



S
U
M
M
E
R



MAY / JUNE
2023

Summertime...and the Living is Easy

(by Bobbie Brewer, Greater Atlanta Ostomy Association, July 2011)

Summertime fun may include many outdoor activities and travel, but may also lead to some concerns about ostomy management. Let's review:

Swimming is an excellent exercise and activity you can enjoy with family and friends. So, why are so many of us afraid to get back into the water? Check out these tips:

- Don't go swimming immediately after you have put on a new pouching system.
- Make sure your pouch is empty and has a secure seal.
- Picture framing your wafer with water-proof tape isn't necessary, but may give you the extra confidence you need.
- Take precautions against sunburn. Besides being bad for your skin; a bad sunburn can result in diarrhea and sometimes vomiting, thus depleting electrolytes.
- When sitting and soaking up the sun, protect/shade your pouching system by placing some covering across the outside area (e.g., hat, towel, magazine).
- Monilia is a common summer problem. This raised, itchy, red rash on the peristomal skin is uncomfortable and keeps the pouches from holding well. If you suspect a monilia rash, consult an ostomy nurse.



In This Issue

<i>Summertime. . . and the Living is Easy</i>	1
<i>President's Message</i>	3
<i>It's a Great Day for Education! Seminar</i>	5
<i>Imodium and Living with an Ostomy</i>	7
<i>Effective ways to Stay Positive When Times get Tough</i>	8
<i>Ask the NSWOC</i>	9
<i>Membership</i>	14

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

May 13 - A Great Day for Education!
9:00 - 4:00 pm, Executive Hotel

June 13 - Wind Up - 6:00 - 8:30
Arthur and 8th Ave

September 12 - 7:00 pm



Fluids, Fluids and More Fluids are needed during the hot summer months. Review the following:

- Water is an essential nutrient needed by each and every body cell. Up to 75% of the body's mass is made up of water. Water controls body temperature, serves as building material and solvent, and transports nutrients. Thirst is a signal that the body needs fluids. Daily losses must be replaced. Encourage fluid intake of eight to ten (8 oz) glasses of liquids each day.



Cont'd on page 4

REGINA OSTOMY CHAPTER EXECUTIVE

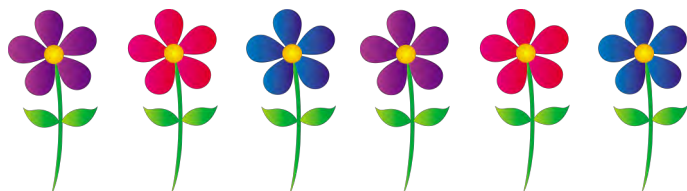
President	Patty Gianoli	535-8251
Past President	Murray Wolfe	550-7958
Vice President	Deb Carpentier	536-3319
Secretary	Diane Weir-Wagg	539-7404
Treasurer	Gerry Powers	586-7758
Membership	Patty Gianoli	535-8251
Flowers & Cards	Agnes Parisloff	761-0221
Phoning	Gord Kosloski	789-1592
	Diane Weir-Wagg	539-7404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

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.



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)

Alison Nachegaele, RN BScN (NSWOC in training)

Naseem Siddiqui, Office Manager

Ilonah Evangelista, Unit Assistant

HOMEMADE ICE PACK

It's time for summer fun, sports, games and outings. Many people use a bag of frozen peas as an ice pack for an "owie," but this homemade ice pack will get cold but won't freeze solid. It'll manipulate to fit around arms, legs, knees and shoulders.

Put 1 part rubbing alcohol to 3 parts water in a zippered freezer bag and add a drop or two of food colouring as a reminder that it is NOT edible. Place into a second bag, CLEARLY LABEL it and put it in the freezer. It turns into a slushy mixture. Wrap the bag in a thin towel, then place on the affected area for short periods of time. Labeling the bag and coloring its contents are extremely important.



- Via Springfield, MO Ostomy Family Newsletter; Vancouver Ostomy High Life July/August 2022



Together as one

we walk to stop Crohn's and colitis.

Join our community on Sunday, June 4, 2023.

Sign up at gutsywalk.ca

President's Message



Hello Friends!

I think it is safe to say “Happy Spring”, although we all know that Mother Nature has a pretty weird sense of humour! I hope very soon we will be planting our gardens and enjoying all of our favourite summer activities.

It's A Great Day for Education is right around the corner. It is not too late to attend on May 13th. Everyone is welcome including family, friends and medical personnel. Our lineup of speakers is fantastic (see page 5). We have added Leslie Beck, pelvic floor physiotherapist who will speak on pelvic floor care following abdominal surgery and good bladder habits. There will be a variety of vendor tables for you to visit. Don't forget to bring a bit of spending money as we will have some beautiful gift baskets to raffle off. All proceeds will be going towards sending kids to camp. A great reason to buy more than one ticket! If you want to help out just contact me. Here's a direct link to the webpage if you

want to download a pdf for registration. <https://reginaostomy.ca/its-a-great-day-for-education-2023-seminar/>

Did you know that 47% of Canadians do some sort of volunteering? National Volunteer Week was April 16 to the 22 with the theme being **Volunteering Weaves Us Together**. I can't think of a better theme that embodies our organization. For over 45 years this organization has provided support to many people and in turn has brought a community of people together. THANK YOU to past and present executive, who work tirelessly to provide advocacy and education; to our visitors, who a lot of the time are the initial contact; to people who not only volunteer at the local level but also the national level. We stand up and applaud you! YOU ARE AWESOME!

The final meeting of the year will be held on Tuesday, June 13 with **an early start at 6 o'clock** at the church hall. We are still in the planning phase but there will be food, fun and socializing. All things that mean you should not miss out!

Are you good at numbers? We are looking for someone to take over the position of Treasurer. Our current treasurer Gerry will guide you through the transition. If you would like to find out more information, please feel free to contact Patty or Gerry.

Looking forward to seeing lots of you at the Education Day! Let the smells and sounds of spring bring you joy!

The snow is melting into slush.
The ground is soft and turned to mush.
I heard a bird this morning sing
in perfect pitch, “It's spring! It's spring!”
by Denise Rodgers

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

- Any liquid containing water (soda, milk, juice, etc.) helps to meet your daily requirement. You can also get water from the food you eat (e.g., tomatoes have a total of 94% water content). [North Central OK Ed. **note:** *And don't worry if liquids contain some caffeine. It's a myth that caffeinated drinks are dehydrating.*]
- Water is an excellent natural beverage; however, over-consumption of water can wash away electrolytes in the body. Drink a combination of water and electrolyte beverages. The glucose ingredient in electrolyte drinks aids in the absorption of electrolytes. [North Central OK Ed. **note:** *To emphasize this point, runners in marathon races have collapsed, and sometimes even died, due to hyponatremia—low blood sodium caused by drinking too much plain water.*]

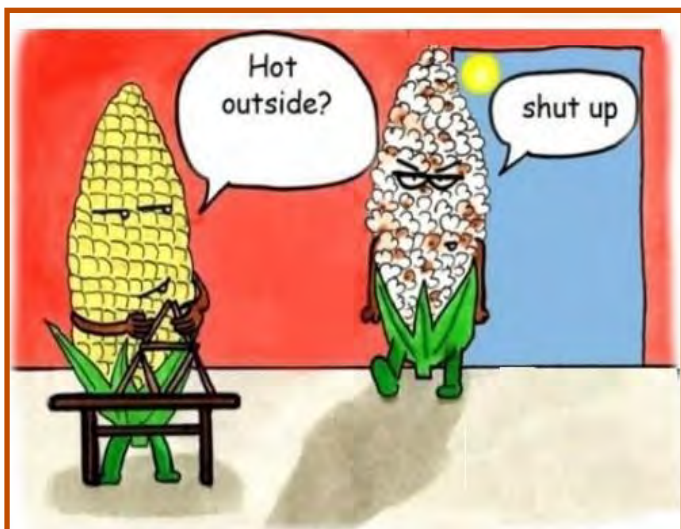
Summer Diets

- Remember the fiber content of those fresh fruits and vegetables—enjoy but chew, chew [ileostomates, especially].
- Add only one new food at a time to determine the effect (if any) on your output.

Tips for Traveling with Medications and/or Ostomy Supplies

- Keep your medicines (and emergency pouches) with you—not in the checked luggage.
- Bring more than enough medicine and/or ostomy supplies for your trip.
- Keep a list of all your medicines and/or ostomy supplies with you.
- Do not store ostomy supplies in your car, especially under the hot summer sun. ■

.....



WHO WE ARE



Ostomy Canada Society
Société Canadienne des Personnes Stomisées

Advocacy.

Awareness.

Collaboration.

Support.



We are a non-profit volunteer organization dedicated to helping people with an ostomy, & their circle of support to live life to the fullest.

**Support Groups • Find An NSWOC
Ostomy Canada Magazine • Publications
Volunteer • Donate • Ostomy Youth Camp
Information For Those Living With An Ostomy
Disability Tax Credit • Ostomy Visitor Program**

CONNECT WITH US

Ostomy Canada Society
Suite 210, 5800 Ambler Drive
Mississauga, Ontario L4W 4J4

1.888.969.9698
www.ostomycanada.ca
info1@ostomycanada.ca





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

SNS57230 - 1"x15'

SNS57232 - 2"x15'

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@westcaremed.com

Safe n Simple
Clean. Comfortable. Confident.

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

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

Regina & District
Ostomy Society
presents

It's a Great Day for education!

Registration & Continental: 9:00 a.m.
Program: 9:30 a.m. - 4:00 p.m.

Saturday, May 13, 2023
Executive Royal Hotel
4025 Albert Street, Regina

Featured Guest Speakers:

Angie Schickerowski, author, Learning to Love Grey Skies - Finding Joy in Pain & Loss
Dr. Jamie Holden, Colorectal Surgeon
Randy Dove, Sask Seniors Mechanism
Leslie Beck, Pelvic Floor Physiotherapist

Vendor Tables/Gift Basket Raffle
Family, Friends & Medical Professionals Welcome
Masks Welcome
Registration Fee \$25.00
(includes coffee breaks and lunch)

Your Name _____

Address _____

Phone Number _____

Email: _____

Register at reginaostomygroup@gmail.com and then
Mail cheque to Regina & District Ostomy Society
c/o 942 Brachman Bay, Regina, Sask. S4N 7P2
OR Etransfer: gpowers@myaccess.ca
Questions? Contact: Patty @ 306-535-8251



120 Victoria Avenue, Regina
306-522-3833
jollysmedical.ca
orders@jollysmedical.ca

Weekdays: 9am-5:30pm
Saturdays: 10am-3pm
Closed Sundays and Holidays



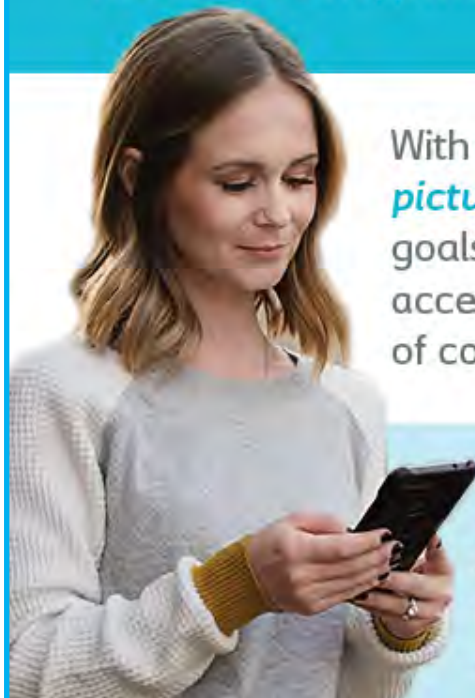
Locally Owned and Proudly Serving Regina and Community for over 100 Years!

* FREE delivery within Regina * Province Wide Delivery Available *

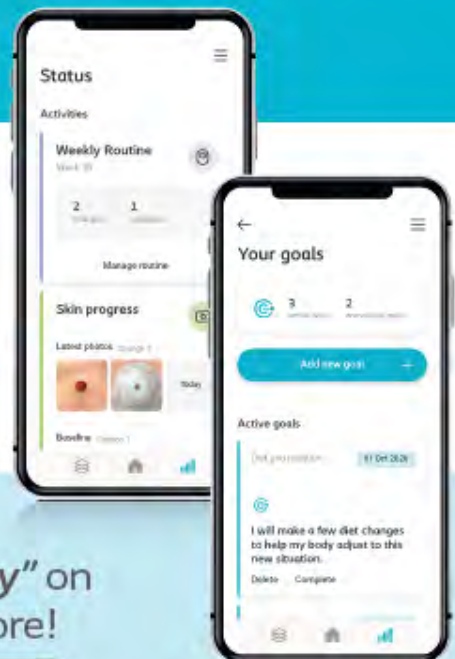
- Ostomy Supplies & Accessories
- Catheters & Incontinence
- Aids to Daily Living
- Compression Stockings
- Athletic Bracing & Supplies
- Wound Care

MyOstomy

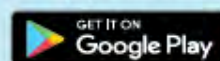
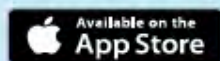
Your companion app brought to you by Coloplast®.



With the app, you can **take pictures** of your stoma, set goals and **track progress**, access a **personalized library** of content, and more.



Download for FREE by searching for "MyOstomy" on your smartphone app store!



Imodium and living with an ileostomy, do you need it?

- Lauren Wolfe RN, BSN, MClSc-WH, NSWOC, CWO CN Macdonalds Prescriptions Fairmont

Taking Imodium, when living with an ileostomy, is very different from those who do not have an ileostomy. The following information is a guide to how to take it. Please discuss this with your stoma nurse, Nurse Practitioner, or physician before taking it. If this is a new or sudden onset of liquid output, DO NOT USE Imodium, as this change may be due to something eaten or a G.I. bacteria, it is best to seek medical attention if this occurs.

An ileostomy is created from the small intestine. It can be permanent or temporary. The small intestine is where your food is broken down and absorbed by the body. The large intestine is bypassed when having an ileostomy and is where water is absorbed. Bypassing the large intestine means the small intestine needs to absorb the water. This leads to ileostomy output being more like apple sauce consistency. Some individuals experience more watery output leading to challenges in maintaining hydration and electrolyte balance. Dehydration is frequently encountered with individuals having an ileostomy and is the leading cause of readmission to hospital. As the body and intestine adapt to absorbing more liquids, ostomates may find that in the early days, they need to take Imodium. It can depend on diet or how much small intestine remains; for others, the reason may not be as apparent. Some individuals may need to take it for the duration of having an ileostomy.

What is Imodium?

Imodium is a medication that decreases the motility of the intestine.

How does Imodium work?

This decrease in motility slows the transit of food and water, allowing for improved absorption of water, nutrients, and electrolytes resulting in thickened output.

How much Imodium do I take?

The dosage is varied between people and finding the correct dosage for you may take some time. The more you take, the thicker your output should become if you do not take enough, your output will be watery. It is recommended that you start with a low dose until you find the amount that works for you.

Which format of Imodium do I take?

The best format of Imodium is in tablet or quick dissolve format. Liquid formulations contain ingredients like sorbitol that can increase output.

When to take Imodium?

Taking Imodium 1/2 hour before a meal is recommended as this will help decrease the motility of the bowel before eating to allow for improved absorption. If your output is thinner at night, taking it before sleep can be helpful.

Suggested Regime

Start by taking 2mg before a meal. If your output is thin in the morning, best before breakfast or before going to bed at night. If this doesn't thicken your output enough, increase to take 2mg before each meal and add on a dose at bedtime if needed. If the output is still not porridge consistency, slowly increase the dosage to 4mg before each meal and bedtime for a total dosage of 16mg/day.

If your stoma stops passing stool, or you are feeling nauseous, vomiting or have abdominal pain, please contact your Stoma Nurse, or GP or go directly to the nearest ER.

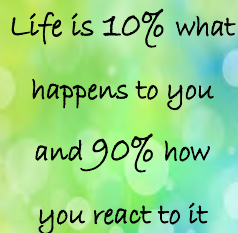
Coverage for Imodium

Imodium does not require a prescription and can be purchased from any pharmacy. Imodium taken regularly can be expensive. Discuss with your stoma nurse and physician about applying for a special authority and a prescription to help with the coverage of Imodium.

Suggested Guide	Breakfast	Lunch	Dinner	Bedtime
Step 1: Initial	2 mg		2mg	
Step 2: if output remains liquid	2mg		2mg	2mg
Step 3: if output remains liquid	4mg		4mg	4mg
Step 4: if output remains liquid	4mg	4mg	4mg	4mg
Step 5: if output remains liquid – discuss with your stoma nurse, NP, or Family Physician				

EFFECTIVE WAYS TO STAY POSITIVE WHEN TIMES GET TOUGH

Source: www.ostomybag.ca



Life is 10% what happens to you and 90% how you react to it

Living through a crisis is hard for anyone, but there is an extra layer of concern for people with ostomies. Hollister sat down with two influential people in the ostomy community to find out how they cope during challenging times.

Amber Wallace is the creator of the Ostomy Diaries YouTube channel and social media platforms, and Dr. Paul Wischmeyer, MD is a critical care, perioperative, and nutrition physician at Duke University School of Medicine in Durham, North Carolina. Both Amber and Paul live with an ostomy.

Q: How can people with ostomies stay healthy both physically and emotionally when facing a crisis?

Amber: The best way to take care of your emotional health is to take care of your physical health. Continue to take your supplements. Stick to a schedule and make checklists. During a difficult time, I do the same things at the same time every day and that helps. It's also important to get enough rest and exercise, even if you have to find a routine online. Grief and anxiety can manifest physically if you don't put those things into practice.

Paul: I agree with taking the proper supplements. Some of us with ostomies absorb vitamins differently, so it's important to consult your doctor before starting a regimen. Exercise is also very important. As a senior in college, I was doing research with a doctor at Mayo Clinic. One day he said, "Paul, you're getting soft and look a little out of shape, do you want to keep getting sick? You should start running and taking better care of yourself." I had never had anyone say that before and was motivated (and a little miffed) so I started running and ran almost every day for a year. And when that same doctor performed my tenth surgery to remove my failed ileal pouch, it took only four hours instead of eight. Afterwards he said, "Your abdomen looked like you never had surgery – your adhesions were gone! Whatever you did in the last year, you should definitely keep it up!" I haven't stopped running and exercising since.

Q: What can we do to stay healthy if we have to travel during a health crisis?

Amber: It's important to keep a change of ostomy supplies on your person when traveling and make sure to stay hydrated. We all have leak stories. One time I was hiking in the Great Smoky Mountains and my pouch fell off. I had to change it in a porta potty! And, of course, I use hand sanitizer constantly, especially on my phone.

Paul: I've had leaks on planes and have had to run to the washroom with it pouring down my leg. Never a dull moment with an ostomy some days! I keep supplies in a small kit. I also always wear an ostomy belt, which helps keep my pouch secure. When my wife and I travel now we wear masks and bleach wipe everything we have to touch.

Q: Where should people turn when having a really bad day?

Amber: Stay connected with nature and focus on things that are beautiful. Take a moment and be still. Keep grounded and turn to your faith. It's OK to cry and let those emotions out. Recognize it, feel it, and embrace it. There's a myth that if you ignore depression it will go away. You have to deal with it before you can move ahead. Last year after my wedding I was feeling down and didn't know why. I was too ashamed to tell anyone. So, I decided to speak to my doctor. He ran some tests and it turned out that my vitamin levels were out of whack. Never be ashamed to talk to your doctor, that's what they're trained in.

Paul: Well, as I shared before, exercise has been a true lifesaver for me. When I'm down I also often turn to my family. Being vulnerable is hard especially when you're sick. I often have trouble loving myself with a body that could turn on me and threaten my life at any moment. Just a few years ago, I was sick again and needed three surgeries and a prolonged hospital stay (almost a month). My wife slept every night at my bedside in the hospital. Through that I realized that perhaps I am loveable no matter what. When feeling depressed, another resource I often use is to connect to the ostomy community on Instagram and other social media. I've seen so many people get support from others all over the world. It's definitely healing to share your story...and to hear others and know you are not alone.

Q: A crisis can present problems with participating in milestone events, such as graduations and funerals. How can people still stay connected?

Amber: If it's a death, you can honor them by the way you live your life and stay positive. That's how you can keep their memory alive. If it's a graduation or birthday, plan something with the person or people when you're

Cont'd on next page

Cont'd from page 8

feeling better or the crisis is over. Connection is so important. Check-in with people, even your happy friends. You never know what they're going through. Gratefulness works too, I write down one thing I'm grateful for each day and put it in a jar.

Paul: I agree about gratefulness. In our family, we play a game every night called "3 GOOD THINGS" where we all go around and name three good things that happened each day. At our hospital, we are spending conscious time thanking people for the little things they do. Getting out of your head and thanking someone else is so essential and therapeutic. It's so important especially if you're down. Gratitude is as rewarding to yourself as it is to the one you're thanking.

This is an excerpt from "Tips for Coping in a Crisis" in the Hollister Incorporated Ostomy Learning Center.

Source: *Niagra Ostomy Feb 2021*



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




**Online & Community Group for Saskatchewan's
-20-40's+**

Find us on Facebook at YOSF+G and request to join!
Or email jay-lynn13@hotmail.com for more information.

- Zoom meet ups as requested
- Connect with other local chapters in Canada
- Annual meets up in both Saskatoon and Regina
- Ask questions, find support, or share information

Connection, support, and living well at all stages of the journey.

ASK THE NSWOC

The secret to "good" poop

Watery output often creates issues for ileostomy patients. Not only that watery stool decreases ostomy appliance wear time, it also increases the risk for hospital readmission because of dehydration. The goal is to have stool consistency that is thick and pasty like oatmeal. Here is how you can have oatmeal-consistency stool and to prevent dehydration:

- Food such as BRAT diet (**B**anana, **R**ice, **A**pple sauce, **T**oast) can help thicken up stool.
- Over the counter medication loperamide (IMODIUM) can be used to effectively thicken up stool. It can be taken up to 4 times a day. One way of taking it is to check the stool 30 mins before your meal. If the stool is watery, take 4 mg and wait 30 mins before eating. If you have to get up many times in the night to empty the pouch, you can also take a dose before bedtime.
- When you have liquid stool, it's important to prevent dehydration while you are working on thickening up the stool. Drinking fluid every time you empty the pouch can replenish what you have lost in the liquid stool.
- If you have trouble with high output, please don't hesitate to call your ostomy nurse.



Christi Tsui

(courtesy of Christi Tsui, Regina (SHA) Ostomy and Wound Care)

CeraPlus™

Soft Convex Portfolio

A full product portfolio to fit all stoma types, enhancing security, healthy skin and quality of life.



CeraPlus Soft Convex portfolio* reduces leakage with the added benefit of ceramide to keep skin healthy.

- Secure and comfortable
- Soft and flexible
- Easy to use

Visit www.hollister.com or contact 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.
 Ho Batac, the Hollister logo, CeraPlus and "Making a difference in the journey of life," are trademarks of Hollister Incorporated. All other trademarks and copyrights are the property of their respective owners. © 2022 Hollister Incorporated.
 Not all products are CE marked.
 *Contains the Remoile Technology of Alcare Co. Ltd.



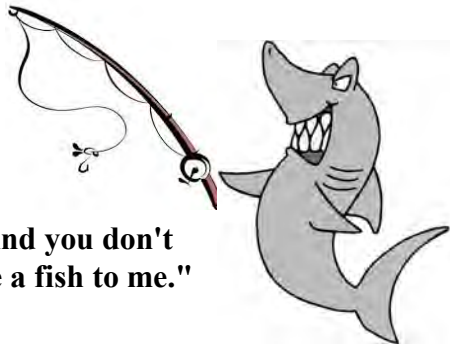
Making a difference in the journey of life.

Reeled in!

A friend of mine was working as a nurse in a West Australian coastal town when a tourist came into the medical center with a fishhook lodged deep in his hand. Since it was the weekend, my friend had to summon the doctor from home.

The tourist was dismayed to see that the doctor was young, had long hair and wore sandals and a very casual shirt. "You don't look much like a doctor to me," he said dubiously.

The doctor examined the hook in the tourist's hand and responded, "And you don't look much like a fish to me."



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

Call: (306) 352-8874
Fax: (306) 352-8876
medical1@sasktel.net

2347 2nd Ave, Regina, SK, S4R 1A5

Locally Owned & Operated

Monday – Thursday
8:30AM - 4:30PM
Friday
8:30AM - 2:30PM
Weekends/Holidays
Closed



Products:

Ostomy Supplies
Incontinence & Urological
Catheters
Skin Care
Wound Care
Athletic Supplies

Stethoscopes
Isagel Products
Tens Machines
Exam Gloves
Exam Room Supplies
First Aid Kits/Supplies

Brands:

Coloplast
Convatec
Hollister
Tena
3M
Safe(n)Simple
BD
Molnlycke
Smith & Nephew

**Ostomy Customers
Save 5% On All
In-store Pick-ups**

Delivery Fees
In Regina: \$5
Out of Town: \$10

* Some Exceptions Apply

Proud Sponsor of the Regina & District Ostomy Society



NorDon Drugs & Medical

Serving Saskatchewan Since 1962!

Medical Supplies

- ✔ Ostomy Supplies
- ✔ Catheters and Continence Supplies
- ✔ Incontinence Supplies
- ✔ Specialty Nutrition
- ✔ Feeding Supplies
- ✔ Wound Care
- ✔ PPE supplies
- ✔ Pharmacy Services
- ✔ Compression Stockings
- ✔ Braces and Supports

HOURS:

Monday to Friday: 9am to 6pm

Saturday: 10am to 4pm

Closed Sunday & Holidays

Phone: 306-374-1589

We direct bill SAIL, Para, Social Services, SGI and more.

Fast Shipping Call us to see if qualify for FREE DELIVERY

VISIT OUR PHARMACY AND MEDICAL STORE

Location: 1610 Isabella St. E., Saskatoon, SK S7J 0C1

Website: www.nordondrugsandmedical.com



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

January - April

Colostomy - 4

Ileostomy - 3

Urostomy - 3