



Ostomy Tasmania Incorporated

NEWSLETTER No. 205

April 2019

(Supplement to Ostomy Australia Volume 28 No1)

NEXT MEETING (AGM and GENERAL MTG)

DATE & TIME: SATURDAY 21 SEPTEMBER 2019, 2.00 pm

PLACE: Ostomy Tasmania Distribution Office, St Johns Park, New Town
All members and friends are invited to attend the AGM followed by the General Meeting. Company representatives are often present, so come along and check out their new appliances.

MANAGEMENT COMMITTEE & STAFF

OFFICE BEARERS

PRESIDENT	Mr Peter Clarke, Lenah Valley 0418 146 142
VICE PRESIDENT	Mr Charles Spiegel
SECRETARY	Mrs Sue Hoyle, Kettering 0417 122 153
TREASURER	Mr Chris Laughher
MINUTE SECRETARY	Ms Rebecca Thompson

COMMITTEE

Mrs B. Clarke, Mrs M. Ferguson, Mr P. Lopez, Mrs S. Hicks RN, Mrs H. Hortle, Mr A. Kok, Mr P. Emery

ADMINISTRATIVE & BUSINESS SUPPORT

Mrs Melissa Ferguson, Mrs Karen Hooker, Mr Philip Emery, Mr Ben Clarke

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	Royal Hobart Hospital (Ward 2AS)
Tesse Bonde	The District Nurses (ph 6208 0500)
Annette Goulding	Royal Hobart Hospital (Ward 2AS)
Sonia Hicks *	Stomal Therapy Dept, RHH; (ph 6166 8283)
Pamela Heathcote	Ward 5A, Royal Hobart Hospital
Margot Hickman	Gastrostomy CNC, Royal Hobart Hospital
Heather Noga *	Hobart Colorectal Clinic, Lenah Valley; (mob 0417 366 769)
Vanessa Rhodes *	Stomal Therapy Dept, RHH; (ph 6166 8283)
Megan Twaits	Ward 2AS, RHH; (ph 6166 8283)

NORTHERN REGION

Sue Delanty*	Stomal Therapy Dept, LGH; (ph 6777 6832)
Teena Carydakis*	Stomal Therapy Dept, LGH; (ph 6777 6832)
Carolynne Partridge	Specialist Clinic, Launceston General Hospital
Kristy Willis	Ward 5A, Launceston General Hospital
Elizabeth Cute *	Calvary Campus St Vincents (ph 6332 4835)
Leanne Bedwell	Calvary Campus St Vincents
Deborah Franklin	Regis Aged Care, (ph 0438 445 338)

NORTH WEST REGION

Michelle Emin *	N.W. Regional Hospital, Burnie; (ph 6493 6274)
Andrea Hicks *	Mersey Community Hospital; (ph 6478 5387)

(* STNs occupying official Stomal Therapy positions are shown in **bold**. Somia and Vanessa are job sharing at the RHH)

PLEASE CHECK YOUR PARCEL

Please make sure you **PROMPTLY OPEN** and **CHECK THE CONTENTS** of your parcel as soon as you receive it. Our volunteers make every effort to get your order right, but occasionally mistakes are made. If you receive 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.

MEETING TIMES?

It's been suggested that we may attract more members to our management committee meetings if we hold them at night instead of on a Saturday afternoon as at present. Please email Sue at admin@ostomytas.com.au if this would be of interest to you.

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 Stoma Appliance Scheme Access 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 (including holiday orders).
- **POSTAGE, PACKAGE AND HANDLING - \$12.50 per parcel**
- 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 (up to 12 months), 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 members full name as a reference.
- You can phone the office and pay by credit card.

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: the 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.

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. If you call during busy times (Monday & Tuesday) and your call isn't answered, please call back.

**** the answering machine is turned off when we are in the office.**

Submit **Online Order Forms** via <http://www.ostomytas.com.au/online-order-form>
Postage must be paid before parcels can be despatched.

CERTIFICATES

APPLICATION FOR ADDITIONAL STOMA SUPPLIES 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, "Application for Additional Stoma Supplies" and be signed by you **and** the STN or Doctor.
- 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
Hostoma No Smells or Hosgon Room Spray (120 ml)	\$6.00 each	Hypafix tape 10cm x 10m	\$28.00 roll
DuPont Low Lint All-Purpose towels (35cm x 30cm) box/100	\$13.00 box*	60cc/ml Catheter Tip Syringe	\$2.00 each
<i>*please note price increase from 1 January 2019</i>		Hostoma No Smells Room Spray (1 Litre)	\$20.00 each

SAS ACCESS FEES ARE 1ST JULY 2019

All Australian ostomates are required to pay a uniform fee to be eligible for free appliances from the Stoma Appliance Scheme. The Stoma Appliance Scheme Access Fee is mandatory and it is not possible for us to waive it, nor to supply appliances to unfinancial members. Members who cannot pay the full fee at once can apply to pay by instalments by completing a Time Payment Request form available from the office. For the 2019/2020 period, the fee is **\$60 per year for ordinary members** and **\$50 per year for concession card holders**.

Reminder: Please make sure money orders and cheques are made payable to "Ostomy Tasmania Inc."
Direct Credit payments must include member's name as reference.

Your fee **MUST** be paid the first time you order appliances after 1 July 2019, or an agreement to pay the fee by instalments must be entered into. Concessional categories include full and part Centrelink pension and Healthcare card holders.

SUPPORT GROUP REPORTS

OSTOMATES NORTHERN SUPPORT GROUP

The annual Christmas dinner was held this year at the Newstead Hotel on the 19th November with 29 members in attendance along with reps from Dansac (Zeynep) and Ainscorp (Perri). There was a raffle and several lucky door prizes. The proceeds from the raffle were donated to the Cancer Council of Tasmania. The food and service were great, and a fine time was had by all. Adrian thanked the 2 reps for their attendance, especially as they flew in from Victoria in the morning and flew out after the function in the afternoon. Their presence and support throughout the year was greatly appreciated.

Northern Tasmania meetings commence at 10.00am - 12noon. The meetings are held at the Cancer Support Centre - 69 Howick Street, Launceston. Parking is available at the rear of the building. RSVP one week prior to the meeting if you are attending for the first time. Morning tea will also be provided at NO COST to you.

Dates for 2019 are as follows:

Monday 4th March,

Tuesday 11th June,

Monday 2nd September.

Christmas function: **Monday 18th November** 12 noon to 3 pm.

OSTOMATES NORTH - WEST SUPPORT GROUP

The annual Christmas dinner was held at the Ulverstone Senior Citizen's Club with 26 members in attendance along with both stoma nurses, Michelle Emin and Andrea Hicks. The food was sensational and was much appreciated by everyone. There was a raffle along with lots of lucky door prizes. The proceeds from the raffle were donated to the Cancer Council. Adrian thanked the nurses for their presence.

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Ostomates in North - West Tasmania meetings commence 10am - 12noon at the Ulverstone Senior Citizens Club, 16 King Edwards Street. Morning tea will also be provided at NO COST to you.

Dates for 2019 are as follows:

Wednesday 13th March,

Friday 14th June,

Wednesday 11th September.

Christmas function: **Wednesday 27th November** 12 noon to 3 pm.

OSTOMATES SOUTH SUPPORT GROUP

The Christmas dinner was held at the Glenorchy RSL Club with a small but enthusiastic group of 9 members along with Lea from Sutherland Medical. There was a raffle and several lucky door prizes. The raffle proceeds were donated to the RSL Club who are great supporters of the group. A great time was had by all. Adrian then thanked Lea from Sutherland Medical for the company's support through the year. Meetings are held 10 am - 12 noon at the Glenorchy RSL Club - 320 Main Road Glenorchy. Morning tea provided free of charge.

Dates for 2019 are as follows:

Wednesday 6th March,

Wednesday 12th June,

Wednesday 4th September.

Christmas function: **Wednesday 20th November** 12 noon to 3 pm.

Anyone interested in attending a night meeting please contact Adrian Kok on 0498196059.

SEMI COLONS CANCER SUPPORT GROUP

Semi Colons Cancer Support group offers support and information for men and women (with or without ostomies) in Southern Tasmania who have been impacted by Colorectal Cancer. **Meetings are held in Sandy Bay on the third Friday of every month in the afternoon.** Ostomates are welcome to attend. For more information, please call Renata on 6169 1900.

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.

OSTOMY CHRISTMAS CELEBRATIONS

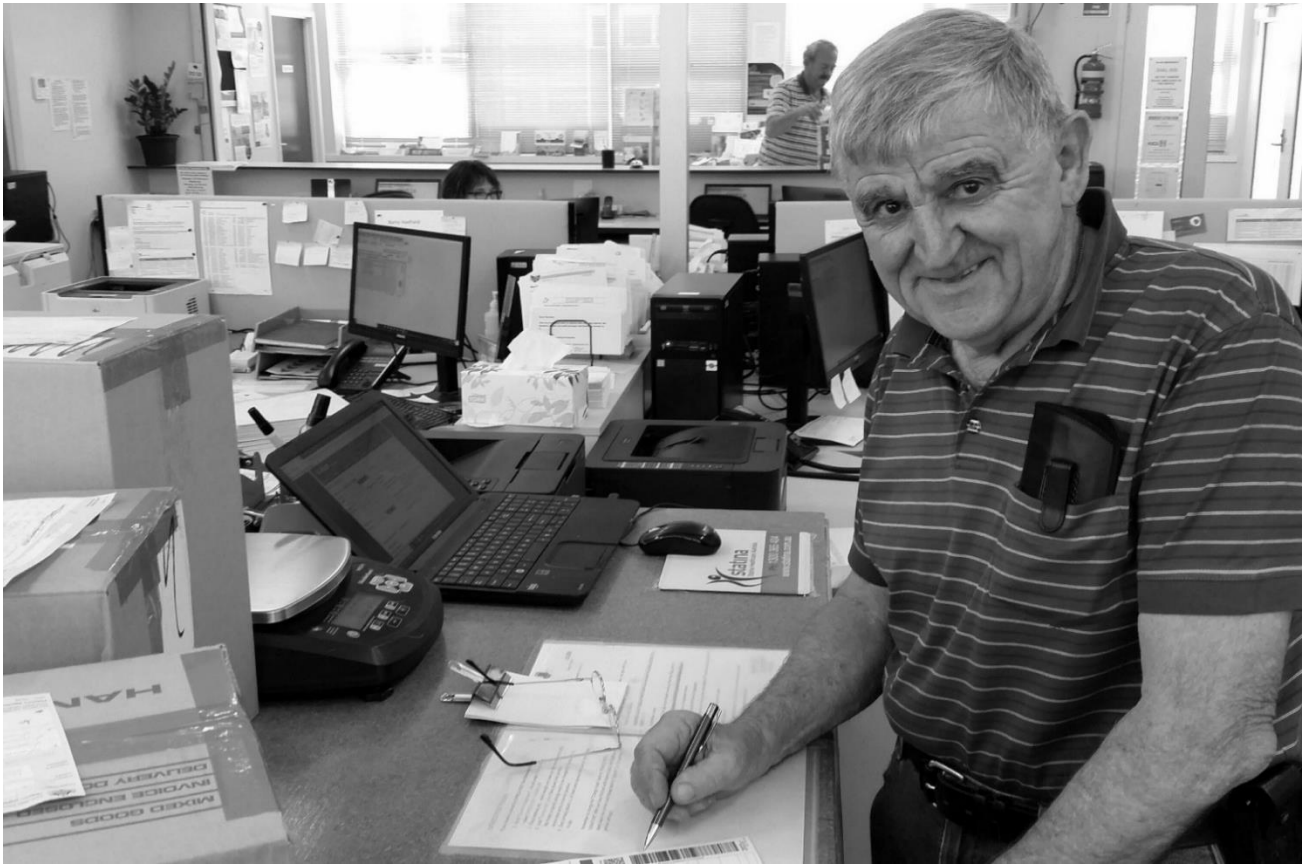
Pictured below are some of our volunteers (including partners and family) attending the Ostomy Tasmania Christmas function held on the 14th December at Salamanca Inn. A festive time was had by all. An added highlight was a very amusing poem written and read by Barbie (our resident poet), referring to fire warden (and treasurer) Chris. By all accounts Chris caused much mirth in the office with the official wearing of the fire warden's tabard! By way of acknowledgement Chris graciously accepted a fire fighters hat and (alternative) fluoro vest with 'how to' written instructions on prominent display. Let's hope Chris's skills will not be needed in future.



VOLUNTEER PROFILE – ROBERT MCMANUS

Robert McManus is one of our dedicated volunteers who attends the office every Monday. Robert's role is to weigh and label the parcels to be posted via the eParcel system (Australia Post). It's fair to say Robert is not so enamored with computer operations, however when we made the change to eParcel he applied himself diligently to understanding the software operation required to ensure a smooth dispatch, thus mastering the process. Although sadly now a widower, Robert enjoys interactions with his 4 children and 17 grandchildren. Robert is a recipient of the Order of Australia Medal (2017) and brings a wealth of experience from a lifetime of work and volunteering. Robert supplied the following details about his work and volunteer history:

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Work life: Certified Practicing Accountant, worked in the Tasmanian Government 37 years (1957 -1984) principally as head of the Corporate Affairs Office for 19 years as Commissioner for Corporate Affairs and 7 years as State Commissioner of Taxes at the State Revenue Office.

Community Service: Ostomy Tasmania volunteer since 2005 (ostomate for 6 months in 2004); Abbeyfield House since 2007 providing accommodation for ten elderly persons, president of committee of Management; Volunteer Fireman Seven Mile Beach Fire Brigade since 2008 (done over 100 call outs); Melody Lane Singers since 2007, leading a group which sings in nursing homes every few weeks; St Vincent De Paul Society since 1970, home visitation to provide assistance to persons in need, served on several state and national committees of the Society, chairman of committee of management of Bethlehem House 1992 – 1999, the Society's facility for homeless men; Samaritan Trust, trustee since 2002 of the Archbishop of Hobart charitable trust.

Former Service: St John Ambulance Tasmania, member of the committee of management 2002 – 2015 mostly as State Treasurer; Lifeline counsellor 2007-2010; Bible Society 2000 – 2014, member of state and national committees of management; Catholic Care 2001- 2009, member of committee of management, chairman 2006 – 2009; L'Arche Beni Abbes treasurer 2009 – 2013.

Pictured above: Robert diligently applies his eParcel skills – weighing, labelling and packing into post bags, ready for another Monday afternoon delivery to our clients.