INSIDE OUT

SEPTEMBER 2025

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

Ostomy Manitoba Association

Healthier / Stronger / Together

Hernia Prevention Tips From an Athlete Living With a Stoma

Colin Jarvis, an ileostomate and athlete, shares his tips for getting back to exercise, rebuilding your abdominal core, and helping prevent parastomal hernias.

Learn how to get active, re-build your core strength, and help prevent a hernia. My name is Colin Jarvis, and I've had an ileostomy since 2014. When I had surgery I was in college and competed as a track and field athlete, so it was important for me to understand how to avoid getting a hernia when I returned to intense physical exercise. In this article, I'll be sharing some things that people living with an ostomy can do to help prevent parastomal hernias.

Tip #1 - Get active again as soon as you can

Make sure to get moving as quickly as possible after your surgery but be safe about your approach. Talk with your clinicians about what level of activity is appropriate for where you are in your recovery process. Getting active after surgery is one of the best things you can do to re-strengthen your abdominal wall and lower the chances of developing a hernia. In most cases, this starts with going on daily walks. You can progress from there as your incisions heal and the swelling from surgery subsides.

Tip #2 - Understand the purpose of hernia support belts and support garments

It's not certain whether a hernia support belt will

(Continued on page 4)

Photo courtesy S & C Currie

IN THIS ISSUE

We encourage you to bring your spouse or significant other, members of your family or a friend to our meetings. Everyone is welcome. Membership is not required.

WHO WE ARE

Ostomy Manitoba Association (OMA) is a registered non-profit 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 OMA, 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, OMA 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

zoom

FOURTH
Wednesdays of the month

SEPT. 24, 2025
Presentation - CHHA
Canadian Hard of Hearing Association
Zoom link will be in September's newsletter

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

LETTERS TO THE EDITOR

The Editor, ***Inside/Out***
Email: **info@ostomymanitoba.ca**

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

Deadline for next issue:
Friday, October 3rd

WEBSITE

Visit the OMA Web Pages:
https://ostomymanitoba.ca
Webmaster:
webmaster@ostomymanitoba.ca

DISCLAIMER

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FOWC: Friends of Ostomates Worldwide (Canada)
UNUSED SUPPLIES PICK UP
"NEW" 204-237-2022
Please leave a message

CHAPTER WEBSITE:
https://ostomymanitoba.ca
CHAPTER EMAIL:
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
Monday to Friday 8:00am to 4:00pm

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

WE'VE GOT MAIL!

Hi, Lorrie!

I just wanted to thank you for publishing the article on naming your stoma.

I named mine fairly early on as a coping mechanism. I really needed to find some humour in the situation. Learning about how others use stoma naming to cope is both interesting and empowering.

- Leslie Mc/S

****

Lorrie
Without a doubt, this is the BEST NEWS LETTER EVER. This news letter contained so much important information especially on dehydration. I loved the letter from Emily and her big sister from CFS. Thank you for all your hard work in putting together these wonderful news letters.
- Bonnie D.

****

Hi Lorrie,

Thanks for the interesting topic on hydration. I spent a week in HSC which I was told was a twisted gut, now I'm thinking I was dehydrated even though I drink a lot of water throughout the day and a couple of glasses before I got to bed. Is there a recommended product to drink to keep hydrated?

Looking forward to the September meeting.

Kind regards, - Barbara H.

OMA CHAPTER MEETING

DATE: Sept. 24, 2025 **TIME:** 07:30pm
IN PERSON & via ZOOM

Presentation:
Canadian Hard of Hearing Association
Sharing, Q & A

Join Zoom Meeting - click to login….
Via Website of Zoom
https://us02web.zoom.us/j/87284372713?pwd=gEMPJOwH3FQ0kVwbfNYieM9ANG8hRj.1

Telephone: 204 272 7920
Meeting ID: 72 8437 2713
Passcode: 07969

(Continued from page 1)

keep a new hernia from forming, but it may help one manage an existing hernia. It's important to be aware of this so that you don't return to physical activity and core re-strengthening believing that a hernia belt will prevent a parastomal hernia.

Often, the biggest barriers to getting active again after stoma surgery are challenges related to leakage, comfort, or appearance - all of which can be addressed by wearing an ostomy support garment. In my personal experience and as someone who has spoken to thousands of other ostomates, I've found that the additional security of support garments - such as ostomy wraps and underwear - can make the experience of getting active much more comfortable and less intimidating. Since we know that getting active again after surgery is one of the best ways to prevent a hernia, I believe that wearing an ostomy support garment can help facilitate the return to physical activity.

Tip #3 - Re-build your abdominal core strength and use functional movement.

Some of us who have had ostomy surgery will come out of the hospital with a weak core, bad posture, and, as a result, poor functional movement patterns. This can be due to a wide range of reasons, including a compromised abdominal wall from the surgery, prolonged sitting in hospital beds, chronic pain, atrophied muscles, and even our psychological state. Each one of these things directly influences our posture and how we move, and these are two of the most important things we can work on to prevent a hernia (of any kind) from forming.

My suggestion is to start by safely rebuilding your abdominal core strength, and improving your mobility and flexibility. Your abdominal muscles are the foundation for all movement and, by nature of having abdominal surgery, will be a primary point of focus for your post-operative recovery. Check with your physician to make sure it's OK to start this process, and ask about safe and targeted exercise you can try. Once you've built up the foundational core strength that you need to perform normal daily activities, my next recommendation is to contact a physical therapist (PT) and ask them about "functional movement patterns for hernia prevention." Most PTs have a wealth of knowledge on this subject and can teach you how to move in safe and functional ways. Typical rehabilitation and programming for functional movement patterns include both muscle restrengthening and mobility/flexibility exercises. Comine these strategies to help avoid hernias and live an active life.

Preventing a parastomal hernia from forming is a multifaceted but achievable goal. While there is no single thing you can do to avoid getting a hernia, combining the strategies of safely returning to physical activity and working with a PT to ensure that you're moving in a safe, functional, and mobile way will be your best bet for living a healthy and comfortable life with your ostomy.

Via: Hollister & Russell, Sarah. "Parastomal hernia and physical activity. Are patients getting the right advice?." British Journal of Nursing (Mark Allen Publishing) vol.26,17 (2017): S12 518.

Source: Vancouver Ostomy HighLife July/August 2025

FROM the PRESIDENT'S DESK

Dear Members,

September is a start of another season. I hope that your summer went well.

Thanks to all of you who responded to my plea for donations towards our Youth Camp Fund so quickly and generously. We are on our way to rebuilding the camp fund so that the 5 youth who so obviously needed and loved the opportunity to attend camp may go again next year.

Two of the most discussed topics at our meetings are leakage and gas. ConvaTec is offering a free webinar about "Ostomy Leakage Prevention" on September 25th at 7pm. The webinar should last about 1 hour. All you have to do is register in advance and download the Microsoft Teams App and you're set to go. They will also be showcasing their new convex skin barriers which several members have reported good results when using this product. Check out our website ***https://www.ostomymanitoba.ca*** *for the link and info to this interesting subject. Perhaps this webinar will provide you with the information that you haven't heard previously which will be of great help in your search for that perfect seal.*

I'm looking forward to a good turn out for our meeting this Wednesday. Our presenters will be from the Canadian Hard of Hearing followed by a sharing session.

Should you be coming in person, perhaps you could take a turn and pick up a dozen cookies or some type of snack for our coffee break. That would take the pressure off our board members and certain regulars who have been providing goodies for everyone to share for many months now.

Cheers,

Lorrie

Imagine if you can, ….

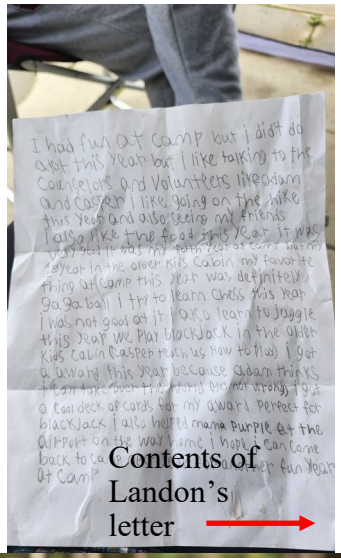
Here are a few pictures involving some of **Ostomy Manitoba Assoc**. 2025 sponsored campers to assure you that your donation can make a world of difference for everyone, all around.

Photos courtesy of S & C Currie

Imagine if you can, … being a child, nine years or older who has been ill for a greater part of his/ her life. You're about to get on an airplane, flying two provinces away, meeting so many people who are strangers to you, and not knowing what to expect. I can't imagine, but they are brave souls who are looking for a great time!

Thanks to all the volunteers who worked to make this camp a wonderful experience for all the campers!

Imagine if you can, … being the parent, who was beside this child of theirs every day through illness, surgery, not knowing what was in the future, is now saying " goodbye , have a great time", without showing their tears and fears. These are very courageous parents who want their children to know they are okay.



Contents of Landon's letter →

I had fun at camp but I didn't do a lot this year but I like talking to the counselors and volunteers like Adam and Casper. I like going on the hike this year and also seeing my friends. I also like the food this year. It was very good. It was my fourth year at camp but my 1st year in the older kids cabin. My favorite thing at camp this year was definitely Ga Ga ball. I try to learn chess this year. I was not good at it. I also learn to juggle. This year we play blackjack in the older kids cabin (Casper teach us how to play). I got a award this year because Adam thinks I can take over the world (He's not wrong). I got a cool deck of cards for my award perfect for blackjack. I also helped mama purple at the airport on the way home. I hope I can come back to camp next year for another fun year at camp.

Landon

Thank you letter for "Ostomy Camp 2025!!!"

Thank you for a great week at Ostomy Camp! I enjoyed every bit All of the counselors and staff, and volunteers, were so energetic and ready for … pretty much anything. Therefore all the activities were a blast! Such as; the giant swing, (one of my personal favorites) high ropes, the nature building and plenty more.

I made lots of friends at camp. The friends' names are Felix, Keifer, Theo, Orion (Onion), Aiden, and Greyson. They all made damp even more fun. Greyson, making chess really fun, Felix and Keifer, first friendship guys. Theo and Onion, to make gaming a blast, and Aiden for being really active.

The counselors were also a big help. My favorites were Eeyore and Viper. No offense to Ryan, haha.

Conclusively, it was my first plane ride ever and I had such a wonderful experience! Thank you and I would like to attend next year.

Signed, Gavin Massey.

Camp Directors, Lisa & Janet clowning around as a horse and making the campers laugh! →

Dear Randy and Lorrie with the Ostomy Manitoba Association,

I would like to send off the BIGGEST THANK YOU's, to you guys at the Ostomy Manitoba branch for fully funding my 2 boys to go to Ostomy Camp this year in Alberta. Without your help and the generous donation of others, my boys would not be able to attend this magical, unique camp. This Ostomy camp (Horizons Easter Seal Youth Ostomy Camp) was specially made for them and other children with their unique needs while living life with bowel conditions and rare bowel disease. 5 lucky Manitoba children were chosen to be sponsored for this camp, and we wouldn't been able to do it without your help! We truly want to send out the biggest hugs and love for your gracious donations and serious funding from the Ostomy Manitoba Association. Thank you for making this magical dream come to life. Such an amazing experience for the boys to get to go to camp for the first time, and not be held back because of their bowel disease conditions as most traditional camps would say "no this is too much to handle/manage". The boys are very pleased with their experience at the camp. And have made special memories and friends along the way! Again, thank you so much to the Ostomy Manitoba Association! The boys are very excited to attend next year hopefully! Keep those memories a coming!

Ashley Flattery –(boys Felix & Keifer)

How Do I Clean Around My Stoma?

All you need to clean around your stoma is warm water and either a washcloth or a soft disposable paper towel. Using sterile gauze and wearing gloves to change your own pouching system can be expensive and is unnecessary. REMEMBER, you are NOT dealing with a sterile area.

Using alcohol to clean the area is equally unnecessary and can be very drying to the skin. Also, it is not recommended to use baby wipes or pre-moistened towelettes as they may contain chemicals that remain trapped on the skin and can cause a rash. Soaps, including ones that are moisturizing (Oil of Olay, Dove) are not needed and can actually hinder the pouching system from sticking well on your skin and contribute to leaks. If you are showering without wearing a pouching system and soap flows down onto your stoma and skin, just rinse the area well afterwards. This is not a concern.

When washing around your stoma, you may notice small specks of blood on your cloth. This is completely normal and expected. The stoma tissue contains small blood vessels close to the surface that may bleed, especially if you are taking blood thinners.

Do I need to "air out" my skin when changing my pouching system to keep it healthy? No, this is not necessary. It may feel good to "air out" for a while but this is not required in order to have the skin remain healthy. This may also be difficult if your stoma is active!!

From Vancouver (BC) Ostomy HighLife; via Northern Virginia The Pouch; Ostomy Association of North Central Oklahoma
Source: Ostomy Saskatchewan News—Sept/Oct 2025

Improvising … Or Fixing a Leak in a Hurry

Via: UOAA Update

If you happen to spring a leak, especially when away from home, it can be a cause for panic. Being prepared can help you keep your cool.

Wearing a pouch cover can provide extra protection. One person noted that when they had a leak near the seal, he was able to stuff several folded tissues between the pouch and the cover. This absorbed the leakage and kept him going for 90 minutes until he was able to get back home and change.

Also, a pouch cover has the advantage of soaking up perspiration on a hot day. Perspiration can quickly undermine the best adhesives. A good ostomy powder can help soak up moisture too. Lacking this, corn starch or baby powder is equally effective.

When out of the house some people carry Band-Aids with them which can be used to mend a small tear in the pouch. Some say that it works so well, they forget about the makeshift repair until their regular time to change pouches!

You may want to keep individually packaged alcohol wipes or towelettes. They are easily carried and are great helpers in cleaning up an emergency. Best of all though, take precautions to try to avoid having an emergency.

Source: UOASL - Live & Learn Fall 2025

Adhesions and Other Pains that Cramp Your Style

via UOAA Update, Jan 2014;via Ostomy Outlook, Ostomy Assoc. of Central Oklahoma, Jan, 2014

Some people form adhesions, bands of tough, string-like fibrous tissue, more easily than others. Adhesions may form spontaneously but are more common after surgery. If adhesions interfere with normal motion of the intestine, a blockage may occur, with food, liquid or even air unable to pass the blocked area. Severe bloating, abdominal pain, vomiting and constipation may occur. In such a serious situation, call your doctor immediately.

In many cases the possibility of adhesions wrongly gets the blame for abdominal pain. A frequent cause for such pain is a spasm of the muscles responsible for peristalsis, which propels the "bolus" through the intestines. A muscle spasm in the calf is referred to as a "Charlie horse." Spasms in your intestines are essentially the same thing but assume the name "irritable intestine."

Source: Green Bay Area Ostomy Support Group Mar/Apr 2014 via Winnipeg Ostomy Assoc. *INSIDE/OUT Sept.* 2014

What to Say to Someone Who is Really Sick!

"No set of guidelines for being a good friend can replace your own style," says former cancer patient Georgia Photopulos, "but if you'd like a few simple tips on how to talk to someone who's very sick, here they are."

- Don't be afraid to ask me what I have, how I'm doing or what my treatment will be. At worst, I'll say I don't want to discuss it. At best, I'll welcome the opportunity to talk about my situation.
- Worried about what to say? What did we talk about before I became ill—politics, art, religion, the PTA, grandchildren? I'm still interested.
- Don't try to cheer me up by telling me things could be worse—that I'm lucky my husband or wife hasn't left, or that I could have been hit by a truck. It doesn't help. In fact, don't try to cheer me up at all! What I need most when I'm depressed is a compassionate comforter and listener.
- Don't assume you know how I feel. If you're prepared to find out, ask me, for I need every sensitive, empathetic listener I can get.
- If I look horrible, don't tell me I look great. Your lie will hang between us and undercut anything else you say. You don't have to comment on my looks at all.
- Remember, I chose my doctor and unless I say otherwise, I'm probably satisfied with him or her. Don't bring me articles about other doctors, other hospitals, or other treatments unless I ask you to.
- Do bring flowers, books, games-whatever you know I like. Most of all, bring yourself. Illness interrupts so much; don't let it interrupt our friendship.
- If anything about my illness troubles you, if it makes you upset or sad or nervous, tell me! Your silence may hurt me-something I know you don't want.

From The Hope Heart Institute, via Northern Virginia The Pouch via Stillwater-Ponca City (OK) Ostomy Outlook Online June 1997, Source: reprinted from Winnipeg Ostomy Assoc. Inside/Out Nov/Dec. 1997.

PHARMACISTS - THEIR ROLE IN YOUR CARE

From UOAA UPDATE, 10/2013 via The Pacesetter, Nov/ Dec 2013, St.Paul Ostomy Assoc.

When you think of a pharmacist, what comes to mind? The popular image of the pharmacist standing behind the counter filling prescriptions is largely a thing of the past. Today, pharmacists play an increasing role as a clearinghouse of drug information for consumers and health care professionals. Your pharmacist is an important member of your health care team and someone you can generally reach with little difficulty for timely advice on drugs.

Beyond the drugstore counter: Most people are familiar with their community pharmacist who does business at the nearby drugstore. But pharmacists are found in many different settings including clinics, hospitals, long-term care facilities, pharmaceutical companies, managed care and health maintenance organizations and government health service organizations. Pharmacists understand the composition of drugs, their chemical and physical properties and how they work. Their knowledge is backed by a minimum of a 5- or 6-year professional degree that includes academic study and clinical experience.

Because of their expertise, pharmacists are an integral part of your health care team. In the hospital setting, pharmacists work closely with physicians and nurses. They may make rounds with doctors to address special medication needs or other considerations. In the community setting, pharmacists are accessible to consumers who have questions about prescription or over-the-counter drugs. If you have concerns about side effects from a drug, talk with your pharmacist. He or she may suggest alternatives or how to alleviate the problem. If need be, your pharmacist may contact your doctor to help resolve a drug-related problem.

Pharmacists keep a detailed record of the medications you use. For that reason, it's advisable to use the same pharmacy for all of your drug needs, especially if you're being cared for by a number of doctors who may be prescribing several medications. Each time you're given a prescription, your pharmacist can review your complete record to check for potential problems or undesirable drug interactions.

Source: Green Bay Area Ostomy Support Group; Mar/Apr 2014 via Winnipeg Ostomy Assoc. Inside/Out Sept. 2014

Monitor That Mole

Moles have no known purpose and scientists don't know why they develop. Most moles are harmless. You don't need to remove them unless they're irritated or unattractive. But you do need to monitor them. Skin changes are signs! Melanomas often become visible at an early stage, so examine your skin carefully on a regular basis. Any of these changes may be an indication of melanoma:

SIZE - Melanomas tend to be the diameter of a pencil or larger.
COLOR - Individual benign moles usually have one color. Multiple colors require evaluation.
SHAPE - Harmless moles typically have smooth edges. Look for irregular borders.
HEIGHT - Benign moles tend to be flat or dome shaped. Be wary of moles that are partially flat and partially elevated.
TEXTURE - Scales, shedding of skin, oozing or mild bleeding can signal melanoma so can hardening or softening of the colored area.
SENSATION - Is there itching, tenderness or pain?
NEARBY SKIN - Pay attention to swelling, redness, or other coloring that spreads into skin near the pigmented area.

Source: Mayo Clinic Health Letter; Ottawa Ostomy News; via Metro Halifax News, Sept. l997 via Inside/Out Sept./Oct 1998

Hints & Tips

TOO MUCH GAS?

- **Take 2 apple cider vinegar pills each day to help lesson this.**
- **Try drinking peppermint tea**
- **Cut down on carbonated drinks**
- **Don't chew gum**
- **Don't eat so fast! Sit down and slow down at meal times**

Laughter is the brush that sweeps away the cobwebs of the heart.

General Funds

Sharon Pchajek
Doug Bradie
In Memory of John Thomas Wasney
John Kelemen
In Memory of Shawna Forester Smith
John Kelemen

Youth Camp

Donna Love
Thelma G. Sures
Kathleen Cope
Lorrie Pismenny
Donna Suggitt
Ross Bingham
In Memory of Rollie Binner
Susan Garvey—daughter
In Memory of Rollie Binner
Evelyn R. Binner

Stoma Anniversary

Donna Suggitt—10 years !!!
Lionel Bernardin—1 year !!!
Ross Bingham—9 years !!!

Your support and Generosity is greatly appreciated !

Why Does Urine Smell When You Eat Asparagus?

Smelly pee after eating asparagus? Blame a sulfur compound called mercaptan. Mercaptan is also found in onions, garlic, rotten eggs, and in the secretions of skunks. The signature smell occurs when this substance is broken down in your digestive system.

But not all people have the gene for the enzyme that breaks down mercaptan, so some of you can eat all the asparagus you want without noticing any odour. Bad smell or not, asparagus is good for you. Unsalted asparagus is very low in sodium, and very low in calories. It is also a good source of vitamin B6, calcium, magnesium and zinc, dietary fiber, protein, vitamin A, vitamin C, vitamin E, vitamin K, thiamin, riboflavin, rutin, niacin, folic acid, iron, phosphorus, potassium, copper, manganese and selenium, as well as chromium! So if you like asparagus - eat up! The benefits outweigh the odour.

Source: Vancouver Ostomy HighLife July/August 2025

HELPFUL HINTS -
via UOAA Update

- **Vitamins should be taken on a full stomach** otherwise, they irritate the lining of the stomach and produce the sensation of feeling hungry.
- **Try strong-brewed tea before resorting to a "diuretic."** Hot tea twice a day will wake up your sluggish kidneys.
- **An alternative to Gatorade is tomato juice.** It is lower in cost per cup while providing as much sodium and five times more potassium as the Gatorade.
- **Orange juice is another alternative** providing the same amount of sodium and 15 times the amount of potassium. Tea, however, contains approximately the same amount of potassium as Gatorade, but only negligible amounts of sodium.

Source: UOASL - Live & Learn Fall 2025

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

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

BOARD of DIRECTORS

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Member-at-Large	Michelle Budiwski	
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Friends of Ostomates Worldwide F.O.W. (Canada)

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.

MEDICAL ADVISORS

NSWOC NURSES
Nurses Specializing in Wound, Ostomy & Continent Care

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Tammy Landry	BN, NSWOC	MOP	204-938-5757
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Lawrence Cuevas	BN, NSWOC	HSC	204-787-3537
Chelsey Lewis	RN, NSWOC	Bran-don	204-578-4205

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