

The UOACONNECTION is a publication of the United Ostomy Association of Canada Inc. This bulletin is published 10 times a year in both English and French (future) to provide greater communication to the chapters. Limited funds only permit circulation to chapter leadership who are encouraged to share the information with their members by including items of interest in their newsletters.

NATIONAL OFFICE:

United Ostomy Association of Canada Inc.

344 Bloor St. West, Suite 501
Toronto, ON M5S 3A7

uoacan@astral.magic.ca

416-595-5452

FAX: 416-595-9924

TOLL FREE: 1-888-969-9698

WEBSITE:

www.ostomycanada.ca

PRESIDENT:

Les Kehoe

VICE PRESIDENT:

Janet Paquet

TREASURER:

Gene Zapf

SECRETARY:

Ferne Oliver

PAST PRESIDENT:

Mike Woolridge

President's Message



Hello Fellow Ostomates,

December is upon us and the “festive season” is in full swing. I understand that between the party invitations, social obligations, decorating and the gift buying not much time is allotted to our ostomy work.

John Molnar, President of the Niagara Chapter, has earned a well deserved break from the day to day operation of chapter business. John and his team contrived a plan to host an ostomy day in St. Catharines, Ontario. After much planning and execution the day arrived on November 16, 2010.

Dianne Garde E.T. from Toronto was invited and had about fifteen appointments for ostomates to visit her in her capacity as an E.T. She was busy all day and then she moderated the evening session. Thanks, Dianne, for your time and expertise. I know the people from the Niagara Region appreciated the knowledge that you gave out that day.

There were many exhibitors present, including our three major industry people (ConvaTec Canada, Coloplast Canada Corp. and Hollister Ltd.), several clothing entrepreneurs, Friends of Ostomates Worldwide Canada (FOWC), several local pharmacies, Crohn’s and Colitis Society of Canada, the United Ostomy Association of Canada and The Cancer Society of Canada.

John and his chapter representatives were present to meet each person as they arrived. Everyone was made to feel comfortable and directed to the location that they wished to pursue. A light lunch and cold drinks were available throughout the entire day.

I was invited to this function. UOAC donated a \$75.00 gift card to Montana's for the silent auction. Thank you for allowing me to be part of such an excellent event. It was extremely well attended and informative. As a result of this venture, the Niagara Chapter increased its membership by about 12%. In the evening, the chapter hosted a rap session led by Dianne Garde.

I want to congratulate John and his group for the many successes of this event. It is through your efforts and the efforts of your chapter members that this was a great way not only to educate and inform ostomates, but to promote public awareness and support for UOAC members.

Ostomy Toronto sent three of its members to Centennial College, a community college, where the group educated PSW (Personal Support Workers) on the finer art of Ostomy Care and use of product lines. The anatomy and correct use of different appliances was presented by Dianne Garde.

I was along to present the structure of IOA and UOAC and its role in the community for the new and veteran ostomate.

Mr. Ranjit Hira discussed the importance of support for the ostomate and his/her spouse which is usually provided by the chapter via a rap session.

This venture was a great way to promote public awareness and assist new health care

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OFFICE COORDINATOR

Marion Whate

Office Clerk

Kerig Bracken,

OFFICE CHAIR

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**NATIONAL OFFICE
ADDRESS**344 Bloor St. W., Suite 501
Toronto, ON M5S 3A7**BOARD OF DIRECTORS**

Ann Ivoll

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Delilah Guy, RN, BN, ET

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Verna Petrie

Two Vacancies

people with the care and support for ostomates in the Toronto area.

Have a Merry Christmas and festive, healthy and prosperous New Year.

Les Kehoe
President, UOAC



Social Networking



Are you on Facebook? If so, join the group called "United Ostomy Association of Canada". The group now has 134 members! The address is <http://www.facebook.com/group.php?gid=39109880405>



Want to join an email discussion list? Visit <http://health.groups.yahoo.com/group/uoac1/> to join, or send a blank email to uoac1-subscribe@yahoogleroups.com. We currently have 30 members. One topic currently being discussed is use of filters in colostomy pouches. Please join us!

We have investigated and discussed various new options for social networking, including creating a discussion board similar to the one currently in use by the UOAA. Watch for upcoming announcements!

Upcoming Events:

March 25-27, 2010 - Board of Director's spring meeting in Toronto, ON.

July or August, 2011 - UOAC Ostomy Youth Camp at Camp Horizon in Bragg Creek, AB.

August 7-11, 2011 - Third National UOAA Conference at John Ascuaga's Nugget Hotel, Reno, NV. For more information, go to www.uoaa.org.

July or August, 2011— District Support Services meeting in Saskatoon, SK.

July or August, 2011 - Chapter Information Session in Saskatoon, SK.

July or August, 2011 - Annual General Meeting in Saskatoon, SK.

July or August, 2011 - FOWC Annual General Meeting in Saskatoon, SK.

July or August, 2011 - Board of Directors Meeting in Saskatoon, SK

Note: If your chapter has an upcoming event that you would like added here or on the national website, please email the details to Peter Folk through the national office email.

UOAC Annual General Meeting 2013

The DSS Reps will advise their Chapters to put forth a proposal to the Board of Directors to host a Chapter Information Session in 2013. Halifax made a proposal to have a Chapter Information Session in Halifax in 2013. Any other proposal from Chapters will be added to the list and the decision will be made by the Board of Directors, at the 2012 fall Board meeting, as to the location of the 2013 Annual General Meeting.

We are looking for a host chapter for the year 2013. If any chapter is interested, please contact me or the national office for a Hotel Check List of the criteria required to host an Annual General Meeting. Also contact your DSS representative for the Chapter Information Session manual. Many thanks, Dianne Garde, Conference Administrator.

UOAC Conference 2014

We are looking for a host chapter for the year 2014. If any chapter is interested, please contact me or the national office for a Hotel Check List of the criteria required to host a conference. Many thanks, Dianne Garde, Conference Administrator.

DISTRICT SUPPORT SERVICES

Quebec Region Report

For many years, the Canadian Cancer Society repeatedly requested a programme for a screening of Colorectal Cancer. In November 2007, the Minister of Health confirmed the intentions of the government, to establish a programme for colorectal cancer. The funds had been pre-established for this programme.

The management for the fight against the cancer (MSSS) mandated a working group for standard practice in clinics. To this effect, the MSSS issued a provincial invitation for candidates within the health and social services to choose a site to demonstrate colonoscopy services.

In June 2010, I was approached as a representative being known to the social health services to be part of the selection committee to find places where there would be pilot projects in Quebec for the screening.

The mandate of the committee was to submit a work plan with dates for the managing directors for the fight against cancer, to elaborate on the screening in the selection of the demonstration sites, to analyse and evaluate the files of the candidates, to complete the visits to evaluate the selection of the sites chosen, and to make recommendations to the managing director in charge of the fight against cancer. The mandate was for three months.

After many hours of reading candidate files, a few hospital visits, meetings with health professionals, the chair of the committee submitted her report.

On November 24th, 2010, the Quebec government confirmed the launch of the screening of the colorectal cancer programme, started progressively in eight health establishments chosen for their expertise.

It gives me great pleasure to have been a part of this project and by working as a team, we managed to put our efforts together and bring about this important mandate.

Jean-Pierre Lapointe



Ostomy Canada Magazine

Have a story to tell, anecdotes or unforgettable moments? Share it with the readers of Ostomy Canada. All submissions welcomed and appreciated. Contact the editor, Lisa Gausman through the UOAC office.

Interesting things on the Internet

Crohn's and Colitis Awareness Month Highlights

Announcing the winners of the 2010 Gutsiest Canadian Contest! See link here: <https://secure.getgutsymonth.com/2010winners.php>

A friend on the UOAA board posted this link and it turns out, the offer applies in Canada too. If you know any women going through chemo, they may be eligible to have their house cleaned for free courtesy of Hoover. See link for details: <http://www.cleaningforareason.org>

Mary Penner

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United Ostomy Association of Canada Inc. Mission Statement

The United Ostomy Association of Canada Inc. is a volunteer-based organization dedicated to assisting all persons facing life with gastrointestinal or urinary diversions by providing emotional support, experienced and practical help, instructional and informational services through its membership, to the family unit, associated care givers and the general public.

A Non-Profit Canadian Charitable Organization

Articles, information and/or opinions expressed in this newsletter are NOT necessarily endorsed by the entire UOAC membership, they are the opinions of the writer and may not be applicable to everyone.

Editors Please Note

Items in the UOACconnection may be copied for use in other newsletters, providing proper credit is given regarding the source of the material.

**2010-2011 COMMITTEE
CHAIRS****Awards**

Delilah Guy

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Judy Steeves

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Dianne Garde

**Conference Planning (2012
Toronto)**

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OSTOMY TORONTO**2012 UOAC Conference in Toronto
"Caring in a Changing World"
August 15 – 18, 2012
Delta Chelsea Hotel
Downtown Toronto**

The Royal Ontario Museum (The ROM) is a must-see Toronto attraction

Generations of children and adults have walked through the doors of the museum since it opened in 1914. I have lost count of how many times I have visited the ROM – with groups of teenagers when I was teaching, with my own children and now my grandchildren.

Our most recent visit was to see the Warrior Emperor and China's Terracotta Army. While on holiday in China, I had the marvelous opportunity of visiting Xian and saw for myself the terra cotta army pits of the Warrior Emperor Ying Zheng. In 1974, farmers in northern China accidentally unearthed fragments of a terracotta figure - the first evidence of what would turn out to be one of the greatest archaeological finds in history. I was so impressed, I ordered a replica of one of the terra cotta statues for my grandson for Christmas – three years ago now.

The ROM is very proud that it plays host to major exhibits throughout the year. I was not able to find out what exhibit will be featured during our UOAC conference in August 2012 but, as soon as the schedule is published, I will share the information with you. However, there is always much to see. On permanent exhibit are six million objects in important collections with 40 galleries of art, archeology and natural science; the ROM offers a whole world to explore.

Four giant carved totem poles rise in the centre of the stairwells; the largest is 24.5 metres (80 ft. 6 in.) tall. The Hands-on Biodiversity gallery offers families a fun interactive experience about the interdependence of people, animals and plants.

In June 2007, the ROM unveiled the dramatic new expansion, the Michael Lee-Chin Crystal. Made up of interlocking prismatic forms, the bright, modern addition to the museum expansion was one of the most challenging construction projects in North America, but the results are a sight to be seen.

The Michael Lee-Chin Crystal's six permanent collection galleries feature many objects never before displayed, along with some old favourites. They include dinosaurs and mammals, the cultures of South and Central Asia, Africa, the American continents, the Asia-Pacific region (including Oceania) along with textiles and costumes from around the world.

The construction of the Michael Lee-Chin Crystal is not without its critics and, to tell you the truth, I have yet to make up my mind. Some days I just love it and others I just wonder. Let me know what you think when you come and join us in Toronto for the UOAC conference in 2012. Remember to bring some extra time with you so that you can enjoy the many attractions that Toronto has to offer. Join us as we explore, "Caring in a Changing World."

Di Bracken, Ostomy Toronto

UNSUNG HEROES

Surely there have to be men and women in your chapters who are doing all the little things that make the chapter tick. Email Joel Jacobson, UOACConnection editor, through the national office email at uoacan@astral.magic.ca with their story.

FROM THE EDITOR

A milestone birthday is just a few days away.

No, it's not Jesus' birthday, although to Christians around the world, that's certainly a major milestone.

But on December 16, I will hit the big 70. I don't feel it, don't think I look it (Brad Pitt, eat your heart out!!) and, as most of you who know me realize, surely don't act it. I think like a teenager (only in a positive way, of course) and move like a 40-year old (most of the time, except for the odd creaking bone).

Some people dwell on aging . . .

Oh, darn, I'm reaching 30. What will become of me? I'm so old now;

Gosh, here comes 40.

Now I'm 50 - I must really be getting old.

I'm going to be 60?? Life is on the downswing.

Etc etc. until we see the grass from underneath.

But folks, age is but a number - just as an Ostomy, to most of us, is just a word.

When I meet fellow ostomates at national conferences and other events, I'm awed by the energy I see, no matter what the calendar

says.

When I was a kid, my dad was always 50 or more, even though he was 40 when I was born and a very young and active 53 when I hit my teen years.

How many of you had teachers in Grades 1, 2, 3 and 4 who were "at least 60", or so they looked to our youthful eyes, even though most of them had probably just graduated teacher's college or university?

It's all in the believing - and members of UOAC chapters across the country believe they are much younger than the calendar tells them.

As YOU do in your chapters, we have members in Halifax who are well beyond 70 and are totally active, enthusiastic about life, and contributing to the chapter and to society because they know that's the best way to continue being young.

There are ostomates across Canada who do more in their communities than just belong to UOAC groups. They are involved in church, clubs, play competitive and recreational sports, and less active games like bridge, volunteer in local charities, and live life to the fullest.

They all believe age is but a number.

Remember that the next time a birthday rolls around and you worry about "getting old". You've made it this far with a positive attitude - and will go on for many years to come because you know life ahead will only be great.

70?? Who cares?

Have a great holiday and happy, healthy 2011.

Joel Jacobson



UOAC BOARD COMMITTEE NEWS

Office Committee

Photos that are in the office are being organized (past conferences etc.). If anyone has photos (descriptions included) and would like them to be in the archives, please send them to the office.

Ostomy Canada Magazine

Have a story to tell, anecdotes or unforgettable moments?

Share it with the readers of Ostomy Canada.

All submissions welcomed and appreciated.

Contact the editor, Lisa Gausman through the UOAC office.

Chapter contacts — please feel free to distribute copies of the UOACConnection to your chapter members by forwarding it on to your e-mail distribution list or by photocopying and distributing them at your meetings and functions. Most of this information is applicable to the general membership, not just chapter presidents!

Humour

Gardeners always know the ground rules.

Some people's noses and feet are built backwards: their feet smell and their noses run.

Two banks with different rates have a conflict of interest.

A successful diet is the triumph of mind over platter.

What do you call cheese that is not yours? Nacho Cheese.

When a new hive is done bees have a house swarming party.

Looting a drugstore is called Pillaging

Never lie to an x-ray technician. They can see right through you.

Old programmers never die, they just can't C as well.

A music store had a small sign which read: Bach in a Minuet.

Long fairy tales have a tendency to dragon.

Visitors to Cuba are usually Havana good time.

A bachelor is a guy who is foot-loose and fiancée-free.

A ditch digger was entrenched in his career.

A girl and her boyfriend went to a party as a barcode. They were an item.

A criminal's best asset is his lie ability.

I wondered why the baseball was getting bigger. Then it hit me.

Police were called to a day care where a three-year-old was resisting a rest.

PEG BOARD

LOOK FOR UNSUNG HEROES IN YOUR CHAPTERS LET'S HONOUR THEM BY TELLING US WHAT THEY DO.

Surely there have to be men and women in your chapters who are doing all the little things that make the chapter tick. Email Joel Jacobson, UOACconnection editor, through the national office email at uoacan@astral.magic.ca with their story.

UOAC Website Update:

Since January 1, 2010, our website has had 475,000 hits from 16,500 unique visitors. At least 3860 other websites directly link to ours. Updates this month - November's Unsung Hero is featured on our website. You can now "Like" our website by clicking the "Like" button. We have investigated and discussed various new options for social networking, including creating a discussion board similar to the one currently in use by the UOAA. Watch for announcements introducing these. If you have any comments on our website, please contact: Peter Folk through the national office email uoacan@astral.magic.ca.

Toronto, Ontario Conference—2012

The UOAC now holds conferences every other year. In 2010, the conference was in Sydney, Nova Scotia. In 2012, the conference will be in Toronto, Ontario.

The Toronto Conference dates are: August 15 - 18, 2012. The theme of the 2012 conference is 'Caring in a Changing World'. Official logo will be posted closer to the event.

The host hotel is the Delta Chelsea in downtown Toronto. Their website is <http://www.deltahotels.com/en/hotels/ontario/delta-chelsea/>. Quoted conference rates are Single or Double for \$159.00, Triple for \$179.00. These rates do not include the harmonized sales tax of 13%.

You can view the presentation given by the Toronto Conference Committee on our website: http://www.ostomycanada.ca/user_files/pdf/Toronto%202012.pdf.