

The Mail Pouch

Edmonton Ostomy Association Newsletter

June 2017

PRESIDENT'S MESSAGE

Happy Spring to all. As you guessed it, spring is here. Hopefully no more snow until next December.

At the May meeting we held our annual AGM.

I am happy to announce that we now have a Vice President, nominated and elected was Dorothy Hermary and as such Dorothy is our Special Speaker Co-coordinator. If you have someone in mind to hear as a speaker, you can e-mail her or contact her by phone leaving a message if she is not at home.

Katherine Dziwenka, Treasurer, was re-elected by acclamation and has agreed to stay for one more year. If anyone is willing and has some financial and computer skills Katherine would be happy to work with them for the remainder of the year.

We still need to fill in the positions of News Letter Editor and Membership. Both Janet and Gail are willing to assist anyone with those positions. If you have any skills within these positions, please contact me.

At the Suppliers and Vendors Night, I asked if anyone knew of a possible candidate for the summer camp at Camp Horizon near Bragg Creek as we had passed a motions that night to sponsor a youth for the camp and cover the fees of \$620.00 for the week. I received a phone call from Homecare and Surgical Supply and was given a name of a young person. I contacted the family to get some information. The family was very happy to hear of the news. The happy camper is Colton Strawberry. He and his Foster Mom Lennette Noack will be attending the June year end Pot Luck dinner. I have asked our guest, Colton Strawberry, to be the speaker at the dinner.

As for the dinner, set up time will be 4:30 PM dinner starts at 6PM and goes until 9PM.

Your potluck contribution is all you need to bring, as the tableware, coffee, tea, water and non-alcoholic punch will be provided.

We need 6 to 8 volunteers to help setup at 4:30 PM and clean the hall after 9PM the dinner. If you can help, please call me and leave a message.

I am also looking for a few volunteers for Thursday June 1, 2017 for the annual Congdon's Aids to Living Ostomy Day and Open House. People are needed for the 12:00-2:00 PM shift and two for the 2:00-4:00PM shift. Again, please call me and leave a message. There will be a BBQ and refreshments provided. All that we will be required to do is to greet, have attendees fill out door prize ballots and inform people about us, The Edmonton Ostomy Association. Don't forget they are at their new location at 10550-Mayfield Road.

See You there.

Fred Hermary,
President, Edmonton Ostomy Association

May you live all the days of your life.

Jonathon Swift

Edmonton Ostomy Association Executive and Committees 2017

| | | | |
|---|--------------------------|--------------|--|
| Executive | | | |
| President | Fred Hermary | 780 463 4746 | redpumper@shaw.ca |
| Vice President | Dorothy Hermary | 780 463 4746 | beneficence@shaw.ca |
| Treasurer | Katherine Dziwenka | 780 922 0944 | |
| Secretary | Corrine Krishka | 780 454 4334 | ckrishka@shaw.ca |
| Committees | | | |
| Greeting Cards | Janet Nichols | 780 437 4160 | janichols@shaw.ca |
| Friends of Ostomates Worldwide Canada (FOWC) | Daryl & Adeline Eggen | 780 418 2028 | www.ostomyedmonton.com |
| Meeting Host | Diane Currah | 780 488 3590 | |
| Membership | Vacant | | |
| Newsletter Editor | Janet Nichols | 780 437 4160 | themailpouch@gmail.com |
| Spouses and Significant Others (SASO) | Adeline Eggen | 780 418 2028 | |
| Visiting Coordinator | Elizabeth Cloutier | 780 452 3965 | clemliz71@gmail.com |
| | | | |
| Medical Advisor for EOA | DR. R.J. Bailey | | |
| | | | |
| Edmonton Ostomy Association Web Site | | | www.ostomyedmonton.com |

Enterostomal Therapy (ET) Nurses - Edmonton and area

| | | |
|------------------------------------|-------------|--|
| Grey Nuns Community Hospital | Edmonton | Camille Ream & Rahimah Moosa |
| Misericordia Community Hospital | Edmonton | Martha Patry & Beth Beaudoin |
| Royal Alexandra Hospital | Edmonton | Deborah Bates |
| University of Alberta Hospital | Edmonton | Sandy Allen, Sharon Goodhelpsen Sandy Bressmer, Samara Rao |
| Stollery Children's Hospital | Edmonton | Guen Kernaleguen |
| Sturgeon Community Hospital | St. Albert | On-call ET; phone the hospital for ostomy- care inquiries 780-418-8200 |
| Westview Health Centre | Stony Plain | No ET on site; phone the facility for information to get ET ostomy-care 780-968-3737 |

HOME CARE (ET NURSES) - EDMONTON & AREA

| | |
|--|------------------|
| Edmonton N.E. & Strathcona and Fort Saskatchewan | Karen Napier |
| Edmonton S.W. | Melody Yaceyko |
| Leduc, Devon & Thorsby | Carleen Norton |
| St. Albert, Morinville and outlying areas and part of Edmonton N.E. | Christine Powles |

Please note: Any registered ostomate at home can now access Home Care services by themselves by

phoning the general Community Care Information Line at 780-496-1300.

No referral is needed from an ET or a doctor.

Adeline Eggen – SASA Rep for EOA, compiled on May 12, 2017

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Fax: 780-459-0017

Homecare & Surgical on Whyte

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Edmonton, AB T6G 0T2
Ph: 780-439-6367
Fax: 780-439-5846

Aspen Healthcare on Kingsway

11315 Kingsway Ave
Edmonton, AB T5G 0X3
Ph: 780-452-4386
Fax: 780-447-3416

www.aspenhealthcare.ca

Party On at the Pot Luck Dinner

- When** Tuesday June 6, 2017
- Time** 6 PM
- Where** St. Mary's Community League Hall
10844 117 St NW
- What** You bring a potluck item to share
- How** Tell Fred you are coming
Phone him at 780 463 4746 or
Send him an email at redpumper@shaw.ca
- Cost** Your contribution to the Pot Luck Dinner
- Why** It is the last meeting of the year and
the whole gang will be there.

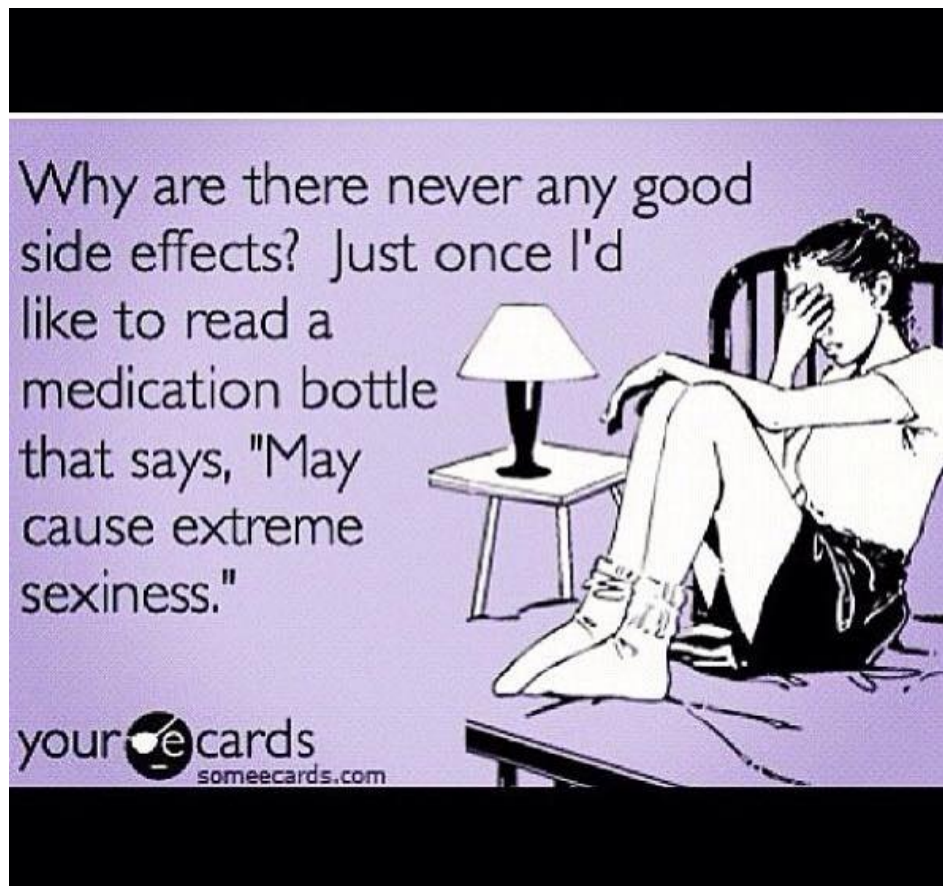
Red Deer Ostomy Association Executive 2017 -2018

| | | | |
|----------------------|----------------|--------------|------------------|
| President | Crystal Lynch | 403 342 2851 | slynhc@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 | slynhc@telus.net |
| Hostess | Vacant | | |

Enterostomal Therapy (ET) Nurses Red Deer Area

| | | |
|-----------------|--|--|
| Annette Paradis | Phone 403 341 2122 Fax 403 346 2610 | annetteparadis@albertahealthservices.ca |
| Tina Beckerton | Phone 403 341 2122 | 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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Vice-President's Report for June 2017

At our last meeting, which was also our AGM, I agreed to become the association's vice-president. Many of you know me as Fred's wife and while I have a membership, I do not have an ostomy. I recently volunteered to find speakers for our meetings and although I am a little unsure as to what this new position will entail (I've volunteered in enough other organizations to question how easy any volunteer position is), I look forward to some exciting meetings with some interesting speakers. And yes, for those of you who know that I have been pursuing a university degree, I graduate this spring. Therefore, I do have time to give this position my due diligence.

Reminders

Our annual potluck is coming soon. While I know information about the potluck will appear in other areas of this newsletter, I am adding another reminder. Please mark it on your calendar. Then come out and enjoy socializing with other members of the Edmonton Ostomy Association as well as sharing in the wonderful food that everyone always brings. Additionally, we need some help setting up for the potluck and cleaning up afterwards. If you can come a little early or stay a little later, your assistance would be much appreciated.

September Meeting on September 5th

Bonnie Gardner from Saint Elizabeth Health Care will be presenting on foot care. She is both informative and funny. I was lucky enough to win a foot care certificate from Bonnie when she presented at the City of Edmonton Retiree's luncheon a short while ago and the session I had with one of her nurses was fantastic. While I am still able to cut my own toenails, I do have diabetes and know how important foot care can be. Even if you know everything there is to know about foot care already, maybe you can win a gift certificate. Having someone who is experienced with foot care check the condition of your feet, cut your nails, pumice your heels, and apply some lotion is a treat. Come out and meet Bonnie. Even if you don't learn anything new, I'm sure she'll make you laugh.

Dorothy Hermary

Committee Reports

Friends of Ostomates Worldwide, Canada

From May 2016 to May 2017 the total number of boxes of donated supplies shipped for FOWC is 35.

Darryl and Adeline Eggan

Membership

We have 98 members at present.

Gail Shkonly

Newsletter

Newsletters were published for 8 months from September 2016 to June 2017. We mailed about 60 each time and send 76 by email which includes suppliers and other ostomy associations. I am looking for an assistant who will replace me by December of 2017.

Janet Nichols

Visiting

Seven telephone visits since April meeting, all colostomies made necessary because of cancer of the rectum.

Liz Cloutier

CeraPlus

“Did you know?”



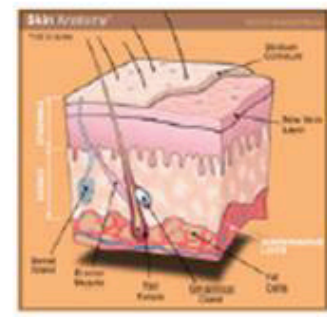
Ceraplus - 1st 'Functional' Skin Barrier

Standard Barrier Expectations



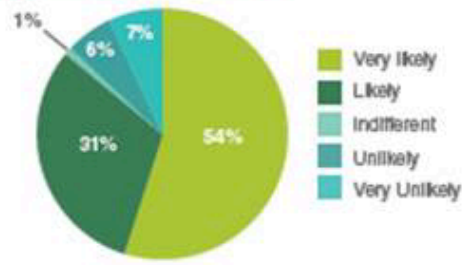
Optimal Skin Health

- Within the stratum corneum there are components called **Ceramides**.
- Ceramides are a natural component of human skin, consisting of a waxy lipid molecule. Just like a brick wall needs mortar to keep it strong and firm, **your skin needs ceramide to link the cells of the outer skin together to form a waterproof / protective barrier.**
- Skin needs **approximately 10% moisture content** to be healthy (preventing water loss and keeping irritants out)



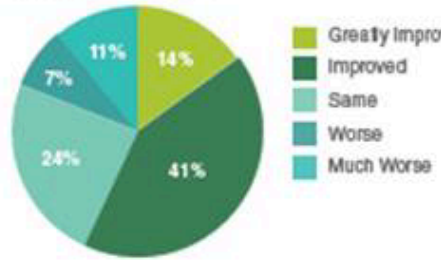
In a recent survey among your peers, the following results were found:

Likelihood to use/recommend



• **85%** were either **Likely** or **Very Likely** to use/recommend this product (Top 2 Box)

Skin condition after removal



• **56%** said the skin condition was **Improved** or **Greatly Improved** after the CeraPlus skin barrier was removed and **24%** stayed the same

Ostomy Tips for the Pool - Getting Into the Swim of Things

Can I go swimming with an ostomy? The answer is a resounding “YES!!!” Swimming is an excellent exercise—an opportunity for a good cardiovascular workout without overly stressing your joints or your spine. The pool is a great place to work on those range-of-motion exercises, the water helps support you while you move, and water exercises can be done in the deep end or while sitting in the shallow end of the pool. Best of all, swimming is an activity you can enjoy with family and friends of all ages and abilities! So why are so many of us afraid to get back into the water? Here are some of our issues and solutions:

**** I'm afraid that my appliance will leak or come off while I'm in the pool. This is by far everyone's number one concern. The thing to remember is that your pouching system is designed to be leak-free and water-proof, and your wafer adhesive actually gets stronger in water. As long as your seal is strong and intact, strap on your swim fins and jump in.

TIP #1: Don't go swimming right after you've put on a new wafer.

TIP #2: Make sure your pouch is empty.

TIP #3: Picture framing your wafer with water-proof tape isn't necessary but may give you the extra confidence you need.

TIP #4: Avoid wearing pouches with filters into the pool. Water may get in through the filter.

**** I'm concerned that people will be able to see my pouching system under my bathing suit.

A dark colored suit with a busy pattern will camouflage your appliance better than light colors like white or yellow, which can become almost transparent when wet. Note: your pouch will dry just as quickly as your suit will, so no need to worry about a telltale damp spot.

TIP #1: For women, choose a suit with a small, well-placed ruffle or skirt.

TIP #2: For men, choose a suit with a higher cut waist or longer leg.

TIP #3: You may wish to wear a smaller, non-drainable pouch (those designed for intimate moments work well here, too!).

TIP #4: If you have a colostomy and you irrigate, you may try wearing a stoma cap while you swim.

**** I'm embarrassed about changing into/out of my bathing suit in the locker room and people noticing my ostomy appliance.

Some of us don't care who sees what, while others are more modest when it comes to who knows about our ostomies and pouching systems. If you're a little on the shy side don't let the possibility of problems arising when changing prevent you from an enjoyable afternoon swim with family or friends.

Continued on page 12



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Evolution of Governance of Ostomy Canada 1962 – present

Prepared by the Bylaws Committee April, 2017

Ostomy support groups have been working together across North America for over 50 years to provide information and support to those people facing life after ostomy surgery. The decision-making processes have been constantly evolving so that our Chapters can continue to serve their communities. The discussions we are having right now are just the latest opportunity to ensure that we are governing ourselves as effectively as possible under the revised federal legislation.

This history can be divided into four phases according to which set of laws governed us:

- 1962 – 1981 The Growth Phase. Forming new Chapters under US law.
- 1981 – 1997 The Independence Movement. Changing to Canadian jurisdiction.
- 1997 – 2014 UOAC. Operating completely independently under Canadian law.
- 2014 - Today Ostomy Canada. Reincorporated under revised Canadian law.

In the last issue of Ostomy Canada Connects, we looked at the Independence Movement as UOAC shifted more of its emphasis towards Canada. In this issue, we continue the story of the evolution of governance of the independent United Ostomy Association of Canada. The conditions of membership changes several times during this period as the Member Chapters struggled to improve the effectiveness of governance.

1997. UOAC severed legal ties with UOA.

2000. *Voting Memberships - Affiliated Chapters only.* National Council amended the Bylaws to change the formula for weighted voting to favour larger chapters. Voting rights for satellites were eliminated.

2000. *District Support Services (now Chapter Outreach Support Services).* National Council approved the District Support Services Manual, in which they delegated many of their responsibilities for governance to the Chair of District Support Services, in particular the responsibility for the affiliation agreements with Chapters and Satellites.

2001. *Non-voting outreach groups.* National Council approved the creation of SASO, the first of several outreach groups that could be part of the national organization without having to go through the process of formal affiliation and participation in governance. Since then, other outreach groups have formed (20/40, Parents of Children with Ostomies, Youth Camp, Social Media Groups). In most cases, no membership dues were required to participate.

2012. *Electronic meetings.* New technology allowed for monthly Board and Staff meetings with a minor cost for an annual subscription for the software.

2013. *Non-voting individual and corporate memberships.* In anticipation of the impending federal legislation and the proposed changes to the rights of members, non-voting individual memberships and dues were eliminated and replaced by national supporters and their donations.

2013. *Conditions of Membership.* At the August 18, 2013 Board meeting, a motion to change the definition of member to an individual was approved by a vote of 5 against 2. No conditions of membership were defined in the motion. It was decided at the November 16, 2013 Board meeting to suspend any further decisions to change the membership structure until after receipt of the Certificate of Continuance from Industry Canada.

2014. UOAC re-incorporated under new federal legislation as Ostomy Canada.

Next month, we will look at the efforts of UOAC to govern itself effectively under the revised Canada Not-for-profit Corporations Act of 2014. At the 2017 annual general meeting of National Council, the delegates representing the affiliated Member Chapters will decide on the next step in the evolution of governance as we constantly strive to improve its effectiveness in a changing world.



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TIP #1: Try to find a spot that's out of the way or less crowded or change and towel off in a convenient bathroom stall.

TIP #2: Put on a dry, oversized T-shirt as a cover-up while you change.

TIP #3: A dry suit is easier to take off than a wet one. Relax by the side of the pool with a good book or a talkative friend before heading for the locker room.

TIP #4: Wear your bathing suit under a jogging suit or sweat pants and don't worry about changing at all.

**** What about using the hot tub or Jacuzzi? Go ahead. Again, as long as your appliance seal is good and your pouch is empty you should have no problems with your ostomy.

What about using the hot tub or Jacuzzi? Go ahead. Again, as long as your appliance seal is good and your pouch is empty you should have no problems with your ostomy.

General Tips:

Do some planning – you know your body better than anyone and how long after eating your ostomy starts to work.

Try to arrange your swimming for a time when your output will be minimal. If you are still concerned about entering the pool with your appliance, try this: put on your bathing suit, fill your bathtub with water and sit in it for half an hour. You'll feel more confident when you see there's no leakage. You'll also get to see what your suit (and your covered pouching system) look like wet.

A support garment or bike shorts under your suit or a snug, Lycra bathing suit can help to keep your pouching system in place and prevent your pouch and clip from migrating to the groin area. Some ostomates sew pockets into the inside of their suits as a way of providing additional pouch support, if needed. If you wear an ostomy belt, you should know that cloth belts stretch in the water – wear a rubber one if you want to wear a belt in the pool. Again, remember to get your doctor's okay before you take to the water or begin any strenuous exercise.

This article is provided to JDBS courtesy of [Stillwater-Ponca City \(OK\) Ostomy Outlook](#) and is Copyright by [Stillwater-Ponca City \(OK\) Ostomy Outlook](#)

We Usually Meet At
St. Andrew's Centre
12720 – 111 Ave
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on the **FIRST TUESDAY** of the month at 7:30 PM

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* Coloplast clinical study, 2014. Data on file.



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Complications and Problems

Retracted Stomas – A normal stoma has a slight protrusion from the skin level; this allows it to fit with ostomy appliances and the skin is protected from stoma output. Retraction is when the stoma is flush or below skin level. Sometimes the stoma may protrude when standing but disappear in the skin when sitting. Retraction is relatively common, with about 10 – 24% of stoma patients experiencing retraction. It's also more common with ileostomy than colostomy and tends to affect heavier (or obese) patients more frequently.

Retracted stomas can cause problems with leaking with standard pouching systems. A retracted stoma is far more prone to leaks since the stoma outputs its contents directly to the skin. This can compromise the adhesives on barriers and cause skin irritation if not cleaned regularly. However, there are solutions to help prevent leakage and keep the skin clean and the barrier safe:

- *Convex Barriers/Wafers* – The curved shape of the barrier helps the stoma protrude enough to keep the contents from leaking under the barrier.
- *Ostomy Belt* – Helps support the barrier and the pouching system to prevent leaks by supporting the appliance around the waist.
- *Adhesives* – Some barrier adhesives provide an extra tackiness that is far more waterproof; these adhesives can help prevent the skin and wafer to be compromised by leaks. *Ostomy Guide, Learning about*

Ostomy Complications online <http://www.ostomyguide.com/learning-about-ostomy-complications/>

EDMONTON OSTOMY ASSOCIATION (EOA)

2017- 2018 MEMBERSHIP FORM

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

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

Cheques can be mailed to: Treasurer Edmonton Ostomy Association

c/o K. Dziwenka

22365 Township Road 522

Sherwood Park AB T8C 1G2

Or better yet come to the next meeting on **Tuesday June 6** and save yourself the postage.

Name _____

Address _____

Phone _____ Email _____

Membership Status: please circle

New Member

Renewal

Change of Address

Type of Surgery: please circle

Colostomy

Ileostomy

Ileo Conduit

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