

Regina and District Ostomy News



Ostomy
Canada
Society

Société
Canadienne des
Personnes Stomisées



SEPTEMBER /
OCTOBER
2021



FALL FACE-TO-FACE AND ZOOM



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On September 14th we will have a joint face-to-face with a ZOOM call simultaneously. We're recommending MASKS for the face-to-face. Try to join us for one or the other. Our fabulous NSWOCs will be leading a question and answer session.

Here are the ZOOM call coordinates.

Time: Sep 14, 2021 07:00 PM Saskatchewan

Join Zoom Meeting

<https://us06web.zoom.us/j/7093178979?pwd=OGE1V0xxVUZqb1JlWVgybjRlZTZ2dz09>

Meeting ID: 709 317 8979

Passcode: 6zj3X1

Dial by your location

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MEETINGS

Everyone welcome



Meetings are held at 7:00 p.m., starting in September, at the Community of Christ Church, 4710 8th Avenue (corner of Arthur and 8th). No meetings are held during the months of January, July and August)

September 14 - 7:00 pm - Zoom and face-to-face: NSWOC question and answers

October 2 - 10:30 am - 1:30 pm: Step up for Ostomy gathering (Where: Community of Christ Church Hall)

December 4 - 11:30 - 2:00 pm: Christmas Celebration



REGINA OSTOMY CHAPTER EXECUTIVE

President	Murray Wolfe	550-7958
Past President	Agnes Parisloff	761-0221
Vice President	Patty Gianoli	535-8251
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
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.

Our Deepest Sympathy

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

*Betty Smith
Annie Unseth
Grant Welke*

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, (NSWOC in training)

Karen Kinaschuk, RN, BScN WOCC (c)

Bobbi Kish, Office Manager

Amy Moore, Unit Assistant

COVID-19



Feeling unwell?

Make the right choice for your care during the COVID-19 pandemic.

EXAMPLES INCLUDE BUT ARE NOT LIMITED TO:

Call 911	*Any difficulty breathing Chest pain/shoulder pain Unconsciousness	Uncontrollable bleeding Face droop/slurred speech Severe trauma
Go to nearest Emergency Department	Head injury Broken bone/fracture Trauma-related injuries	Confusion/change in mental state Abdominal pain Thoughts/acts of self-harm
Call your care provider or visit a walk-in clinic <small>Appointments may be virtual or in-person</small>	*Unexpected illness/pain *Cold/flu symptoms *Ear or throat pain Vaccine advice	Mental Health concerns Chronic illness care Prescription refills
Self-care At home	*Mild COVID-19 symptoms sore throat, headache, fever, etc. *Scrapes and Bruises *Other cold/flu symptoms	Diarrhea* if ongoing for more than one day, seek additional care Go for COVID PCR Testing (even for mild symptoms)
Call/visit your Pharmacist	Medication advice Minor wound care *Cold symptoms	Nail fungus infection *Diarrhea Emergency prescription renewal
Call HealthLine 811, open 24/7	Unsure how to manage your symptoms? Have symptoms of COVID-19 and may need a test? Need to report adverse reactions to a COVID-19 vaccine? Need mental health support?	

**These may indicate COVID-19 illness. If you have any COVID-19 symptoms, self-isolate immediately and go for a COVID-19 test. If breathing is difficult, seek medical care immediately at your nearest Emergency Department or call 911.*

DO NOT delay care if you need it. Delaying care can cause serious illness and even death.
If symptoms worsen or do not go away within a few days, other care options should be considered.

Editor's Message



Welcome to fall. Mark your calendars for September 14th when we will have a joint face-to-face with a ZOOM call simultaneously. We're recommending MASKS for the face-to-face. Try to join us for one or the other. Our fabulous NSWOCs will be leading a question and answer session.

On Saturday, October 2nd we're celebrating World Ostomy Day and raising awareness and funds for our STEP UP FOR OSTOMY campaign. We can do our traditional "stroll" or join in with Marisol's chair yoga, or just finally meet up with some people we haven't seen for a long time. Come and have a coffee and visit, stay and have some lunch. We'll be meeting in the church hall with registration starting at 1030 and staying until 1:30 (4710 – 8TH Avenue). If you can find your old red STOMA STROLL shirts wear it!

THE CHALLENGE. Ostomy Canada is the backbone of support for people living with an ostomy and needs your support. Through advocacy, a visitation program, on-line information and medical advisors, a Facebook chat room, publications, youth camp and more we touch on many lives. If every member of

Regina & District Ostomy donated \$50 (some more and some less) we could easily raise \$5000. Just think if we asked even one more friend or family member to donate on our behalf. Can you imagine the positive impact here and across the country? All we have to do is ask. Remember, our ostomy gave us back our lives. www.stepupforostomy.ca

Please consider donating in one of these methods. You can donate for yourself or you can join the team as a fundraiser. Explore the website to see which suits you better.

Step Up for Ostomy - On-line donation by credit card or debit card

Go to www.stepupforostomy.ca. Click on **Donate Now**. Scroll down and you'll see a list on the right hand side of individual donors and Teams. Find our Regina Rockers team page. Donate to a team member. Beside the "team member" click on donate. Choose your amount. You can choose debit or credit. You can just sign on as a "guest". <https://stepupforostomy.ca>

Step Up for Ostomy - donation by cheque

You can donate for just yourself or fill up a pledge sheet with friends and family. There is a pledge sheet available on the website (under Resources) that you can use the one included with the newsletter. To donate **by cheque**, write it out to Ostomy Canada Society. You can mail it to Ostomy Canada, with a pledge sheet, or bring to the event on October 2nd.
Mail to: Ostomy Canada Society - 210, 5800 Ambler Street, Mississauga, Ontario L4W 4J4 .

Regina Rockers will receive 10% of the total donations raised by the Regina & District group.

Hope we see each other 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
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





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**REGINA & DISTRICT OSTOMY SOCIETY STEP UP
FUNDRAISING AND AWARENESS EVENT
SATURDAY, OCTOBER 2, 2021**

4710 – 8th Avenue, Regina
Registration 10:30 a.m.

Join us for a walk or chair yoga followed by lunch
Everyone Welcome (masks recommended)

For more information contact: reginaostomygroup@gmail.com or Murray @ 306-550-7958
Donate on-line at www.stepupforostomy.ca under Team Regina Rockers
Mail donations to: Ostomy Canada, #210-5800 Ambler Drive, Mississauga, ON L4W 4J4

Ostomy Canada Society | Société Canadienne des Personnes Stomisées

STEP UP *World Ostomy Day*
FOR OSTOMY

Save the date → **Oct 2** ←
2021
walk.run.chill.
whatever.

Ostomy Canada Society's vision is to be Canada's voice for people living with an ostomy. Your financial support for our "virtual" across Canada event will help all people who have an ostomy, and their families; helping them to live life to the fullest through support, education, collaboration and advocacy. We need your support - please give generously.

Enroll or donate at
stepupforostomy.ca

Step Up For Ostomy



Ostomy Canada Society | Société Canadienne des Personnes Stomisées

World Ostomy Day
Step Up
FOR OSTOMY
Oct 2, 2021
 walk.run.chill.whatever.

1) Please check this box if you also registered online at stepupforostomy.ca. Registration is important to be able to match your donations to the location you are supporting.

2) Please bring this form and all funds collected to your local event. Partial donations will not be accepted.

Cheques can be made payable to: **Ostomy Canada Society Inc.**

If you cannot attend your local event, please mail this form, with all funds to: Ostomy Canada Society, 5800 Ambler Dr., Suite 210, Mississauga, ON L4W 4J4

Please print clearly

Last Name:		First Name:	
Address:		Appt. No.:	
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Email:		Ext.:	
Team Information: (Please write your team name exactly as it is registered online)			
Team Name:		Team Captain's Name:	

By completing this pledge form, you hereby consent to the collection and use, by Ostomy Canada Society Inc. of your personal information in accordance with the Ostomy Canada Society's Privacy Policy. Details of our policy are available on our website www.ostomycanada.ca or by sending an email to info1@ostomycanada.ca with Attention Privacy Officer in the subject line, or by contacting the Ostomy Canada Society at 1-888-868-8688. Charitable registration # 11927 7083 RR0001

Saturday, Oct. 2, 2021

- Please remember . . .
- To obtain an immediate tax receipt, donate online at our website: stepupforostomy.ca.
 - Fill in all personal information.
 - Keep a photocopy of this form for your records.

Collecting Pledges:

- Please make all cheques payable to Ostomy Canada Society.
- You can print additional copies of page 2 of the pledge form.
- Total each page of your pledges and grand total on the last page before forms are turned over to your team leader for mailing to Ostomy Canada Society.
- Be sure the amount collected matches your pledge form total.
- Bring all funds with you to your event location, on the day of the event.

Tax Receipts

- Advise your donors that a printed tax receipt will be mailed for all donations of \$25 or more.
- Donor information must be complete in order to receive a tax receipt (name, full residential address, including postal code). (Please print clearly).



Pledge Information: Tax receipts will be issued for donations over \$25. Donor information must be complete in order to receive a tax receipt (name, full residential address including postal code). Please make cheques payable to Ostomy Canada Society Inc. Please photocopy this form for your records.



Ostomy Canada Society | Société Canadienne des Personnes Stomisées

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Grand Total							Total Cash	Total Cheque	Page Total	
										Page of

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Come meet others living well with an ostomy in a relaxed setting! We do various activities that are typically followed by coffee.

2021 meetings will remain virtual until we can safely meet in person!

Zoom meetings will be offered in January, March and May with a chance to win a gift card for all attendees!

We will re-assess meeting for a socially distant BBQ in the spring & what our fall meetings will look like. Follow us on Facebook for updates!



Ostomy Canada Society | Société Canadienne des Personnes Stomisées

OSTOMY CANADA SOCIETY

Suite 210
5800 Ambler Drive
Mississauga, ON L4W 4J4
e-mail: info1@ostomycanada.ca
Toll-free telephone number:
1-888-969-9698
<http://www.ostomycanada.ca/>

Ostomy Canada Society Mission Statement

Ostomy Canada Society is a non-profit volunteer organization dedicated to all people with an ostomy, and their families, helping them to live life to the fullest through support, education, collaboration and advocacy.

* Did You Know?

People living with an ostomy are eligible for the disability tax credit when a qualified medical practitioner certifies the disability tax credit certificate and Canada Revenue Agency approves the application. See our website for details: <https://www.ostomycanada.ca/dtc>




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My Journey Living with an Ostomate

by Bob Fearnside, Regina & District Ostomy Society
SASO/ Partners and Family Support Program



My journey began in 2011 when my wife, Irene, was diagnosed with Gastroparesis, a condition where there isn't normal spontaneous movement of the muscles in your stomach. Ordinarily, strong muscular contractions move everything through the digestive tract. Accompanied with that Irene has CIP, which is a rare, potentially disabling gastrointestinal disorder affecting the involuntary, coordinated muscular contractions (a process called peristalsis) of the gastrointestinal (GI) tract.

Little did I know that it would change our lives dramatically from that day forward. There were several trips to the gastroenterologist, hospital, and also out of province for tests. It was an experience that I was unsure how to cope with. This carried on for several years, with many bumps along the road that affected our relationship with each other, and was a test of my ability to handle the situations that followed. We were both not the people we started out as, and the tension between us was almost unbearable. We just didn't know how to deal with the constant worry. I didn't know how to help and Irene didn't know how to let me be a part of her reality and the pain she was experiencing. Pain gets in the way of a lot of things. Communicating was a struggle. Isolation was a

real factor. I didn't want to make things worse so often defaulted to silence.

I kept saying to myself as time went on, that things will get better, and that there was a light at the end of the tunnel, even though some days it felt pretty dark. After several attempts by doctors to come up with a treatment plan, and hospital stays, over the next four years, it was decided that Irene would have a colectomy to alleviate the pain and constipation that accompanied it. The feelings that were going through my mind when Irene had her surgery were bittersweet. One part of me was thankful that she would finally be rid of the pain and discomfort that she had experienced for so long, while the other part was terrified that it would not be effective, and that we would be back to square one.

I had a great sense of relief when I received a call from Irene at the hospital saying she was being discharged and that things were working the way they should.

Shortly after the surgery, we heard about the Regina and District Ostomy Society group, and decided to attend one of their meetings. It was from that meeting that we became involved with the group. We felt welcomed and as time went on we got more involved. I was asked by one of the members if I would be interested in becoming the representative of the Partners and Family Support Program, to which I readily agreed. I have had the pleasure of speaking with other spouses, and families of our ostomates, providing support for them. Our experiences are often common, or at least relatable to one another, and I found along the way that it has alleviated a lot of stress for me, therefore allowing Irene and I the chance to be the people we were before this journey began. Having someone to talk to and having the confidence to know that there is no judgement, just support, makes a difficult experience easier to bear.





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TIPS & TRICKS

- The best time to change an ileostomy pouch without any output is when you first wake up.
- If you stop eating a few hours before bedtime and get a full night's sleep, output should slow down enough for you to get a change done. If you must eat upon waking but before a change, try a Nutrient -packed food that will raise your blood sugar but not cause any immediate output, such as a spoon of peanut butter or a hard-boiled egg.
- If as an urostomate it is necessary to have a urinalysis, remind the nurse to take the specimen directly from the stoma, not from the appliance. Mucus in urine is normal.
- Usually ileostomates experience hunger more often than others. When this happens drink fruit juice or water and eat crackers, followed by a meal as soon as possible. An ileostomy keeps working whether the ostomate has eaten or not.
- If you are beginning new medication for any reason, keep a close eye on your stoma discharge. Contact your doctor if you suspect the medicine is going in and straight out.
- Lack of bulk in a colostomate's diet can be part of the difficulty in elimination. This may be caused by eating too much highly refined food and not enough bulk, like bran.
- Laughing is healthy for your body as well as your mind. When you laugh, you exercise your heart, lungs and adrenal glands. You also breathe more deeply, increasing the body's oxygen flow. Laughter may ease physical pain by triggering production of endorphins – nature's pain killers. Your attitude about your image will affect the attitude of your family, friends and the people around you.



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FOOD AND YOUR OSTOMY

There used to be, and to some extent still are, some outdated theories about what foods people with ostomies should and should not eat. Mushrooms, onions and fresh vegetables were considered troublesome, along with some meat. Today, we find that the old food “taboos” do not necessarily apply. In moderation, most foods need not be avoided. If you have any questions about food and the way your body reacts to it, consult your doctor. Here are some common foods and hints on how to enjoy them without causing excessive gas, irritation or stoma blockage.

Fibrous vegetables—Vegetables like celery, asparagus and broccoli have long, fibrous strands running through them. Onions can produce odors in the stool. Such strands are hard to digest and can form a “ball” behind the stoma. When eating celery choose the hearts. These are tender and the fibers are not as thick as those on the outside stalk are. If you must eat the other stalk, peel down the outside strands. Always chew, chew, chew and drink lots of water.

Asparagus—Medium stalks are usually the most tender. Start at the tip and work down. As soon as the spear gets tough to cut, go down to the next one and you should have no blockage concerns. Asparagus causes odor in the urine, which may be a bit bothersome to a person with a urostomy.

Broccoli—the same principal applies as to asparagus. Vegetables like broccoli, cauliflower and turnips are considered “gas producers” and may require an extra trip to the restroom to relieve the pressure. However, they are worth the trip.

Fresh fruit—in moderation, fresh fruit can and should be included in a well-balanced diet. If you have trouble digesting oranges and grapefruit then try squeezing the juice and discarding the skin. Apples, pears and peaches are great without their skins if you find them hard to digest. Fruit is a natural cathartic. Keep this in mind when you are eating a picnic or the beach or anywhere bathroom facilities are not readily available.

Oysters, clams and mussels—though delicious treats, mollusks can be more difficult to digest than other types of seafood and can cause a minor blockage behind the stoma. Be sure to chew them well, and avoid tough mussels the major offenders. Seafood of all kinds can cause odor in the stool. Pouch deodorants are most helpful in controlling this problem.

Nuts—the most difficult nuts are the hard ones, such as peanuts, almonds and hazelnuts. Chew them well, and be careful not to over indulge, no more than a handful at a setting. Even non-ostomate nut-lovers can experience discomfort after enjoying more than a reasonable share of nuts.

Meat—most meat and poultry do not present any concern, however, those with fat content or heavy casings can be somewhat more difficult for the bowel to handle. Try sausage patties instead of links or hotdogs with the skin removed. When eating fatty cuts of pork, lamb or beef, cut it into small pieces, do not eat the gristle, chew well and limit your intake.

Corn on the cob, popcorn, dried foods and coconut—When it comes to obstruction behind the stoma, these are the major offenders. In fact, even people without ostomies can suffer major tummy aches after indulging. Chew, chew, chew and remember to limit your intake.

Spices and carbonation—heavily spiced foods and sauces can act as cathartics for people and can produce gas. Carbonated beverages are gas producers, too. One great way to get the bubbles out of the carbonated drinks is with a dash of sugar. It will cause a frenzy of fizz and leave the beverage safely flat.

SOURCE: *The ReRoute on-line, Evansville, IN, The New Outlook, Ostomy Association of Greater Chicago, June 2009; Winnipeg Chapter Inside Out Summer 2009; Halton-Peel January 2016*

REMINDER 2022 MEMBERSHIP FEES ARE DUE!

PLEASE FORWARD \$30.00 BY EITHER
CHEQUE TO PATTY GIANOLI, (MEMBERSHIP CHAIR)
7631 Discovery Road Regina, SK S4Y 1E3

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E-TRANSFER TO GERRY POWERS



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.

VISITING SERVICES

We provide lay visiting service, at the request of the physician, patient or Ostomy Nurse, 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**

Moving? Questions? Need Information?

Regina Ostomy Chapter

7631 Discovery Road

Regina, Sk S4Y 1E3

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

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

**Charitable Registration No.
119114213RR0001**

VISITING PROGRAM

May - August

Colostomy - 4

Ileostomy - 2

Urostomy - 4