

“The Mail Pouch” December 2018



Edmonton Ostomy Association

Annual Christmas Banquet, Social & Fund-Raising Event

Date: Tuesday December 4, 2018

Where: Chateau Louis Hotel Conference Centre
11727 Kingsway, Edmonton AB, T5G 3A1

Cost: \$25.00 per person for the meal

Deadline for meals and special dietary orders - 3 p.m. Friday November 30

Event: Doors open at 5:30 p.m. Live Keyboard Music.

Details: Cash Bar opens at 6:00 p.m. Supper at 6:30 p.m.

Donated items are welcomed for Live Auction, Luck of the Draw Raffle, and Door Prizes (For LUCK OF THE DRAW donations - maximum of two unused/new items per person.)

Luck of the Draw tickets 5 for \$5.00 or 15 for \$10.00

Contacts: Fred Hermary – meals/ special dietary orders, events info. Ph. 780-463-4746

Daryl /Adeline Eggen – donated items information Ph. 780-418-2028

PLEASE NOTE – ALL TRANSACTIONS TO BE PAID FOR BY CASH OR CHEQUE ONLY.

Members and their Guests are
Welcome to Attend!

“PRESIDENT’S MESSAGE”

Seasons Greetings:

What an unusual Fall and Winter that we are experiencing. I can not recall when there have been such temperature changes in such a short time. Today, I’m hoping that the weather will be nice for the Grey Cup on the 25th. I have the good fortune of three tickets for that day and will be taking two grandsons with me. With the Eskimos out of the playoffs, I will be cheering for Calgary to win.

Our Christmas Banquet and Annual Fund raiser is fast approaching. Call me (Fred Hermary) at 780-463-4746 to make your reservations. See more information in the newsletter and on the web-site.

Our next meeting and first meeting in the new year will be on March 5, 2019 at St. Andrew’s Center in the Monsignor William Irwin Reception Room at 7:30 PM. More details about that meeting will come out in our March “Mail Pouch” and will also be available in our website in February.

Wishing all of you a Very Happy Holiday Season.

Fred Hermary,

President,

EOA.

Luck of the Draw Raffle

With the Luck of the Draw a bag will be set by each item or group of items being raffled. Look carefully as a bag may be for a number of items. Buy your tickets and proceed to put them into the bag of the item or items you want to win. You could put all your tickets in one bag or spread them throughout all the bags. The more tickets you put in any one bag, the better chance you have of winning that prize. One winning ticket will be drawn from each bag and the winner will receive whatever items that bag represents.

Good luck and buy lots of tickets.

The proceeds of the luck of the draw raffle and the live auction support the Edmonton Ostomy Association and its ongoing affairs.



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Edmonton, AB T5G 0X3
Ph: 780-452-4386
Fax: 780-447-3416

www.aspenhealthcare.ca

Edmonton Ostomy Association Executive and Committees 2018 - 2019

Executive			
President	Fred Hermary	780- 463- 4746	redpumper@shaw.ca
Vice President	Marjorie Leviene-Watson	780- 487- 4273	nightbloomer2young 2hotmail.com
Treasurer	Kurt Heise	780- 456- 2026	kfheise@telus.net
Secretary	Corrine Krishka	780- 454- 4334	ckrishka@shaw.ca
Committees			
Greeting Cards	Janet Nichols	780- 437- 4160	eoagreetingcards@gmail.com
Friends of Ostomates Worldwide (Canada) (FOWC)	Daryl & Adeline Eggen	780- 418- 2028	www.ostomyedmonton.com
Meeting Host	Vacant		
Membership	Janet Nichols	780- 437- 4160	EOAmembership@gmail.com
Newsletter Editor	Dorothy Hermary	780- 463- 4746	themailpouch@gmail.com
Public Relations, phoning	Marjorie Leviene-Watson	780- 487- 4273	
Special Events Coordinator	Fred Hermary	780- 463- 4746	redpumper@shaw.ca
Spouses and Significant Others (SASO)	Adeline Eggen	780- 418- 2028	
Visiting Coordinator	Eileen Broberg	780- 454- 2523	
Medical Advisor for EOA	DR. R.J. Bailey		
Edmonton Ostomy Association Web Site			www.ostomyedmonton.com

Nurses Specialized in Wound, Ostomy & Continence (NSWOC) - Edmonton and Area Hospitals

Grey Nuns Community Hospital Phone 780-735-7000	Edmonton	Camille Ream & Rahimah Moosa
Misericordia Community Hospital Phone 780-735-2000	Edmonton	Beth Beaudoin, Michele Evans & Michele Archutick
Royal Alexandra Hospital Phone 780-735-4111	Edmonton	Deborah Bates
University of Alberta Hospital Phone 780-407-8822	Edmonton	Sharon Goodhelpsen, Sandy Bressmer & Samara Rao
Stollery Children's Hospital Phone 780-407-8822	Edmonton	Guen Kernaleguen
Sturgeon Community Hospital Phone 780-418-8200	St. Albert	Karen Napier

HOME CARE - EDMONTON & AREA - Community Care Access Line 780-496-1300

Areas for services: Cities of Edmonton, St. Albert, Fort Saskatchewan, Leduc, Strathcona County, Devon, Thorsby, Stony Plain, Morinville, and outlying areas.

Phone the Community Care Access Line 780-496-1300, open 24 hours a day, for information and for assessment of needs. **Established registered ostomates can obtain specialized nurses services, if needed, as part of Home Care by phoning this number.** Doctor referrals are not required. Have your Alberta Health card number on hand.

For other general health advice and assistance phone Alberta Health Link 811 or 780-408-5465, open 24/7.

Compiled by Adeline Eggen, SASO Rep. for EOA, December 2018

Red Deer Ostomy Association (Satellite of EOA) Executive 2018 - 2019

President	Crystal Lynch	403 342 2851	slynchc@telus.net
Vice President	Vic Stryski	403 342 0018	vstryski@shaw.ca
Secretary	Colleen Graham	403 347 0115	
Treasurer/Membership	Barry Bowkette	403 347 8821	
Publicity	Vacant		
Visiting	Crystal Lynch	403 342 2851	slynchc@telus.net

Nurses Specialized in Wound, Ostomy & Continence (NSWOC) - Red Deer Area

Tina Beckerton	Phone 403 341 2122 Fax 403 346 2610	Tina.Beckerton@AHC.ca
Michele Graham	Phone 403 341 2178	Michele.Graham@AHC.ca

The Red Deer Ostomy Association meets on Saturdays. Please call Crystal 403-342-2851 for the next meeting date.

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* Coloplast clinical study, 2014. Data on file.



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Exciting News for Ostomates who live in Prince Edward Island

Province to Cover Ostomy Supplies: Previously there was no government coverage in PEI

Health Minister Robert Mitchell has announced the launch of a new Ostomy Supplies Program to support individuals living with an ostomy.

Individuals living with an ostomy use an external pouch to eliminate waste from their body. Ostomy advocates have said the cost of supplies can range from \$200 to \$1,000 per month. Under the new Ostomy Supplies Program, all Islanders who require a permanent ostomy will be eligible for financial assistance.

The province says approximately 585 individuals are currently living with ostomies in the province. An ostomy may be necessary due to birth defect, cancer, inflammatory bowel disease or severe abdominal or pelvic trauma.

“This new program will have a major impact on the lives of hundreds of Islanders currently living with ostomies,” Mitchell said.

“Living with an ostomy not only impacts your health and every day activities, but also your finances. We are taking action now, to provide financial support to those islanders in need.”

“I am thrilled with this news,” said Christine MacCallum, facilitator for the Charlottetown Ostomy Peer Support Group.

“We went from having no help to a really good and fair start to help Islanders living with an Ostomy.”

The new program will come into effect January 1, 2019. Coverage will be based on income and will range from 90 per cent coverage for individuals earning less than \$20,000 per year to 60 per cent coverage for individuals earning more than \$100,000 per year.

Through Health PEI, the province will continue to provide education and training in hospital by Enterostomal Therapists, as well as post discharge supports in-home until patients are able to manage independently.

Supplies that will be covered will include skin wafers, ostomy pouches, adhesive removers, skin barrier wipes and ostomy belts.

The Guardian

CHRISTMAS SHOW

North Edmonton Seniors Association (7524 139 Avenue)

December 11, 1 - 3 p.m.

\$10 per person

The Christmas show features traditional, classical, jazz, rock and blues holiday music by SixFeetUp. Even Elvis will make an appearance! Tickets on sale until December 7. Monies raised are donated to the NESAs Seniors in Need fund. Call 780-496-6969 for information.

Ollie is a Teddy Bear with an Ostomy and he is being given to children who undergo ostomy surgery at Rush Hospital in Chicago. What a marvelous idea!

Ollie Teddy Bear



Awesome Ostomy @AOstomy

The Impact of Ostomy Youth Camp: An Article from *Ostomy Canada Connects*

Once upon a time, a young boy named Eric sat in his bedroom, morose, sad, and even glum. He had an ileostomy.

While fully understanding what it meant, he felt isolated when he was trying to play with friends.

Eric was 12 years old and a bit more sensitive as he approached his teen years. He was afraid the ostomy pouch would let go and mess him. He was concerned that the flange would start leaking and embarrass him.

He thought he was the only boy who had an ostomy and was being marked by his friends as different because he was reluctant to socialize much with them.

Eric's Mum and Dad talked to him about his ostomy and explained there was nothing to be ashamed of but that didn't help a whole lot.

One day a friend of his folks, who also had an ileostomy, stopped by the house. He had attended an ostomy support group meeting the previous day and was so excited. He had heard about a summer camp that welcomed children with bowel diseases, and specifically with ostomies.

"You mean there are other kids like me who have ostomies?" Eric cried out. "I never knew that. Please tell me more about the camp."

The friend explained that it was in Alberta (the boy lived in Nova Scotia) and told him about all the good aspects of the week-long camp, even that there would be no cost to his parents.

Right away Eric's eyes filled with tears. "That's so far away," he said. "I've never been on a plane. I've never been away from home except for the odd sleepover."

The friend replied, "Our ostomy group sends kids to camp every year, even some who have never been away from home either. Let me get someone to call you and tell you what it's all about."

Eric agreed and a very kind, gentle man called his parents and told them how exciting the camp was, what it means to the children who attend, and what this boy would gain from it.

Everyone was thrilled. This was February and Eric started thinking that July was so far away.

But he waited and waited, still a bit concerned about travelling that far and being on his own, away from home for the first time.

July came. On the morning of the flight, Eric arrived at the airport with his folks. There were four other boys and girls waiting with a friendly adult, waiting to board the plane to Alberta. Eric smiled shyly as he met the other kids but quickly found a friend to talk to.

The plane departed. Eric arrived in Alberta and met 30 more young people, all of whom had ostomies like he did.

“I’m not the only one,” he thought and smiled to himself. “This is a real eye-opener. I can be myself with these other kids. I don’t have to be shy and don’t have to worry about my appliance. They’ll understand if I have an “accident”.

A week later, as he was ready to depart for home, Eric again had tears in his eyes. But they were tears of joy, of realization that he had had the best week of his life, doing activities that he never thought he could do, with other kids with ostomies who were experiencing the same things he was.

“I want to come back next year,” he said to the camp leader and his counselors. “I can’t wait.”

Eric spent days, almost weeks, telling his parents about his camp life. He called the family friend who suggested camp and raved about his experience. He even prepared a “show-and-tell” for his schoolmates to explain what an ostomy was all about and how he was able to do things that they did.

Eric was a changed boy. He even convinced his parents to join the ostomy group so they could learn even more about ostomies. And he attended a meeting or two, too.

Today, Eric is happy, outgoing, friendly and eagerly waiting to go to camp again.

Joel Jacobson, Editor

Ostomy Canada Connects

Ostomy Youth Camp Details for 2019:

Ostomy Canada Youth Camp July 9 –12, 2019

Deadline for Camp Volunteer Applications May 1, 2019

Deadline for Youth Camp Applications. May 15, 2019

Ostomy Canada Society

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.

“Live Life to the Fullest!”



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Stoma Stroll Awareness Walk

According to the Stoma Stroll website, \$25 051 has been raised. As donations are sent in, this amount will hopefully reach our goal of \$30 000. To all individuals and teams who supported the 2018 Stoma Stroll Awareness Walk, we appreciate your donations and participation in making this annual event successful. A special thank you goes to the Ostomy Association of Simcoe County for raising \$10,749, contributing a third of our expected goal. We would like to recognize and show our appreciation to the other top teams that raised \$7417, in total, Re-gina Ostomy Chapter Team, Ostomy Halifax Society, Hollister Canada Stoma Stroll 2018 and Saskatoon Ostomy Association. Thank you also to the following top individuals: Bill Power's 2018 Stoma Stroll; Joel's Stroll; Kovarskya; Hazen and Friends; and Peter Folk, who altogether raised a total of \$6555 in support of the Stoma Stroll.

Ann Ivol, President, Ostomy Canada Society

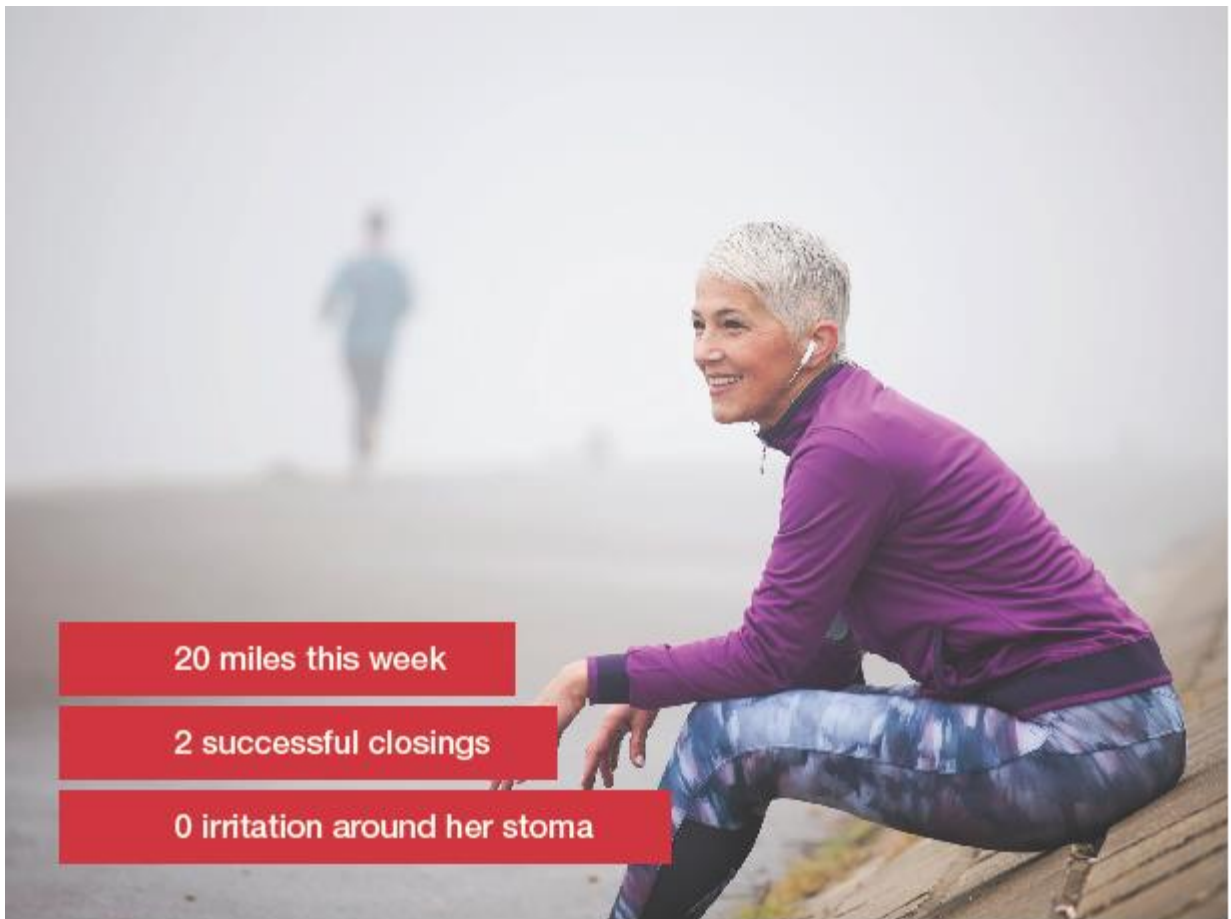
At the Edmonton Ostomy Association's November meeting a decision was made to send a cheque for \$500 to our national society in support of the 2018 Stoma Stroll.

Ostomy Canada Society Facebook Group

The Ostomy Canada Society has a closed Facebook page that you can request to join. In addition to getting information about events, people with ostomies can share their concerns and get advice from other individuals with ostomies. People who are spouses or significant others (SASO) can also request to join. If you have a Facebook account simply search for Ostomy Canada Society and submit a request. If you don't have a Facebook account, you will need to open one in order to join the group.

CHRISTMAS ALPHABET

Q: How is the alphabet different on Christmas than any other day? A: On Christmas, it has Noel.



20 miles this week

2 successful closings

0 irritation around her stoma

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EDMONTON CHRISTMAS LIGHT TOUR

Westend Seniors Activity Centre (9629 176 Street)

December 12, 6:30 - 9 p.m.

\$25 members; \$30 non-members

Experience Edmonton's best Christmas light displays from the comfort of a coach bus. The tour includes stops at the Alberta Legislature Buildings, Candy Cane Lane and Government House. Call 780-483-1209 for information on how to register.



Gordon Inglis' Celebration of Life

INGLIS, Malcolm Gordon: The family of Gordon Inglis invites you to join them in celebrating his life on Saturday, December 1, 2018 at 2:00 p.m.

at Foster and McGarvey Funeral Homes (10011-114 St. NW, Edmonton).

There will be an opportunity to share stories about Gordon, and as per his wishes dress will be casual.

"There is hope and there is light. Being happy is a choice that you can make. It's your choice."

Dana



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*Model portrayal
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Grandma's Shortbread

½ cup cornstarch (125 ml)

½ cup icing sugar (125 ml)

1 cup all-purpose flour (250 ml)

¾ cup butter, softened (175 ml)

Sift together corn starch, icing sugar and flour. With wooden spoon, blend in butter until soft, smooth dough forms. Shape into 1-inch (2.5 cm) balls. If dough is too soft to handle, cover and chill for 30 – 60 minutes. Place 1 ½ inches (4 cm) apart on ungreased cookie sheet; flatten with lightly floured fork. Alternatively, roll dough to ¼ inch (6 mm); cut into shapes with cookie cutters. Decorate with candied cherries, coloured sprinkles or nuts if desired. Bake in 300° F (150° C) oven for 15 – 20 minutes or until edges are lightly browned. Cool on wire rack. Makes about 24 cookies.

Crescents: Add ½ cup (125 ml) ground almonds or hazelnuts to flour mixture. Shape into logs about ½ inch (1 cm) thick and 3 inches (7cm) long. Twist into crescent shapes. When baked and cool, dip ends in melted chocolate.

Canada Corn Starch Recipe



Membership

Membership fees are now due.

Fees are \$30.00 per year. This covers January 1, 2019 to December 31, 2019 and includes your membership in the Ostomy Canada Society. From the Ostomy Canada Society, you will receive 2 magazines while your Edmonton Ostomy Association provides 8 newsletters, meetings, and events.

Please stay current with your membership fees as our group has to forward funds to our national organization for our chapter's membership with them by the end of the year.

A membership form is provided at the end of this newsletter and fees can be paid at the Christmas Event on December 4th.

Please contact Janet at eoagreetingcards@gmail.com to request cards for members who are sick, injured, or grieving.

Volunteer Opportunities

TELUS World of Science – Edmonton: Fall 2018 Volunteer Opportunities

Your experience could open a door to discovery!

Help others discover the world and beyond in a fun and interactive environment.

A variety of unique opportunities await you in educational or ambassador roles as a volunteer staff member at TELUS World of Science – Edmonton!

- Educational Positions: Science Garage Workshop Assistant, Gallery Interpreter, Birthday Party Assistant, and Assistant Observatory Attendant
- Guest Services Volunteer Hosting and Ambassador Positions: Hospitality Hosts and School Program Host
- School Programs Positions: Assistant School Programs Leader

Weekend and week day shifts are available.

For more information visit the TELUS World of Science - Edmonton volunteer web page or contact Volunteer Resources at 780-452-9100 or by email at vr@twose.ca.

Volunteer for the Ostomy Canada Society

Ostomy Canada needs your help to fulfill its mission in support of those who live with an ostomy.

Committees are organized under the following five pillars:
Governance; Finance and Fundraising; Advocacy; Marketing and Communication and Outreach.

Each pillar is the responsibility of a director. These directors are called Pillar Administrators.

If you are interested in assuming the role as leader or member of a committee please send your name and contact information to the specific pillar administrator at

info1@ostomycanada.ca

OSTOMY CANADA SOCIETY NEEDS YOUR HELP



Q: Why does Santa have 3 gardens? A: So he can ho-ho-ho.

<https://www.rd.com/joke>

Regina Ostomy Chapter's "The Power of You" Education Seminar

Speaker: Angie Schickerowski, Author of the Healing Compass & World Traveler, Benalto Alberta

Topic: Using Life's Lemons to Live Your Life to the Fullest

"Love Your Family. Spend time, be kind, serve one another. Tomorrow isn't promised and today is short."

Angie's Healing Compass has 4 quadrants:

Body = Physical Health

Mind = Mental Health

Heart = Emotional Health

Soul = Spiritual Health

Follow Angie on Instagram at [healing.compass](https://www.instagram.com/healing.compass).

Posted on her Instagram account is a Mark Twain quote:

"If it's your job to eat a frog, it's best to do it first thing in the morning.
And if it's your job to eat two frogs, it's best to eat the biggest one first."

Angie's Advice:

- Your "frog" is the thing on your list that you're dreading. The task you hate doing. Or maybe the thing you're unsure of, so you put it off because it requires a little more research or just an extra dose of confidence/courage. It's that task that has enough importance to make it on your to-do list or to nag you while you're trying to fall asleep, but you just keep putting it off.
- The idea behind eating the frog is that you look at your list of things you have to do in a day, and identify your frog. Then just get it done. Chances are it's a task that will take a short amount of time.
- Do you love that weight-lifted-off-your-shoulders feeling as much as me? That's what I notice the most when I stay consistent with eating my frogs.

The Healing Compass: Find your roadmap to a healthy, happy life. By Angie Schickerowski, 2018

EDMONTON OSTOMY ASSOCIATION (EOA)

2019 MEMBERSHIP FORM

Membership fees are \$30.00 per year. This covers January 1 to December 31 and includes your membership in the Ostomy Canada Society which includes 2 magazines as well as membership to the Edmonton Ostomy Association which includes 8 newsletters, meetings, and events.

Check the Edmonton Ostomy Association website for updated meeting and event information:
www.ostomyedmonton.com

Please make cheque payable to “*The Edmonton Ostomy Association*”

Mail your cheque and completed form to:

Edmonton Ostomy Association
c/o J. Nichols
5607 – 114 A ST. NW
Edmonton, Alberta T6H 3M8

Or better yet come to the Christmas event on December 4, 2018 and save yourself the postage.

Name: _____

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Membership Status: please circle
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Renewal
Change of Address

Type of Surgery: please circle
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