

Regina and District Ostomy



NOVEMBER /
DECEMBER
2022



Ostomy
Canada
Society

Société
Canadienne des
Personnes Stomisées



UNSUNG HERO Bill Collie

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What makes someone special to those around them? I think we all love those people who are always willing to step up and step in to help, a willingness to contribute under any circumstance. This type of person is a person other people tell nice stories about. Most times those people don't even know they're special. Here's our story in Regina.

Regina & District Ostomy has a member who has been a member for over ten years, adding a bit of humour here and there, encouraging people as part of his everyday conversation and always being willing to go out of his way to help out.

MEETINGS

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



UPCOMING MEETINGS

- **November** - No meeting.
- **December** - Christmas Celebration Saturday, Dec 10 (afternoon) Special mailout to follow
- **January/February 2023** - No meeting.
- **March** - Evening Zoom meeting

Bill Collie is in his 9th decade and has been living his life fully with his urostomy for the past 10 years. He's never declined a request to visit someone and goes with an open ear and encouraging words. He has quite a wacky sense of humour that you can pull out on occasion, dressing up and taking on a character, or as an orator or poet. Bill's the guy who takes on the small tasks, quietly just helping make things come together.



How did this man get to be the way he is now? It all started in the small town of Hamiota, Manitoba born to a farm family, the youngest of four with 3 sisters ahead of him. It was common and expected for everyone to help, pitch in and get involved. He didn't learn to cook but he was outside, working side by side with his Dad. But there was always time for other things. Bill

Cont'd on page 4

REGINA OSTOMY CHAPTER EXECUTIVE

| | | |
|--------------------------|-------------------|----------|
| President | Patty Gianoli | 535-8251 |
| Past President | Murray Wolfe | 550-7958 |
| Vice President | Deb Carpentier | 536-3319 |
| Secretary | Diane Weir-Wagg | 539-7404 |
| Treasurer | Gerry Powers | 586-7758 |
| Membership | Patty Gianoli | 535-8251 |
| Flowers & Cards | Agnes Parisloff | 761-0221 |
| Phoning | Gord Kosloski | 789-1592 |
| | Diane Weir-Wagg | 539-7404 |
| | Agnes Parisloff | 761-0221 |
| Host | June Crawford | 543-2852 |
| | Bill Collie | 543-2647 |
| Lunch | Brenda Frohlick | 949-2352 |
| Mailing | Brenda Frohlick | 949-2352 |
| Newsletter & website | Deb Carpentier | 536-3319 |
| | Louise Laverdiere | 536-5442 |
| Visiting Coordinator | Ruth Suderman | 450-4690 |
| Partner & Family Support | Bob Fearnside | 924-5993 |

MISSION STATEMENT

The Regina & District Ostomy Chapter is a non-profit mutual support society for the benefit of people who have had, or are about to have intestinal or urinary diversion surgery.

Our purpose is:

- To help people with intestinal and/or urinary diversions to lead full and productive lives and to provide information and emotional support to their families and caregivers.
- To educate the public about intestinal and urinary diversion surgery.
- To provide trained visitors to those who have undergone intestinal and/or urinary diversions, including preoperative and postoperative visits or phone calls, at the request of the physician or enterostomal therapist.



OSTOMY & WOUND CARE

Pasqua Hospital 766-2271

Sheryl Walker, RN BScN WOCC (C) Program Coordinator

Lela Mileusnic, RN BScN WOCC (c)

Monica Aikman, RN, BScN WOCC (c)

Ruth Suderman, RN, BScN NSWOC

Louise Swan, RN, BScN NSWOC

Christi Tsui, RN, BScN WOCC (c)

Karen Kinaschuk, RN, BScN WOCC (c)

Lindsay Bonnell, RN BScN (NSWOC) in Training

Amy Moore, Unit Assistant

NSWOC NEWS

As an Ostomy and Wound Care clinic situated in Regina we like to be able to go out to other hospitals and health centres for Education Days. Fortunately, we were able to do that this fall and look forward to more in the new year.



Yorkton Education for Ostomy patients:

A couple of days of education occurred in September and October for surgical nurses at Yorkton Regional Health Facility. Also in attendance were a few Home Care nurses from the area. We reviewed Ostomy Basics including anatomy, physiology and normal expectations for ileostomy & colostomy patients. The nurses in Yorkton had some hands-on practice on fake stomas and troubleshooting difficult abdomens. There was lots of discussion and questions about ostomy supplies and fistulas which will assist our nurses to

President's Message



Greeting friends! I am writing this in my backyard enjoying the last of the warm fall days. My summer plans didn't work out quite as planned as my husband was hit by a car while on his bike. He's okay! But we did have to cancel vacation plans; but I found a staycation is not so bad when the weather cooperates. Certainly, was a good reminder to friends and family about bike safety as a biker and a driver; always wear a helmet and pay attention at all times when driving. I did manage to get away with my Mom to where she grew up in Pelly, Saskatchewan. The beautiful crops made for incredible scenery and out of the way diners were always delicious. What an awesome province we live in!

Our first meeting in September was very well attended, in person and on zoom. Our three presenters, Bob Fearnside, Deb Carpentier and Sheryl Walker, answered our questions and offered advice on many topics.



The Step Up fundraiser was a great opportunity for us to get together. We are grateful to those who donated to our national organization. This will allow both Ostomy Canada and our local groups to continue to provide support to those who have an ostomy through various incentives.

Regina Ostomy is so fortunate to have community sponsors who continue to support our group. THANK YOU to Tim and Yvonne from Jolly's and Ruth and Walter from Medical1.

Our December social is going to put you in the Christmas spirit! Mark your calendars for the afternoon of Saturday, December 10. More information will be forthcoming.



May the holiday season find you in good spirits, filled with joy and peace, and plenty of love and laughter. Have a wonderful Christmas!

Letters to the Editor . . .

Dear Readers, our aim is to provide you with articles that inform and entertain. We're always looking for stories, tips and anecdotes about life and/or living with an ostomy. Here are some ways to contact me or connect with a larger on-line group.

Deb Carpentier
carpentier.deb@gmail.com
 Phone: 306-536-3319
www.reginaostomy.ca
www.ostomycanada.ca

Facebook coordinates:

Regina Ostomy Chapter group
 Ostomy Canada Society group
 Ostomy Canada Parents' group
 Young Ostomates support – YOS+FG

Do you have questions about living with an Ostomy?

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



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

Cont'd from front page

started singing at 14, singing for the families of the men who didn't come back from the war front in Europe and continued singing with the church choir until he moved away. You had to make your own entertainment back in the 40s and Bill was part of a young peoples group who travelled around, entertaining the small communities and having a lot of fun. Whether singing or acting or volunteering, some of that activity happened by being 'voluntold', a good method to get people going and engaged and making a difference.

Bill and his wife Joan, and two children lived in Hamiota until 1968 when they moved into Regina. A new city, a new job, new friends and a life, except they kept to their habits like curling, dancing, music, community volunteering, entertaining at long term care homes, church choir, fundraising activities like Dinner Theatre, Easter egg building, cooking projects and bake offs. At work you could hear Bill coming by his whistling tunes. He started his work in the city as a cleaner and retired as the building superintendent. Over the years Bill sat on as a director of various organizations including a credit union, school board and advisory boards. People knew they could rely on Bill, and Joan, and until Covid hit in 2020 they lived their lives having fun and contributing time and talents along the way.

Cancer interrupted life for a while in 2011 and 2012. After Bill's surgery in 2012 he was so pleased to have had an "ostomy visitor" who raised his spirits that he knew 'visiting' was something he wanted to do too. He has only accolades for his physicians and nurses and the people who supported him. Bill joined Regina & District Ostomy and never looked back, singing, orating, acting, helping, encouraging and being a part of something that made a difference in peoples' lives. He's the guy that other people tell stories about.

Thanks Bill for a life well lived. We are so glad that you came into our lives. ■

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OSTOMY YOUTH CAMP - CAMP HORIZON 2022 – by Sydney Dorosh



This past summer of camp was a little different but still lots of fun in its own way. We had smaller groups with less campers attending which allowed the campers to all really get to know each other throughout the week. Each day was full of lots of activities. We played lots of camp games like “Amazing Race” and “Capture the Flag” where all the campers of both genders and all age groups got to be together. During the days the campers split into their smaller groups and got to take part in activities like the giant swing, high ropes, archery, arts and crafts, and hiking. We were busy but there was also a bit of downtime to do things like play cards or just hangout and everyone’s favourite is meal time. To end the camp off we have a very sentimental final camp fire where we all say good bye and reminisce on the week as well as send off any graduating campers.



**Note: Sydney herself was a camper for many years but this year she was a Camp Counsellor. The camper Regina & District Ostomy sponsored was Callie Wilcox, who you will see in some of the photos.*





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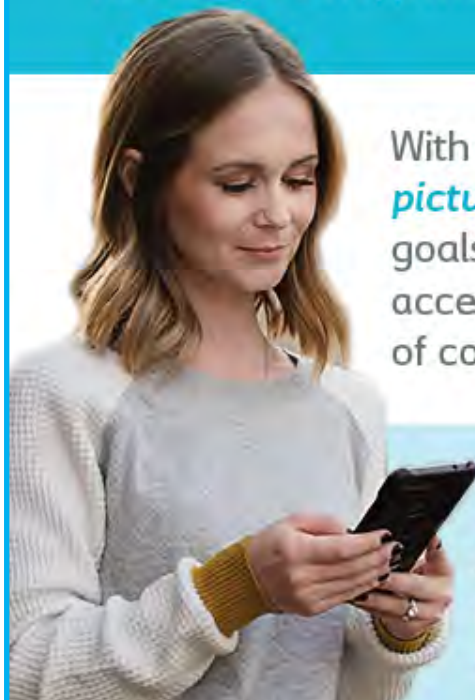
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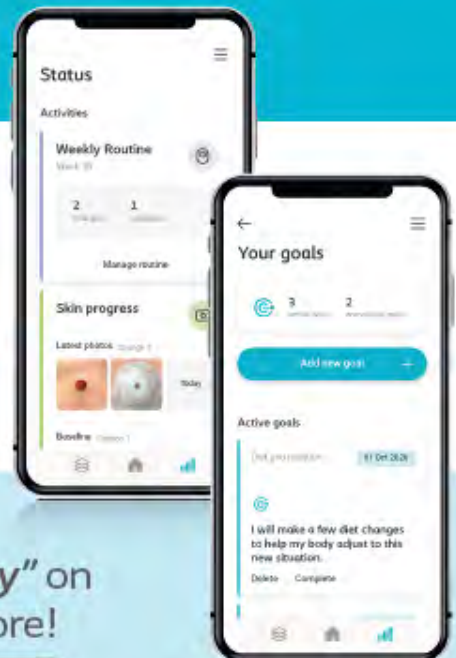
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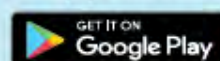
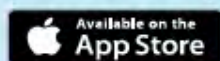
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NSWOC Recognition Award

The NSWOC Recognition Award is bestowed to an NSWOC who has supported persons with an ostomy through involvement with his/her local Chapter/Peer Support Group activities and at national functions. The award also enables Ostomy Canada members to acknowledge their NSWOC for his/her support and services.

Sheryl Walker has been a member of the Regina NSWOC team for many years and the Program Coordinator of the clinic since 2018. Although a busy gal with a husband, a young son, usually a Pat's hockey billet and all that goes with nursing these past years, Sheryl makes time to be part of the Regina & District Ostomy community support system. She is a compassionate and kind caregiver with the ability to speak frankly and help. It was in 2013 Sheryl took on organizing Regina's first "Stoma Stroll" the precursor to Step Up for Ostomy. Under her leadership that campaign was such a great success we've continued doing it to this day.



Congratulations Sheryl. We're proud of your accomplishments and so happy you are part of us.

Punny Christmas Jokes

- How do you help someone who has lost their Christmas spirit? Nurse them back to elf.
- What do snowmen eat for dessert? Ice Krispies.
- What do you get when you cross a snowman with a vampire? Frostbite.
- How do you wash your hands over the holidays? With Santa-tizer.
- Why does Santa have three gardens? So he can ho ho ho.
- Why is Santa afraid of getting stuck in a chimney? He has Claus-trophobia.
- What does Santa do when his elves misbehave? He gives them the sack.
- Why don't you ever see Santa in a hospital? Because he has private elf care.
- What do you call a kid who doesn't believe in Santa? A rebel without a Claus.
- What nationality is Santa Claus? North Polish.
- How can you tell that Santa is real? You can always sense his presents.
- What did one Christmas tree say to another? Lighten up!
- Where do reindeer go for coffee? Star-bucks!
- What kind of music do elves like to listen to? Wrap!
- What's the best Christmas present? A broken drum. You can't beat it!
- What did the stamp say to the Christmas card? Stick with me and we'll go places!
- What does Rudolph want for Christmas? The newest Sleigh Station.
- What do elves learn in school? The elf-abet.
- What do you call an obnoxious reindeer? Rude-olph.



Christmas Word Scramble

- 1.elbls _____
- 2.hesilg _____
- 3.sarnnetom _____
- 4.etwhra _____
- 5.nwnomsa _____
- 6.taasn _____
- 7.oisletmet _____
- 8.rsat _____
- 9.orhwopks _____
- 10.gsokitnc _____
- 11.giingsn _____
- 12.rkutfcaie _____
- 13.igtsh _____
- 14.cringh _____
- 15.nadeorlwdn _____
- 16.wobs _____
- 17.dancy aenc _____
- 18.nrapgpwi _____
- 19.errineed _____
- 20.svele _____

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

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

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

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

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WHO WE ARE

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

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FOOD SAFETY: How Long Do Christmas Leftovers Last?

Turkey

Ah, the turkey. The centerpiece of your meal probably left you a ton of leftover portions. Even though you're really only supposed to buy one pound of turkey per person, you probably bought more. But that's OK! Turkey - both the white and the dark meat - is actually pretty good for you, and can be repurposed into all kinds of interesting future dinners. Just make sure you store it correctly so your bird doesn't make you sick! Cooked turkey can last in your refrigerator for three to four days. So that's three to four days of delicious leftover turkey sandwiches. But you can also freeze it - in which case, turkey can last for a long time.



Mashed potatoes

Cooked potatoes, whether they're mashed, steamed, or boiled, can stay for around three to five days in the fridge. Baked potatoes don't freeze well at all - but mashed potatoes should be OK frozen in an airtight container. Frozen, they last around a year before their taste starts to change.

Yam and Sweet Potato Casseroles

Cooked potatoes of any kind, whether or not you've coated them with marshmallows, will stay good in your refrigerator for three to five days. Store them in an airtight container or make sure they are fully covered in plastic wrap. When reheating them, though, keep in mind that the marshmallows aren't going to microwave well - the sugary treats will melt into the sweet potatoes as such a high heat. But regardless of the marshmallow cloud deteriorating, your left overs will still taste great!

Pie

It doesn't matter if it's apple, pumpkin, pecan, or another iconic flavour of pie. Make sure you put away your leftover desserts right away - pie that's been sitting out for over two hours can grow food-borne bacteria. But pie will last for three to four days once it's covered and refrigerated. That is, if you can last that long without gobbling it all up!

Roasted Brussel Sprouts

Really the only Thanksgiving side that isn't loaded with carbs, Brussels sprouts are a hot commodity on many holiday tables. You've got to eat something that's not doused in gravy, right? Roasted brussels sprouts will lose their crispiness almost as soon as they are refrigerated, but can last in the fridge for around three days. After that, they could start to rot. The same rules apply to roasted root vegetables such as turnips or parsnips, as well as to peas and carrots.

Gravy

Good gravy, you don't want to eat bad gravy by accident. It can congeal, grow bacteria, and make you seriously ill. And gravy expires quite quickly! You only have two days before your gravy's gone bad. When you reheat gravy, make sure you bring it fully to a boil to preserve its best quality. However, if you don't want your perfectly cooked homemade gravy to go to waste, you can freeze it in airtight bags or containers for up to four months. One particular useful hack is to freeze gravy in ice cube trays. That way you can reheat one cube at a time.

Cranberry Sauce

Whether you make it yourself or serve it from a can, three days. After that, they could start to rot. The same rules apply to roasted root vegetables such as turnips or parsnips, as well as to peas and carrots.

Stuffing

When it's made right, stuffing can be the best thing on your Thanksgiving plate. Be sure to eat your leftover stuffing until you're stuffed - because if you don't, it could quickly go bad. Stuffing will last in an airtight container for around three to five days after it is made. You should always remove the stuffing from the turkey before refrigerating. That'll help it best preserve its taste and quality.

The bottom line: refrigerate everything as soon as possible, and consume within 3 to 4 days at most. After that, freeze it!



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Johnny wanted to get his mom something nice for Christmas but she's hard to shop for. Passing a pet store he thought, "Hmm, a pet might be a good idea." He walked in the pet store and asked the manager what might be a good idea. "How about a puppy?" "No," said Johnny. "It may poop around the house." "A fish?" "No, her house is small, so I don't think an aquarium will fit." Johnny then spied a parrot and asked, "How about that parrot?" "Oh," said the manager, "That's Chet. He's very expensive." "Well," said Johnny, "It's my mom let's take a look." The manager went to Chet, put a lighter under his left wing, and Chet started to sing "Jingle bells, jingle bells..." Then the manager put a lighter under Chet's right wing and it started to sing, "Dashing through the snow..." "Wow!" said Johnny, "What else does he sing?" The manager held the lighter under Chet's crotch at which point Chet sang, "Chestnuts roasting on an open fire."



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<https://thelmasfibreart.ca/stoma-bag-covers>



2023 MEMBERSHIP FEES ARE BEING COLLECTED!

A cheque for \$30 can be made out to REGINA & DISTRICT OSTOMY,
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OR

e-transfer to Gerry Powers - gpowers@myaccess.ca
(a receipt will not be mailed, Patty will be in contact with you as a reminder if needed)

STEP UP FOR OSTOMY 2022



THANK YOU to all of our members and sponsors on this year's STEP UP for OSTOMY awareness and fund raising campaign. We had a beautiful day on October 1st. While some of us went for a walk that took us through the gardens at the Lieutenant Governor's House and then the neighbourhood, others had a yoga session with Marisol back at the hall. Our NSWOCs were there to help out and be part of the event. Sydney Dorosh, who was an attendee at the Ostomy Youth Camp for many years and a camp counsellor this year, spent the morning with us and she and Callie Wilcox, this year's camper, gave us a presentation on the Camp Horizon experience this year.



In total we raised \$2,500 and Regina & District Ostomy was also a Silver Sponsor (\$1,000) for Step Up for Ostomy. If you haven't donated and would like to there's still time at www.stepupforostomy.ca



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Visitor Training Day – Regina & District Ostomy Society



On Saturday, October 29th we had a very successful training day to certify or recertify 14 of our members to be part of the Ostomy Visitor Program. Thank you to Patty Gianoli, Ruth Suderman, Sheryl Walker and Deb Carpentier who organized and facilitated the training.



The **goal** of the Ostomy Canada Visitor Program is to reduce the emotional burden of persons who have undergone or will undergo ostomy surgery, so they may return to their former physical, social and economic status. The **purpose** of the program is to qualify members of the Society as trained ostomy visitors. It is the ultimate objective of the program to have those visitors available to persons with an ostomy, and their support persons.

A special thank you to our “Visitor Retirees” Bill Collie, Louise Laverdiere, Joan Mancinelli, Muffy Truscott and Gerry Powers who have spent many hours over the years as a Visitor.



REGINA AND DISTRICT OSTOMY SOCIETY MEMBERSHIP APPLICATION

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

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

Name _____ Phone _____

Address _____ City _____

Postal Code _____ Email address: _____ Year of Birth _____

Send my newsletter via: Canada Post Email _____

Type of Surgery: Colostomy Ileostomy Urostomy Other _____

Membership Information: Ostomate Supporter Other (please specify) _____

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

Bequests & Donations

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

The Colorectal Cancer Association of Canada is a support group for the estimated 22,000 Canadians annually diagnosed with colorectal cancer. Membership is free.

Info is available at their website: www.colorectal-cancer.ca with links to news reports, articles, and other cancer organizations in the field. Support cancer coaches are also available to talk with patients. **Or Phone 1-877-50COLON**

Moving? Questions? Need Information?

Regina Ostomy Chapter

7631 Discovery Road

Regina, Sk S4Y 1E3

(306) 761-0221 or reginaostomygroup@gmail.com

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

**Charitable Registration No.
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VISITING PROGRAM

August - October

Colostomy - 3

Ileostomy - 4

Urostomy - 2