



## **Friends of Ostomates Worldwide-USA**

**The Mission of Friends of Ostomates Worldwide-USA (FOW-USA), a non-profit volunteer run organization, is to provide ostomy supplies and educational materials to help ostomates in need around the world.**

### **We Get e-mails**

8/20/2013

Dear FOW-USA:

I'm going to try to attach a photo of a patient who I've given supplies to here. She did give permission for me to share it with you. I'll tell you the little I know of her story. Her name is Frida. One day the Nursing Supervisor found me and said she had a lady with her who needed some colostomy supplies. Eventually I asked enough questions to find out that she's had her colostomy for 31 years! It was done by a missionary surgeon at a hospital a few hours from here (a hospital in our system). At times she was able to get supplies from here or the other hospital, though most of the time she's gotten her supplies from her son who lives in the US, though she had run out at that point. She started to cry when I told her that I had some she could take with her, and then again when she asked, "Where do I pay?" and I told her that she couldn't pay.

Thanks again for all of your help! Also, you enable me to kind of play Santa Claus with these supplies by making people so happy. Just today a patient came for her chemotherapy and was looking for supplies as she'd run out. I only had one-piece bags that would fit her but she went away so happy, thanking me again and again. Many blessings,

Carolyn Brown Cameroon



*Frida  
Cameroon, West Africa*



*Olive visiting FOW-USA  
while her daughter was  
having surgery*

This is a series of communications regarding Olive, a Kenyan, who was in Cincinnati for her daughter's surgery and was able to visit our warehouse. Her 5 year old daughter was born with all of her abdominal organs on the outside of her body. We were able to provide her with pediatric urostomy supplies. Her daughter's colostomy was reversed also at this time. Olive was very appreciative of Friends of Ostomates Worldwide-USA and was amazed at our warehouse and our work. The following e-mail was later received.

9/9/2013

Hi Carol,

I believe and trust you're all fine, finally we are home and our daughter is doing well, she loves the bags with the outlet like a tap since she can empty them by herself so somehow she feels she's in control. It was so wonderful to meet you and your husband, you're such lovely people.

Am still trying to compile materials for the foundation and once everything is ready i will keep you updated.

Your organization is doing a great job if it was not for FOW-USA i don't know how our girl would have managed, God bless you greatly and may He expand your tents as you labor for Him.

love,  
Olive Kenya

8/20/2013

FOW-USA Board,  
Mickey and I just had the most wonderful experience with Olive Kamene Ndeveni from Kenya whose daughter, age 5, just had a urostomy. The people at the children's hospital in Cincinnati were able to do a procedure on her colostomy, something called a 'malone'... She has received some supplies before but lately has been using rags. Now, she says, her daughter can go to school.  
C.H.

### **Newsletter Fall 2013**

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***Send Supplies***

***and Contributions to:***

***FOW-USA***

***4018 Bishop Lane***

***Louisville, KY***

***40218***

***Tel: 502-909-6669***

***E-mail:***

***[info@fowusa.org](mailto:info@fowusa.org)***

***Website:***

***[www.fowusa.org](http://www.fowusa.org)***

<b>Officers and Directors</b>	<b>President's Message</b>
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Ginger Salvadalena 

**Newsletter Editors**  
Shelly Miller Palatine, IL  
Walt DeMoss Oswego, IL

Dear Friends,

I am happy to report to you that Friends of Ostomates Worldwide-USA (FOW-USA) has had a very successful year. This success would not have been possible without the help of many of you who are reading this letter and a very dedicated and hardworking Board of Directors.

In August of this year the FOW-USA Board of Directors had our annual face to face board meeting and in 7 hours reviewed our work and made plans for the upcoming year. This year saw 13,500 pounds of ostomy supplies shipped in 78 shipments with a cost of \$40,922.00. We shipped to 38 countries and have continued to partner with charity groups that have traveled to countries and took ostomy supplies with them to help the people they would service. We welcomed two new Board members, Nancy Schuller as secretary and Heather Martinek as a director. You can read more about both of these women in the newsletter; we are very pleased to have both new board members and their skills! Mary Gloeckner, director, and Judy Morey, secretary, both stepped down after providing FOW-USA with their most important contributions: time and energy. Mary has worked with nurses around the world to provide necessary education by enrolling them in nursing organizations dedicated to ostomy care and Judy has kept our documents organized, taken minutes and worked with meeting directors to insure that we have representation at ostomy related meetings. We will miss Mary and Judy.

Our public relations committee has been very busy, being sure our public face is recognized. FOW-USA is now on Twitter, thanks to Heather; we have been on Facebook for some time and this has been a new way to let people around the world know of our mission. Our PowerPoint presentation which we have had online on our website has been updated through the work of Ruth Salinger. The PowerPoint assists us when we attend meetings to let the attendees know of our work, and Ruth Salinger and Ival Secrest will be using the PowerPoint when they attend the Ostomy Association of the Americas (Western Hemisphere) meeting in Cordoba, Argentina where they will participate in two presentations about FOW-USA. They are now working on a Spanish translation for that meeting. Our new PowerPoint should be online soon.

We had two articles about the work of FOW-USA published in Ostomy, Wound Management and the Phoenix (the United Ostomy Associations of America publication), another way to get the word out about what FOW-USA is involved in.

Soon the fundraising committee will start the fall appeal to help raise the funds that we use for shipping and for the maintenance of our warehouse. Please keep us in mind as you decide upon funding your favorite charity, as I noted above we spent \$40,922.00 in shipping because people like you felt our mission was important. We so appreciate your help.

And finally, one way we believe we can save money is to send this newsletter to you via your e-mail. If you receive this newsletter in a hard copy and can receive it via e-mail, drop us an e-mail at [info@fowusa.org](mailto:info@fowusa.org) and we can move your next newsletter to your e-mail address. This will help us save money on printing and postage and move the money to shipping! Thank you for your continued support!

**Newsletter Editor Change**

As the "new" FOW-USA Newsletter Editor, I want to say, I have BIG shoes to fill! Marilyn has done an incredible job these last 5 years!

I am always looking for submissions for future issues. If you have suggestions for articles in future newsletters, or have an advertisement to place, contact us at [info@fowusa.org](mailto:info@fowusa.org).

*Shelly Miller*

## 2013 Service Award

By Carol Heideman

At the annual meeting of the FOW-USA Board of Directors, held August 6, 2013 in Jacksonville, FL, the 2013 Service Award was presented to someone who is a dynamic force in FOW-USA. There are many superlatives that could be used to describe the recipient of this award and here are some favorites; Resourceful, Unflappable, Tireless Worker, Helpful.

The 2013 FOW-USA Service Award was presented to Ruth Salinger.

In addition to Ruth's long term service on the Board, the key role she now plays is to receive inquiries from recipients around the world and to qualify their requests. This is a critical function because a lot of information is needed about not only their needs but how and where to ship the products.

Ruth has served as Membership Secretary and managed the FOW-USA database.

Ruth has represented the organization at UOAA Regional Conferences as well as been the face of FOW-USA with international organizations such as IOA, OAA and WCET. As the representative of FOW-USA she has attended the IOA conferences in Puerto Rico and Colima, Mexico. At these meetings, she made contact with ostomy association leaders and encouraged them to assist FOW-USA in our mission to supply product to the needy. She provided a very important service to our clients.

Ruth represented FOW-USA at the IOA meetings in Frankfurt, Germany when the former IOA was dissolved and the IOA structure and constitution we know today were established.

She has been the driving force behind our promotional activities in the US. She writes articles about FOW-USA and submits them to the UOAA and WOCN on a regular basis. She is a regular contributor to the content on our website (shipping report) and articles. Ruth has been called the "chief of the grammar police", even to her face.

In sum, Ruth has been a dynamic force and has made great contributions to FOW-USA operationally, in promotional activities and in leadership at Board meetings. Ruth is pictured on the right receiving her award.



## New Board Members

**Heather Martinek**— Heather Martinek serves as the Assistant Executive Director for the Wound, Ostomy and Continence Nurses Society (WOCN). Heather studied Public Health at Temple University in Philadelphia, PA and has worked and volunteered for non-profit organizations for over 10 years. She has planned and orchestrated large scale events and fundraising efforts such as the Muscular Dystrophy Associations' Telethon and their national summer camp as well as client programs for the Multiple Sclerosis Society. Currently, Heather also sits on a Young Professionals Leadership Committee for a women's homeless shelter in Philadelphia, PA. In her spare time, Heather enjoys spending time with her parents, friends and two younger siblings. She is also an avid football fan and enthusiastically cheers for the NY Giants.

**Nancy Schuller**— Nancy is a certified wound and ostomy clinical nurse specialist. She retired from the Department of Veterans Affairs after working there for 35 years. She received both her BSN and MS in Nursing from the University of Illinois, Chicago. Her certificate of training in enterostomal therapy (now wound, ostomy, continence) was from the Cleveland Clinic.

Nancy served on the board of directors of the IAET, now known as the Wound Ostomy Continence Nurses Society. She also was president and newsletter editor of the Midwest Region of IAET. While working for the Dept. of Veterans Affairs, Nancy helped develop a VA national video on ostomy care as well as the Department's first ostomy products formulary. She just recently co-authored an article with Jan Colwell that was published in the Journal of Wound Ostomy Continence Nurses.

Nancy's interests include outside gardening, traveling, dogs, golfing, and keeping current in the field of nursing.

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## Shipping Report

### New record set!

Between August 1, 2012 and July 31, 2013, FOW-USA shipped 13,490 pounds of ostomy supplies in 78 shipments to 38 countries. This is the most ever shipped by FOW-USA! Some of these shipments were sent to our partners in the U.S. who forwarded the products on to the countries where they had contacts. You can find more information on those shipments in our Spring 2013 edition titled "U.S. Partners in Shipping". FOW-USA continues to directly send supplies but our U.S. based partners certainly help us reduce costs and distribute in countries we may not have a contact.

The reach of FOW-USA is worldwide: Central and South America, the Caribbean, Africa, Eastern Europe and the Middle East and Asia.

We couldn't do it without YOU! Thank you to all product donors, financial contributors and volunteers who made all of this possible.

## FOW-USA Fundraiser

By Shelly Miller

At press time, FOW-USA is preparing to conduct what might be its first ever formal "fundraiser". A friend of FOW-USA approached us with the desire to help and give back and had an idea. Robin Nasatir owns The Painted Penguin in Aurora, Illinois. The shop is a retail business that provides a fun art activity for families. Robin is donating the store and employees on October 12th for a 3 hour function with all proceeds going to FOW-USA! (Visit our website for info!)

The participant chooses a pre-molded ceramic from thousands and then paints it with paint and materials provided by The Painted Penguin. Store staff "fires" the finished clay piece and readies it to be taken home.

Plans are to conduct a "silent" auction as well as have door prizes, refreshments, and a special guest appearance by Miss Chicago—2013. In addition, FOW-USA president, Jan Colwell, will address the crowd.

Be sure to watch for our results along with photos of the event in the Spring 2014 edition of our Newsletter. If you have ideas like Robin's for future fund raising activities, please send them to us at [info@fowusa.org](mailto:info@fowusa.org). It's always great when people think "outside of the box" but a big thank you, in advance, to Robin for thinking "outside of the bag"!

This section of the FOW-USA newsletter is new and we will cover topics of interest to people with an ostomy or to people who help in ostomy management.

### Clinical Ostomy Pearls: Skin Barriers

The skin barrier of the pouching system is the beige inner adhesive that starts at the stoma and goes out 2-3 inches. The purpose of the skin barrier is to provide adherence of the pouching system to the skin. All pouches have a skin barrier and each company manufactures a slightly different skin barrier. Here are the terms used as it is important for you to understand:

**Hydrocolloid:** each of the skin barriers is made with a "recipe" of materials that are classified as a hydrocolloid. The hydrocolloid absorbs skin moisture to insure a good seal (and not allow the skin moisture to quickly loosen the seal). In addition to absorbing the skin moisture, the hydrocolloid absorbs the stoma output, urine or stool. The more liquid the stoma output is, the quicker the hydrocolloid becomes saturated and can lose the adhesive seal. Therefore, a person with a high liquid output stoma may need to change every three to four days to be sure of a solid seal.

**Regular wear versus extended wear:** these two terms define the type of hydrocolloid. Regular wear skin barrier is suggested for use with a semi-solid or solid stoma output versus an extended wear skin barrier that is suggested for use with a liquid stoma output; an extended wear skin barrier can maintain its shape and wear time longer than a regular wear skin barrier.

**Flat versus convex:** these terms relate to the shape of the skin barrier. The part of the skin barrier that adheres to the skin can be flat or convex (round) and the type chosen depends upon the shape of the skin around the stoma in standing and sitting positions. When the skin around the stoma is flat (bend over in a sitting position to determine this) a flat skin barrier is generally appropriate; when the skin around the stoma is creased around the stoma a convex skin barrier (rounded on the part that will attach to the skin) may be appropriate. The convex skin barrier can keep creases flat if placed on when the skin is pulled flat. Another use for the convex skin barrier would be to help a flat stoma. A flat stoma can, in some cases, be challenging as the stoma output may not get up over the adhesive into the pouch. The convex skin barrier can apply a modest amount of pressure to get the stoma up and over the skin barrier enhancing the seal.

**The skin barrier opening:** the skin barrier opening should fit at the skin/stoma junction. This means that the opening should be round to fit a round stoma or oval to fit an oval stoma. It is advisable to re-measure a stoma every three months to be sure that a weight gain or loss has not changed the size or shape and then alterations can be made accordingly. Understanding these terms will help in evaluating new products and getting a consistent predictable wear time from a pouching system.

Jan Colwell, RN,MS,CWOCN,FAAN  
Ostomy Advanced Practice Nurse

## FWO-USA FINANCIAL CONTRIBUTORS Aug. 1, 2012 thru July 31, 2013

Thank you to all those listed below who have contributed to FOW-USA during the past fiscal year. If you are not on the list and should be, or if your name is spelled incorrectly, please e-mail [info@fowusa.org](mailto:info@fowusa.org).

<b>Grant</b> The International Foundation	TennieBee & HR (Bob) Hall Thomas Heenan Mr. & Mrs. Michael Heideman Charlotte Hogan Ronald Jewell Marilyn Kilpatrick Bill LaFollette Jetta & Glen Lenox Sherry & Leslie Lessard Sylvia & Irving Lipsky Marilyn & Bob Mau Nancy McCullough V. Brandon Melton Coleen & Richard Michels Shelly Miller Judy Morey Bonnie & Richard Myers Pittsburgh Affiliate of WOCN Society Marilyn & Robert Powell Arthur Press Marcia & Bruce Roth George Salamy Nancy Schuller Julie Sibley Leslie Simpson Michele & James Sitro Elsie L. Smith James Spitzer Temple Trager Teachers Social Fund The Ostomy Shoppe Rebecca Vaughn Elizabeth J. Wirstrom Ruth Withersport Marilyn & Alan Zuckerman	Robin Nasatir Christine Quinn Yvonne & Walter Rudolph James Sayre Gloria Schultz Diana Shipiro Ivan Steen Gillian & Darryl Swanson Mary Talbot Linda Urbach Dr. Sharon Windwer Benjamin Zarit Nicolette Zuecca	Marilyn Motio Linda Munns Alice & Edward Murphy Anthony Padula Sharon & Mary Jo Pardo M. Judith Reedy Suellen & Arshad Rizvi Doris Robbins Maxine & Seymour Rubin Chjristine & John Sancin Gloria Schultz Tania Scinto Joseph Schwartz Family Foundation Carol & David Scott Megan & Ryan Shanor Tracey Sherman-Falcon Fred Shulak Rollie Sidla Paula & Ken Silk Eileen Sisemore Diane Smith Gail & Don Smuda Ann Spaeth St. Paul Ostomy Assoc. Mr. & Mrs. Gregory Szydowski Cindy & Ron Titlebaum Jolene Tucker Michael Vallely Vera Vince Marion Walker Marie Walsh Judith Weber Carol Woodard Dollena Woodward	Barbara Holisky Mary Hoogwerf Diane & Steven Ineich Stephen Johson Addie & Cy Kawalek Richard Keller Mary Ann Kelly Belinda Lavelle Bettye A. & Sidney Louick Holger M. Maneck Lorraine A. McGrath Candance E. Miller Anne & John Mitrising Terry & William Moore Rosemarie Novak Mrs. Toby Patterson Judith E. Peitsch Karyn Pomerantz Vicki Purdon Sophia M. Radscavage Amanda, Myrian & Daniel Ramirez Margretta & Frederick Rimmier Elaine Rossi David Rudzin Gina L. Russin Cathy Schaeffer Ms. Margaret Van Schaick Iris & Martin Schlager Judith Schneider Michael Sepich Mary Shefford Franette Sheinwald Carol & Vitus Shum Ruth Siefert Ann Simmons Maura Sisemore Carolyn Starrels Richard V. Stauble Rosemary Tabb Marilyn & Dan Tyrrell Dorothy E. Wadsworth Esther & Michael Weiner Susan Wilhelm, LLC Susan Williams Marion & Eugene Zebslitz
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### REMINDER

If you donate ostomy supplies to FOW-USA, you can deduct the value of the supplies and the shipping cost from your federal income tax.

## Financial Contributors, cont'd

### Chapters/Support Groups

<b>AZ</b>	Tucson Ostomy Support Group Sonoma Ostomy Group
<b>CA</b>	Orange County Ostomy Assn.
<b>CT</b>	Central CT Ostomy Assn. Ostomy Assn. Greater Hartford South Fairfield County Chapter
<b>FL</b>	South Brevard Ostomy Assn. Venice Ostomy Assn.
<b>GA</b>	Middle GA Ostomy Assn
<b>IL</b>	Aurora IL Chapter DuPage County Ostomy North Suburban Chicago Chapter Quad City Ostomy Group SW Suburb Chicago Support Group
<b>KY</b>	Kentuckiana Chapter UOAA
<b>MD</b>	Anne Arundel Co Ostomy Assn.
<b>MI</b>	Ostomy Assn. Of Grtr Lansing Macomb Co. Ostomy Assn. Straits Area Ostomy Assn.
<b>MN</b>	Duluth Area Ostomy Group Ostomy Assn. of Minneapolis
<b>NC</b>	Triangle Ostomy Assn.
<b>NE</b>	Lincoln Ostomy Assn.
<b>NJ</b>	Morris Co. Ostomy Assn. Warren Co. Ostomy Assn.
<b>NY</b>	Greater Orange Area Ostomy Ileostomy Assn. of NY Schenectady Ostomy Support Group Suffolk NY Ostomy Assn.
<b>OH</b>	Grtr Cincinnati Ostomy Assn. Lorain Co. Ostomy Assn.
<b>OK</b>	Ostomy Assn. North Central OK
<b>PA</b>	Pittsburgh Ostomy Society
<b>TX</b>	Ostomy Assn of Austin Ostomy Support Assn. Ft. Worth Ostomy Assn. of West TX
<b>VA</b>	Ostomy Support Group North Virginia
<b>WA</b>	Skagit Ostomy Support Group
<b>WI</b>	Chippewa Valley Ostomy Assn.

## Thank You Ostomy Supply Donors

We are grateful to everyone who donated ostomy supplies to FOW-USA during the past year. Space limitations prevent us from printing the names of all the donors, but without your generosity we would not be able to provide ostomy products to developing nations around the world. Thousands of ostomates have benefited from your largesse. Keep sending those ostomy pouches, face plates, powders, belts, skin products, tape, and other items (but no liquids or aerosols) to our warehouse at:

**FOW-USA,  
4018 Bishop Lane  
Louisville, KY 40218**

## 2013 FOW-USA Board Meeting

The FOW-USA Board of Directors held its annual in-person Board Meeting before the kick-off of the United Ostomy Associations of America (UOAA) 2013 Conference on August 6 in Jacksonville, FL. The Board meets via Conference Call every other month during the year. The Board elected new Officers and Board Members, approved the 2014 Fiscal budget, reviewed the Shipping Report, revised our By-laws and Policies and Procedures, reviewed the treasurer's Report and addressed all other issues necessary for the successful operation of FOW-USA.

Some key FOW-USA activities this year include putting our new database software into action, continuing the update of our interactive website and continuing our involvement in social media with Facebook and Twitter.



## We Get e-mails Cont'd

8/06/2013

FOW-USA,

I just received the carton today and it was filled with more than I could have ever expected! Once I get down to Honduras later this week I will work to send pictures and a summary of how AWESOME FOW is at meeting ostomy needs. Forever thankful for your generosity and kindness!

God bless you all,  
Emily Johnsen RN Honduras

## Newsletter—Ads & Distribution

We continue to welcome advertisers for the FOW-USA Newsletter. We offer advertising opportunities to ostomy-related businesses and product manufacturers on a limited basis. A maximum of four ads will be included in any issue. Ostomy-related businesses wishing to advertise in future Newsletters should e-mail [shelly.miller@fowusa.org](mailto:shelly.miller@fowusa.org).

We appreciate the support of these businesses who are helping to defray the cost of printing and mailing the Newsletter. **Readers—you can help us reduce costs by requesting to receive the Newsletter by e-mail.** Visit our website, [www.fowusa.org](http://www.fowusa.org) and sign up for the e-mail version!

## Friends of Ostomates Worldwide—USA Contribution Form

Name \_\_\_\_\_

### Giving Level

Address \_\_\_\_\_

Partner-\$50 \_\_\_\_\_ Corporate-\$300 \_\_\_\_\_

City State Zip \_\_\_\_\_

Sustaining -\$75 \_\_\_\_\_ Benefactor-\$1,000 \_\_\_\_\_

Country \_\_\_\_\_

Contributing-\$150 \_\_\_\_\_ Lifetime/Memorial- \$5,000 \_\_\_\_\_

Telephone (\_\_\_\_) \_\_\_\_\_

Supporting-\$300 \_\_\_\_\_  Other-\$ \_\_\_\_\_

E-mail Address \_\_\_\_\_

Chapter/Group/Association \$ \_\_\_\_\_

Send Newsletter by E-Mail? Yes \_\_\_\_\_ No \_\_\_\_\_

**Total Amount Enclosed - \$** \_\_\_\_\_

**Make checks payable to FOW-USA and mail with form to:**

**FOW-USA, Attn: Treasurer, 4018 Bishop Lane, Louisville KY 40218**

**If your employer has a matching contributions program, please ask them to match your gift.**

**To Donate On-Line: Go to [www.fowusa.org](http://www.fowusa.org) and click on Donations.**

## Financial Report



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U.S. Dollars	Actual Fiscal Year 2012/13	Budget Fiscal Year 2012/13	Budget Fiscal Year 2013/14
<b>Revenue</b>			
Contributions	56,288	54,000	56,000
Ad Revenue	1,500		2,500
Interest	75	250	60
Grants	5,000	5,000	2,500
Other e.g. Endowments	0	0	
<b>Total Revenue</b>	<b>62,863</b>	<b>59,250</b>	<b>60,060</b>
<b>Expenses</b>			
Bank Charges			75
Computer (Internet Services)	0	120	0
Computer (Hardware/Software)	650	330	750
Education		500	500
Insurance Personal Property			403
Insurance Liability			826
Newsletter	3,401	2,500	3,400
PayPal charges			70
Promotion	1,268	2,000	1,268
Rent	7,800	26,500	7,200
Utilities		300	
Shipping & Postage	41,699	25,000	41,800
Supplies / Insurance	2,399	2,000	689
Telephone		0	
Travel (Board Meetings)		0	
Travel (Conferences & Meetings)		0	
<b>Total Operating Expenses</b>	<b>57,217</b>	<b>59,250</b>	<b>56,981</b>
<b>Net Income/(Loss) From Operations</b>	<b>5,646</b>	<b>0</b>	<b>3,079</b>
Non Recurring Item Expense			
Warehouse Move	3,823		
<b>Total Net Income</b>	<b>1,823</b>		

**FOW-USA  
4018 Bishop Lane  
Louisville, KY 40218  
USA**

**Address Service Requested**

**Fall 2013 Newsletter**

