately if you suspect the medicine is going straight in and out.
- When taking liquid medicines, do not use a tablespoon instead of the measuring device that came with the medication. Table ware can give as much as 20% larger dose than desired.

President's Message



Happy New Year friends! Here we are in 2023. Time sure does go by. I hope many of you had the opportunity to spend time with your family and friends. I'm always a little sad when the Christmas season leaves us; where people are extra happy and more generous to help out those less fortunate. But now we are in January wishing for spring to come soon! And the days are already getting longer already.

Soon it will be tax time again. Ostomy Canada is hosting a webinar on the Disability Tax Credit on January 18 at 5 p.m. ET. The session will be presented by Rosemary Hill, NSOWC and Ann Durkee-MacIsaac, Chair of the DTC Committee. Registration details will be available soon. This will be an excellent opportunity for anyone who has questions about the Disability Tax Credit.

I'm sad to report that John Hartman, Executive Director will be leaving Ostomy Canada. Many of you will have seen John at our zoom meetings. John has been a professional leader who was always available to talk with us and will certainly be missed. John will enjoy time with his wife, traveling and improving his golf game. We wish him well.

Our next meeting will be by ZOOM on Tuesday, March 14 at 7 p.m. We will be able to stay nice and warm in our houses while we enjoy a guest speaker. An invitation will be extended to join us by zoom.

Save the date for our May seminar on Saturday, May 13. This will be a one day education day where you will have the opportunity to hear speakers and visit vendors.

For some of us, we will be heading to warmer climates to enjoy some sun and relaxation. Wherever you are and whatever you do to make the long winter days pass quickly, be safe, look after one another and I look forward to seeing you all in March via zoom!

Patty Gianoli
Regina & District Ostomy

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

Do you have questions about living with an Ostomy?

The Regina & District group has people who have been living with an ostomy and have also had training to certify them as an Ostomy Canada Visitor. Sometimes it's just a few simple questions and at other times you may be 'working' your way through something and it's good to talk to someone who can relate to your situation personally. All you have to do is ask. We provide a visiting service, at the request of the physician, Ostomy Nurse or patient. It could be 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

Cont'd from front page

Cranberry juice and orange juice also contain potassium, while bullion and tomato juice are good sources of sodium. Vomiting also brings the threat of dehydration. If it is severe and continuing, your doctor should be notified or go to the ER. You should also know that diarrhea may be symptomatic of partial obstruction or an acute attack of gastroenteritis. (Since the treatment of these two entities is entirely different, a proper diagnosis should be made as rapidly as possible.) If obstruction is suspected because of localized cramping, your stoma nurse is the best interpreter of symptoms. If you can't reach your stoma nurse, call your doctor. More and more NSWOCs (stoma nurses) are available online now and can be contacted remotely if you are concerned about excessive diarrhea. You may be directed to immediately go to emergency if a severe blockage is suspected. Note that increased water intake in the ileostomates will result in increased urine output rather than increased water discharge through the appliance.

For urostomates: be sure to keep electrolytes in balance by following the general instructions for colostomies and ileotomies. Do not use antibiotics for colds or flu unless the doctor orders it. Keep drinking plenty of liquids; you'll notice increased urine output but this is normal. When returning to a normal diet, try fiber free foods at first, then gradually increase to your regular, normal diet.

For Everybody: besides drink, drink, drink and REST!! Your body and mind heal themselves at a greater pace as you sleep, so rest as much as you can. You can ease your discomfort with OTC (Over the Counter) medications like Vicks VapoRub, nasal sprays, cough candies, etc. Non-steroidal anti-inflammatory medications (NSAIDs) like ibuprofen are more likely to help with an aching body than other pain relievers. Note, however, that ileostomates should exercise caution with pain killers if your pain is coming from your bowels, as this could indicate a blockage.

Vancouver Ostomy HighLife - November / December 2021; Ottawa Ostomy News December 2021



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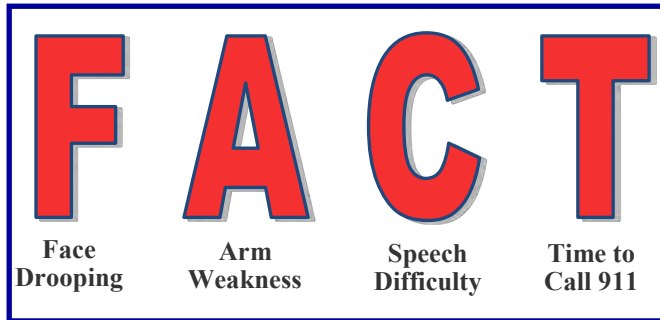
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Stroke Symptoms and Risk Factors -- Be Aware and Be Prepared



1. Typical Signs of a Stroke

Here are the typical signs of a normal stroke for both men and women, according to the CDC:

- Sudden numbness or weakness in the face, arm, or leg, especially on one side of the body.
- Sudden confusion, trouble speaking, or difficulty understanding speech.
- Sudden trouble seeing in one or both eyes.
- Sudden trouble walking, dizziness, loss of balance, or lack of coordination.
- Sudden severe headache with no known cause.

2. Who Is Most At Risk For Stroke?

Arteries tend to get narrower and harder as people get older, raising the risk of stroke. There are also lifestyle factors such as smoking, an unhealthy diet, and not exercising that increase the risk of stroke, and some ethnic groups are also at higher risk. "Hypertension, or high blood pressure, is the single most important risk factor for stroke," says the Cleveland Clinic. "A blood pressure of 140/90 or above in adults is considered to be high. The usual target for blood pressure treatment in adults is to keep the blood pressure at 120/80 or below."

3. Strokes Also Happen To Young People

10-15% of strokes happen to people under 50, so it's never too early to be proactive. "You don't think about disease when you are young," says neurologist and stroke expert Dr. Vladimir Hachinski. "If you're going off to college or leaving home, your habits will change at this time. You begin eating on your own. This is a good time to think about how to prevent disease."

4. Transient Ischemic Attacks (or "Warning Strokes")

Studies show that signs of ischemic stroke (the most common type of stroke) can appear up to a week before an actual stroke. These strokes, known as transient ischemic attacks (TIAs) are known as "warning strokes" and show symptoms similar to real strokes, but last less than five minutes and don't result in injury to the brain. "We have known for some time that TIAs are often a precursor to a major stroke," says Peter M. Rothwell,

MD, PhD, FRCP, of the Department of Clinical Neurology at Radcliffe Infirmary in Oxford, England. "What we haven't been able to determine is how urgently patients must be assessed following a TIA in order to receive the most effective preventive treatment. This study indicates that the timing of a TIA is critical, and the most effective treatments should be initiated within hours of a TIA in order to prevent a major attack."

5. COVID-19 and Stroke

"While researchers are still studying exactly how COVID-19 affects the brain, the evidence does suggest it could increase stroke risk, says stroke expert Shazam Hussain, MD. "But these strokes caused by blood clots appear to be impacting younger people. It's not a classic situation of stroke. We're actually seeing young people who don't have the traditional risk factors for stroke like high blood pressure, or other problems. These are young, healthy people, who are coming in with big, big strokes. No matter your age or if you have COVID or not, you should never ignore stroke symptoms. That's because while there are very effective therapies for stroke, they are time-limited."

Vancouver Ostomy High Life July/August 2022

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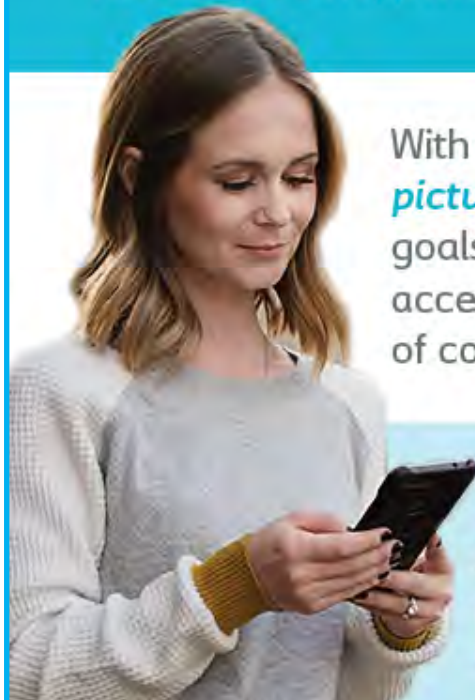
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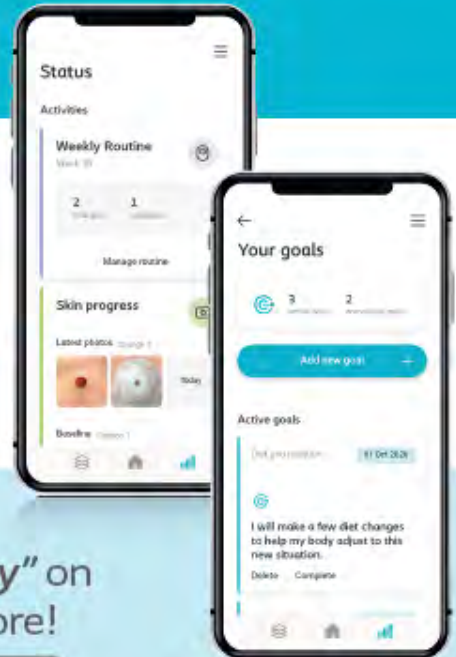
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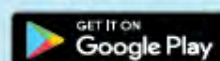
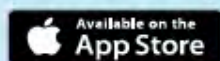
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Becoming Aware of the Present Moment in Times of Stress by Sue Rizvi, Metro Maryland (excerpts from <https://yogarove.com/author/mreyes/> and numerous viewings of other articles)

Can't travel or get into the pool just yet? Try being present at your favorite destination or favorite beach by picturing yourself there at the moment. Find a quiet place and sit back, without any distractions, and just imagine yourself there. Give yourself the license to daydream. Your "dream" vacation is just around the corner!

Here are some simple mindfulness techniques which can help you stay focused and calm under pressure, become more present in the moments you enjoy, and help you identify what's important to you. These techniques help you create mindful habits, help you improve your well-being and peace of mind in the moment and bring a little calm into your daily life.

If you find it difficult to sit quietly, notice your surroundings, focus on one thing at a time (do not multitask), be grateful for what you have now, accept things as they are (not how you want them to be).

Often, we struggle with the idea of "becoming aware of the present moment," which is at the heart of mindfulness practice.

Mindful: Mindful meditation teaches you to watch your breath and your thoughts. It creates acceptance and allows you to practice being in the present moment without any judgment. This practice is known to reduce anxiety and anxious thoughts.

Stay connected to your breath: Falling asleep or drifting off with your thoughts? Stay with your breath and allow your inhales and your exhales to ground you in your practice. It is normal to have the mind wander. Use your breath to come back into the present moment.

Set an intention: Often intentions can carry us through our practice. Before you start meditating, you can choose to set an intention for your practice. What is it that you want to cultivate, let go of, or manifest?

Poses: The 'best' meditation pose is different for every body. If you have tight hips or lower back pain, you may be more comfortable on a chair or on a meditation cushion. There are many poses that you can practice while meditating. A good idea is to try a few postures before deciding on a few that feel great in your body.

Prayer Hands

Put your hands together and gently press your palms together to touch. Spread your fingers slightly apart so that there is not too much tension, keeping your fingers together. Roll your shoulders up, back, and down, and lightly rest your thumbs to your heart center.

Palms Up

Resting your hands on your knees, flip your palms to face up toward the sky. Relax your fingers and your wrists and keep your chest open, spine straight, and shoulders relaxed.

V Arms

Lift your arms up over your head and move them out into a V-shape. Spread your fingers wide, turn your palms to face each other, and feel energy radiating out of your fingertips. The shoulders may come up toward the ears here, so be sure to soften your shoulders and keep your chest open.



Take a deep slow breath here. Turn your attention to the inner sensations of your own body. Take a few moments to scan through your body from head to toe, becoming aware of any and all physical sensations throughout. Tingling, heat, tension, numbness. Take your time to move through each body group. Just noticing, being curious, just observing.

More activities to consider:

<https://amaliahomecollection.com/20-ways-to-relax-in-less-than-5-minutes/>

(It includes eating chocolate! Stressed spelled backwards is desserts.)

<https://www.ostomy.org/yoga-for-every-body/>

Airplane Confusion

My flight was delayed in Houston. Since the gate was needed for another flight, our aircraft was backed away from the terminal, and we were directed to a new gate. We all found the new gate, only to discover a third gate had been designated for our plane. Finally, everyone got on board the right plane, and the flight attendant announced: "We apologize for the gate change. This flight is going to Washington, D.C. If your destination is not Washington, D.C., you should deplane at this time." A moment later a red-faced pilot emerged from the cockpit, carrying his bags. "Sorry," he said, "wrong plane."



Young Ostomates Support & Friendship Group (YOS+FG)- Saskatchewan



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- Ask questions, find support, or share information

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CONNECT WITH US

Ostomy Canada Society | 1.888.969.9698
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 Mississauga, Ontario L4W 4J4 | info1@ostomycanada.ca



* 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



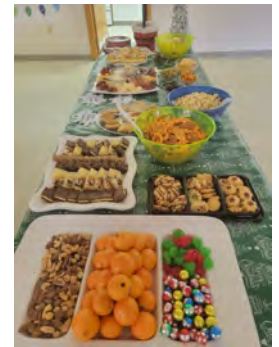


Regina & District Ostomy Christmas Celebration

Well, for the first time in almost three years we held a Christmas Party. It was an afternoon affair and attended by about 35 happy souls.

We managed to make the hall look quite festive and between some Christmas Trivia games, including a sing along to boot and a Gingerbread Man decorating event there was a lot of laughter and much visiting. A highlight was Bill Collie reading his timeless “The Dreaded Bedpan”. We had some incredible hot chocolate and a very tasty punch to go with a table full of snacks and zero calorie bites.

Here are a few photos to highlight the fun.



After a month relaxing in what Bill Collie calls the “Resort Hotel at Pasqua & Dewdney” (code for the Pasqua Hospital in Regina), he put into words what his visit taught him. Read on dear reader and enjoy Bill’s poetic saga of his stay.

While in that “Resort Hotel”, I learned to tolerate several things. Like being awakened just to see if I still had a pulse or using my stomach as a dartboard for needles. And my taste buds were challenged by some, or many, of the meals. But, the **one thing** I couldn’t tolerate was

The Dreaded Bed Pan

You’re
 Sound asleep
 in your hospital
 bed, when you suddenly
 awaken with a feeling of dread.
 Tho’ you try to ignore and hope it will
 pass ...But you know in your heart it’s more
 than just gas. You push the call button and lay there
 in fear, awaiting the sounds you know you’ll soon hear.
 Along comes the nurse with her helper in tow, it’s the dreaded
 bedpan that we all hate so. It’s never pre-warmed, always ice cold,
 But it has a purpose so we’ve been told. You lay there wishing it was fur
 lined but it’s hard and cold on your behind! You do your best and give it your all, then
 totally exhausted the nurse you call. When finally rested you hope and you pray that
 your Doctor will surely shorten your stay, so you’ll go home as quick as you can, To
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 more round with the
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Too Funny!

Two hikers were walking through the woods when they suddenly confronted a giant bear. Immediately, one of the men took off his boots, pulled out a pair of track shoes, and began putting them on.

"What are you doing?" cried his companion. "We can't outrun that bear, even with jogging shoes."

"Who cares about the bear?" the first hiker replied. "All I have to worry about is outrunning you."



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News and Notes from Ann and John

Here are portions of the November 15th board meeting that we thought you'd be interested in.

Ostomy Canada Society's Board of Directors closed off its 2022 sessions with a final meeting on November 15, 2022. We usually get this out a few days following the meeting. We apologize for the delay – we had a few other pressing matters of business. Several important pieces of business and changes were agreed upon by the Board. It was also decided that we should share this communique (News and Notes) with a larger number of people to keep them informed. If you have any questions feel free to connect with Ann (ann.durkee@ostomycanada.ca) or John (john.hartman@ostomycanada.ca).

The Board was also briefed on several matters of ongoing business:

- **Webinar** – Disability Tax Credit to be held on January 18, 2023, at 5:00 pm ET. The session will be led by Rosemary Hill, NSWOC and Ann Durkee-MacIsaac, Chair of the DTC Committee. Registration details to follow.
- **Visitor Training Program** – soon to be online. Ostomy Canada has invested in transitioning the binder training module to an innovative and interactive online tool for individuals and groups. The binder can still be used and yet these new resources will make training and certification much more efficient. We are targeting the completion of the project by end of December for a formal early 2023 launch. All Visitors are subject to Ostomy Canada training, certification, recertification, and guidelines to be covered by insurance.
- **Fall Appeal** – was distributed in mid November as well as through our online system - MailChimp. A special ask around our 60th Anniversary was the primary focus. We appreciate everyone's commitment to supporting national programs and how we value all contributions and the impact they have in areas such as Youth Camp, website, communications, Visitor training, awards, and outreach.
- **Know anyone who wants to start a Support Group?** Please direct them to one of our Regional Administrators or to Carole at info1@ostomycanada.ca. It is an informal process.
- **Bravery Bag Covers.** These incredibly special and unique ostomy bag “covers” are part of a personal and passionate project by Josh Diamond and his wife Lindsay Brand. With a goal of giving and distributing “bag covers” for free to children and youth in Canada (and globally), Ostomy Canada has been a lead partner in supporting this program. Many may recall reading about this program in our Connects Newsletter. To find out more please go to www.braverybagcovers.com. We will soon be sharing how to you can order these covers.
- **HELP WANTED**
- If you know someone who wants to help Ostomy Canada broaden its impact and stories through “**social media**” channels, then we want to hear from them. We are looking to amplify our message and voice in such areas as Facebook, YouTube, TikTok, Twitter and other platforms. This ‘gig’ will be part time volunteer (a couple of hours/week) and yet may evolve into a compensated position. Please contact Yaser.nadeem@ostomycanada.ca – our webmaster.
- **Connects Newsletter – Editor.** Do you have a knack for writing, editing, and sharing stories in areas such as ostomy management/care, recipes, humour and making connections? Big shoes to fill with the loss of Joel Jacobson (2022) and yet he helped set a new direction and are confident that someone is out there to continue this journey. Please connect (no pun intended) with john.hartman@ostomycanada.ca should you have questions.

Connects and Magazine – please keep your articles, suggestions, recipes, human interest stories coming. Send Connects info to john.hartman@ostomycanada.ca and Magazine info to Lisa Gausman at lisagaus@shaw.ca

Our next scheduled Board of Directors Meeting is February 21, 2023. If you are interested in attending, please reach out to Ann.durkee@ostomycanada.ca

10 Adult Truths

1. I think part of a best friend's job should be to immediately clear your computer history if you die.
2. How the hell are you supposed to fold a fitted sheet?
3. I totally take back all those times I didn't want to nap when I was younger.
4. I love the sense of camaraderie when an entire line of cars team up to prevent a jerk from cutting in at the front. Stay strong, brothers and sisters!
5. Google Maps really needs to start their directions on #5. I'm pretty sure I know how to get out of my neighborhood.
6. Obituaries would be a lot more interesting if they told you how the person died.
7. I can't remember the last time I wasn't at least kind of tired.
8. Bad decisions make good stories.
9. How many times is it appropriate to say "What?" before you just nod and smile because you still didn't hear or understand a word they said?
10. Can we all just agree to ignore whatever comes after Blue Ray? I don't want to have to restart my collection...again.

Vancouver HighLife Jan 2022

Brenda Shares Her Latest New Year's Resolution: 22 Minutes a Day

Whenever the New Year rolls around, I have a hard time keeping my resolutions. My problem is that I'm curious about almost everything. For example, how does electricity work? All right, I must admit that I take some things for granted. In my teens, when my car broke down, I had a dad who was a mechanic so I didn't need to know how to fix it. I needed to know how to style my hair, apply makeup or where to get the latest cute pair of jeans or shoes. I never thought much about things that mattered like global warming, although I did have to hug a tree in high school for an assignment. However, the whole time I kept thinking about the wood ticks and spiders that might crawl on me. To me, carbon footprint meant stepping on the sheet you put in the typewriter to make a copy. Okay, this was the seventies.

I spend less time worrying about the latest fashions or working on my appearance these days, but in actuality I probably should be buying stock in wrinkle cream! Did you know that even your ear lobes get wrinkles? These days I get more out of helping others.

Whether it's preparing food for the family, running a child to college or even making a meal for a sick friend, there's always something to do. And, that's all good - but at times I find I'm not taking care of myself properly. It seems like in the beginning of the year I find myself looking at all sorts of magazine articles on the perfect diet, exercise or meditation. The new year feels like a fresh start, but the enthusiasm to improve often doesn't last long enough. I get distracted.

I wish I had a remote started like my car does. It has good sense technology and turns itself off after 15 minutes. I imagine it saying, "No sense wasting gas on her." I was probably looking at Facebook or hunting down a missing shoe, and by then my car is cold and I start all over again. I'm not absentminded, but get distracted because I'm just too curious about everything.

New starts need new habits. My heart doctor said the average adult needs 150 minutes of moving or exercises a week. That doesn't sound as bad as exercising five times a week. So, my New Year's resolution is to do 22 minutes of moving each day, which isn't too hard. I helped a friend reorganize her kitchen, and then cleaned my own desk. I got that 22 minutes in for sure. Today I did the treadmill, which used to be boring, but time flies by when you can watch the Golden Buzzer Moments on YouTube. It's a new day. I've got closets to clean, bathrooms to scrub, and there's always something else to do around my house that takes 22 minutes. My husband has suggestions for me if I can't think of anything. I don't think he's bothered by my wrinkled ear lobes at all. What are you going to do for 22 minutes today? Just curious...□

Brenda Elsagher is a loud and proud member of the ostomy community and a good friend of Hollister Incorporated.

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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.

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.

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**

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**

VISITING PROGRAM

October - December

Colostomy - 4

Ileostomy - 1

Urostomy - 2