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NOV/DEC 2024



14 Things About Ostomies That Don't Involve Poop

Ostomyconnection.com

Whether you're a newbie or ninja-level ostomate, there's always new and exciting things to learn. How much do you know about the ostomy world around you?

Here are 14 things that might surprise you, none of which have to do with poo. (There, we've fulfilled our obligatory mention of poop).

Ostomy bags have come a lonnnnggggg way. The first ostomy bag wasn't so much a bag as a sponge. You had to strap it to your stomach and drain it constantly - a set-up that just screams convenience, right? "*readers shudder violently*" Then came glass bottles (for optimal comfort, obviously) and then leather pouches, which sound somewhat better but still fairly medieval. Imagine going to the local ...leather smith? ...and being like, "Hey, I've got a weird project for you". Next came the first rubber pouch, but don't get too excited - this was like military-grade stuff, so thick and heavy it could maybe have deflected bullets. That was in 1920. The ostomy bags we know and love today didn't grace us with their existence until around the 70's. To ostomates back then, that must have been pretty groovy.

The word "ostomy" comes from the word "stoma" which is a Greek word that means... "Mouth". Just think about that for a minute!

Ostomates have their own version of Victoria's Secret. Not only have you dodged the glass bottle, you live in a glorious age of ostomy intimate apparel!

Ostomy Bag Covers Are a Big Thing. Everyone seems to be making them and you can buy them everywhere! Just look up "ostomy bag covers" on Etsy, Amazon, or Facebook... it's an impressive list. Because if you want to cover your bag in flowers or Minions, or scary flames, that's your prerogative! (How about a different cover for each day of the week? Scary flames for Mondays?)

Some people wear the bag sideways. Jackie Zimmerman, founder of Girls with Guts breaks down how to do this in a handy video, and apparently there's a secret enclave of ostomates who wear it this way. Note of caution: consult your ostomy nurse or doctor before attempting. Some recommend against it - best to ask before going horizontal.

Cont'd on page 3

In This Issue

<i>14 Things About Ostomies That Don't Involve Poop</i>	1
<i>President's Message</i>	2
<i>Step Up</i>	4
<i>Ever Wondered About the History of Toilet Paper?</i>	6
<i>Convexity Creates Solutions and Risks</i>	8
<i>Finding Balance in Your Life</i>	10
<i>On the Road . . .</i>	11
<i>Youth Camp</i>	13
<i>Membership</i>	16

MEETINGS

Meetings and gatherings are held at the hall at Community of Christ Church on Arthur and 8th. Throughout the year we will have a combination of face to face and ZOOM or a hybrid of both for our get togethers. We look forward to meeting you.

UPCOMING MEETINGS & EVENTS

December 7 - 1:30 - 3:30 pm - Christmas celebration

January and February - NO meetings

March 11 - Zoom meeting



Image by pikisuperstar on freepik

"Greetings from Patty"



Hello friends!

I'd love to tell you that autumn is my favorite season but I would be lying! I'm a summer girl! But I can't deny that the colours of fall are magnificent and this year our fall weather was so great for being outside. And what about the aurora borealis. Amazing!

We were so lucky to have two excellent presenters at our first meeting on September 10th. It was unfortunate there weren't more in attendance. Returning guest speaker Pat Whitteker was excellent, educating us on managing our health care anxieties and Stephanie told us about her adventures at the recent NSWOC conference earlier this year in Calgary. Thanks to these ladies for taking the time to speak with us.

Deb and I had the most wonderful visit to Saskatoon and Prince Albert in early October. We met new people and saw folks we hadn't seen for some time. Deb and I were amazed time and again by the resilience of the people we met. You sharing your stories brought us laughter and tears. You were inspiring and we were so honoured that you felt comfortable sharing your story with us. There's more to say on another page in this newsletter with some photos.

Our annual **Step Up** was held on a very blustery day but that did not deter our hardy group from going out for a walk. You are AWESOME! A few of us stayed behind and enjoyed chair yoga with yoga instructor Ligia. To date we have raised over \$3,300! It is not too late to give a donation to support Ostomy Canada initiatives that enable us to have the programs we have. (<https://www.justgiving.com/team/ostomysask>).

Are you an up to date Ostomy Saskatchewan "supporter" / "member"? Just a reminder that we really appreciate you taking the time to renew your 'supporter' / membership status. Your contribution supports the initiatives we take on to support people who will have or have had ostomy surgery. We need you to be part of this with us.

Thanksgiving always gives us the opportunity to be thankful. Deb and I are thankful for the continued support from Tim and Yvonne at Jolly's and Ruth and Walter at Medical1. We are also thankful to you, our generous supporters, not only financially but as a volunteer or participant at any of the events we host.

As we head into the holiday season, let's continue that generosity. Reach out to people, check in on friends and family, help a stranger. You may be surprised by the joy you receive from a little act of kindness! Wishing you a blessed holiday season!

P.S. ... don't forget to put the Christmas party on your calendar. Come meet some people. (see invitation on page 8)

MISSION STATEMENT

Ostomy Saskatchewan is a mutual support group 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 someone who has undergone intestinal and/or urinary diversions, including preoperative and postoperative visits or phone calls, at the request of the individual, an ostomy nurse (NSWOC) or physician

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



Article cont'd from front page

The variety of ostomy systems out there will BLOW YOUR MIND. Let's again emphasize how far we've come since the sponge era. Today, there are enough brands that each could sponsor an NFL team. (Wouldn't it be fun to watch manufacturers, B. Braun's team play the Nu- Hope's?) There are night time pouches, mini pouches, opaque/clear/neutral gray colour choices, convex wafers, oval or round openings, drainable and closed end pouches, hypoallergenic, one-piece & two-piece systems, vented or filtered pouches, cut to fit flanges or pre-cut, and 100's more (not to mention all the accessories)...seriously, someone needs to create a periodic table of ostomy products to get this all sorted out. If you're new, you may need to go on a bit of spirit quest to determine what's best for you, but that's what experimenting's for.

Speaking of experimenting.... You can totally order free samples from most manufacturers, so let someone else fund your spirit quest! Plus, a marvelous vegan stoma person upkeeps a fairly comprehensive list of all of the manufacturers that dish out the free goods.

Former President Dwight Eisenhower had an ostomy. Napoleon did, too. Didn't seem to stop him from conquering most of Europe.

Teddy bears wear ostomy bags too. Ostobear is a teddy bear with a life-like stoma and an attachable bag! So perfect for our little ostomate friends who need lots of encouragement and practice ... a cuddly companion who's just like them.

The whole world celebrates ostomates every three years!!! The International Ostomy Association stages World Ostomy Day every three years. It was one grand hurrah in 2015, when the them was "Many Stories, Once Voice" and the hashtag #MyOstomyStory dominated the Twittersphere. Give that a search sometime you have six spare hours. We can all look forward to global bag-folk solidarity in 2018 and beyond! (Update – World Ostomy Day continues. The last one was in 2021.)

There are LOTS of people who have an ostomy ...and the number grows each year. If you're brand new to this whole "intestines outside the body" thing, you might feel like you're the only one - but that couldn't be further from the truth. In the United States alone, there are about a million ostomates walking among us, according to the United Ostomy Associations of America. Meanwhile, Coloplast estimates there are about 2.5 million ostomates worldwide. So, world domination may not be happening anytime soon, but together we can really make some noise.

Where did this ostomy thing come from anyways? Only sporadic accounts of ostomy surgery can be found before the 1700's. ANSWER: It was Monsieur Littre who in 1710, first suggested that a surgically created colostomy may preserve life in infants born with an imperforate anus. Littre performed an autopsy on a baby who had died from complications of imperforate anus. His observations caused him to suggest the following: It would be necessary to make an incision in the belly, open the two ends of the closed bowel, and stitch them together, or at least bring the upper part of the bowel to the surface of the belly wall, where it would never close. *Source: Brook, B. (1980). A History of Stomas: From King Stephen to Dr. Turnbull. The Newsletter of the World Council of Enterostomal Therapists, 1(2), 1-3*

Calendars featuring ostomates are absolutely a real thing! The calendar sales season has begun but in the digital age, why is the paper version so popular? To see your colon-less comrades all-year- round, of course. The Colon Club is ON THE RISE with their new 2017 calendar. This unique publication provides unparalleled support and education with in dept layouts of young adult colorectal cancer survivors, their scars and inspiring journeys. Stay connected on Instagram@colonclub or Twitter @ColonClub. Also, the UK ostomy support charity, Stomahesive created their first ostomate calendar four years ago.

Urostomies are for peeing. This type of surgery is for the bladder. This means having a bag outside your body to collect urine. It's also called an ileal conduit (pronounced eye-lee-al con-do-it). And just in case you didn't know already ... urostomates are wonderful, incredible, fantastic, fabulous, magnificent, awesome, spectacular people. ■



STEP UP 2024



Greetings Team Saskatchewan – It looks like we raised \$3325 for our 2024 fundraiser, which is a bit lower than expected because it really only represents about 32 people who have made a donation. Keep in mind if you missed it there's still time to donate. Every dollar does make a difference in supporting programs that are there for people living with an ostomy. On line is definitely the best way to go but cheques are great too. <https://www.justgiving.com/team/ostomysask>

There were about 35 of us gathered and 15 who braved the big winds and chilly weather to have our annual walk about. Others stayed back where we had some chair yoga going on which is always great to loosen those muscles up a bit. Our NSWOCs took charge of registration and donations. We all enjoyed the benefits of lunch and companionship, catching up with each other after the summer break.

It was great to have our sponsors, Jolly's Medical & Athletic Supplies and Medical1 Physician & Healthcare join us. A special thank you to our NSWOCs who supported us in the event once again. An event like this wouldn't be the same without them as they're such an integral part of our group. And a big thank you to all who donated their time and treasures. You are truly appreciated.



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EVER WONDERED ABOUT the HISTORY of TOILET PAPER?

www.washingtonpost.com Monday, June 4, 2009 vis Winnipeg Inside/Out February 2021

People have used some form of toilet paper for centuries. If you're like most people, you take toilet paper for granted. After doing your business, you casually pull a length of paper off the roll. Then, a few wipes later, you're up and ready to go. Of course, if your mom or dad is in the vicinity, you will undoubtedly hear those words that kids love so much: "Don't forget to wash your hands and flush the toilet!"

Since most schools do not include the history of toilet paper in their curriculum, it's up to me to enlighten you. First, we should begin with a definition. According to Wikipedia, toilet paper is "a soft paper product used to maintain personal hygiene after human defecation or urination." I guess the folks at Wikipedia never shoved toilet paper up their nostrils to stop a bloody nose or used it to squish tiny spiders. Toilet paper has had an odd history. Do you remember that the Romans invented plumbing thousands of years ago, only to have it forgotten for centuries? Well, it appears that something similar happened with toilet paper.

The first recorded use of toilet paper appears to have occurred in China around A.D. 851. After that, nothing much was written about the practice until the 14th century rolled around. During the Ming dynasty (1368-1644) special sheets of toilet tissue were fashioned for the imperial court. They were made of soft fabric that was cut into squares two by three feet in size. The rest of the world wasn't as lucky as Chinese royalty.

Here is a partial (or should I say painful?) list of what was used before toilet paper caught on:

- Romans in public baths used a saltwater-soaked sponge on a stick.
- English nobility used pages from books.
- Common folk in the Middle ages used straw, hay and grass.
- Sailors used the frayed end of an old anchor cable.
- Americans used corncobs, newspapers, leaves and pages from the Sears Roebuck catalogue.
- French royalty used lace.
- Wealthy people in many countries used perfumed wool.

The invention of modern toilet paper did not occur until 1857, when Joseph Gayetty sold his medicated paper in packages of flat sheets. Evidently, most people say no reason to pay for Mr. Gayetty's product when they had free alternatives lying all over the house. It wasn't until the Scott Co. came out with rolls of toilet paper in 1890 that the public saw the true value of this invention. Thank heavens for Mr. Scott!

Editor's Note: And then came COVID-19 which brought us memes galore about toilet paper and hoarding. This is just one.



I USED TO SPIN THAT TOILET PAPER ROLL LIKE I WAS ON THE WHEEL OF FORTUNE.... NOW I TURN IT LIKE I'M CRACKING A SAFE !!!

Howard Bennett, a Washington pediatrician and author of health-related books for kids, writes about gross things for KidsPost.

Source: Winnipeg Inside Out February 2021

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- 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

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

Convexity Creates Solutions and Risks

from Lincoln (NE) Ostomy Association Sparrow

Ostomy skin barriers formed with convexity provide great relief by securing the appliance a bit more “deeply” around a stoma surrounded by skin contours. Some even use belts to increase the effect.

Convexity can create issues as well, said Rhonda Soucek, RN BSN CWOCN of CHI Health during a February Lincoln Ostomy Association meeting.

“We’ve learned to recognize the appearance of skin irritation and adjust,” she said. “We see people fitted with too much convexity could get pressure ulcers. I always say a great fit takes some time and talking. It takes learning and adjusting.”

On the other hand, convexity can greatly improve problems with uneven skin and unusual stoma construction.

“I think convexity is a great tool for improving fit,” Soucek said. “Pressure ulcers are rare, but we know the causes and how to treat them.”

Soucek also discussed the importance of the skin barrier opening, especially regarding convexity. An incorrect size may cause cuts to the stoma.

“If your barrier is the exact same size as your stoma, it could rub and cut you and you would never feel it,” she said. “We recommend you open the hole at least 1/8 inch [3 mm] larger than the base of your stoma. An ostomy nurse helps with measurements.”

Soucek said a WOCN can help navigate surrounding dips, creases, and folds and present the best product options. She said assessment of the stoma and skin should be done while sitting, and not when lying down. Fitting also involves twisting side-to-side, lifting legs, leaning forward, etc.

“I’d say getting the right fit, the right convexity takes a bit of teamwork,” Soucek said. “If things are uncomfortable or your skin is irritated, get into the offices and let’s work it out.” ■



Christmas Celebration

Saturday, December 7th


Time: 1:30 - 3:30

Cost: \$5.00

Where: Community of Christ Church
4710—8th Ave
Barbershop Quartet, a wacky game and treats

Please RSVP to:
patty.gianoli@sasktel.net

Come one, come all!

Gerry, please don't  but we would like to thank you on your hard work. We wanted to give you an  amazing trip but the money slipped through our  you were always so  and your work was always ! Deb and I enjoyed being the  but now we are just  We hope everything you do now is just  Thank You

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¹Maria Teresa Szewczyk, MD, PhD; Grazyna Majewska, RN, ETN; Mary V.Cabral, MS, FNP-BC, CWOCN-AP; and Karin Holzel-Piontek, RN. The Effects of Using a Moldable Skin Barrier on Peristomal Skin Condition in Persons with an Ostomy: Results of a Prospective, Observational, Multinational Study, *Ostomy Wound Management* 2014;60(12):16–26.

²Consumer sampling survey, N=61, ConvaTec Inc, February 2021, data on file.



An elderly couple had just snuggled into bed when the old man let out a loud fart and proudly announced, “Seven points for me!”

His wife, puzzled, turned over and asked, “What are you talking about?” Grinning, he replied “We’re playing fart football.”

Not one to back down from a challenge, his wife waited a moment, then let out an impressive fart of her own. “Touchdown! Tie game!” she declared with a smirk.

A few seconds later, the old man let out another one And triumphantly announced, “14 – 7! Back in the lead!”

Determined to keep up, his wife responded with another loud one, then quickly followed it with a squeaker. “Touchdown and a field goal! I’m ahead 17 – 14!”

Feeling the pressure, the old man gave it his all, but things took an unexpected turn. With one big push he went a little too far and accidentally pooped the bed.

His wife, wide-eyed, stared at him and asked, “What just Happened?”

With a sigh, the old man admitted, “Guess it’s halftime... time to switch sides.”



FINDING BALANCE IN YOUR LIFE

The above title doesn’t refer to your bank account balance, diets or having a variety of daily or weekly activities. Rather, it is about a seniors’ FALLS PREVENTION initiative developed by the Injury Prevention Centre which is part of the School of Public Health at the University of Alberta in Edmonton. Health care practitioners and community partners across Alberta will also be involved. A campaign for 2018 is being launched in early November as that month is being declared “Senior Falls Prevention Month.” The focus will be on Challenge Your Balance, Build Strength, Be Active, Stay Independent, Prevent Falls.

Brochures available have eight questions for a person to answer “yes” or “no” to find out if you are at risk of falling. The next section has pertinent practical information in regard to each of the eight questions and answers. In reality a lot of this information can also be applicable to people of all ages and those with disabilities and health-care challenges (ostomates, for example).

The eight questions are:

1. Have you had a slip, trip, or fall in the past year?
2. Do you feel your muscles are weaker (i.e. is it harder to stand up from a chair or toilet)?
3. Has it been more than one year since your health care provider or pharmacist reviewed your medications?
4. Do you feel dizzy or lightheaded when you stand up or when walking?
5. When walking, do you feel unsteady on your feet?
6. Has it been more than one year since you had your eyes checked?
7. Have you stopped doing daily activities because you were afraid of falling?
8. Do you have to rush to make it to the bathroom?

There are similar ‘Finding Balance’ programs across Canada offered in partnership with healthcare organizations and various practitioners and these are administered nationally by provincial stewards. Sources of information for Albertans are available to encourage awareness and participation. Go to this website: findingbalancealberta.ca or call Health Link at phone number 811

Submitted by Adeline Eggen, SASO contact for Edmonton Ostomy Association.

Information source: ‘Finding Balance Alberta’ Brochure and Website; via Edmonton “Mail Pouch” Nov 2018

In Saskatchewan: <http://www.sasksafety.org/resources/seniors-safety/fall-prevention-program/fall-prevention-checklist>

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ON THE ROAD



Image by freepik

Deb and I had the most wonderful visit to Saskatoon and Prince Albert in early October. We were overwhelmed by the attendance and positive reception. Thank you to Dr. Rediger who gave an excellent presentation on urostomy surgery and bladder health in


Saskatoon. He was so gracious and stayed right until the end to answer questions. Thanks also to Carmen from Hollister, Tiffany from Coloplast, Carla from Convatec and Traci from Crohn's Colitis for being there. We needed another hour to give everyone the opportunity to visit with you!

We had some great one-on-one time with the NSWOC's in Saskatoon, at both RUH and St. Paul's. We gifted each hospital group with an anatomical apron (a donation from the Saskatoon Chapter). These aprons will come in handy with their preoperative counselling.

A casual get together with our Prince Albert and area members started with handshakes and ended with hugs and promises to come back again. What a wonderful group of people! Unfortunately, we were unable to meet with the NSWOCs in Prince Albert this time.

We also enjoyed our visit with retailers, NorDon Medical and Carnegie Medical Supplies in Saskatoon and Carnegie under (Kiwi Medical in P.A.) and Medical Pharmacy in P.A. What a great group of people serving our ostomy clients. You are the front-line workers who are instrumental in providing care and support.





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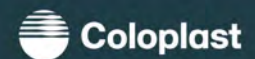
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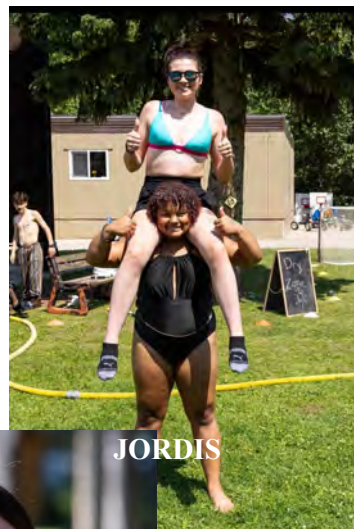
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CAMP HORIZON

Here's some great photos of our campers Keegan, Jordis and Callie that attended the youth camp in July.





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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 STOMA

STOMA CLINIC - SASKATOON

Royal University Hospital - 306-655-2138

Carolyn Morin, RN BSN NSWOC

Crystal Wilkinson, RN BScN MN NSWOC

Domini Palen, RN BSN NSWOC WOCC(C)

Jody Matsalla, RN BScN NSWOC WOCC(C)

Janice Mantyka, BA BSN RN NSWOC (St. Paul's)

Nicole Tatchel, RN BN NSWOC WOCC(C) (St. Paul's)

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Bukkie Akinwuntan

Bukkie.Akinwuntan@saskhealthauthority.ca

SASKATCHEWAN OSTOMY COMMITTEES

Co-facilitator	Patty Gianoli	306-535 8251
Co-facilitator	Deb Carpentier	306-536-3319
Past facilitator	Murray Wolfe	306-550-7958
Membership	Patty Gianoli	306-535-8251
Flowers & Cards	Agnes Parisloff	306-761-0221
Phoning	Gord Kosloski	306-789-1592
	Diane Weir-Wagg	306-539-7404
	Agnes Parisloff	306-761-0221
Host	June Crawford	306-543-2852
Host	Bill Collie	306-543-2647
Lunch & Mailing	Brenda Frohlick	306-949-2352
Newsletter & website	Deb Carpentier	306-536-3319
	Louise Laverdiere	306-536-5442
Webmaster	Peter Folk	
Visiting Coordinator	Ruth Suderman	306-450-4690
Partner & Family Support	Bob Fearnside	306-924-5993

Letters to the Editor . . .

Dear Readers, our aim is to provide you with articles that inform and entertain. Every personal story has an impact for others. Please consider writing your story, I'd be happy to assist. 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

<https://ostomysaskatchewan.ca>

<https://www.ostomycanada.ca>

Facebook coordinates:

Ostomy Saskatchewan group

Ostomy Canada Society group

Ostomy Canada Parents' group

Young Ostomates support YOS+FG



Ostomy Saskatchewan Membership

Membership is open to all persons interested in supporting people living with an ostomy and their circles of support. As a member supporter you can enjoy the benefits of being part of Ostomy Saskatchewan as well as Ostomy Canada. You'll receive newsletters, opportunities for webinars, a magazine and the support of people here and across the country. You will be supporting an organization that is the Voice for People Living with an Ostomy in Canada.

A minimum \$25.00 donation gives you all the benefits of an Ostomy Canada "supporter", but OSTOMY SASKATCHEWAN counts on donations too, so every dollar over \$25 comes to our group. We need you to support us financially so the initiatives we take on, reaching out to people living with an ostomy and informing and educating people of what's available for them, can continue.

The financial contribution supports many local and national initiatives. Saskatchewan and Ostomy Canada support the youth camp, an education fund for nurses, a visitor's program, educational seminars, outreach and training programs. We get together regularly. Updates will be listed in the newsletter and/or on the website. (www.ostomysaskatchewan.ca)

ONLINE OR CHEQUE - Income tax receipts will be issued.

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

Debit/Credit: Go to the DONATE NOW page on the Ostomy Canada website. Fill in the details. Choose "Saskatchewan" under "Fund Area". Mark yourself as a "Supporter".
LINK: <https://www.ostomycanada.ca/donation/>

E-transfer: Be sure to state Saskatchewan in the comments section. etransfer@ostomycanada.ca

Bequests & Donations

Ostomy Saskatchewan is a mutual support group and we welcome bequests and donations that support our ongoing efforts to raise awareness and support for people living with an ostomy. Acknowledgement cards will be sent to next-of-kin when memorial donations are received. Donations would be made payable to Ostomy Canada Society Inc. as per the guidelines listed in the "Membership" item on this page. 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**

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

Do you have questions?

Ostomy Saskatchewan
7631 Discovery Road
Regina, Sk S4Y 1E3
(306) 761-0221 or ostomysask@gmail.com

Visitor's Corner

Congratulations on completing the visitor training on October 19

Gunnvor Owens
Bob Baker
Keri Forsgren
Tom Cameron
Arnold Bordass

