



Ostomy Tasmania Incorporated

NEWSLETTER No. 191

AUGUST 2014

(Supplement to Ostomy Australia Volume 23 No.2)

NEXT MEETING (Annual General Meeting)

DATE & TIME: SATURDAY 20th SEPTEMBER, 11 am

PLACE: Ostomy Tasmania Distribution Office, St Johns Park, New Town
(Management committee members are requested to meet at 10 am.)

All members and friends are invited to general meetings.

There will be several company representatives present, so come along and check out the new appliances. A light lunch will be provided.

MANAGEMENT COMMITTEE AND STAFF

OFFICE BEARERS

PRESIDENT	Mr Terry Gill, Fern Tree (03) 6239 1124
VICE PRESIDENT	Mr Peter Clarke
SECRETARY/TREASURER	Mrs Sue Hoyle, Kettering (03) 6267 4837
MINUTE SECRETARY	Mrs Maree Mills

COMMITTEE

Mrs M. Ferguson, Mr P. Lopez, Mrs C. Partridge, Mrs P. Quinn, Mr C. Spiegel,
Mrs S. Hicks RN, Mrs H. Hortle RN

LIFE MEMBERS

Mrs E. Coombe, Mr E. Morling

ADMINISTRATION OFFICER

Mrs Maree Mills

ADMINISTRATIVE & BUSINESS SUPPORT

Mrs Melissa Ferguson, Mrs Karen Hooker, Mr Philip Emery

Please address all correspondence to: The Secretary

Mail: P.O. Box 280, Moonah TAS 7009

Phone: (03) 6228 0799

Fax: (03) 6228 0744

Email: admin@ostomytas.com.au

Please cross all cheques and money orders and make payable to: Ostomy Tasmania

OUR STOMAL THERAPY NURSES

SOUTHERN REGION

Madi Bradshaw	Gen Surgical Unit, Royal Hobart Hospital
Angela Castle	Calvary Hospital, Lenah Valley (ph. 6278 5229)
Jane Cubit	Calvary Hospital, Lenah Valley (Ph 6278 5229)
Annette Goulding	Gen Surgical Unit, Royal Hobart Hospital
Sonia Hicks *	Stomal Therapy Dept (Ward 2B), RHH; (ph 6222 8283)
Pamela Heathcote	Ward 5A, Royal Hobart Hospital
Margot Hickman	Gastrostomy CNC, Royal Hobart Hospital
Heather Hortle	Gen Surgical Unit, Royal Hobart Hospital
Heather Noga *	Hobart Colorectal Clinic, Lenah Valley; (mob 0417 366 769)
Vanessa Rhodes*	(on extended leave)

NORTHERN REGION

Teena Carydakis *	Stomal Therapy Dept, LGH; (ph 6348 7832)
Deborah Franklin	Calvary Health Care, Launceston
Jennifer Heyward	Calvary Health Care, St Vincents Campus, Launceston
Carolynne Partridge	Ward 5A, Launceston General Hospital
Kristy Willis	Ward 5A, Launceston General Hospital

NORTH WEST REGION

Michelle Emin *	N.W. Regional Hospital, Burnie; (ph 6430 6599)
Andrea Hicks *	Mersey Community Hospital; (ph 6426 5620)

(* STNs occupying official Stomal therapy positions are shown in **bold**. Teena and Carolynne are job sharing at the LGH).

PLEASE CHECK YOUR PARCEL

Please make sure you **PROMPTLY OPEN** and **CHECK THE CONTENTS** of your order as soon as you receive it. Our volunteers make every effort to get it right, but occasionally mistakes are made. If you have received the wrong appliances, we need to know as soon as possible and **definitely within the same month you received the parcel**, otherwise we are unable to make any exchange.

BRAND NEW ARRIVAL!

Ostomy Tasmania would like to extend congratulations to local Stomal Therapy Nurse Vanessa on the recent arrival of her new baby boy, Reilly. The 3430gm bundle of pure joy arrived on the 2nd April 2014 to the delight of her parents and family (we have a photo in the office to prove it!!).

INFORMATION FOR MEMBERS

You **MUST** be a financial member before any appliances can be issued to you. If you are unable to pay your annual membership fee which is due on 1 July each year, please contact the Secretary for a Time Payment request.

POSTAL ORDERS

- **ALL ORDERS** should be addressed to **P.O. Box 280, Moonah, 7009.**
- Please state your order clearly, **quoting the brand name, code no., size and number of appliances you require.** Remember to **include your name and address.**
- Please DON'T ask for "*my usual order.*" Although we have a record of your usual appliances, we don't always know what your usual accessory items are. The best way to ensure you get what you want is to *quote the brand and code no.*
- Make sure to **allow at least two weeks for return delivery,** especially when ordering a two-month supply.
- **POSTAGE, PACKAGE AND HANDLING - \$10.00 per parcel.** You can pay bulk postage up to 12 months in advance if you wish.
- Please include this payment with your order. Remember to **cross all cheques and money orders** and make them **payable to Ostomy Tasmania.** **Write your name and address on the back of money orders.**
- We have the facility to run a postage account for you if you would like to pay a bulk amount of postage money, thus saving costs of multiple cheques, money orders etc. In this case, you can submit your order by phone, fax, email or online ordering.
- You can make an internet transfer to our bank account (BSB 807 009, Account No. 5109 4661, Name of account: Ostomy Tasmania Inc.)
Make sure you include your full name as a reference.
- You can phone the office and pay by credit card (**\$2 transaction fee applies**).

COLLECTIONS

- **OPENING HOURS:**
Mondays (excluding Public Holidays) **9.00 a.m. - 12 noon and 1.00 pm - 3.00 pm**
Tuesdays 9.00 am - 1.00 pm.
- **WHERE:**
St Johns Park, New Town: former Amenities Building, which is the second building on your left as you drive in to the St Johns Park complex from Creek Road. Look for the "Ostomy Tasmania" signs on the building. A few parking spaces are available outside the building (look for the signs).
- **Bring a box end** (with code number) along so we can see what you require.
Credit card and EFTPOS facilities are available at the Distribution Centre. A transaction fee of \$2.00 applies to card payments to help offset our costs.

INFORMATION FOR MEMBERS ...continued

The phone number for the Distribution Office is 6228 0799. If you get the answering machine, please leave your **NAME, PHONE NUMBER** and the **REASON** for your call. Do remember that the Office isn't staffed on Wednesdays and Fridays, so it is unlikely that you'll get an answer to your call on either of these days.

MEDICAL CERTIFICATES

MEDICAL CERTIFICATES (from your Stomal Therapy Nurse or your Doctor) are required for all issues in excess of the maximum monthly allowances.

- Certificates **must** be on Australian Government form PB050.1402, "Application for Additional Stoma Supplies"
- certificates **must** be for a valid medical reason
- they **must** state the number of appliances required
- **you** will need to contact your STN or GP to renew your certificate every 6 months if the extra product is still required; our office staff can't do it for you.

PLEASE NOTIFY THE OFFICE

- If you have changed your address
- If you are the relation of a member who has died
- If you've had a reversal of your ostomy.
- **Don't expect that your Stomal Therapy Nurse will let us know.**

PRICE LIST FOR TAPES, SPRAYS & WIPES

The following items are available for purchase:

Product	Cost	Product	Cost
Micropore 1" (without dispenser)	\$1.50 roll	Micropore 1" (with dispenser)	\$3.00 roll
Micropore 2" (without dispenser)	\$2.50 roll	Micropore 2" (with dispenser)	\$4.50 roll
Hosgon Room Spray (120 ml)	\$6.00 each	Hypafix tape 10cm x 10m	\$28.00 roll*
Hostoma No Smells Room Spray (120 ml)	\$6.00 each	60cc/ml Catheter Tip Syringe	\$2.00 each
DuPont Low Lint All-Purpose towe (35cm x 30cm) 100 per box	\$14.00 box	Hostoma No Smells Room Spray (1 Litre)	\$20.00 each

NOTICES

Reminder: Please make sure money orders and cheques are payable to "Ostomy Tasmania Inc."

MEMBERSHIP FEES HAVE INCREASED FROM 1 JULY 2014

Due to the ever increasing costs of providing this product distribution service to our members (eg. rent increase, extra staff requirements, communication cost increases), the decision was made at our last General Meeting in Hobart to increase the membership fee for the 2014/2015 period **to \$60 per year for ordinary members and \$50 per year for concession card holders**. Please note: You **MUST** pay your membership fee in order to receive appliances after 1 July 2014. The fee still represents excellent value for money, as it works out to only \$5 per month (approx. \$4 for concession) for access to free appliances through the Stoma Appliance Scheme. On average, members each receive approx. \$2,000 worth of appliances free each year after payment of the membership fee and postage charges (if applicable).

ARE YOU WILLING TO GET INVOLVED?

Are you willing to become a committee member of Ostomy Tasmania Inc.? It is vital to have an informed, interested and capable committee to manage the Association's affairs. Our Constitution allows for ostomates and non-ostomates to be committee members. Ostomy Tasmania Inc. members and other interested persons are encouraged to air this opportunity amongst their social and business contacts. There are generally only 2 meetings held per year. Contact Sue Hoyle at the office or email admin@ostomytas.com.au to express an interest. Your input would be most welcome.

AGM AND ELECTION OF OFFICERS

On Saturday 20 September we will hold our Annual General Meeting (see *Notices* on website). All positions are open for election, but we require Management Committee nominees to be suitably qualified and prefer that anyone interested in joining the committee is also able to attend the rooms on a regular, voluntary basis. Nominations should be lodged with the Secretary one week prior to the AGM.

Nomination for Management Committee

I, _____

wish to nominate for the position of _____

Signed _____

Proposer _____ Seconder _____

Date received by Secretary _____

CERTIFICATE FOR ADDITIONAL STOMA SUPPLIES

Under the government scheme a limit applies to your monthly entitlement of pouches, wafers etc. If you require above this limit you will need a Certificate for Additional Supplies, and unfortunately no amount of debate will change this fact. These certificates are forwarded on to the Government and checked against our claim for you.

It's best if certificates are signed by your Stomal Therapy Nurse as they can ascertain why you need additional supplies (ie. an inappropriate pouch). Your doctor is not trained in Stomal Therapy, and whilst knowledgeable, doesn't necessarily know all the *tricks of the trade* and could unintentionally be doing the wrong thing for you. Remember if you have a medical certificate it is your responsibility to ensure the additional supplies are added to your next order, don't assume your STN will do it. Please be aware a 'Certificate for Additional Supplies' **does not** apply for any support garment.

GOING TO HOSPITAL OR SEEING THE STN?

If you are going to hospital for a procedure or going to see the Stomal Therapy Nurse it is very important that you take with you at least one change of appliance. Any procedure that requires you to have your appliance removed requires another one to be put back on – so think about it and bring a change.

With any hospital stay (whether for a day or a week or more) you need to take adequate supplies with you. Make sure to tell your family or friends where your supplies are at home in case you have to go to hospital in a hurry. Hospitals do not stock your supplies and they **are not required** to supply you after your initial surgery. Make arrangements with family or friends or ring us if you are in hospital and need to place your monthly order.

Be prepared and ALWAYS carry a spare change. Even if not going to hospital things happen sometimes and it is always best to be prepared.

PLEASE BE RESPONSIBLE FOR YOUR OWN APPLIANCE NEEDS – DON'T EXPECT YOUR STN TO LOOK AFTER IT FOR YOU!

FACEBOOK PROFILE FOR OSTOMATES

Times are changing – one of our members recently brought to our attention two articles on news.com.au/lifestyle... highlighting a couple of young ostomates (Jessica Grossman and Bethany Townsend) who are putting it out there on facebook. Bethany states..“The photo has been seen by millions of people ... I'm just so glad that it's brought about more awareness of Crohns disease, and it's made me feel so much more confident.” Check it out!

ARE YOU OVER ORDERING?

Courtesy Geelong Ostomy Inc.

Over ordering is a problem that all members must be aware of and be responsible for.

Over ordered and returned stock cannot be re-issued as per government regulations and is a total waste!!

We are extremely lucky in Australia in that all you need to pay for your stoma needs is your membership fee and over ordering puts the Stoma Appliance Scheme in jeopardy. Please do the right thing and help ensure we continue to have an efficient scheme operating into the future.

ARE YOU UNDER ORDERING?

Although over ordering is a major problem so is under ordering. Running yourself short does not help yourself, the association or even the STNs - you need to keep one month's supply in reserve to cover for emergency events, like gastro, faulty product, going on holidays, etc.

One major problem that the STNs have brought to our attention is that members are going to them to get certificates for extra product holidays – but leaving it until a couple of days before they leave!!

Everyone plans their holidays and your stoma care should be an essential part of that holiday planning. If you are going to be away for an extended time, discuss an ordering plan with our staff. Also remember that the Government only allows one month's holiday issue per calendar year UNLESS you are going overseas. If you can provide us with a copy of your overseas itinerary, we can issue you with up to 6 months supplies before you go. Make sure to allow at least a month's notice to organise this.

**PLEASE DO NOT OVER or UNDER ORDER
KEEP ONE MONTH'S SUPPLY IN RESERVE**

SHARE YOUR STORY?

If you have a story to share about your experience as an ostomate and would like to have it published in our newsletter you are welcome to submit a news article for publication. Simply bring your article (and photo?) into our office or send to admin@ostomytas.com.au. It might be something about a recent holiday, work place, recreational, or home activity / task that you feel would be of benefit to other members. Sometimes the smallest observations can help educate others who have, or will have at some stage in the future, a similar experience.

“OSTOMATES NORTH” SUPPORT GROUP

from Adrian Kok

The Ostomates North support group was held on Monday 2nd June with 27 members in attendance.

Group facilitator Adrian Kok, welcomed all members. After learning that Michael Scott, one of the members, had recently passed away while on holidays with his wife Helene, Adrian commenced the meeting with a minute silence in respect for Michael. Adrian then introduced the guest speaker Yani Wagner, from the Cancer Support Centre. Yani gave a very interesting talk on what the Cancer Support Centre has to offer the community. Members were invited to have a tour of the centre with all members being overwhelmed with the presentation and quality of the centre. A very interesting and informative presentation was given by Thea Loiterton from Dansac. She gave away samples to the members and answered their enquiries. I would like to thank Dansac for providing a delicious morning tea which was very much appreciated by the members.

Thank you also to all those members for once again coming and showing great enthusiasm and a special thank you to my fill-in co-facilitator, Leah Kok.

If you would like to attend the next support group meeting in your area please RSVP one week prior to the meeting by contacting: -

Adrian Kok – Volunteer Coordinator – 6326 4664

Next meetings: Ostomates North

DATE: Monday 8th September 2014,

TIME: 10.00 am (sharp) to 11.45 am (Doors open at 9.30 am)

VENUE: Cancer Support Centre, 69 Howick Street, Launceston. Parking at the rear of the building

Next meeting: Ostomates North West.

DATE: Monday 15th September 2014

TIME: 10.00am (sharp) to 12.00 noon (Doors open at 9.30 am)

VENUE: Ulverstone Senior Citizens Club, 16 King Edward Street, Ulverstone

OSTOMY TASMANIA NEW WEBSITE

Ostomy Tasmania Inc. is pleased to announce that we will shortly be upgrading our existing website. The domain name will remain www.ostomytas.com.au however ostomates will discover a new look and feel. Please be assured that all the current information, links and forms will be available on the new site, and you can still place your monthly orders via an online form if you wish. There is plenty of relevant information and helpful links that can be found so feel free to check it out!