



# INSIDE OUT



APRIL/MAY 2026

THE NEWSLETTER OF OSTOMY MANITOBA ASSOCIATION, Inc. (OMA)

APRIL / MAY



**Ostomy Manitoba  
Association**

Healthier / Stronger / Together

Mark your calendars!

Chapter meeting notice and Zoom link for  
**April 22nd** found on Page 3

Chapter meeting notice and Zoom link for  
**May 27th** found on Page 13



Photo Courtesy Neil Longmuir

*Spring is Here!*

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**JOIN US!**

**CHAPTER MEETING & AGM**

**Wed, April 22nd.**

**We're Offering a  
FREE PIZZA MEAL  
for those who join  
us IN PERSON  
prior to the  
meeting.**

**Meal: 6:30pm  
Meeting: 7:30pm**

**Registration Deadline \*  
Thursday, April 17th**



**\*REGISTRATION is required** to ensure we have enough food for everyone.

To register contact Sandy Borys at:

**Tel: 204-334-6868**

**Email: [sandyborys@hotmail.com](mailto:sandyborys@hotmail.com)**

*Ostomy Manitoba Association (OMA)* is a registered charity run by volunteers with the support of medical advisors. Through our members, we offer emotional support, experienced and practical guidance, and educational resources to families, caregivers, and the public. Our services and assistance extend throughout Manitoba and Northwestern Ontario.



**Ostomy Manitoba  
Association**

Healthier / Stronger / Together

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## IN-PERSON MEETINGS

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

## ONLINE MEETINGS



**Zoom is offered as an option at all**

**our chapter meetings for those who are not able to attend in person for whatever reason.**

**Link is found in this newsletter as well as on our website at -**  
**<https://ostomymanitoba.ca>**

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

## OSTOMY VISITOR PROGRAM

### Get The Support You Need

Speak to a Certified Ostomy Visitor for personal support with your ileostomy, colostomy, or urostomy. Visits are available in-person, phone & virtually. It could be either pre-operative or post-operative or both.

At times you may just have a few questions or at other times you may be 'working' your way through something and it's good to talk to someone who can relate to your situation personally.

The visitor will be chosen according to age, gender, and type of surgery. All you have to do is ask.

A visit may be arranged by calling our Visiting Coordinator, Bonnie Dyson at 204-669-5830.

## ARE YOU MOVING?

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

**Send your change of address to:**

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

**DISCLAIMER** Articles and submissions printed in this newsletter are not necessarily endorsed by *Ostomy Manitoba Association* and may not apply to everyone. It is wise to consult your Ostomy nurse (NSWOC) or Doctor before using any information from this newsletter.

**NOTICE:**  
**Next Newsletter issue is due approximately Late July or early August.**

**We produce 8 issues per year...**

**January, February, March, April/May, Summer, September, October, November/December**

## LETTERS TO THE EDITOR

The Editor, *Inside/Out*  
Email: [pis\\_mel@outlook.com](mailto:pis_mel@outlook.com)

*Inside/Out* is published eight times a year.

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

**Deadline for next issue:**  
**Friday, June 30th**

### **WEBSITE**

Visit the OMA Web Pages:  
**<https://ostomymanitoba.ca>**  
**Webmaster:**  
**[webmaster@ostomymanitoba.ca](mailto:webmaster@ostomymanitoba.ca)**

## From the President's Desk



This April/May issue of the INSIDE/OUT is our last until summer. Please note the dates and links for our upcoming meetings as follows:

**April 22<sup>nd</sup> (Page 3) & May 27th (Page 13)**

The April chapter meeting will include a brief AGM with no pressure to volunteer. We simply ask for support to help our chapter thrive for years to come. Don't skip the meeting—there will be interesting events you won't want to miss.

If you attend the meeting in person, enjoy a free pizza meal before it starts. If pizza is not your choice of meal, simply join us at 7:30pm for the meeting.

**NOTE:** For those joining us for pizza, make sure you register with Sandy (see Page 1) by Friday, April 17 so we have sufficient food ordered for everyone.

See Page 6 for some key points on board positions that are available this year. If you'd like more details about any of these roles, feel free to contact me at 204-489-2731 or contact any board member listed on the back of this newsletter.

A lot of focus in this issue is to do with youth camp. Randy is busy accepting requests for sponsorships and making sure that parents are taking the next steps in registering their children. To date we have 6 families requesting sponsorships.

The article on Page 10, *Children Often Lead the Way*, is one of my favourites I've published. Longtime members may have read it before, but it's certainly worth revisiting.

Many volunteers responded to our February newsletter's request for drivers to and from Brandon. Thank you all; Ross is keeping a list and will reach out as needed.

## OMA CHAPTER MEETING

**DATE: WED. APRIL 22nd**

**TIME: 7:30pm**

**IN PERSON or via ZOOM**

### AGM

**Acceptance of year-end reports  
Nominations for OMA Board of Directors (3)**

**Recognition of Valued Members  
Camp Video**

**Join Zoom Meeting - click on link**

[https://us02web.zoom.us/j/85956614748?](https://us02web.zoom.us/j/85956614748?pwd=OfAc127N1offcZ3Ox8CjfUHYQIeCFJ.1)

[pwd=OfAc127N1offcZ3Ox8CjfUHYQIeCFJ.1](https://us02web.zoom.us/j/85956614748?pwd=OfAc127N1offcZ3Ox8CjfUHYQIeCFJ.1)

**Login via Zoom website using info below,**

**Meeting ID: 859 5661 4748**

**Passcode: 838864**

**Dial in using 204-272-7920, then use the same ID and Passcode above**

**Should you encounter difficulty joining the meeting via Zoom either TEXT or CALL Randy at 204-794-4019 this evening.**

Just to tweak your interest, the board is working to simplify job descriptions and tasks, aiming to streamline roles. A major change in the membership renewal process is under consideration; updates will be provided soon.

Our move to 1680 Notre Dame is postponed until June or so. While it's disappointing, it allows more time for decision-making. We've secured affordable storage for donated ostomy supplies. The MB Possible move will cost \$100 monthly under a "membership," much less than our current rent.

Overall, I feel Covid is behind us. Meeting attendance is improving, interest is rising, and progress in ostomy-related activities continues to grow.

And, fingers crossed, spring like weather is here to stay!

Cheers,

*Lorrie*



## OSTOMY MANITOBA CHAPTER VOLUNTEERS

### SOCIAL CONVENORS:

Sandy Borys 204 - 793-8307  
Rhona Recksiedler 204 - 257-8680

### RECEPTION/HOSPITALITY:

Donna Suggitt 204 - 694-7660  
Bonnie Dyson 204 - 669-5830

### PUBLIC RELATIONS:

Randy Hull 204-794-4019

### MEMBERSHIP CHAIR:

Marg Pollock

### LIBRARY:

Ursula Kelemen 204 - 338-3763

### CARDS:

Sandy Borys 204 - 793-8307

### NEWSLETTER:

**Editor:** Lorrie Pismenny 204 - 489-2731

**Mailing:** Jan Dowsell

### WEBMASTER:

Leslie McKendry-Smith

### VISITOR TRAINING:

Lorrie Pismenny 204 - 489-2731

### SASO:

Vacant

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

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

Please leave a message

### CHAPTER WEBSITE:

<https://ostomymanitoba.ca>

### CHAPTER EMAIL:

[info@ostomymanitoba.ca](mailto:info@ostomymanitoba.ca)

Ostomy Manitoba Association is a registered non-profit charity run by volunteers. OMA was incorporated in August 1972.

### BRANDON/WESTMAN OSTOMY SUPPORT GROUP:

#### Contact/s:

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](mailto:ossupplies@wrha.mb.ca)  
Monday to Friday 8:00am to 4:00pm

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



## NOTICE ANNUAL GENERAL MEETING In Person or via Zoom

Notice is hereby given that the Annual General Meeting of Ostomy Manitoba Association will be held on

**Wednesday, April 22, 2026  
beginning at 7:30 pm**

The purpose of the meeting is to accept nominations for directors of the board; to accept year end reports; and to conduct any other business deemed necessary.

If you are interested in serving on the board of directors as a Member-at-Large please contact:

**Fred Algera**  
Tel: 204-654-0743  
Email: [algera.fred@outlook.com](mailto:algera.fred@outlook.com)

**Note:** Nominations will be accepted from the floor.

## WE'VE GOT MAIL!

Feb. 23/26

Dear Staff Members, Ostomy MB Assoc.

Thank you so much for all that you did for my husband Alexander Fowler. It was a tough time but you all made a difficult situation easier for both of us.

Sadly, Sandy passed away last September.

Again, thanks so much.

Sincerely,  
Judy Fowler



## In MEMORIAM

**Alex Fowler**

We extend our sympathy to  
his family and friends



## NAVIGATING the WORLD of OSTOMY PRODUCTS and SUPPLIES

Via OASNJ

It can feel overwhelming, but finding the right system and products are crucial for comfort and security. The appropriate pouch is determined by a number of factors say MOST certified ostomy nurses. “First the pouch must be appropriate for the type of stoma and output (e.g. don’t use a urostomy pouch for a colostomy/ileostomy and vice-versa) ...stoma characteristics such as size, protrusion, and surrounding contour (e.g. scars, creases, bulges, etc.) also affect pouch choice.” Other factors, such as an individual’s lifestyle and dexterity play a role.

Here are some helpful tips whether you are just out of hospital or you’re having new issues and wondering if you should try something new.

**Remember that every person is different**, and you need to find what works best for you. People in online discussions don’t always identify their ostomy type—ileostomy, colostomy, or urostomy, and that is key to knowing what type of supplies to use.

**Expect some trial and error.** It’s common to try several types of products until you find what works best. You can request product samples from manufacturers or suppliers that work with your insurance company.

### Picking an Ostomy Pouching System

You’ll hear the terms appliance, ostomy pouch system, ostomy pouch, or ostomy bag. They are all just referring to a device consisting of a pouch and a skin barrier (wafer, baseplate, or faceplate) that sticks to and protects the skin around the stoma. Understanding the terminology will help you communicate your needs effectively. “When possible, patient preference is taken into account for things like 1 piece vs 2 piece systems, clear vs opaque pouches, and pouch brand,” says Linda Coulter, BSN, RN, CWOCN.

**One-piece system:** The skin barrier/wafer and pouch are pre-attached. When you change the pouch, you change the whole thing (including the barrier).

**Why people choose it:** Simple application and use, low profile under clothing, dealing with a hernia or bulge near stoma, affordability.

**Two-piece pouching system:** A two-piece system lets you change the pouch while keeping the skin barrier / wafer in place. The pouch attaches to the barrier through a flange/coupling (often a snap-style ring or possibly an adhesive connection).

**Why people choose it:** Versatility. Can easily switch between higher capacity or shorter pouch. Allows pouch to be changed more frequently than the skin barrier. Skin barrier stays in place while the pouch is changed, best for higher pouch output, skin sensitivities, fast pouch changing.

### Pouch Closures

**Drainable (open-ended):** You can empty these while they are still attached. Colostomy or ileostomy pouches: use tail closures or separate plastic clamps/clips. Urostomy pouches (urine): use a valve or “tap closure”. As the name implies, high-output pouches are designed to hold larger volume ileostomy output (rarely colostomy) and have tap closures.

**Why people may choose it:** They have output throughout the day requiring pouch to be emptied 3 or more times per day, quick and easy to empty.

**Closed-end:** These are sealed at the bottom and typically discarded after one use. They are most commonly used by colostomates who have regular elimination patterns or can irrigate. Insurance usually covers up to 2 closed-end pouches per day.

**Why people may choose it:** Can be removed and thrown away—no draining or clamps.

### Other Pouch Choices

Pouch options can include filtered (for automatic gas release and odour) or unfiltered (best with thick stool). Clear pouches are available to monitor output or colour, and opaque pouches for those who prefer not to see it. A variety of sizes are available depending on output and lifestyle. Urostomates often attach their pouch to an additional drainage bag or container at nighttime.

### Skin Barriers

Picking the best skin barrier is critical since it protects the skin around the stoma and enables a secure seal and fit. Your choice depends on your stoma, output, and other factors, such as sensitivity. Frequent changers may ask about gentle adhesion options while those with liquid output may require a stronger adhesion. If your stoma size is changing or oval you may want to get cut-to-fit or moldable skin barriers while, if it is stable and round, pre-sized are a convenient option.

**Flat:** Flat barriers sit level on the skin.

**Why people may choose it:** When the stoma sticks

(Continued on page 6)

(Continued from page 5) Navigating the World of Ostomy Products

out, or pouching with a hernia or creases & valleys. Convex: Refers to a curved skin barrier (or a system/insert that creates this curve) which helps press inward on the skin next to the stoma. This can help the stoma protrude outward, which helps output go into the pouch instead of leaking under the barrier. There are a variety of depths and flexibilities available.

**Why people may choose it:** If the stoma does not stick out enough, or there are soft tissues, folds/creases involved.

Source: UOASL Live & Learn Spring 2026

**Editor's Note:** Ostomy Manitoba members; It's best to consult your ostomy nurse, who has access to numerous products and is able to find what works for you best. You can request free samples from manufacturers before your appointment, but your nurse must set you up with the product on the MOP program.

## TIPS & TRICKS

**Cleaning Up!** Soaking your appliance in Polident or Efferdent is an effective way to deodorize and clean your re-usable components.

**"Fatty" soaps!** Soaps like Dove or those that contain Vitamin E may be good for the skin but they can cause your appliance to fall off.

**Watch your weight!** A gain or loss of 10 - 15 pounds can affect the way your appliance fits.

**Posture matters!** When you return from hospital you will be feeling sore and uncomfortable. You may be anxious about the front of your body getting bumped, or self-conscious about the stoma which can lead to a habit of hunching over to "guard" that area. Try to focus on keeping your head up and your back straight.

**Walking Works!** Don't lie or sit about all day. Walking helps restore lost muscle tone. Gets your circulation going and just generally perks you up. Get up and walk several times a day, even if it's just down to the corner and back.

Source: Vancouver Ostomy HighLife Nov/Dec 2008

## KEY POINTS on BOARD POSITIONS

**The number one purpose of the AGM meeting is to accept nominations for directors of the board for a 2-year term.**

The board is working to simplify job descriptions and tasks, aiming to streamline roles. A major change in the membership renewal process is under consideration; updates will be provided soon.

We have room for 3 more directors. One position is open for Membership Chair

**The Membership Chair's main responsibilities & duties are:**

- Maintain accurate membership records and provide regular reports to the board.
- Record new membership applications.
- Ensure renewal dates are announced, and membership records are updated accordingly.
- Work with newsletter editor in distribution of newsletters via email and Canada Post

**Job Qualifications:**

- Familiar with the Excel program
- Must be a member in good standing.

**Time requirements:**

Attend two meetings per month – September to June

- Board meeting – 2nd Wed of each month – 2 to 3 hours
- Chapter meeting - 4th Wed of each month – 2 to 3 hours
- Other – time to record membership information in Excel program

**Perks:**

- An OMA laptop is provided for record-keeping.
- Join a great group of volunteers

\*\*\*\*\*

**There are two openings for Member-at-Large.** This position basically gives someone the opportunity to find out how the chapter runs behind the scenes.

**The main focus of their time on the board is:**

- To serve as a liaison between members and the board, presenting matters of significance to the board that are identified through informal discussions with members.
- Learn the 'ins & outs' of our organization.
- To bring new ideas forward.
- To take on occasional tasks as identified by the board.
- To take the initiative when able.

The AGM will also cover acceptance of the 2025 year-end reports. Attendees will get copies of the President's Year End Report, Profit & Loss Statement, and Visitor Coordinator's Report, which are open for review and discussion. □



Ostomy Canada Society / Société Canadienne des Personnes Stomisées

# OSTOMY YOUTH Camp

Join Us for a Week of Fun and Adventure!

**JULY 12-17, 2026**  
Camp Horizon, Bragg Creek, AB

ACTIVITIES    SUPPORT    ARTS & CRAFTS

Scan the QR code, or visit our website to register or donate at [www.ostomycanada.ca/camp](http://www.ostomycanada.ca/camp)

## OMA's YOUTH CAMP FUND at WORK!

For over 25 years, Ostomy MB has sponsored youth attending OCS's Youth Camp, thanks to your donations. We typically sponsor 1–4 campers annually; last year, we supported 5 ostomy youths.

The camp offers children a week of fun, learning, and friendship. Campers participate in a range of activities that build confidence, encourage independence, and foster community, from sports and outdoor exploration to creative workshops and campfires. The program ensures accessibility and inclusion for everyone.

Camp offers a unique opportunity for campers to build self-esteem and self-care. Activities challenge their mind and body, while creating lasting friendships and lifelong memories.

Volunteers and medical professionals who are mentors and experts in ostomy care oversee the children's fun and well-being.

This year, Manitoba NSWOCs mailed out 41 letters on our behalf, to parents/guardians of youth ages 9–18 with ostomies or bowel/bladder conditions, offering Ostomy Manitoba Association sponsorship (full or partial coverage) for camp if needed.

Camp registration fee for 2026 is \$1250 and airflight will be upwards of \$1,100 per child.

To date we have 6 requests for financial support - 5 from last year.

It is highly probable that the majority of these campers will wish to attend camp until they graduate at age 18.

We sincerely thank you for your ongoing, interest, support, and generosity, which benefits both present and future campers.

If you wish, contributions may be directed specifically to the Youth Camp Fund in the memo space on your cheque or in the Message box on e-transfers. ☐



"People living with an ostomy are eligible for the Disability Tax Credit (DTC) when a qualified practitioner certifies the DTC Application and the CRA approves it."

Learn more at [ostomycanada.ca](http://ostomycanada.ca)

Ostomy Canada Society / Société Canadienne des Personnes Stomisées

## HINTS for SUMMER & TRAVEL



- Do not expect to get the same pouch wear time as you did in the fall, winter, or spring.
- If your wafer or skin barrier wears out faster, change your appliance more frequently.
- If wear times are very poor, have your NSWOC nurse recommend a different product.
- If plastic against your skin is uncomfortable or causes a heat rash, purchase or sew a pouch cover.
- If you are wearing a two-piece system and are participating in very active sports, use a strip of 2" or 3" waterproof tape to secure the pouch and barrier.
- Be sure to drink plenty of fluids so that you will not get dehydrated or constipated.
- For extra security during swimming and water sports, use waterproof or "pink" tape to "picture frame" your pouch.
- Monilia is a common summer

problem. This raised, itchy, red rash on the peristomal skin is uncomfortable and keeps the pouches from holding well. If you suspect a monial rash, contact your physician as soon as possible for a prescription for anti-monilia powder.

All methods of travel are available to you. Many people with ostomies travel widely, from camping trips, to cruises, to plane excursions around the world.

### Since you should prepare for travel, here are some suggestions:

- Take along enough supplies to last the entire trip plus some extras.
- Even if you do not expect to change your appliance, take along everything you need to do so. Leave home fully prepared.
- Some recommend taking two to three times extra supplies - especially if travelling to warm climates as they may not be easy to obtain from where you are going
- Find out if and where supplies are available for a long trip. A local ostomy chapter can be helpful.
- Never pack ostomy supplies in your checked luggage in case your luggage is delayed or lost.
- Pack them in your hand luggage

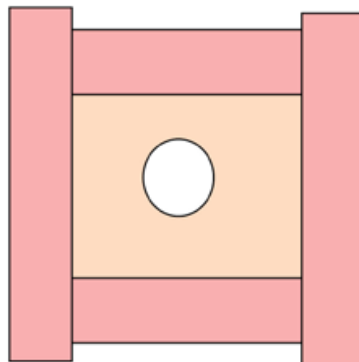
and take them with you. Even when travelling by car, keep this in mind.

- Never keep your equipment in the car trunk where excessive heat can damage appliances and dry out cement, etc.
- Try to get the name/names of any Ostomy Chapters in your travel itinerary. You can always make contact with someone who can find a doctor or ostomy supplies. Ostomates are friendly and most helpful.
- Be extra cautious about food and water in other countries since a case of traveller's diarrhea can be more serious for you. Be prepared for digestive upsets by checking with your doctor for recommended medications to take with you.
- To fight dehydration due to excessive heat or vomiting, carry a small immersion heater and tea bags or instant bouillon cubes. These can quickly replace lost electrolytes (potassium and salt).
- Carry some type of emergency medical information on your person. Provide cautions and pertinent information in the event of unexpected hospitalizations.

*Source:* Metro Maryland: The Re-Route, online, Evansville, IN June 2010

## WHAT'S "PICTURE FRAMING"?

Get some 'pink tape' from your ET or pharmacy and stick it around the edges of your barrier like this.



*"The really frightening thing about middle age is the knowledge you'll grow out of it"*  
- Doris Day, actress

*"We don't seem to be able to check crime, so why not legalize it and then tax it out of business."*  
- Will Rogers

*"There is no accomplishment so easy to acquire as politeness, and none more profitable."*  
- H.W. Shaw



Camp Fund

*Barbara Bater*

Stoma Anniversary

*Donna Love - 6 years!!*

In Honour of Cathy Keenan

*Order of the Eastern Star  
Friendship Chapter #7*

General Funds

*Georgette Dobush  
Elmer Brandt  
Timothy Jones  
Andrew Doyle*

*Your support and generosity  
is greatly appreciated !*

**You only need two tools in life –  
WD-40 and duct tape.**

**If it doesn't move and should, use the  
WD-40.**



**If it shouldn't move  
and does, use the duct tape.**

*January 2026 - March 2026*

**VISITING PROGRAM REPORT**

Surgeries:

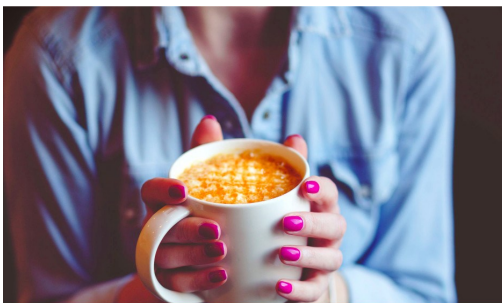
Colostomy 2; Ileostomy 3; Urostomy 0;

Valued Visitors:

Bonnie Dyson, Rosanna Guzzi, Norma Wilson, Paula Sturrey, Katryna Loewen



*Thanks to all our visitors. You are the  
heart beat of Ostomy Manitoba!*



**Welcome** New Members

*Shelley Sinclair*

*Shirley Watts*

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

*Get a new car for your  
spouse. It'll be a great  
trade!*

*A clear conscience is really  
a sign of a bad memory.*

## Children Often Lead the Way

By Heather L. Orstead

As an ET\* and an ostomate, leading a magic circle is one of our roles at Youth Camp. A few years ago I had the opportunity to lead a very special magic circle that will forever be a treasured memory. Now you need to understand that magic circle is where *the magic happens* because that is where the sharing occurs. Children with ostomies often live with “the big secret” of what is hidden beneath their clothes. This secret can cause untold stress so the opportunity to meet at camp with other kids who share the same secret and life experiences provides a great opportunity for their personal growth. So ... back to the magic circle. There we were sitting in a circle at dusk, approximately 15 young people with ostomies between the ages of 9 to 13. They knew this was their opportunity to discuss anything they wanted. There was the usual chatter and giggling that starts most activities with children and then one wee soul got brave ...



A little 12 year old girl raised a question that demanded everyone’s attention. She said *“I am worried about how I am going to tell the man I want to marry that I have an ostomy.”*

You could have heard a pin drop ... the group was incredibly silent and looked straight at me knowing I must have the magic answer. I have had my ostomy since the age of six and was now married with two children so I was very aware of her concern, one that I once shared. But I have been around the block a few times and was aware the best answer is usually not the one given to you but the one that is discovered within!

So I asked a question back to the young girl, *“Well, tell me who knows about your ostomy right now?”* She thought for a second and then replied, *“My mom, my dad, my brothers and sisters, my grandma and grandpa, my aunts and uncles, my cousins and my best friend.”*

*“Interesting”,* I said. *“Now lets go around the circle and see what everyone has to say.”*

Around the circle we went with everyone saying almost the same thing *“My mom, my dad, my brothers and sisters, my grandma and grandpa, my aunts and uncles, my cousins and my best friend.”*

I could see the pattern forming and knew they had answered their own question ... so once we had completed going around the circle I said, *“Isn’t that amazing, you have almost all listed the same people—your mom, your dad, your brothers and sisters, your grandma and grandpa, your aunts and uncles, your cousins and your best friend.”*

*“Now I have a question for all of you. Do you not think the person you are going to marry will be your best friend too?”*

I will never forget the sense of calm and the smiles that appeared on every one of those little faces. It truly was MAGIC!

It is often a dilemma after ostomy surgery to know who to share this very personal experience with. It is an experience that not only changes your body image but your body functions as well. Some, especially children, may feel it makes them more vulnerable to ridicule. Childhood is challenging enough without the added burden that having an ostomy may place on their ability to socialize. Children, and yes adults too, need a safe environment to explore new feelings and approaches to dealing with this radical and life altering change. Youth camp provides specific support for our children that have undergone ostomy surgery and we hope that our Ostomy meetings provide ongoing support for all who have experienced life and living with an ostomy.

**EDITOR’S NOTE:** Picture taken in 2014 at camp with three OMA (formerly WOA) youth in the group.

\*ET / NSWOC - formerly known as an ET or Enterostomal Therapy Nurse

Source: Calgary Ostomy Society Newsletter March 2011,

## ODOUR MANAGEMENT

Greater Cincinnati Ostomy Association via *The Ostomy Rumble*, Middle Georgia, *Springfield's Ostomy Family Newsletter*

*If someone tells you their waste products are odourless, then a nose overhaul is in order.*

Isn't it interesting that people with normal intact bowel tracts and urinary systems manage odour problems in an acceptable manner in our society? But when disease or trauma strike, and the person is the owner of an ostomy, the one big concern is the fear of offending society with an odour.



Basically, and simply, an ostomy is a man-made exit site that changes the point of exit from the bottom of our body to the front. Our eyes and nose are obviously on the front of our body, which leads us to be more aware of our changed body image and our odour producing products. You've heard the statement, "You've come a long way, baby." Yes, ostomy management has come a long way considering that as little as ten years ago we had very few 100 percent odour-free pouches. When ostomy surgery was first developed, ostomates wore anything to collect output. Presently, almost all ostomy supplies available to us today are made of odour-barrier materials.

Therefore, if an ostomate does have a fecal or urinary odour about them, some detective work should be done: Check out the application of the pouch to the body, is it leaking? Check out the closure of the

pouch—is it closed properly so that no fecal matter is oozing out after the closure is applied? Do not put holes in the pouch as gas will seep out continuously.

An urostomate should rinse or wipe off the spout of the pouch with a bathroom tissue after emptying. Those few drops left in the spout after closing the pouch can cause a urine odour under clothing. It's interesting to note that most urostomy pouches on the market are odour-proof, but the connector tubing and bedside and leg bags are not. You must dispose of and replace these products when they take on odours, or else your entire living quarters will smell. Emptying an ostomy pouch is comparable to a person with an intact bowel or urinary tract having a bowel movement or emptying their bladder. How does the non-ostomate handle the odour produced by this normal function of their body?

Room deodorizing sprays are popular; a quick flush of the toilet when defecation occurs, and striking a match or opening a window are some acceptable methods that have been used for odour management since the invention of indoor plumbing.

Why then are we ostomates so "up-tight" about the odour produced when our pouches are emptied? This complaint has encouraged ostomy supply manufacturers to create products to meet this need of "odour control." The trouble is, the ostomy deodorants do not work for everyone and they are expensive. Can we then consider ourselves "as normal as blueberry pie" so far as waste odours are concerned? Just remember, there is not a man or woman on this earth whose wastes do not smell.

Source: Pisttsburgh Ostomy Society *The Triangle* Sept/Oct 2017

## NEW UROSTOMY PATIENTS

Via: Roanoke (VA) *Valley News* & South Brevard, FL and *Antelope Valley* newsletter, Lancaster, CA, *Springfields' Ostomy Family Newsletter*.

Train yourself to shut the pouch valve as soon as you have emptied the pouch! If you forget, the resulting disaster within the next 10 minutes could ruin your day. Be sure to take the plastic waste basin and clear measuring container home from the hospital! They are very helpful as you establish a daily routine of washing your night time equipment. Gallon bottles of white vinegar and cheap liquid detergent make the daily washing-up an inexpensive chore. If you change the pouch first thing in the morning, there is less chance of the stoma misbehaving as you do the change. Irrigate the pouch daily with a solution of 4/5 water and 1/5 vinegar. A five quart pail with metal handle (Home

Depot, Wal-Mart, etc.) is a great night bottle or bag container by the bed and also a safe way to carry this equipment to the bathroom in the morning. The hospital plastic wash basin is an ideal container for supplies when traveling and can be used to hold the night drainage bag. In the morning, it is handy for washing-up wherever you are. It fits nicely into most carry-on bags and is not heavy. In most cases, urostomy patients enjoy a completely normal diet. Cranberry juice, yogurt, or buttermilk will help combat urinary odors. Asparagus should be avoided as it produces a strong odor in urine.



Source: OSG of Middle Georgia, *The Ostomy Rumble*—August 2017.

## WATER

*Editor's note: I have put MANY articles in this newsletter dealing with the importance of water for all ostomates. As I was getting a handout ready for a visit to a patient in hospital I stopped, as a few words "Water reduces itchy skin" caught my eye. After re-reading this article I was reminded that water does more than just quench our thirst. Then I ran and grabbed another glass of water. I hope you do too!*

**Water is important.** An ostomate especially needs to drink enough water. It is necessary when you want to take better control of your life. Along with a balanced diet and regular exercise, water has many positive benefits you may enjoy which provides good health for your body and mind. Water keeps us fit. We all want to stay lean and avoid adding fat. Dehydration slows down our metabolism, which leads to a reduction in the number of calories we burn. Did you know that sometimes when we feel hungry it might just be we're thirsty? Next time instead of snacking, drink a glass of water. You actually train your body to be thirsty. Drink water regularly, and you will be thirsty more often. Your body will know when it needs water and will begin telling you, if you train it correctly by drinking enough water.

**Water helps prevent headaches, dizziness and cramping caused from dehydration.** You will also be able to think and remember more clearly when you drink enough water throughout the day. Water distributes the chemicals our bodies need. Enough water distributes vitamins and minerals evenly and dilutes them enough for us to use.

**Water helps us normalize our body weight.** Water washes fats out of our bloodstream. If we start drinking about three litres a day, our weight will increase the first

few days. Then, amazingly, our weight goes down sharply. The water we drink is washing the waste out of our bodies while making our metabolism more efficient. Fashion models who need to maintain a very thin figure drink water so their tissues do not store it.

**Water reduces itchy skin.** If you have ever had itching around your appliance, try drinking a glass of water. Ostomates are notorious for being dehydrated. Our skin will become dry and itchy when this happens. New ostomates have the most trouble with itchy skin while their bodies adapt to their new life. Drink water to reduce itching and dry skin.

**Water helps lubricate the joints in our bodies.** Not only that, our skin will feel softer, and it will be smoother. Drinking water removes wrinkles and creases in the skin. You will look better. The water we drink combines with nutrients in our body to create the oils and lubricants necessary for a healthy and good-looking body.

**Water is especially helpful to ostomates in preventing kidney stones and promoting a healthy liver.** When the kidneys are overworked because of a lack of water, the liver must assume some of the kidney's tasks. This is not good. Because mineral may not be removed from the kidneys, stones may form more easily. Simply drinking enough water helps prevent this condition. In addition, excess bile salts are utilized and disposed of more easily. This assists the body in efficient operation affecting multiple organs and body units.

**Water is an excellent remedy for a hangover, which exists partly because of dehydration.** Drinking caffeine drinks like coffee,

alcoholic beverages, sodas and the like will actually dehydrate the body. Drink more water after enjoying these drinks. You do not need to remove them from your diet; you just need to drink more water when you imbibe.

**Water fights fatigue.** Many people have tiring schedules, and by the day's end are exhausted. One source of fatigue might be that we fail to drink enough water during the day. Make sure you always bring along a bottle of water. Drink water on the way to work, at work, at home, away from home ... all the time. You'll feel much more energized.

**Most health authorities recommend that a person should drink eight 8-ounce glasses (64 ounces) of water per day.** Your body will absorb the water more efficiently if you sip rather than gulp your water. Coffee, tea, juices, fruits and vegetables are all additional sources of water.

**Kidneys do a wonderful job of eliminating excess water and wastes—anywhere from 5 to 7 gallons a day.** Wow! However, drinking too much water at a time may be harmful to your kidneys and you. Avoid drinking more than 24 to 32 ounces per hour to allow your kidneys a chance to bounce back from a hard day's work.

One of the easiest things you may want to do to be healthier quickly is to start drinking more water each day. We value each of our members, and we value the good health of each one of you too.

*Source: Chicagos North Suburban Chapter, via Hamilton (ON) OstoInfo, Oct. 2002.*

*Reprinted from the Winnipeg Ostomy Association's newsletter INSIDE/OUT—May/June 2003*

## OMA Chapter Meeting

DATE: **Wed. May 27, 2026**

TIME: **7:30 PM**

*IN PERSON or via ZOOM*

### Camp Video

**Ostomy Belts & More**  
presented by **Diamond Athletics**

Join Zoom Meeting click on the link,  
<https://us02web.zoom.us/j/88268080235?pwd=G0MKW2N6lj3AIX1ctwCGga5mm7Tlx.1>

Login via Zoom website using info below,  
**Meeting ID:** 882 6808 0235  
**Passcode:** 194561  
**Dial in using 204-272-7920**, then use the same ID and Passcode above.

Randy Hull r.hull@shaw.ca

Should you encounter difficulty joining the meeting via Zoom either **TEXT or CALL Randy at 204-794-4019 this evening.**

## Did You Know?



Ostomy Manitoba has a team of volunteers who will pick up donations of unused ostomy supplies to be sorted, packed and sent to FOWC's central depot in St. Catharines, ON. In turn, FOWC ships pallets of ostomy supplies to overseas destinations. These supplies will benefit people around the world who do not have the resources to purchase supplies or where supplies in these countries are non-existent.

*For pick-up of donations of unused ostomy supplies please contact the FOWC team by calling and leaving a message at:*

**Ostomy Manitoba  
Association  
204-237-2022**

*For more information check out website*  
[Friends of Ostomates Worldwide \(Canada\) |  
empowering ostomates worldwide](http://Friends of Ostomates Worldwide (Canada) | empowering ostomates worldwide)

## PAYING YOUR MEMBERSHIP or MAKING a DONATION

### *e-Transfers* now available

Use *e-transfers* to make a donation towards a Memorial Gift, the Youth Camp Fund, Stoma Anniversary, General Funds, or paying memberships.



### *e-transfer instructions:*

Email: [treasurer@ostomymanitoba.ca](mailto:treasurer@ostomymanitoba.ca)

### Message box:

- **Be very clear to say what the transfer is for.**
- **In matters of donations please include your address so tax receipts can be issued for you.**

**NEW**—AUTO DEPOSIT has now been set up. No need for secret questions.

## 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.

NAME: \_\_\_\_\_

AMT. ENCLOSED: \_\_\_\_\_

**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:

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

Proceeds from the Stoma Anniversary Club are now being directed towards enhancing our website, purchasing equipment to support the work of our volunteers in finance, membership, communications and updating ostomy brochures, etc. to promote Ostomy Manitoba Association and its programs on an ongoing basis.



**Ostomy Manitoba Association**

Healthier / Stronger / Together

**204 - 825 Sherbrook St.,  
Winnipeg, Manitoba, Canada R3A 1M5**  
Phone: 204-237-2022 Email: [info@ostomymanitoba.ca](mailto:info@ostomymanitoba.ca)

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*For pick-up of unused ostomy supplies please contact the*

**Ostomy Manitoba Association**

**“NEW” 204-237-2022**

*Leave a message and your call will be returned.*

**PHYSICIAN DR. C. YAFFE**

**OSTOMY MANITOBA 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 Ostomy Manitoba 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: \_\_\_\_\_  
Spouse/Family Member: \_\_\_\_\_ N/A: \_\_\_\_\_ (Please indicate type if other)

May we welcome you by name in our newsletter? Yes \_\_\_ I'd rather not \_\_\_.

Please make cheque/money order payable to: **“Ostomy Manitoba Assoc.” and mail to:  
Ostomy Manitoba Assoc. 204-825 Sherbrook St. Winnipeg, MB R3A 1M5**