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CANADA'S VOICE FOR PEOPLE LIVING WITH AN OSTOMY

# ostomy canada CONNECTS

WINTER  
2024

## *The Vital Role of Ostomy Support*

### *Providing a Lifeline for Canadian Patients*

Living with an ostomy is a significant change undertaken by thousands worldwide each year. Despite the medical necessity behind procedures due to conditions like cancer, inflammatory bowel disease, or trauma, the emotional aftermath can be as challenging as physical recovery. Within these trials, the support within the ostomy community stands as a beacon of hope, a fundamental pillar in their lives.

Those undergoing ostomy surgery may face not only medical trauma but a profound psychological adjustment period marked by depression, grief, and isolation.

Support structures play a crucial role, upheld by countless volunteers across Canada. The dedication to our Chapters and Peer Support Groups exemplifies selfless service, aiding individuals in navigating their new realities. Roger Ivols's long-time dedication to the ostomy community was a shining example (pg. 21).


The emotional and psychological challenges faced by persons undergoing ostomy surgery are significant. Leading ostomy care specialists highlight the unique challenges ostomy patients encounter, including medical trauma, depression, grief, and a knowledge gap in their care.

Through education, empathy, and emotional support, barriers to adjustment and acceptance are dismantled gradually.

A robust support system focuses on practical ostomy care and emotional well-being, fostering a healing environment that nurtures recovery and resilience in a stigmatized situation.

Comprehensive ostomy support benefits extend beyond the post-operative phase, enhancing physical well-being and emotional health. Ostomy support programs like the Ostomy Visitor Program and Ostomy Support Groups create a community that understands, empathizes, and empowers persons living with an ostomy.

Engagement with initiatives like local chapters, peer support groups, and platforms such as Ostomy Canada's private Facebook group ensures that individuals do not face the ostomy journey alone.

The presence of a supportive community makes the path to normalcy post-ostomy smoother. Persons with an ostomy are encouraged to engage with Ostomy Canada's comprehensive programs, strengthening individual resolve and the foundation of support for triumph over adversity. 

*Empowering Every Step for Those Living with an Ostomy - Together, We Thrive.*



# LET'S CONNECT |

With Dana  
Ypma



## Winter Warmth: A Message from Our Executive Director

Dear Ostomy Canada Community,

As winter blankets us in its serene beauty, I want to extend a heartfelt message of support to each of you. This season, our Connects newsletter is dedicated to the theme of 'support,' emphasizing the strength and unity within our ostomy community.

Your resilience has been a guiding light, and together, we've created a network built on compassion and understanding. In this issue, we'll be sharing stories of support, resources, and upcoming events designed to strengthen our bonds.

Let's continue to uplift and inspire one another. Your presence in our community is invaluable, and I'm excited about the warmth and connection we'll cultivate this winter.

If you ever need assistance or have suggestions on how we can better serve you, please don't hesitate to reach out. Your feedback is invaluable, and we are always here to listen and support you in any way we can.

In closing, let's embrace the winter season with warmth in our hearts, gratitude for the connections we've forged, and anticipation for the possibilities that lie ahead. Thank you for being an essential part of Ostomy Canada, and I wish you a joyful and cozy winter.

## Chaleur Hivernale : Un Message de Notre Directrice Exécutive

Chère communauté de la Société Canadienne des Personnes Stomisées,

Alors que l'hiver nous enveloppe de sa beauté sereine, je tiens à vous adresser un message sincère de soutien à chacun d'entre vous. Cette saison, notre bulletin Connects est dédié au thème du 'soutien', mettant en avant la force et l'unité au sein de notre communauté de l'ostomie.

Votre résilience a été une lumière guide, et ensemble, nous avons créé un réseau basé sur la compassion et la compréhension. Dans ce numéro, nous partagerons des histoires de soutien, des ressources et des événements à venir conçus pour renforcer nos liens.

Continuons à nous élever et à nous inspirer mutuellement. Votre présence dans notre communauté est inestimable, et je suis enthousiaste à l'idée de la chaleur et de la connexion que nous cultiverons cet hiver.

Si vous avez besoin d'aide ou des suggestions sur la manière dont nous pouvons mieux vous servir, n'hésitez pas à nous contacter. Vos commentaires sont inestimables, et nous sommes toujours là pour vous écouter et vous soutenir de toutes les manières possibles.

En conclusion, embrassons la saison d'hiver avec de la chaleur dans nos cœurs, de la gratitude pour les liens que nous avons forgés, et de l'anticipation pour les possibilités qui se présentent. Merci d'être une partie essentielle de la Société Canadienne des Personnes Stomisées, et je vous souhaite un hiver joyeux et douillet. ○

**Dana Ypma**

Executive Director  
Ostomy Canada Society

Directrice Exécutive, Société Canadienne  
des Personnes Stomisées

# OSTOMY CANADA MAGAZINE

# Print & Digital

**W**e are delighted to share some exciting news with our Ostomy Canada Magazine community! As we announced earlier, we have transitioned to a digital format to embrace the advantages of technology and enhance your reading experience. However, due to overwhelming demand, we are thrilled to let you know that Ostomy Canada Magazine will now be available in both digital and print formats.

## Here's what you can expect:

**Choice of Format:** Starting with our upcoming issue, you'll have the flexibility to choose between the digital version for instant access or the traditional print version delivered to your doorstep.

**Enhanced Digital Features:** For those who prefer the digital experience, you'll still enjoy the benefits of instant access, enhanced interactivity, and eco-friendliness. The digital format allows for clickable links, videos, and more to make your reading experience engaging and informative.

**Printed Copies for Traditionalists:** Recognizing the continued demand for printed copies, we are committed to providing high-quality print issues for those who prefer the tangible feel of a magazine in hand.

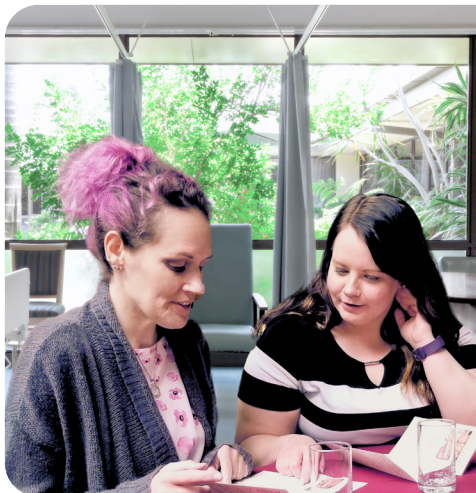


**Fiscal Responsibility:** While we continue to offer both formats, we assure you that our commitment to fiscal responsibility remains a priority. We have optimized our processes to efficiently provide you with the best content in both digital and print editions.

To ensure you receive your preferred format, please review and update your contact information accordingly. If you prefer to receive a digital copy, or have any questions or need assistance, our customer support team is ready to help at [support@ostomycanada.ca](mailto:support@ostomycanada.ca).

Thank you for your ongoing support, and we look forward to delivering Ostomy Canada Magazine in a way that suits your preferences. Whether you're a fan of the digital age or you cherish the traditional print experience, we're here to meet the preferences of all our valued readers. ○

by **Lisa Gausman**, Editor-In-Chief, Ostomy Canada Magazine & **Dana Ypma**, Executive Director, Ostomy Canada



## Get The Support You Need!

### OSTOMY VISITOR PROGRAM

Speak to a Certified Ostomy Visitor for personal support with your ileostomy, colostomy, urostomy, j-pouch or reversal. Visits are available at the hospital, in-person, phone & virtually. Contact us for more info!

[www.ostomycanada.ca](http://www.ostomycanada.ca) | Call: 1-888-969-9698



**Ostomy Canada** announces  
a new **collaboration** with

**Nadia**

From **Gutsy  
Girl Diaries!**

Hi! I'm **Nadia Maffucci Di Rienzo**. To give you a little background information about me, I was diagnosed with inflammatory bowel disease (IBD), specifically Ulcerative Colitis (UC), in July 1997. In November 2022, I was diagnosed with early-stage colorectal cancer. I was then scheduled for a total proctocolectomy in January 2023, and now I have a permanent ileostomy.

I am a digital creator, and I manage a personal blog and Instagram account, Gutsy Girl Diaries, to share my journey with IBD, Colorectal Cancer, and now life with an ostomy. It is my goal to use these platforms to advocate, educate, and break the stigma associated with invisible illnesses and disabilities.

### **My Story**

For most of my life, I've battled with an autoimmune disease, Ulcerative Colitis (UC), which is a type of inflammatory bowel disease (IBD). My first UC symptoms started in May 1997. I started feeling a lot of gastrointestinal discomfort, and as time went on, my abdominal symptoms became worse. My family doctor referred me to a Gastroenterologist. After multiple tests, blood work samples, and a colonoscopy, I received my UC diagnosis in July 1997, just 2 weeks before my 15th birthday.

I spent that summer learning about how to live with an autoimmune disease while trying to manage my symptoms, both of which I had little success in. I felt defeated and alone, especially since I kept my IBD diagnosis a secret from anyone outside of my immediate family.

For the next several years, I went from months of perfect health to months of debilitating flare-ups. It was a roller coaster of emotions and symptoms. Some days were great, and other days were just horrible,

but I always made my health a priority. I focused on exercise and eating a healthy diet, which I found helped so much even when I was in remission. Despite having a chronic illness, I was able to achieve many life goals I had set for myself, such as completing my university degree, securing a full-time job, getting married, and having children (I have been blessed with two).

When my youngest was three years old, I had my worst flare-up yet. Desperate for relief, I opted to do a clinical trial. The screening period was excruciating as I had to endure multiple lab tests, blood work, and journaling of symptoms to qualify. The clinical trial was my saving grace at the time, and I was able to regain remission. I was eating a strict diet, and as soon as I could, I began exercising. I was taking small steps in regaining my physical, mental, and emotional strength.

In March 2018, I decided that after years of keeping

my UC diagnosis a secret, I wanted to share my story with others. I wanted to become an advocate for IBD. I created Gutsy Girl Diaries so that I could have a place to document my IBD journey in hopes of raising awareness about digestive diseases while emphasizing the importance of gut health and providing a place for my fellow warriors to find the comfort and support they needed to live fearlessly with IBD. Gutsy Girl Diaries has allowed me to reach many individuals, make many meaningful connections, and collaborate with brands I love. I am so abundantly grateful for my social media community, which has shown me so much compassion and support.

Despite having a few years of remission in the clinical trial, I started having UC symptoms in April 2022. I assumed I was going into a flare-up, so I braced



**OSTOMY CANADA  
AMBASSADOR**



myself for what I thought would be a quest for a new medication. Following a colonoscopy, I received the devastating news that I had colorectal cancer in November 2022. After more scans, blood work, and tests, my cancer was staged at stage 1. For me, this meant that I did not have to undergo any cancer treatments, but I would need a total proctocolectomy surgery, which would result in me having a permanent ileostomy. I was devastated and overwhelmed with emotion. I could not fathom that my body would change permanently without my permission. As I tried to imagine what life would be like with an ostomy, negative thoughts flooded my mind.

I had my ostomy surgery in January 2023. It was one of the hardest experiences I've had to endure: a lot of silent battles, a lot of uncertainty, a lot of wondering, "How will I ever overcome this?.. but most importantly, a lot of resilience.

### Where I Am Today...

A little over one year ago, I had life-saving surgery that changed my life and body forever. Today, I am so grateful. My relationship with my stoma, whom I named "Stormy", is a daily battle – a love-hate, so to speak. I have learned that living with an ostomy is a process of patience, grief, forgiveness, and perseverance. My ostomy not only saved my life from the spread of colorectal cancer, but it most definitely gave me my life back after living with IBD for over 25 years. I now live a healthier life, one I didn't know I could have. This is why I advocate. Having an online platform to speak my truth and having that truth resonate with others warms my heart so much. Knowing that I am making a difference by sharing my journey is a great feeling.

### My Support System

I am so fortunate to have such a strong support system of family and friends. I am always and forever grateful for my amazing husband, Carlo.

In all my advocacy work, one of the common themes I share with others is the importance of a sound support system. My husband and I are high school sweethearts,

so he's always been a huge part of every aspect of my life, especially my health journey. We met when we were just 16 years old. We were just kids, and at the time, I was so self-conscious about sharing with him that I had an autoimmune disease. It just so happened that not too long after we started dating, I had a flare-up, so there


was no hiding my UC at that point! I told Carlo that I had Ulcerative Colitis, a type of IBD. He was so kind and so accepting of me, which I loved. He offered his care and support as best he could, given the circumstances. Even at such a young age and not fully understanding the severity of my chronic illness, he never made me feel as if I was a burden or that I was unworthy of our relationship.

And since then, he has always made me feel valued and cherished. After 9 years of dating, we got married. Traveled. And brought two amazing kids into this world. Here we are, 25 years later, and he

is still my number one supporter. I am always searching for ways to beat my illness. Whether it was researching a new food or supplement that would improve my gut health or looking up the side effects of new medications.

The one thing that got me through all my UC flare-ups over the years was his charm and wit—always making me laugh and encouraging me to find joy in the little things, which is so so so important to having a healthy quality of life.

Before my ostomy surgery in January, the thought of learning the ins and outs of living with an ostomy was so overwhelming. Once I had my surgery, I was in so much pain and not very mobile, and the overwhelm intensified because it was hard for me to manage caring for my ostomy on my own. My husband jumped in and has been there every step of the way. It's easy to feel so alone in this process, and I am so very lucky to have someone who is always ready and willing to help me all day, every day.

I am sharing this part of my journey because I feel that it is important for someone in your support system to know how to help with ostomy care in the event of illness or injury that could make ostomy care a challenge. It takes a village, and I am so grateful to be a part of the ostomy community, where I have learned so much already! 

Follow Gusty  
Girl Diaries



# UNSUNG HERO

## Tiffany Shorson



### Ostomy Canada Marketing Team

dealer for several years and was involved in many committees there, including a social club and Six Sigma team, and was also the campus newsletter editor. At the age of 30, I was forced to go on permanent disability leave due to Multiple Sclerosis and short bowel syndrome. I was a software trainer and technical writer for the company at the time.

Busyness was always a tool to manage my C-PTSD, albeit unknowingly. When I was no longer employed, I found myself in a mental health crisis, and a therapist suggested I find another volunteer job. Lisa Gausman was looking for a replacement as newsletter editor, and so I began volunteering with Calgary Ostomy in 2015. The chapter needed more modern tools for communication and technology, so over the years, I have supported them in a myriad of ways. I also transitioned from fine art to graphic design by taking Adobe Creative Cloud Suite courses. I was fully embracing my natural gifts - my authentic self!

I was invited to join Ostomy Canada's National Advisory Committee in 2019, and in 2021, I was asked to join the Step Up For Ostomy committee. There, I met John Hartman, the past Executive Director, and got roped into quite a bit more work! I support the org through many projects, including this newsletter, the website committee, and social media, to name a few.

My local chapter and the national organization needs volunteers, especially with specific skill sets. I have an overwhelming amount of work, as does my counterpart Yaser Nadeem. I aim to reduce my local involvement in order to play a more significant role nationally. One goal I have is to improve services in support of local chapters. Ostomy Canada and the Calgary chapter are recruiting volunteers, so please consider using your innate talents and join the cause!

Volunteering allows me to live life to the fullest despite my disability. I believe I can positively impact the ostomy community, which is an amazing feeling. ○

I'm 43, born and raised in Calgary, and I love cats, nature, prog rock music, creativity, reading, and living a purpose-driven life. I've volunteered for as long as I can remember, starting in church as a little kid.

When I was 7, I had my first opportunity to volunteer in the school library, stamping cards. Unfortunately, when I was 11, I underwent colectomy surgery due to Ulcerative Colitis, which led to a temporary ileostomy. Later, I had ileoanal pull-through surgery, which caused subsequent complications and many revisions. It was a traumatic time for me, as my peers bullied me for my skeletal appearance. However, I found solace in the library and became a dedicated volunteer throughout Junior High. The librarian even had me helping her during class time. I won a special award for my volunteer service, which I was too embarrassed to accept, much like today!

Art has also provided an outlet for my inner turmoil. I was the top art student in high school, with every piece of my work on display. I designed the logo for our graduation ceremony and was close to winning the art award. Unfortunately, I lost out as I had too many sick days and didn't have any disability accommodations. I planned to attend art college but decided to go into administrative work instead. Looking back, I would choose the former and pursue my passion.

My volunteer history includes non-profit organizations like the Métis Nation of Alberta, Crohn's & Colitis, a homeless shelter, a community resource centre, and support groups. I worked for a heavy equipment

**Nominated by:** Dana Ypma, Executive Director, Ostomy Canada Society



# COMBATTING DRY PERISTOMAL SKIN:

by **Erika Kana**, RN, OCS Marketing Team

## Causes & Proactive Solution

### What causes dry skin?

Dry skin is a common irritation experienced by ostomates. It's uncomfortable and can lead to itchiness. Some causes of skin irritation and dryness are a cold, dry environment and not using the best products to fit your needs. Other causes include older age, vitamin D deficiency, smoking, and cancer treatment. Common conditions that also affect skin health are diabetes, thyroid disease and kidney disease. If these risk factors affect you, you must be vigilant about your skin health. Like with any ostomy problem, it's best to address it sooner rather than later.



### How to fix it?

Taking care of your skin is vital to prevent and treat dryness. Like other stoma issues, being proactive in avoiding dryness is key to easily preventing problems before they occur. Here are some easy tips to avoid dryness:

- Avoid skin products that contain alcohol
- When drying the skin around your stoma, pat it dry rather than rubbing it.

Staying hydrated is also crucial but can be difficult for ostomates, especially for people with a high-output ostomy. Stay away from sugary drinks. Instead, try using an oral rehydrating solution (ORS), like adding salt to Gatorade G2 to achieve the perfect mix of sugars and salts for your body to absorb the liquid.

Here is an excellent resource to calculate how much ORS you should drink to stay hydrated, including a homemade ORS recipe. Try drinking before eating to help absorb liquids.

Using the right products can help both prevent dryness and treat it. Try to look for a flange made of hydrocolloids rather than acrylic adhesives. Hydrocolloid flanges help lock in moisture. Also, barrier creams can be a valuable tool in alleviating and preventing dryness, such as the Coloplast Brava Barrier Cream. It creates a long-lasting barrier for dry and irritated skin around the ostomy. A similar product is available in a spray format, the Brava Skin Barrier Spray. Another option for

barrier cream is the Convatec Esenta Sting Free Skin Barrier. These products are effective and safe, even with frequent use.

Before using the barrier cream, a safe and effective option is applying a moisturizing lotion on the skin around your stoma. For example, the Coloplast Sween Cream Moisturizer is a good option. Just remember to clean and dry the area beforehand. After applying the moisturizer, allow it to dry completely before continuing in the rest of your ostomy care.

The Coloplast Self-Assessment tool can be an excellent resource for solving other common stoma problems.

If you're having problems with your stoma care, contact your healthcare provider for help. Remember, you're not alone. ○



# Simple Chicken Salad On Rice Cakes (Gluten Free)

by Nadia Maffucci Di Rienzo | Gutsy Girl Diaries

Since having my ostomy surgery in January 2023, I am always on the hunt for quick and easy meals that I can digest. Chicken and rice cakes are two foods that are ileostomy friendly, so I find that I have them both quite often.


Today for lunch, I made this simple chicken salad on rice cakes. For the chicken, I used Kirkland canned seasoned chicken breast. I like to keep this in my pantry for when I am in a pinch, and need to make a healthy, high protein meal in minutes. The other ingredients can totally be customized to suit your taste. I chose these ones because I really like them, and because they are not considered high risk blockage foods for my ileostomy.

## Ingredients:

- 100g chicken breast, flaked (canned or freshly cooked) – I used Kirkland
- 2 wedges Laughing Cow Cheese
- 2 tablespoons Longo's Muffuletta spread
- 2 Quaker Rice Cakes (I used the white cheddar ones for some extra flavour)

## Directions:

1. Place the chicken and cheese to a bowl and mix until combined
2. Add the Muffuletta spread and stir
3. Top each rice cake with an equal amount of the chicken mixture... and enjoy!

Source: by Nadia Maffucci Di Rienzo. Feb. 6, 2024. (<https://gutsygirlidiaries.com/lunch-dinner/simple-chicken-salad-on-rice-cakes-gluten-free/>) 

## Follow Me

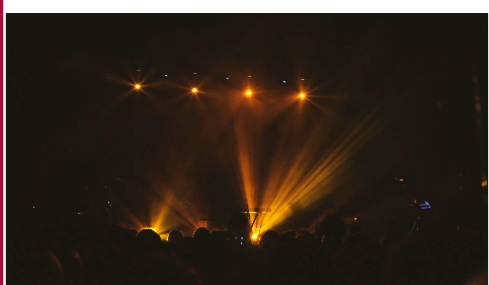
For recipes, tips & more, follow Nadia on Instagram

@ **gutsygirlidiaries**



## AN INTRO TO STUCK

with Raimo Strangis



Ostomy Canada has partnered with Stagg Films for the production of a short film entitled **Stuck**. In anticipation of it's release, Raimo has filmed this clip to introduce the premise. Click to watch the video!

## JOIN US IN CHANGING LIVES WITH "MAKE IT MONTHLY"!

MAKE IT  
MONTHLY  
BEFORE  
APRIL 1!



For the entire month of March, CanadaHelps will donate an additional \$20 for each new monthly donation of \$20 or more to Ostomy Canada Society. They will also donate an additional \$10 for existing monthly donations that are increased by \$10 or more made to our organization using CanadaHelps, up to a maximum of \$50,000 CAD.

**GIVE TODAY**



# OSTOMY SUPPORT

## Hello New Volunteers!


### **Hannah Martin-Spencer,** OCS Marketing Team



Hello, my name is Hannah and I am 23 years old. I grew up in the GTA and am currently attending post-secondary in Calgary for acupuncture! I completed my bachelor's in kinesiology with a psychology minor and am excited to expand my knowledge into the acupuncture field. I was diagnosed with ulcerative colitis at age 16 and got my ileostomy at age 20 after failing multiple biological drugs. In my spare time I love to be outdoors, bake, paint and of course advocate for people living with ostomies! I have also been involved with Crohn's and Colitis Canada for a few years prior to joining Ostomy Canada as a volunteer. I first heard about Ostomy Canada through the Calgary chapter Christmas party last year and applied to be a volunteer shortly after. I'm really excited to get more involved with Ostomy Canada, specifically with social media and fundraising. My ostomy gave me my life back and I can't wait to continue to grow with the ostomy community.

### **Erika Kana,** OCS Marketing Team



Hello, I'm Erika. I was born and raised in Calgary, Alberta. I attended Mount Royal University in Calgary and graduated with a 4.0 GPA. I took my NCLEX licensing exam in December of 2022 and became a registered nurse. I've worked as a nurse since and specialize in emergency medicine, with also experience in medical-surgical nursing. I hope one day to work in pediatrics or neonatal intensive care nursing and eventually to work as a critical care transport nurse. I have also recently transitioned into the world of health content writing. I specialize in crafting content that simplifies complex medical topics, promotes wellness, and addresses common health concerns. My goal is to empower individuals with accurate and easy-to-understand information. I also have an interest in wound, ostomy and continence nursing, which, combined with my love for writing, led me to volunteer with Ostomy Canada. In my spare time, I enjoy reading, hiking, playing with my dog (my beagle puppy), backpacking, doing yoga and running, and spending time with friends and family. 

FROM OUR BLOG:  
CLICK TO READ!



**BILL'S**  
**TOP TIPS FOR**  
**ILEOSTOMY CARE**







## Connecting With You... *Jacqueline Bloom*

Chair of the Board, Ostomy Canada Society



**I**t is my honour to serve as Board Chair of Ostomy Canada Society for 2023-2024. I want to thank my colleagues for their trust and confidence.

There has never been a more important time than now to build relationships with people living with an ostomy, their

families, chapters across the country and with all of our stakeholders. With all we've gone through these past years, this is the time to develop connections and make a difference.

I'd like to thank and welcome new Vice-Chair Janet Paquet. I look forward to working with her.

I also want to take this opportunity to thank Past Chair Ann Durkee. Ann has supported Ostomy Canada and given so much of her time, effort, and most of all, leadership. We are grateful for everything she provided over this past few years. I look forward to continuing to work with Ann as Past Chair.

I have over 25 years experience in the non-profit sector in the capacity of Professional Fundraising. I have a vast experience in fundraising professional practice, strategic planning and board governance. I hope my background will assist in making our organization stronger for the future.

In the coming year, I will be focusing on governance, strategy and best practices in fundraising in the role of board chair. The newly developed Governance Committee will be focused on updating our by-laws, updating and developing new policies for the society and the committee will also be tasked with board development and nominations.

We have also implemented a Finance Committee that

will focus on our budget, audit and best practices in Finance for the society.

We currently have a few board members that will be retiring off of the board at the end of this year. I want to thank each of them for their time, dedication and commitment to Ostomy Canada over their respective terms. We are currently looking to recruit new board members to help us continue on with our important mission. Are you interested? Past board experience is not necessary just the interest and drive to make life better for individuals with an ostomy! Please contact our national office if you are interested. (info@ostomycanada.ca) We need you!

Through advocacy, awareness, collaboration, and support from our volunteers I want to thank the Board of Ostomy Canada and the many Operational Committees that have volunteered many hours to achieve our goals. I am grateful for each of you.

Now, it is time to focus on what we are here for; to work together in support of those living with an ostomy. As a Board, we remain committed to working hard for the thousands of individuals and families we serve.

I look forward to connecting.

### RECRUITING BOARD MEMBERS



If you have a background in:

- Finance
- Legal
- Governance
- Strategy

*We Need You!*

Apply online today at  
[www.ostomycanada.ca](http://www.ostomycanada.ca)



## Relier Avec Vous...

Président du conseil d'administration, Société Canadienne des Personnes Stomisées

C'est un honneur pour moi de servir en tant que présidente du conseil d'administration de la Société Canadienne des Personnes Stomisées pour l'année 2023-2024. Je tiens à remercier mes collègues pour leur confiance et leur soutien.

Il n'y a jamais eu de moment plus crucial que maintenant pour établir des relations avec les personnes vivant avec une stomie, leurs familles, les sections à travers le pays et avec tous nos parties prenantes. Avec tout ce que nous avons traversé ces dernières années, c'est le moment de développer des liens et de faire une différence.

Je tiens à remercier et à souhaiter la bienvenue à la nouvelle vice-présidente, Janet Paquet. J'ai hâte de travailler avec elle. Je saisis également cette occasion pour remercier la présidente sortante, Ann Durkee. Ann a soutenu la Société Canadienne des Personnes Stomisées et a consacré beaucoup de son temps, de ses efforts, et surtout, de son leadership. Nous sommes reconnaissants pour tout ce qu'elle a apporté au cours de ces dernières années. J'ai hâte de continuer à travailler avec Ann en tant que présidente sortante.

J'ai plus de 25 ans d'expérience dans le secteur à but non lucratif en tant que professionnelle de la collecte de fonds. J'ai une vaste expérience dans la pratique professionnelle de la collecte de fonds, la planification stratégique et la gouvernance du conseil d'administration. J'espère que mes antécédents contribueront à renforcer notre organisation pour l'avenir.

Au cours de la prochaine année, je me concentrerai sur la gouvernance, la stratégie et les meilleures pratiques en matière de collecte de fonds en tant que présidente du conseil d'administration. Le Comité de gouvernance nouvellement créé se concentrera sur la mise à jour de nos statuts, la révision et le développement de nouvelles politiques pour la société, et il sera

également chargé du développement du conseil d'administration et des nominations.

Nous avons également mis en place un Comité financier qui se concentrera sur notre budget, notre audit et les meilleures pratiques en matière de finances pour la société.

Nous avons actuellement quelques membres du conseil d'administration qui prendront leur retraite à la fin de cette année. Je tiens à les remercier chacun pour leur temps, leur dévouement et leur engagement envers la Société Canadienne des Personnes Stomisées au cours de leurs mandats respectifs. Nous sommes actuellement à la recherche de nouveaux membres du conseil d'administration pour nous aider à poursuivre notre mission importante. Êtes-vous intéressé ? L'expérience passée au conseil n'est pas nécessaire, seulement l'intérêt et la volonté de rendre la vie meilleure pour les personnes ayant une stomie ! Veuillez contacter notre bureau national si vous êtes intéressé ([info@ostomycanada.ca](mailto:info@ostomycanada.ca)). Nous avons besoin de vous !

Grâce au plaidoyer, à la sensibilisation, à la collaboration et au soutien de nos bénévoles, je tiens à remercier le conseil d'administration de la Société Canadienne des Personnes Stomisées et les nombreuses commissions opérationnelles qui ont consacré de nombreuses heures pour atteindre nos objectifs. Je suis reconnaissante envers chacun d'entre vous.

Maintenant, il est temps de se concentrer sur ce pour quoi nous sommes là : travailler ensemble en soutien à ceux qui vivent avec une stomie. En tant que conseil d'administration, nous restons engagés à travailler dur pour les milliers de personnes et de familles que nous servons.

Je suis impatiente de rester en contact. ○



# OSTOMY SUPPORT

## Local Groups

**O**stomy Canada has a vast support network across Canada, including Chapters and Peer Support Groups. Major cities such as Vancouver, Calgary, Regina, Quebec, Toronto, and Halifax offer services like the Ostomy Visitor Program, Ostomy Support Groups, Young Adults Groups, and more.

These groups often hold monthly meetings that include guest speakers on different ostomy topics, as well as social events. Local representatives from major ostomy manufacturers, such as Coloplast, Hollister, and Convatec, are often involved. Some groups also participate in the Step Up For Ostomy awareness and fundraising event, which we hope to expand this year.

Joining a local support group is an excellent way to connect with others and start your journey towards physical and emotional well-being. Many volunteers have been a part of these groups for decades and have valuable tips and advice. Nurses Specializing in Ostomy, Wound and Continence (NSWOC), often volunteer and provide their professional knowledge in ostomy care.

### Here is a list of cities and towns that offer ostomy support, from the Pacific Coast to the Atlantic Coast:

- **British Columbia** has a significant chapter in Vancouver and peer support groups in Comox Valley, Cowichan Valley, Victoria, Coquitlam, and Nelson.
- **Alberta** has an active chapter in Calgary and peer support groups in Edmonton and Medicine Hat.
- **Saskatchewan** has one group, Regina Ostomy.
- **Manitoba** has a province-wide group that typically meets in Winnipeg. There is also a peer support group in Brandon.



*Calgary Ostomy's Christmas Social Event on Dec 16 featured an Ugly Sweater Contest and gift exchange.*

- **Ontario** has the most extensive network, including chapters such as Niagara Ostomy, Hamilton Ostomy, and Toronto Ostomy. There are also several peer support groups in Chatham, Cobourg, Sarnia-Lambton, Renfrew County, Oshawa, Oakville/Halton-Peel, Muskoka, Kitchener, Ottawa, Leeds/Grenville, Windsor, Sudbury, and Stratford.
- **Quebec** has several active groups, including Richelieu-Yamaska, Grand-Portage, Mauricie Centre-Du-Quebec, Saguenay / Lac-St-Jean, Quebec-Levis, Montreal, and the Association Quebecoise.
- **New Brunswick** has groups in Miramichi, Saint John, Woodstock, Moncton, and Fredericton.
- **Nova Scotia** has a large chapter in Halifax and peer support groups in Cumberland, Liverpool, Southwest NS, Claire, South Shore, Annapolis Valley, and Care Breton.
- **Prince Edward Island** has a group in Charlottetown.
- **Newfoundland** has groups in Gander, Humber Valley, and the Newfoundland & Labrador Chapter.
- **Northern Territories** have no known support groups.







# REGIONAL REPORTS

## Pacific

- Andy Manson

Greetings from the Pacific Region

Hope everyone had a wonderful Christmas season.

The weather cooperated in December to allow groups to gather for their Christmas parties.

I attended the Vancouver chapter's Christmas party held at the Hilton Hotel in Burnaby. There was a good attendance of people in the holiday spirit. The food was delicious, and the gift draw was fun (with thanks to those who donated). The new Vancouver chapter President George Pick MC'd and along with Earl Lesk gave a lovely heart felt tribute to Deb Rooney for her years as President. Deb will continue her support and work with the chapter as newsletter editor.



Andy Manson presents the  
NSWOC Award to Lauren Wolf.

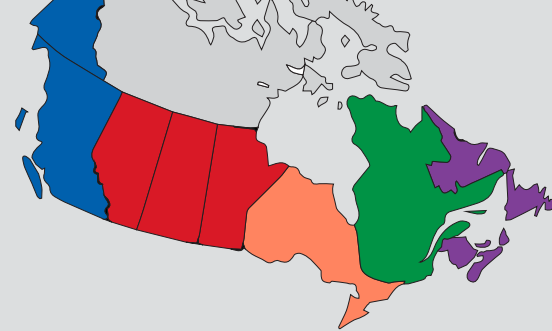
Thank you to all who organized this event and to all who attended.

Comox group also had a Christmas event which was very well attended and very fun.

I met with Betty and Lena, both from the Comox chapter to collect 8 large boxes of pre-sorted Ostomy supplies for 3rd world donation. I then mail them to Earl Lesk from the Vancouver chapter, who works his magic to ensure these valuable ostomy supplies get to the right people and place to be used. A big thank you to all who donated and also to all who sorted.

Victoria also has a new group facilitator, Sebastian Piper. He organized and hosted a meet and greet meeting in December to get feedback and to organize the group for next year.

From all of us in the Pacific region, we wish you all the best for 2024.



## Prairies

- Deb Carpentier

The Prairie region has a number of active groups who are able to provide support and information.

Edmonton has grown in the past 2 years from a "start up" group to now 15 to 20 people involved on an ongoing basis. They have changed meeting locations to accommodate the numbers. Three Edmonton members have once again been asked to present at the second year nurses training this spring at Grant MacEwan University, after a successful fall presentation. Anne Le is Edmonton's facilitator and can be contacted at [edmonton.osg@gmail.com](mailto:edmonton.osg@gmail.com).

Calgary continues to have an active Chapter with quarterly meetings and they are planning on a speaker this coming spring. They are moving toward a paperless newsletter. Pat Cimmeck is the Chapter President and the chapter can be contacted at [hello@calgaryostomy.ca](mailto:hello@calgaryostomy.ca).

Medicine Hat is the "new kid" on the block having started their group before Christmas and continue to plan zoom meetings until spring, when they hope to have a face to face meeting. Heather Williamson is the group facilitator and can be contacted at 403-804-5204 and [ostomymedicinehat@gmail.com](mailto:ostomymedicinehat@gmail.com)

Saskatchewan is seeing changes! The Regina & District Ostomy group is changing the nature of the group to become a provincial Peer Support Group. There will be a name change this spring to capture what will be a Saskatchewan support group.

Last but not least, the Regina Ostomy Group is celebrating 50 years as an organization on May 4th!! A 50th ANNIVERSARY party is in the plans and they're having a big splash to mark the success of the past and building for the future. All are welcome.

Patty Gianoli is the group President and can be contacted at [patty.gianoli@sasktel.net](mailto:patty.gianoli@sasktel.net).

The Winnipeg ostomy group has now changed over to be the Ostomy Manitoba Association (OMA) to better reflect the needs of their province. Good work Manitoba and the team there. [www.ostomymanitoba.ca](http://www.ostomymanitoba.ca)

## Ontario

- Ian McNeil & Janet Paquet

Ostomy Hamilton has a new name and logo.

A visitor training session with Ostomy Hamilton, Ostomy Niagara and Halton Peel Support group took place at the end of November where we had 16 visitors trained.

Vancouver's HANDBOOK FOR NEW OSTOMY PATIENTS has been revised and reprinted and ready to go if anyone wants copies at \$1.80 a piece. Contact [ostomyhamilton@gmail.com](mailto:ostomyhamilton@gmail.com)

NSWOCC is holding an Ontario Summit in the coming months. Invited guests include Federal & Ontario provincial Ministers of health, long term care Health, Home care agency's, local ostomy group etc. Among other issues, living with an ostomy, follow up on our recent updated ADP adjustment and greater access to NSWOCC's across Ontario will be included in the agenda. Further details will be communicated as the project unfolds.

## Atlantic

- Joan Peddle

Newfoundland (Mount Pearl) had their Christmas get-together and continues to be a great support to their ostomy community.

Christine MacCallum (PEI) and Judith Bayliss continue to have local meetings and offer business cards and leaflets to place in the pharmacies, and other areas. Judith applied for and received funding from the PEI government for outreach. They hope to see more support groups form and will continue to advocate and promote awareness.

Halifax and the area are busy with plans to assist with the ostomy camp again this year, and they have always been great supporters of this important program.

Lionel Comeau is the new president of Saint John, and their chapter continues to support the ostomy community. They have a Facebook page and monthly meetings.

Ostomy Moncton continues to be involved and has had several meetings with politicians, lobbying for ostomy funding coverage for all people with ostomies. We hope to secure funding to help all ostomates in New Brunswick.

I hope to continue my role until September and will work hard on behalf of the Atlantic Region and Ostomy Canada.

## Québec

- Réal Lamarche

Au niveau de l'Association Québécoise des personnes stomisées (AQPS) nous avons revu nos règlements internes pour faciliter nos activités en créant un comité exécutif pour la gestion courante.

Les demandes d'information de toutes sortes (principalement le CIPH) sont de plus en plus élevées principalement pour les régions où il n'y a pas d'associations régionales. Il devient de plus en plus évident d'envisager une permanence afin de répondre à toutes ces demandes. Une soumission pour du financement additionnel est en cours auprès du programme de soutien des organismes communautaires (PSOC) du gouvernement du Québec.

Avec 5 associations régionales du Québec qui ont complété leurs adhésions au titre de groupe de soutien auprès de la Société Canadienne des Personnes Stomisées (SCPS) nous envisageons d'offrir un service complet auprès de l'ensemble des personnes stomisées du Québec.

- At the level of l'Association Québécoise des
- personnes stomisées (AQPS) we have reviewed
- our internal by-laws to facilitate our activities by
- creating an executive committee for day-to-day
- management.
- Requests for information of all kinds (mainly the
- DTC) are increasing, mainly for regions where
- there are no regional associations. It is becoming
- more and more obvious to consider a permanent
- structure to meet all these demands. A submission
- for additional funding is underway with the
- Government of Quebec's Community Organization
- Support Program (PSOC).
- With 5 regional associations in Quebec that have
- completed their memberships as support groups
- with the Ostomy Canada Society (OCS), we plan to
- offer a complete service to all people living with an
- ostomy in Quebec. ○

# OSTOMY EVENTS

- Find local support
- Learn ostomy tips
- Join the ostomy community!

## Pacific

SUPPORT GROUP, Courtney, BC - Mar. 4 & 18

UNDER 50'S GROUP, Vancouver, BC - Mar 5

## Prairies

ZOOM MEETING TBA, Regina, SK - Mar. 12

SUPPORT GROUP, Medicine Hat, AB - Mar. 14

SUPPORT GROUP, Calgary, AB - Mar. 26

CHAPTER MEETING, Winnipeg, MB - Mar. 27

## Join Our Events List!



Include your local ostomy event in the Connects & OCS social media outlets.

**CONTACT TIFFANY TODAY!**

## Quebec

DÉJEUNER/DINER, Shawinigan, QC - Mar. 5

ASSEMBLÉE GÉNÉRALE ANNUELLE, Quebec, QC - Mar. 9

DÉJEUNER COMMUNAUTAIRE, Laval, QC - Mar. 9

DÉJEUNER, Trois-Rivières, QC - Mar. 20

CAFÉ RENCONTRE, Saint-Hyacinthe, QC - Mar. 20

## Ontario

PRESENTATION: SAFE N SIMPLE, Stratford, ON - Mar. 5

SUPPORT GROUP, Chatham, ON - Mar.13

PRESENTATION: HOLLISTER, Hamilton, ON - Mar. 20

PRESENTATION: PREMIER OSTOMY, Niagara, ON - Mar.20

## Atlantic

ANNUAL GENERAL MEETING, Halifax, NS - Mar. 3

OSTOMY MEETING, Fredericton, NB - Mar. 19

CHAPTER MEETING, Moncton, NB - Mar.24

REGINA & DISTRICT OSTOMY SOCIETY

*Cheers to 50 Years!*

Advocacy, Awareness, Support



**Saturday, May 4, 2024**

\$30 per person  
Everyone Welcome  
special musical guest Rory Allen

For more information on tickets and hotels contact Patty @ 306-535-8251 or carpentier.deb@gmail.com

## Squamish 50/50

What does a **5 year stomaversary**, a **50 mile trail race**, followed 1 day later by a **50 kilometer trail race** all have in common?

### Alex MacInnis!

And he is running more than a race; it's a statement that **life with an ostomy is boundless.**

**Help Alex meet his ambitious goal to raise \$50, 000 in support of Ostomy Canada!**

Follow along on Instagram for updates @talesfromthebag!



**AUG  
17-18  
2024**

**Join the Movement: Empower, Inspire, Triumph**



# 4 practical tips for MENTAL WELLNESS

by **Erika Kana**, RN, OCS Marketing Team

An ostomy is often created to address health issues to improve quality of life; however, it can also generate challenges. Having an ostomy can affect your mental health and body image, whether you're a new to an ostomy or experienced. Depression and anxiety are common problems. Depression occurs in over half of stoma surgery patients. Common feelings include frustration, self-consciousness, fear of stigma, and uncertainty. However, the stoma journey is also characterized by resilience, perseverance, and hope.



## 1. Engage in Self-Care Strategies

When so many things feel out of control, it's important to focus on what is in your control. For example, if you have a colostomy, ask your doctor if irrigation is an option. This could allow you to obtain more control over your bowel movements. Or, if you're worried about odour control, eat fewer foods like broccoli, onion, fish, garlic, or eggs and more foods like probiotic yogurt, parsley, or cranberry juice. Here are more strategies for odour control. Another important way to engage in self-care is to take breaks to do the activities you enjoy. Whether it's watching a movie, reading, or walking, doing the things you love can help promote happiness and reduce stress.

## 2. Find Your New Normal

A part of the fear and anxiety around ostomies can be caused by worries surrounding certain experiences. A common experience that leads to anxiety is being self-conscious during intimacy. For information on intimacy with an ostomy, click here. Another worry is travelling. People with ostomies are not limited in their lives, but certain experiences may require more planning and preparedness. Check out this page for travel tips with an ostomy. Maintaining a sense of normalcy can be hugely beneficial to your mental well-being. Talking to a nurse specializing in wound, ostomy, and continence (NSWOC), a doctor, or researching these experiences can help increase confidence.

## 3. Connect with Others

The most important piece to improving your mental health is finding support. This can be from family, friends, or elsewhere. Ostomy support groups are also effective ways to find support. Click here to find an ostomy support group near you. These groups can help create a sense of normalcy and help you re-establish your routine and social life. A withdrawal from social life and the accompanying isolation can quickly deteriorate your mental health. Remember, you are not alone, and an entire community out there wants to help you.

## 4. Seek Professional Help

If you're struggling to cope with your ostomy, don't be afraid to seek professional help. A therapist can provide support. Also, don't be afraid to share your struggles with your NSWOC or doctor. ○

### OUR AWARDS NOMINATIONS NOW OPEN

- ➔ MAPLE LEAF AWARD
- ➔ NSWOC RECOGNITION AWARD
- ➔ POST-SECONDARY STUDENT AWARD
- ➔ UNSUNG HERO AWARD

Learn more at [www.ostomycanada.ca](http://www.ostomycanada.ca)



# OSTOMY SUPPORT

## Programs in Canada

by **Erika Kana**, RN, OCS Marketing Team

**W**hen it comes to living with a stoma, support plays a crucial role in providing emotional, psychological, peer, and financial assistance. In Canada, ostomates can access various reliable community supports designed to enhance their daily lives. Ostomy Canada offers a range of resources, but many other programs are dedicated to improving the quality of life for individuals with ostomies.

### Supplier Support Programs

#### ConvaTec Me+

ConvaTec offers ostomy products, wound care products, and continence care products. They provide support services such as online resources, educational materials, and access to a team of ostomy nurses for personalized support and advice. The Me+ Recovery program provides a guide to healing after ostomy surgery. Check out the Me+ Community for inspiring stories on living with an ostomy. Call 1-800-465-6302 or click this [link](#). To apply for temporary emergency ostomy supplies, call this number: 1-800-422-8811.

#### Hollister Limited

Hollister offers ostomy products like pouching systems, barriers, and accessories. They provide support services such as product samples, [educational materials](#), and access to a team of experienced ostomy nurses for personalized support and guidance. Check out the Hollister Secure Start service for free personalized ostomy support. To apply for temporary emergency ostomy supplies, call this number: 1-800-323-4060.

#### Coloplast Canada

Coloplast offers a wide range of ostomy products, including pouching systems, accessories, and skincare products. They provide support services such as personalized product fitting, educational resources, and a dedicated customer care team. Additionally,

they have a guide on specific provinces/territories [reimbursement policies](#) for ostomy products. Here's a [troubleshooting guide](#) to common stoma problems. They even offer an [app](#) to help improve your life with an ostomy. To apply for temporary emergency ostomy supplies, call this number: 1-877-781-2656.

#### Salts Healthcare

Salts Healthcare offers a range of ostomy products, including pouches, barriers, and accessories. They provide support services such as product samples, [educational resources](#), and access to a dedicated customer service team for product selection and usage assistance. They also have a podcast called "Me, My Bag and I" that you can download from your regular [podcast](#) provider. Feel more comfortable with a language other than English? Check out their stoma education [translations](#).

### Disease-Related Support Groups

#### Bladder Cancer Canada

Bladder Cancer Canada provides educational materials and discussion forums and even has a One2One Peer Support Program. This program does not offer medical advice but allows someone with experience with bladder cancer to share their experiences and advice. This program is supported by the Wellspring Cancer Support Foundation, which has centres located across Canada and connects you with a peer support volunteer. Call 1-866-674-8889 or click this [link](#).

## Colorectal Cancer Canada

Colorectal Cancer Canada has many resources and tools to help you navigate your colorectal cancer journey. They have [support groups](#) you can join, and they're tailored to your age and language. Visit [this page](#) to find services like financial help, places to stay, support groups and more.

## Crohn's & Colitis

Crohn's and Colitis Canada offers various educational programs, supports and resources. The [MyGut](#) app allows you to track your IBD journey. It also has reports, ways to communicate your symptoms and educational resources. The [GoHere](#) app supports washroom accessibility and helps you locate a bathroom when you need one. They also have an excellent [service finder](#) that links you to specialists, home care, research studies, dieticians, counselling services, travel and international support, among other services. Click [here](#) to find peer supports.

## United Ostomy Associations of America (UOAA)

While based in the United States, the UOAA provides resources, support groups, and educational materials for persons living with an ostomy worldwide. They also have a list of where to obtain [emergency supplies](#).

## Financial Support

### Government Plans

Most provinces and territories in Canada provide coverage for ostomy supplies through their respective health insurance plans. Coverage may vary depending on the province or territory, but ostomy supplies such as pouches, barriers, and accessories are generally partially or fully covered for eligible individuals.

Check out Ostomy Canada's guide to [provincial government programs](#).

### Private Insurance Plans

Private health insurance plans may provide coverage for ostomy supplies and related expenses that are not covered by government health insurance plans. If you have private health insurance coverage through your

employer or purchased independently, check your plan to see what ostomy-related expenses are covered.

## Disability Tax Credit (DTC)

The [Disability Tax Credit](#) is a non-refundable tax credit that is intended to provide tax relief for individuals with disabilities, including those with ostomies. To qualify for the DTC, individuals must have a severe and prolonged impairment in physical or mental functions.

## Employment Insurance (EI) Sickness Benefits

If you cannot work due to a medical condition, including surgery related to an ostomy, you may be eligible for [Employment Insurance Sickness Benefits](#). These benefits provide temporary income support to individuals who are unable to work because of illness, injury, or quarantine.

## Medical Expense Tax Credit

In addition to the Disability Tax Credit, ostomy-related medical expenses may be eligible for the [Medical Expense Tax Credit](#). This credit allows individuals to claim eligible medical expenses, including the cost of ostomy supplies, on their income tax return.

The journey of living with a stoma is eased by various support systems, both within the ostomy community and through various healthcare providers. Leading suppliers in Canada provide personalized assistance, educational materials, and even emergency supply services. Additionally, disease-specific support groups offer invaluable emotional and practical support. Government plans, private insurance, and tax credits can provide financial assistance, helping alleviate the financial burden of ostomy care. With these comprehensive support networks in place, individuals living with a stoma in Canada can find guidance and empowerment throughout their journey. ○

## Looking for Ostomy Tips?

For information on ostomy care and lifestyle, visit our website at:  
[www.ostomycanada.ca](http://www.ostomycanada.ca)





# OSTOMY SUPPORT

## Website Updates

We're thrilled to share with you the major strides made in the Phase 2 project of Ostomy Canada Society's website enhancement. This phase has been pivotal in expanding our resources and accessibility for the ostomy community.

### Key Highlights of Phase 2:

**Knowledge Base Creation:** A comprehensive knowledge base has been integrated into our contact page. This allows individuals to find answers to common queries before reaching out, streamlining the support process.

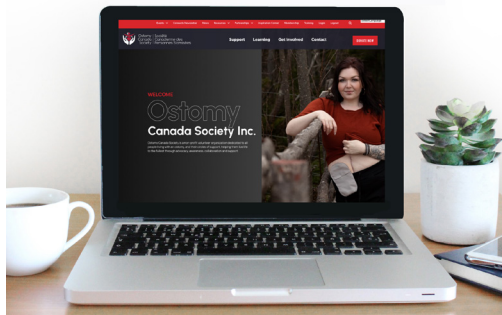
**Completion of Website Sections:** Numerous sections left incomplete in Phase 1 have now been finalized. These include extensive content on health and wellness, covering physical health, diseases (such as Crohn's, colitis, cancer), and mental health.

**Demographics-Focused Content:** We've developed dedicated sections addressing Women's Health, Pediatric Health, Men's Health, Seniors Health, LGBTQ+ Health, Young Adults, Spouses and Significant Others, and Caregivers.

**COVID-19 and Ostomy Care:** A crucial section focusing on the care necessary for ostomy during the COVID-19 pandemic has been added.

**Ostomy Journey Navigation:** Our 'Ostomy Journey' section offers a unique path tailored to the type of ostomy one has. It covers every stage, from diagnosis to adapting to new lifestyle changes, ensuring comprehensive guidance and support.

**Fundraiser Campaign for Alex Macinnis:** A dedicated page and campaign for Alex Macinnis's participation in the challenging Squamish 50/50 event is live. Details are available in our Events and Get Involved sections.



#### Updated Partnerships

**Section:** Our Industry and Associate Partnerships sections have been revamped to clearly delineate the differences, benefits, and pricing guides.

#### Media and Sponsorship Guides for 2024:

We've released updated guides for media and sponsorship, including pricing for advertising and sponsoring our events and webinars.

**Enhanced Support System:** A dedicated support system ensures that all inquiries sent to support@ostomycanada.ca are systematically received, tracked, and responded to promptly by our volunteer support team, even on weekends.

#### Clarity on Visitor Program and Chapter

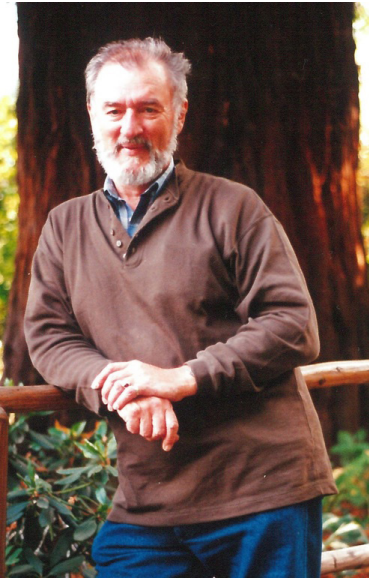
**Creation:** We've refined our visitor program and documented the process for creating new chapters or peer support groups.

#### Looking Ahead to Phase 3:

Our next phase aims to further enhance our website, making it an even more comprehensive resource. Expect more blogs, real-life stories, articles from medical writers and editors, and detailed content on various topics like diet, nutrition, and intimacy. The 'Ostomy 101' section will also undergo a major revamp to provide detailed information tailored to different types of ostomies.

Stay tuned for these exciting updates and continue following our progress through our newsletters and regular updates. We're committed to enriching the lives of those in the ostomy community with valuable information and support. ○

# In Memory of Roger Ivol, 1942 - 2024



With profound sadness, we announce the passing of Roger Ivol of Hamilton, Ontario.

After Roger had ostomy surgery 40+ years ago due to Ulcerative Colitis, he became an active participant in the Hamilton & District Ostomy Association. Roger took on many positions on the board of directors, including the Osto-Info newsletter editor, ostomy visitor and trainer and various positions on the board of directors. He served as the President for many years before passing the gavel in 2020.

For many years, Roger served as a Director on the Ostomy Canada Society Board and served as a District Support Administrator, helping to establish new chapter/peer support groups in Ontario and mentoring existing chapters. He was the founding editor of the Ostomy Canada Magazine, taking the magazine from a newsletter format to the full-fledged magazine we have today. He attended every conference and was often a guest speaker on topics such as how to produce a quality newsletter and how to run a successful chapter support group. In 2008,

Roger was awarded the Ostomy Canada Society's prestigious Maple Leaf award for his outstanding volunteer service to the Society and its members.

Roger had a passion for volunteering and a special soft spot for children. He spent many years volunteering with the Big Brothers association in Hamilton and, over the years, was instrumental in getting hundreds of children from southwestern Ontario to the Ostomy Canada Youth Camp. Roger was often at the Hamilton airport to greet the children before they boarded their plane to Calgary and would be waiting at the airport to receive them on their return. He touched so many lives with his kindness and will be greatly missed.

Roger is survived by his wife of 56 years, Ann (a former Chair of Ostomy Canada) and his son Christopher. He was predeceased by his son Andrew. You can read Roger's obituary [here](#). ○

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## Nova Scotia Sports Hall of Fame Announces The Joel Jacobson Volunteer of the Year Award



Joel Jacobson was such a key figure in Ostomy Halifax, known for his contagious smile, laughter, and unwavering dedication to volunteering. Besides his amazing work with the local group, Joel also held executive roles in nearly a dozen other organizations. Recently, Joel was given a special posthumous honor with an induction into the Nova Scotia Sports Hall of Fame as a 2023 Builder category inductee, celebrated together with the Jacobson family. His legacy lives on through the new Joel Jacobson Volunteer of the Year Award, which recognizes his remarkable 25-year leadership and his genuine love for honoring volunteers. Joel's memory and contributions continue to make a positive difference and inspire people in countless communities. ○



# WHO WE ARE



Ostomy  
Canada  
Society | Société  
Canadienne des  
Personnes Stomisées

**Advocacy.**

**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.**

**Ostomy Journey • Find An NSWOC • Ostomy Visitor Program • Volunteer  
Ostomy Canada Magazine • Support Groups • Ostomy Youth Camp • Donate  
Educational Ostomy Webinars • Disability Tax Credit • Financial Resources**

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**DONATIONS**

**MATTER**



Tax receipts are  
issued for donations  
of \$25 or more.

Charitable Registration  
No. 119277093 RR0001

## **CONTACT**

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5800 Ambler Drive, Suite 210  
Mississauga, ON L4W 4J4

Email [info1@ostomycanada.ca](mailto:info1@ostomycanada.ca)

Phone 905-212-7111

TOLL FREE 1-888-969-9698



*find local support*

## **OCS TEAM**

Dana Ypma, Executive Director

Steve Maybee, Treasurer

Carole Pew, Office Coordinator

Wilma Kohler, Office Manager & Accountant

Yaser Nadeem, Webmaster

## **CONNECTS NEWSLETTER**

Dana Ypma, Editor

Tiffany Shorson, Graphic Designer

Erika Kana, RN, Content Writer

**CONNECT WITH US**

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



*Like, Share  
& Comment!*