

Friends of Ostomates Worldwide Canada



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Fall 2012

OFFICERS AND DIRECTORS

President
Lorne Aronson, ON

Vice President
Richard Olley, ON

Treasurer
Rosemary Gaffray, MB

Secretary
Lorrie Pismenny, MB

DIRECTORS

Di Bracken, ON

Pat Cimmeck, AB

Jean-Pierre Lapointe, QC

Ruth Kenney, NS

Paula Nixon, ON

GOALS AND OBJECTIVES

Friends of Ostomates Worldwide Canada endeavors to improve the quality of life of people with ostomies and assist in educating their caregivers in countries where the latest technology is not available.

Friends of Ostomates Worldwide Canada works in cooperation with the International Ostomy Association in shipping products.

SALAM OU ALAIKOM'HI'
IM HAMZA AND HIS FAMILIE, WE HAVE THE HONOUR TO SAY THANK YOU VERY MUCH FOR YOUR HELP IT DID MEAN ALOT FOR US. WE WISH ALL THE BEST FOR YOU AND ALL THE PEOPLE WHO'S HELPING IN THIS. WE WISH THE LONG LIFE FOR YOU AND FRIENDS OF OSTOMATES WORLDWIDE TO CONTINUE IN THIS NOBLE JOB.
TANK VERY MUCH AGAIN
(SORRY FOR MY BAD ENGLISH) I HOPE YOU LIKE THIS SMALL GIFT

Salam ou Alaikom'Hi'

I am Hamza and His Family, we have the honour to say thank you very much for your help. It did mean a lot for us. We wish all the best for you and all the people who's helping in this. We wish the long life for you and friends of Ostomates worldwide to continue in this noble job.

Thank you very much

(sorry for my bad English) I hope you like this small gift.

THIS LETTER CAME FROM ALGERIA. THE GIFT WAS AUCTIONED AT THE UOAC CONFERENCE IN AUGUST 2012.



President's Message

We have just completed our annual general meeting held at the Delta Chelsea Hotel in Toronto. We elected the following for a two year term:

President Lorne Aronson, Vice President Richard Olley, Treasurer Rosemary Gaffray, Secretary Lorrie Pismenny, Directors; Di Bracken, Pat Cimmeck, Jean-Pierre Lapointe, Paula Nixon, Sheelah Zapf (deceased September 4th 2012, See page 10)

I congratulate all of the above for their involvement and commitment to help less fortunate Ostomates around the globe.

Some of the highlights from the annual meeting include the fact that we have had many hits on our website (www.fowc.ca). As well I reported that we had sent shipments to Kenya, Argentina, Algeria and are in the process of sending to Nepal.

The Allan Porter Award was presented posthumously to David Page of Winnipeg. He was responsible in organizing and making sure those supplies/donations were sent with regularity to FOWC. The award was accepted by Lorrie Pismenny.

A new award has been created: 'Lifetime Achievement Award' and the criteria is as follows but not limited to;

- ✓ Must be an individual member of FOWC or UOAC Chapter in good standing for a minimum of ten years.
- ✓ Show outstanding support for FOWC through promotion of FOWC by word of mouth or in print.
- ✓ Participate in FOWC activities IE: Shipment packing, FOWC exhibits and events or collection of supplies for shipment to impoverished world countries.
- ✓ Support and advocate for World Ostomy Day.
- ✓ Attend Annual General Meetings.

I attended the 31st Annual Meeting of The Canadian Association of Enterostomal Therapists in Vancouver in May of this year. We had a booth there and were warmly received and most of the 300 people (mostly ET Nurses) took our brochures.

We look forward to making many more important shipments around the world.

With your contributions we can make all this happen as we have done so for over 25 years. Please consider a donation to make this happen!

Lorne

Product Donation Criteria

Only unused ostomy products can be accepted. Do not include liquids. Pack supplies in **cartons weighing less than 18 kgs (40 lbs) each. Include your name and address on both the inside and outside of your parcel. Please label the cartons clearly and send them to the nearest collection centre.**

Please send donations in cartons which can be handled by one person.

If possible, please do not remove product from its original box or package, as it is then difficult to sort and match properly.

If product is removed from its original packaging, please do the following:

- ✓ put it in a plastic bag with the label from the end of the box showing the brand, size, and product number **(see photo below)**
- ✓ do not mix sizes or brands in the same plastic bag

❖ Please **DO NOT** send the following, as we cannot forward these overseas:

- Liquids or aerosols
- Soiled products
- Syringes
- Prescription or other over the counter medications
- Partial tubes of ostomy paste
- Partial bottles of ostomy powder





DONATION COLLECTION CENTRES

**Donations of Ostomy products from Ontario, Quebec, Nova Scotia,
New Brunswick P.E.I, Newfoundland can be sent to:**

**Richard Olley
1266 Monk's
Passage
Oakville, ON
L6M 1R4**

**Donations of Ostomy products from Saskatchewan, Alberta and
British Columbia can be sent to:**

**Craig Bean, CB
Medical
21A, 3900 - 106
Avenue SE
Calgary, AB
T2C 5B6
[http://www.cbmedi
cal.ca](http://www.cbmedical.ca)
Phone: 403-
295-9545
Email:
info@cbmedical.ca**

Communicating by mail can be sent to:
344 Bloor Suite 501, Toronto ON M5S 3A7

Communicating by email:
lornea@fowc.ca
richardo@fowc.ca
lorriep@fowc.ca



DONOR / MEMBERSHIP APPLICATION FOR FOW CANADA

Yes, I would like to improve the life of needy ostomates worldwide by applying for the following membership / donation

- Individual \$30.00
- Individual Patron \$50.00
- Corporate \$100.00
- Corporate Patron \$250.00
- Chapter, Group or Association - \$1.00 per member to a maximum of \$150.00

Please accept my donation of \$ _____

Name: _____

Address: _____

City: _____ Province: _____ PC: _____

Phone: _____ E-mail: _____

FOW Canada is a self supporting association which requires your continued assistance in raising the funds required to cover the cost of shipping surplus ostomy products to the countries where the need is most urgent. **Official receipts for tax purposes are issued for all cash donations, regardless of the amount.**

**Friends of Ostomates Worldwide Canada C/O Lorrie Pismenny
#1101- 80 Snow Winnipeg MB R3T 0P8**

COUNTRIES WE HAVE SHIPPED TO:



Algeria



Chile



Cuba



Panama



Ukraine



Argentina



India



Columbia



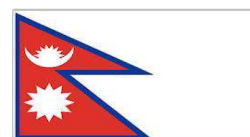
Philippines



Kenya



Rwanda



Nepal



“BUSINESS ARISING from MINUTES: The by-laws that were submitted to Corporations Canada January 2011 were returned with deficiencies. While researching the deficiencies, the by-laws committee made the decision to go forward and submit documents to apply for a Certificate of Continuance under the new Canada Not-for-Profit Act which requires completion by October 17, 2014. It is in our interest to simplify our Purpose from the one submitted in 1986. The request for Continuance is the time to do this so as not to acquire a \$200 cost in the future. Once we have received the Certificate of Continuance, we will find making changes to our by-laws much simpler”.

Federal Corporation Information on FOWC.

Our Corporate History’s latest entry is 1988-04-13 when we made a name change from Friends of the International Ostomy Association (Canada) Inc. to Friends of Ostomates Worldwide (Canada)

The following is what we had suggested in preparing the bylaws previously:

The purpose of the Corporation is [a] To solicit, collect, pack, ship and donate ostomy products throughout the world to needy ostomy people and [b] To assist needy ostomy corporations, ostomy groups or individuals with quality ostomy products and related literature; [c] To improve the quality of life of people with ostomies through education.

For each amended or new purpose, they require a detailed **statement of activities** that describes how the charity will accomplish the purpose. This allows the Federal Government to determine whether the charity continues to meet the legal requirements for the registered status.

“Statement of Activities”

1. All donated material is solicited and received from pharmacies, individuals, chapters of the United Ostomy Association of Canada Inc. manufacturers, Enterostomal Therapy Nurses and hospitals across Canada.
2. Collection depots have been set up where volunteers sort and package the donated surplus items and ready them for shipment.
3. FOWC is a self-supporting association run by volunteers and depends on memberships and donations to cover the cost of shipping surplus ostomy products to the countries where the need is most urgent.



THANK YOU LETTER TO FOWC sent by Lawrence Ikahu June 2011

Stomaworld Kenya is a group of ostomates who came together in 2010 and agreed to support one another psychologically; having gone through very lonely and depressing moments after surgery. **The vision of the group is “That even with a stoma, one can have the highest quality of life”.** **Our objective among others is “To endeavour to meet the needs of every ostomate regardless of his/her social, economical, cultural and religious background”.** We are so grateful to God who gives us life and life in abundance. May HIS name be glorified forever.

The group has official been registered under the name STOMAWORLD KENYA and we continue carrying out awareness campaigns in all parts of Kenya to sensitise people on stoma issues, care and support. The 1st Anniversary of the group shall be marked on 6th August, 2011 in Nairobi Kenya.

Though we have had sad and difficult moments when we felt that maybe things were not moving the way we wanted them to move or maybe the pace was very frustrating but the important thing is that we are still here strong, communicating and doing some service to fellow ostomates (and colon cancer survivors) and giving courage to new members who join the group each time we meet.

Our greatest achievement is the fact that we are alive to give positive testimonies. Most of us always remember how when we were told that we were going to have the operation and what it entailed; it was outright denial and it was only after meeting with other happy and proud ostomates that we really started accepting it. It has been a process but today we are confident and proud of our stomas by the mere fact that it saved our lives!! We know of quite a few people who have passed on just because it was too late to get a stoma. We are the privileged ones and we do not take it for granted. We thank God everyday for having given us another chance to a happy life with our loved ones and friends. By keeping this group alive we are actually illustrating how grateful we are and remember the saying, **YOU ONLY KEEP WHAT YOU HAVE BY GIVING IT TO ANOTHER PERSON!!** We have a happy life! We also thank God for the people like you (FOWC) even without stomas who have tirelessly supported us in our mission.

Once again, we as a group wish to sincerely thank you for the HUGE consignment of appliances for our use. This will go a long way to help many Kenyans who have had colostomy, ileostomy or urostomy surgery.

We look forward to working closing with you towards the improvement of stoma care in our country.

Sincerely,

STOMAWORLD KENYA MEMBERS



L-R Back Les Kehoe, Dian Brown, Lorne Aronson
L-R Front Lydia Drapiza, Eileen Herrington,
Monica Frecea, Kathryn Kozell

Thanks to the staff of the 14th Floor at Mount Sinai Hospital's ETN Team and Ostomy Best Practice Team for their efforts and generosity.

We (Les Kehoe, Lorne Aronson) went there in May to collect ostomy supplies. They were included in a shipment that went overseas!



The pictures above are what a typical sorting of ostomy supplies looks like.

Spread out over many tables, volunteers, staff and area Ostomy Chapters

(Toronto, Halton Peel, Hamilton, Niagara and District, Calgary Ostomy Society) come out and help to sort the supplies and then repack. This process usually takes the better part of the day to complete. FOWC thanks all the members of the above-mentioned Ostomy Chapters for their continued help in improving the quality of life for Ostomates around the world!

Friends of Ostomates Worldwide acknowledge the help of Hollister Limited and CB Medical in our endeavours!

Letters from the past and people who have been helped

Honduras

Please receive by this mean my more sincere greetings and blessings. The reason why I'm sending this letter is the following: My name is Doris Morel and I was diagnosed with "Adenocarcinoma" (Cancer) in- side the rectum. The test and examination on January 23, 2007 revealed this by the surgeon Dr. Jose Naun Lemus of the Oncology Department 'Liga against Cancer' (Liga Contra El Cancer) at San Pedro Sula, Honduras.

Dr. Lemus did the operation on 4 May 2008. My rectum and vagina were all outside because it was full of cancer. Then as you understand I can't evacuate normally. Now I have a hole on my belly that I will use for evacuation all my life (during all my normal life).

I'm a woman of poor resources. I try to sell something to survive. I'm 36 years old and I'm a single mother with a daughter of 10 years. For me it is too sad if I leave her alone because she only has me and I'm the only person that can support her.

I'm sure that God is giving me an opportunity to live longer. I want to live and I want to be happy. About the appliances. Here in Honduras the appliances are too expensive. I can't buy them but I need them to live normally. I am to beg, to ask you to send.



Lion Dr. Ashok Mehta giving products for BYL Nair Hospital, Mumbai

“Lions for stoma care” project will officially take over the free distribution of ostomy products to poor & needy patients on 10th October from Lion Tarachand Bapa Hospital, Mumbai .We will also distribute these products to Mumbai’s Medical college hospitals where many poor patients await stoma care.

Lion Dr.Ashok Mehta, who is immediate Past President of Lions Clubs International Foundation was the Chief Guest. He has been very supportive of this Project not only in India but to many developing countries of the world for improving Quality of Life of Ostomates. There were other Lion dignitaries and ostomates and Dr. P.P. Shilotri, Prof. & HOD of Surgery at BYL Nair Hospital and T.N. Medical Collegeas well as Dr.Vasant Kulkarni on behalf of ostomates of North Karnataka region.



Receiving a shipment in India. Minal, Dr. Harikesh Buch and Dr. Ramesh Kenkre

Honduras

Emilia Ortiz, a nurse, holding the sign saying 'thank you' to FOWC.

Elva holding the first parcel she received from FOWC for her colostomy, just before Christmas 2009.



Mary (right) in Accra, Ghana receiving supplies from FOWC shipment (left)



Thanks Sheelah

Sheelah was fighter for people with disabilities. Sheelah used her strength and determination not only for herself, but to help others.

Sheelah was a long time volunteer with the United Ostomy Association of Canada and The United Ostomy Association Inc(US), serving on the boards of both groups. She was president of the Edmonton Chapter of the United Ostomy Association for 32 years, only resigning her post in June 2012.

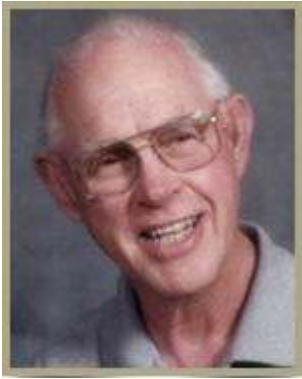
Sheelah served on the board of the Canadian Paraplegic association for 10 years, including two years as chair, and chaired the Red Carpet Gala dinner and fundraiser for the CPA.

She also worked as a volunteer with the Northern Alberta Kidney Foundation, and was its Past President at the time of her passing.

Besides the work that Sheelah accomplished in Canada, Sheelah was one of the founding members of Friends of Ostomates Worldwide Canada. Sheelah recognized the need to help those people who around the world who had received ostomy surgeries, like she had, but were not able to get ostomy supplies like she had access to.

So Sheelah being the person she was, got involved early on with FOWC, to make sure that people around the world were able to get those much needed ostomy supplies. She served for as many years as I can remember, as director, Secretary, Treasurer. She was still on the board of FOWC when she passed on

Sheelah's efforts and dedication to those with disabilities will never be forgotten. Rest well now Sheelah for your work is done.



Thanks Dave

David was a founding member of Friends of Ostomates Worldwide Canada. (www.fowc.ca)

Through the years David was instrumental in ensuring that supplies of surplus ostomy equipment made its way to FOWC, which has endured through the years with the Victoria Ostomy Chapter committing to continue with David's legacy of S.H.A.R.E. (Sending Help and Rehabilitation Everywhere).

As well David will always be remembered for his sense of levity at Conferences especially his Plaid Jacket!

Dave, Chimo and thanks for all your help! You will be missed.