



OCTOBER 2022

THE NEWSLETTER OF THE WINNIPEG OSTOMY ASSOCIATION, Inc. (WOA)

WOA Chapter Meeting for October

Randy Hull is inviting you to a scheduled
ZOOM MEETING or IN PERSON!!!

Guest Speaker - Dale Kornelson RD
Registered Dietician

Assiniboine Physiotherapy

Date: Wed. Oct 26, 2022,
Time: 07:30 PM Central Time

Join Zoom Meeting

[https://us02web.zoom.us/j/85015463871?](https://us02web.zoom.us/j/85015463871?pwd=T2ZLSWxZYkZhRWZwMjhRWk5PT2ZTQT09)
[pwd=T2ZLSWxZYkZhRWZwMjhRWk5PT2ZTQT09](https://us02web.zoom.us/j/85015463871?pwd=T2ZLSWxZYkZhRWZwMjhRWk5PT2ZTQT09)

Meeting ID: 850 1546 3871 **Passcode:** 177003

Dial by your location +1 204 272-7920

Meeting ID: 850 1546 3871 **Passcode:** 177003

IN PERSON:

Manitoba POSSIBLE bldg.
825 Sherbrook Street Rooms 202 & 203

Randy Hull

r.hull@shaw.ca

President Winnipeg Ostomy Association
President City of Winnipeg Retirees Association
Director Ostomy Canada Board



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WHO WE ARE

The *Winnipeg Ostomy Association, Inc. (WOA)* is a non-profit registered charity run by volunteers with the support of medical advisors. We provide emotional support, experienced and practical help, instructional and informational services through our membership, to the family unit, associated care givers and the general public. Our range of service and support covers Winnipeg, Manitoba and North Western Ontario.

MEMBERSHIP

Anyone with an intestinal or urinary tract diversion, or others who have an interest in the WOA, such as relatives, friends and medical professionals, can become a member.

WHAT IS AN OSTOMY?

An ostomy is a surgical procedure performed when a person has lost function of the bladder or bowel. This can be due to Crohn's disease, ulcerative colitis, cancer, birth defects, injury or other disorders. The surgery allows for bodily wastes to be re-routed into a pouch through a new opening (called a stoma) created in the abdominal wall. Some of the major ostomy surgeries include colostomy, ileostomy and urostomy.

VISITING SERVICE

Upon the request of a patient, the WOA will provide a visitor for ostomy patients. The visits can be pre or post operative or both. The visitor will have special training and will be chosen according to the

patient's age, gender, and type of surgery. A visit may be arranged by calling the Visitor Coordinator or the ostomy nurse (NSWOC) by asking your Doctor or nurse. There is no charge for this service.

WHAT WE OFFER

MEETINGS: Regular meetings allow our members to exchange information and experiences with each other. We also run groups for spouses and significant others (SASO) and a young person's group (Stomas R Us).

INFORMATION: We publish a newsletter, *INSIDE/OUT*, eight times a year.

EDUCATION: We promote awareness and understanding in our community.

COLLECTION OF UNUSED SUPPLIES: We ship unused supplies to developing countries through *Friends of Ostomates Worldwide (Canada)*.

OUR MEETINGS

Chapter meetings are held from September through May. There are no scheduled chapter meetings in June, July, or August. A Christmas party is held in December.

**Meetings are held on the
FOURTH WEDNESDAY
of the month.**

7:30 pm—9:30 pm

**Manitoba POSSIBLE Bldg.
825 Sherbrook Street,
Winnipeg, MB
Rooms 202 & 203**

FREE PARKING:

Enter the SMD parking lot to the south of the building just off Sherbrook and McDermott Ave.

UPCOMING EVENTS



**FOURTH
Wednesdays
of the month**

**October 26
November 23**

December - no meeting

**Meetings open at 7:10 pm
for random discussions
Meeting Starts at 7:30 pm**

ARE YOU MOVING?

If you move, please inform us of your change of address so we can continue to send you the newsletter and Ostomy Canada magazine.

Send your change of address to:

**WOA
204—825 Sherbrook St.
Winnipeg, MB R3A 1M5**

LETTERS TO THE EDITOR

The Editor, *Inside/Out*
1101-80 Snow Street
Winnipeg, MB R3T 0P8
Email: woainfo@mts.net

All submissions are welcome, may be edited and are not guaranteed to be printed.

**Deadline for next issue:
Friday, November 4, 2022**

WEBSITE

Visit the WOA Web Pages:
<https://www.ostomy-winnipeg.ca>
Webmaster:
webmaster@ostomy-winnipeg.ca

DISCLAIMER

Articles and submissions printed in this newsletter are not necessarily endorsed by the Winnipeg Ostomy Association and may not apply to everyone. It is wise to consult your Enterostomal Therapist or Doctor before using any information from this newsletter.

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**FOWC: Friends of Ostomates
Worldwide (Canada)**

**UNUSED SUPPLIES PICK UP
"NEW" 204-237-2022**

Please leave a message

CHAPTER WEBSITE:

<http://ostomy-winnipeg.ca>

CHAPTER EMAIL:

woainfo@mts.net

The Winnipeg Ostomy Association is a registered non-profit charity run by volunteers. The WOA was incorporated in August 1972.

BRANDON/WESTMAN OSTOMY SUPPORT GROUP:

Contacts:

Marg Pollock 204-728-1421

OSTOMY SUPPLIES

HSC MATERIALS HANDLING
59 Pearl St., Winnipeg, MB.

ORDERS: 204-926.6080 or
1.877.477.4773

E-mail: ossupplies@wrha.mb.ca
Monday to Friday 8:00am to 4:00pm

PICK-UP: Monday to Friday
8:00am to 11:00pm

CHRISTMAS in NOVEMBER WIND-UP

WED. NOVEMBER 23rd
7:00 pm to 9:30 pm

PLACE: MB Possible - 825 Sherbrook St.

\$50 Gift Card
Attendance Draws



**COFFEE, TEA,
PUNCH**

**\$5.00 will be collected at
door to go towards the
Christmas Cheer Board**

There will be **NO charge for pizza & cake**
BUT, to ensure we have enough food ordered we
require you to sign up in advance at the meetings
OR leave your name and telephone #
with **Jan Dowswell** at **Tel: 204-795-3933** or
Email: jan4dowswell@shaw.ca

FROM the PRESIDENT'S DESK



Hi folks,

Well here we are, on the back side of a Pandemic spanning almost 3 years. Can we even say this is a new normal, when Covid still lingers in our population. Manitoba ranks poorly, with one Covid case per 22 people. Nationally it is one case per 25 to 28 people. Which only confirms we still need to individually take precautions when out in public or with family. We are not out of the woods yet, so don't put away the bear spray.

Winnipeg Ostomy Association (WOA), will be changing its name in 2023, to be inclusive of all our members province wide and welcome others from around Manitoba.

The Board has had several additional meetings to address this name change issue. The Board's recommendation of a new name will be brought to the membership in the near future, with a vote to accept or reject. So how does *Ostomy Manitoba Association (OMA)* sound?

Stay tuned for further updates.

As we settle into another Fall, Winter, Spring schedule, I fear some are not returning to our Chapter meetings. The Board needs your support and involvement. We also need new ostomates to join us in our support mission. I don't mean new as

recent surgeries, but new as in first timers to our Association. There are approximately 4,000 plus Ostomates in MB. If you know other ostomates, encourage them to join us.

As we wrap up our 50th Anniversary year, we will be celebrating with Pizza, Cake, and \$50 gift card draws at our November Chapter Meeting. PLEASE plan to attend and celebrate with ostomates, our wonderful WOA. But first, join us October 26th for our Chapter Meeting, see this Newsletter for details. Remember in person attendance is welcomed.

As I often say, "We are only as strong as our membership involvement is!" We need more members, we need more people willing to come onto the Board, and we need current members to attend our meetings. We are truly about supporting each other, so be engaged and help others.

Randy Hull

r.hull@shaw.ca

President City of Winnipeg Retirees Association
President Winnipeg Ostomy Association



Remembrance Day

Lest We Forget

"At the going down of the
sun and in the morning,
We will remember them"





Convatec Canada Ltd.
1425 Route Transcanadienne, Suite 100
Dorval, Québec H9P 2V3
convatec.ca

July 20, 2022

Dear valued customer,

We know how important it is to have an ostomy care solution that you and your consumers can trust, one that's easy and comfortable for them to use. That's why we are pleased to tell you about some exciting improvements to our **ESTEEM®+ one-piece drainable pouch with Durahesive® Plus adhesive technology**, designed for an active lifestyle, security, and more confidence.

NEW improvements!

- Enhanced InvisiClose® soft foam tail closure opens and closes easily¹ and prevents snagging on clothing.
- Improved pursing strips enable efficient emptying and cleaning of the pouch.¹
- Convenient belt tabs for a comfortable and secure fit.

Also, featuring existing Extended Wear InvisiClose® benefits:

- Soft, smooth Durahesive® Plus skin barrier for extended wear time.¹
- Lock-It-Pocket™ that gives the feel and comfort of a closed-end pouch.

During the month of August 2022, we will begin transitioning to the upgraded ostomy pouching systems with the above-mentioned improvements. Please note that while the product codes remain unchanged, there are new UPC codes. Please be sure to update your applicable administrative systems, as necessary.

Cut-to-Fit		Product Codes		
Cutting Range	Pouch Length	Opaque	Transparent	Box Quantity
19 mm - 84 mm (3/4" - 2 1/2")	30.5 cm (12")	416975	416976	10
		New UPC Code	New UPC Code	
		7 68455 16962 7	7 68455 16964 1	

For more information, please contact your regional Convatec Territory Manager, or call our Customer Relations Center at 1-800-465-6302, Monday to Friday, 8:00 am to 6:00 pm (ET).

Sincerely,

Gloria Frascarella
Product Manager, Ostomy Care Canada

¹Data on file at Convatec. ™/® indicate trademarks of Convatec Inc. AP-53509-CAN-ENG-v1 (v1.0)

Dear Ostomy Canada

I enjoyed the 5 day stay at Bragg Creek. Everyone was so kind. All the activities were fun. I really enjoyed the hiking up the mountains. It was beautiful. The food was really good too. It was good connecting with other people who have the same condition. It was cool to see all the kids coming from around Canada and a couple from the United States. I really hope to come back next year in 2023.

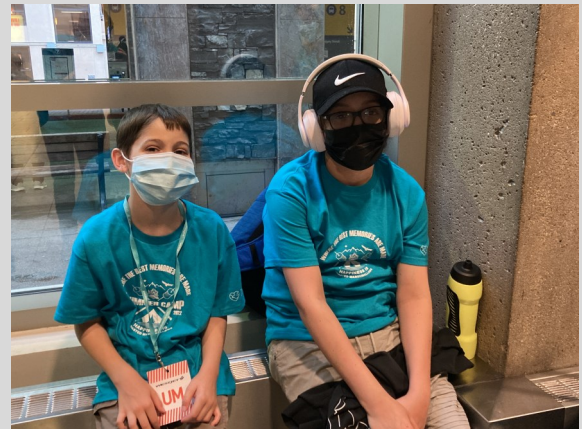
From: Keegan B



Via email:
Here is Keegan's letter.

He had an amazing time. He was so happy to meet kids that have the same issue as him. It made him feel like a regular kid again, so thank you from a parent.

Below: Cedric (L) & Keegan



Winnipeg Ostomy Association Sponsored Campers, DAMION, ENZO & KEEGAN

Editor's note:

Thank you to Keegan and his mother for being so prompt. Letters from other campers were not received by deadline.

LeeAnne's Healthy Eating and Fitness Tips for People with Ostomies

By LeeAnne Hayden (Courtesy of ostomy.org, August 2022)

Actress, model, businesswoman, and cancer survivor LeeAnne Hayden shares diet and fitness tips that can help you live your best life with an ostomy.

Learn simple lifestyle changes you can make to improve your health and wellness.

Living a healthy lifestyle. We all know we should be doing it, but sometimes it's not so easy - especially after having ostomy surgery. When it comes to eating and exercise, we're worried about the possibility of blockages and hernias. I get a lot of questions about those issues.

I have had my colostomy for over six years now, and after doing a lot of testing of what my body can and can't tolerate, I feel great. Regardless of any concerns you may be experiencing, it is so important to live a healthy lifestyle. When we feed our bodies the right foods and move our bodies with exercise, over time we will see, and more importantly FEEL, the positive results.

6 Tips for Healthy Eating with an Ostomy

So, what do we do? Our moms always said, "Eat those vegetables and have an apple!" However, most of us must watch our fruit and vegetable intake so that we avoid intestinal blockages. Here are six tips that can help you eat well and safely:

1. Cook your fruits and vegetables. When foods are cooked, they are easier for the body to break down. Try sautéing, baking, or even air frying your favourite fruits and vegetables. I am constantly sautéing spinach, red peppers, onions, and mushrooms, and then tossing in some lean protein and jasmine rice or sweet potatoes to complete the meal.
2. Blend your fruits and vegetables. After every workout I have a protein smoothie. I combine one cup of unsweetened almond milk, with one scoop of vanilla whey protein, a handful of spinach, a half of a banana, and one teaspoon of peanut butter.
3. Chop your salads. The smaller the pieces, the easier they are to digest. I've been loving the bags of pre-chopped salad that are in grocery stores



now.

4. Take a digestive enzyme after a meal. These supplements can help your system break down vegetables and fruits even more.
5. Chew slowly. Our lives are so busy that when we sit down to eat, we often don't take our time. Slow down at the table and chew your food more. This will help you digest it better.
6. Keep a food log. Writing down what you ate and how it made you feel will help you make better choices.

Be sure to check with a dietician about what foods you can safely eat. For example, mushrooms can cause intestinal blockages for some people living with and ileostomy.

3 Tips for Exercising Your Core After Ostomy Surgery

When you have an ostomy working on your core is important. It can be a scary prospect however, since the fear of getting a hernia is a real thing. So, always check with your doctor before starting any fitness program.

Core exercise is great for improving pelvic floor strength, posture, and balance. It also can help prevent ostomy bag leaks because the flange will fit better on your peristomal skin.

Here are three gentle core movements that you can do to help strengthen your core:

1. Standing single knee lift. Stand with your feet hip-length apart, and your hands on your waist or down by your side. Tense your abdominal muscles and lift one knee. Do as many as you can or three sets of 1- to 20 on one side before moving to the

(Continued on page 9)

ILEOSTOMY STUDY

- ♦ The average output per day for an ileostomy is about a pint. It is composed of 90% water and 10% solids.
- ♦ Normal fecal matter is 70% water and 30% solids. Overeating will increase the output of an ileostomy the same as it will for a normal person.
- ♦ The fat and nitrogen content of the ileal discharge is normal. This indicates that the food absorption in the ileostomate is normal.
- ♦ Salt output from an ileostomy is high, around one teaspoon a day. A person with an intact colon has almost no salt output in the feces. The body seems to compensate for this salt and water loss by discharging less salt and water than normal through the urinary tract and through perspiration. The intake of too much salt is to be avoided in that it increases ileal output.
- ♦ Urine output is generally less in an ileostomate. Therefore, it is necessary to increase his/her water intake above normal, so as to increase urine output. In this way, the possibility of kidney stone development may also be kept to a minimum.
- ♦ Some of the foods which cause no increase in ileal output were: dark rye bread, milk, cottage cheese, pork, apple juice, grape juice, watermelon and cantaloupe.
- ♦ Some of the foods which increased output were: prunes, raw figs, dates, stewed apricots, strawberries, grapes, bananas, beans and cabbage. This does not suggest which foods an ileostomate should eat or avoid eating, but rather simply the output of eating these things.
- ♦ The intake of high quantities of water - up to a gallon a day - showed the ileal output was still not affected. However, the urine output was increased.

Source: Mercer County, PA, the *Re-Route*, Evansville IN; *Vancouver HighLife* January 2022 and *Regina and District Ostomy News* - Sept/Oct 2022

I'm allergic to air fresheners! What can I do about the smell in the bathroom?

You might try an oil diffuser, which is one of the more trendy fads for making your house smell nice. Oil diffusers work on the principal that if heated, or allowed to saturate porous sticks, essential oils will release their scent in a pleasing manner. You may find these scents easier to tolerate than the chemical stuff in spray cans and bottles.



Check out the bath and beauty



Incense works too but the smoke can wind up irritating you if you're already sensitive to fragrance. Your best bet if you are easily irritated by air fresheners is your dad's old bathroom remedy: a lit match. Handy, practically free and reliable!



A plain candle, lit after you've made a bathroom bomb is effective too. Matches and plain candles, the hypo-allergenic

department of your local chain stores. The Body Shop carries some nice stuff that is allegedly allergy free.

room deodorizers!



And last, our old standby, Just A Drop™. There are other liquid room deodorizers on the market but I've found this one to be the most effective, easy to carry, and reliable. It's ideal for travel or if you are using someone else's bathroom and don't want to leave a smell. (and you can't always light a match!) I've only tried the pine scent but apparently this comes in other fragrances: "Eucalyptus", "Floral", and "Refreshing Spring", whatever that smells like. Rain? ☐

Source: Vancouver Ostomy HighLife Sept/Oct. 2022

(Continued from page 7)

- other side.
2. Holding a plank position. Planks put less strain on your spine and hip flexors than abdominal crunches or sit-ups. A beginner version can be done against a piece of furniture (e.g., a chair or a low table). Place your forearms on the furniture, keep your back flat, don't sag into your forearms, keep your core tight, and hold that position for 15 to 20 seconds. The further away your legs are from the furniture the more activated the core will become. Advanced options are done on the floor. Put your hands directly under your shoulders, grind your toes into the floor, and tighten your gluteal and core muscles. Neutralize your neck and spine by looking at a place on the floor about a foot beyond your hands. Hold this position for 20 seconds to 2 minutes.
 3. Stomach crunches. Lie on your back with your knees bent to a 90-degree angle and your feet on the floor. Make sure your back is flat. Squeeze in

your abdominal muscles and bring your head to your knees. Your glutes will try to play too, but don't let them. Focus solely on your abs, hold for three to five seconds, and then release. Do three sets of 10 to 20,

Editor: Always check with your doctor before starting any exercise regime.

I hope these wellness tips have been helpful to you! Share with us on social media your favourite fruit and vegetable recipes, and what you think of these moves!

To learn more about LeeAnne Hayden, listen to [The Beautiful Bag](#) podcast, visit leeannehayden.com or follow [@leeannehaden](#) on [Instagram](#), [Facebook](#), and [YouTube](#).

Source:
Ostomy Association of the Houston Area - September 2022



Laughter boosts “good” HDL cholesterol, from *Consumer Reports ON HEALTH*:

In a study presented at the annual meeting of the American Physiological Society, researchers divided 20 diabetics into two groups. Both received normal treatment; half also watched 30 minutes of self-selected humour each day. After a year, the laughter group had higher HDL levels as well as lower levels of stress hormones and markers of arterial inflammation.

Hints & Tips

- Tea is an antispasmodic, is soothing to an upset stomach and contains potassium to replace one of the electrolytes frequently lost by ostomates.
- When emptying your pouch, slip the clip under your watchband, into the side of your shoe or top of your sock or hose so that it doesn't fall into the toilet or elsewhere. Carry an extra clip with you.
- If you are an ileostomate, gel caps, or time release pellets may not dissolve fast enough to be absorbed by those who have little or no colon. Remind your doctor of this when you need prescriptions.

Source: Regina Ostomy News, Jan/Feb. 2015

Here are some thoughts about growing older:

My doctor asked if anyone in my family suffered from mental illness and I said, “No, we all seem to enjoy it.”

Just once, I want a username and password prompt to say, “*Close enough*”.

I'm a multitasker. I can listen, ignore and forget all at the same time!

Retirement to-do list: Wake up. - I nailed it!

Sometimes it takes me all day to get nothing done.

I don't trip; I do random gravity checks.

***Truly great people emit a
light that warms the heart of
those around them”***

- Banana Yoshimoto-Kareem

September Visitor Report

Surgeries: Ileostomy 2; Colostomy 4; Urostomy 3

Hospital referrals: HSC 6; STB 3;

Valued Visitors: Georgette Dobush (2), Paul Bauer, Sandy Owsianski, Randy Hull, Bonnie Dyson (4)

Submitted by Bonnie Dyson, Visitor Coordinator



Calcium Supplements - What Are the Differences?

Osteoporosis, which means “porous bones,” causes bones to become weak and brittle - so brittle that even mild stresses like bending over, lifting a vacuum cleaner or coughing can cause a fracture. In most cases, bones weaken when you have low levels of calcium, phosphorus and other minerals in your bones. Osteoporosis can also accompany endocrine disorders or result from excessive use of drugs such as corticosteroids. Your diet is the best source of calcium, but not everyone can tolerate milk products. Maybe you just don’t like drinking milk.

Do men need to take calcium?

It’s true that osteoporosis is less common in men than in women. This is because men start out with a higher peak bone density than women do. Also, men don’t go through menopause, which accelerates bone loss in women. But bone density does decline in men as they age. After age 65, the rate of decline is the same in men as it is in women. By age 75, one-third of men have osteoporosis and are at increased risk of bone fractures.

Calcium and vitamin D are essential for building peak bone mass when you’re young and for preventing bone loss as you age. Clinical studies show that taking calcium and vitamin D supplements reduces the risk of hip and spine fractures. Men younger than age 65 should get 1,000 milligrams (mg) of calcium every day. Men age 65 and older should consume at least 1,500 mg of calcium daily. Men should also get 400 to 800 international units (IU) of vitamin D daily - but not more than 800 IU. If you don’t get these amounts in your daily diet, consider taking calcium and vitamin D supplements.

Calcium carbonate: Found in popular multi-vitamin/mineral brands and in products such as Tums, Rolaids and Caltrate. It is the most common calcium supplement and contains the most elemental calcium: 40%. It should be

taken with food. It can be hard to digest and may cause gas.

Calcium citrate: the main component of this is Citrical, containing about half as much calcium as calcium carbonate but more easily absorbed and digested. Available in over the counter supplement form, this is a better choice for those who have absorption problems with the carbonate type. It doesn’t need to be taken with food.

Calcium Phosphate: Often used as a supplement in orange juice, elemental calcium 31%. A one cup glass of calcium-fortified orange juice contains 300 milligrams of available calcium. Not as easily absorbed as calcium citrate.

Coral Calcium. Chemically similar to calcium carbonate, with a comparable level of available calcium. More expensive than conventional products.

Source: *Aviation Medical Bulletin, Metro Halifax News, Mayo Health Newsletter, and Prince George Ostomy Hotline*

EXAM TIME

An eccentric philosophy professor gave a one question final exam after a semester dealing with a broad array of topics.

The class was already seated and ready to go when the professor picked up his chair, plopped it on his desk and wrote on the board: “Using everything we have learned this semester, prove that this chair does not exist.”

Fingers flew, erasers erased, notebooks were filled in furious fashion. Some students wrote over 30 pages in one hour attempting to refute the existence of the chair.

One member of the class however, was up and finished in less than a minute.

Weeks later then the grades were posted, the rest of the class wondered how he could have gotten an “A” when he had barely written anything at all.

His answer consisted of two words:

“What chair?”



Thank you!

GENERAL
Wanda Long

*Your generosity is
greatly appreciated!*



8 Tips to Treat Colds and Flu the 'Natural' Way

With no cure in sight for the cold or the flu, over-the-counter treatments can at best bring symptom relief or shorten the duration of those symptoms. Or you can take the natural approach. WebMD explores some home remedies that may help you feel better along the way.

No. 1: Blow Your Nose Often - and the Right Way

It's important to blow your nose regularly when you have a cold rather than sniffing mucus back into your head. But when you blow hard, pressure can cause an earache. The best way to blow your nose: Press a finger over one nostril while you blow gently to clear the other one. Wash your hands after blowing your nose.

No. 2: Stay Rested

Resting when you first come down with a cold or the flu helps your body direct its energy toward the immune battle. This battle taxes the body. So, give it a little help by lying down under a blanket.

No. 3: Gargle

Gargling can moisten a sore throat and bring temporary relief. Try a teaspoon of salt dissolved in

warm water, four times daily. To reduce the tickle in your throat, try an astringent gargle - such as tea that contains tannin - to tighten the membranes. Or, steep one tablespoon of lemon juice in two cups of hot water and mix in one teaspoon of honey. Let the mixture cool to room temperature before gargling. Honey should never be given to children under age 1.

No. 4: Drink Hot Liquids

Warm liquids help relieve nasal congestion, help prevent dehydration, and soothe the uncomfortably inflamed membranes that line your nose and throat.

No. 5: Take a Steamy Shower

Steamy showers moisturize your nasal passages and relax you. If you're dizzy from the flu, run a steamy shower while you sit on a chair nearby and take a sponge bath.

No. 6: Apply Hot or Cold Packs Around Your Congested Sinuses

Either temperature may help you feel more comfortable. You can buy reusable hot or cold packs at a drugstore. Or make your own. Take a damp washcloth and heat it for 20 seconds at a time in a microwave (test the temperature first to make sure it's not too hot). Or take a small bag of frozen peas to use as a cold pack.

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Ostomy
Canada
Society | Société
Canadienne des
Personnes Stomisées



OSTOMY CANADA 60th ANNIVERSARY

Prepared by Ed Tummers

Ostomy Canada traces its roots to a meeting of representatives of 24 informal self-help peer support groups in Canada and the United States in 1962, Canada sent delegates from London, Ontario and Montreal, Quebec. At that convention, they approved a motion to establish a United Ostomy Association (UOA) to serve as a multi-national network for bowel and urinary diversion support groups. Their first project was to publish an information booklet to circulate and membership dues were set at 50 cents to cover the costs.

The organization spread across North America and other countries and in 1974, UOA became a charter member of the newly formed International Ostomy Association (IOA). At its peak in 1986, UOA volunteers had affiliated over 500 support groups throughout the United States, Puerto Rico, Bermuda and Canada, UOA represented over 50,000 dues-paying members with an annual budget of almost \$3million.

At a meeting in Calgary in 1997, the decision was made to found a purely Canadian association and voted to establish the United Ostomy Association of Canada (UOAC). The following years were spent developing support programs such as the Visiting Program, a national office, publications, a youth camp,

conferences and volunteer recognition awards.

In 2014, the name was officially changed to become the Ostomy Canada Society.

From very humble beginnings in 1949, when a small group of four World War II veterans met at the Veterans' Hospital in Pennsylvania to exchange information about stoma management based on their life experiences, Ostomy Canada is now the voice of hundreds of thousands of Canadians representing people who had undergone bowel or urinary diversion surgery, those living with an ostomy or continent diversion, their caregivers, family and friends, members of the medical community, ostomy product manufacturers and distributors.

Despite all the medical advances and supports that have been developed over the years, there is still a vital need for Ostomy Canada in helping to increase awareness, eliminating stigma and providing a national network of support groups. Thanks to the tireless efforts of our volunteers, Ostomy Canada continues to fulfill its mission.

Ostomy Canada Society is a non-profit volunteer organization dedicated to all people living with an ostomy, and their circles of support, helping them to live life to the fullest through advocacy, awareness, collaboration and support.

Source: Ottawa Ostomy News - May 2022

(Continued from page 11)

No. 7: Sleep With an Extra Pillow Under Your Head

This will help with the drainage of nasal passages. If the angle is too awkward, try placing the pillows between the mattress and the box spring to create a more gradual slope.

No. 8: Don't Fly Unless Necessary

There's no point adding stress to your already stressed-out upper respiratory system, and that's what the change in air pressure will do. Flying with cold or flu congestion can hurt your eardrums as a result of

pressure changes during takeoff and landing. If you must fly, ask your doctor about using a decongestant and carry a nasal spray with you to use just before takeoff and landing. Chewing gum and swallowing frequently can also help relieve pressure.

Remember, serious conditions can masquerade as the common cold and a mild infection can evolve into something more serious. If you have severe symptoms or are feeling sicker with each passing day or must travel, see a doctor.

Source: WebMD via Regina and District Ostomy Nov/Dec. 2021

A recent study found that women who carry a little extra weight live longer than men who mention it.

We occasionally stumble over the truth but most of us pick ourselves up and hurry off as if nothing had happened.

Tap Water vs. Bottled Water: Depends on the Source

Via Metro Maryland; and North Central OK Ostomy Outlook
July/Aug. 2015

Ed. Note: We've run this article before (in Nov 2013), but its importance was highlighted by recent news on recall of bottled water due to possible E. coli contamination. See:

www.cnn.com/2015/06/23/us/niagara-e-coli-bottled-water-recall

Many ostomy newsletters are sharing an article entitled "Water" by Prometheus T. Peabody, NNBH. In it he states "Tap water should be used in moderation. It contains toxic chemicals that in large quantities are poisonous to our bodies. Bottled water should not contain these toxins."

Despite marketing claims by the bottled water industry, bottled water is not safer than tap water. In fact, tap water is subject to more stringent regulations than bottled water. In 2009, almost 50 percent of all bottled water came from municipal tap water supplies.



According to a 2010 survey, only 3 of the companies that sell bottled water provide the public with the same level of information available for tap water, including where the water came from, how it was treated and what the results of the water quality tests were.

Independent testing of bottled water by the Environmental Working Group in 2008 found that 10 popular brands of bottled water, from grocery stores and other retailers in 9 states and the District of Columbia, contained 38 chemical pollutants, with an average of 8 contaminants in each brand.

Bottle water has negative environmental impacts, often ending up in landfills, littering our streets and our streams. It takes 17 million barrels of oil per year to make the plastic water bottles used in the U.S. alone, enough to fuel 1.3 million cars for a year. For more information check the website

www.foodandwaterwatch.org

WOA Editor's Note: Although this article was written in 2015, a quick look on the internet suggests things haven't changed. Hopefully, those of us in 2021 are well aware of the harm plastics are doing to our environment. I will try to provide an update on this subject at a later date.

***You know you're having a bad day if you looked up your family tree
and found out that you were the sap!***

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Security Question:

What is the middle word of WOA?

Answer: Ostomy (note: first letter "O" is upper case)

STOMA ANNIVERSARY CLUB

The anniversary date of my stoma is _____ and to celebrate my second chance for healthy living, I am sending the sum of \$ _____ per year since I had my ostomy surgery.

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Official receipts for tax purposes are issued for all donations, regardless of the amount.

My name and the number of years may be printed in the "INSIDE/OUT" newsletter. YES _____ NO _____

Clip or copy this coupon and return with your donation to:

**Winnipeg Ostomy Association
204-825 Sherbrook Street
Winnipeg, MB R3A 1M5**

Proceeds from the Stoma Anniversary Club will continue to go towards the purchase of audio & video equipment to promote the Winnipeg Ostomy Association and its programs.



**Winnipeg Ostomy
Association**

**204 - 825 Sherbrook St.,
Winnipeg, Manitoba, Canada R3A 1M5**
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supplies please contact the*

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"NEW" 204-237-2022

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WINNIPEG OSTOMY ASSOCIATION MEMBERSHIP APPLICATION

Current Members—PLEASE WAIT for your green membership renewal form to arrive in the mail.

Your renewal date is printed on your membership card.

New Members: Please use this form. The following information is kept strictly **CONFIDENTIAL**.

Please enroll me as a new member of the Winnipeg Ostomy Association.

I am enclosing the annual membership fee of **\$40.00**.

To help reduce costs please send my copies of the **Inside/Out** newsletter via email in PDF format. YES ____ NO ____

NAME: _____ PHONE: _____

ADDRESS: _____

CITY: _____ PROVINCE: _____ POSTAL CODE: _____

EMAIL: _____ YEAR of BIRTH: _____

Type of surgery: Colostomy: _____ Ileostomy: _____ Urostomy: _____ Other: _____
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May we welcome you by name in our newsletter? Yes ____ I'd rather not ____.

Please make cheque/money order payable to: **"Winnipeg Ostomy Assoc."** and mail to:
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