

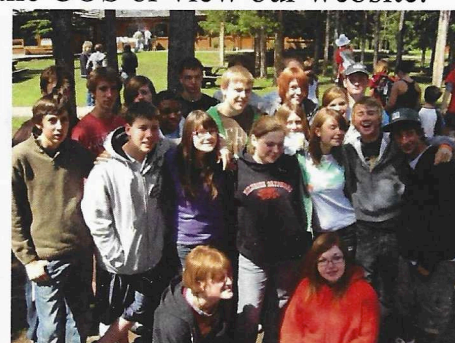
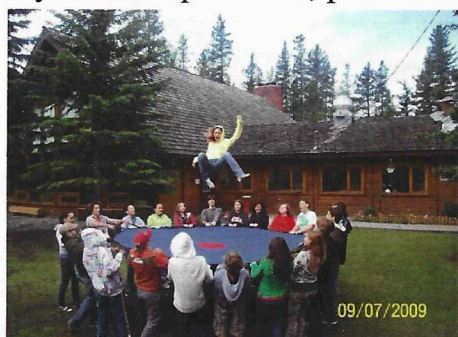


Changing Times

Calgary Ostomy Society Quarterly Newsletter

September 2009

Join members of the Calgary Ostomy Society on September 9th for our chapter meeting. Members and guests will meet and lend support to fellow ostomates as well as be presented with updates on recently passed events, including Youth Ostomy Camp at Bragg Creek and the Young Ostomates Conference in New Orleans. We are also excited to have a Fire Marshall as our Guest Speaker. Please plan to attend this chapter meeting in order to share summer stories with friends, meet newcomers, and seek and offer support and friendship. If you have any further questions, please feel free to contact a member of the COS or view our website.



Tuesday, September 8th, 2009

Time: 7:30 PM

**COS Reports & Support; Guest Speaker:
Calgary Fire Marshall**

Location: Canadian Cancer Society 200, 325 Manning Road NE Calgary, AB

Parking: Available in the lot to your left, beside the CCS, as well as in the CREB (Calgary Real Estate Board) "front" lot which faces the street – on the right as you approach the CCS. Please do not be late as late entry is difficult due to building security. Please call 403-542-0284 if you require late entry.





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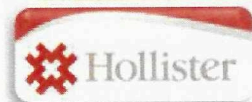
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Calgary Ostomy Society Membership Application

Membership of the Calgary Ostomy Society is open to everyone interested in supporting people with ostomy surgery and their families. All members receive Calgary Ostomy Society's regular newsletter, "Changing Times," and the United Ostomy Association of Canada magazine, "Ostomy Canada". Annual membership fee is \$30.00, payable to Calgary Ostomy Society. Please remit cheque or money order to:

**Calgary Ostomy Society,
Box 263, 7620 Elbow Drive SW
Calgary, AB, T2V 1K2**

Please Print
Name:

**SASO:
Address:**

City / Province / Postal Code:

Phone & E-Mail:

*A charitable tax receipt will be issued for all additional contributions of \$20.00 or more

Membership Information:

- ☐ Colostomy ☐ Ileostomy ☐ Urostomy
☐ Other (please specify)
☐ Supporter

Age Group: ☐ Under 18 ☐ 18 - 40 ☐ 41 - 59
☐ 60+



Check One:

- ☐ New Member ☐ Membership Renewal
☐ Donation only ☐ Change of Address

Highlights from the June 9th, AGM

The COS AGM process was brief and smoothly run, largely in thanks to Vice-President, Heather Orsted and her quick wit. The evening was well attended with several new faces amongst the members; we are always pleased and welcoming of newcomers. We were delighted to greet ConvaTec's new rep, Dan Ekstrand and welcomed reps from Coloplast, Chris Nord and Bonny Fox, as well as our local Hollister rep, Lynley Cook. Hollister provided the door prize for the evening, which was excitedly won by Gloria Reed. Pat Cimmeck shared plans for World Ostomy Day with the membership. Those plans aiming to have members visit all three Calgary Region Hospitals throughout the week of Oct 5th accompanied by "Shadow Buddies" in order to promote Ostomy awareness to the general public. Next Officer Kevin Zeh of the Calgary Police Service offered us an informative and thought-provoking talk on debit card skimming. Officer Zeh armed us with tips and techniques to prevent our possibility of being scammed and thus skimmed of our money. Special thanks are extended to Hollister as well as to Officer Zeh.

President's Message:

"To the members of the Calgary Ostomy Society,

It is with regret that I inform you that, due to personal circumstances, we have resigned as Presidents of the chapter, effective July 27th, 2009. This was not an easy decision to make, but we realized we're no longer able to give the position the attention it deserves.

Thank you for allowing us to serve you as Presidents; we appreciate the opportunity and enjoyed our time working with everyone involved, having learned so much.

We'll still be seeing you at the meetings, just as members.

We wish everyone continued health and success."

Respectfully yours, BJ Sailer & Denise Willms

ConvaTec - World Ostomy Day Contest

The theme is "How do you celebrate World Ostomy Day?" The contest will ask each local ostomy chapter to take a picture and include a short essay on how the ostomy chapter celebrated this year's World Ostomy Day. Submissions will be judged on the creativity of the event; Prizes will be awarded to the ostomy chapter. Winning pictures and stories have an opportunity to be included in a future issue of ConTact magazine. Submissions must be received by November 30, 2009.

Coloplast Merit Award – World Ostomy Day Contest

World Ostomy Day, which is held on October 3rd is fast approaching. Initiated by the International Ostomy Association, the aim of this day is to ensure the general community is aware of the needs and aspirations of ostomates and their families. The theme for World Ostomy Day 2009 is **"Reaching Out"** which depicts Ostomates from all walks of life reaching out to help others and to educate their local communities.

Once again, Coloplast will be supporting World Ostomy Day through its Coloplast Merit Award. Coloplast supports World Ostomy Day by awarding the IOA member associations that celebrate the day in a creative and innovative way.

Deadline is 31st January 2010. Winners will be announced at the Regional Congresses in 2010.

Membership news:

Our **condolences** go out to family and friends of our recently passed members: John Kinsman, Dave Reid (wife-Gloria), Verner Skanderup (father-in-law to Lisa Gausman), and to BJ Sailer's uncle.

Welcome to the following New Members and SASO (spouses & significant others).

We hope you will find support, encouragement and friendship: Mary Coulson, Noorally Khoja, Angie Klassen, and Lynda Mawer.

You will be receiving Membership Renewal notices from UOAC indicating your fee of \$30.00 is due to "The Calgary Ostomy Society" before our Membership year ends on November 30th. We need to update the Membership List and pay \$20.00/Member to UOAC by December 31st. This is a very busy time of year for everyone, so your prompt payment would be very much appreciated.

If you would also like to make a donation to The Calgary Ostomy Society at the same time, please note that we issue Charitable Tax Receipts for donations of \$20.00 or more.

Wes & Deana Richardson, Membership/co-Treasurers

Youth Camp was held July 6-11, 2009 with 34 campers in attendance, with last minute requests for two more. In that number, there were 10 new campers. The children came from the provinces of BC, Alberta, Saskatchewan, Manitoba, Ontario, Nova Scotia, Newfoundland, New Brunswick and one camper came to us again from Massachusetts, USA.

***Volunteer counsellors** came from BC, Alberta, Ontario, Saskatchewan and Australia totalling 11 participants.

***One** of our regular volunteers, Rob Hill, suggested that we set up a website with **pictures of camp activities**, expressly for the use of the parents and families of the camp participants. It proved to be a great success.

***Calgary sponsored two children**, Emily Kessler and Aidan Johnson. Both had a great time.

***I** would like to thank the following **members who volunteered for camp** in one capacity or another. Without their participation, the week wouldn't have gone as smoothly. They are **Berthe Huntley, Lisa Gausman, Elizabeth Lindner, Peter Martens, Ann Hambridge, Chris Nord, Dan Ekstrand, Lynley Cook, Heather Orsted, Garry Doyle, Magna Pandyra, Wes Richardson, Karen Spencer, Carla Mesic and Al Tambosso.**

***I** would also like to thank **CB Medical, Coop Home Health Care and Florence Robertson** for their donations to camp. We greatly appreciate their generosity.

***The** weather could have been better during the week but it never dampened the enthusiasm the kids have for the activities. This is the one-week of the year where they get to be themselves and not worry about social pressures or what people think.

*Every one went home with new and lasting friendships that will take them through the year until next summer.

Warmly, Pat Cimmeck

Making the Most of your Healthcare Visit using Ask Me 3™

Heather L. Orsted RN, BN, ET, MSc

According to the Institute of Medicine nearly 1/2 of all American adults (90 million people) have problems understanding and using health information.

Communication between the healthcare provider and the patient is a major component in any healthcare visit. The patient needs to leave the visit feeling confident that they know what is expected of them in order to gain the best health results possible. Empowerment is a word that is tossed around in healthcare aimed at allowing and supporting patients to be active participants in their care. Yet for empowerment to occur patients need to be well informed. The **National Patient Safety Foundation** recommends that you, the patient, ask three questions during your visits with healthcare providers. Their **Ask Me 3™** method is a quick, effective way to improve communication between you and your healthcare providers such as doctors, nurses, ETs, and pharmacists. Asking these questions will help you take care of your health, prepare for medical tests and take your medicines the right way. The **Ask Me 3™** questions are:

1. **What is my main problem?** This question puts the focus on understanding your diagnosis or the problem you have come to see your healthcare provider about. Make sure your healthcare provider explains your problem in a way that you can understand.
2. **What do I need to do about it?** This question is your opportunity to discuss the healthcare provider's instructions to make sure you clearly understand what you need to do once the visit is over. This allows you to give your opinions about the plan of care and maybe even discuss some of the challenges you may encounter trying to follow their recommendations.
3. **Why is it important for me to do this?** This question allows you to understand why you need to follow the healthcare provider's advice and what may happen if you do not follow their advice. It may also allow you to recognize the importance of making some lifestyle changes that may improve your health. Remember PREVENTION is the most important part of healthcare.

The National Patient Safety foundation recommends that you should not feel rushed or embarrassed if you don't understand something. You should feel free to ask your healthcare provider to explain something again if you are unclear. When you **Ask 3**, you are prepared and you know what to do for your health. You should **Ask 3** when you see your healthcare providers, you are having a medical test or procedure or you get your medicine.

A study by The University of Texas Health Science Center at San Antonio reported the results of using **Ask Me 3** in a children's health center. 100% of the 393 parents surveyed "liked" the program and felt the questions "helped them get more information about their child's health." The parents felt that the doctor spent more time with them, even though the study did not show any increase in the office visit time.

Ask Me 3™ is an educational program provided by the **Partnership for Clear Health Communication at the National Patient Safety Foundation™** – a coalition of national organizations that are working together to promote awareness and solutions around the issue of low health literacy and its effect on safe care and health outcomes.

For more information go to: <http://www.npsf.org/askme3/>

FUTURE EVENTS:**Quarterly Chapter Meetings:**

⊗ Tuesday, September 8th, December 8th held at Canadian Cancer Society.

Small Support Groups: ⊗ Tuesdays, October 13th November 10th at 7:30 pm. Held at Wellspring Calgary, 1404 Home Road NW *attendees need to RSVP by noon the day prior to 242-8394 (Berthe)

20/40 Support Group:

⊗ For ostomates between 18-41 years of age.

CALGARY OSTOMY SOCIETY

Box 263, 7620 Elbow Drive SW Calgary, AB, T2V 1K2

Website: <http://www.calgaryostomysociety.ca>

EXECUTIVE:

Presidents / Recruitment: Vacant

Website: Denise Willms (403) 275-7914

Vice-President:

Heather Orsted (403) 288-7380

E-mail: hlorsted@shaw.ca

Membership / Co-Treasurers:

Wes & Deana Richardson (403) 248-0692

E-mail: deanar@telus.net

Past President:

Pat Cimmeck (403) 273-8946 E-mail: pvc@shaw.ca

Publicity & Editor "Changing Times":

Lisa Gausman (403) 226-1737

E-mail: lisagaus@shaw.ca

Volunteer Visiting:

Berthe Huntley (403) 242-8394

E-mail: huntleyb@shaw.ca

Secretary: Deana Richardson: as above

20/40 Support Group Coordinator: Sheri Rodwell (403) 276-9770

E-mail: 20-40@CalgaryOstomySociety.ca

ENTEROSTOMAL THERAPISTS (ET'S)

Foothills Medical Centre: (403) 944-1552

Rockyview Hospital: (403) 943-3238

Peter Lougheed Centre: (403) 943-4774

Alberta Children's Hospital (403) 943-7290

MEDICAL ADVISOR:

W. Donald Buie, MD, MSc, FRCSC, FACS

Home Care: Edie Attrell, RN, BN, ET, IIWCC (403) 701-5592

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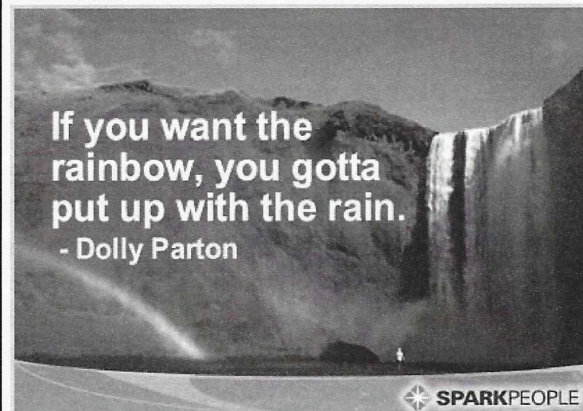
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Disclaimer: Articles do not necessarily reflect the views of the COS or the UOAC. Please consult your Doctor, or ET before using any product or method described.



If you have anything you would like to submit for publication, please email it to the editor.

How long a minute is depends on what side of the bathroom door you're on!



Bedpan Banter, by Brenda Elsagher, is an



Brenda Elsagher

entertaining and heart-warming collection of stories and anecdotes by ostomates, their families and medical professionals including ETs. Some stories are tear jerking, most bring hope and many bring laughter. Among 80

contributing authors is Ann Hambridge with her account of "An Amazing Lease on Life". If you would like to buy a copy please e-mail your order to ann@hambridge.com, or phone her at 403-239-5516. Copies will be brought to the September chapter meeting, selling for \$19.00.

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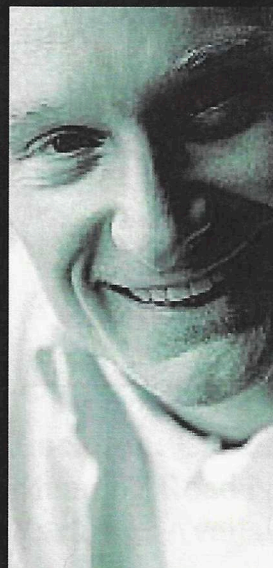
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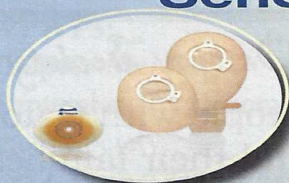


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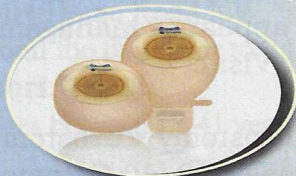
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