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CANADA'S VOICE FOR PEOPLE LIVING WITH AN OSTOMY

ostomy canada CONNECTS

SUMMER
2023

Summer Vacation With An Ostomy


Travel can seem daunting to those with an ostomy. However, with some education and planning, you can enjoy your summer vacation with peace of mind.

Whether travelling by air, car, or camping, the number one tip is to pack double the supplies you usually use. If you travel by car, storing your supplies in a cooler rather than the trunk is a good idea. Pack your supplies in your carry-on, pre-cut your flanges, and pack scissors in your checked bag for air travel. Many ostomy manufacturers offer travel sizes for accessories like deodorant and adhesive removal wipes. Some also offer travel bags when you sign up for customer care programs, but toiletries bags can also work to keep things organized. Do not try a new type of pouching system before going on holiday. Wearing a larger pouch can be helpful for those with more active stomas, including a high-output bag for ileostomies and a leg bag for urostomies. For extra tips visit our website: ostomycanada.ca/travel-tips.

Those travelling by air with an ostomy may also use the globally recognized **Hidden Disabilities Sunflower Program**, which supports passengers with hidden disabilities, also known as invisible disabilities. The Sunflower Lanyard is a discreet way to indicate to our airport staff that you may need more help or time when going through the airport processes. This program is currently available in select cities, including many Canadian airports. You can also present the **Ostomy Canada Traveller's Card** to help explain your ostomy to airport staff.

Your vacation is about to get a little more exciting with our **Summer Kickoff Contest!**

When you create your **Step Up For Ostomy** fundraising page (via Just Giving), add vacation photos and a story or writeup of how you lived life to the fullest this summer with your ostomy. Enter to win one of three \$100 Amazon gift cards! Check out the ad on page 5 for more information.

Ostomy Canada wishes you successful and exciting travels this summer! 



TRAVELLER'S CARD

This card is provided by the Ostomy Canada Society Inc., a national non-profit volunteer organization dedicated to all people living with an ostomy, and their circles of support, helping them live life to the fullest through advocacy, awareness, collaboration and support.

PRIVATE SCREENING (may be) REQUIRED

Please perform any personal and/or luggage examinations in a discreet, private space. The cardholder wears an OSTOMY DEVICE for the elimination of body waste and/or carries pouches and related supplies and/or a catheter to manage personal hygiene.

Name _____
Address _____
City/Province _____
Surgery Type _____
Physician's Name/Phone _____

This card certifies that the person named within has had a surgical operation which requires him/her/they to always wear a pouch attached to the abdomen to collect excretion from the bowel or bladder. If it is necessary to examine this pouch, a qualified medical practitioner should be present, as any interference may cause leakage, discomfort, and embarrassment to the wearer.

www.ostomycanada.ca

Live Life to the Fullest This Summer With An Ostomy!



NEWS & NOTES

With Dana Ypma &
Ann Durkee-MacIsaac

Canada's voice & agent of change for
people living with an ostomy.



Ostomy Canada Society is thrilled to share some bits and pieces of news and updates.

There has been a lot of activity since I joined Ostomy Canada Society in April. I have enjoyed meeting many of you in the Ostomy Canada community via video and telephone. I hope to connect with many more. Please get in touch with me at Dana.Ypma@ostomycanada.ca.

- Did you miss our webinar "Ostomy Reversal: Reconnection & Recovery" on July 19? All webinars are recorded and posted to our YouTube channel. You can find them by visiting our website: www.ostomycanada.ca/webinars.
- The Visitor Training Program (VTP) online version went live in April. One of the most significant benefits of the online version – you can take it anywhere and anytime as long as you meet the data requirements. The new version uses video, improved graphics, voiceovers, and reflection points to help support the critical program. We have received great feedback, including that many individuals are completing the online training in a group setting. Questions? Please connect with Deb.carpentier@ostomycanada.ca or Ann.durkee@ostomycanada.ca.
- Acknowledgment of our Education and Recognition Awards - please see page 14.
- Increased participation and in-person connection with our Regional Administrators. Now that it is safer to do so, our Regional Administrators have been able to attend some Chapter and Group meetings and look forward to building on this participation and connection.
- Step Up for Ostomy – this year's date is Saturday, September 23, 2023, to avoid an early

Thanksgiving in October and to fully honour Truth and Reconciliation Day (September 30). The Step Up for Ostomy website (www.stepupforostomy.ca) is in full swing, where you will find everything you need to plan your event, including a new Planning Guide to help you every step of the way.

- You may see a few changes when you visit our website (www.ostomycanada.ca). At the end of June, we completed a pilot program with some of our core supporters on "website advertising." This three-month pilot will help Ostomy Canada test the validity, traffic, and ROI of marketing our website to generate income and awareness/ support for you. We thank Inner Good, Wellwise, Hollister, Coloplast, and Convatec for supporting this pilot.
- Our Youth Camp Program was back on for 2023, and with an almost full slate of campers at the Easter Seal's Camp Horizon, it was highly successful. I was grateful to be invited to attend one day at camp, and I can attest to the great fun we all had. In speaking with many campers, I also learned of the transformative nature of the camp experience, trying new things, building self-confidence, and engaging with their peers. Thank you to all who make our summer camps possible, including the fantastic and dedicated volunteers and camp organizers, NSWOCs, counsellors, and donors.
- Bravery Bag Covers (www.braverybagcovers.com) continues to build traction in Canada with NSWOCs, and in Paediatric hospitals, with interest building in the US and internationally. These covers are free – so please check out the website for more information.
- Our shared success and appreciation go out to our Board, volunteers from across Canada, Operational Committees, and partners for your continued dedication of time, commitment, and passion in fulfilling our mission.

Dana Ypma

Executive Director, Ostomy Canada Society

Ostomy Canada is busy preparing for our major fundraising campaigns - the Spring Appeal, which is presently ongoing, and Step Up for Ostomy, which is in the planning stages. This news will arrive on your doorstep shortly. Save the Date, start planning your Step Up event, and most importantly, have fun and work collectively with Ostomy Canada to boost our funds to support people living with ostomies.

In the last edition of Connects Newsletter, we introduced Dana Ypma as the new Executive Director overseeing the operational end of Ostomy Canada. It gives me pleasure to share this article with her, and following a few items from the Board.

The primary role of the Board of Directors is governance. It is to lead and guide the organization through its Strategic Plan with the future in mind. The Board meets quarterly and discusses governance, succession planning, strategic planning, and finance matters. The Board continually shares and commits to best practices for good governance and holding each other accountable.

Ostomy Canada's Board offers support to the Executive Director and works collectively with her and her role. The Board has four Governance Committees, (1) Nominating/ Succession Planning Committee, (2) Governance Committee, (3) Strategic Plan Review Committee, and (4) Executive Committee.

We recently replaced the National Advisory Committee with the Ostomy Canada Council of Advisors (OCCA). This new committee is a collaborative group of diverse individuals who provide insight, advice, and support on various areas of Ostomy Canada Society, ranging from governance, management, and future opportunities within OCS. It is a forum of open, transparent, and bold communication between stakeholders. Outcomes include recommendations to the Chair of the Board of Directors to support the Mission. This committee had its first meeting in the month of May.

The Governance Committee is presently reviewing OCS's By-laws. It will make recommendations, if necessary, to the Board at the AGM. They are also in the process of reviewing the 2022-2025 Strategic Plan, which they will amend if required to move forward in the coming year.

Anne Durkee-MacIsaac

Chair of the Board, Ostomy Canada Society



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Swimming With An Ostomy

Memorable summer vacations always seem to include water. However, swimming may sound intimidating for people with an ostomy. With some planning and extra preparation, you can begin to feel confident in the water again as you did before. Here are the top six questions to consider:

Is it safe to swim with an ostomy?

Before stepping into the pool, checking with your NSWOC nurse or doctor is always wise, especially for new patients. Otherwise, go for it if you feel well enough for some gentle water work!

Will my ostomy bag fall off?

Ostomy pouching systems can withstand bathing, movement, and friction, so many people swim with their usual supplies. Changing your pouch the night before would be ideal so the adhesive has time to set. If you decide to change brands, test the new system for a few changes before hitting the pool. For additional security, consider adding Flange Extenders and an ostomy belt. Speaking to an NSWOC or local supplier for better pouching system recommendations may also be necessary for those doing advanced water sports.

Is my pouch waterproof?

While ostomy bags can withstand water, you can also cover the filter with the stickers included with your ostomy bags to prevent water from entering.

How can I reduce my output while swimming?

For those with an ileostomy or busy colostomy, time your meals so you can swim when your stoma is less active. Avoid gas-producing foods and drink plenty of water or oral rehydration solution.

How do I care for my pouch after swimming?

Your bag may be pretty wet, but it should maintain its seal and can be patted dry as usual. If you run into any issues, bringing some extra supplies will help. Be sure to double up during your summer holidays!

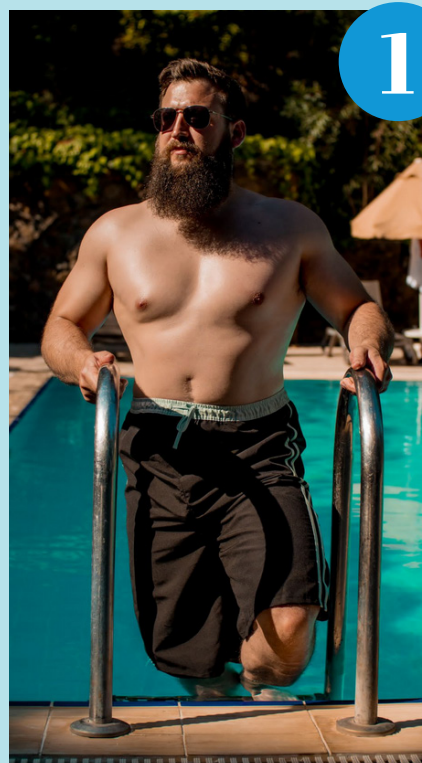
How can I hide my ostomy in the water?

Snug spandex/lycra shorts under board shorts are an excellent choice for men or snug spandex/lycra bathing suit bottoms for the ladies. These will also help hold things in place, especially for water sports. A wide range of specialized ostomy swim wear and accessories are also available! Check out these companies that carry ostomy swim wear from around the globe.

Sources:

1. Vancouver Ostomy High Life Newsletter June / August 2014
2. Ostomy Clothing Manufacturers & Supplies. www.veganostomy.ca

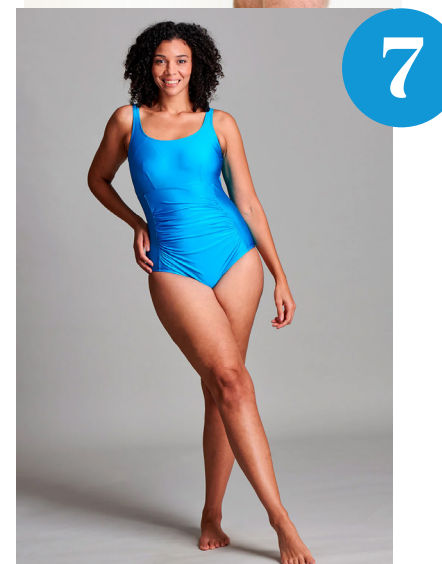
Bottoms



Our product picks

1. MEN'S SWIMMING TRUNKS
\$43, vblush.com (UK)
2. WOMEN'S SWIMMING BOXERS
\$75, comfizz.com (UK)
3. OSTOMY SWIMSUIT FLORILEE
\$42, ostomycares.com (Canada)
4. VERTICAL STEALTH BELT
\$157, stealthbelt.com (USA)
5. KID'S OSTOMY WAISTBAND
\$50, glicoitaly.com (Italy)
6. CUSTOM MEN'S SWIMSUIT
\$118, matema.com (Netherlands)
7. WOMEN'S OSTOMY SWIMSUIT
\$58, cuiwear.com (UK)

Swimsuits



Belts

4



5



Visit Ostomy 101 at
ostomycanada.ca
for more tips!

Awareness & Fundraising Event in Support of Ostomy Canada

STEP UP
FOR OSTOMY

Summer Kickoff Contest

ENTER TO WIN!

1 of 3 \$100 Amazon Gift Cards

1. Create your fundraising page on Just Giving
2. Raise awareness by sharing your story
3. Add photos and highlights from Summer 2023
4. Visit our website by Aug 31 for a chance to win!

stepupforostomy.ca

amazon.ca giftcard \$100



Potato Salad *featuring the Spoonie Mummy*

Today I just wanted to share a super quick and easy Potato Salad recipe with you which I love! It has only five ingredients and can be kept in the fridge so normally I have lunch for two or three days after making a batch. This is also great for a summer BBQ!

Ingredients

- Bacon bits
- Bunch of spring onions, chopped
- Baby potatoes (I used just under half of a small bag)
- Caesar dressing
- Grated cheese
- Salt and pepper to taste

How To Make It

1. Fry the bacon bits and drain well
2. Cut the new potatoes in half and boil. (**Ostomy Tip** – I suggest peeling these too if you have an ostomy like me. I can't eat potato skin as it causes pain and partial blockages)
3. Once these ingredients have cooled, place in a large bowl. Add in the chopped spring onions and a large handful of grated cheese. Mix together before adding enough caesar dressing to coat. Add salt and pepper to taste. Mix well and place in fridge until ready to use
4. Spoon out into a bowl to eat and enjoy! Add a sprinkle of grated cheese on top if you like as well



Like I said, this is really quick and easy, yet super tasty. I love that you can make it in advance which means whether you are on the go, or feeling poorly, you have something tasty in the fridge to eat.



About The Spoonie Mummy

The Spoonie Mummy AKA Natalie is a mum, teacher and chronic illness blogger from England. She writes about life and parenting with multiple chronic illnesses including Rheumatoid Arthritis, adrenal insufficiency and Crohn's Disease, for which she has an ileostomy.



Visit Natalie's Blog - www.thespooniemummy.com
Follow her on Social Media - [@thespooniemummy](https://www.instagram.com/thespooniemummy)

BECOME
A PEER
SUPPORT
GROUP

If there is not a local or close ostomy group near you – there maybe an opportunity for you to create a Peer Support Group (PSG). These groups are formed by people who want to learn and share with others who are living with an ostomy.

Is your Chapter struggling to find volunteers, record finances, plan events, communicate with members, or perform countless duties? Cut back on stress while supporting your community! Consider transitioning to a Peer Support Group (PSG). Visit ostomycanada.ca to learn more.

5 tips to make your Summer BBQ better for the Environment



Summer has finally arrived. Sunny days and brighter evenings are the perfect opportunity to gather friends and family and fire up the barbecue. But, while we all enjoy eating outdoors, it's important to stop and think about the impact your meal could have on the planet. The global food system (the production, processing and distribution of the world's food) has a substantial environmental footprint. In fact, it accounts for nearly one-third of all greenhouse gas emissions. How you cook your food plays a significant role in these emissions. A typical barbecue for four people releases more greenhouse gases into the atmosphere than a 170-mile car journey! But instead of cancelling the party, here are five things you can do to reduce the environmental impact of your barbecue.

Alternatives to beef burgers

Research from 2018 found that producing a medium-sized beef burger (100g) generates the equivalent of 3,750g of CO₂ – the same amount that is released by driving 15 miles in a fossil fuel-powered car. This is mostly due to the methane (a powerful greenhouse gas) emitted by cows when they burp and the greenhouse gases that are released as their manure decomposes.

By switching to chicken, you can reduce the environmental impact of your menu. The same research found that producing 100g of chicken (a

small chicken breast) is associated with the equivalent of 870g of CO₂ – the same as driving 3.5 miles in a car. And if you replace beef burgers with vegan sausages, butter with vegetable spread and avoid pouring cream on your strawberries, you can cut the emissions of your four person barbecue from the equivalent of over 40,000g of CO₂ to just over 10,000g of CO₂.

Put plants on the menu

Beans (in salads or even in the form of a burger) are an excellent ingredient to use as part of your barbecue instead. They are a source of protein and legumes (beans, lentils and peas) take nitrogen out of the air as they grow and convert it into a form that the plant can use. These crops therefore require the addition of less fertiliser to help them grow.

Ditch charcoal

Barbecue purists might swear by charcoal. But the energy used to produce charcoal usually comes from burning fossil fuels. One study suggests that the emissions from producing and burning a 500g bag of charcoal equate to around 5,000g of CO₂. Using a gas barbecue or cooking your food in the kitchen under the grill is instead associated with the equivalent of just 200g of CO₂ emissions. Slow cookers have a comparatively low environmental footprint too. So, if you have one and are cooking meat anyway, think about serving up a dish like pulled pork.

Don't forget the drinks

When it comes to drinks – soft or alcoholic – think about packaging. A bottle of beer alone is responsible for almost half a kilogram of greenhouse gas emissions – more than a quarter of which come from making and trans-orting the glass bottle. Choosing larger drinks containers is a simple solution. If you think you're going to get through a lot of beer, then a barrel or keg could be a good option. For soft drinks – again buy in big containers, recycle cans and bottles and remember, tap water has the lowest emissions of all.

Cut food waste

In the UK, around 70% of food waste occurs in our homes. One in four potatoes, for example, are thrown away uneaten. But it's relatively easy to plan a waste-free barbecue. Have some sandwich bags or containers to hand to take away any leftovers. You won't have to feel guilty about throwing away food and your guests can save money on lunch the following day. If you do have leftover food that you can't give away (think burned sausages), then add it to your compost bin for collection if you have one, which is better than sending it to landfill.

The global food system is a significant contributor to greenhouse gas emissions and it's important we consider the climate impact of our meals. But that doesn't mean you can't enjoy a barbecue this summer. By making small changes to the food we buy and how we cook it, we can enjoy barbecues while being mindful of our planet.

Source: by Scott White, "The Conversation, June 8, 2023. Via Vancouver Ostomy HighLife - July / August 2023

UNSUNG HERO

Eileen Forbes

Ottawa Ostomy Support Group



In our small but active non-profit group, where dedication and selflessness merge, an unsung hero exists whose unwavering commitment and tireless efforts have left an indelible mark on our organization. Eileen Forbes is Ottawa Ostomy Support Group's unsung hero. The entire board would say that it is with great admiration that I describe this remarkable individual who embodies the essence of an unsung hero.

For several years, our organization has been blessed with the presence of an exceptional volunteer who has devoted countless hours to its growth and success. At the heart of her contributions lies her role as the guardian of our monthly newsletter. With meticulous care and a flair for the written word, she diligently writes, edits, and expertly curates the content, ensuring that our supporters remain well-informed and inspired by the stories we share. Her passion for storytelling shines through in every carefully crafted article, capturing the essence of our organization's mission and touching the hearts of our readers.

Her involvement continues past our newsletter. This unsung hero is a force to be reckoned with when it comes to lending a helping hand at events. Whether it's setting up, tearing down, or coordinating logistics, she is always at the forefront, ready to tackle any task

with a smile. Her unwavering dedication is evident in the seamless execution of our events, creating an atmosphere of warmth and unity that leaves a lasting impression on attendees.

Eileen has also recruited her family and friends to join the cause. She has inspired them to contribute their time and talents to the organization through her unwavering passion and influence. Their collective efforts have resulted in a stronger, more cohesive board working harmoniously towards our shared vision of positively impacting the community.

Beyond her roles in the newsletter and event coordination, this remarkable individual takes on various other responsibilities on our board. Whether it's brainstorming new initiatives, spearheading fundraising campaigns, or providing invaluable guidance, she consistently goes the extra mile. Her profound understanding of our organization's goals and her innate ability to unite people create an environment of collaboration and collective achievement.

Yet, despite her numerous contributions, our unsung hero remains humble and modest, never seeking recognition for her efforts. Her driving force is a genuine desire to make a difference, selflessly devoting her time, skills, and boundless energy to the betterment of our organization. Her unwavering dedication and ability to motivate and inspire others make her a true cornerstone of our group.

In the eyes of a non-profit president, this unsung hero is a shining example of altruism, resilience, and unwavering commitment. Her impact is immeasurable, and the legacy she leaves behind will forever inspire those who follow in her footsteps. With the utmost gratitude and admiration, we honour her as an invaluable member of our organization, recognizing her as the unsung hero she truly is. ○

Camp Is Back In Full Swing

34 campers aged 9-19 and 9 volunteers aged (haha that is our secret!), including 3 fabulous NSWOCS and the camp administrator, Lisa Guasman and the camp coordinator, Janet Paquet, and 4 young, energetic volunteer mentors left their homes in New Brunswick and every province to British Columbia and also Arizona to play, socialize, share experiences and learn about one another and our common yet differing medical conditions! Easter Seals Camp Horizon's facility at the foothills of the Rocky Mountains is the perfect location for us to gather as we enjoy the location that lends to a camping experience while offering the comforts of home and family.

This July we met ten new campers, while 13 graduated. It is always a fantastic experience to meet new campers and their families but it is somewhat saddening to send our now independent young adults off into the big world. All we can hope for is that we have provided them with some of the self-confidence and independence that they will grow upon after they graduate from camp. The main thing we send our graduates away with is the message that once they enter the camp family, they always have a second family. Our bond continues to grow and is unbreakable.

Please share our **Camp Brochure** and **Camp 2023 Photo Gallery** with anyone who may be eligible to attend our camp for kids with bowel and or bladder conditions. Every child deserves to experience camp and meet others living with a similar health condition.

We welcome your child with open arms. ○



Photos courtesy
of Sean Currie, S&C Photography
& Carly Lindsay, NSWOC.

Connecting With You... *Ann Durkee-MacIsaac*, Chair of the Board of Directors, Ostomy Canada Society



New Brunswick Summit

Ostomy Canada continues to provide advocacy, awareness, collaboration, and support for people living with ostomies. These are commitments I, as Chair of Ostomy Canada, practice daily during my ostomy journey. I have been active in the past few months, attending many impactful events in which we partnership in:

NSWOC Canada Conference

The week of May 3, I attended the NSWOC Canada 42nd Conference in Ottawa, where it was my pleasure to work with a few of our directors, (Ian McNeil, Joan Peddle & Troy Curtis), sharing our educational literature at an OCS Booth. I also presented the Ostomy Canada WOC-EP Nurses to two new graduates and was invited to speak at their banquet. I took the opportunity to inform them of the support we offer and introduce Bravery Bag Covers. There were approximately five hundred in attendance and close to seventy-five NSWOC Graduates. From the workshops, the networking, the banquet, the graduation, and much more, I thank the NSWOC planning committee and Cathy Harley, CEO, for inviting me and allowing me to share in a partnership that is both rewarding and beneficial to Ostomy Canada.

NSWOC Canada New Brunswick Summit

On June 1, I attended the New Brunswick Summit in Fredericton, where OCS and NSWOC Canada combined our efforts in requesting more care in the province with an audience of invited politicians and hospital and care institutional care personnel. Erin Feicht, President of the Fredericton Chapter, and I presented with "Patient's Perspectives - A Need for Better Access to Care." We discussed our ostomy journey, starting with the chronic systems we lived with before surgery and the lack of care following surgery. Our world has improved but not enough. It is vital that governments be made aware of these issues and invest in enhancing specialized health care. We not only made them aware of Ostomy Canada's support for people living with ostomies but demanded that we need a place in our health systems.

“

It is vital that governments be made aware of these issues & invest in enhancing specialized health care.

Ostomy Halifax 50th Anniversary

On June 11, I brought "Greetings" from OCS to the 50th Anniversary Celebration of Ostomy Halifax. Meeting new and old chapter members in person was a delight. They indeed celebrate in style.

Hollister Training & Regional Advisory Meeting

I attended the Hollister Training and Regional Advisory Meeting held in Halifax the same week. Once again, it was a terrific opportunity for me to speak about our programs and a patient's perspective and express our appreciation for the valuable partnership we share with them.

Canadian Air Transit Security Authority

I have been given two opportunities in the past month to "step it up" with Canadian Air Transit Security Authority and the Disability Advisory Committee/CRA. The CATSA requested that we be involved in the new training video for over nine thousand employees working in security in eighty-nine airports in Canada. I encouraged all screeners to be knowledgeable and, most notably, to respect our disability. It is under our clothing, therefore, A HIDDEN DISABILITY.

Disability Advisory Committee

Erin Rajhathy, NSWOC, and I of the Advocacy Committee attended the DAC committee meeting to discuss Bill C-22 (Canada Disability Benefit), which was returned to the Senate before it returned to the House of Commons for the third time. Erin informed the committee what an NSWOC Nurse was, and we questioned why they were not included to certify the application

along with the other specialists. The committee acknowledged not noticing this on the "Eliminating" page. We also complemented their ten recommendations to CRA in 2022 and requested to know the outcome. They informed us that they did not hear and that there was no follow-up by the DAC Both Erin and I have offered to sit on the Disability Advisory Committee/CRA.

Connecting, communicating, and collaborating will drive our mission, purpose, and value to a higher level to support those who live with an ostomy and their families. ○



NSWOC Canada Conference

Canada's voice & agent of change for people living with an ostomy.

STUCK

Coming To A Film Festival Near You!

with John Hartman
Consultant,
Special Projects



Click to watch the video!

In the Winter Edition of Ostomy Canada's Magazine (Winter 2021), a review appeared on the book "With Little Means" by Raimo Strangis. The book was about Rai's painful and rough journey with severe Ulcerative Colitis while simultaneously being an upcoming rock star on the Toronto music scene. After years of self-doubt and insecurities, he gave up on his musical dream, eventually deciding to have surgery for an ostomy. Ultimately, it helped turn his life around, and he began a new journey of success from book writing to chef to fatherhood and beyond. Looking back, Rai feels regret for giving up on his dream, but with gained wisdom, he hopes the short film will help others facing those similar insecurities that having an ostomy is not a reason to quit but a second chance to live life to the fullest.

It caught the attention of Michael Pillarella – an actor and filmmaker with years of experience working in TV and film. In the Spring of 2023, Ostomy Canada was approached with the idea of supporting the development and eventual shooting of a short film (under 13 minutes) with the goal of having this film in various national and international film festivals and social media channels in late 2023 through 2024. Festivals locations include Toronto, Montreal, Los Angeles, Austin, Raindance, San Francisco, Edmonton, Calgary, Palm Springs, and beyond. Although there is no guarantee the film will be accepted in these festivals, Ostomy

Canada felt this significant project would allow us to connect to a younger and broader demographic.

This film is not an Ostomy 101 piece nor a Walt Disney-style film. It is a gritty, raw, and emotional film based on Rai as a showman who lives in the limelight and all the spoils that come with it – you know, those various influences a "rock star" may get attracted to. His addiction to stardom not only deteriorates his relationship with his bandmates but also with his body. What happens in that dream-like journey is what "Stuck" is all about - knowledge of living with an ostomy but living life to the fullest.

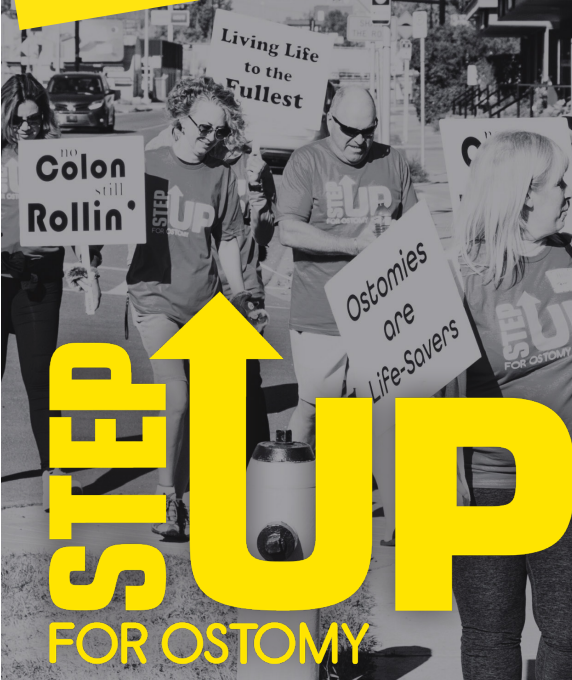
The film was shot on multiple sets in the Toronto area with a crew of twenty-plus experts who offered their skills, passion for film production, and the shared desire to tell a story. The film itself is funded by the support from The Reciprocity Foundation, Ostomy Toronto (thank you, Jim Fitzgerald and their Board), and Ostomy Canada. It will provide a unique opportunity to broaden our reach to a younger audience and our impact. Once "Stuck" is in the "can," – we will share it within our network and beyond. ○

Bravery Bags

Many of you may have read stories about Ostomy Canada's role and support of "Bravery Bag Covers." The animated ostomy pouch covers for kids were a huge hit at the national NSWOC Canada conference last month in Ottawa and at recent events in Moncton and Regina. We encourage you to read up on Kenzie's story and how her mom and dad helped support this program by creating, producing, and giving away (free covers) to those who order online. www.braverybagcovers.com. We also ask that you share this story with your hospital, clinic, and NSWOC. ○



Raise your voice!



STEP UP FOR OSTOMY

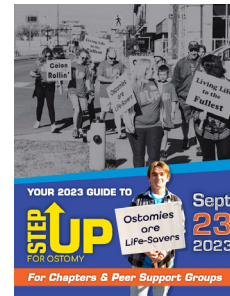
September 23, 2023

Ostomy Canada Society's mission is "dedicated to all people living with an ostomy, and their circles of support, helping them live life to the fullest through advocacy, awareness, collaboration and support."

This September, we are seeking your help. We hope to break out and generate awareness and much-needed funds to drive our mission forward. Create a committee or a team, start a fundraiser, become a sponsor - big or small we appreciate all you do. Last year we generated nearly \$100,000!

In 2023 we plan to be even bigger and better. Become part of the most important ostomy awareness event in Canada!

WILL YOU STEP UP FOR THOSE WHO NEED OUR SUPPORT?



Chapters, PSGs & event organizers can download our new guide here!



Individuals who wish to fundraise or donate can visit our website to sign up. Be sure to enter the **Summer Kickoff Contest!** (Ad pg. 7)



Businesses can download our updated Corporate Sponsorship Guide here!

Special thanks to these early birds for stepping up!

CORPORATE SPONSORS

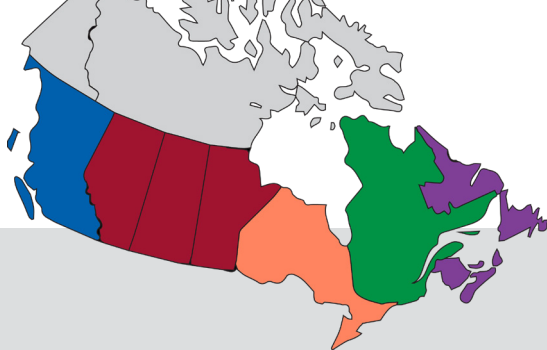


CHAPTERS & PEER SUPPORT GROUPS

Vancouver • Calgary • Regina • Moncton

Enroll or donate at stepupforostomy.ca

REGIONAL REPORTS



Pacific

- Andy Manson

Happy Summer to all from the BC/ Yukon region.

Message from the **Vancouver** Chapter: “Last June, UOV organized a summer information meeting aimed at information and reaching out to potential newcomers. The meeting was a great success, with around 50 people in attendance and an abundance of potluck food, which looked and tasted amazing. One of the newcomers is a web designer who volunteered to improve/update UOV’s website, which has been thankfully run by our outgoing President, Deb Rooney, for so long.

Sadly, Deb will leave us as President after 25 years of volunteering but will continue to run and edit the newsletter, which she has also done so successfully for so long. George Pick will be stepping up as President in the next few months. We Welcome George!”

The **Victoria** and **Comox** groups are enjoying their meetings in the sunshine.

If you are traveling to BC this summer, check to see if there are ostomy meetings you can attend. It is a great way to meet new people too!

We are all looking forward to Step Up for Ostomy in the fall.

Prairies

- Deb Carpentier

Edmonton - Over the past year, the Edmonton Ostomy Peer Support Group has grown from just a few participants to over 20. Two of their participants are also nurses and have presented to second-year nursing students at the college on living with an ostomy. There will be an article in the next magazine so watch for it.

There is also interest in the Visitor Program. Anne Le hopes to have a Visitor Training session in September. New and previous Edmonton ostomy group members will be welcome to participate.

Calgary - Congratulations again to the Calgary Ostomy Chapter on their 55th Anniversary, which they celebrated on April 16 with a volunteer appreciation, history, a social, and of course, a cake! They are taking advantage of free library meeting rooms for their support group, including a hybrid Zoom option. Calgary held an AGM on June 20, and planning has started for the 2023 Calgary Step UP event, which they will hold on September 16. See the ad on next page for more events.

Regina - The Regina and District Ostomy Society’s membership spans the southern half of the province, so they have continued incorporating Zoom into their meetings. In March, FOWC’s Lorne Arneson joined the meeting to explain the impact of FOWC’s important work. In addition, their NSWOCs joined in a discussion about food blockages and diet.

In May, Regina held an Education Day with about 60 to 65 people in attendance, some of whom came from Saskatoon and other parts of the province. Included in the speakers were Regina’s new colorectal surgeon, a pelvic floor physiotherapist, a senior’s advocate, and an author. It was an opportunity for vendors and non-profits to join in and discuss their products and causes. All in all, a great day filled with information and good conversation. The finale for the season was a BBQ and short AGM. It’s so great to meet in person and encourage everyone to attend the fall gatherings with the 2023 Step Up event on September 23.

Winnipeg - the big news in Winnipeg is that going forward, the group will be the Ostomy Manitoba Association. They have been working on this for a while now, so congratulations to everyone. At the AGM and dinner, it was determined that Lorrie Pismenny is stepping up to become the President for the next term. Randy Hull will continue as Vice President and Past President. Great things will continue to happen.

Ontario

- Ian McNeil & Janet Paquet

The Ostomy Canada Youth Camp has 37 campers registered to attend camp this year. Ottawa and Hamilton chapters sponsored three children, while Halton Peel supported one.

Ostomy **Hamilton** will have the new updated Handbook for New Ostomates printed this summer and available for chapters and peer support groups in Ontario. **Halton Peel** Support Group hosted a golf tournament in May and raised just over \$1500 to support youth campers.

Ottawa held a successful education day with over 120 ostomates, family & friends with 12 vendors, nonprofits, and affiliated organizations, a free NSWOC clinic, and four fantastic speakers. Their June picnic meeting was held on the summer solstice by the Ottawa River. **Stratford** also hosted June Dinner in lieu of a meeting.

Toronto Ostomy will hold its 2nd annual motorcycle ride for ostomates on September 9, followed by a BBQ.

Niagara Falls will be holding an education day on October 18. They also hosted a 3-hour training session for PSWs’ in the area.

Kitchener-Waterloo will have a new meeting location effective September.

Ostomy Muskoka had a couple of in-person meetings earlier in the year and is planning to hold them again in September.

Québec

- Réal Lamarche

L’été chaud et humide est le parfait moment pour prendre le temps de relaxer; il ne se passe donc pas grande activité dans les associations du **Québec**. Nous sommes à préparer diverses rencontres pour l’automne dont l’assemblée annuelle de l’Association québécoise (AQPS) et une journée « Vivre avec une Stomie » à Joliette. Vous trouverez en page 15 la liste des activités automnales prévues par nos différentes associations.

Atlantic

- Joan Peddle

2023 has been a year of renewal, with the Atlantic Region returning to regular meetings and gatherings of our fellow members of Ostomy Canada.

Halifax celebrated its 50th anniversary in June with a great gathering of members. Congratulations to the Social Media and Communications Committee on receiving the President’s Award. Stephen Likely presented the award to the very deserving members of the Committee led by Bill Power and Elaine Jeffries, Theresa Mason, and Irene Stagg for their unwavering dedication and support of many and varied Ostomy Halifax activities. Well done!

I attended the NSWOC annual meeting in May in Ottawa and observed the dedication of Ann Durkee-MacIsaac and Ian MacNeil at the Ostomy Canada Booth.

I attended the NSWOC NB Summit on June 1 in Fredericton, and we hope to help raise awareness of the need for support for more NSWOC positions and financial support for ostomy/wound/continence products.

Cape Breton has changed to a PSG, thanks to Stacia’s continued support of her ostomy community.

Newfoundland (Mount Pearl) continues to enjoy in-person meetings and held a summer barbeque to celebrate members.

Christine MacCallum (PEI) resumed her meetings in **Charlottetown** in March and had monthly meetings with a good turnout of members. She continues to raise awareness in the area and remains a true leader in the ostomy community.

Ruth Kenney (Halifax) was an excellent resource for me to help with sending products to FOWC. Fortunately, a member’s husband assisted with sending 14 boxes of products to St. Catherines in June. Our chapter continues to gather products and will be sending more boxes in the near future.

I hope to continue my role for another year and work hard on behalf of the Atlantic Region and Ostomy Canada. I enjoy my involvement in an organization that supports people with ostomies in Canada. ○

Ostomy Canada Society was happy to attend the Nurses Specialized in Wound, Ostomy and Continence Canada (NSWOCC) 42nd National Conference in Ottawa, Ontario, from May 3-7, 2023.

Having returned to an in-person conference, we were thrilled to be able to award the Ostomy Canada Society's Wound Ostomy and Continence Education Program (WOC-EP) Award to two remarkable NSWOCs. Ann Durkee, Chair of the Board of Ostomy Canada, was in attendance to award the certificates.

Each applicant was strong, but the two that stood out the most demonstrated a positive impact on the Ostomy Community through volunteerism, program development, and fundraising while describing impactful ways they plan to raise awareness of the impact of living with an ostomy.



Ann Durkee, Chair of the Board of Ostomy Canada, awards Sonia Zegrer the WOC-EP Award at the NSWOCC 42nd National Conference Banquet on May 6, 2023.

The first award winner was **Sonia Zegrer**, an NSWOC living in Calgary, Alberta, and working at the ET/NSWOC Clinic at the Foothills Hospital. There, she made an impact by helping develop a proactive pre-screening system to ensure all ostomy patients receive pre-operative stoma marking and pre-operative teaching before going in for surgery.

She plans to return to working in the community after working at the clinic for three years and creating a teaching program with her work team to focus on preventing ostomy complications, especially concerning peristomal skin breakdown and/or wounds. Overall, she wants to be proactive in ensuring everyone with an ostomy can have a great quality of life post-surgery.

The second award winner was **Martha Brown** (right), an NSWOC living in Hope, British Columbia, working in a rural community with a small hospital that services the area. As the first NSWOC with ostomy training to service the

community, Martha travels up to 60km away from the hospital to save so many people living with an ostomy from having to travel over an hour to get support & products. She also works with local pharmacies to help bring in products, provide samples, and ensure that everyone living with an ostomy receives the best products.

She will continue to develop the ostomy program at the hospital she works and hopes to create a local ostomy support group in the community she serves this year. She's on a mission to create a "new normal" to give assurance to people living with an ostomy by helping moderate monthly meetings to make sure their medical advice is accurate.

On behalf of Ostomy Canada Society, we want to congratulate these two deserving recipients. We look forward to seeing how they impact the Ostomy Community going forward! 🍷



ostomy events in

Find support, learn some tips, and meet others living with an ostomy in your area!

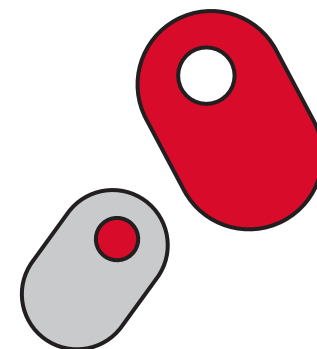
Canada

Pacific

SUPPORT GROUP, Comox Valley - bi-weekly
UNDER 50 PICNIC, Vancouver - Aug. 12
AGM, Vancouver - Sept. 18
STEP UP FOR OSTOMY, Vancouver - Sept. 23

Ontario

OSTOMY AWARENESS RIDE, Toronto - Sept. 9
EDUCATION DAY, NIAGARA FALLS - Oct. 18



Atlantic

GENERAL MEETING, Halifax - Sept 10
STEP UP FOR OSTOMY, Moncton - Sept. 23

Quebec

DÉJEUNER-RENCONTRE MENSUEL, Québec-Lévis - Sept. 09
41E CONGRÈS, SAGUENAY-LAC-ST-JEAN - Sept. 16
ASSEMBLÉE GÉNÉRALE ANNUELLE, AQPS - Sept. 23
MARCHE POUR VAINCRE LES MALADIES INFLAMMATOIRES, Richelieu-Yamaska - Oct. 01
STOMISÉS SANS FRONTIÈRES, Richelieu-Yamaska - Oct. 03
JOURNÉE « VIVRE AVEC UNE STOMIE » À JOLIETTE, AQPS - Oct. 21



Did you know that there are over 50 Chapters & Peer Support Groups in Canada? Find one near you by visiting ostomycanada.ca

SATURDAY, SEPTEMBER 9 OSTOMY AWARENESS RIDE & BBQ

9301 Second Line, Campbellville, Ontario



hosted by Ostomy Toronto and
Original Riderz Motorcycle Riding Club

New! Send your **ostomy events** to
tiffany.shorson@ostomycanada.ca
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Canadienne des
Personnes Stomisées

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Awareness.

Collaboration.

Support.



Ostomy Canada Society Inc. is a non-profit volunteer organization dedicated to all people with an ostomy, and their families, helping them to live life to the fullest.

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