



SEPTEMBER / OCTOBER  
2016

## Getting Fit ! This Time with Yoga

I had ileostomy surgery almost forty years ago. During those four decades, I've included several types of exercises in my routine to try to keep as fit and healthy as possible—including snow skiing, cycling, power walking, gymnastics and 'going to the gym.' Each type was helpful and enjoyable for a time, but each also proved to have limitations associated with accessibility (travel required to mountains during winters), adaptability (as I've aged and don't want to break something), or getting a bit bored (possible downside of a gym workout routine).

About eighteen months ago, my sister suggested I check into yoga classes as an alternative fitness program. As it turns out, the small gym to which I belong was in process of adding yoga classes and so I decided to give it a try. I enrolled in the beginner yoga class, which is a combination of Hatha\* and Vinyasa\* yoga. From the first session, I was hooked. I've attended at least 2 one-hour sessions every week (sometimes 3 or 4) during the eighteen months and consequently have become much more fit.



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## MEETINGS

Meetings are held on the second Tuesday of the month at 7:30 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)

## UPCOMING MEETINGS

**September 13** - Conference chat

**October 11** - TBA

**November 8** - TBA

**December 13** - Christmas Party



## How so?

- I've dropped a full pant/skirt size.
- My posture has improved: I stand up/sit straight and hold my shoulders back without a feeling of strain.
- My breathing has improved: I've learned to take time periodically during the day to breathe deeper breaths and consciously breathe in and out more evenly. This technique is a welcome stress reliever, when needed.
- My balance and stamina has improved: I have increased flexibility and core, leg, and arm strength. I can now climb multiple sets of stairs or walk uphill for a significant distance without getting winded. I generally feel much better, have more energy.
- It's well documented that weight-bearing exercise can contribute to strengthening bones as well as muscle strength. Many yoga postures require lifting and supporting your own weight. Other types of exercise programs can bring the same or similar results as those just noted, but yoga presents additional value:

*Continued on Page 4*

**REGINA OSTOMY CHAPTER EXECUTIVE**

President	Agnes Parisloff	761-0221
Vice President	Murray Wolfe	584-2111
Secretary	Heather Bathgate	949-4664
Treasurer	Neal Holt	949-5538
Membership Chair	Susan Hunter	585-0410
Publicity	Brenda Frohlick	949-2352
Flowers & Cards	Edith Klein	266-2115
Phoning	Gord Kosloski	789-1592
	Gail Zipchian	522-8669
Host	June Crawford	543-2852
	Bill Collie	543-2647
Lunch	Brenda Frohlick	949-2352
	Gale Miller	789-5139
Mailing	Brenda Frohlick	949-2352
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Visiting	Enterostomal Therapy Services	766-2271
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Arleene Arnold, RN, CETN

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Patty Gianoli, Office Manager

**DONATIONS**

Thanks to the following individuals who  
generously donated funds to the chapter:

Brothers & Company Financial Consulting Ltd

**MISSION STATEMENT**

The Regina 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.

**REMINDER  
MEMBERSHIP FEES ARE NOW DUE!!!**

PLEASE FORWARD YOUR PAYMENT  
OF \$30.00 TO THE OCS  
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6123 Brunskill Place  
Regina, SK S4T 7W7

**NEW MEMBERS**

*"There are no strangers here,  
only friends who haven't met"*

Crohn's & Colitis Canada, Regina Chapter



## Editor's Message



Hello everyone. Hope you had a great summer. Here are some highlights of what you can expect over the next couple of months.

October 1st is the National 4<sup>th</sup> Annual Stoma Stroll and Regina Ostomy Chapter is organizing our 3<sup>rd</sup> Annual Stoma Stroll. It's a great awareness and fund raising activity for Ostomy Canada! This year we're meeting and walking the Community of Christ Church, 4710 – 8<sup>th</sup> Avenue. It's a lovely area, close to Government House and a great place to walk. We'd love to have many walkers so if you're able, come and bring your friends and family. We'll take a walk together, or come and just visit over a cup of coffee and some lunch. For more detail see the poster on page five. And if you can't make it that day but would like to donate please do

so, either on-line at [stomastroll.ca](http://stomastroll.ca) or mail in a cheque to Susan Hunter. Regina has it's own team and you can you can always donate under the Regina city group at [stomastroll.ca](http://stomastroll.ca)

This year our Chapter is again fortunate to have a great Executive, both at the board and committee level. Welcome to our new volunteers, Murray Wolfe as Vice President, Edith Klein is our person to send cards and well wishes and Bob Fearnside, our SASO rep (Spouses and Significant Others). And thank you to all of our continuing dedicated volunteers.

FYI - SASO focuses on supporting the family and friends of people with ostomies.

Fall is also the time we focus in on renewing our Regina Ostomy Chapter memberships. It's easy to see the positive impact a membership has on individuals with ostomies and their family and friends. The Regina Chapter, in partnership with Ostomy Canada Society, provides nine meetings annually, a visitor's program, newsletters, the Ostomy Canada magazine, educational seminars & training programs, fellowship and outreach programs. We also donate money to support children's camp activities, ostomy supplies for less fortunate people in other parts of the world (Friends of Ostomates World Wide) and a bursary programs for ETs and post secondary students.

We're going to have a great year and look forward to seeing you at a meeting or an event.

## Letters to the Editor . . .

Dear Readers, our aim with the newsletter is to provide you with articles that inform and entertain. We would be happy to receive feedback from you if there's something you'd like to know more about. We're always looking for stories, tips and anecdotes about and for ostomates. So please, don't hesitate to send me a note or give me a call if you have anything to say about the newsletter.

Deb Carpentier

Email: [carpentier.deb@gmail.com](mailto:carpentier.deb@gmail.com)

Phone: 306-775-1869

The Colorectal Cancer Association of Canada is a support group for the estimated 22,000 Canadians annually diagnosed with colorectal cancer. Membership is free.

Information is available at their website:

[www.colorectal-cancer.ca](http://www.colorectal-cancer.ca)

with links to news reports, articles, and other cancer organizations in the field. Support cancer coaches are also available to talk with patients about concerns and about their cancer experience.

**Or Phone 1-877-50COLON**

## **Crohn's and Colitis Canada**

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Toll free in Saskatchewan [1-844-664-4420](tel:1-844-664-4420)

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



Crohn's and  
Colitis Canada  
Crohn et  
Colite Canada

*Continued from front page*

- **Lifelong Experience:** Yoga can be a lifelong experience for both genders because it can be adapted to age, mobility, and other conditions, by:

Joining a class of Chair Yoga, for seated postures suited for persons with leg or back issues. Performing modified postures, such as those included in pre-natal classes for expecting mothers,

or

Substituting postures that do not overly stress points of previous injury.

Using yoga props to ease postures. Yoga doesn't need to be extreme and certainly doesn't need to hurt in order to be beneficial.

Practice Anywhere/Anytime: Yoga classes are also known as 'practices' because you are always learning to improve on your last, personal practice performance.



Once one becomes proficient with the poses or postures (called asanas) along with breathing and

meditation techniques, personal practice sessions can be added anywhere, anytime whether you're at home or traveling. Numerous instructional materials, including video sessions, books, periodicals, etc., are available to assist in a practice or help one perfect a pose between classes.

**More than a Fitness Program:** Yoga can be more than a meaningful exercise/fitness program for those who choose to study its history and participate in the mental and spiritual dimensions of ancient yoga.



#### **Before getting started:**

- Check with your physician to make sure you're ready to undertake any fitness program, including yoga.
- Investigate the options for yoga classes offered by yoga studios, gyms, or health clubs in your area.
- Find out about the forms of yoga being offered: read and converse with others about what is offered to help you select a good match for your fitness goals and your level of experience.
- Choose an option that is convenient and affordable—so you'll be more likely to keep going.
- Check on the training and certification of the yoga instructors.
- Before joining class, inform your yoga instructor of any injury points so they will be able to recommend alternate or modified poses. A good instructor will

ensure you have a safe, non-judgmental and comfortable experience.

Remember it's your practice.

Make a pledge not to be hard on yourself; everyone experiences variations in their ability to perform the 'perfect' yoga pose. Have patience with your progress.

#### **Practical and personal tips:**

- For yoga classes, I wear a pair of shape-ware mid-thighs (moderate support) under yoga or fitness pants to keep my pouch securely in place. A long tail T-shirt or flowing yoga top provides coverage but doesn't interfere with movement.
- Avoid eating within a couple hours of your practice so your ostomy is less active during practice.
- Empty your pouch before joining practice class or starting your yoga practice session at home.
- Substitute an alternate posture rather than perform one that places too much pressure on your pouch. Your teacher can help you with this evaluation.
- My personal preference is to avoid 'hot yoga' (a.k.a. Bikram yoga), power yoga or performing extreme or advanced postures beyond my skill level. Yoga postures do not have to be extreme to be beneficial.
- Perhaps you will decide to check into yoga as a way of being fit.

#### **Here are a few web addresses with information to get you started.**

- <http://www.osteopathic.org/osteopathic-health/aboutyour-health/health-conditions-library/generalhealth/Pages/yoga.aspx>
- <https://nccih.nih.gov/health/yoga/introduction.htm>
- <http://www.webmd.com/balance/guide/which-styleof-yoga-is-best-for-you>
- <http://www.yogajournal.com>

Namaste... 'I bow to you.'

Hatha yoga is a branch of yoga that refers to a system of physical exercises. This part of yoga became popular in the Western world in the 20th century. It's slower paced and focuses on basic poses, therefore good for beginners. Vinyasa yoga synchronizes breathing technique with a series or flow of poses.

*by Teresa Murphy-Stowers, January 2015; via Greater Atlanta Ostomy Assoc; and North Central OK Ostomy Outlook*



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*Regina Ostomy Chapter*

## Colostomy and Constipation

Way back before surgery, did you go to the bathroom after a hot cup of coffee, milk, cold juice, whiskey or beer? Well, whatever made you feel that need then can make you feel the need now. Check it out. See if your irrigation can be helped by some of the things you used to do. Of course, if you have had your colostomy for a number of years, your previous habits may not be the same now. Your body can, however, be trained as it was before, and you can adapt yourself to certain habits which can help you to be in control. A glass of hot water or juice, or a cup of coffee before a morning irrigation may initiate gut reaction. Also, a glass or two of water, after the water return starts, is usually helpful. If you irrigate before going to bed, a glass of ice water or a cup of hot coffee should get you started. If you have not drank much water during the day, it would be wise to drink an extra glass or two to make sure your tissues will not absorb so much or you may be left with little or no return.

But what if you don't irrigate? Part of the difficulty in elimination of waste matter experienced by colostomates is due to lack of bulk in the diet. Consumption of white bread, pastry and highly refined foods does not provide the roughage and bulk necessary for proper evacuation of the colon. The deficiency can be overcome in part by the simple addition of bran to the diet. Bran can be made into muffins adding raisins and molasses to taste.

Diet? There is no such thing as a colostomy diet. A colostomy is not an illness, so try to eat the same foods you have eaten and enjoyed in the past. If you are on a diet for a condition such as diabetes or high blood pressure, of course you should stay on that diet. Foods can be acidic or alkaline, bland or spicy, laxative-like or constipating. Individuals react differently to food. Try to return to your former, normal diet. Those foods, which disagreed with you in the past, may still do so. Chew well and see the effect of each food on your colostomy output.

To maintain good health, the body requires carbohydrates, proteins, fat, minerals, and vitamins. Water is not nutritious but is absolutely necessary. Having a balanced diet is a fitting way to maintain good nutrition and keep bowel activity normal. Every day your body needs meats or fish, dairy foods, vegetables and fruits, cereals and bread, and liquids. Talk to your physician or ET nurse if you have problems.

*Source: Metro Maryland, via Vancouver Ostomy Highlife Jan/Feb 2002, via Inside Out On-line Jan/Feb 2003. / Oshawa and District Mar/April 2015*

## Laughter - An Essential Ingredient of Good Health



For years, Readers Digest has featured the column "Laughter, the Best Medicine." It contains jokes, riddles and humorous musings designed to tickle the funny bone. But just how important is laughter to our everyday health?

It turns out that when we laugh we produce natural killer cells, which destroy tumors and viruses. Plus there's an increase in the production of Gammainterferon (a disease-fighting protein), T-cells (important for our immune system) and B-cells (which make disease-fighting antibodies). Besides lowering blood pressure, laughter increase oxygen in the blood, which also facilitates healing.

Laughter helps us to deal with stress, cope with loss, work through tragedy, hide our embarrassment and calm our fears. Laughter helps the body relax. It lowers blood pressure, increases immune system functioning and assists in warding off disease. In terms of mental health, laughter helps us connect with others - humor is often used as a means to help us collectively cope with grief, fear or loss. Laughter ...

- Makes us more productive - happy people have more energy.
- Releases, negative emotions such as anger, fear, sadness, resentment and depression.
- Increases the likelihood that we will feel happy.
- Releases endorphins in the brain that help you feel good.

Did you also know that laughter is a form of aerobic exercise? You may even feel fatigued if you laugh continuously for any length of time! Just remind yourself to laugh well and often in order to experience the aerobic benefits of laughter.

What steps can you take to increase the amount of laughter in your life?

- Surround yourself with positive upbeat people who laugh a lot - laughter is contagious!
- Find out what makes you laugh - is it funny movies, watching the comedy channel, reading funny material? Whatever it is - do it more often.
- Don't take yourself, or anyone else, or even life for that matter, so seriously.

Always remember, happiness is your birthright...so laugh and when you do, laugh loud and often!

*Via and adapted from Halton-Peel June 2015*

## Controlling Leg Cramps



If you have been jolted awake by a leg cramp, you know how sudden and intense the pain can be. Several factors, including dehydration, the use of diuretics or overuse of your muscles can trigger leg cramps, which usually occur during rest or sleep.

For relief, straighten your leg and point your toes upward while you gently rub the cramp to help the muscle to relax. For a calf cramp, stand up and put your weight on the cramp, keep both legs straight and lean forward at the waist. Use a cold pack to relax tense muscles. Use a warm towel or heating pad later if pain or tenderness persists.

To prevent cramps, stretch daily. Before bed, stand 2-3 feet from a wall, placing your hands on the wall. Keep your heels on the floor. Lean toward the wall and bend one knee, hold ten seconds, straighten your leg. Repeat with the other knee. Stretch each leg 5 to 10 times.



Drink 6 to 8 cups of water daily. Fluids help your muscles contract and relax. Try not to sleep with your toes pointed (as people tend to do when sleeping on their back or stomach). Sleep on your side, don't tuck your sheets and blankets too tightly as then can bend your toes down.

Your doctor may prescribe a muscle relaxant for frequent leg cramps.

*Source: Mayo Clinic Health Letter; S. Nevada's Town Karaya, Snohomish, Metro Halifax News, Sept/98, Via Niagara "It's in the Bag" September 2015*

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## Agnes Parisloff, President, Regina Ostomy Chapter



I have been involved with the Regina Ostomy Chapter since my surgery in 1980. I have an ileostomy and prior to my surgery I had quite severe and active Crohns. For me the surgery was the start of a whole new and healthy life. Since I have joined the Chapter I have held the positions of Secretary and President for many terms. In that time I have attended a number of national conferences and met many great people. Being part of the Regina ostomy group has been rewarding, both fun and fulfilling visiting others who have just had surgeries, fund raising and working together with such a great group of people.

Over the years I worked and raised my children and even went back to school to take classes so that I could be a Special Home Care Aid, which gave me fifteen years of a very satisfying career. I have four children and seven grand children. I lost my husband in 2000. My life is full with lots of great people and activities.

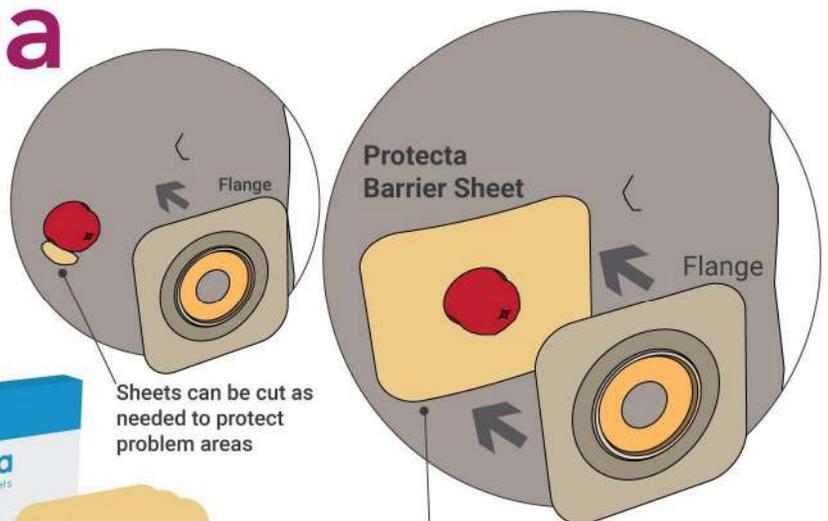
One of the activities I really enjoy is working with my church, aiding refugee families as they get settled in their new country. Sometimes that means fund raising or helping people get settled or showing them how to shop or take a bus or get a new bank account. There are so many things to learn.

I believe in the good work we do in the Regina Chapter and at the National level and know that it helps many people transition into a new life.

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## Celebrate the Journey – Past, Present, Future (Conference August 18 to 20, 2016)



The Ostomy Canada Society Conference was hosted this year in Winnipeg. A few of us from the Chapter attended and thoroughly enjoyed the speakers and information sessions. There were folks from across the country and a few from the US so for some it was renewing old relationships and also meeting new people. We had an opportunity to listen and learn from physicians, Enterostomal Therapists, pharmacists, psychologists and from each other. We are one Chapter in a network of cross country chapters and support groups affiliated with the Ostomy Canada Society. The conference and Annual General Meeting gives us a chance to learn how we can better support people with ostomies and their families through the work of the individual Chapters and the Society in general. And besides that we had fun too!



Above: L to R Agnes Parisloff, Susan Hunter



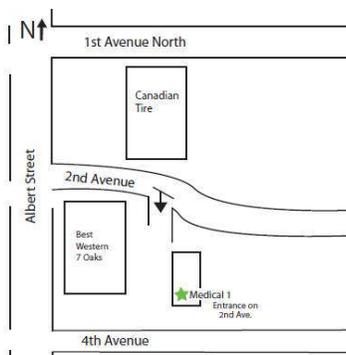
Above: L to R Joan Mancinelli, Anges Parisloff, Heather Bathgate, Deb Carpentier

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# Regina Ostomy Chapter Spring Seminar - May 7, 2016

Our bi-annual Spring Seminar was a great success, once again. On May 7th, fifty of us gathered to engage in a day of learning and sharing stories. Carol-Lynne Quinton from Crohn's and Colitis Canada (CCFC) spoke to us about how these diseases impact people, the role CCFC plays in the community and the work that that is taking place in research. Then Kelsey Michaluk from the Canadian Cancer Society gave us valuable information on the various cancers, risks associated with certain behaviours and the role the Society plays in the community.

Throughout the day various members spoke about their particular surgeries - colostomy, ileostomy, urostomy and what is commonly known as the J-pouch. It's always great to hear someone's story as it helps us put our own challenges in perspective. And a thank you to Gerard Dakiniewich, President of the Saskatoon Ostomy Chapter, for joining us for the day.

In the afternoon we had a spirit rousing talk from our own Ken Powers. He personalized a story based on the book the 'Unlikely Pilgrimage of Harold Fry' and how we impact others, each and every day by the smallest kindnesses and gestures, whether we're aware of it or not.

And what would a day be without our dearly cherished ETs and their playful antics that engage, amuse and teach us. Thank you for being an active part of the Regina Ostomy Chapter!

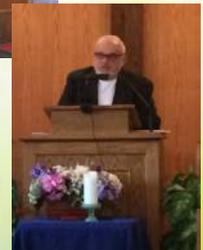
All in all, the company was great, the speakers fantastic and the food enjoyable. Thank you to everyone who helped pull it together.



Above: Carol-Lynne Quinton  
Crohn's & Colitis



Above: Kelsey Michaluk  
Cancer Society



Above:  
Gerard Dakiniewich,



Below: Gord Kosloski



Above L to R: Susan  
Hunter; Ken Powers



Above L to R:  
Louise Laverdiere;  
Carol-Lynne Quinton



Above:  
Wanda Matheson



Above: Bill Matheson



Above: Bill Collie



## DO COFFEE AND TEA COUNT TOWARD THE EIGHT CUPS OF WATER I SHOULD DRINK EACH DAY?

Caffeinated beverages let you retain only about 50 percent of the water in them. Milk, fruits, and vegetables are 90-99 percent water, and all count toward your daily water dose. The best way to know if you're staying hydrated is to use your thirst as a guide.

But during hot and humid summer days, the better indicator is urine color. If it is cloudy and yellow, drink more water. A clear and pale color indicates your body is getting the liquid it needs. Water also stimulates the production of saliva, which is your mouth's first defense against plaque. It is important to drink even more water as you age, since saliva output decreases with age.

**Tip:** Don't pass up a water fountain without taking a drink!

*United Ostomy Association, Inc., Evansville, Indiana Chapter  
Re-Route Volume 29, Number 8 May, 2002 Via: Northern Virginia;  
Niagra "It's in the Bag" Sept 2015*



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Web site URL:

<http://www.ostomycanada.ca/>

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.



Regina Ostomy Chapter Membership Application

MEMBERSHIP

The membership fee is \$30 annually, which includes a subscription to our local newsletter which is published 5 times a year plus a subscription to Ostomy Canada Magazine, an Ostomy Canada Society (OCS) publication.

Please Print

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\*E-Mail (preferred, to save on mailing costs)  
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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 OCS Regina Chapter at address listed on this page and tax receipts will be forwarded.

VISITING SERVICES

We provide lay visiting service, at the request of the physician, patient or enterostomal therapist, 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 Program at the Enterostomal Therapy Services department at 306-766-2271.

Moving? Questions? Need Information?

Regina Ostomy Chapter

6123 Brunskill Place

Regina, Sk S4T 7W7

(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!

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HOSPITAL VISITS

May - 1 colostomy, 2 ileostomy, 1 urostomy

June - 3 colostomy, 2 ileostomy, 1 urostomy

July - 2 colostomy, 2 ileostomy