

Friends of Ostomates Worldwide Canada



WWW.FOWC.CA

Volume 12 No.4

Fall/Winter 2014

GOALS AND OBJECTIVES

OFFICERS AND DIRECTORS

*President
Lorne Aronson, ON*

*Vice President
Richard Olley, ON*

*Treasurer
Rosemary Gaffray, MB*

*Secretary
Lorrie Pismenny, MB*

DIRECTORS

John Molnar, ON

Les Kehoe, ON

Pat Cimmeck, AB

Jean-Pierre Lapointe, QC

Ruth Kenney, NS

International Relations

Di Bracken, ON

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.

FOWC goes to Hospitals and chapters and displays



Vice President Richard Olley at Canadian Association of Wound Care and Canadian Association of Enterostomal Therapists held at Mt. Sinai Hospital in the Fall of 2014



At the Niagara and District Open House November 2014. Directors Les Kehoe manning the FOWC booth and Director John Molnar addressing the attendees at the Open House.



PRESIDENT'S MESSAGE

Some of the achievements of FOWC this year have been the election of two new Directors Les Kehoe, and Jason Boyd. Les Kehoe comes with a wealth of experience. He was the President of UOAC and served with FOWC some years ago. He is presently the Vice President of Ostomy Toronto. Jason Boyd is presently the President of Ostomy Toronto and an experienced fund raiser having raised money for the Ostomy Youth Camp this past year.

As well, though, Di Bracken is not a Director of FOWC at present, she has taken on the role as International Liaison. Di has successfully arranged for Lions International to pick up the cost of clearing the shipments that arrive in Kenya as well as the cost of getting the goods from the port of entry to Nairobi.

Di has many good contacts overseas and around the world through her many years working with the International Ostomy Association both as President and Director.

In other news the Allan Porter Award was presented to Craig Bean of CB Medical in Calgary as our Western Depot. The award was presented to him by Director Pat Cimmeck. Thank You CB Medical for your help in allowing us to collect supplies and sort and pack them.



We Shipped twice this year to Kenya and have shipped supplies to Tanzania once this year for a total of 10 skids of ostomy supplies. As well we donated 4 skids to Canadians for Syrian Relief. We are working on getting supplies to Ethiopia and Cuba.

We now have a phone number that you can call for donations or comments or questions. It is **647 951 3940**. This line is monitored by our Secretary Lorrie Pismenny and Lorrie will endeavour to returning calls promptly.

I want to thank all the volunteers from around the country who collect and send supplies to us. Thanks to all the volunteers who sort and repack at our sorting days in both Calgary Alberta and Aurora Ontario. Thank you **to Hollister who continue to support us by allowing us to store and pack supplies**

Lorne

S. H. A. R. E.

SENDING HELP AND REHABILITATION EVERYWHERE

IN MEMORIUM



December 18, 1921 – September 17, 2014

Will miss you Ron Bartlett, only sorry I never got to hear your D-Day stories first hand.
Thanks for all you did for FOWC and Ostomy Canada.

RIP Richard Olley

Ron was my friend and mentor. Whenever I needed help with worrisome issues regarding our chapter, he was ready to listen . He would sit me down, offer a cup of coffee, listen to the facts, then offer his opinion. And he was always spot on with his advice.

I'm going to miss him.

Roger Ivol

Ron will be remembered for his dedication to Friends of Ostomates Worldwide Canada. As the Treasurer of FOWC Ron was always helping during our many "Sort and Pack" days, making sure that all the paperwork was in order, so that shipping was made easier.

Ron developed and maintained our mobile display kept it up-to- date, bringing it to Chapters to be displayed showing the work done by FOWC.

His knowledge of Bylaws and Parliamentary procedures helped FOWC and UOAC to develop our constitution(s)

His help and friendship was appreciated over the years and he will be remembered fondly

ONE PERSON CAN MAKE A DIFFERENCE.
LAWRENCE IKAHU GICHINI
certainly has made a difference in the lives of ostomates in Kenya.

As you all know, FOWC has over the past almost four years been sending ostomy products to Kenya in Africa. How is it that FOWC arrived at sending supplies to Kenya? Let me share with you how this has happened. LAWRENCE IKAHU GICHINI a young Kenyan nurse, not an ostomate with no-one in his family with an ostomy saw what was happening with those who had ostomy surgery once they had left the hospital and he determined that he could not see these people struggling to live with an ostomy without appliances. Here is his story.

We start with The Dansac Foundation Charitable Project that was initiated in 2009 with the mandate to improve the quality of life for people living with a stoma, their families, and their caregivers. The Board consisted of six members and I was most pleased to represent the International Ostomy Association (IOA)

One of the first applications we received was from Lawrence Ikahu Gichini who was applying for funding for his proposal, "Campaign to launch a National Ostomate Support Group / National Association" in his home country of Kenya.

Who was this Lawrence Gichini and why was he asking for financial support? What did he intend to do?

Lawrence worked as a nurse at the Aga Kahn University Hospital in Nairobi. The Aga Kahn hospital was the first hospital in Kenya to take an interest in improving the standards of stoma care. In November 2009, the same week Obama was winning the first ever black American presidency with the rallying call, "Yes We Can", the call was the same at the Aga Kahn, after a visit from Prilly Stevens a nurse from the World Council of Enterostomal therapists. She presented a week's training for nurses at the invitation of the hospital and Lawrence had found his calling. But there was a difference; Lawrence was going to work with those who had ostomy surgery, not just nurses.

Lawrence had been working tirelessly with patients suffering from cancer and was the founder of the Colon Cancer Network. Naturally, he had become very involved in looking after ostomy patients. He was devastated that unless the ostomate was wealthy, ostomy appliances were not available and once the ostomate left the hospital there were no ostomy supplies; they were on their own and could either order supplies from overseas, or pay the very high prices for supplies when they were available. Many lost their jobs because they had no access to appliances and the makeshift supplies they were using were far from odour proof and so they could not work.



The first task that Lawrence undertook was to actively organize a support group for ostomates at the Aga Kahn hospital. With an increase in cancer especially in younger people, it became evident that there was a need for help on an outreach basis. This Outreach started with Lawrence's initiative and he determined that he would do all he could to help ostomates. He convinced professionals from the hospital to help him and they started work to officially organize a stoma group.

A little information about medical services in Kenya. The only form of social medical insurance is the National Hospital Insurance Fund (NHIF) provided by the government but it requires membership and a monthly contribution each month. The amount of contribution depends on an individual's earning and ranges between Ksh.15.00 - Ksh.2,000.00. Approximately five percent of the population can afford this. Numerous other private insurance companies provide cover to a section of the population who can afford it. As far as ostomy supplies are concerned, one company has a location in Nairobi – Coloplast. When I was in Nairobi two years ago, they did not always have up to date supplies. The people I met who had money ordered supplies from Europe – either Germany or the U.K. The majority, a good 90% have no access to ostomy supplies and it was these Lawrence was determined to help.

It was at this time that **Friends of Ostomates Canada** became involved with ostomates in Kenya. Once I learned of the situation with ostomy appliances in Kenya, I approached our president Lorne, told him of the situation as I understood it, and asked if we could look to sending our next shipment of ostomy appliances to Kenya. The first shipment was sent in March 2011 to the Aga Khan University to much rejoicing of ostomates there. But not only in Nairobi. Lawrence let it be known that these ostomy supplies had been received and that they would be shared among the other ostomy groups across Kenya. Since that time FOWC has sent two shipments a year to Kenya and now the pattern is established. The supplies arrive in Mombassa, travel by road to Nairobi from where local ostomates see that they are distributed across the country.

As you can imagine computers and tablets are not the run of the day as they are here and the only time that Lawrence could use a computer was to stay after work and grab ten minutes here and there as he could. It was while searching the net that he found out about the Dansac Foundation Charitable Project and he decided to make an application with the following four objectives:

- 1) To identify the number of patients in Kenya and their most pressing concerns.
- 2) To establish a national association for ostomates in Kenya
- 3) To create awareness on stomas
- 4) To generate interest of key players in the industry

The Foundation committee found the Kenya application very interesting and recognized this as being a step forward in terms of the quality of life for people with a stoma in Kenya. For the project to run smoothly a task force was established. Members were Rosine van den Buick, President, European Council of Enterostomal, Di Bracken, Past President IOA, Lawrence Gighini, from Aga Kahn University Hospital, Vigdis Hannestad, Dansac Clinical Manager.

The Dansac Foundation Charitable Project was closed by the by the end of 2011 but since the Kenyan Project was close to completion it was decided it would be finalized.



Di Bracken

Lawrence Ikahu Gichini,

Rosine van den Buick

I agreed to follow up with IOA in regard to establishing a national association in Kenya which would be accepted as a member of IOA. I spoke to the IOA Executive Council members and received their agreement to the establishment of an ostomy association in Kenya. dir And so the work began.

The first job that Lawrence had to tackle was to establish a national association. There had to be groups from other areas in Kenya in order to become a member country of IOA. So here we have this young man tracking down other hospitals where ostomy surgery was performed. It took him many months but he encouraged the group to think beyond Nairobi. His vision was embraced by a group of ostomates that he had gathered together and came to fruition in September 2012 when Stoma World Kenya was born.



Lawrence's success in establishing Stoma World Kenya would not have been possible without the tremendous support from the professionals at the Aga Kahn hospital. The personnel provided not only encouragement and support to promote the awareness of ostomates and colon cancer but gave Lawrence the time and office facilities to help him in his work.

Rather than Lawrence and some members of his team going out to various areas collecting information as was the original plan, it was decided to bring two ostomates from four different areas to Nairobi to learn from the programmes that had been established by the International Ostomy Association:

1. The Visitor Training Programme
2. The International Stoma Care Advocacy Programme (ISCAP) which involved a Questionnaire for those with an ostomy and then a needs assessment.

Ostomates were brought in from Eldorat, Embu, Kisumu, and Nyeri.

Lawrence Ikahu worked very hard in his spare time to make contact with ostomates from these different regions. Then we had to find a reasonably priced hotel for the people who were not from Nairobi. We had to make sure that we had enough money to cover the cost of travel, accommodation and food as well as looking at a location for our meetings. We had a budget from Dansac that had to be met. All this work fell to Lawrence as neither Rosine, Vigdis or I were able to travel to Nairobi. We were most fortunate that Lawrence was able to secure the Lecture Hall at the Aga Kahn University Hospital for our meetings over the five day period. As well, the catering department provided us with a coffee / tea break morning and afternoon and lunch for everyone. The cost was most reasonable; it would have cost us much more if we all had to go to a restaurant to eat. All refreshments were brought into the Lecture Room which made it very easy for us to get to know one another.

At the end of five days, we had completed our five day training programmes. Two year Plans of Action had been developed for all regions as well as Visiting programmes. All this action took place in December 2012 and I am delighted to report that all ostomy groups in Eldorat, Embu, Kisumu, Nairobi and Nyeri are growing in numbers. They stay in touch across the country and receive supplies from FOWC.

With the success of Stoma World Kenya , Lawrence decided it was time for Stoma World Kenya to handle the shipment of ostomy supplies and see to the distribution around Kenya. His baby has become an adult. Stoma World Kenya is strong, is an active member in IOA reporting regularly to IOA and to FOWC.

In September I received the following email from Lawrence.

“I am proud to share this very very exciting news; at the National Nurses Association of Kenya 56th Scientific Conference last week, I was awarded the Nurse of the Year Award for Nairobi County beating stiff competition from all private and public institutions in Nairobi. I went on to take the 2nd Position Nationally and received my awards from the Deputy President of the republic of Kenya. This was the very first time the National Nurses Association and the Ministry of Health included private hospitals in the grueling search and interviews for the Nurse of the Year Awards in Kenya. My devotion to stoma care and cancer rehabilitation was cited as the biggest reason for the same.”



So the next time you are tempted to think, “I’m just one person, what can I do.” Remember Lawrence. He started merely talking to those who had ostomy surgery, then he formed a group which became quite significant. He organized that group to become official and then encouraged them to go national. At the same time he was working internationally to see how he could get ostomy supplies for Kenya. This is when FOWC came into the picture and the rest as they say is history.

Note: Lawrence married in 2012 and now has a baby daughter. He remains on the Board of Stoma World Kenya still active in his support of ostomates. It is my pleasure to call him my friend.

About Dansac from its website

Dansac is a Danish company that has been developing, producing and selling products for stoma care for over 30 years. Dansac A/S was founded in 1971 in Fredensborg, near Copenhagen. Since 1989 Dansac is part of the HollisterGroup, with its headquarters in Libertyville, USA. Today Dansac is employing more than 400 employees in 30 countries. Dansac head offices are in Denmark.

Di Bracken, International Liaison.

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:**

**CB Medical
3900 106 Ave SE
Calgary, AB T2C 5B6**

Donations of money gratefully appreciated:

Friends of Ostomates Worldwide Canada C/O

Lorrie Pismenny

#1101- 80 Snow

Winnipeg MB R3T 0P8

We send a receipt for any amount donated

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

Telephone **647 951 3940**

Communicating by email

lornea@fowc.ca

richardo@fowc.ca

lorriep@fowc.ca



Seniors and juniors packing and sorting, helping to improve the lives of ostomates around the world!



We recognize and thank the following individuals and business for Ostomy Product Donations

Shoppers Home Health Care
9255 Woodbine Avenue
Markham ON L6C 1Y9

ALBA Medical
1701 Lakeshore Road West (lower
back)
Mississauga ON L5J 1J4

Best Buy Medical Supplies
633387 Highway 10 North
Mono On L9W 5P3

Centre Stomo- Phlebo de Montréal
Inc.
3545 rue Berri
Montréal QC H2L 4G3

Jean-Pierre Lapointe
Montréal QC

Shoppers Home Health Care
17725 Yonge Street
Newmarket ON L3Y 7C1

Shoppers Home Health
22 Colborne street West
Orillia ON L3V 2Y3

Pollard IDA Pharmacy
37 Seguin Street
Parry Sound ON P2A 1B3

Knight's Pharmacy
330 Main Street
Penticton BC V2A 5C3

Mr. John lafferty
Ancaster ON

C. McGuire
Azilda ON

Shoppers Home Health care
524 Bayfield street North
Barrie ON L4M 5A1

Ruth Kenney
Dartmouth NS

Kawartha Ostomy
219 Arnott Drive
Ennismore ON K0L 1T0

Shoppers Home Health
5230 Dundas Street West
Etobicoke ON M9B 1`A8

Gander PharmaChoice
110 Roe Avenue
Gander NL A1V 1W8

Shoppers Home Health Care
379 Gage Avenue
Kitchener ON N2M 5E1

Barb McArthur
London ON

Centre for the North
1215 Lethbridge Street
Prince George BC V2M 4E9

Kate Parkkari
St. Ann's ON

Familiprix
1556 rue Montarville
St-Bruno QC J3V 3T7

Lawtons Drugs Home Health
Care
48 Kenmount Road
John's NL A1B 1W3

Lawton's Drug Stores #810
496 Topsail Road
St. John's NL A1E 2C2

Lawton's Drug Stores Limited
11 Elizabeth Avenue
St. John's NL A1A 1W6

Action Health Care
566 Queen Street East
POBox 269
St. Mary's ON N4X 1A4

L. Stevens
Saint John NB

DONOR / MEMBERSHIP APPLICATION FOR FOW CANADA

Yes, I would like to improve the life of ostomates by becoming a member

- 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



Tanzania



Nepal