Irene Stagg is the epitome of a person living with an ostomy who gives so much of herself to others. Just read this about the woman who is visitors chair of our chapter and who takes the random calls that come to our cell phone.

It was an August Sunday when Irene received a call from a woman on a cruise ship. “I’m from Atlanta and my husband forgot his urostomy supplies,” the woman moaned. “He has nothing. We’ve been on the ship out of Miami to Southampton (England) and will be in Halifax Thursday. I found your chapter name on line and thought you might help us.”

Irene heard that the woman, Rosemarie, called her supplier in Atlanta and asked to have some supplies sent. The supplier said they couldn’t ship internationally – to England or Canada. Rosemarie’s sister went to the Atlanta home, packed some things and sent it to Southampton but the parcel disappeared when it got to London. “Where can I get supplies in Halifax?” Rosemarie asked Irene. Irene, ever the enthusiastic helper and willing to go the extra mile for anyone, said she’s do what she could. She realized it was a holiday weekend, so she couldn’t get anything until Tuesday. “I found what the woman needed in Lower Sackville and they would be able to courier them to me and I’d take them to the woman. I was going to pay and then have Rosemarie reimburse me,” said Irene. “But it would be $20 to courier and I didn’t want to add to the woman’s costs, so...

...continued on Page 6
Ostomy Halifax Society
P.O. Box 8476, Halifax, NS, B3K 5M2
www.ostomyhalifax.ca

A Volunteer, Charitable, Tax Exempt, Rehabilitation Organization.
CRA Registration # 11927-7184-RP0001

Ostomy Halifax Society Officers
President: Elaine Jeffery 902-465-3533
Vice-President: Graham Thomas 902-832-5955
Treasurer: Theresa Mason 902-861-4917
Correspondence Secretary: Barbara Barrett 902-443-8274
Recording Secretary: Joe Shaw 902-957-0848
Past President: Ed Tummers 902-425-0894

Monthly Meetings
Hospitality: Betty Woolridge 902-883-2438
Programs: Ruth Kenney 902-434-7521
Programs: Jennifer Schmaltz
Refreshments: Alyson Walsh 902-435-2539
Telephone: Paulette Vilvorder 902-445-3832
Room Bookings: Mike Woolridge 902-883-2438

Mutual Support and Caring
Awards: Joel Jacobson 902-479-0442
Cards: Barbara Barrett 902-443-8274
Scrapbook: Ann Dease 902-861-3268
SASO: Betty Woolridge 902-883-2438
Visitors Program: Irene Stagg 902-462-0899
Youth Camp: Mike Woolridge 902-883-2438
Youth Coordinator: Joe Shaw 902-957-0848

Awareness and Communications
Information: Irene Stagg (Cell Phone) 902-473-0414
Library: Ann Dease 902-861-3268
Newsletter Editor: Joel Jacobson 902-479-0442
Newsletter Layout: Jonathan Grady 902-483-8532
Mailing: Mike Woolridge 902-883-2438

Operations:
Finance: Mike Veres 902-852-4104
Membership: Betty Woolridge 902-883-2438

Charter Members:
Ruth Kenney ET 902-434-7521

Satellite Presidents
Annapolis Valley East: Paula McKenzie 1-902-538-7900
South Shore Ostomy: Jane Berrigan 1-902-521-6117

Medical Advisors
Chris Jamieson, MD, M. Giacomantonio, MD & Paul Johnson, MD

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Ostomy Halifax Gazette
A MESSAGE FROM OUR PRESIDENT...
by Elaine Jeffery

Thank you! Thank you! Thank you! To all of you who contributed to and walked in the Stoma Stroll. This year's campaign was a great success. For starters, the sun was out. That makes two years in a row of beautiful fall weather for our Stroll around the Public Gardens.

We had a good turn out with 34 walkers and over $3,600 raised. If you had intended to contribute to the Stroll, but just didn't get around to it, it is not too late. A few more donations could push us up to $4,000 mark. That would be a new record. Please contact Joel Jacobson if you would like to contribute, or you can bring your donation to the next meeting.

Thanks as well to Joel and Graham Thomas for all their efforts to make sure the day was a great success. Joel contacted media outlets and even got up at the crack of dawn to appear on Global. He also coordinated the forms and organization needed to bring us all together. Graham requested a gift basket from Lawton's Drug Stores for the person who raised the most contributions and as usual, they came through in great style. Shoppers in Fall River also kindly donated the water for our walkers.

It was a close race for the top place. Terry Hurrell spoke with and educated several choir groups with whom he is associated and raised $913! It was a new member, however, Dick Ohlhausen, who won the basket. Dick graciously gave most of the credit to his daughter Cathy who approached her colleagues at work and raised $965. It was especially exciting to have several new members attending this year. Whether you have had your ostomy for a few months or a few years, you can give back to help others.

The funds raised help Ostomy Canada support national initiatives such as the Disability Tax Credit brochure you have been hearing about. The brochure is now available both on line and in print. If you have had your ostomy for more one year and have not yet applied for the credit, you can do so now. If you have any questions, please feel free to give me a call. My number is on page 2.

Funds from the Stoma Stroll are also used to offset the cost of sending kids to Camp Horizon in Alberta. Ostomy Canada subsidizes the cost for all kids and if parents cannot afford to pay the remaining costs, our national organization covers the balance. Just like here in the Maritimes, no child is denied the camp experience because of lack of funds.

I have been away for the past month and want to thank Graham Thomas for stepping into the President's shoes to run the meetings in my absence. As expected, Graham did an outstanding job. All the members of your Executive and Business Committee were also hard at work. We will begin advertising for the AGM next month, but if you would like to join a Committee or the Executive, please don't hesitate. You get back so much more in satisfaction than you put out in effort.

I had a fun trip with my sister, but it is good to be home and getting back to work. I look forward to seeing many of you at the November meeting and it's not too early to begin searching for donations to the December Auction where we raise money to send Maritime kids to camp.

Be well.

Be sure to attend the
Annual Auction and Christmas Buffet
2 P.M. Sunday, December 3, Bethune Ballroom.

Auction Proceeds support children attending summer camp. Bring your favourite dish to share with your fellow ostomates.

See you there!
The regular monthly meeting of the Ostomy Halifax Society opened at 2:30 pm.
Vice-President Graham Thomas welcomed members and guests.
Barbara Barrett followed with the Ostomy Prayer.

**Membership:** Betty Woolridge reported 42 members and guests in attendance, including new members Catherine Adams and her husband Harold.

**Cards:** Barbara reported several sympathy cards sent on passing of members and relatives of members. A congratulations card was sent to Arthur Veinot and Judy Murray-Veinot on their recent wedding. Birthday Bottle: The birthday bottle is on the table up front each month for anyone wishing to donate in their birthday month. The proceeds go to helping send youth to Camps Horizon and Brigadoon. Tax receipts are available from Theresa Mason for donations over $10.

**Member News:** Graham reported on Elaine’s trip to far and wide (and in-between) and suggested tales of her journey would make a great program talk in the near future.

**National News:** Ed Tummers reported on the recent Quebec regional conference that he attended in Montreal. It was in English and French and was greatly entertaining. Ed said regional conferences are the way of the future. Costs to attend national events are much too high and regional events attract as many members as do national ones. Quebec drew 130 people; Saskatoon in the spring had over 100; Atlantic region drew 150 to Truro last April and a planned event in St. John’s NL expects 100. People stay in touch through social media so regionals work as well as nationals. An American regional conference will be held in Virginia on May 4-6, 2018 and we are invited to attend. All national board and executive positions are filled. They are now open to any person living with an ostomy, not just active members of a chapter. Ed said the new board looks like a high energy group with lots of volunteer experience in various fields. Anyone interested in working on a national committee, please see or contact Ed for information. Our chapter’s elections will be in February and we are looking for a new president. Elaine’s two, two-year terms are ending as dictated by our by-laws, and she must be replaced. A Sharing Ideas group is being formed to study the future of our chapter. Please consider joining the team. A RAP session will be held in January on the future of our chapter.

**Visitors Program:** Visitors coordinator Irene Stagg said a training program is planned for November 2017 as soon as a site can be confirmed. Many visitors require a renewal (compulsory after three years) to recognize changes in guidelines for visitors.

**Stoma Stroll:** Joel Jacobson outlined the plans for Stoma Stroll Saturday October 7, 2017 at 2 p.m. at the main entrance to Halifax Public Gardens.

**Business Meeting:** The next monthly business meeting will be held Monday October 16 2017, at 12:30 p.m. in Room 5132 of the Dickson Building. Business meetings are open to all members and are normally held on the third Monday of each month.

**Next Meeting:** The next meeting will be held at **2:30pm Sunday, November 5th,** in the Bethune Building Ballroom.

**Sandwiches:** Judy Murray-Veinot; Annette Petrie (cheese tray); Theresa Mason.

**Sweets:** Judy Murray-Veinot; Victor Shrum

**Program:** ConvaTec Rep Shannah Cunningham gave a thorough showing of new products and new systems. She invited members and guests to contact ConvaTec for free samples.

The meeting was adjourned at 3:30 for refreshments and fellowship.

**Prepared by:**
Joel Jacobson, secretary, in Joe Shaw’s absence.
Help Please!
If you are aware of any of our members who are sick or in hospital, please take a moment to notify us.

Visits to New Ostomates
8 hospital support visits in September

Phone Committee
Please contact Paulette Vilvorder at 902-445-3832 to have your name added or removed from the list (if you don’t need to be called) to be reminded of our meetings.

Business Meetings ...
The next monthly business meeting will be held Monday, November 20, 2017 at 12:30 p.m. in Room 5132 of the Dickson Building. Business meetings are open to all members and are normally held on the third Monday of each month.

Birthdays in October
Joan Barlette, Leo Currie, Dianne DeYoung, Shirley Gale, Lorna Giles, Patricia Gorveatte, Earl Graham, Shannon Harding, Marie Hussey, Eleanore Howard, Ruth Kenney, Judy Murray, Frank MacDonald, Archie McCulloch, Joy Stoddard, Donna Walker, Robert Weeks, Pam MacDonald, Abe Younis,
**NEW PRESIDENT SOUGHT BY OSTOMY HALIFAX**

By Ed Tummers, Past President

Our President, Elaine Jeffery, is nearing the end of her second term of office as our President. According to our Bylaws, this will be her final term. Look at what we have accomplished together. Ostomy Halifax has thrived in so many ways under Elaine’s leadership; for example, the Visiting Program, Youth Camp, monthly meetings, advocacy on behalf of ostomates, outreach to the community, and other less obvious ways.

The Visiting Program continues to be our main purpose. We have supported Visitor training sessions in communities throughout the region. These Visitors provide support and inspiration to patients in hospital at a most vulnerable time in their lives. We have also partnered with the Community Health Teams to provide support to new ostomates.

Our monthly meetings are an important way to stay connected with fellow ostomates and to provide support to new ostomates.

We joined together with neighbouring Chapters to host the Atlantic Ostomy Outreach 2017 in Truro with 150 participants from five provinces.

We have helped to start up informal support groups in communities across the region to reduce travel times and connect neighbours with each other. Ostomy support groups and Chapters meet regularly across the province in Yarmouth, Saulnierville, Barrington, Kentville, Bridgewater, Truro, Pictou County, Amherst and Sydney. We have provided a helping hand in starting new groups outside the province in Woodstock, NB and Charlottetown, PEI. Our newsletter is distributed to almost 500 subscribers across Canada.

Youth Camp is important to us. We have a long history of sending kids to Camp Horizon in Alberta every summer. We have now partnered with Camp Brigadoon to provide the opportunity for even more young ostomates to benefit from the camp experience closer to home.

We donate money each year to the hospitals to help patients in need to purchase ostomy supplies after they are discharged from the hospital. Our donations help Friends of Ostomates Worldwide distribute ostomy supplies to those in need in developing countries. Through our donations to the Stoma Stroll and our affiliation fees, we support the work of Ostomy Canada at the national level.

This year, we produced a pamphlet to assist new ostomates in their application for the Disability Tax Credit. We have a partnership with the Canadian Association of Enterostomal Therapists (CAET) to help governments understand the need to improve the levels of reimbursement for ostomy supplies.

At our February 2018 annual general meeting, we will be electing Elaine’s replacement, and Elaine will pass the privileges and responsibilities of leadership to her successor. In the coming months, we will be inviting all of you to share your ideas to guide our new President. Help us make Ostomy Halifax even better.

LETTER FROM OSTOMY CANADA PRESIDENT

Sept. 25, 2017

Are you or anyone in your chapter or ostomy peer support group interested in volunteering as a leader or member of a national committee? Ostomy Canada needs your help to fulfill its mission in support of those who live with an ostomy.

Committees are organized under the following five pillars: Governance; Finance and Fundraising; Advocacy; Marketing and Communication and Outreach. Each pillar is the responsibility of a director. These directors are called Pillar Administrators.

If someone in your chapter or ostomy support group is interested in assuming the role as leader or member of a committee please ask the volunteer to send his/her name and contact information to the specific pillar administrator at info1@ostomycanada.ca

Below are the names of the pillar administrators:

* Governance: Karen Bruton
* Finance and Fundraising: Sharon Deaves
* Advocacy: Steve Fabian
* Marketing and Communication: Andrea Leard
* Outreach: Andréanne Gousse

I anticipate your support in finding one or two volunteers for one of these important roles. For more information please contact me by telephone at 1-905-387-6662 or by email at ann.ivol@ostomycanada.ca

Sincerely, Anne Ivol

Ostomy Halifax Gazette
Is it time for an upgrade?

Experience the security and confidence in the new generation Hollister two-piece ostomy system with advanced skin barrier and pouch technology.

Call us at 1.800.263.7400 ext. 7553 to learn about the advantages of New Image.

Shannah Cunningham, our ConvaTec Rep, is shown explaining the benefits of new products to members at our September meeting.
Do you have a beef, a bouquet, or simply a suggestion for topics you wish discussed or covered in the newsletter or at meetings? If so, please contact us. We will pass along your comments and concerns, or try to find articles of interest to cover the topic you wish discussed. Please write to:

Ostomy Halifax
Attn: Editor
P.O. Box 8476
Halifax, NS, B3K 5M2

or E-Mail:
newsletter@ostomyhalifax.ca

About our Newsletter...

Do you have a beef, a bouquet, or simply a suggestion for topics you wish discussed or covered in the newsletter or at meetings? If so, please contact us. We will pass along your comments and concerns, or try to find articles of interest to cover the topic you wish discussed.

Please write to:

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Halifax, NS, B3K 5M2

or E-Mail:
newsletter@ostomyhalifax.ca

Please consider receiving our Newsletter by Email

There’s something in it for both of us! As a member you will receive your newsletter as a full-colour PDF document just as soon as it is ready! For us, the savings are considerable both in postage and printing costs. As well, you are contributing to a more sustainable environment. Interested? Please send an email to mbwoolridge@ns.sympatico.ca

Submissions for Newsletter
All Submissions must be received by the 10th of each month.

Note to Readers
Products and methods mentioned in this Newsletter are not endorsed by the Ostomy Halifax Society and may not be relevant to everyone. It is wise to consult your doctor or ET nurse before deciding to use any of these.

Change of Address?
If you have a change of address, please contact Betty Woolridge at 103 Alderney Drive, Enfield NS, B2T 1J9 or by e-mail at: mbwoolridge@ns.sympatico.ca

Editors Please Note...
Items in this Newsletter may be copied for use in others newsletters, providing proper credit is given concerning the source of the material, as indicated in “Source” at the end of some articles.
### The Benefits of Membership

Membership in Ostomy Halifax is open to all persons interested in ostomy care and rehabilitation. A one year membership of $28.00 includes a subscription to the *Ostomy Halifax Gazette* (published 9 times a year) as well as Ostomy Canada Society’s publication, *Ostomy Canada* (published twice a year).

As a courtesy, new Ostomates visited in the hospital by our certified visitors will receive an information package including the *Ostomy Halifax Gazette* and the *Ostomy Canada* magazine as well as other useful information.

If you wish to make a Donation, receipts for amounts greater than $10.00 are issued for income tax purposes.

**Not yet a member?** Membership forms are available from our website at [ostomyhalifax.ca](http://ostomyhalifax.ca) or contact Mike or Betty Woolridge at 902-883-2438 to have one sent to you.

### Ostomy Supplies & Discounts

Many of our advertisers give discounts to members of the Ostomy Halifax Society on the purchase of Ostomy products. Please remember to show your membership card when requesting a discount from these participating firms:

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- 5991 Spring Garden Rd, Halifax 902-423-9430
- 157 Cobequid Rd, Sackville 902-864-3005

#### Shoppers Drug Mart
- 3430 Joseph Howe Dr, Halifax 902-443-6084
- 5595 Fenwick St, Halifax 902-421-1683

#### Compass Pharmacy Group
- Moffatt's Pharmacy, 184 Portland St 902-466-2345
- MacKay’s PharmaChoice, 205 Pleasant St 902-469-4309
- The Passage PharmaChoice, 6 Cow Bay Rd 902-465-3558
- Kyte’s PharmaChoice, 920 Cole Harbour Rd 902-462-4770
- Westphal PharmaChoice, 85 Tacoma Dr 902-434-5585

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**Membership Application - Ostomy Canada Society - Ostomy Halifax Society**

Membership includes annual subscription to our chapter newsletter and to "Ostomy Canada Connects"

- **☐ New Member**
- **☐ Renewal**
- **☐ Change of Address**

(Please Print) **Name:** __________________________________________________________________________

**Address:** _________________________________________________________ Apt No:__________

**City:** ___________________________ Province: _____________________ **Postal Code:** _______________

**Phone(s):** ______________________________________ **Birthdate:** D _____ M___________ Y __________

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- **☐ Colostomy**
- **☐ Continent Ileostomy**
- **☐ Spouse / Family Member**
- **☐ Continent Urostomy**
- **☐ MD, ET Supplier, etc.**
- **☐ Urinary Diversion**
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- **☐ Other (Specify):___________**

**☐ Enclosed are my annual membership dues of $28.00**

**☐ Donation (tax deductible) $ ___________________**

**☐ I am unable to pay at this time but would like to be a member.**

**Signature:** _________________________________________________________________

Make cheque payable to Ostomy Halifax Society and mail to:

Betty Woolridge, Membership Chair
103 Alderney Drive, Enfield, NS B2T 1J9

Please note: For other Maritime Chapters, send directly to your Treasurer.

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**Ostomy Halifax Gazette**
“No Scent” Policy
Ostomy Halifax respects the No Smoking & No Scent policy of the Capital Health Authority. Thank you for remembering your fellow members.

Cell Phones
A friendly reminder to turn off your cell phone during the meeting as a courtesy to our presenters, members and their guests.

Visitor Training Session
There will be a visitor training session on Saturday, November 25 starting at 9 a.m. It will be held at the Bethune Building for anyone wishing to become a visitor or for those who need re-certification which is required every 3 years. More info at the Nov. Meeting from visitor chair Irene Stagg.

2018 Dues are due soon!
Halifax chapter 2018 dues of $28.00 are due on November 30, 2017. There are so many positives to being a member - discounts, newsletters, Ostomy Canada magazine - and friendship and support. Please see Betty Woolridge at the November 5 meeting regarding payment of dues. They can be mailed to her at Betty Woolridge, 103 Alderney Drive, Enfield, NS, B2T 1J9

Meeting Date Reminders!
If you wish to be called to be reminded of our meetings, please contact Paulette Vilvorder at 902-445-3832 to have your name added to the contact list.

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