



INSIDE OUT



NOV./DEC. 2015

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

Annual Christmas Luncheon

Families & friends of ostomates welcome!

Sunday, December 6, 2015
Norwood Hotel
112 Marion Street

Doors Open: 12:00 noon Lunch: 1:00 pm

TICKETS: \$30.00

*Tickets will be available at the November chapter meeting or by contacting Joanne Maxwell at 204-896-0572
Deadline to get your tickets is Mon. Nov. 30/15*

Menu:

*Cuke salad,
grilled chicken,
duchess potatoes,
honey dill carrots,
bread basket,
seasonal fruit &
ice cream*

Silent Auction

Cash Bar

*Harlequin
Barbershop Quartet*



Lest We Forget

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Ostomy Canada Society | Société Canadienne des Personnes Stomisées

OSTOMY CANADA MISSION STATEMENT:

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

WHO WE ARE

The Winnipeg Ostomy Association, Inc. (WOA), is affiliated with Ostomy Canada Society, a volunteer-based organization dedicated to assisting all persons facing life with gastrointestinal or urinary diversions by providing emotional support, experienced and practical help, instructional and informational services through its membership, to the family unit, associated care givers and the general public.

Members receive the *Ostomy Canada* magazine, the Chapter newsletter, *Inside Out*, and the benefits of meeting fellow persons with ostomies at our regular meetings.

The WOA is a not-for-profit registered charity and welcomes bequests and donations.

UPCOMING EVENTS



Nov. 25th - "Ask the ET".

Prolapse Stoma Belt presentation

Dec. 6th - Sunday, Christmas Party– Noon to 4:00pm

Jan. 27, 2016—HAPPY NEW YEAR– Welcome Back!

VISITING SERVICE

Upon the request of a patient, the WOA will provide a visitor for ostomy patients. The visits can be pre or post operative or both. The visitor will have special training and will be chosen according to the patient's age, gender, and type of surgery. A visit may be arranged by calling the Visiting Coordinator or by asking your Doctor or Enterostomal Therapist (ET). There is no charge for this service.

ARE YOU MOVING?



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

Send your change of address to:

WOA

Box 158

Pine Falls, MB R0E 1M0

MEETINGS



All persons with ostomies, spouses, family members, interested members of the medical profession and the general public are welcome to attend our meetings and social functions.

WELCOME

Chapter meetings are held from September through May, except December, in Room 203 of the SMD Building, 825 Sherbrook Street, Winnipeg, MB, beginning at 7:30pm on the 4th Wednesday, of the month. There are no scheduled chapter meetings in June, July or August. A Christmas party is held in December.

Free Parking is in the SMD parking lot to the south of the building.

You must enter the lot off McDermott Ave.

LETTERS TO THE EDITOR

The Editor, Inside Out
1101—80 Snow Street
Winnipeg, MB R3T 0P8
woainfo@mts.net

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

Deadline for Next Issue: Friday, January 8, 2016

WORLD WIDE WEB

Visit the Winnipeg Ostomy Association Web Pages:
<http://www.ostomy-winnipeg.ca>
woa@mts.net

CONSTITUTION

Copies of our constitution are available at our Chapter Meetings, on our website, or can be obtained by mail by contacting a member of the Executive Committee.

DISCLAIMER

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

You're Special And Important

By Jane Michnik

One day a teacher asked her students to list the names of the other students in the room on two sheets of paper, leaving a space between each name. Then she told them to think of the nicest thing they could say about each of their classmates and write it down. It took the remainder of the class period to finish their assignment, and as the students left the room, each one handed in the papers. That Saturday, the teacher wrote down the name of each student on a separate sheet of paper, and listed what everyone else had said about that individual.

On Monday, she gave each student his or her list. Before long, the entire class was smiling. "Really?" she heard whispered. "I never knew that I meant anything to anyone!" and, "I didn't know others liked me so much." were most of the comments. No one ever mentioned those papers in class again. She never knew if they discussed them after class or with their parents, but it didn't matter. The exercise had accomplished its purpose. The students were happy with themselves and one another. That group of students moved on.

Several years later, one of the students was killed in Viet Nam and his teacher attended the funeral of that special student. She had never seen a serviceman in a military coffin before. He looked so handsome, so mature. The church was packed with his friends. One by one those who loved him took a last walk by the coffin. The teacher was the last one to bless the coffin.

As she stood there, one of the soldiers who acted as pallbearer came up to her. "Were you Mark's math teacher?" he asked. She nodded: "yes." Then he said: "Mark talked about you a lot." After the funeral, most of Mark's former classmates went together to a luncheon. Mark's mother and father were there, obviously waiting to speak with his teacher. "We want to show you something," his father said, taking a wallet out of his pocket. "They found this on Mark when he was killed. We thought you might recognize it." Opening the billfold, he carefully removed two worn pieces of notebook paper that had obviously been taped, folded and refolded many times. The teacher knew without looking that the papers were the ones on which she had listed all the good things each of Mark's



(Continued on page 6)

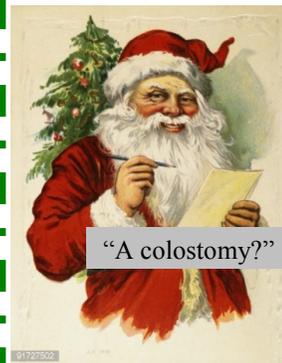
What I Want for Christmas

Via The Hartford Ostomy Update (THOU)

It's the week before Christmas. An 8 year old boy is anxiously waiting in line at one of the local department stores to tell Santa what he wants for Christmas. He has patiently waited in line for over an hour, overhearing all the things the other children before him hope to get from Santa. Finally, it's his turn. Santa asks, "So, little boy, what would you like from Santa this year?"



Without any hesitation the little boy tells Santa, "I want a colostomy!"



Feeling rather confused, Santa repeated the question and got the same response from the boy. Santa asked, "Wouldn't you rather have a toy train, or a football or a new bike?"

"No," said the boy. "I want a colostomy."

Santa asked the boy, "Do you know what a colostomy is?"

And the little boy said, "No, but I heard if you had a colostomy you could go horseback riding, and sky diving, and mountain climbing, and swimming...."

Source: Green Bay Area Ostomy Support Group—Dec. 2011



"Never go to a doctor whose office plants have died." -Erma Bombeck



FROM THE PRESIDENT'S DESK

Make sure you all arrive early at this month's chapter meeting. We have a lot of great things happening this night! ETs, Bonita Yarjau and Tina Rutledge will be in attendance bringing with them their wealth of information. As we cannot stretch the two of them enough to hold rap sessions we will be doing an "Ask the ET" hour.

Thanks to Mary Robertson, I have been in touch with a very inventive ostomate, Tim Hiebert, who has agreed to join us this evening. Check out the article below.

This will be your last chance to pick up your tickets for our Christmas Lunch. I do hope you will join us—we have such a good time. Please arrange to come early as the Harlequin Barbershop Quartet will be entertaining us at 12:45 pm and filling us with that Christmas

spirit at the beginning of our day. Bring those great items for our Silent Auction too for a fun event!

The *Stomas R Us* continue to meet and Sue Brechmann reports, "Big thanks to Jennifer Bourdeaud'hui, (ET nurse extraordinaire) for attending our meeting last night and providing some really interesting discussion for the group. It was a great evening!" The *Stomas R Us* have a Twitter account (See Page 7) and are getting their Facebook page up and running. Check out *Stomas R Us Wpg*. How about joining them for their Christmas potluck? It should be fun!

The WOA received a large donation recently through CanadaHelps. On behalf of the WOA I wish to thank Sharon Pchajek for her generosity. Her

(Continued on page 6)



Celebrate
the
Journey Past
Present
Future

Ostomy Canada Society Conference
Winnipeg Manitoba, August 18–20, 2016

August 18—20, 2016
Delta Winnipeg Hotel



Thank You!

**Chana Stern
Sharon Pchajek**

**Camp Fund
Yvette Wesley**

**In Memory of Diane
Zachary**

**Zak Zachary
Lorrie Pismenny**

*Your generosity is greatly
appreciated!*

*"Nothing is more beautiful
than a smile that has
struggled through tears."*

Demi Lovato

Do You Have a Prolapsed Stoma or a Hernia?

Mary Robertson ET wrote to me, "One of our fellows came in today to show us what he has made to help him manage his prolapsed stoma. It was interesting to see the innovation and experience that he used to create this support for his situation. It might be of interest to the WOA to have him attend a meeting to show what he has made. I am including a pic of what he has, he also was wearing one. Sincerely, Mary"

I have talked to Tim Hiebert in great detail. He personally makes all sorts of belts with his wife's help. He says the product is very strong, supportive and soft. He is very proud of his product and does custom fittings. He will be bringing his belts to this month's meeting. Be sure to be there. I know many of you are searching for a product just like this.

Lorrie



HEALTHIER HOLIDAY EATING!



Kelly Beard, RD,LD and Rachel Herron, Dietetic Intern from Houston Methodist San Jacinto Hospital created this presentation with their supervisor Amber Hammonds RD, LD that focused on key concepts for the holidays.

Overeating can be avoided with planning!

- Do not skip meals before the party. Eat lighter during the day. Do not attend the party hungry. Bring a low calorie/low fat dish as an option.
- Avoid appetizers as they can cause mindless eating! Appetizers are often high in fat and calories. If you eat an appetizer, choose low calorie/low fat. Avoid appetizers that are fried or have creamy sauces.
- Be reasonable! You do not have to eat everything. Pick your favourites. If you HAVE to eat one of everything, then eat smaller portions!
- Watch for satiety cues. Eat slowly. Start with small portion of the things you choose. Avoid seconds. Avoid eating until you are stuffed.
- Watch alcohol consumption. This is loaded with calories and can affect your food choices.

Cutting Calories in Recipes.

- Typical Christmas Dinner has more than 3300 calories.
- Consider these options to save calories: Remove the skin from turkey and save 100 calories.
- Replace whole milk with skim milk. 75-100 calories saved. No-calories butter spray: 25-50 calories saved. Avoid fried foods and avoid creamy dishes.
- Healthier Christmas Dinner has less than 1,200 calories!

(3 oz. turkey w/o skin; 2/3 cup cornbread & apple stuffing; 1/3 cup giblet gravy; 1 cup mashed potatoes made with skin milk; 1/2 baked sweet potato w/small pat of butter, dash of cinnamon and no-calorie sweetener; 1 roll with pat of butter; 1/2 cup English peas with no-calorie spray butter; 2 slices pumpkin pie).

Reported by Cindy Barefield, RN, CWOCN
Ostomy Association of the Houston Area. November 2015

Exercise—With a Stoma

Sharon Householder Pittsburgh Ostomy Society

If you are new to having a stoma, you may have some questions and concerns about limitations and special needs while exercising. Here are some tips from the internet.

- ❑ Stoma worries. The stoma that protrudes from your abdomen may look very vulnerable, but in fact it was made to last. There are options available for hard coverings if you are performing contact sports, but in most cases, it is not needed.
- ❑ Hernia preventions. Yes, the risk of getting a hernia is greater with a stoma than getting a groin hernia because our muscles are not as strong as before surgery. However, we can take precautions to strengthen our abdominal walls through gentle exercises such as walking or even sit ups. It also helps to stay within your normal weight range. If you already have a hernia, you will want to try a garment made to help support your hernia such as a hernia belt.
- ❑ Stay hydrated. Exercise can create a situation where you could become susceptible to dehydration. Drink plenty of water unless you have a fluid restriction. Use rehydrating solutions from the pharmacy or sports drinks to replenish your electrolytes and salt. Your urine should be passing clear or straw coloured throughout the day.
- ❑ Create new challenges. People with a stoma often make a decision to become healthier than they were before surgery—especially if they had a disabling disease which caused the need for the operation. This can lead to a tremendous determination to reach goals. These goals all start with the first step. Take it today.
- ❑ Diet and exercise. Your body needs a healthy diet to do well with activity. After you heal, you should be able to go back to fairly normal eating. Be cautious at first, of course, but you should be able to eat the healthy foods you need. See a dietician if you need help.

Source: Ostomy Association of the Houston Area November 2015

A warm welcome to new
chapter members:

David Patten
Donna Suggitt



In MEMORIAM

Alex Nykoluk
Peter Hryclik

We extend our sympathy to their
families and friends

Get Your Newsletter By Email

INSIDE OUT is available via e-mail in PDF Format, in 'living colour', no less!! Help your chapter save on printing and mailing costs and make funds available for use in other areas. To sign up, contact:

The WOA at: woainfo@mts.net

Winter

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 237-2022, - # found on back page.
3. MEETING Cancelled—IF there is a "CANCELLATION MESSAGE" on the machine

(Continued from page 3) You're Special and Important classmates had said about him.

"Thank you so much for doing that," Mark's mother said. "As you can see, Mark treasured it." All of Mark's former classmates started to gather around. Charlie smiled rather sheepishly and said, "I still have my list. It's in the top drawer of my desk at home." Chuck's wife said, "Chuck asked me to put his in our wedding album." I have mine too," Marilyn said. "It's in my diary." Then Vicki, another classmate, reached into her pocketbook, took out her wallet and showed her worn and frazzled list to the group. "I carry this with me at all times," Vicki said and without batting an eyelash, she continued: "I think we all saved our lists."

That's when the teacher finally sat down and cried. She cried for Mark and for all his friends who would never see him again. The density of people in society is so thick that we forget that life will end one day. And we don't know when that one day will be. So please, tell the people you love and care for, that they are special and important. Tell them, before it is too late.

SOURCE: Chicago North Suburban Chapter on-line, via Inside Out On-line March/April 2005

(Continued from page 4) The President's Desk

donation has also pushed the Executive to explore possibilities of online donations with CanadaHelps. More information on this in the new year.

It has been over a year now since the Brandon Ostomy group started. Their founder, Diane Zachary, of Sandy Lake, MB sadly passed away on October 20th. Her cancer had returned with a vengeance. Diane was inspiring in everything she did and she will be greatly missed. Our condolences go out to Diane's husband Zak and her family and friends.

As we remember our family and friends who are no longer with us. As we remember the soldiers who lost their lives to protect us. May we look forward to the Christmas season with hope, wonder, and a peaceful heart.

On behalf of the WOA Executive I wish you

***The gift of love. The gift of
peace. The gift of happiness.
May all these and more be
yours at Christmas.***

Lorrie



Seven Steps To Improve Your Memory

If we can preserve and maintain some kinds of memory as we age, can we do even better? Can we hope to improve? The answer from the experts is a heartening "Yes!" "Everyone can improve memory," says Danielle Lapp, a memory-training specialist at Stanford University, and author of *Nearly Total Recall*. In her training program at Stanford, Lapp has helped thousands of people to sharpen their storage and retrieval skills. Here are some memory-strengthening tips from Lapp's book, and from Thomas Crook's *How to Remember Names*:



1. **Set Priorities:** Don't expect to be able to juggle six things at once," says Lapp. Get mentally organized; distinguish between what's important to remember and what isn't;
2. **Sharpen The Focus:** Crook suggests paying special attention to landmarks when you're doing your routine driving. "This will help you develop a more active sense of awareness," he says.
3. **Pause And Ponder:** You can improve the amount of written material you can recall by as much as 300% if you simply stop to think about what you've read.
4. **Make Associations:** Find key words, pictures, or letter combinations to help you remember. This is known as mnemonic memory. If you meet a woman named Rose, for example, remember her name by picturing the flower.
5. **Use Your Senses:** "When you order a dish at a restaurant," Crook writes, "note the texture, the subtle flavorings, the temperature, and the colors." In general, use as many of your senses as you can to aid in remembering.
6. **Do Your Exercises:** Memorize numbers that may be important to you, such as your drivers' license and Social Security numbers. When you're at a party, make it a point to remember the names of at least four of the new people you meet. When you write your shopping list, try to remember all the items without looking when you get to the market.
7. **Be Kind To Yourself:** Losing the car keys or forgetting the name of your bridge partner for a moment is not a sign of mental disintegration.

From Tacoma (WA) Newsletter via S. Brevard (FL) OSTOMY NEWSLETTER, Dec. 2001, via Inside Out On-line Nov/Dec 2002.



BRANDON WESTMAN Ostomates Coffee Meeting

*Ostomates, family and friends
Everyone is welcome!*

Location

Nurses Residence, Room 245
(2nd floor, right at top of stairs)

**Tues., Nov. 24th
7:00 pm**

**This will be the last meeting for
2015. We will reconvene Feb. 23/16**

More Information?

Call Betty @ 204-728-6886 or
Marg @ 204-728-1421



BORN AFTER 1970?

Stomas R Us

You're Invited!

Christmas potluck:

Sunday
December 13th
(Note change of date)



Email: Stomas.R.Us@gmail.com
for more information

Next support meeting:

Monday, January 11, 2016
7:30 pm SMD Bldg.



@StomasRUs

No Nativity Scene this Christmas on Parliament Hill

There will be no Nativity Scene in Ottawa this year!

The Supreme Court has ruled that there cannot be a Nativity Scene in Parliament Hill this Christmas season.

This isn't for any religious reason. They simply have not been able to find Three Wise Men in the Nation's Capitol



A search for a Virgin continues. There was no problem, however, finding enough asses to fill the stable.

ON THE OUTSIDE LOOKING IN

I recently travelled out of town to another ostomy meeting. My life-long friend came along to keep me company on the long ride that day. My friend is not an ostomate and I was unsure whether she would want to sit through the meeting. However, she was made to feel very welcome and decided to do so.

It was a small gathering but a very new patient and her husband had joined us. As usual, ostomates have much to share and the evening flew by as the discussions included leakages, (what else would we ever talk about), diet, blockages, sitting/or not sitting on the toilets, emptying our pouches, odour, etc. etc. Some of the discussions tended to be very graphic but where else can you feel that comfortable and at ease about your ostomy than with other ostomates?

At one point I told the story of my attending the Ostomy Canada conference in Hamilton. Again, as I was travelling on my own, I invited my sister to join me. At one of the lunches, where we were standing around those tall food tables, conversation amongst absolute strangers inevitably led to descriptive talk of our illnesses, surgeries and living life with a bag.

Looking across the table I saw my sister's eyes get bigger and bigger. Later that day she told me that she found it rather disturbing that we were all enmeshed in these less than favourable table topics without a thought for anyone else eating at that time.

She had time later to come to the realization that this was the actual reason for conference—a time for sharing with others in the same boat. “Ostomy IS a dinner topic—among ostomates.”

I have a very wise sister.

Following this meeting my friend and I returned to the motel for the night. I must explain that although I love to talk about anything— all the time, my friend does not have a lot to say at the best of times. And she very seldom offers an opinion without being pushed. But as we walked through the door of our room, she said without any prompting, “Well....., that was very interesting! You have always been very open about your ostomy but I've never heard you go into that much detail. I learned a lot tonight. And everybody has gone through sooo much and everyone's situation was sooo different. But the biggest thing I noticed is that they all had such positive attitudes despite all the things they had to deal with.”

I have a very wise friend.

By Lorrie Pismenny—Winnipeg Ostomy Association

Tips & Tricks

- Try to minimize your intake of fats. Fats induce an increased flow of bile into the intestines and make body wastes liquid and harder to control. They also tend to produce gas. If you cut down on fats, your heart will thank you too!
- Don't spread paste on the entire back of the barrier; this will produce poor results. Use paste sparingly to fill uneven areas around the stoma. Consider paste as a filler, not an adhesive. If your skin around the stoma is smooth, you probably don't need paste at all.
- If you want to re-use your all-plastic two pieces pouches, use cold water and a bit of dish soap to wash them. Hot water will increase odour buildup and wear the pouch out sooner. Dish or hand soap will make the pouch smell nicer. You can't re-use the flange part, that gets thrown away.

Why An Ostomy Association? A Doctors View

Some patients look at any ostomy as being worse than the disease that caused its creation. They look upon the ostomy as an unsightly abnormality that is confining and difficult to handle. They feel that it will decrease their quality of life, even though the problem for which it was created may well have been cured.

This, then, is where an Ostomy Association has been so useful. Patients with mutual problems find that they are not alone in this world with an ostomy. They find they are not the only ones who have been faced with this abnormal state of having an ostomy. They see other ostomates that are leading perfectly normal lives. This is the great psychological stimulant for an ostomate to recover and rehabilitate himself with the help and encouragement of fellow ostomates.

As a physician faced with diseases which require formation of ostomies, I welcome the assistance of the Ostomy Association as the organization of persons of all walks of life who can effectively assist ostomates in their emotional adjustments to their ostomies. They can demonstrate that life can be useful and normal, and they can help each other in coping with the "little problems" that are encountered in managing their ostomies. Participation in an ostomy group by ostomates can add a new dimension of usefulness as they find themselves helping others.

Source: Donald Snyder, MD; via Midland-Odessa, TX; Kingston; ON; Metro Halifax News, March 1999 via Winnipeg Ostomy Association's Inside/Out Sept/Oct. 1999.

Coming together is a beginning; keeping together is progress; working together is success.

Henry Ford



Ostomy Myth Series—By Barbara Skoglund of Maplewood, MN

“Yuck! What a totally gross idea.” - Ostomy Myth 17

This one is by request. I'll be the first to admit I thought this myself. But when I really think about it, I see things a little differently. How is wiping the tail of my pouch any different than wiping my bottom? At least I can see what I am doing now.

When I change my pouch, I have to wipe stool off my stoma. It's a lot easier and a lot less gross than pulling down messy underwear and washing the feces off my legs from UC accidents. Ostomates may carry a bag of urine or feces. Non-ostomates just keep theirs inside. To paraphrase a wonderfully funny article on the Winnipeg Ostomy Association Internet site—*So stomas aren't real pretty. Well your anus doesn't look like Miss America either.*

Nothing that I live with now is grosser than my colon. When they pulled that damn thing out of me it crumbled like hamburger. Talk about gross! You know what else? NOTHING is grosser than death. I'll take this kind of “gross” over that any day.

Source: Regina Ostomy News—Nov/Dec. 2015

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:

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

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



Winnipeg Ostomy Association

**204 - 825 Sherbrook St.,
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Monday to Friday 8:00am to 4:00pm

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

WINNIPEG OSTOMY ASSOCIATION MEMBERSHIP APPLICATION

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

Your renewal date is printed on your membership card.

New Members: Please use this form

Please enroll me as a new member of the Winnipeg Ostomy Association. I am enclosing the annual membership fee of **\$40.00**. WOA members receive the Chapter newsletter *Inside/Out*, become supporters of Ostomy Canada Society and receive the *Ostomy Canada* magazine.

Please send me the Chapter Newsletter, *Inside/Out*, via E-MAIL, in PDF format. YES _____ NO _____

NAME: _____ PHONE: _____

ADDRESS: _____ E-MAIL: _____

CITY: _____ PROVINCE: _____ POSTAL CODE: _____

I have a: Colostomy _____ : Ileostomy _____ : Urostomy _____ : Ileal Conduit _____ :
Cont. Diversion: _____ : Pelvic Pouch _____ : Other _____ : YEAR OF BIRTH: _____

Please make cheque/money order payable to "Winnipeg Ostomy Association" and mail to:

WOA

c/o Box 158, Pine Falls, MB R0E 1M0