



# Ostomy Tasmania Incorporated

**NEWSLETTER No. 206**

**August 2019**

*(No Ostomy Australia Journal printed for August 2019 )*

## **NEXT MEETING (AGM and GENERAL MEETING)**

**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. All positions are open for election - nomination forms available online at [www.ostomytas.com.au](http://www.ostomytas.com.au)

## **MANAGEMENT COMMITTEE & STAFF**

### **OFFICE BEARERS**

PRESIDENT	Mr Peter Clarke, Lenah Valley 0418 146 142
VICE PRESIDENT	
SECRETARY	Mrs Sue Hoyle, Kettering 0417 122 153
TREASURER	Mr Chris Laughler
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

<b>Please address all correspondence to:</b>	The Secretary
<b>Mail:</b>	P.O. Box 280, Moonah TAS 7009
<b>Phone:</b>	(03) 6228 0799
<b>Fax:</b>	(03) 6228 0744
<b>Email:</b>	<a href="mailto:admin@ostomytas.com.au">admin@ostomytas.com.au</a>
<b>Please cross all cheques and money orders and make payable to:</b> 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)
<b>Sonia Hicks *</b>	<b>Stomal Therapy Dept, RHH; (ph 6166 8283)</b>
Pamela Heathcote	Ward 5A, Royal Hobart Hospital
Margot Hickman	Gastrostomy CNC, Royal Hobart Hospital
<b>Heather Noga *</b>	<b>Hobart Colorectal Clinic, Lenah Valley; (mob 0417 366 769)</b>
<b>Vanessa Rhodes *</b>	<b>Stomal Therapy Dept, RHH; (ph 6166 8283)</b>
Megan Twaits	Ward 2AS, RHH; (ph 6166 8283)

### NORTHERN REGION

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

### NORTH WEST REGION

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

(\* STNs occupying official Stomal Therapy positions are shown in **bold**. Sonia 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](mailto:admin@ostomytas.com.au) if this would be of interest to you. Note: next meeting is the AGM - Saturday, September 21, 2pm. All welcome.

## 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 - \$15.00 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 member's 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 WERE DUE 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 full 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

***Correction: In the last newsletter we advised that the Northern Support Group meetings were 10am – 12noon. This was incorrect. The correct time is 1.30pm – 3.30pm. Our apologies for any inconvenience caused. Please direct any support group queries to organiser Adrian Kok (M: 0498196059)***

### **OSTOMATES NORTHERN SUPPORT GROUP**

Ostomy Awareness Week saw all three areas having their respective meetings in the same week. The Northern group met on Tuesday 11th June with 34 people in attendance along with reps from Coloplast & Ainscorp. Our guest speaker for the day was member Keva Rapley who gave the group a brilliant talk on her *JOURNEY WITH A POUCH FROM AN EARLY AGE*. Having a pouch from the age of 4 gave Keva some difficult hurdles to overcome, but with the support of her family these difficulties were gradually eased. Keva's journey was so interesting (and at times emotional) the group was kept enthralled with her story. Afternoon tea was supplied by appliance company Ainscorp, and was much appreciated by all. Perri Stevens from Ainscorp then gave an interesting presentation on blockages and hernias and showed the members some of the various products available. Thea Loiterton (Coloplast) spoke on travel and the importance of knowing what to take with you and where to obtain more stock if required. Thea also showed several products and their benefits. It was a most rewarding day, especially seeing new members attending. The next meeting will be held on the **2nd September** at the Cancer Support Centre Howick St Launceston, commencing at **1.30 - 3.30pm**.

## **OSTOMATES NORTH - WEST SUPPORT GROUP**

The North-West had 18 members in attendance on \*Stoma Awareness Week\* at Ulverstone with Denise Barr from Hollister and guest speaker, local member Bruce Johns, who started the day with an interesting and sometimes funny talk on his *Journey with a colostomy*. Bruce spoke on some of the problems that he faced when first being told that he was having a pouch. Like others he has managed to adjust to life with a pouch. Many thanks Bruce for your talk. Morning tea was then supplied and paid for by Hollister and was much appreciated by all. After the break Denise Barr gave an interesting and informative talk on several topics. The next meeting will be on **Wednesday 11th September, 10am – 12 noon** at the Senior Citizen's Club, King Edward St, Ulverstone. New and present members welcome.

## **OSTOMATES SOUTH SUPPORT GROUP**

The Southern support group held an \*EDUCATIONAL & SUPPORT\* session for people who have had Bowel Cancer, Crohn's Disease or Colitis, or people who just wanted answers for problems they were having. Guest speaker was Wayne Clarke who spoke on his *Life with a Pouch*. Wayne spoke on the difficulty of accepting the fact that he now has a pouch, and what changes he has had to make in his life. Wayne also spoke on the positive side - he is now once again able to pursue his passion for running, having completed several marathons since his surgery. Many thanks Wayne for an interesting talk. Morning tea was paid for by Dansac, and was much appreciated by those who attended. Company reps from Dansac, Coloplast and Ainscorp spoke on various topics. 11 people attended. Due to the closure of the GLENORCHY RSL the next support group meeting will be held at the **OSTOMY TASMANIA Office**, St Johns Park, New Town - **Wednesday 4th September** commencing at **10am**. All welcome.

## **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 Pasieczny 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 consider nominating. There are generally only 2 meetings held per year. Contact Sue Hoyle at the office or email [admin@ostomytas.com.au](mailto:admin@ostomytas.com.au) to express an interest.

## POSTAGE FEE INCREASE to \$15

Australia Post have increased our contract parcel rates and also imposed a fuel surcharge from 1 July. We regret that we are unable to absorb this increase and therefore from 1 August, postage and handling costs for a parcel up to 6kg will be \$15.00. If you have a second parcel to the same address, in the same despatch (eg. for some 2 month issues), this second parcel will be charged at a lesser rate of \$12.50.

## OSTOMY OFFICE CLOSURES 2019

Our office will be closed on the following public holidays for the remainder of 2019:

**Thursday 24<sup>th</sup> October** - Royal Hobart Show

**Christmas closure:** Last day for Collections will be **Tuesday 17<sup>th</sup> December**. Please note last mail orders need to be in by **Monday 9<sup>th</sup> December** to ensure delivery of your parcel before Christmas. The office will reopen to the public **Monday 6<sup>th</sup> January 2020**.

## VOLUNTEER PROFILE – CHRIS RHODES



Chris Rhodes is another one of our valued volunteers who regularly comes into the office 3 days a week to help out. Chris has proven adept at mastering a range of skills needed to make sure things run smoothly including picking supplies to pack, eParcel and stacking shelves. Recently she has also taken on extra responsibilities to assist in administration. Needless to say her contribution is very much appreciated. Chris resides at South Arm with her husband Les, and is mum to Vanessa who many of our clients will know as one of the Stomal Therapy Nurses at the Royal Hobart Hospital. Chris is also enjoying being Grandma to Vanessa's children, Reilly and Scarlett, who she regularly babysits (when not at Ostomy Tas!)

## NO MAGAZINE FOR AUGUST

We wish to inform our readership that there will not be an August issue of the national journal Ostomy Australia due to the late changeover to a new editor. All going well, the next issue is scheduled to be published in December.

## OSTOMY TASMANIA LOSE PERSONNEL



VALE: **Ben Clarke** 1987- 2019

It is with great sadness that we advise that one of our own valued administrative staff members at Ostomy Tasmania, Ben Clarke, tragically and unexpectedly passed away on 29<sup>th</sup> April. He was a volunteer for over 10 years before accepting employment with us in 2017. Ben developed a good rapport with many of our clients, especially those who came in for emergency supplies on days we were not open to the public. Our deepest sympathies go out to Ben's family, especially his parents, Peter (Ostomy Tasmania President) and Barbie (Committee member and volunteer), who are committed long term supporters of our organisation. Needless to say, Ben's presence is certainly missed in the office.

VALE: **Kasper (Charles) Spiegel** 1927 - 2019

Charles, a long term volunteer and holder of various Management Committee positions of Ostomy Tasmania, sadly passed away on 29<sup>th</sup> June 2019. Charles has given tremendous service across many facets of our business over 2 decades. He was known to be a *no nonsense* presence in the office who diligently applied his considerable skills and expertise to whatever problem presented. Most notably Charles played an instrumental role in setting up and maintaining the stock management program that Ostomy Tasmania still relies on to run our weekly ordering for clients. A gentleman in the truest sense, he will be sadly missed by all our staff and volunteers. Our condolences go out to his daughters Margaret and Anne, his son Christopher and their families.

