



INSIDE OUT



NOV/DEC 2021

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

JOIN US ON ZOOM!

Winnipeg Ostomy Association Chapter Meeting



Date: **Wed. Nov.24th**
Time: **07:30 PM**

Login early to chat prior to the meeting.

Join Zoom Meeting
<https://us02web.zoom.us/j/81041674556?pwd=cmRMdEs4OHNHcEZINE9iZGJkQ2t1QT09>

As a backup, should you log into Zoom website, see below.
Meeting ID: 810 4167 4556 Passcode: 612120

Phone Dial in +1 204 272 7920 Canada
Then enter the following meeting information
Meeting ID: 810 4167 4556 Passcode: 612120

IN PERSON

Those attending in person **MUST** register with Lorrie or Randy. Call or email.



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"Few things in the world are more powerful than a positive push. A smile. A world of optimism and hope. A 'you can do it' when things are tough."

- Richard M. DeVos

"There are two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle."

- Albert Einstein

WHO WE ARE

The *Winnipeg Ostomy Association, Inc. (WOA)* 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 WOA, 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 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 Visitor Coordinator or the ostomy nurse (NSWOC) by asking your Doctor or nurse. There is no charge for this service.

WHAT WE OFFER

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

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

EDUCATION: We promote awareness and understanding in our community.

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

OUR MEETINGS

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

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

7:30 pm—9:30 pm

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

FREE PARKING:

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

UPCOMING EVENTS



**FOURTH
Wednesdays
of the month**

NOVEMBER 24th

NO Meeting in DECEMBER

**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.

**Send your change of
address to:**

**WOA
204-825 Sherbrook St.
Winnipeg, MB, R3A 1M5**

LETTERS TO THE EDITOR

The Editor, *Inside/Out*
1101-80 Snow Street
Winnipeg, MB R3T 0P8
Email: woainfo@mts.net

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

**Deadline for next issue:
Friday, January 7, 2022**

WEBSITE

Visit the WOA Web Pages:
<http://www.ostomy-winnipeg.ca>
Webmaster:
webmaster@ostomy-winnipeg.ca

DISCLAIMER

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

WINNIPEG OSTOMY CHAPTER VOLUNTEERS

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SASO:

Vacant

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

UNUSED SUPPLIES PICK UP

"NEW" 204-237-2022

Please leave a message

CHAPTER WEBSITE:

<http://ostomy-winnipeg.ca>

CHAPTER EMAIL:

woinfo@mts.net

The Winnipeg Ostomy Association is a registered non-profit charity run by volunteers. The WOA was incorporated in August 1972.

BRANDON/WESTMAN OSTOMY SUPPORT GROUP:

Contacts:

Marg Pollock 204-728-1421

Betty Moyer: 204-728-6886

Judy & Wayne Baker: 204-726-4839

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

Hi folks,

After a longer than normal warm fall, weather is changing as I write this message. Our first snow of the season is falling, and weather warnings are popping up across the province. So, as you read this, snow should be with us for the winter.

I always remember the saying time flies when you're having fun! But I did not realize time also flies by when you are not having fun. Case and point, Covid 19 Pandemic. It is hard to believe we are just 3 months away from 2 years of this pandemic event impacting our lives. It was in March 2020 when Health Officials were sounding the alarm here in Manitoba. Other provinces were showing the effects of this pandemic weeks earlier than Manitoba. For many of our members it has created a lot of grief as health issues continued. Some of you are waiting for additional surgeries to improve your lives. Surgical and diagnostic procedures are backlogged to extreme levels, creating stress for many of us, myself included. Our November Chapter meeting will include some time to hear some stories from our members. Please take the time to join us on November 24th, ZOOM meeting link is found in this newsletter.

Your Winnipeg Ostomy Board continues to do work on your behalf, often behind the scenes and unnoticed. Your Board is doing so much to keep this association going into another 50 years. Currently the Board is seeking a member volunteer to step into the position of Membership Chairperson. This is a critical role in the organization, and we are seeking one or two individuals to take on this position.

Board members are stepping up in so many ways to help lighten the burden on the few members who have carried the WOA over the years. To make the efforts of the Board better known, Board meeting summary is given at every Chapter Meeting. Thus, another reason to join other WOA members at monthly Chapter meetings and keep up to date on activities and events. Staying connected will be so critical in the months ahead as we plan for our 50th Anniversary year in 2022. Details of coming events will be provided in Newsletters, but accurate updates will be given during Chapter meetings. We have hinted at; smaller special events during meetings, 50/50 draw, picnic, workshops, and dinners, but details of all these things will be coming throughout the year in 2022, so please stay in touch and attend our meetings.

2022 is also the year WOA wants to seek and search out other Ostomates in Manitoba to provide support and information. Our membership is just under 200, which is slightly more than 5% of all Ostomates in Manitoba. Think of the support, resource and information that could be shared if we even doubled our numbers to 400. To truly be an association to support Ostomates in Manitoba, Winnipeg Ostomy Association is moving forward with a name change. A name that welcomes all ostomates province wide. Many who live outside the



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perimeter of Winnipeg have felt like they can not belong to WOA. A fact that is clearly not true. Every Board member supports the idea of ALL Ostomates being welcome in WOA but recognizes a name change will go a long way to project openness. Early suggestions include Ostomy Manitoba, Manitoba Ostomy Association, and Manitoba Ostomates Network.

I encourage all our membership to keep connected with WOA, maintain membership, attend meetings and volunteer on the smaller committees being formed during 2022 to help with our special events. As always, myself and the entire Board remain open to your comments and concerns, please reach out if you need to.

On behalf of the Board of WOA, I wish you all a Happy Holiday Season.



*Merry Christmas, Happy Hanukkah,
and Peace on Earth for all...!*

Randy,

r.hull@shaw.ca

May you never be too grown up to search the skies on Christmas Eve - unknown

The Whole Poop and Nothing but the Poop



Or
Ramblings of a Sexy, Smiley,
Silly Ileostomate
Changes are...

Wouldn't it be wonderful to win Lotto 6/49? Haven't we all at sometime thought or discussed what we would do and how our lives would change. And haven't we even thought about getting some illness, disease and how our lives would change in a different way? Well, having an Ostomy has changed our lives. It has actually changed your life, your spouse's life, your family's life and the list goes on. I guess if you believe in luck, you can say you are lucky that we live in a country that can give us a changed (and longer... hopefully) life.

Changes are happening even in the Winnipeg Ostomy Association (WOA). Our president and a few members were recently on the news talking about change. And for those who missed it, the camera got the President's good side! The news blurb was about

dwindling membership and an upcoming social in the fall to raise money and awareness.

Change can be a good thing. Brainstorming to make some changes to entice new members, bring back old members and get people involved. The WOA has lots to offer. Hopefully, some things will remain, new and exciting supportive activities will replace activities not well received.

This may take some time. So become involved and come to meetings. Volunteer your time. Voice your opinions and ideas. Spread the word. Offer your services. Even the smallest offer/or your time, can make a big change whether on its own or even bigger changes when combined with other support and ideas. This is your support group, so become a supporter.

All ages, Ostomates and Family can participate. We cannot change if we not acknowledge a change is needed. And you can't complain if you don't help. So, email, text, call, write a letter, send smoke signals... just do the right thing... support your support group!

And don't forget to buy that 6/49... you just never know!

Zerlina Zamnuik

(Zerlina is a member of the Winnipeg Ostomy Assoc. (WOA)
Reprinted from WOA *INSIDE/OUT* May 2012



FOOD SAFETY: How Long Do Christmas Leftovers Last?

Turkey

Ah, the turkey. The centerpiece of your meal probably left you a ton of leftover portions. Even though you're really only supposed to buy one pound of turkey per person, you probably bought more. But that's OK! Turkey - both the white and the dark meat - is actually pretty good for you, and can be repurposed into all kinds of interesting future dinners. Just make sure you store it correctly so your bird doesn't make you sick! Cooked turkey can last in your refrigerator for three to four days. So that's three to four days of delicious leftover turkey sandwiches. But you can also freeze it - in which case, turkey can last for a long time.

Mashed potatoes

Cooked potatoes, whether they're mashed, steamed, or boiled, can stay for around three to five days in the fridge. Baked potatoes don't freeze well at all - but mashed potatoes should be OK frozen in an airtight container. Frozen, they last around a year before their taste starts to change.

Gravy

Good gravy, you don't want to eat bad gravy by accident. It can congeal, grow bacteria, and make you seriously ill. And gravy expires quite quickly! You only have two days before your gravy's gone bad. When you reheat gravy, make sure you bring it fully to a boil to preserve its best quality. However, if you don't want your perfectly cooked homemade gravy to go to waste, you can freeze it in airtight bags or containers for up to four months. One particular useful hack is to freeze gravy in ice cube trays. That way you can reheat one cube at a time.

Cranberry Sauce

Whether you make it yourself or serve it from a can,

cranberry sauce lasts longer than most leftovers when stored covered in the fridge. It's a good thing too, since there are so many creative ways to use it! Cranberry sauce will stay good for 10 to 14 days, unless you spot mold or the colour of the sauce changes. Those are sure signs it's gone bad. You can also freeze the leftovers in an air-tight container for two to three months.

Yam and Sweet Potato Casseroles

Cooked potatoes of any kind, whether or not you've coated them with marshmallows, will stay good in your refrigerator for three to five days. Store them in an airtight container or make sure they are fully covered in plastic wrap. When reheating them, though, keep in mind that the marshmallows aren't going to microwave well - the sugary treats will melt into the sweet potatoes as such a high heat. But regardless of the marshmallow cloud deteriorating, your left overs will still taste great!

Pie

It doesn't matter if it's apple, pumpkin, pecan, or another iconic flavour of pie. Make sure you put away your leftover desserts right away - pie that's been sitting out for over two hours can grow food-borne bacteria. But pie will last for three to four days once it's covered and refrigerated. That is, if you can last that long without gobbling it all up!

Roasted Brussel Sprouts

Really the only Thanksgiving side that isn't loaded with carbs, Brussels sprouts are a hot commodity on many holiday tables. You've got to eat something that's not doused in gravy, right? Roasted brussels sprouts will lose their crispiness almost as soon as they are refrigerated, but can last in the fridge for around

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WE'VE GOT MAIL!

Stan & I would like to make a donation to the general fund of the Winnipeg Ostomy Association to help with it's operation.

Take care everyone and keep up the good work.

Stan & Mary Beth Sparkes

Editor's note: It's good to hear from Stan & Mary Beth. Stan is a former WOA President and they are both great supporters of WOA.



DID YOU KNOW?

Our natural ability to know when we need water decreases with age.

Dehydration is a common problem with seniors.

Remind yourself to drink more fluids during the day (not coffee, tea or alcohol) even if you don't feel thirsty!



In MEMORIAM

Jake Peters

We extend our sympathy to his family and friends



(Continued from page 5) **Food Safety**

three days. After that, they could start to rot. The same rules apply to roasted root vegetables such as turnips or parsnips, as well as to peas and carrots.

Stuffing

When it's made right, stuffing can be the best thing on your Thanksgiving plate. Be sure to eat your leftover stuffing until you're stuffed - because if you don't, it could quickly go bad. Stuffing will last in an airtight container for around three to five days after it is made. You should always remove the stuffing from the turkey before refrigerating. That'll help it best preserve its taste and quality. □

The bottom line: refrigerate everything as soon as possible, and consume within 3 to 4 days at most. After that, freeze it!

Source: Vancouver Ostomy Highlife - Nov/Dec. 2019

FROM THE EDITOR'S DESK

This is my last message for 2021 so I will keep it short. Some of you will be taken aback at seeing a familiar name on Page 4. Zerlina has since passed away. She was a vibrant, colourful person who struggled with short bowel syndrome issues. She wrote a few "out of the box" articles for this newsletter and in a fortunate stroke of serendipity I came across this one published in 2012. Today, we are looking for a person to fill a very important position - membership chair. Ask yourself if you can "do the right thing and support your support group." Call me if you have questions. Details on Page 11.

We are now able to accept donations and membership payments via *e-transfers*. Check out page 13 for details. Watch for 50th Anniversary details in the January 2022 issue which is another option for people to step up.

Wishing you and your families a warm and peaceful Christmas holidays. Keep healthy and stay safe till we meet again in 2022!

Cheers as always,

Lorrie



EMBRACE the LIFE YOU ARE GIVEN

by Morgan Stevenson

When you're young, you feel like life contains an endless supply of exciting opportunities. You feel like you can do anything and be anything! It's a time of self-discovery and adventure! Well, for some. At the beginning of 2014, I was in my second year of university, having fun, and planning trips with my new boyfriend. By the end of that year, that fun and exciting life soon became a distant memory. After contracting the seasonal flu, the motility of my intestines became damaged which left me medically homebound. After 4 years of failed treatments, I opted for an ostomy at the age of 23! All surgeries, big or small, can be scary. However, anyone with an ostomy knows that this particular surgery is not met with a lot of enthusiasm or positivity, even if the surgery is lifesaving. Despite the stigma surrounding ostomies and the obvious shock associated with a piece of intestine sticking out of your abdomen, I can honestly say, I've never struggled with having an ostomy. In fact, it is one of the things I am the most grateful for.

Before I got my ostomy, I knew I wanted to use my experience to help others. And, less than a year after receiving my bag, I became a certified ostomy patient visitor through the Winnipeg Ostomy Association. Not long after my certification, I quickly became immersed into the world of patient support. However, my lack of personal struggle quickly became one of my biggest challenges. Patients would ask me how I remained so positive and how I was able to adapt so quickly, and I couldn't really give them an answer. I felt like a failure! How was I supposed to be a support system for other people when I didn't have the harrowing survival story that people usually look up to? Instead, I was a woman in her mid-20s that seemed completely unphased by the trauma she had endured for so long. I took that question to heart; why was I so positive? I thought about this question for a very long time and, during this bout of self-exploration, I kept coming back to early years of when I first got sick. I spent the better part of 2 years staring at my phone, watching everyone I knew move on with their life, while I could barely get out of bed without feeling faint. One afternoon, I was able to gather up enough energy to sit outside while my father cleaned the yard. We talked casually for a while, reminiscing about another Canadian winter blossoming into a

mucky spring. Eventually, the conversation turned and I opened up about how I wanted to start making plans for my future. My father approached this topic with a lot of skepticism and concern but my overall sentiment was, despite all of the things I couldn't control, I wanted to continue to move forward in any way that I could! From that moment forward, my family and I made a commitment to living life as normal as possible. And, I did just that! Despite being homebound, I was able to continue my education online, purchase a home, and even got married to my best friend!



So, how do I stay so positive? Simple, I stopped living in the shadows of societies expectations and started living with the expectations and goals I made for myself. I realized I never accepted my ostomy because I never felt like I had to. Instead, long before I even considered getting an ostomy, I accepted that life in itself is predictably, unpredictable, and if I was going to wait for life to catch up with the way we perceived life to be, I probably would never end up truly living. Contrary to popular belief, life is not constructed in a linear fashion but somehow, we have convinced ourselves that if we fall outside this blueprint, our lives are somehow inferior or diminished. Your life is not diminished by hardship or "abnormality", it just changes it. I'm sick and nothing is going to change that. I could either be dissatisfied my whole life or mourn the loss of the life I thought I would have and embrace the journey I am on now. The truth is, in life, there are no guarantees, but that doesn't mean you can't be happy or fulfilled.

Editor's note: Morgan is a member of WOA and as she states, is one of our valuable trained visitors. This article was previously printed in Ostomy Canada magazine's Summer 2021 issue. We thank Morgan for her permission to reprint it for your reading enjoyment.

CUT THOSE ELASTIC STRINGS!



Years ago, an image appeared on a TV documentary of waterfowl caught up in plastic six pack rings, which had basically muzzled the birds to a point where they could not feed and were starving to death—slowly & painfully. Since that time, my family is well aware of my insisting that these rings be cut up before being dumped in the garbage so no animal or bird could be endangered by anything I brought into my home. That image has stayed with me all these years. I even break down the plastic bread clips so a small animal or bird doesn't run into something similar.

How many of us have marvelled at the graceful pelicans that float in front of the Lockport docks waiting for fish to be dashed upwards for the picking. Then I heard news reports, over and over again, of these magnificent birds being tangled up in fishing lines and hooks abandoned by careless fishermen. Exhausted and starving they too died. There is no end to pictures that confirm this heart-wrenching sight on Google. After all these stories I often want to cry out, "Stop the world, I want to get off".

And then, another disturbing consequence of the Covid-19 Epidemic has been recently brought to my attention. Small birds and animals are becoming entangled in the elastic strings of those disposable masks which are discarded in the landfill or accidentally or carelessly fall from the pockets of a passerby.

One solution proposed by many environmentalists is to cut the strings on masks prior to proper disposal.

But that's not all...

Story after story document how disposable gloves, mesh produce bags, plastic grocery bags, and the aforementioned six-pack rings, entangle and trap birds and small animals and are ingested by larger animals.

Simple fix! Don't buy them! Reduce your use of single-use items when you can and when it is safe to do so.

Then an article in the April/May 2020 issue of the *INSIDE/OUT* asked the question "Can Ostomates be Greenies?" There is the matter of the plastic pouching systems that we all use and dispose of in the landfills. The article points out, although wearing a pouch is not really a choice for us, the pouching systems require oil in their manufacturing process and the plastic is non-biodegradable!

So think about this. Switch, if you can, from closed end pouches to open-end and you will likely eliminate a good percentage of plastic ending up in landfills. Don't stock pile! Ever! Keep one box of supplies on hand when ordering and no more, if at all possible. If you have products on hand that you won't be using anymore, call the WOA voice mail (204-237-2022) and leave a message asking for someone to pick up these expensive, valuable supplies. The WOA collects, sorts & packs, and sends these unused supplies to FOWC in Ontario. From there, the supplies get shipped overseas to developing countries where these products are often not available or affordable to ostomates in those countries.

So let's do everything in our power to make this planet of ours safer for the birds, animals and fish and in turn, for us as humans.



Make your 2022 Resolution to Cut Those Elastic Strings!





Focusing on Donna Suggitt - Board Member-at-Large

Hello everyone. To introduce myself to you, I am 71 years young. I was a Registered Nurse and have a Bachelor of Science Degree in Nursing. I was a nurse for 44 years, my specialty being Mental Health. The last 28 years of my career was with the Winnipeg Regional Health Authority.

I have an Ileostomy. I am a bit unusual as to why I have an Ileostomy. Prior to my surgery I had no problems with my bowel functioning. In 2015 I had a heart attack and arrested twice. I have four stents in my heart to help keep the vessels open. I was in Intensive Care in the Asper Centre for Coronary Care at St. Boniface Hospital. Thank goodness for the doctors and nurses who cared for me, or I would not be telling my story today. What I am sharing with you now was told to me as I was in a coma for two months. During this time my medical team was concentrating the blood in my body and pushing it through my heart and brain (the two major organs of our body) to keep them functioning. As a result, my bowel did not receive enough blood and it perforated. Emergency bowel surgery was done and when I woke from the coma, surprise, surprise, I had a new friend attached to my body - a stoma with an ileostomy bag. As you can well imagine it was quite a surprise to me since I was not the person to authorize the surgery. More like a shock to me.



I was introduced to the WOA by Evelyn Waldera, a friend of mine from another organization we both belonged to. Evelyn has since passed away, but she gave me the greatest gift possible, the WOA. I am eternally grateful to the WOA for the knowledge I have gained about an Ileostomy and the care of it. With learning to care for the Ileostomy I also gained the realization that life goes on, and I am able to continue with all aspects of my life I had prior to the introduction of my new friend and companion. □

Ostomy Advice for the New Ostomate

By Lauren Wolfe

RN, BSN MCISc-WH, NSWOC, CWOCN

Macdonalds Prescriptions-Farimont: via *Vancouver Ostomy HighLife*

Living with an ostomy can be daunting in the first few weeks post-surgery. In this article, I hope to provide you with recommendations that you may find helpful. Let's start with the stoma, skin around your stoma, and your ostomy appliance.

Q. What is the best time to change your ostomy appliance?

A. The best time to change your ostomy appliance is usually in the morning before you eat your breakfast. Most individuals find their ostomy to be less active at this time. However, this is not the case for some, and determining when your stoma is less active may be required.

Q. Will you always need to cut your ostomy pouching system to the size of your stoma?

A. In the first few weeks, your stoma will change shape, but once the size has stabilized and your stoma

is round, you may be able to go into a precut system. Depending on the ostomy appliance you are wearing, not all companies make every size a precut.

Q. Which ostomy company has the best products?

A. There is no best company, despite what others may imply. The best company is the one that you like and the one that works with your body contours to achieve the best seal or wear time.

Your ostomy nurse will do an assessment and provide a pouching system that will work with your stoma and contours of your abdomen following your surgery. As your body heals and your stoma is less swollen the ostomy nurse will do a follow-up assessment.

Q. What do you do if your ostomy system leaks and you are unsure how to put a pouch on?

A. A leaking ostomy appliance can be scary. The first step is to acknowledge that it is just poop or urine (depending on which kind of stoma you have) and have a good laugh. The second step is to gather your supplies and the hospital's instructions sheet that your ostomy nurse provided. Have a quick read through the

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October Visitor Report

Surgeries: Colostomy 3;

Hospital referrals: STB 1; Grace 1; Selkirk 1;

Valued Visitors: Angie Izzard, Bonnie Dyson, John Kelemen

Submitted by:
Bonnie Dyson, Visitor Coordinator

Bonnie,

So many patients' lives have been touched during 2021, in one way or another, by you and your special volunteers! Thank you all, for the care and hope you have provided!

Thank you



Thank you!

CAMP FUND

Doug & Barbara Walker

STOMA ANNIVERSARY

Norma Wilson—58 years!

GENERAL FUNDS

Stan & Mary Beth Sparks

Jori Carroll

Your generosity is greatly appreciated!

(Continued from page 9)

instructions and have all your items laid out before you start. If you are not sure about them, don't worry. Thirdly, the most critical step is to try to get a pouch on after cleaning your skin. It doesn't matter if it's not perfect or you forget a step. The last step is to call the community nurses to say you need help. They most likely will not be able to come immediately but should be able to help you soon. If not, you can always try your stoma nurse. Remember, you can do this even if it's not pretty.

Q. What should you do if you are experiencing itchiness or pain at the site of your ostomy pouch? Is this concerning?

A. Itchiness or pain usually indicates that your pouching system is leaking. It may not be visible or coming out the side of your flange, but the poop or urine is sitting on your skin, causing damage. You need to remove your pouch, clean your skin, and do a quick check of your skin. If it is red, raw, and painful, seek attention from your ostomy nurse as soon as possible. Often cleaning the skin gently around the site and putting a new pouching system on will alleviate a lot of the problems until you can get to see your nurse.

Q. You are feeling weak and tired after the surgery, what should you do?

- Depending on the type of surgery you have, it could be residual effects after your surgery.
- If you have an ileostomy, you may be dehydrated and low on certain electrolytes.
- I would suggest you drink electrolyte replacement like Nuun or hydralyte. Chicken soup is also good as a homemade replacement. It is best to sip on fluids and eat some salty crackers as well. Gulping fluids will not help your body absorb the liquids.
- If you do not feel better over the next few day, consult your medical team.

Q. When should you see an ostomy nurse?

- I would recommend seeing your stoma nurse within the first 2 weeks of discharge from the hospital.
- After that, it will depend on your stoma, skin, and how you are managing.
- 1 - 2 times a year once you have stabilized and if you develop skin issues or have questions.

Managing your ostomy supplies

- Where should you store your ostomy supplies? Ostomy supplies should be stored in a cool, dry place. Your bathroom is not the best place due to the humidity, which will affect your pouching system. Extreme temperatures, too cold or too hot, will affect the barrier adhesion.
- How many supplies should you have on hand at

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VOLUNTEER OPPORTUNITY

MEMBERSHIP CHAIR

NOTE: Applicant does not have to be an ostomate.

Overview of Responsibilities

The Membership Chair is responsible for maintaining the list of Winnipeg Ostomy Association (WOA) members;

Role Description

Receive and record all requests for membership to the Winnipeg Ostomy Association (WOA).
Update records on a regular basis for changes to addresses, telephone, emails, and other personal status e.g. name changes or deaths. Keep memberships current by sending out renewal notices, receipts and membership cards. Maintain an email contact list.

Role Responsibilities

Attend WOA Board and Chapter meetings in person or via Zoom.
As a Standing Committee Chair, this person is appointed to the WOA board by the President and does not run for election.
Works closely with the President, Treasurer, Visitor Coordinator, and Newsletter Editor.
Be prepared to provide reports as requested.

Skills/Expertise:

The applicant should have strong computer skills
Prior experience using Microsoft Access and Excel is an asset.

Nice to Have:

Experience with non-profit groups,
Knowledge of ostomies.

For more info or to apply for position:

Contact Lorrie Pismenny at:

Email: pismel@mymts.net or **Tel:** 204-489-2731

ASK THE NSWOC

Monica Aikman, RN BScN WOCC (C)



Q. My ileostomy runs like water and I have to wake up in the night to empty. Is this normal?

A. Anyone who's had an ileostomy knows there can be a real variety in stool consistency, especially at the beginning. However, it is very important to thicken things up. An "applesauce" or "toothpaste" consistency is the goal. If stools are too watery, the body doesn't have time to absorb important things your body needs. Your food, your fluids or even your medications might just go flying by, kind of like they were shooting down a waterslide! This can be a serious problem. You might become dehydrated, feeling weak, tired or dizzy, or have dry mouth. Also, your appliance may not be lasting as long as it should. If your stools are liquid, it may be time to reach out to your local Ostomy Nurse for some advice. There are foods and medications that can help to get things back on track!

Q. Can I drink alcohol with my ostomy?

A. This may depend on what type of ostomy you have. With a colostomy, you may be able to return to the foods and drinks you enjoyed before your surgery, especially if your doctor says it's okay. With an ileostomy, things may work a little differently now. Bubbly beer could cause gas. Hard alcohols may be absorbed differently. Cocktails that are high in sugar could make stools for watery. Also, if you are already having liquid stools, alcohol could make you even more dehydrated. That said, life with an ostomy is meant to be lived. If raising a glass to the newly married couple, or having the odd "cold one" on the back deck feels right for you, Cheers!

Q. Can I be allergic to my ostomy appliance?

A. True allergic reactions to ostomy appliances are rare, but they can happen. Rashes happen for lots of reasons - moisture, leaks, yeast, irritated hair follicles, or even damage to skin when removing an appliance. Ostomy nurses are trained to help you to identify the cause. If your rash is a true allergy, there are things the Nurse may recommend, including choosing products without tape, switching to another brand, or using skin barriers to protect the skin from the offending products. Your Ostomy Nurses are happy to help!

Source: Regina and District Ostomy News Nov/Dec 2021

STRESS and INTESTINAL GAS

Berrien Co. Cancer Service Ostomy Newsletter and Grand Rapids Promoter

Stress is the cause of one of the most common gastrointestinal complaints. Flatulence occurs in people during stressful situations. While under stress, breathing is deeper and one sighs more, encouraging a greater than normal intake of air. Dr. Richter, a gastroenterologist at Massachusetts General Hospital, states that the average person belches about 14 times a day. The person with flatulence problems does not belch more often. However, they may experience the sensation of needing to belch and get little relief from doing so.

Here are some ways to relieve gas:

1. Avoid heavy fatty meals, especially during stressful situations.
2. Reduce the quantity of food consumed at one setting. Eat small low-fat meals about every three hours.
3. Avoid drinking beverages out of cans or bottles. Avoid drinking through a straw.
4. Avoid food and beverage you personally cannot tolerate.
5. Avoid any practice that caused intake of air, such as chewing gum, smoking, blending food that contain a lot of air.
6. Drink at least 8 glasses of water a day.
7. With the advice of your doctor and ostomy nurse, experiment with foods in your diet to achieve adequate bowel regularity.
8. Avoid eating too many fiber foods at one meal. Gradually add fiber food in your diet to prevent excessive intestinal gas.
9. Avoid skipping meals. An empty bowel encourages small gassy stool. Poor digestion can often exaggerate the symptoms associated with flatulence. Digestion enzymes help to reduce the gas in food assimilation and chemical digestion.

Food coats the stomach and helps prevent gastric juices and acids from destroying the enzyme action.

Source: Regina and District Ostomy News Nov/Dec 2021

Brenda Shares Her Latest New Year's Resolution: 22 Minutes a Day

Whenever the New Year rolls around, I have a hard time keeping my resolutions. My problem is that I'm curious about almost everything. For example, how does electricity work? All right, I must admit that I take some things for granted. In my teens, when my car broke down, I had a dad who was a mechanic so I didn't need to know how to fix it. I needed to know how to style my hair, apply makeup or where to get the latest cute pair of jeans or shoes. I never thought much about things that mattered like global warming, although I did have to hug a tree in high school for an assignment. However, the whole time I kept thinking about the wood ticks and spiders that might crawl on me. To me, carbon footprint meant stepping on the sheet you put in the typewriter to make a copy, Okay, this was the seventies.

I spend less time worrying about the latest fashions or working on my appearance these days, but in actuality I probably should be buying stock in wrinkle cream! Did you know that even your ear lobes get wrinkles? These days I get more out of helping others.

Whether it's preparing food for the family, running a child to college or even making a meal for a sick friend, there's always something to do And that's all good - but at times I find I'm not taking care of myself properly. It seems like in the beginning of the year I find myself looking at all sorts of magazine articles on the perfect diet, exercise or meditation. The new year feels like a fresh start, but the enthusiasm to improve often doesn't last long enough. I get distracted.

I wish I had a remote started like my car does. It has good sense technology and turns itself off after 15 minutes. I imagine it saying, "No sense wasting gas on her." I was probably looking at Facebook or hunting down a missing shoe, and by then my car is cold and I start all over again. I'm not absentminded, but get distracted because I'm just too curious about everything.

New starts need new habits. My heart doctor said the average adult needs 150 minutes of moving or exercise a week. That doesn't sound as bad as exercising five times a week. So my New Year's resolution is to do 22 minutes of moving each day, which isn't too hard. I helped a friend reorganize her

(Continued on page 13)

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, as well as New Membership & Renewals.

IMPORTANT: Be very clear in your “**message box**” to say what the transfer is for. Example: Memorial (dedicated to who and from whom), New or Renewal memberships, etc.

e-transfers:

Email: treasurer@ostomy-winnipeg.ca

Message box: Be very clear to say what the transfer is for.

Security Question: What is the middle word of WOA?

Answer: Ostomy (**note:** first letter “O” is upper case)

Pay with cheque:

- Make cheque payable to: **Winnipeg Ostomy Assoc.**
- Indicate on “memo line” the reason for cheque (as above)
- Mail to: **Winnipeg Ostomy Assoc.**
204 - 825 Sherbrook St.
Winnipeg, MB R3A 1M5

Go to our website at: <http://www.ostomy-winnipeg.ca> for:

- *Donate Now* link to CanadaHelps website
- Printable Donation forms

Questions or concerns? Contact: president@ostomy-winnipeg.ca

(Continued from page 12) **Brenda’s New Year’s Resolution**

kitchen, and then cleaned my own desk. I got that 22 minutes in for sure. Today I did the treadmill, which used to be boring, but time flies by when you can watch the Golden Buzzer Moments on YouTube. It’s a new day - I’ve got closets to clean, bathrooms to scrub, and there’s always something else to do around my house that takes 22 minutes. My husband has suggestions for me if I can’t think of anything. I don’t think he’s bothered by my wrinkled ear lobes at all. What are you going to do for 22 minutes today? Just curious... □

Brenda Elsagher is a loud and proud member of the ostomy community and a good friend of Hollister Incorporated.

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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.

(Continued from page 10) **Ostomy Advice for the New Ostomate**

any given time? This will depend on your wear time, frequency of change once you know which supplies work for you. I suggest you always have an extra box (10 per box) for each items you are using (flange, pouch, and rings).

Source: North Central OK - Nov. 2021 via *Vancouver Ostomy HighLife* via North Central Oklahoma

Editor’s note: This article has been edited in part to refer to the practices followed in Manitoba.

“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



**Winnipeg Ostomy
Association**

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

**Winnipeg Ostomy
Association**

"NEW" 204-237-2022

Leave a message and your call will be returned.

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. The following information is kept strictly **CONFIDENTIAL**.

Please enroll me as a new member of the Winnipeg Ostomy 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: **"Winnipeg Ostomy Assoc."** and mail to:

Winnipeg Ostomy Assoc. 204-825 Sherbrook St. Winnipeg, MB R3A 1M5