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MARCH /  
APRIL



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**Join us.** We'll have Saskatoon NSWOC, Jody Matsalla who will answer any questions you may have. We will also meet Ostomy Canada's Executive Director, Dana Ypma and some Anniversary talk.

**Topic:** Regina & District Ostomy Society March Meeting

**Time:** Mar 12, 2024 07:00 PM Saskatchewan

### **Join Zoom Meeting**

[https://us06web.zoom.us/j/89497136301?  
pwd=mLZiQZOX0Z61hsjrfXlWkGKWo4LMZL.1](https://us06web.zoom.us/j/89497136301?pwd=mLZiQZOX0Z61hsjrfXlWkGKWo4LMZL.1)

**Meeting ID:** 894 9713 6301

**Passcode:** 554742

**Meeting ID:** 894 9713 6301

**Passcode:** 554742

**Find your local number:** [https://us06web.zoom.us/j/  
kcv8DKiB0P](https://us06web.zoom.us/j/kcv8DKiB0P)

## **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](http://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**

**March 12** - Zoom Meeting

**May 4** - 50th Anniversary  
celebration

**June 11** - Annual Windup



**REGINA OSTOMY CHAPTER EXECUTIVE**

President	Patty Gianoli	535-8251
Past President	Murray Wolfe	550-7958
Vice President	Deb Carpentier	536-3319
Secretary	Vacant	
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 & Mailing	Brenda Frohlick	949-2352
Newsletter & website	Deb Carpentier	536-3319
	Louise Laverdiere	536-5442
Webmaster	Peter Folk	
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.

**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](http://www.crohnsandcolitis.ca)



**OSTOMY & WOUND CARE**

**Pasqua Hospital 766-2271**

Sheryl Walker, RN BScN WOCC (C) Program Coordinator

Lela Mileusnic, 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)

Stephanie Charleson, RN, BScN (NSWOC in training)

Bobbi Kish, Office Manager

Ana Marie Solidarios, Unit Assistant

**Membership Reminder**

**MEMBERSHIPS & DONATIONS – EFFECTIVE MARCH 31<sup>TH</sup>**



For the 2024 year please remit a minimum \$30 payment. This will maintain your relationship with our local ostomy group and Ostomy Canada with all the great benefits. Income tax receipts will be issued.

**Cheque:** Make your cheque out to Ostomy Canada Society Inc. On the notation space at bottom of cheque write Saskatchewan. MAIL TO: OSTOMY CANADA 5800 Ambler Dr., Suite 210 Mississauga, ON L4W 4J4

**E-transfer:** [info1@ostomycanada.ca](mailto:info1@ostomycanada.ca) In the information box put Saskatchewan

**The Boasting Boys**

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

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

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

## President's Message



Hello friends!

Watch your mailbox! The 50<sup>th</sup> Anniversary invitations will be arriving soon! The evening will include a fabulous meal from Charlotte's Catering, entertainment by Rory Allen - Tribute to the King, and the chance to celebrate 50 years of advocacy, awareness and support. This event is open to everyone, including members past and present, family, friends and medical professionals. Join us in celebrating the past and building for the future! Get your tickets soon!

Our next meeting will be Tuesday, March 12 via zoom featuring Saskatoon NSWOC Jody Matsalla who will answer any questions you may have. We will also meet Ostomy Canada's Executive Director Dana Ypma. We will discuss ideas for our name change and finally we will update you on our 50<sup>th</sup> anniversary event. Looks like a meeting with lots of great information. Zoom coordinates are on the front page.

We shared with you in the last newsletter that Ostomy Canada will now be looking after our finances. This will allow us to embrace our entire province. There is more information in this newsletter. As this is a transition, there are likely going to be hiccups along the way. If you have any questions, don't hesitate to reach out to myself or Deb. We will be happy to assist you!

A couple of months ago I was scrolling through my TV guide and stumbled across a documentary entitled Stoma Swimmer. (Imagine my surprise to see that title on the guide.) I tuned in and discovered the amazing story of Gill Castle, a 43 year old woman in the UK, who had a colostomy following the birth of her son. She became the first person with an ostomy to swim across the English Channel. Following this accomplishment, Gill went on to set up a charity to help women in Kenya who have an ostomy following traumatic childbirths. This charity helps support women who are ostracized due to their ostomy as well as provide supplies (one pouching system costs them a month's salary!) Her documentary was inspiring! Although not available in Canada, you can read about her story by goggling Stoma Swimmer or by her charity Chameleon Buddies.

**Ostomy Youth Camp**

**Sunday July 7 - Friday July 12, 2024**

**The best Summer Camp for Kids with an Ostomy, Cecostomy, Mitrofanoff, Spina Bifida, Bladder Exstrophy, Vacterl or Any bladder/bowel diversion**

**REGISTRATION IS NOW OPEN**

### Ostomy Youth Camp is now open for registration!

The Regina group will be sponsoring children who can experience this life-changing week. In 2023 there were three campers from Saskatchewan. There may be four or five campers this year.

**If you're a camper you'll need to start the process. <https://www.ostomycanada.ca/ostomy-canada-youth-camp/> Deadline for registration is May 1, 2024. If you want financial support contact Patty Gianoli at [patty.gianoli@sasktel.net](mailto:patty.gianoli@sasktel.net) or 306-535-8251**

Costs for each child have increased substantially over the past few years. We welcome all donations to the camp, no matter how small! Donations made online receive an automatic tax credit.

You can donate directly to Ostomy Canada and designate funds for camp (see directions for donations in this newsletter).



## 50 Years of Advocacy, Awareness & Support

We're celebrating 50 years of providing support for people who have undergone surgery and are living with an ostomy. 50 years is quite an accomplishment. It's taken the dedication and passion of many people to keep the spirit alive. The Regina & District Ostomy group started up in 1974 by a group of people who came together to support one another through the transition after illness and surgery.

In the 70's and 80's, organized groups were how people came together and supported each other. In today's world people are able to find much information and support through social media and websites. It is fantastic that so much information is at our fingertips and that we can find ways to connect. But there is nothing like connecting with someone who has walked the same path. For many people there is comfort and much value in connecting with other people face to face or by telephone.

Moving into the future groups like Regina Ostomy are expanding their availability by having gatherings in person and online through video calls. Social media and websites provide enhanced information and connection.

JOIN us. Let's take the time to come together to celebrate 50 years of coming together and looking forward to build for the future.

REGINA & DISTRICT OSTOMY SOCIETY

*Cheers to 50 Years!*

Advocacy. Awareness. Support



**Saturday, May 4, 2024**

\$30 per person  
Everyone Welcome  
special musical guest Rory Allen

For more information on tickets and hotels contact Patty @ 306-535-8251 or [carpentier.deb@gmail.com](mailto:carpentier.deb@gmail.com)

Regina & District Ostomy Society  
50th Anniversary

May 4, 2024

Royal Executive Hotel  
4025 Albert Street  
- SPECIAL ROOM RATES AVAILABLE -

Cocktails - 5:00  
Dinner - 5:45

with special musical guest - Rory Allen

\$30/person  
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RSVP by April 20, 2024

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S4Y 1E3  
patty.gianoli@sasktel.net

## What are some Home Remedies to Treat a Bad Itch around the Stoma?

via Hartford (CT) Ostomy Update

**Cold applications:** Because cold and itch travel along the same nerve fibers, the use of cold can “jam the circuits” and deaden itch. If the itch is directly under the wafer, remove the wafer and apply a cold cloth over the affected area. You’ll need to keep reapplying the cloth to maintain its coldness or put some ice inside the cloth. If you have an ostomy that emits waste frequently, you’ll need several cold cloths. If you can handle the overall chill, standing in a shower with a cold hand spray over the affected area can help, too. If neither of these options is possible for you, try a cold pack placed overtop the appliance where the itchy spot is. (Don’t overdo it – you don’t want to ‘freeze’ the stoma itself.) Thoroughly dry the area once done and reapply your usual gear. A hot shower can feel good temporarily but can leave you feeling even itchier later.

**Oatmeal:** If cold showers give you the shivers, soaking the stoma area with an oatmeal bag might help. It sounds a bit sticky but getting in a tub with an oatmeal bag can soothe skin all over. How do you make an oatmeal bag? Put a cup of uncooked oatmeal in a sock and tie it shut with a rubber band. Keep it in the water with you. The polysaccharides – basically complex sugars – in the oats leave a “gelatinous” residue in bathwater and on your skin, also combating dryness. Oatmeal proteins work to protect your skin in general. A 2010 study, published in the “Journal of Drugs in Dermatology,” found substances called avenanthramides block inflammatory compounds and histamines, thus helping to soothe skin that’s become itchy.

**Vinegar:** Mix 50% white vinegar and 50% water, wet a clean sponge in this and soak the skin for 5 to 10 minutes when changing your appliance. Be sure the skin is washed and rinsed well to remove the vinegar before applying the new appliance.

**Baking soda:** Mix two tablespoons of plain baking soda in water to wash around the stoma. Again, make sure the skin is completely dry before applying the wafer.

### Over the Counter Remedies or Medications. Anti-itch creams and lotions:

Look for over-the-counter (OTC) remedies with these ingredients: Camphor, Menthol, Pramoxine, Diphenhydramine, Benzocaine (or one of the other “caine” anesthetics). If the itchy area lies outside of the wafer, you can apply these products over and over, every few minutes, if needed. These preparations help numb the nerve endings and stop you

from a frenzy of scratching. Unfortunately, if the itchy spot is under your wafer, putting any kind of cream or lotion on that area is going to interfere with adhesion. In some cases, if you have a colostomy that doesn’t emit waste very quickly, you can put a topical anti-itch product directly on the affected spot and leave your appliance off until the cream is absorbed, then re-apply your pouch. For high output ostomies, however, you really need to see an ostomy nurse who can assess the situation and coach you on applying different coatings of products that will a) relieve the itch and b) allow your pouch to stay on. If OTC anti-itch products aren’t helping, or can’t be applied, you need to see your WOC Nurse.

Source: Ostomy Association of North Central Oklahoma “Ostomy Outlook”; Winnipeg Inside Out, November-December 2023

## Get The Support You Need!

### OSTOMY VISITOR PROGRAM

Speak to a Certified Ostomy Visitor for personal support with your ileostomy, colostomy, urostomy or j-pouch. Visits are available at the hospital, in-person, phone & virtually. It could be either pre-operative or post-operative or both. At times you may just have a few questions or 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.

A visit may be arranged by calling the Visiting Coordinator, Ruth Suderman at 306-450-4690 or emailing [sudermanruth@gmail.com](mailto:sudermanruth@gmail.com)



**Welcome**  
New Members

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

### Joined in 2024

Heather Anderson

Alison Marshall

Allison Attree

Roger Morrow

Louis Hradecki

Howard Rankin

Jack Keck

Alexes Rogan

## ESTABLISHING YOUR OSTOMY ROUTINE

*Coloplast, The Courier, Tucson AZ Ostomy Support Group*

The early days following your ostomy surgery can be challenging. There are many new things to learn and adjust to, including how to properly care for your ostomy. What's one way to help make caring for your ostomy a little easier? Create a daily routine! Having a system that works for you will help you with adjusting to your ostomy and minimizing your chances of uncomfortable bloopers. Below are some of our tips and tricks for caring for your ostomy:

### Emptying your ostomy pouch

It will be helpful if you can establish a routine for emptying your ostomy pouch – try to keep it as simple as possible. You should empty your pouch when it is 1/3 to 1/2 full to help reduce your risk of leakage and other accidents. While emptying or changing your pouch, it is also a good time to make sure that your barrier is still well adhered and has not started to peel.

### Routine pouching system change

Keep a log of how system lasts and build in full changes into your weekly routine. Remember, you will need to allocate more time on appliance



long your pouching

change days, so make sure to plan accordingly. You may find that changing your pouching system first thing in the morning before you've had anything to eat or drink is a good time for you, however, you will need to determine what schedule works best for you.

You should make it a habit to examine the area around your ostomy and make a note of any changes you notice. Whenever you empty or change your ostomy pouch is a good time to inspect your skin to catch and manage any irritation. Start by comparing the skin around your ostomy to the skin on the other side of your abdomen to see if it looks similar (using a mirror may help you with this). Being aware of even the smallest changes to the area around your stoma and adjusting your products to those changes may help you reduce the risk of leakage and skin irritation. Log your meals and pouch change times.

In the beginning of your ostomy journey, you may find it helpful to keep a journal of what you eat, mealtimes, and what time you empty or change your pouch, so you

can better anticipate when you will need to make a trip to the bathroom. Keeping a consistent meal schedule will also help your digestive system be more consistent. What you eat can also contribute to how quickly food moves through your system and out your stoma, which is why keeping track of what you eat can be helpful when identifying which foods agree with your body.

### Avoid foods and beverages that don't agree with your stoma


As you get used to your ostomy, you'll start to recognize patterns with certain foods and how they affect your digestive system. You'll likely be able to identify which foods move quickly or slowly through your system, which cause excessive gas, and which create more output than what was consumed. Keep this in mind if you decide to indulge in a food or beverage that's not in your regular diet.

### Learn your stoma's nighttime habits

Sticking to a consistent dinnertime and knowing how the contents of your meal affect your stoma will also help you determine your nighttime routine. In the beginning, you may find it helpful to set alarms periodically throughout the night to check the quantity of output in your bag. Empty or change as necessary and keep a log so you can tweak your alarm schedule accordingly.

### It's all about you

At the end of the day, it all comes down to what works best for you. Every person's experience is unique, and how you care for your ostomy will likely be unique to you as well. Over time, you will find your own routine that works best for you and your lifestyle, so try to remember to be patient and open to finding new resources. ■



*Our Deepest Sympathy*

It is with deep regret that we report the death of two of our members. We extend our most sincere sympathies to family and friends.

**Betty Anne Williamson  
Gordon Smyth  
Hope Beedle**





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## 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](mailto: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.*



## CHANGES ARE IN THE WIND

We shared with you in the last newsletter that Regina Ostomy will start having Ostomy Canada look after our finances. Gerry Powers has been the custodian of our treasures for many years and we cannot express enough how much we appreciate his dedication and work. But, it is work and it's not a task that most people are generally interested in doing. We are going to take advantage of the resources of Ostomy Canada's national office to keep our "books" straight and our monies looked after. They'll ensure the bills are paid on our behalf and our donations are kept aside in the 'coffers' for our exclusive use.

Our group will still continue doing the work we are doing with visiting, outreach and support for people who have experienced ostomy surgery. Everything will pretty much look the same to the casual observer.

What's different is that when you make a donation then you'll need to make out your cheque or e-transfer to Ostomy Canada Society Inc. Here's the detail:

**Cheque:** Make your cheque out to Ostomy Canada Society Inc. On the notation space at bottom of cheque write Saskatchewan. MAIL TO: OSTOMY CANADA Suite 210, 5800 Ambler Dr. Mississauga, ON L4W 4J4

**E-transfer:** [info1@ostomycanada.ca](mailto:info1@ostomycanada.ca) In the information box put Saskatchewan

For many years we've been Regina Ostomy or Regina & District Ostomy but over time things have changed. What we want to do now is to become a larger and more inclusive group. There are people throughout Saskatchewan who are now joining with us. The programs and support that we have to offer need to be known in all of our communities. Let's find ways to work together and spread the word.

And yes, we are going to change what we call ourselves that reflects our Saskatchewan group. Join us at our ZOOM meeting on the 12<sup>th</sup> to be part of the renaming discussion.

Image by Freepik

**STEP  
UP**  
FOR OSTOMY

**Let's raise awareness for ostomies!**

*World Ostomy Day*

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**OCT 5  
2024**



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Canada  
Society | Société  
Canadienne des  
Personnes Stomisées

[stepupforostomy.ca](http://stepupforostomy.ca)



## Eight Nutrition Tips for Ileostomy Patients

By Robert Velasquez via Ostomy Association of Greater Chicago's The New Outlook

Although you should be careful with what you eat the first few weeks after your surgery, remember that your digestive system is adjusting to a new way of processing food. In no time, you'll be able to eat all the foods you used to enjoy pre-surgery. Here are the top eight tips for healthy nutrition when living with an ileostomy.

**#1. Go bananas** As children, we were often told that an apple a day will keep the doctor away; in your case, have a banana. Rich in potassium, bananas will help you restore potassium levels that are lost through your stoma. Bananas can also help harden loose stools, making you more comfortable. Potassium (K+) is an essential dietary mineral and major intracellular electrolyte and osmolyte necessary for fundamental processes such as membrane excitability, ion and solute transport or cell volume regulation.

**#2. Carry peppermint tea bags** Affordable, practical, and found in most stores, peppermint tea helps prevent gas. While nobody is immune to gas (and the embarrassment that comes with it), it is more frequent among patients living with a stoma. Peppermint tea or oil can help you cope and prevent discomfort. Peppermint tea is a delicious and refreshing way to boost your overall health in a number of ways, due to its ability to improve digestion, reduce pain, eliminate inflammation, relax the body and mind, cure bad breath, aids in weight loss and boost the immune system. Its impact on the digestive system is considerable, and its base element of menthol is perhaps the most valuable part of its organic structure. Peppermint has been traditionally considered to have carminative effects, generally used as tea or digestive tablet or candy. Peppermint is a plant. The leaf and oil are used as medicine. Peppermint is one of the most popular flavouring agents used for the common cold, cough, inflammation of the mouth and throat, sinus infections, and respiratory infections. It is also used for digestive problems including heartburn, nausea, vomiting, morning sickness, irritable bowel syndrome (IBS), cramps of the upper GIT and bile ducts, upset stomach, diarrhea, bacterial overgrowth of the small intestine, and gas. When peppermint is taken after a meal, its effects will reduce gas and help the digestion of food by reducing the amount of time the food the stomach. This is one reason after-dinner mints are so popular.

**#3. Eat throughout the day** This is good advice for everybody, eating smaller portions during the day will help boost your metabolism. Eat heavier meals during the daytime, preferably lunch. Sleep well by keeping dinner light, as large meals before bedtime can increase stoma output. The exact mechanism is not known, but it is proposed that one way is the essential oils relax the esophageal sphincter, which then releases the gas. Essential oils used directly in the stomach, however, give many people heartburn, especially if hiatal hernia is present.

**#4. Drink plenty of water** It is essential to keep hydrated throughout the day. Your body will release higher levels of fluids through your stoma and it is important for you to compensate by drinking water, at least 8 to 10 glasses a day. If you are one of those people that have a hard time remembering to regularly drink water, a good tip is to carry a water bottle with you; set a reminder every hour to keep you on track, or download an app (yes there is an app for that).

**#5. Introduce new foods gradually** All bodies are different, what sits well with you may not sit well for somebody else. Were you able to eat broccoli, cabbage, and other gassy foods before your surgery? You may still be able to enjoy them post-surgery, just make sure to incorporate these foods one at a time into your diet. This way, if you experience any discomfort, you can easily identify which food is best to avoid. It's recommended to keep a simple and bland diet for the first few weeks after your surgery to give your body time to adjust and then slowly add new foods to your diet. You will quickly learn that living with and ileostomy is not tantamount to boring tasteless meals.


**#6. Pass the salt, please** Yes, salty foods are actually good for you if you are an ileostomy patient. Add a bit more salt to your diet to help you recover the sodium loss from your stoma. Carry a bag of pretzels to satisfy salty cravings; it will also help you thicken loose output.

**#7. Yogurt is your new super-food** Yogurt can help you control gas, harden stools, and prevent unpleasant smells. The nutrient composition of yogurt is based on the nutrient composition of the milk from which it is derived, which is affected by many factors, such as genetic and individual mammalian differences, feed, stage of lactation, age, and environmental factors such as the season of the year. Other variables that play a role during processing of milk, including temperature, duration of heat exposure, exposure to light, and storage conditions, also affect the nutritional value of the final product. In addition, the changes in milk constituents that occur during lactic acid fermentation influence the nutritional and physiologic value of the finished yogurt product. The final nutritional composition of yogurt is also affected by the species and strains of bacteria used in the fermentation, the source and type of milk solids that may be added before fermentation, and the temperature and duration for the fermentation process.

**#8. Properly chew your food** Eating should be one of life's biggest pleasures. Eat slowly, savour the flavours! By chewing each mouthful 20 times, you can prevent blockage in your stoma.

Source: Greater Cincinnati Ostomy Association Phoenix Risings - November 2021; Winnipeg Inside Out March 2023, Vancouver Ostomy High Life March 2023





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## ST. PATRICK'S DAY TRIVIA

© MEEBILY

- Q.1. Where was Saint Patrick born?
- Q.2. When did St. Patrick die?
- Q.3. Where is St. Patrick buried?
- Q.4. Where St. Patrick studied religion?
- Q.5. What was St. Patrick's birth name?
- Q.6 What is Saint Patrick's nickname?
- Q.7. What color was originally associated with St. Patrick?
- Q.8. What kind of plant is associated with St. Patrick?
- Q.9. Which creature did St. Patrick drove out of Ireland?
- Q.10. Where was the first Saint Patrick's Day Parade held?
- Q.11. When did custom of St. Patrick's Day brought in America?
- Q.12. Which American city holds the largest Parade?
- Q.13. In Ireland, what does the color green stand for?
- Q.14. What type of creature is leprechaun?
- Q.15. Which profession does the leprechaun practice?

- |              |               |                 |                   |                |
|--------------|---------------|-----------------|-------------------|----------------|
| 8). Shamrock | 13). Hope     | 3). Downpatrick | 5). Maewyn Succat |                |
| 2). 420 AD   | 12). New York | 14). Fairy      | 4). Gaul          | 15). Shoemaker |
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- Convenient Hours

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**WHO WE ARE**

**Advocacy.**  
**Awareness.**  
**Collaboration.**  
**Support.**



Ostomy Canada Society | Société Canadienne des Personnes Stomisées



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



Call: (306) 352-8874  
 Fax: (306) 352-8876  
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Catheters	Hollister
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Athletic Supplies	Safe n Simple
	BD
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 Out of Town: \$10  
 \* Some Exceptions Apply

Proud Sponsor of the Regina & District Ostomy Society





### 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](http://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](mailto: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**



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