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MARCH /  
APRIL  
2023

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## MEETINGS

Meetings and gatherings are held at the hall at Community of Christ Church on Arthur and 8th. For the next few months the schedule is a bit irregular but you can find updates on the website ([www.reginaostomy.ca](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 14** - Zoom with FOWC and more

**April** - NO Meeting

**May 13** - A Good Day for Education!

**June 13** - Wind Up



# JOIN OUR ZOOM

MEETING!!



**Tuesday, March 14**

**Topic:** Ostomy Meeting

**Time:** March 14, 2023 07:00 PM Saskatchewan

### Join Zoom Meeting

<https://us06web.zoom.us/j/84130462258?pwd=cVFRbFVNZHTNGZqSENxVEtveTRIUT09>

**Meeting ID:** 841 3046 2258

**Passcode:** 582997

### Dial by phone

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**Passcode:** 582997

Find your local number: <https://us06web.zoom.us/u/kcf3esZF7o>



**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.

**Crohn's and Colitis Canada**



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Saskatoon, SK S7M 5V8  
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Toll free in Saskatchewan 1-844-664-4420  
[www.crohnsandcolitis.ca](http://www.crohnsandcolitis.ca)

Crohn's and Colitis Canada  
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**OSTOMY & WOUND CARE**

**Pasqua Hospital 766-2271**

Sheryl Walker, RN BScN WOCC (C) Program Coordinator

Lela Mileusnic, RN BScN WOCC (c)

Monica Aikman, RN, BScN WOCC (c)

Ruth Suderman, RN, BScN NSWOC

Louise Swan, RN, BScN NSWOC

Christi Tsui, RN, BScN WOCC (c)

Karen Kinaschuk, RN, BScN WOCC (c)

Naseem Siddiqui, Office Manager

Amy Moore, Unit Assistant

**SCRAMBLED EGGS FOR EASTER**

The Easter Bunny decorated some of his eggs with words, but when he delivered them, they got a little scrambled. Can you unscramble the words and find the answer to his favorite riddle?



1. NETOBN  
2. DYAUSH  
3. RFOLWE  
4. YDNAC  
5. ULPIT  
6. TSABEK

1. \_ \_ \_ 1 2 \_ \_  
2. \_ \_ 3 4 \_ \_ 5  
3. 6 \_ \_ \_ \_ \_  
4. \_ \_ \_ 7 \_ \_ 8  
5. \_ \_ 9 \_ \_ \_  
6. 10 11 \_ \_ \_ \_

What do you call a rabbit who tells good jokes?

11 6 3 2 7 8 10 9 1 4 5

## President's Message



Aloha friends! I am so fortunate to be writing this from my 'lanai' in Maui. It is the most peaceful place I've ever visited; clear blue sky, blazing sunshine and the ocean breeze. Just a little bit of paradise! I told my yoga teacher that classes should be done exclusively in Hawaii. Her mantra is "be in the moment", and I am really trying to do this. Don't dwell on yesterday or rush tomorrow. Of course, it is a little bit easier to escape in Hawaii. But with a little imagination you too can escape with a good book, an awesome playlist or just the serenity of quiet.

As tax season is just around the corner, I hope some of you were able to listen in on the latest Ostomy Canada webinar which discussed in detail the Disability Tax Credit (DTC). If not, it is available on the Ostomy Canada website. My takeaway was that although you may not feel as though you are "disabled", the government identified that you have a disability, and therefore you qualify for a tax credit. Here is the link to the recording [https://](https://www.ostomycanada.ca/webinars/ostomy-canada-society-national-webinar-series-2023/disability-tax-credit-dtc-webinar/)

[www.ostomycanada.ca/webinars/ostomy-canada-society-national-webinar-series-2023/disability-tax-credit-dtc-webinar/](https://www.ostomycanada.ca/webinars/ostomy-canada-society-national-webinar-series-2023/disability-tax-credit-dtc-webinar/)

Our next meeting will be via ZOOM on March 14th. We will be talking with Friends of Ostomates Worldwide Canada (FOWCC) who will update us on their latest endeavours. As supporters of this organization, it is always great to hear how our donations have helped people who may not have access to ostomy supplies. The second half of our Zoom will be a discussion on diet and food blockages (symptoms and treatment). Bring your questions, tips and suggestions.

Ostomy Youth Camp registration starts February 1<sup>st</sup> with a May 1<sup>st</sup> deadline. We've sponsored a couple of kids to go to camp and it is always great to hear about their adventures. Anyone who has questions about registering their child for camp can visit the website <https://www.ostomycanada.ca/ostomy-canada-youth-camp/> and you are also welcome to contact me.

**SAVE THE DATE for It's A Great Day for an Education Day.** This one day seminar will be held at the Royal Executive Hotel on **Saturday, May 13<sup>th</sup>**. The full day will be devoted to education on various topics as well as the opportunity to visit vendor tables to see what is new. Registration will open in April. Stay tuned for a list of inspiring speakers.

Hang loose everyone! I'll see you soon.

### 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](mailto:carpentier.deb@gmail.com)  
 Phone: 306-536-3319  
[www.reginaostomy.ca](http://www.reginaostomy.ca)  
[www.ostomycanada.ca](http://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](mailto:sudermanruth@gmail.com)**



## PHASES OF PSYCHOLOGICAL ADJUSTMENT

(Ostomy Canada Inc., Visitor Training Manual 2019)

Most people go through four phases of recovery following an accident or illness that results in loss of function of an important part of the body. The person, along with the family unit, goes through these phases, varying only in the time required for each phase.

Knowledge of the four phases of recovery by the rehabilitation team is essential. There must be recognition of the specific phase the individual and family are experiencing at a given time.

### 1. The Shock Phase – the period of initial psychological impact

Probably you remember little of this phase after your surgical procedure. Nevertheless, it is a phase that requires lots of support.

### 2. The Defensive Retreat Phase – the period in which the individual defends him or herself against the implications of the crisis.

He/she may avoid reality. Characteristic of this period is wishful thinking or denial or repression of his/her actual condition. When the person is unreasonable in this phase, reassure him/her. Don't lie to them, but don't agree with their denial.

### 3. The Phase of Acknowledgement – in this period, the individual faces the realities of the crisis.

He/she gives up the existing old structure, and enters into a period, at least temporarily, of depression, or apathy, or agitation, or bitterness, and of high anxiety. He/she may cry a lot, feel pity, won't eat, can't sleep, or want to be left alone. In this phase, the person needs all the support you can muster.

### 4. The Phase of Adaptation – now the person actively copes with their situation in a constructive manner.

He/she adapts, during a shorter or longer period, to the adjustments that are necessary. They begin to establish new structures and develop a new sense of worth. The individual, with the aid of the medical professional team and the visitor, goes about rebuilding and altering his/her life.

Rehabilitation requires great patience on the part of the entire team including the person. Professional aid must be maintained through what may be a period of time, during hospitalization and self-care instructions, home care, and any possible change in work and life patterns.

A successful rehabilitation program can be slow, but it can be very rewarding to all participants; especially to the individual who has undergone surgery and the family. □



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# Give the Gift of Dignity



For over 35 years, Friends of Ostomates Worldwide Canada (FOWC) has sent free ostomy supplies to more than 52 countries. Recently, we have sent supplies to ostomates in Kenya, Ukraine and Iran where ostomy supplies are scarce and expensive. Local groups re-distribute these precious supplies to those in need.

FOWC's goal is to raise funds to enable us to ship these supplies. Just one shipment to Kenya was \$8,500.



You can help by sending a cheque payable to FOWC mailed with the form below to the address listed. Online donations are accepted through [www.fowc.ca](http://www.fowc.ca)

This man was referred to Stoma World by a social worker in Kenyatta National Hospital. He used plastic bags until he received ostomy products supplied by FOWC.



"We need help!" quote from the Iranian Ostomy Society. For the past three years, FOWC has provided supplies to the neediest in Iran, including children, through the Iranian Ostomy Society.



*I would like to improve the life of needy ostomates worldwide by making a donation.  
Je souhaite faire un don pour aider les personnes stomisées du tiers-monde.*

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Name/Nom: \_\_\_\_\_

Address/Adresse: \_\_\_\_\_

City/Ville: \_\_\_\_\_ Province: \_\_\_\_\_ PC/CP \_\_\_\_\_

Tel: \_\_\_\_\_ Email/Courriel: \_\_\_\_\_

Mail to/faire parvenir à: *Friends of Ostomates Worldwide Canada  
P.O. Box 158, Pine Falls, MB, R0E 1M0*

Official tax receipt will be issued/Un reçu officiel aux fins d'impôts sera émis



Regina & District Ostomy Society  
presents

## It's a Good Day for an education day!

**Saturday, May 13, 2023**

Guest Speakers  
Discussion Panel/Display Tables  
Family & Friends Welcome

Executive Royal Hotel  
4025 Albert Street, Regina

Registration Opens in April





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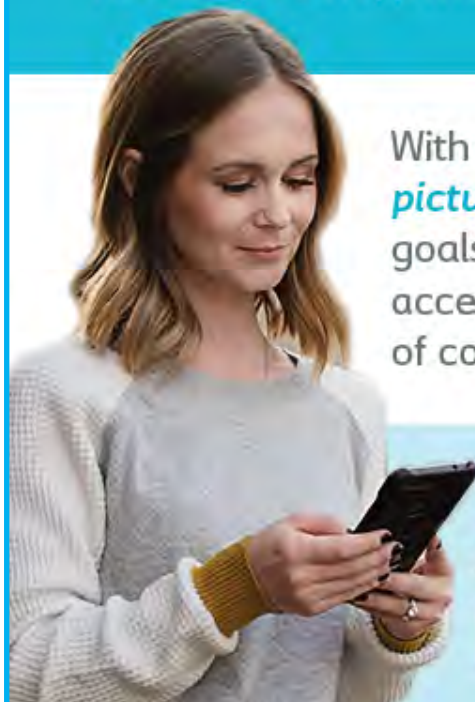
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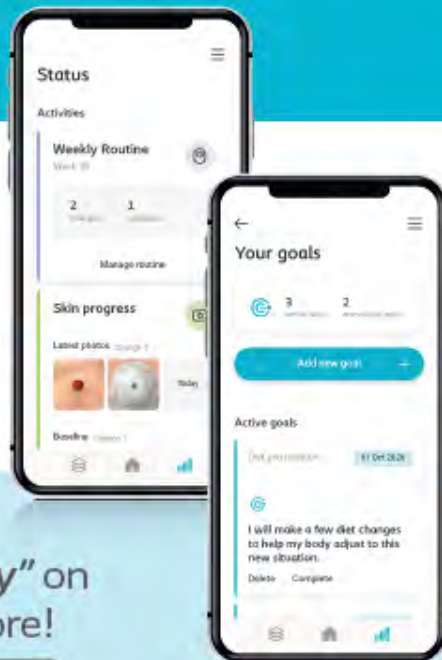
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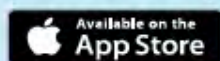
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# Unsung Hero - Patty Gianoli



What does it mean to be an unsung hero? An unsung hero is a person who often works behind the scenes, does the little and big jobs, without much thought or expectation of a big thank you or recognition for what they are doing. Our very own President of the Regina and District Ostomy Society, Patty Gianoli has been doing just that for many years.

Even though she is not an ostomate, Patty Gianoli has been a faithful member of the Regina and District Ostomy Chapter for well over ten years, always going above and beyond to help out and make things happen in our group. Most of us got to know Patty when she worked as the office manager at the Ostomy and Wound Care Clinic at the hospital. She was always so helpful and willing to take the extra step to help.

Patty started working for the Saskatchewan Health Authority back in 1987, and spent 32 years working various positions, in Emergency, Wascana rehab, SHA records and the most recent position of 13 years in the Ostomy Clinic, as the office manager. She retired in 2019 but of course continued what she's always done, volunteering for STARS, the Marian Center, Food Bank and of course the 2022 Grey Cup in Regina.

Back in 2018 Patty headed up the organizing committee for our regional Ostomy seminar. Patty was our Visitor Coordinator for a number of years where she interacted with the nurses and members and helped organize training. She also took on the membership lists and fees and coordinated with the Ostomy Canada office. Patty is never afraid to put up her hand she got involved in organizing gatherings, special events and helping out when needed. Most recently she agreed to be our Chapter President and brings her good nature and compassion to that role as well.

Patty is married to Greg and they have three wonderful children, Derek, Stephen and Christina. She's an avid gardener and master puzzle maker, the harder the better. She adores her family and is always there to help a friend. When Patty does something she puts her whole heart and soul into it. One might ask why? The answer, just because.

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  
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Mississauga, Ontario L4W 4J4

1.888.969.9698  
www.ostomycanada.ca  
info1@ostomycanada.ca








## DID YOU FORGET TO RENEW YOUR MEMBERSHIP FOR 2023?

If you received a letter reminding you of 2023 MEMBERSHIP DUES, there is still time to renew.

You can renew in two ways. You can send \$30 by

CHEQUE TO PATTY GIANOLI  
7631 Discovery Road, Regina, Sk S4Y 1E3  
**OR**

E-TRANSFER TO GERRY POWERS  
[gpowers@myaccess.ca](mailto:gpowers@myaccess.ca)



## A Special Note for Ileostomy Patients

(from UPMC Life Changing Medicine ([www.upmc.com](http://www.upmc.com)))

It is very easy to quickly lose large amounts of water, minerals and vitamins through an ileostomy when diarrhea occurs. Losing too much fluid can lead to a condition called dehydration (dee-hi-DRAY-shun), which can be dangerous. Your fluid and mineral losses need to be replaced so that you do not become dehydrated. The following recipe is for a beverage that you can drink when you lose large amounts of fluid through your ileostomy. You can also drink Gatorade®, which is available in most supermarkets.

### Beverage recipe

- 1 teaspoon salt
- 4 teaspoons corn syrup
- 1 teaspoon baking soda
- 1 six-ounce can of frozen orange juice

Mix all the ingredients together and add enough water to make one quart.

### Potassium and Sodium

These two minerals are lost daily with the fluids that leave your body through your ileostomy. They can be replaced by adding foods high in potassium and sodium to your daily diet. Talk with your doctor if you follow a diet that restricts potassium or sodium. He or she will advise you of any special instructions for your condition. Good dietary sources of potassium and sodium are listed below:

#### Foods High in Potassium

- |               |                    |                    |                |
|---------------|--------------------|--------------------|----------------|
| • Milk        | • Broccoli         | • Bananas          | • Peaches      |
| • Beef        | • Brussels Sprouts | • Cantaloupe       | • Peach Nectar |
| • Chicken     | • Potatoes         | • Cherries         | • Pineapple    |
| • Duck        | • Peppers          | • Dates            | • Plums        |
| • Fish        | • Spinach          | • Figs             | • Prunes       |
| • Lamb        | • Tomatoes         | • Grapefruit       | • Prune Juice  |
| • Pork        | • Tomato Juice     | • Grapefruit Juice | • Rhubarb      |
| • Veal        | • V8 Juice®        | • White Grapes     | • Strawberries |
| • Turkey      | • Apricot Nectar   | • Nectarines       | • Watermelon   |
| • Green Beans | • Apricots         | • Oranges          |                |
| • Lima Beans  | • Avocado          | • Orange Juice     |                |

#### Foods High in Sodium

When used in cooking or at the table, salt is the most obvious source of dietary sodium. Other seasonings are also good sources of sodium. They include:

- |                    |                                 |                        |
|--------------------|---------------------------------|------------------------|
| • Chili Sauce      | • Meat Tenderizers              | • Soy Sauce            |
| • Gravy Flavorings | • Monosodium Glutamate          | • Worcestershire Sauce |
| • Ketchup          | • Salts (celery, onion, garlic) |                        |

**Foods that have salt added during processing are also good sources of dietary sodium. They include:**

- |                           |                       |                         |
|---------------------------|-----------------------|-------------------------|
| • Ham                     | • Crackers            | • Canned and Dried Soup |
| • Bacon                   | • Pretzels            | • Gravy                 |
| • Hot Dogs                | • Salted Popcorn      | • Sauces                |
| • Sausage                 | • Cheese              | • Pickled Foods         |
| • Cold Cuts, Corned Beef  | • TV Dinners          | • Scrapple              |
| • Canned Meat, Fish, Stew | • Vegetables in Brine | • Tomato Juice          |
| • Pickles                 | • Peanut Butter       | • Tomato Sauce          |
| • Relish                  | • Salad Dressing      | • V8 Juice              |
| • Olives                  | • Sauerkraut          |                         |



## 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*

So two Irishmen are traveling to Australia.

Before they leave home, one of their dads gives them both a bit of advice: "You watch them Aussie cab drivers. They'll rob you blind. Don't you go paying them what they ask. You haggle."



At the Sydney airport, the Irishmen catch a cab to their hotel. When they reach their destination, the cabbie says, "That'll be twenty dollars, lads." "Oh no you don't! My dad warned me about you. You'll only be getting fifteen dollars from me," says one of the men. "And you'll only be getting fifteen from me too," adds the other.

## ASK THE NSWOC

### Do I have to use stomahesive powder every time I change the pouch?

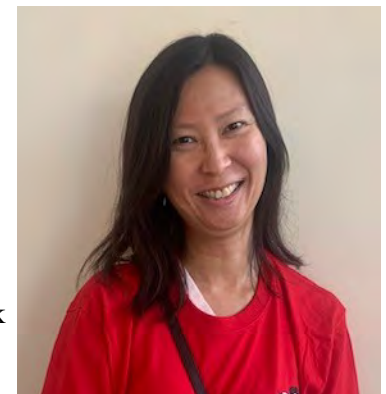
Stomahesive powder (also called ostomy powder or stoma powder) absorbs moisture. When it is wet, it becomes tacky.

After applying stomahesive powder, it is important to dust off the excess powder so the wafer can stick properly onto the skin. You will find that the powder will not stick to the dry surface of your skin.

You can use the powder when you notice the skin around the stoma is irritated and raw. The powder will stick to the wet irritated skin, absorb excessive moisture and provide a protective tacky barrier for the wafer to stick on.

It is not necessary to use stoma powder if your skin around the stoma is healthy. It is also safe if the powder touches the stoma.

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



*Christi Tsui*

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# Get Ready Ostomy Camp

July 2 - 7, 2023



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### Ostomates Living Beyond the Limits



Today’s topic is about living life with no limitations. An example of someone who lives her life with that positive attitude is Paula.

Paula has traveled to 83 countries with an ileostomy. She received her first ileostomy at the age of 14 which was reversed at age 18. Her

second ileostomy was created in 2001. Paula’s latest trip was to Viet Nam where she stayed for one month. Paula has great stories about how to travel with a stoma. She advises always to keep a small emergency bag with travel size supplies available.

Dr. Meli presented “Living Beyond the Limits and Breaking Through our Barriers“ at our meeting She is a clinical psychologist focusing on chronic illness, anxiety, depression, stress, and pain management. Dr. Meli stated that many of our barriers are self-imposed.

Patty was her ostomy nurse after her surgery. It is not the ostomy that limits but how one deals with the ostomy. Everyone goes to the bathroom—it is just another method. We limit ourselves by the lies we tell ourselves known as negative self-talk. We sometimes get overwhelmed with our own worries and fears. It takes an intentional change of self-talk to change the negative into a positive focus. We choose the way we are going to react.

Examine what you tell yourself. Oppose the thing that you do not like. It does take 21 days to change a thought or behavior from I’m too \_\_\_\_\_ to I’m not too \_\_\_\_\_ or I can’t \_\_\_\_\_ to I can \_\_\_\_\_. It does take an intentional change of focus. Focus on the positive in an attempt to deal with the negative.

Black and white thinking is when things are viewed as either wonderful or awful. Do not automatically assume the negative, and never take NO as a final answer. Reframe negative thoughts knowing that you and you only are in control of your thoughts, behaviors, and attitudes.

Develop tools and techniques to work through the issues. We all need a tool box of techniques in our head to deal with issues that may arise.

The group discussed how to handle accidents in a public setting. Just a reminder that every time an accident or

situation occurs, it better prepares you for the next time. Accidents are not the end of the world.

Wendy shared that spilling iced tea or water on your lap then excusing yourself to go to the bathroom is a recommendation from UOAA. When traveling with others, there should be no difference in how you handle the bathroom. Be as normal as possible by asking if your roommate showers in the morning or nighttime. Say, “I’m going to the bathroom. Do you need to go first?”

The audience also discussed limits on relationships. There are some restraints which are often due to the reason for the ostomy and other health issues than the ostomy itself. There are problems that do exist without solutions. Minimizing other’s problems is demeaning to that person. One cannot understand another’s emotional or physical pain, but one can be a friend to support as much as possible. We all have to work through our own trials and tribulations, but other’s experiences and positive attitudes can help us toward that goal.

As a side bar, Paula was asked about how she can afford to travel so much. She suggested to volunteer for a job that will give you a new experience. There are also two websites which connect you to the native people of the country: 1) couchsurfing.com is promoted to younger travelers; 2) serveus.com is for the older traveler. □

*by Dr. Mary Ann Meli, Broward Beacon, FL mtg, 2019*

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March is National Colorectal Cancer Awareness month. Did you know that Colorectal cancer is the second most common cause of cancer death in Canada yet 90% of cases are successfully treated when caught early. An increased incidence of Colorectal cancer is being found in thirty to forty year olds. Make sure you do your stool test (FIT Test) or ask your doctor whether a colonoscopy is recommended.

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**

## Proper Care & Storage of Ostomy Supplies

Ostomy supplies are not inexpensive, to say the least. So, it is important to understand how to apply them properly with the fewest errors possible and equally important to know how to take care of and store supplies until use. Proper care may avert the need to discard unused supplies and thus be as economical as possible.

Be sure to read carefully the instruction sheet included in the box or guidelines on the container for specific recommendations for a given product.

Generally, all ostomy supplies should be stored in a cool, dry location. Too much heat can melt or weaken many of the materials used in ostomy wafers, pouches, and accessory items. Avoid leaving supplies in a hot car or in direct sunlight.

Review instructions periodically to refresh your memory and to see if any recommendations have changed over time.

Keep supplies such as wafers and pouches in their original box. By doing so, you save the brand name, product identification number, and the lot and date information for those items. Perhaps you will never need this information, but in the event you do, the box you have saved will provide the information you (or someone helping you) will need for reorder or to report any quality control problems.

Some ostomy supplies do have a “shelf life.” Be sure to check for dates that may be recorded on their containers. If you find you have a box with an expired date, check with the manufacturer, your local supplier, or an Ostomy nurse for advice on usage.

While you do want to keep a “stock” of supplies so you are always prepared to change out your system, avoid the practice of stockpiling too much so your reserve will be as fresh as possible. This, of course, depends on factors such as the availability, proximity to a local supply house, or shipping issues. Purchase supplies from a trusted vendor—one you know will provide good service as well as stock/ship current stock.

### Reporting Defective Supplies

If you determine your supplies are defective in spite of proper use and storage, contact the manufacturer at their toll free number to report the problem and receive product replacement or adjustment. Let your supply

source know of your report to the manufacturer. They need to be aware of problems; however, the complaint needs to be directed to the manufacturer to ensure the defect can be addressed.

*\*Source: Teresa Murphy-Stowers, Fort Worth, TX; via Dallas (TX) Ostomatic*

**NEW!**

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### REGINA AND DISTRICT OSTOMY SOCIETY MEMBERSHIP APPLICATION

Membership is open to all persons interested in supporting people with ostomy surgery and their families. As a member you can enjoy the benefits of being part of a group in Regina and Saskatchewan through newsletters, meetings, websites and social media. Members receive the Society's 5 newsletters annually, become members of Ostomy Canada Society and receive the Ostomy Canada magazine. The following information is kept strictly confidential.

- Please enrol me as a new or renewal member of the Regina and District Ostomy Society.
- I am enclosing my annual membership dues of \$30.00.
- I wish to make an additional donation of \$\_\_\_\_\_, to support the program and activities of the Regina and District Ostomy Society and Ostomy Society Canada.
- Please update my contact information.

Name \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_

Postal Code \_\_\_\_\_ Email address: \_\_\_\_\_ Year of Birth \_\_\_\_\_

Send my newsletter via: Canada Post Email \_\_\_\_\_

Type of Surgery: Colostomy Ileostomy Urostomy Other \_\_\_\_\_

Membership Information: Ostomate Supporter Other (please specify) \_\_\_\_\_

A charitable tax receipt will be issued for all additional donations of \$20.00 or more. Please make cheque payable to: **Regina and District Ostomy Society** and mail with this form to: 7631 Discovery Road Regina, Sk S4Y 1E3

### Bequests & Donations

We are a non-profit association and welcome bequests, donations and gifts. Acknowledgement cards are sent to next-of-kin when memorial donations are received. Donations should be made payable to Regina Chapter at address listed on this page and tax receipts will be issued.

### *Our Deepest Sympathy*

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

*Larry Wagner*

### 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**

### VISITING PROGRAM

December - January

Colostomy - 2

Ileostomy - 1

Urostomy - 2