



OSTOMY
Care & Supply Centre
Excellence in Ostomy Care

Newsletter

Spring 2019



Arden



Andy



Lucy



Lisa

VISIT US AT MYOSTOMYCARE.COM



LOCATED IN THE WEST END MEDICINE CENTRE

2004 8th Avenue, New Westminster, BC V3M 2T5

Free parking at rear of building

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HOURS:

Monday to Friday: 9:00am - 5:00pm

Saturday: 9:00am - 1:00pm

CONTACT US:

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Complimentary visits with an ostomy nurse are by appointment - 6 days a week

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ANDY'S MESSAGE

BY ANDREA (ANDY) MANSON BSN, RN, NSWOC, NCA



Life is an Adventure! Laugavegur & Fimmvörðuháls Iceland Trek 2018

In the last newsletter I described the cause and the background of The Laugavegur Hiking Trail. Part 2 of my 2 part series is my experience doing the trek!

After our 5 hour bus ride and relaxing soak in the thermal pool at Landmannalaugar, we started our 12 km 4-5 hour trek through amazing coloured hills steaming with geothermic activity. On that afternoon we experienced Icelandic weather- sunny, hail, rain, then back to sun all within 2 hours. Fortunately it was the only time we tested our rain gear. We enjoyed 6 days of beautiful weather! We had an amazing group of people who bonded early in the trek due to our guide Agust's icebreaker games such as Spoons and Idiot and 2 boxes of wine, which also helped!



Here is my story - this was my second trek with Rob, my first being Kilimanjaro in 2009. It was a real challenge, the only woman and middle aged, not athletic but determined, my first trek, and my first time trekking in altitude. We slept in tents, no showers for 7 days, used outhouses at camp. In comparison, this Icelandic trek was like "glamping". We slept in heated huts, had flush toilets (except for the first night) and for \$6.00 Canadian we could have a 5 minute hot shower! Luxury!



The first 4 days trekking we had varied terrain, lots of ups (ascents) and downs (descents) with spectacular views and scenery. There were no trees; we had such an expansive vista that I felt very small and insignificant. On day 5, our plans changed due to weather and we could not trek the high pass, which I was looking forward to as a good challenge. We did wonderful day hikes in the Þórsmörk valley. On one of our day hikes, I had the feeling I had been looking for during the previous 4 days of trekking. I had yet to test myself; I had not yet pushed myself or challenged myself. But it did happen on one of our day hikes as we bushwhacked through to a trail then

ended up traversing what in my eyes looked like a huge rock face 50 foot high in my eyes, in reality about 10 feet high! This was finally my challenge, my test! This scared me! Could I work my way down this rock face with my fingers and boots gripping onto little 1-inch ledges of rock? I thought humbly about my ostomy patients who every day face challenges and things that scare them. If they have figured out a way to navigate life through their challenges and fear then I could too. I looked to our guide Agust for instruction and encouragement to make my way down safely. I reflected on my way down the path, that people come into our lives or are already there ready to help us when life hands us challenges, just like Agust was for me.

One of our hikes took us into a canyon to look for a waterfall. We had to cross several shallow glacial streams. Feeling too lazy to take my boots off and wade across and I was feeling really cocky and self-confident from the rock face experience of the previous day, I thought, sure I could rock hop across this particular stream! Again with encouragement from Agust, I ventured over the first couple rocks then slipped into the stream, landing on my right side in the glacial water. Agust jumped in to help me up. I proudly stood at the side of the stream in my wet boots thinking to myself, even though you did not make it, you tried! It was only wet boots and a bruised hip but the main thing was that I tried something new and something that I lacked confidence in doing especially at my late middle-aged stage of life.

What an amazing trip to have experiences like that, to share it and to have support and encouragement from others on our trekking team. Thank you to those who generously donated to my trek to support Ostomy Canada Society. The funds are appreciated as it helps Ostomy Canada Society support people in Canada living with an ostomy.

If you would like to join us on our next adventure, contact myself Andy Manson at almanson@me.com or Rob Hill at roberthillclimber@gmail.com.

OSTOMY CARE AND SUPPLY CENTRE

OSTOMY INFO

BY ARDEN TOWNSHEND BSN, RN, NSWOC



**The cost of ostomy supplies can add up.
Here are some of the ways people manage those costs.**

Taxes, Disability Tax Credit and Pharmacare

Fair Pharmacare

This is a program from the BC government that helps with eligible prescriptions and ostomy supplies. Everyone with a Care Card number is eligible to register (you only need to register once), and your taxes need to be up to date.

Pharmacare keeps a tally of how much you have spent on eligible items; when you reach your **deductible** (an amount based on your family income from 2017 for 2019), Pharmacare starts paying a portion (usually 70%) and you pay a reduced amount. The amount you pay continues to be counted toward your **Family Maximum**. When you reach your family maximum, your eligible items will be covered completely.

If your family income goes down by more than 10% you can apply to have your deductible reassessed to better match your current income. If your ostomy is permanent, you can apply to have your deductible spread out over the year; this can help with budgeting. Pharmacare does not tell us your deductible, but they

do tell us when your deductible and family maximum has been reached. Because of the Pharmacare calendar, we cannot do returns or exchanges for product purchased before January 1.

In 2019, the government introduced new reduced deductibles and family maximums for families earning \$45,000 per year or less. This means that these families will be paying less for ostomy supplies and prescriptions.

Income Taxes

The costs of supplies incurred before you reach your deductible can be claimed on your income taxes, or submitted to your extended health plan. Visit www.canada.ca to find more information on how to claim them on your taxes.

Disability Tax Credit

For people who have had their ostomy for over a year, the Disability Tax Credit can help with costs of supplies. This application needs to be completed by your doctor, and submitted for review and approval. Find out more at www.ostomycanada.ca/dtc/

See Your Ostomy Nurse!

We have joked that we have a backward business model; if you have lots of leaks and change often, you will buy more ostomy supplies.

However, our philosophy has always been that your quality of life and the reliability of your pouching system are the most important. If your pouching system is not working well for you, or you are looking for more cost-effective options, see one of our ostomy nurses. Just keep in mind that a pouching system that costs \$17 but has to be changed every 2 days costs more over a week than a pouching system that costs \$25 and you change every 4 days.

We focus on simplicity and wear time, so if you think your system can be improved in either of those areas, make an appointment to come in for an assessment.

EXCELLENCE IN OSTOMY CARE

GENERAL INFORMATION

Retirements

Laurie Cox has been slowly retiring over the last two years and has made it official this year. We will miss her skill and commitment to ostomy care, her leadership, and sense of humour.

Marty Willms made a quick decision to leave, just in time to spend more time on the boat in the lovely spring weather. She made great connections with lots of people at the Ostomy Care Centre, and her absence will be felt.

We are sad to see Laurie and Marty retire but wish them much luck in their new chapter!

Ostomy Group Meetings

Learning about life with an ostomy from someone who has been there is invaluable. These groups have formed to help people connect with others with an ostomy, share tips and tricks, and offer a portal for support.

UOA Vancouver Group

Meetings in 2019

June 22, Sept 21, at 1:30pm

Collingwood Neighbourhood House

5288 Joyce Street, Vancouver

<https://www.uoavancouver.com/>

Vancouver 20-50 Group

July 18, Oct 17

Upcoming meetings will be at alternate locations

Updates will be sent by email, RSVP at unitedostomy2017@gmail.com

Fraser Valley Ostomates

June 11, Sept 17, Nov 19

(Tuesday evenings at 6:30pm)

Meet at Ricky's, 19219 56 Ave, Surrey

You can get more information by getting in touch with us at

nurses@myostomycare.com or (604) 522-4265

or by contacting the group directly at

fraservalleyostomates@hotmail.com

Chilliwack Ostomy Group

3rd Monday of each month at 1:30pm

(except Jan, July, Aug)

Atchelitz Thresherman's Assoc., Canora Building
44146 Luckakuck Way (Heritage Park), Chilliwack

Bladder Cancer Support Group

Get together with others who have or have had bladder cancer. Share your experience and learn from others. Not only for people who have a urostomy, this group welcomes anyone with a bladder cancer diagnosis. Visit www.bladercancer.org for more for general information on bladder cancer.

The Support Group meets the third Tuesday of every month (except August) at the Bonsor 55+ Seniors Centre, 6533 Nelson Avenue, Burnaby (located close to Metrotown Skytrain Station). Meetings are on the 2nd floor, from 7:30pm to 9pm. The dates for 2019 are: May 21, June 18, July 16, Sept 17, Oct 15, Nov 19, Dec 17

Contact Joe Aiga at 604-313-6336 or joeaiga-bccvan@shaw.ca for more information.

Staff Feature

The third staff member we are featuring is Jenna Robson, our Pharmacy Technician. She has 8 years of experience answering your product questions, making appointments, and helping you with ordering supplies. She does an amazing job and we are lucky to have her!



Here are a few fun facts about Jenna that you may not know:

Favourite book: Harry Potter

Favourite movie: Lord of the Rings

What is one of the things on your bucket list? Visit Hawaii

Favourite restaurant: Cactus Club

Favourite meal: Mac N Cheese

Do you have any hobbies? Gardening

Person you most admire: My mom.

Pet peeve: Rude people.

Favourite place you've ever been to: Home

Favourite TV series: Friends

Best car you've ever owned: My Kia Soul

How do you like your eggs? Scrambled

Favourite Band: Rascal Flatts

If you could invite anyone to dinner who would that be? My Nana.

If you could live anywhere in the world where would it be? I love where I live.

How many bathrooms does your house have? 1 (barely)

How long have you lived in the Lower Mainland? My whole life.

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