

Our vision is for a Paruresis free world. Until then, people with shy bladder will live life to the fullest.



"Freedom Press" eZine
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IPA News

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Network for Good

We have just finished up a great October IPA annual board meeting in Chicago, and the organization is healthy and well. We are strong at many levels, and expect excellent things in the coming year. Some of this is detailed in the mailing that will go out shortly for our 2018 fundraising campaign. To donate to our 2018 fundraising campaign, please use the blue button above. If you prefer to mail in a donation, [print our donor form here](#).

We'd like to implement some new initiatives in 2018, but what we can do depends on funding, staffing, and our members' willingness to engage the organization in making things happen. So, we will be asking people to get involved in different things in the coming year. We have always had volunteers helping out in different ways, but we'd like to up the ante in the next year.

We want to make our website more user friendly, and attract more millennials into the organization. Many of us who are baby boomers or GenXers have certain ways of doing things, which isn't necessarily the way younger folks do it. So, we are going to try a few new things in the next year or two, and hope younger folks will be attracted to them. I'm going to guess that the average age of our Board members is 50; we need the involvement of the under 30 crowd, many of whom aren't afraid to openly say that they have shy bladder. Now, let's get them interested in IPA!

Drug Testing

We are going to push hard to get the Mandatory Oral Fluid Testing Guidelines issued in the next year. For whatever reason, the federal government has been sitting on these new regulations, and it is putting IPA members and others with paruresis in a real jam. The new Urine Testing Guidelines went into effect Oct. 1, 2017 and refer to the Oral Testing procedures, but these guidelines haven't even been issued yet! This amounts to a refusal to accommodate people with shy bladder. This is unconscionable, and we must hold those responsible accountable. You will hear more soon about this as we implement a strategy to get this done. This is our #1 priority right now.

Workshops

2018 workshop schedule ~ Coming Soon!

Great Nonprofits

IPA is rated a top nonprofit for 2017!
A heart felt thank you, to those that wrote a review for us.

If anyone else would like to write a review for IPA, just click on the 2017 TOP-RATED badge.



You Are Not Alone

As more and more people come out of the closet with shy bladder, we are seeing more non-fiction and fiction about our condition. Here is an excerpt from a fellow paruretics forthcoming book:

What follows is my story. This was the trigger that created my fear of public restrooms. In third grade, I was a regular-size kid. Not smaller than normal, and not big enough to bully other kids. But on this day, I was bullied.

The bully was a kid named Tommy. To this day, it's a bad word. I don't like people named Tommy...[Read more here!](#)

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