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| Wednesday, October 12th, 2022 | Ostomy News  Latest news and bulletin updates | | | | | | | | Issue # 6 |
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| Pin on autumn What meals do you turn to during the holidays that do not exacerbate issues with your output? Any recipes you’d like to share with your fellow ostomates?  **Did You Know?...**  World Ostomy Day was October 1, 2022!  Although the date has passed, take a moment to celebrate all of your accomplishments in your personal journey with your family and friends who are happy to see you doing well.  A child holding a carved pumpkin  Description automatically generated with medium confidence  Locations like Target are celebrating by embracing pediatric customers with ostomy pouches and enhancing costumes that accommodate their ostomy appliance!    **Discussion Topic of the Day:**  **Falling into the Holidays with an Ostomy Lifestyle**  Hand drawn autumn leaves background   * Do you visit multiple locations throughout the holidays (even on the same day?) What packing tips help you organize for your out-of-home-visits? * What clothing/accessories help you to worry less and enjoy more company of those you are sharing the holidays with (i.e. grandkids, pets, family reunions).   Autumn. Fall. Cute Hedgehog And Leaves. Vector Illustrationon White  Background Royalty Free SVG, Cliparts, Vectors, And Stock Illustration.  Image 110434980.What clothing/ accessories help you feel more confident as you are reaching up to decorate for the holidays?   * Links to access cards will be available on Ostomy Support Group Website so you can click and print!   Say Hello to our Team of Certified Ostomy Nurses. We are here to help.  Text  Description automatically generated with medium confidence  Graphical user interface, text, application  Description automatically generated  Graphical user interface, text  Description automatically generated  A picture containing text, person, screenshot  Description automatically generated  Text  Description automatically generated | | | | | | | | | | |
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| To make your document look professionally produced, Word provides header, footer, cover page, and text box designs that complement each other.  Page XX | | | Reading is easier, too, in the new Reading view. You can collapse parts of the document and focus on the text you want.  Page XX | | | | To make your document look professionally produced, Word provides header, footer, cover page, and text box designs that complement each other.  Page XX | | | |
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| Tuesday, Sep 20, YYYY | NEWS TODAY | | | | | | Issue #10 |
| Mirjam Nilsson  The latest breaking news of the day  The latest updates to get you through the day | | | | | | | |
| Save time in Word with new buttons that show up where you need them. To change the way a picture fits in your document, click it and a button for layout options appears next to it. When you work on a table, click where you want to add a row or a column, and then click the plus sign.  Reading is easier, too, in the new Reading view. You can collapse parts of the document and focus on the text you want. If you need to stop reading before you reach the end, Word remembers where you left off - even on another device.  Themes and styles also help keep your document coordinated. When you click Design and choose a new Theme, the pictures, charts, and SmartArt graphics change to match your new theme. When you apply styles, your headings change to match the new theme. | | | Video provides a powerful way to help you prove your point. When you click Online Video, you can paste in the embed code for the video you want to add. You can also type a keyword to search online for the video that best fits your document.  To make your document look professionally produced, Word provides header, footer, cover page, and text box designs that complement each other. For example, you can add a matching cover page, header, and sidebar.  Save time in Word with new buttons that show up where you need them. To change the way a picture fits in your document, click it and a button for layout options appears next to it. When you work on a table, click where you want to add a row or a column, and then click the plus sign. | | | Themes and styles also help keep your document coordinated. When you click Design and choose a new Theme, the pictures, charts, and SmartArt graphics change to match your new theme. When you apply styles, your headings change to match the new theme.  Bridge at sunrise | |
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| Busy zebra crossing in city | | | | | | Mirjam Nilsson  The scoop of the day  The latest updates  Themes and styles also help keep your document coordinated. When you click Design and choose a new Theme, the pictures, charts, and SmartArt graphics change to match your new theme. When you apply styles, your headings change to match the new theme.  Save time in Word with new buttons that show up where you need them. To change the way a picture fits in your document, click it and a button for layout options appears next to it. When you work on a table, click where you want to add a row or a column, and then click the plus sign. Reading is easier, too, in the new Reading view. You can collapse parts of the document and focus on the text you want.  When you work on a table, click where you want to add a row or a column, and then click the plus sign.  Active woman running under an urban structure | |
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| Tuesday, Sep 20, YYYY | NEWS TODAY | | | | | | Issue #10 |
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| Mirjam Nilsson  The scoop of the day  The latest updates  Modern building against a clear sky | | To change the way a picture fits in your document, click it and a button for layout options appears next to it.  Themes and styles also help keep your document coordinated. When you click Design and choose a new Theme, the pictures, charts, and SmartArt graphics change to match your new theme. When you apply styles, your headings change to match the new theme.  Save time in Word with new buttons that show up where you need them. To change the way a picture fits in your document, click it and a button for layout options appears next to it.  When you work on a table, click where you want to add a row or a column, and then click the plus sign. Reading is easier, too, in the new Reading view. You can collapse parts of the document and focus on the text you want.  To change the way a picture fits in your document, click it and a button for layout options appears next to it. | | | | Mirjam Nilsson  The scoop of the day  The latest updates  Themes and styles also help keep your document coordinated. When you click Design and choose a new Theme, the pictures, charts, and SmartArt graphics change to match your new theme. When you apply styles, your headings change to match the new theme.  To change the way a picture fits in your document, click it and a button for layout options appears next to it.  Urban skyline in with distant view of empire state building | | |
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| Underground pedestrian walkway | | | | | | | | |
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| People walking in motion through modern tunnel | | | | | | | | | |
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