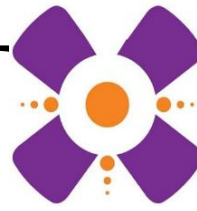


INSIDE/OUT

SEPTEMBER 2026



**Ostomy Manitoba
Association**

Healthier / Stronger / Together

"If we were meant to stay in one place, we'd have roots instead of feet" – Rachel Wolchin

We Have Moved!
Join us on Sept. 23rd to get a first-hand look.

In this issue

We've Got Mail	3
ZOOM LINK for SEPT	3
From Prez Desk	4
Abdominal Noises	5
We've Moved!	6
Camp Pics & TYs	7
Laser Hair Removal	8
Camp Pics & TYs (cont'd) ...	9, 10, 11
Laser Hair (cont'd).....	12
Five Foods to Eat	13

**CHAPTER MEETING IS:
WED, September 23rd**
(4th Wednesday of the month – not the last Wednesday)
In person & Zoom

7:30 pm to 9:30pm

**Zoom link and
Meeting Notice on
Page 3**

in this issue of
INSIDE/OUT and on our
website:
<https://ostomymanitoba.ca>

OSTOMY CAMP 2026!



Photo courtesy of S & C Currie Photography

WE'VE MOVED!



**MANITOBA
POSSIBLE building**

**UNIT 2
1680 NOTRE
DAME
WINNIPEG, MB
R3H 1H6**

**Free and
Accessible**

ORDER OSTOMY SUPPLIES ONLINE NO PHONE WAIT REQUIRED Fast Track Your Order

If you have access to a computer, place your order online now.

Use the link below to go directly to the Ostomy Order Dept.
Complete the fillable form and submit it with one click.
You will receive a tracking number for your order.

[Community Program Supply Order - Shared Health](#)



Ostomy Manitoba
Association

Healthier / Stronger / Together

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.

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

“NEW” address*

**Ostomy Manitoba Assoc.
Unit 2 – 1680 Notre Dame
Winnipeg, MB R3H 1H6**

FREE PARKING:

***Manitoba Possible Bldg**



Zoom is offered as an option at all our chapter meetings for those who cannot attend in person for whatever reason.

Zoom links are found in this newsletter as well as on our website at -

<https://ostomymanitoba.ca>

Meetings open at **7:10 pm** for meet & greet among attendees. Meeting starts at **7:30 pm**



Give the Gift of Dignity

Ostomy Manitoba volunteers collect donations of unused ostomy supplies, which are then sorted, packed, and sent to FOWC's central depot in St. Catharines, Ontario. From there, FOWC ships pallets of supplies overseas to support people who cannot afford them or who live in areas where ostomy supplies are unavailable.

To have donations of supplies picked up please call and leave a message at:

**Ostomy Manitoba Association
204-237-2022 (voice mail)**

Or drop off at:

**Diamond Athletic Medical
Supplies Inc.**

75 Poseidon Way
Winnipeg MB R3M 3E4

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



Letters to the Editor, Inside/Out

Email: 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, Sept. 4th**

WEBSITE

Visit the OMA Web pages
at:

www.ostomymanitoba.ca

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 Assoc.
Unit 2-1680 Notre Dame
Winnipeg, MB R3H 1H6**

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.

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

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MEMBERSHIP CHAIR:

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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

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

**BRANDON/WESTMAN OSTOMY
SUPPORT & Ostomy Supplies Donations
Drop Off:**

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 !

Re: Ostomy Manitoba Summer Newsletter
– via email



Nice! A lot of new stuff, which is always appreciated. You must have an amazing pipeline to be able to find all these articles.

Thelma S.

Editor's note: "Yes, Thelma, I'm forever in dept to the many chapter editors across Canada & the USA for sharing their newsletters"

.....

Re: Ostomy Manitoba Summer Newsletter – via email

Hi Lori

Another great issue. I especially enjoyed the daily living article. This person is so right. While it's definitely a hiccup in life, do things as you always did and continue to enjoy life. You will find that you don't think about it at all. Your appliance will remind you when it needs attention. Take care. Hi to everyone.

Barry Miller

PS. Retired and moved to Edmonton last November to be close to the seven grandchildren and all the sports they're in.

OMA SEPTEMBER Chapter Meeting (4th Wednesday)

(Note there are five Wednesdays in September)

Sep 23, 2026 7:30 PM

Join Zoom Meeting Link

<https://us02web.zoom.us/j/89992714688?pwd=PlqoBXbogd7soSN0XJwvu8aiAlbKMD.1>

Login via Zoom Website using ID and Passcode

Meeting ID: 899 9271 4688

Passcode: 945625

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

FIND the SUPPORT YOU NEED

Need support with your ostomy, ileostomy, colostomy, or urostomy?

Connect with a Certified Ostomy Visitor for personal, practical support before surgery, after surgery, or both. Visits are available in person, by phone, or online.

Whether you have a few questions, want to talk through a concern, or simply need reassurance from someone who has been there, a Certified Ostomy Visitor can help you feel more prepared, informed, and supported.

While reassurance from doctors, nurses, and others is valuable, nothing compares to hearing from a positive, well-adjusted person who is living with an ostomy.

Your visitor is part of your rehabilitation team, working alongside your physician, nurse, NSWOC, and other supports to help you move forward with confidence.

Trained visitors are at the heart of the organization. They come from many backgrounds, ages, and life experiences, but they share one powerful connection: each has had ostomy surgery and now lives a full, active, and meaningful life.

We do our best to match visitors by age, gender, and type of surgery so the conversation feels comfortable and relevant. Just ask to be connected.

To arrange a visit, **call**
Visiting Coordinator
Bonnie Dyson at 204-669-5830.

Support is only a conversation away

FROM the PRESIDENT'S DESK



Welcome Back!
I hope you've all had a wonderful summer.

A couple of important events happened over the course of the summer.

OMA sponsored 6 youth to camp; – 5 of them were returnees – one a first timer. This issue highlights 4 of our campers with pictures and thank-you letters from the campers and/or their parents. These letters, all very heartwarming, remind us that young people with ostomies face many challenges beyond their surgery, making these positive experiences especially meaningful.

Plans of holding a camp fundraiser in February 2027 is in the discussion phase at the board level. The NSWOCs requested 41 sponsorship letters to mail out to parents of possible young campers this past spring. That gives you an idea how many we could be sponsoring if the money was available. The board welcomes any ideas from you, the members, as we work on this event in more earnest.

Our move is complete, and our first meeting of the fall and winter season is only days away. The board has not had a chance to try out the logistics of our new move, so we ask you for your patience as we adjust to the new arrangements.

The meeting is a planned hybrid one per usual – Zoom and In Person. The evening's agenda will remain flexible as we settle into the new space. We hope to arrange an on-site tour, with a laptop connection for members joining by Zoom. The meeting will also include preparation for breakout sessions.

And a bit more about our meeting...

Continued on Page 4



Camp Fund

Wendy Cope

Camp Fund - In Memory
of Rollie Binner

*Susan Garvey
Evelyn Binner*

Stoma Anniversary

**Ross Bingham – 10 years!
Marli Lerner – 1 year!**

In Memory of Ronald Grant Davey

Irene Davey

General Funds

John Kelemen

*Your support and generosity is
gratefully appreciated!*

ABDOMINAL NOISES

From Greater Atlanta & UOAA updates

Abdominal noises happen! However, as ostomates, we are sometimes embarrassed and wonder if something is wrong. It is usually “sound and fury”, signifying nothing important. Any of the following may be the cause.

You are hungry. Peristomal goes on whether or not there is anything to move through. – *Empty guts growl. Eat a snack between meals or consider eating four small meals a day.*

You are nervous, so peristalsis is increased. – *Try to eliminate some stress, especially at meal times.*

Coffee and tea, cola and beer all stimulate peristalsis. Beverages consumed on an empty stomach will produce gas as peristalsis redoubles its movements. – *Add a little food with your beverages. Try some crackers and/or bread.*

Eating a high fibre diet produces gas, so rumbles increase. – *Mix with other foods. Reduce the amount of insoluble fibre. Switch to more soluble fibre.*

Intestines do not digest starches and sugars as easily as proteins and fats. – *Reduce the amount of carbohydrates that cause you trouble. Mix with proteins and fats.*

Source: OCG of Middle Georgia, The Ostomy Rumble 2018

Don't worry about what to wear today,
your smile goes with any clothes.

- Anonymous

In a Nutshell: REASONS TO COME TO MEETINGS ...

“We come to our local chapter meetings to take comfort in the fact that we are not alone; to bolster up our morale; to be educated in options regarding ostomy management and equipment; to receive practical hints on skin and health care; to help ourselves by helping others.”

Source: Chilliwack & Area Ostomy Association, article Attitude in Recovery.

We've Moved!



Continued from Page 1;

FROM the PRESIDENT'S DESK

Attending In Person?

A FEW THINGS TO NOTE

- Things are a little different.
- There will be no security guard. The building is fitted with alarms.
- We will have to meet and let you in.
- Please plan to arrive no earlier than 7pm and no later than 7:30p.

If you plan to attend in person, I welcome a phone call or email (below) prior to the meeting. That way I can give you my cell # to call should you be delayed or take the wrong route.

Tel: 204-489-2731 (landline)

Email: pis_mel@outlook.com

Thank you for your patience as we adjust to the new arrangements. I look forward to seeing you all again especially if these warmer days continue.

Cheers,

Lorrie

WELCOME to OUR NEW HOME!

(for the next 25 years?) Time will tell.

Although the Executive members have visited the site several times to review the arrangements and ask questions, we didn't think to take photos of the rooms. The space is very impressive.

Attached are the mock-up diagrams we received before the move, and the finished site closely matches them.

- The main entrance leads directly to reception.
- To the right of reception is the Permit Parking desk, which handles all accessible parking permit requests.
- To the left of reception, the community kitchen is visible through the large glass doors.
- Farther down the hallway, past the community kitchen, is the Spruce Room meeting space. Everything is on one floor, with washrooms nearby, free parking, a bus stop outside, and a lobby where you can wait for your ride home.

Your Donations at Work

EMILY

Dear ostomy manitoba, thank you for paying for me to go to camp again this year, it was really fun being at ostomy camp, I'm thankful for being able to go because I made two new friends this year and a friend last year, it was really fun going on a airplane for the first time ever, it was a great distraction for me cause I'm learning to make friendships, new activities, also the dance was really fun, we danced, dress up, also my most favorite activity is the giant swing cause it's like a swing but very big, don't need to pump your legs, makes you feel like your flying ETC, thank you again and I'm looking forward again for Ostomy Camp 2027, -Emily Quill.



On Sat, Aug 1, 2026 at 1:41 PM Cheryl wrote:

I just wanted to share. I showed Emily the article, she squealed with excitement and yelled "Mommy that's me!!" Adorable!!

Editor's note: This would be the front page of the Summer INSIDE/OUT Cheryl is referring to.

Hello Lorrie

I wanted to take the time to thank you and the entire Ostomy Manitoba team for having Emily attend camp again this year.

The end of 2025 and now 2026 has been extremely difficult for Emily and our family. In 2025 Emily's Dad became ill and sadly passed away in February 2026. Emily struggled deeply with her loss and has had difficulty finding ways

to cope and understand. No child should have to endure so much pain.

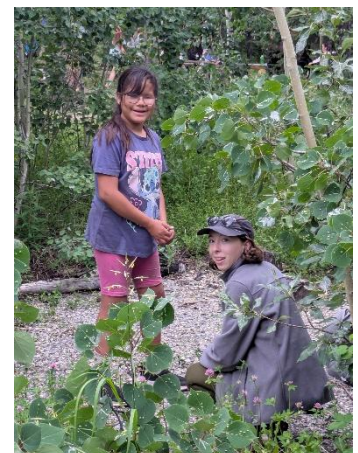


Camp came at the perfect time! She was thrilled to hear she was heading back to Alberta for a week away to enjoy being a child. She was excited to pack her suitcase; this was exactly what Emily needed to help heal and see life can move forward in a healthy way. That it's ok to be happy, it's ok to play, have fun and just be a child. It's ok to experience new things and explore new places.

When Emily returned, she was very excited to share she made 2 new friends. For most, making friends comes easy, for Emily this is a huge accomplishment!

This was her first experience flying, she shared she was nervous and anxious, upon her return she shared it was sooooo cool to fly! I'm so proud of Emily!

How do I ever thank you each enough for an amazing week filled with smiles!



Hope you all have an amazing summer
Cheryl Rondeau 💜

LASER HAIR REMOVAL for OSTOMY CARE: WHAT the CLINICAL PILOT STUDY FOUND

Laser hair removal ostomy care can make pouch changes easier, reduce shaving irritation, and improve comfort around the stoma.

As an ostomate, I understand how frustrating hair growth around the stoma can be. For many people, it makes pouch changes slower, can interfere with adhesion, and can make routine ostomy care more uncomfortable than it needs to be. I found that frequent shaving often led to irritation, razor burn, and ingrown hairs, so I started looking for a better long-term option.

That search led me to the published paper, “Diode Laser Hair Removal Around Ileostomies Is Safe, Effective and Beneficial: A Pilot Study” Reading that research gave me the confidence to explore laser hair removal as part of my own ostomy care routine. You can read the paper here:

<https://pure.amsterdamumc.nl/en/publications/diode-laser-hair-removal-around-ileo-colo-ostomys-is-safe-effective/>

Why Hair Around the Stoma Can Be a Problem

Hair around the stoma may not seem like a major issue at first, but it can quickly become one. It can make the wafer or baseplate harder to seal properly, cause painful pulling during pouch removal, and increase skin irritation when the same area is repeatedly shaved.

If you are already dealing with sensitive peristomal skin, reducing friction and repeated trauma can make a real difference. That is one reason many people start looking for a better option that constantly shaving.

Laser Hair Removal Ostomy Research: What the Pilot Study Found

The pilot study looked at 11 ostomy patients with hair around the stoma and evaluated laser hair removal using an AlGaAs diode laser at 800 nm. Patients received 3 to 4 treatments at 8-week intervals. The results were encouraging: the paper reported an average 50% reduction in hair growth based on visual inspection, and shaving frequency decreased from once a week to once every 5 weeks.

For me, that mattered because it showed that a laser hair removal

Continued on Page 12



About the Author:

Sebastian Piper is a mechanical engineer, MBA student, and founder of Ostomy Athletics. He created Ostomy Athletics as a way to share the lessons, experiences, and practical knowledge he had gained in hopes of making life a little easier for others navigating life with an ostomy.

Today, that mission is growing beyond education and into product development. Ostomy Athletics is collaborating with BC-based universities to explore and engineer new products designed to provide meaningful benefits for people living with ostomies.

Sebastian's long-term aim is to use his engineering background to develop practical products that help ostomates live full, active, and wholesome lives with greater confidence and independence.

Ostomy Athletics also provides ostomy supplies and is fully set up for direct billing through BC PharmaCare. Currently, 100% of the profits generated through the business are being reinvested into research and development to support the creation of new products for the ostomy community. For Sebastian, Ostomy Athletics is ultimately about helping others - whether through shared knowledge, easier access to supplies, or engineering better solutions for the future.

You can learn more at <https://ostomyathletics.ca/>

FELIX

Dear Ostomy Manitoba Association members!

My son Felix and I would like to thank Ostomy Manitoba Association (OMA) and Camp Horizons and many, many other amazing employees, volunteers and donors who help support this amazing camp and help support and fund all our special little hero's, battling extraordinary measures back home.



Campers there can step away from their own busy lives back home, and step into a place where they are surrounded by kids just like them!! Kids who understand what it's like to try and smile thru the hard days. Being able to just be free, for a week, no appts, no hospitals, no school. Where kids just get to be kids again! 🥰 Learn fun and unique ways to come together and support each other together at camp. It's truly a tight bond no child will ever forget. 🥰💖



It's having the knowledge and safety that fellow Ostomy mates and Ostomy RN's are there. You know your child with unique needs is there and being cared for with the upmost respect and dedication that you'd not find from any other camp.

If it was not for the hard work of the Ostomy Manitoba Association OMA and the amazing

donations that help, all of this wouldn't be possible.

Thank you again for all parties involved on making my son's special week at camp so magical. We hope to make it back again next year. 🙏❤️ Felix made a drawing of his favorite day at camp! The day they had the big water fight with the local fire station!! Fire truck, hoses, bouncy castles and fun! I love all his little details!

He wrote..

"OMA ❤️ thank U for letting me go to camp.
From Felix"

With a bunch of hearts everywhere ❤️❤️
Ashley Flattery



For over 25 years Ostomy Manitoba Association has offered sponsorships to youth from Manitoba and North-Western Ontario, between the ages of 9 and 18, to attend the Ostomy Youth Camp in Bragg Creek, Alberta

Ostomy Youth camp offers children with ostomies and/or bowel/bladder conditions 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.

GAVIN

OSTOMY CAMP 2026!!!

(I used all caps cause...camp deserves that!)

Thank you so much for an amazing week of Ostomy Camp! Every day we seemed to have a schedule with I-can't-wait activities! Giant swing, high ropes, and the water fight to name a few, I loved the variety of different activities. The food was also delicious.



I also liked meeting people from different parts of the country. Theo, who's from Ontario, Aiden, who's from Saskatchewan, Felix, who's from Winnipeg (Even though I'm from Winnipeg, I wouldn't have met him), they all made an impact on this unforgettable week.



The counselors are so kind and caring. I appreciate how energetic they are and how they deliver the fun! Some counselors that really stood out and ensured I was looked after were; Viper, Ryan, Pepper, and Old Man Aton (sp?). The week goes by so fast, I wish I could only stay longer!!! But I'm happy to have made some awesome friends and memories.

Signed, Gavin M.

CALLEN

Dear Donors and Supporters of Ostomy Manitoba,

Thank you for your generosity and for the difference you have made for my son and our family.

This year, my son Callen had the opportunity to travel from Manitoba to Alberta for Ostomy Camp. Ostomy Manitoba covered his camp fees as well as a portion of the airfare. Without this support camp would not have been an option for him, first because he needs a daily flush, and second the cost would have been a barrier.

Callen has had a rough year. First there was the surgery, and not being able to join in a lot of summer activities. One time at a hotel he had to sit with his feet in the water only while his sisters swam.



Continued on Page 11

Continued from Page 10

Then there were complications from the surgery, with an 8-month total recovery time, and a lot of pain. His physical fitness plummeted.



Since coming home from camp, Callen has been happier, more energetic, and more active.

He says: "I really enjoyed the water fight at the end and I had a lot of fun meeting a bunch of new people. I made a lot of friends and I'm looking forward to coming next year. Thank you for having me at your camp."



His favourite memories are:

- "Best grilled cheese I've ever had"
- High ropes
- Making a song "I want to go to Main Field"

It was very nice for him to have this positive experience. When he thinks back to his summer, this is what he'll remember.

Thanks again,
Jeff and Jaime



Group pictures courtesy of S & C Currie Photography.

Other camper photos courtesy of the volunteer mentors at Camp 2026.

More pictures are due at a later date from the Camp Administration.

There will be another section on camp in the October newsletter.

Ask an NSWOC

Question: I have an ileostomy and I have been prescribed Hydromorphone for pain due to a fall. My pharmacist advised me to take a stool softener for prevention of constipation. Should I take it?

Answer: Taking a stool softener when living with an ostomy can lead to dehydration as it will decrease the absorption of water and living with an ileostomy you are already struggling with absorption of water and electrolytes. Do not take a stool softener if you have an ostomy. Consult your ostomy nurse or physician if in doubt.

Source: Nightingale Medical Supplies Ltd. Spring 2017

Continued from Page 8

.... was not just a cosmetic idea. It had already been studied specifically in ostomy patients as a way to reduce one of the most annoying practical problems in day-to-day stoma care.

My Experience With Laser Hair Removal for Ostomy Care

After reading the paper, I decided to explore laser hair removal for ostomy care myself. Before starting, I spoke with a healthcare professional and made sure the treatment plan made sense for my skin and my stoma location. That step is important, because every ostomate's skin, appliance setup, and medical history are different. Once I started treatment, I noticed a gradual improvement over time. With less hair around the stoma, pouch changes became faster, more predictable, and less uncomfortable, especially when I needed a quick, low-stress bag change and wanted to get back to daily life.

Benefits of Laser Hair Removal Around the Stoma

For many ostomates, the biggest potential benefits of laser hair removal around the stoma include:

- less frequent shaving
- less irritation from razor use
- less pulling on hair during wafer removal
- an easier surface for pouch adhesion
- faster and more comfortable ostomy bag changes

That said, laser hair removal is not something to jump into blindly. The area is sensitive, and treatment should be approached carefully and professionally.

Important Safety Considerations

If you are considering laser hair removal ostomy treatment, speak with your healthcare team first. A stoma nurse, physician, or qualified clinician can help you decide whether it is appropriate for your skin, your appliance system, and your medical history. It is also worth reviewing broader ostomy skin care guidance. For additional education on protecting the skin around the stoma, visit the United Ostomy Association of America ostomy skin care resources.

Even with laser hair removal, the right products still matter. A smoother routine usually comes from a combination of good skin prep, quality pouching products, and a system that fits your body well.

Final Thoughts on Laser Hair Removal Care

My experience with laser hair removal as an ostomate has been a positive one. It helped reduce one of the more frustrating parts of peristomal care and made pouch changes feel faster and less stressful. Just as importantly, it gave me a greater sense of control over my routine. If hair around your stoma is making pouch changes more difficult, laser hair removal may be worth discussing with your healthcare team. With the right approach, it may help make ostomy care more comfortable and more manageable. □

My mind works like lightning. One brilliant flash and it is gone.



5 Foods to Eat If You Have Diarrhea or Chronically Loose Stool

Bananas: Bananas are a great food to eat when you have diarrhea. Bananas are easy to digest, and they are high in potassium which is lost through diarrhea. Bananas are soothing, filling, and readily available.

Rice: Eat plain rice during bouts of diarrhea. Rice is easy on the digestive system. It is also low in fibre and helps slow down the gastrointestinal tract, which is beneficial for cases of diarrhea.

Applesauce: Incorporate applesauce into your diet when you are suffering with diarrhea. Applesauce contains pectin, a water-soluble fibre, which is known to reduce diarrhea. Applesauce is also very nutritious, containing an appropriate balance of vitamins and sugar.

Boiled Eggs: The body loses energy during diarrhea. Eggs provide protein which energizes the body and gives it strength. Avoid fatigue by eating well-cooked eggs during bouts of diarrhea.

Pretzels: Eat salted pretzels while dealing with diarrhea. This will help your body retain water and keep you from becoming dehydrated. The salted pretzels will also help soothe and settle your stomach.



Source: Vancouver Ostomy HighLife May/June 2018

STOMA ANNIVERSARY CLUB

Celebrating My Stoma Anniversary

My stoma anniversary date is _____.
(surgery date)

In gratitude for the life-saving surgery that gave me a second chance at a healthy life, I am making this donation to celebrate this special milestone.

NAME: _____

AMT. ENCLOSED: _____

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
Unit 2 – 1680 Notre Dame Ave.
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.

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 name and address so tax receipts can be issued for you.

Treasurer's request: If paying membership and making a donation, please make two separate transfers.

AUTO DEPOSIT has been set up. No need for secret questions.



Ostomy Manitoba
Association
Healthier / Stronger / Together

Unit 2 – 1680 Notre Dame Avenue

Winnipeg, MB R3H 1H6

Phone: 204-237-2022 Email: info@ostomymanitoba.ca

Website: <https://ostomymanitoba.ca>

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DR. C. YAFFE

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Stacy Abrahamson	STB	204-237-2566
Tamara Perkinson	STB	204-237-2566
Tina Rutledge	HSC	204-787-3537
Lawrence Cuevas	HSC	204-787-3537
Chelsey Lewis	BDN	204-578-4205

For more information regarding calls or appointments with the nurses, check out the *Manitoba Ostomy Program* page on our website at <https://ostomymanitoba.ca>

OSTOMY MANITOBA ASSOCIATION MEMBERSHIP APPLICATION

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

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: _____

Are you Spouse or Family Member? _____ (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. Unit 2 – 1680 Notre Dame Ave. Winnipeg, MB R3H 1H6