

THE NEWSLETTER OF THE OSTOMY MANITOBA ASSOCIATION, Inc.



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Did You Know ——— *that if you look like your passport picture, chances are that you are not well enough to travel?*
 - unknown

GIVING THANKS in the NEW YEAR

I am thankful for:

- Medical technology which has given me renewed life, free from pain and restrictions.
- New developments in appliances which allow me to live life normally.
- Family who, without complaint, endured months of worry, expense, and interruptions in their lives during the course of my illness.
- Friends whose acceptance made the road to recovery easier.
- That little “rosebud” that sputters and spurts, gurgles & growls, and is my lifeline.
- My ability to accept and adapt to this new life, and a wish to live that life to its fullest meaning.
- My ostomy support group which provides the latest in information and supplies, an opportunity for new friends, and a way to help others.

Source: The Ostomy Support Group of Northern Virginia, LLC Reprinted from the Winnipeg Ostomy Association INSIDE/OUT - January 2013



INCLEMENT WEATHER ON A MEETING NIGHT

Should the weather be so bad that we need to cancel our meeting— here are the steps to follow:

1. **WAIT** until after 12:00 Noon
2. **CALL** (204) 237-2022, - # found on back page.
3. **MEETING CANCELLED** - IF there is a “**CANCELLATION MESSAGE**” on the machine

WHO WE ARE

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

MEMBERSHIP

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

WHAT IS AN OSTOMY?

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

VISITING SERVICE

Upon the request of a patient, the ***Ostomy Manitoba Association*** 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) or by asking your Doctor or nurse. There is no charge for this service.

WHAT WE OFFER

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

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

EDUCATION: We promote awareness and understanding in our community.

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

OUR MEETINGS

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

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

7:30 pm—9:30 pm

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

FREE PARKING:

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

UPCOMING EVENTS



**FOURTH
Wednesdays of
the month**

**JANUARY 24th
February 28th
March 27th**

**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 other important information.

Send your change of address to:
Ostomy Manitoba Assoc.
204 - 825 Sherbrook St.
Winnipeg, MB R3A 1M5

LETTERS TO THE EDITOR

The Editor, *Inside/Out*
204-825 Sherbrook St.
Winnipeg, MB R3A 0M5
Email: info@ostomymanitoba.ca

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

**Deadline for next issue:
Friday, February 9, 2024**

WEBSITE

Visit the **Ostomy Manitoba Assoc.**
Web Pages:
<https://ostomymanitoba.ca/>
Webmaster:
webmaster@ostomymanitoba.ca

DISCLAIMER

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

OSTOMY MANITOBA CHAPTER VOLUNTEERS

SOCIAL CONVENORS:

Fem Ann & Fred Algera 204-654-0743

RECEPTION/HOSPITALITY:

Bonnie Dyson 204 - 669-5830

MEMBERSHIP CHAIR:

vacant

LIBRARY/TAPES:

Ursula Kelemen 204-338-3763

CARDS:

Donna Suggitt 204-694-7660

NEWSLETTER:

Editor: Lorrie Pismenny 204-489-2731

Mailing: Jan Dowswell

WEBMASTER:

Peter Folk

VISITOR TRAINING:

Lorrie Pismenny 204-489-2731

FOWC: Friends of Ostomates Worldwide (Canada)

DONATED SUPPLIES Pick UP

Winnipeg - 204-237-2022

Please leave a message

BRANDON & AREA

Marg @ 204-728-1421

PORTAGE la PRAIRIE & AREA

Gerry @ 204-857-9516 (res) OR
204-870-1045 (cell)

CHAPTER WEBSITE:

<https://ostomymanitoba.ca/>

CHAPTER EMAIL:

info@ostomymanitoba.ca

The **Ostomy Manitoba Association** is a registered non-profit charity run by volunteers. **The Ostomy Manitoba Assoc.** was incorporated in August 1972 under the name Winnipeg Ostomy Assoc.

BRANDON/WESTMAN OSTOMY SUPPORT GROUP:

Contacts:

Marg Pollock 204-728-1421

OSTOMY SUPPLIES

HSC MATERIALS HANDLING

59 Pearl St. , Winnipeg, MB.

ORDERS: 204-926.6080 or
1.877.477.4773

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

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

From the President's Desk



NEW YEAR

2024 brings us a new start, a new name (*Ostomy Manitoba Association*), new energy and wishes of good health for all.

Although the September renewal letters were slightly late being mailed out, the quick response in sending in your membership was very welcome. There are still some outstanding memberships, but I'm sure that is only an oversight, and we will be hearing from everyone shortly.

Your yearly membership payments and generous donations make it possible for us to continue our work in offering ostomy patients a trained visitor, monthly meetings, a newsletter, and many other benefits.

The financial support from you, our members, for over fifty years is gratefully appreciated. Thank you everyone!

The new brochures have been designed and printed. I'm so proud of my granddaughter, Jamie, who created the new design on the free version of

Canva. Changes can be made to it in the future and copies can be printed if and when necessary. I will see if I can get it loaded to our website in the next few days for your viewing.

Our vacancies for treasurer and membership, which I mentioned in the Nov/Dec 2023 newsletter are being worked on and I hope to give you a positive update by next month.

But that doesn't mean we don't need more volunteers!

We have room for more members on the board. You know the saying, "*More hands make light work*"? Well, it's true. Every person who has served on the board is amazed at the work that goes on behind the scenes. How about checking us out? If being a board member doesn't appeal to you, there are a lot of things you could help with at the meetings. Board members, currently, do double duty on coffee set-up, seating, greeting, for example. Call or email me if you might be willing to take on a small task that would make the board members' jobs less onerous.

Cheers,

Lorrie

*"A new year
is a clean slate, a chance to suck in your
breath, decide all is not lost and give
yourself another chance."*

• Sarah Overstreet

WE'VE GOT MAIL!



Hi Lorrie,

Hope you're doing well!

As per your request, I wanted to follow up with some comments on my first meeting.

As this was my first meeting with the Ostomy Manitoba Association membership group, I was very appreciative to be invited and pleased I had the opportunity to speak to the group. As a Territory Manager with Convatec representing Manitoba, I value these opportunities to learn more about the Ostomy community and try my best to add value where I can. I was impressed with the welcome I received, interaction and engagement I had with the group throughout the evening. I was very touched by the three-person panel discussion as each member shared their personal stories, experiences and insights living with an Ostomy. Overcoming challenges, changes and embracing life altering experiences is never easy. It was very impressive to see how open and candid each member was with their own personal

experiences and how positive they were with their lifestyle changes.

With regards to the volunteer board members and organizing committee, kudos to all of you for taking time out of your busy schedules to make these meetings and events happen. I believe it's extremely important to have a support group/ association established for people living with an Ostomy. I would like to see the membership group grow especially since there are over 4000 people living with an Ostomy in Manitoba. Thank you for everything you do and I look forward to working with you and your group moving forward.

Regards,
Ryan

Ryan Stephanchew

Territory Manager, Manitoba

Wound Therapeutics, Ostomy Care, Continence & Critical Care

Convatec Canada Ltd.

Cell/Mobile: 204-218-2082

Email: ryan.stephanchew@convatec.com

convatec.ca

AQUACEL® Ag+ Extra™ & biofilm video link below:
<https://youtu.be/9nW3wNUXPr>

Ostomy Manitoba Assoc. Chapter Meeting Jan 24, 2024 07:30 PM

IN PERSON

825 Sherbrook St. Rooms 202 & 203
Manitoba Possible Bldg - Free Parking
in side lot.

PROGRAM

- **PANEL DISCUSSION - "What is the New Normal?"**
- **TIPS & HINTS**
- **GENERAL DISCUSSION: Has Your Ostomy Been a Life-Saver?**



Join Zoom Meeting link,

[https://us02web.zoom.us/j/84736879960?](https://us02web.zoom.us/j/84736879960?pwd=N2J3R1RzNnNaTnkwRWhtZlloWnV3QT09)

[pwd=N2J3R1RzNnNaTnkwRWhtZlloWnV3QT09](https://us02web.zoom.us/j/84736879960?pwd=N2J3R1RzNnNaTnkwRWhtZlloWnV3QT09)

Login via the Zoom website, Meeting ID: 847 3687 9960 Passcode: 785281

Dial in, 204 272 7920 Meeting ID: 847 3687 9960 Passcode: 785281

Randy Hull
r.hull@shaw.ca

THE FLU AND WHAT TO DO

UOAA UPDATE 10/2013

The flu brings with it, headache, upset stomach, diarrhea, muscle aches and pains. The advice to drink plenty of fluids and rest in bed remains sound medical advice for your general attack of the virus. But if your case of the flu includes diarrhea, the following may be helpful.

For those with a colostomy, it is usually wise not to irrigate during this time. Your intestine is really washing itself out. After diarrhea, you have a sluggish colon for a few days, so “leave it alone”. Start irrigation again after a few days when your colon has had a chance to return to normal.

For those with an ileostomy, diarrhea is a greater hazard. Along with the excess water discharge, there is a loss of electrolytes and vitamins that are necessary in maintaining good health. This loss is usually referred to as a loss of fluid, which in turn, brings a state of dehydration. Therefore, you must restore electrolyte balance.

- **First**, eliminate all solid food.
- **Second**, obtain potassium safely and effectively from tea, bouillon and ginger ale.
- **Third**, obtain sodium from saltine crackers or salted pretzels.
- **Fourth**, drink a lot of fluids, including water.
- Cranberry juice and orange juice also contain potassium, while bouillon and tomato juice are good sources of sodium. Increased water intake in the ileostomy patient results in increased urine output rather than increased water discharge through the pouch.

Vomiting also brings the threat of dehydration. If it is severe and continuing, your doctor should be notified.

You should also know that diarrhea may be symptomatic of a partial obstruction or acute gastroenteritis. Since the treatment of these two conditions is entirely different, a proper diagnosis should be sought immediately.

It is very important to determine whether the diarrhea is caused by obstruction or gastroenteritis. If you do not know, check it out with your doctor. **Do not guess**—always call your physician unless you are 100 percent certain what you are doing.

For those with a urostomy, be sure to keep electrolytes in balance. Follow the general instruction for colostomies and ileostomies.

- No ostomate should take medicine for pain or a laxative without a physician’s order.
- Do not use an antibiotic for a cough or flu unless ordered by a doctor.
- When returning to a normal diet, use fibre-free foods at first then gradually increase to a regular diet.

Prompt attention to symptoms of distress of colds and flu could bring a happier and hopefully healthier winter.

Source: Greater Seattle Ostomy Assoc. “The Ostomist” - Nov. 2013 Reprinted from Winnipeg Ostomy Association *INSIDE/OUT* January 2014

CONTROLLING LEG CRAMPS

If you have been jolted awake by a leg cramp, you know how sudden and intense the pain can be. Several factors, including dehydration, the use of diuretics or overuse of your muscles can trigger leg cramps, which usually occur during rest or sleep.

For relief, straighten your leg and point your toes upward while you gently rub the cramp to help the muscle to relax. For a calf cramp, stand up and put your weight on the cramp, keeps both legs straight and lean forward at the waist. Use a cold pack to relax tense muscles. Use a warm towel or heating pad later if pain or tenderness persists. To prevent cramps, stretch daily. Before bed, stand 2-3 feet from a wall, placing your hands on the wall. Keep

your heels on the floor. Lean toward the wall and bend one knee, hold ten seconds, straighten your leg. Repeat with the other knee. Stretch each leg 5 to 10 times.

Drink 6 to 8 cups of water daily. Fluids help your muscles contract and relax. Try not to sleep with your toes pointed (as people tend to do when sleeping on their back or stomach). Sleep on your side, don't tuck your sheets and blankets too tightly as then can bend your toes down.

Your doctor may prescribe a muscle relaxant for frequent leg cramps.

Source: Mayo Clinic Health Letter; S. Nevada's Town Karaya, Snohomish, Metro Halifax News, Sept/98 via Ottawa Ostomy News - November 2023



THE MANITOBA OSTOMY PROGRAM (MOP)

NEW ONLINE WEBSITE THROUGH SHARED HEALTH

Reported by Rhonda Loeppky NSWOC

As of September 2023:

- the voice mail line has been revamped for easier use.
- clients now have the option to order supplies online
- to access the ONLINE ORDER FORM, search Manitoba Ostomy Program under

the Shared Health Manitoba website. ...OR

- Use the link below to connect to the Order Form directly.

[Ostomy Supply Order Form - Shared Health \(sharedhealthmb.ca\)](https://sharedhealthmb.ca)

- The new site includes information on ordering supplies, services, locations, hospitals, contacts, resources, product recalls as well as name changes or branding.

Please call to confirm your order is ready to pick up: **204-787-1894**

NOTE: Niltac (adhesive remover spray) will be available January 2024 under a new name - Esenta. The product hasn't changed—just the name.

FACTORS WHICH INFLUENCE OSTOMY FUNCTION

Quite often, patients experience a sudden reversal in normal ostomy function due to medications or treatments they are undergoing. The following information might be helpful to keep in mind.

Antibiotics: These often cause diarrhea, even in patients without an ostomy. Ostomates are no exception, and if the problem becomes severe, notify your physician immediately. In the meantime, keep Gatorade or a like drink on hand to maintain adequate electrolyte balance.

Pain Medications: These are often constipating. Extra irrigations or laxatives or stool softeners might be required for colostomates to combat the side effects of medicine. Perhaps the dosage of pain reliever can be reduced to eliminate the situation. If not, consider one of the above alternatives.

Chemotherapy: Many cancer patients have follow-up chemotherapy after surgery or as an alternative to surgery. That often produces nausea and/or vomiting. Gatorade is again good to keep on hand for electrolyte balance.

Radiation Therapy: This often produces the same

effects as chemotherapy and should be treated accordingly.

Travel: Travel can cause constipation in some patients and diarrhea in others. Be aware that these are possibilities. Altered diet when traveling accounts for some of this, plus the excitement of new surroundings. Allow sufficient time for irrigations and take along an anti-diarrhea medication. Check with your doctor if you are not familiar with what works best for you to control diarrhea.

Antacids: Those with magnesium can cause diarrhea. Perhaps you will want to ask your doctor to suggest some with aluminum rather than magnesium. Drink plenty of liquids: Tea is always a good source of potassium (so are orange juice and bananas). Coca Cola also contains some potassium. Bouillon cubes are a good source of sodium.

Remember that some of the signs of electrolyte imbalance are irritability, nausea and drowsiness. Be prepared and prevent this problem when possible.

Via: Metro Maryland,
Source: United Ostomy Association, Inc., Evansville, Indiana Chapter *Re-Route*, Volume 29, Number 8 May, 2002 via Niagara *"It's in the Bag"* April 2016 and Regina & District News Jan/Feb 2024.

Dietary Guidelines for an Ostomate



Source: WINNIPEG OSTOMY ASSOCIATION

INSIDE OUT

MAY/JUNE 2007 &

JANUARY 2018

Editor's Note: This is a valuable list which makes managing an ostomy much easier for new patients. As a long time ostomate, it's good to have a reminder once in awhile too!

Foods that Increase Odor	Foods that Increase Gas	Foods that Thicken Stool	Foods that Loosen Stool	High-Fibre Foods that May Cause Blockages
Asparagas	Beans	Applesauce	Green Beans	Dried Fruit
Broccoli	Beer/Carbonated soda	Bananas	Beer	Grapefruit
Brussel Sprouts	Broccoli	Cheese	Broccoli	Nuts
Cabbage	Brussel Sprouts	Boiled Milk	Fresh Fruits	Corn
Cauliflower	Cauliflower	Marshmallows	Grape Juice	Raisins
Beans	Corn	Pasta	Raw Vegetables	Celery
Eggs	Cucumbers	Creamy Peanut Butter	Prunes/Juice	Popcorn
Fish	Mushrooms	Pretzels	Spicy Foods	Coconut
Onions	Peas	Rice	Fried Foods	Seeds
Some Spices	Radishes	Bread	Chocolate	Coleslaw
	Spinach	Tapioca	Spinach	Chinese Vegetables
	Dairy Products	Toast	Leafy Green Vegetables	Meat with Casing
		Yogurt	Aspartame	Oranges
		Bagels	NutraSweet	



Giving the Gift of Dignity

Improving the quality of life of people with ostomies



FOWC Impact Update – November 2023

On behalf of the FOWC team, I am pleased to provide the latest progress update on our current activities and our ongoing impact.

In early September, our warehouse shelves were full of donated supplies, ready to ship out to ostomates in need overseas. I am happy to report that, thanks to financial support from our generous donors, we were able to ship out an additional \$135,000 of donated ostomy supplies in October to Kenya and Ukraine.

At this point, we have exceeded our 2022 impact in donated supplies shipped overseas by 21%. Thank you for considering a donation to maximize our 2023 impact – every dollar and product donated definitely counts.

My enduring thanks go out to our fantastic volunteers who collect, sort and pack the all-important donated supplies, and to all our supporters for your invaluable financial and product donations.

Lorne Aronson, President, FOWC



Ukraine

2 additional pallets of supplies shipped out in October to Astom Ostomy Association in Kyiv, with an estimated retail value of \$67,500.

The volume of supplies shipped: 8 pallets / 2,070 kg
Estimated retail value of supplies shipped: \$270,000



Kenya

2 additional pallets of supplies shipped out in October to the Kenya Ostomy Association in Nairobi, with an estimated retail value of \$67,500

The volume of supplies shipped: 6 pallets / 1,558 kg
Estimated retail value of supplies shipped: \$202,500.



Iran

Lengthy government inspections continue to delay the release of donated supplies to the Iran Ostomy Association (IOA) in Tehran. The need remains great. As soon as the most recent shipment (May 2023) has been released we will initiate activities for the next shipment.

The volume of supplies shipped: 3 pallets / 735 kg
Estimated retail value of supplies shipped: \$101,250.



Rest Of The World

We continue to be in touch with our other partners who support ostomates in Cuba, Zimbabwe and

beyond. We are also starting to assess a new potential partnership in Uganda. As the need arises in these regions, and as product inventory allows, we will definitely be doing all we can to support their needs. The volume of supplies shipped: 2 pallets / 570 kg
Estimated retail value of supplies shipped: \$80,000.

Can You Help Us?

Our current need is for both product donations, to replenish our warehouse shelves as well as financial donations to allow us to ship out supplies that are ready to go. We need \$5,000 to get each of these shipments out of the door and on their way overseas to ostomates in need. Please consider donating. Every dollar donated goes directly towards the costs to store and ship donated supplies. For information on how to donate or to ask any questions of the team, please reach out to us at info@fowc.ca.

Thank you for your support!

Tanya Schmitt
FOWC Treasurer (Interim)
email: tanyas@fowc.ca
Tel: (416) 399-4110
Website: <https://fowc.ca/>



Pictures from St. Catharines, Ont. Collection depot.

See page 13 for
OMA's work for
FOWC

OCTOBER to DECEMBER 2023 **Visitor Report**

Surgeries: Ileostomy 6; Colostomy 10; Urostomy 0;

Hospital referrals: STB 11; HSC 4; Grace 1;

Valued Visitors: Marg Pollock, Bonnie Dyson (3), Claudette Gagnon (3), Randy Hull (2), Debbie Balzar, Norma Wilson, Jared Dymtruk (3), Paula Sturrey, John Kelemen

Submitted by
Bonnie Dyson,
Visitor Coordinator



Susan Luhowy

Violet Motheral

Resolutions for the Ostomate

By Patti Suler,

reprinted from OAHA Newsletter, January 2012

The New Year's Resolution is founded in the belief that there is always room for improvement. Losing weight, eating better, exercising more and assorted character improvements are the mainstay of our commitments. We have all made them and failed at them. Often times the resolutions are ill defined, too numerous to manage or unattainable and lead up to certain failure.

Every New Year carries with it some very powerful timing. It offers us the opportunity to start fresh and do it at the beginning of a new year. You can utilize this timing to work in your favor.

First, select something obtainable or desirable; then define it. Simply wanting to lose weight is undefined. A more clarified statement could be to develop improved life habits encompassing better eating habits, more physical activity and positive choices which will result in weight loss and a better quality of life.

Select specific target activities, do something more each weekend, eat less junk food, weigh weekly and record the results. Attaching defined measures and goals will ensure your resolution success. Allow for slips but plan to start again. Define your victory, know when you have met your goal and plan to celebrate the win.

Ostomates have a special area of resolution material. Consider these possibilities:



- **Improve pouching techniques and wear time.** Stuck in the same old groove, settling for less wear duration? Consider investing some time in seeing your WOCN to have your pouching techniques checked. Explore new products or methods to improve wear time and decrease change time. No WOCN? See our list in the newsletter.
- **Make routine changes.** Ostomates are the world's worst at creating routines that never vary. Try something new, do something you haven't done before. Get out, go some where. Buy a ticket to a concert, go to the zoo, go kayaking, walk the jogging trails or just go to the park. Repeat often.
- **Make every meeting.** This is much harder than it sounds. Going to meetings is not just for you but for the others there that may just need to know that someone cares. Commit to making every meeting for the entire year. You will be surprised at what you learn and share. Volunteer your time. The ostomy association is always looking for a few good mates, however, volunteering opportunities are not just with us. Consider volunteering your

(Continued on page 12)

CHRISTMAS PARTY 2023

Good food, great company, games and laughter provided an evening to remember as members, families, and friends gathered at Aaltos - Canad Inns, Polo Park on Friday, December 1st. This event was organized on very short notice by the very capable Sandy Borys. Sandy also stepped in and assisted the President in making sure everything was running smoothly that evening.

A game of Lefty/Righty provided everybody with a laugh and a silly prize; a table game provided by Barbara Halabut had everyone scratching their heads all evening trying to identify the Manitoba towns on the handouts, Bert & Betty Andrews celebrated their 65th wedding anniversary this evening - an ongoing tradition for many years. "Tins for the bin" were collected for the Cheer Board and attendance prizes were handed out to the happy winners as everyone headed home that evening.

*Photos courtesy of:
Sandy Borys*



Coming Home

by Debra Rooney -
Editor of Vancouver Ostomy HighLife

Editor's Note (Debra Rooney): *I wrote the following passage which appeared in the first edition of A Handbook For New Ostomy Patients, which the chapter published in 2006. It's as relevant now as it was then.*

You will be discharged from hospital after your doctor and/ or NSWOC is confident that you have recovered sufficiently from your surgery and understand the basics of stoma management. No doubt you will be glad to be in familiar surroundings again but coming home with a new ostomy can be a difficult time. The reality of what has happened may hit once you are out of the hospital, away from the everyday routine of the ward, once the visitors and flowers are gone. It may be a shock to discover that you feel worse, emotionally, when you get home. You wouldn't be the only one who has felt that way.



Give yourself time. You'll feel weak and uncomfortable during the early weeks or months and may wonder if you'll ever feel like your old self again. The task of caring for a new ostomy can seem overwhelming and you may feel dismayed at all the new things you need to do and remember. You may experience sadness, frustration, anger or depression -- all these feelings are normal and we all went through them in the beginning. Just as it takes time for the

body to heal, it also takes time to heal emotionally from this kind of surgery. It's common to have negative feelings and far better to release them through tears or talking than to bottle them up. Negative feelings or withdrawal cannot be allowed to become your new way of life, however. Fundamental management techniques must be learned, and new experiences or problems that may develop can be met and managed as they occur. As you learn and master the skills needed, you will gain in confidence.

You don't have to like your ostomy. You DO have to learn how to live with it.

Ostomy patients can fear being shunned or pitied by others. We have all felt the dread of losing our independence, our self-confidence and our dignity. Such reactions are universal and valid. It's important, however, for the new ostomate to realize that how they see themselves will be how others see them. If you are embarrassed and ashamed, those around you will reflect that. If you think you can't do something and refuse to try, others will gradually assume you are incapable. You have a responsibility to live your life fully and to provide an example of triumph over adversity, courage over despair and pride over pity.

There is no answer for "Why Me?" No illness or injury is fair. Rather than question why this has happened to you, give some thought to how you will live your life from this point on, for you have indeed been given a second chance.

Source: Vancouver Ostomy HighLife January / February 2024

TAKING CALCIUM SUPPLEMENTS

For maximum benefit take your calcium supplement at bedtime, recommends Morris Notelovitz, a professor of obstetrics and gynecology at the University of Florida.



Taking calcium supplements to prevent osteoporosis, a bone threatening disease affecting millions, has been widely advised. Dr. Notelovitz has discovered that when the dosage is taken does make a difference in how much calcium is absorbed and used. It is best to take calcium at bedtime because it is stored during the day and lost at

night. Stored calcium in the bones is required for aid in blood clotting and heart muscle contractions. At night, when no food is being taken in, the skeleton is the only source of calcium.

By taking the supplement at night, your blood level of calcium can be maintained without depriving the bones. Calcium should not be taken on an empty stomach, Dr. Notelovitz recommends. Have a glass of milk or some yogurt first, he suggests. As well as being excellent sources of calcium themselves, the lactose in these products also helps calcium absorption.

Source: S. Brevard (FL) Ostomy Newsletter, Regina Ostomy News, via Ottawa Ostomy News NOV 2023



Thank you!
Your gift matters!

STOMA ANNIVERSARY

Susan Luhowy - 1 Year!
Ken Horobin - 5 Years!
Barbara Halabut - !!!

GENERAL FUNDS

Gordon T. Pottinger
Sharon Pchajek
Fred Algera - x2
Florence Olson
Dale George
Sandy Borys
Carol Simpson
Jaa Dowswell

*Your Generosity is greatly
appreciated*

(Continued from page 9)



time with friends, neighbors, church or other organized non-profit groups. There are hundreds of opportunities in the greater Houston area. Eight hours of your time could change a life.

- **Overcome a fear.** Next to unyielding routines, ostomates are crazy about creating personal boundaries that are self limiting as a result of having listened to all types of can-nots in the media, on-line or via other mates. Horse apples! You know what your fear is. Airport security gates? Long road trips? Outdoor events (port-a-pottys)? Identify it and devise a plan to overcome it. Get other friends involved if you need support. Do it.
- **Deal with the minor problem.** Ostomates have a myriad of small issues such as gas, locating supplies, seatbelts. What to do? Usually we do nothing. Take a moment to identify your small problem areas then research solutions. Other ostomates or group members could be a resource. Once solutions are found, pick the one that works best for you and implement. Resolve small issues before they become bigger ones.
- **Write it down and share.** Found something on the list that merits your attention? Were you successful in accomplishing it? Write it down and let me know. I would love to share your victories with others. Become a torch for someone else struggling in the dark.

Whatever your choices, please use this once-a-year opportunity to make a difference or improvement in your own life. It will in turn provide improvement and illumination in others. Happy New Year!

Source: Ostomy Association of the Houston Area January 2024

In MEMORIAM

Beatrice Roach
Russell Smith

We extend our sympathy to
their
Families and friends

New Year's Resolution: The two rules for achieving anything:

1. Get started
2. Keep going

Listen to your Heart.

Overthinking leads to frustration and anger, It's better to switch yourself off from all worldly distractions and go somewhere, where there is nobody to judge you, to talk to you, to rule you.

Source: Ostomy Outlook, Ostomy Association of North Central Oklahoma - Jan. 2024

Thank you

The OMA Board of Directors wish to take this opportunity to thank Ross Bingham and his wonderful team who are responsible for picking up donations of unused ostomy supplies from various people in the province. Our storage room fills quickly with supplies and once they are sorted and packed they are shipped to the FOWC collection depot in St. Catharines, Ontario. Considering the great need for these products as

shown in the article on Page 8, we are so pleased to be part of this very important cause and to recognize the work of our volunteers as follows:

Rhona Recksiedler and
her friend Jackie Whitehill

Dave Pedden
Silvia Hidara
Randy Hull
Fred Algera

Lorrie Pismenny
Donna Suggit
Sheldon Sturrey
Teresa Lau

John Kelemen
Sandy Borys

Gerry Gascoigne
(Portage la Prairie)

Marg Pollock
(Brandon)

Ross says,
“We could use someone in the
downtown/central area as well as
Central and South Pembina
Hwy/Richmond West areas”

Please contact Ross at 204-889-9554 if you feel you could add your name to this list.

When writing cheques for membership and/or donations, please be advised that our banking institution will only accept cheques made out to:
Ostomy Manitoba Assoc.
Or
Ostomy MB

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 will continue to go towards the purchase of audio & video equipment to promote the Ostomy Manitoba Association and its programs.



Ostomy Manitoba
Association

Healthier / Stronger / Together

204 - 825 Sherbrook St.,
Winnipeg, Manitoba, Canada R3A 1M5
Tel: 204 - 237 - 2022 E-mail: info@ostomymanitoba.ca
Website : <https://ostomymanitoba.ca>

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PHYSICIAN DR. C. YAFFE



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.

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