

# Swelling with Emotion

## President's message

Hello LAM Members and Supporters,

Welcome to the Fall edition of *Swelling with Emotion*. I am hopeful that you all enjoyed a relaxing, rejuvenating summer and benefited from the lovely weather that we experienced. Fall is now upon us, and with it, another busy season of activity.

Please note October 24<sup>th</sup> in your calendars if you haven't had a chance to already. October 24<sup>th</sup> is the date of the LAM AGM, paired with a Food & Wine fundraiser at Riverwood Square. The event last year was a great success – don't miss your opportunity to be part of the fun this year. Check our website for more details. I encourage you to purchase your tickets soon.

This summer, we had the pleasure of having Meghan Sandercock work with us as a Canada Summer Jobs (CSJ) student. Meghan worked out of Morden and spent time updating our website, developing administrative tools, creating resources and prepping future displays. This was our first year applying for the CSJ federal grant support and we are very glad we did, and that Meghan joined us for 8 weeks. Thank you Meghan!

Since the last issue, I had the opportunity to attend the International Lymphedema Framework conference held in Chicago in June 2019. The Winnipeg Foundation supported my attendance with a grant that covered a good percentage of the costs. It was a wonderful opportunity to hear of the latest research, meet others across the world all with a similar cause, and listen to speakers on the international stage. I, along with a few others from Manitoba, were brainstorming our next LAM symposium and who might be possible speakers so that their messages can be heard locally.

The planning for the symposium is now well underway. We are working on confirming a venue, the speakers, and all of the other details that come with such an event. We are, in particular, making an effort to engage with our rural members and professionals via Tele-Health. We have not yet confirmed those arrangements, but for those of you outside of commuting distance to Winnipeg, please know that we are making a concerted effort this year to be more inclusive. Now that Fall is upon us, efforts will be ramping up and information forthcoming. Keep in touch and circle March 6<sup>th</sup> and 7<sup>th</sup>, 2020 in your calendars now.

A few messages to leave you with:

- Please become a member of LAM and join the efforts to improve lymphedema care for Manitobans. LAM's voice is much stronger with all of you joining us.
- Do consider stepping up and joining the Board of Directors. We need new members. The October 24<sup>th</sup> AGM is election time. Jump in, we need your help.
- Have you had a positive experience with a lymphedema partner (company, agency, association) on your journey? If so, let us know and we can develop a profile to share information with other members. We are not alone in this work, and we want to recognize others' efforts.

See you on October 24<sup>th</sup>! Happy reading!

Susan Stratford  
LAM President



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### Manitoba Grown

We've all heard of Thomas Edison, Alexander Graham Bell and Henry Ford as some of the greatest inventors of all time. Though not as famous, Ernie Funk is well known to his family, friends and community as an inventor and an entrepreneur.

Although originally from a farm in rural Manitoba; Ernie spent a large part of his career in hazardous waste management. He and his brother started and ran a sewer and drain company, Bestway Sewer & Drain. He was with the company for 8 years and was the general manager for a hazardous waste company and built the first waste transfer facility plant in Winnipeg. He spent 7 years at a drum cleaning business in Selkirk. His last position before retiring was at Miller Environmental as a sales representative for the company.



Sandy and Ernie Funk

Although Ernie has not had any formal training, his passion for inventing was apparent. Even though it was never patented, Ernie designed an environmentally friendly disposal method for oil filters. In the '80's he helped design and patent (in both Canada and the US), sewer cleaning nozzles with his company at the time, Flushquip.

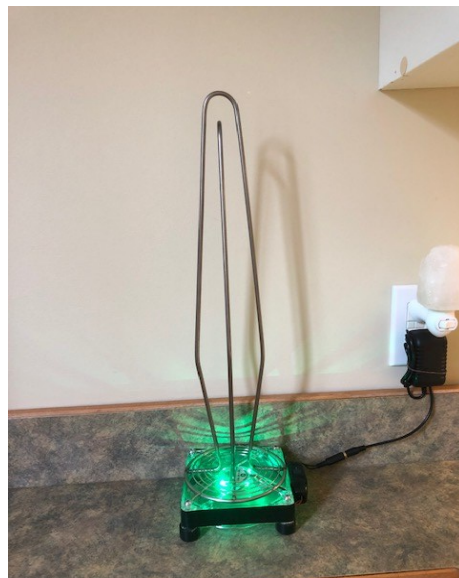
After 54 years of marriage Ernie's wife Sandy has seen many projects come and go. I think the words "Don't be inventing!" have been heard once or twice.



Bandage Roller

In 2005, the Funks made the move from the city to Lac du Bonnet. In hindsight they reflected it was a good thing because of the care they received from the community when Sandy was diagnosed with breast cancer in 2009 and lymphedema shortly after. When you support a family member or friend at a time of need, you look for ways so make their lives more comfortable and easier to manage. People with lymphedema and the people who support them understand the time, energy and financial toll it can take on a person.

Ernie wasn't any different. Compression bandaging is a large part of maintenance for lymphedema. The maintenance and care of the bandages can be time consuming. In 2010 Ernie designed and made a bandage roller to help make it easier for him and Sandy during her Manual Lymph Drainage treatments and night bandaging.



Arm Sleeve Dryer



## Swelling with Emotion

Drying  
Daytime  
Garment



Compression garments require regular washing and depending on the time of year and the weather, drying garments overnight can be a challenge. In 2015, Ernie designed both a dryer for daytime, and nighttime arm sleeve compression garments. He is currently working on one for leg garments.

One of the most challenging aspects of compression garments is donning them. It can make an independent person very dependent. Stay tuned for the donning aid Ernie has in the works!

What is impressive about Ernie's workshop is that he has invented the tools needed to manufacture his inventions. That is the definition of a true innovator.

Ernie and Sandy continue to meet each day with a positive outlook and take on the challenges that come, together.



Ernie's  
workshop



## Conference in June

There was a Winnipeg contingent that attended the ILF (International Lymphoedema Conference) in Chicago in June.

There were many informative sessions and excellent speakers throughout the three days. Although lymphoedema has a way to go in terms of diagnosis and standard of care worldwide, it was encouraging to see the amount of research taking place and the recognition the condition is starting to attain.

In the picture (left to right) is Ben Diamond, Claire Ann Deighton-Lamy, Susan Stratford and Sue Zwarich

## Swelling with Emotion



### Resources:

#### Manitoba Lymphedema Support Group, Winnipeg

**Event:** Support Group Meetings  
**Time:** 6:30-8:30 pm 3rd Tuesday each month  
**Place:** Upper Lounge, MERC  
691 Wolseley Ave, Winnipeg, MB

*Open to everyone with lymphedema*

**Facebook:** Lymphedema Support Manitoba  
"Lymphedema Support Group"

**Email:** lymphedemagroup7@gmail.com



If you know of additional support groups in Manitoba,  
please contact LAM [lymphmanitoba@gmail.com](mailto:lymphmanitoba@gmail.com)

Contact the Lymphedema Association of Manitoba via  
email at [lymphmanitoba@gmail.com](mailto:lymphmanitoba@gmail.com)  
if you have questions,  
concerns or suggestions.  
We would love to hear from you!

#### MENZIES ProCare

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*Physician referral required for Lymphedema treatment*

#### LYMPHEDEMA THERAPY

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