

**“The Mail Pouch”**  
**The Edmonton Ostomy Association**  
**Newsletter**  
**June 2018**

**Year End Potluck & BBQ**  
**Tuesday June 5, 2018**  
**6 pm – 9 pm**  
**Queen Mary Park Community Hall**  
**11528 107 Ave NW, Edmonton**

Bring what you would like to share, but this year, we’ll be having a **BBQ** as well. We’ll be cooking beef patties and supplying the usual condiments, ketchup, mustard, and relish, as well as buns.

Kendall Smith from Hollister has volunteered to be our BBQ master. Thank you, Kendall.

We’ll also have coffee, tea, non-alcoholic punch, and water.

Eating utensils, disposable plates, cups, and glasses will be provided.

**If you want a hamburger, please RSVP so we have enough. Call Fred at 780-463-4746 and leave a message with the number of required burgers.**

**The deadline for burger requests is Saturday June 2<sup>nd</sup>.**

If you only want to partake of the pot luck items, a phone call isn’t necessary. Just come with your own offering. Potluck food is always amazing.

**We’ll need six volunteers to help set-up at the beginning and again to clean the hall at the end. If you’re able to help set up, please come for 5 pm. Thanks in advance.**

For anyone who attended last year’s potluck, you’ll remember the eloquent Colton Strawberry, the young man we sponsored for Ostomy Camp. We’ll be sponsoring Colton again this year and he and his family will be attending the potluck so that Colton can share his adventures from last year’s camp.



## President's Message



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Hello to all:

Well, I guess winter is finally gone and summer is here and I'm not sure what happened to spring. With that thought, it's time for our Year End Pot Luck Social.

As usual, bring what you would like to share with others, but this year, we will be having a **BBQ** as well. We'll be cooking beef patties and supplying the usual condiments, ketchup, mustard, and relish, as well as buns. We'll also have coffee, tea, non-alcoholic punch, and water. Eating utensils, disposable plates, cups, and glasses will be provided. **If you want a hamburger, please RSVP so we have enough. Call Fred (me) at 780-463-4746 and leave a message with the number of required burgers. The deadline for burger requests is Saturday June 2<sup>nd</sup>.** If you only want to partake of the pot luck items, a phone call isn't necessary. Just come with your own offering. The food is always amazing.

**This Year's Pot Luck Social will be on Tuesday June 5th from 6 pm – 9 pm**

**at**

**Queen Mary Park Community Hall**

**11528 107 Ave NW**

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At the AGM in May we were able to fill the Vice-President and Treasurer vacancies. Please welcome Marjorie Leviene-Watson as Vice-President and Kurt Heise as Treasurer. These two executive positions will only be for one-year terms as they are again up for election in 2019.

On the weekend of May 4<sup>th</sup> and 5<sup>th</sup>, Daryl Eggen, Adeline Eggen, Dorothy Hermary and Fred Hermary attended the ostomy education seminar in Regina, Saskatchewan. Short verbal reports will be given at the first meeting in September.

As usual, we will be breaking for the summer months with a return to St. Andrew's Center on September 4<sup>th</sup> at 7:30 pm. Have a Great Summer.

I'm looking forward to seeing all of you at the June 5th Year End Event.

Fred Hermary

President, Edmonton Ostomy Association

## Edmonton Ostomy Association Executive and Committees 2018

<b>Executive</b>			
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
<b>Committees</b>			
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	Diane Currah	780- 488- 3590	
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	Martha Patry & Beth Beaudoin
Royal Alexandra Hospital Phone 780-435-4111	Edmonton	Deborah Bates
University of Alberta Hospital Phone 780-407-8822	Edmonton	Sandy Allen, 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. May, 2018

**Red Deer Ostomy Association (Satellite of EOA) Executive 2017 -2018**

President	Crystal Lynch	403 342 2851	slynchc@telus.net
Vice President	Vacant		
Secretary	Colleen Graham	403 347 0115	
Treasurer/Membership	Barry Bowkette	403 347 8821	
Publicity	Vacant		
Visiting	Crystal Lynch	403 342 2851	slynchc@telus.net
Hostess	Vacant		

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

Tina Beckerton	Phone 403 341 2122 Fax 403 346 2610	<a href="mailto:Tina.Beckerton@AHC.ca">Tina.Beckerton@AHC.ca</a>
Michele Graham	Phone 403 341 2178	<a href="mailto:Michele.Graham@AHC.ca">Michele.Graham@AHC.ca</a>

\*\*\*\*\*

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

\*\*\*\*\*

**NAME CHANGE from ENTEROSTOMAL THERAPY NURSE (ET)  
to NURSE SPECIALIZED in WOUND, OSTOMY & CONTINENCE (NSWOC)**

The Canadian Association for Enterostomal Therapy (CAET) officially announced a change of names on May 4, 2018 at its National Conference in Victoria B.C.

**The designation of ET nurse will no longer be used. Instead, the new designation will be:  
Nurse Specialized in Wound, Ostomy & Continence (NSWOC).**

The association for these specialized nurses will now be known as: Nurses Specialized in Wound, Ostomy & Continence Canada (NSWOCC).

It will take some time for everyone to get accustomed to the new names, initials, terms and logos. However, the aim of the work done by these professionals will continue to be focused on the best care for anyone needing these specialty services.

Submitted by Adeline Eggen, SASO Rep for EOA, with information taken from: April 2018 issue of Ostomy Canada Connects



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### **Exciting News from our May AGM**

The two executive positions that were vacant have now been filled by Marjorie Leveine-Watson as Vice-President and Kurt Heise as Treasurer. Marjorie already has the position of public relations and phoning and will now add Vice-President to her other responsibilities. Kurt has previously been the Treasurer for the Edmonton Ostomy Assn and brings all his expertise with him. Thank you to both Marjorie and Kurt for agreeing to let their names stand for these important positions. Both the Vice-President and the Treasurer positions will be up for election again in 2019.

Additionally, thanks go out to Fred Hermary who agreed to remain as President for another 2 years and to Corrine Krishka who accepted the position of secretary for another 2 years.

Many thanks are also due to Daryl and Adeline Eggen who formed our nominating committee.

Janet Nichols, our membership co-ordinator, announced at the meeting that we are at 100 members for the current year.

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## Congdon's Open House

On May 17<sup>th</sup>, Congdon's held an open house and requested that some members from the Edmonton Ostomy Association attend as volunteers. The volunteers who gave their time, passed out EOA material, and helped open house attendees enter Congdon's draw for a number of super prizes were: Fred Hermary, Corrine Krishka, Colleen Unkauf, Fran Heise, Dwight Williamson, Daryl Eggen, and Dorothy Hermary. Fred even won one of the door prizes and received a glass bee-themed beverage dispenser.

The open house included a BBQ with burgers, hot dogs, and chips as well as beverages, squares, and cookies. Even if you live across the city, the food and atmosphere were worth the drive.

\*\*\*\*\*

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\* Coloplast clinical study, 2014. Data on file.



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**Q: What do you get when you combine an elephant with a fish?**

Swimming trunks!





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- Mark Ferbey, Owner  
Market Drugs Medical

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## Summer Riddles

**Q: Why did the dolphin cross the beach?**

To get to the other tide!

**Q: Why don't oysters share their pearls?**

Because they're shellfish!

**Q: Why do fish like to eat worms?**

Because they get hooked on them!

**Q: What is a shark's favorite sandwich?**

Peanut butter and jellyfish!

**Q: What is a frog's favorite summertime treat?**

Hopsicles!

**Q: What do you call a fish that doesn't have any eyes (i's)?**

A fsh!

**Q: Why should you never blame a dolphin for doing anything wrong?**

Because they never do it on porpoise!

<https://frugalfun4boys.com/2017/06/24/hilarious-summer-jokes-kids/>

\*\*\*\*\*

## EOA Future Events and Speakers

**September 4, 2018:** Brief Reports from Adeline Eggen, Daryl Eggen, Dorothy Hermary, and Fred Hermary on "The Power of You" Education Seminar as well as "Break Out Sessions" where members discuss their own challenges or successes with their own particular type of ostomy. Spouses and Significant Others (SASO) will also meet separately.

**October 2, 2018:** Leslie Whitney, Convatec Territory Manager for Wound Therapeutics, Ostomy and Critical Care for Northern Alberta will speak about Convatec's new customer support programs.

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

**Speaker Jo Hoeflok, Enterostomal Therapy Nurse from Toronto  
[now a Nurse Specialized in Wound, Ostomy & Continence (NSWOC)]**

### **Topic: Identification and Management of Peristomal Skin Complications**

Jo spoke about preventing and assessing Peristomal Skin Complications (PSCs) and suggests that we first need to recognize what's normal and what isn't. She recommends Hollister's "Take a Look" pamphlet whether you're using Hollister products or not.

Jo stated that skin complications are a global concern and that because ostomates have difficulty self-identifying complications, they typically don't seek help. She suggests that ostomates assess their skin around their stoma sites regularly and to do that assessment in a sitting position. She says that the skin around a stoma should look like the skin on the other side of the belly. If it doesn't, in her words "seek help".

Jo says that there are "five skin rights":

1. The right wear time (If when you look at the back of your barrier, it has changed color, decrease the wear time)
2. The right barrier shape (convexity or not)
3. The right barrier formula
4. The right barrier opening
5. The right patient education

For more information from Jo Hoeflok go to [www.badgut.org](http://www.badgut.org)

Dorothy will have some of the Hollister "Take a Look" pamphlets at the Year End Potluck if you'd like to see or have one.

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### **Canadian Summer (from a non-Canadian's perspective)**

I asked my Canadian friend "Did you have a good Summer? He replied "Yes indeed, we had a great picnic that afternoon!"

### **Miniature Golf**

It was at a miniature golf course on a brutally hot day when I saw a father with 3 kids. "Who's winning?" I asked cheerfully. "I am" said one "no, I am" said another. "No," the father said "their mother is!"

source: <http://www.jokes4us.com/miscellaneousjokes/weatherjokes/summerjokes.html>



20 miles this week

2 successful closings

0 irritation around her stoma

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## WHAT IS ACE?

The Alberta Cancer Exercise (ACE) Program is part of a study evaluating the benefit of Alberta-based community exercise programs for cancer survivors.

The primary goal of ACE is to help individuals who are currently receiving cancer treatment, or who have completed treatment within the last 3 years, adopt an active lifestyle. The program will be implemented in community-based exercise facilities across Alberta over the next 5 years (2016-21).



## CONTACT INFORMATION

**For Edmonton & Northern Alberta:**

Tel: 780-492-6007

Email: [albertacancerexercise@ualberta.ca](mailto:albertacancerexercise@ualberta.ca)

**For Calgary & Southern Alberta:**

Tel: 403-210-8482

Email: [acc@ucalgary.ca](mailto:acc@ucalgary.ca)

Website: [www.albertacancerexercise.com](http://www.albertacancerexercise.com)

Twitter | Facebook | Instagram: AlbertaSurvivor

This study has been approved by the Health Research Ethics Board of Alberta  
Ethics ID: HREBA-CC-16-0905



**ACE**  
ALBERTA CANCER EXERCISE



**Alberta-based study evaluating the benefits of exercise for cancer survivors**

Funding for this study provided by:



Alberta Innovates Health Solutions

If you're eligible, consider becoming part of this valuable Alberta-based study evaluating the benefits of exercise for cancer survivors.



## WHAT'S INVOLVED?

An exercise professional with cancer specific training will assess participants to determine physical fitness, muscular strength, flexibility, balance and body composition. The results of this assessment will be used to design an exercise program that is specific to each participant's fitness level and individual goals. Participants will take part in a combination of aerobic, resistance, balance, and flexibility exercises. Classes will be delivered in a circuit-training format or a group personal training format twice a week for 12 weeks.

## ELIGIBILITY

To be eligible for this study you must:

- Be pre-cancer treatment, currently receiving treatment, or within 3 years of treatment completion
- Able to participate in low to moderate physical activity
- 18+ years old and able to consent in English

## FAQS

### HOW LONG IS THIS STUDY?

Participation in this study includes a 12-week exercise program, 4 study assessments over the first year, and a follow-up questionnaire annually for up to 5 years.

### HOW MUCH DOES IT COST?

There is no cost associated with enrollment in this study; however, participating at some partnering facilities may result in indirect costs such as parking fees.

### HOW MANY PARTICIPANTS WILL BE INVOLVED?

A total of 1000 cancer survivors from across Alberta will participate in this study.

### WHERE WILL THIS STUDY TAKE PLACE?

The ACE Program works in partnership with:

- Universities of Alberta & Calgary
- Wellspring, Calgary & Edmonton
- City of Calgary Recreation
- YMCA Edmonton & Calgary
- Alberta Health Services

More partners to come as we expand throughout Alberta!

### WHAT ELSE SHOULD I KNOW?

If you would like more information about the study or to register for the ACE program, please call or email the study coordinator in your region using the contact information on the back of this brochure.

## STUDY ASSESSMENTS

If you take part in this study you will be asked to complete 4 assessments over a one year period. Each assessment will take approximately 90 minutes, and will include the following measurements:

- 1 Medical history and demographic questionnaires
- 2 6-minute walk test on a flat surface to assess aerobic fitness
- 3 Upper body muscular strength and lower body endurance tests
- 4 Core and shoulder flexibility test
- 5 A standing balance test
- 6 Height, weight, and waist & hip circumferences measurements
- 7 Questionnaires to assess individual symptoms, quality of life and physical activity levels

Assessments will be completed at the start of the study (baseline), 12 weeks, 24 weeks, and 1 year.

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Q: Do fish go on vacation?

No, because they're always in school!

## Fight back against fraud Protect yourself from cyber scams!

According to the **Competition Bureau of Canada**, cyber scams have been on the rise in the last few years. Criminals are getting better at using the latest platforms and technologies to commit fraud. What are you doing to protect yourself and fight back against fraud?

The first step to prevention is learning to recognize different types of scams. Here are four scams to watch out for in 2018.

### Phishing

Phishing is a scam with a hook—an email that looks and sounds legitimate but isn't. The email looks like it's coming from a bank or service provider or even from someone close to you. If you take the bait, you're redirected to a website that looks normal but really is a copy.

Thinking you're on the real website, you're not surprised or even suspicious when you're asked for personal information like your login details, password, account number or social insurance number. Once you provide your personal information, scammers can use it to commit fraud.

### Emergency scam (grandparent scam)

If you get an email from someone claiming to be a friend or relative in urgent need of cash to get out of trouble, it's probably a scam! Anyone can be targeted by an emergency scam, but scammers often prey on seniors. They can make their stories sound very believable.

For example, they'll pretend to be the victim's grandchild. The scammer will ask for money to be sent immediately to help them get out of trouble. The "grandchild" will insist on keeping this a secret so their parents don't find out.

The victim will go on to send money through a money transfer service, pre-paid gift, credit cards or even in bitcoins in hopes of helping their "grandchild." Unfortunately, the victim gets scammed and the money goes to the fraudster.

### Wire fraud

Also known as the "supplier swindle" or the "CEO scam," this is a type of fraud that targets businesses. In some cases, an employee gets an email from a high-ranking executive — often the CEO or CFO. The email tells the employee that they need to transfer money quickly to close an important deal.

In other cases, an employee gets an email from a trusted supplier. The email tells the employee that an order has not been paid or that their account information has changed. The employee is asked to change the supplier's banking information and send the payment.

In both scenarios, the email looks legitimate, so the employee goes ahead and sends the money. In fact, the email was a very good imitation and came from a scammer.

### Extortion scams

Extortionists are scammers who use every trick in the book to persuade you to give up money, services or even property. They can target anyone.

They contact you by phone, text messages, emails or social media messages. Once they have your attention, they lay out a sophisticated scenario in which you are left with what looks like only one sensible choice: to pay them. They may resort to threats against you, your family, your property or your reputation. In the end, the only thing they want is your money. They may ask for cash, but often enough they'll be subtle and look for other means of payment: one that fits their scenario. They may ask for an e-transfer, gift cards, pre-paid credit cards or even cryptocurrencies like bitcoins.

If you believe you're being threatened by an extortionist, don't panic. Call the police. Extortion is a criminal offence.

Remember, you can protect yourself and fight back against fraud by learning to recognize scams. Want to know more?

Visit the [Competition Bureau of Canada website](https://www.competitionbureau.ca) (look for *The Little Black Book of Scams*) or [servus.ca/security](https://servus.ca/security).

Source: Competition Bureau of Canada. (2018, February 22). [Fraud Facts—Recognize, Reject, Report Fraud](#).

## Fred's Experiences with Cyber Scams

A number of years ago, Fred provided his webmail information to a link in an email that he thought came from Shaw Cable, his internet provider. His email account was then used to spam thousands of other email recipients. Shaw Cable shut down his account and it took Dorothy hours on the phone to get everything set right. However, there are probably recipients of those emails who still aren't too happy with that redpumper guy. \* [Always go to the central website to check whether information is actually required and only enter information there after entering your secure passwords.](#)

Last year, Corrine, our EOA secretary, received an email that was supposedly from Fred asking to have some money transferred as soon as possible. Corrine phoned Fred and that was the end of that scam, but the perpetrator or perpetrators had even set up a special gmail account for the EOA president and then quickly closed it when Dorothy started inquiring. \* [Always check with any employer or superior before sending money anywhere. Corrine's a smart cookie.](#)

Fred and Dorothy have had phone calls from individuals identifying themselves as Canada Revenue agents who were going to have the RCMP arrest them if they didn't send money to a bogus account immediately. \* [Always use your common sense or if you're concerned contact the agency directly, in this case Canada Revenue. This scam was reported in a number of news articles and some people were unfortunately duped.](#)

Are you able to match the type of cyber scam to each of Fred's experiences?





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Fax: 780-447-3416

[www.aspenhealthcare.ca](http://www.aspenhealthcare.ca)

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## EDMONTON KOREAN SPRING FESTIVAL

*The Edmonton Korean Seniors College*

June 16, 6 - 8:30 p.m.

Location: South Point Community Centre (11520 Ellerslie Road)

Free

This year's edition of the annual Edmonton Korean Spring Festival will be a fun mix of classical and modern entertainment. Within the classical tour, there will be singing performances from Bethel Korean Language School's Children's Choir, Edmonton Korean Choir, Edmonton Evergreen Choir, and Calgary's Mugunghwa Choir, as well as a flute solo and a soprano solo from Seong Haneul and Park Gye-hyen. Within the fun tour, there will be a wide variety of performances from gymnastics to K-Pop to Taekwondo. Edmonton Rhythmics, KoRock, Apricity, ICAN, and Jeong's Taekwondo will be performing.

Everyone is invited to attend the event. Register on [Eventbrite](https://www.eventbrite.com) for your free tickets.

\*Each edition of the "Mail Pouch" will advertise an interesting and preferably free community event. If you are part of another group and would like to inform your fellow ostomates about special events contact Dorothy Hermary at [themailpouch@gmail.com](mailto:themailpouch@gmail.com) by the 15<sup>th</sup> of the month prior to the newsletter publication.

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Dana



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# EDMONTON OSTOMY ASSOCIATION (EOA)

## 2018 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](http://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  
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