



Friends of Ostomates Worldwide-USA

Newsletter Fall, 2016



President's Message

Dear Friends,

As President of Friends of Ostomates Worldwide-USA and the leader of the Venice, FL Ostomy Support Group, I am in a unique position to complete the circle of help for those with an ostomy around the globe. Members of my support group bring product donations to our meetings. I store them in my home until I have enough to fill a large carton and then send them to our Kentucky warehouse. I know that they will be repacked and sent to those in need. I have the privilege of reading the responses from grateful recipients and in turn share them with my group. It takes a dedicated FOW-USA team to make all of this a reality and they do it with such commitment and caring.

I am so pleased that our current board members have agreed to continue to serve us. Our former secretary, Nancy Schuller, has now become an Honorary board member. We have elected Darlene Caruso to fill her role. Darlene brings her experience as a WOCN, support group leader and her interpersonal and computer skills to her new position. We have also added an additional Honorary board member, Craig Glazer. We held our annual meeting on October 16th, in Louisville, KY. Some of our board stayed over another day to work with our warehouse volunteers and ex-

press our appreciation for all their efforts in unpacking, sorting, and repacking supplies for shipment to recipients in countries around the world. It always amazes me to think that the products I send to the warehouse may end up in Morocco or Zimbabwe and bring hope and dignity to someone I have never met.

It is traditional at our annual meeting that the president reviews the past fiscal year. With a sense of pride I praised our board members for their outstanding efforts in moving our organization forward. We have made progress on so many fronts. We have upgraded our data base to facilitate record keeping and accessing accurate information. We have found ways to save money in mailing and emailing newsletters and appeal letters. Our website, www.fowusa.org, is undergoing a transformation to make it more user friendly and display our messages in a captivating way. We sent 14,500 pounds of supplies in 98 shipments with a retail value of over \$725,000 in fiscal year 2016. As a result of a sizeable bequest, we have been able to invest some money to ensure the future of our organization. It is so gratifying to learn that someone thought enough about what we do to leave us money in her will. Several folks have asked their friends to donate to FOW-USA in lieu of

presents for a birthday or anniversary. These special-event dollars help to pay our shipping costs which were \$37,000 this past fiscal year.

I was delighted to work with a creative group from Hollister, Inc., to craft our message in the June 2016 issue of their Secure Start eNewsletter. It is our hope that it will reach an audience that did not know that they could send unused products to us. Their positive review of my book *It's Okay to Have an Ostomy* may inspire some readers and generate a bit of revenue for FOW-USA. It is every author's wish that our words will touch another. I have such wonderful evidence of that in the letters I have received.

Education has always been a part of our mission and a task force is investigating new ways to provide ostomy care instruction for those who request it. Many of these are individuals to whom we send products. They are affiliated with hospitals or groups who distribute the supplies to the needy. Knowing how to protect skin and the proper way to apply pouching systems assures us that the products we send will be used effectively.

I thank you for your encouragement and continued support. Your financial and product donations help us to continue this important mission.

Ann Faureau

Special points of interest:

Almost 15,000 Pounds of supplies shipped in 2016

Retail Value: Over \$725,000

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E-mail us at
info@fowusa.org

*We can't do it without YOU, our faithful Financial & Product Donors
who help FOW-USA Make A Difference !*



**We can't do it
without our
Volunteers and
YOU!**

Meet our Officers & Board of Directors

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Bethesda, MD

Brookfield, IL

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Rebecca Wright

Sonia McDonough

Ginger Salvadalena



Board Meets and Sets 2017 Schedule

The FOW-USA Board of Directors held its live, face to face, annual meeting on October 16, 2016 in Louisville, KY. Many of the Board members stayed an extra day and reconvened at the warehouse first thing Monday morning. We do this to show our appreciation to the wonderful volunteers who staff the warehouse. It also gives the Board a full understanding of the warehouse procedures as we roll up our sleeves and assist the wonderful volunteers for a day. It is always great to meet the faces behind the scenes who work tirelessly to achieve our mission and unpack, sort, stock and reship the products around the world.

Our meeting agenda was full and we tackled our initiatives and created new ones for the year ahead. Our committees work tirelessly to make progress in many areas. We have also set our year long conference call schedule and discussed dates of meetings scheduled around the country in which we can participate. Our 2017 Board meeting has been scheduled to be held in Louisville, Kentucky again in early October, 2017.



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meet the faces
behind the
scenes..."**

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Ostomy Pearls

Nancy Gutman RN, CWCN & Jan Colwell, RN, MS, CWCN, FAAN

These resources will provide you with web based educational information related to living with an ostomy. If you are reading this on a hard copy (paper), you should consider going to the FOW-USA website to download this newsletter which will enable you to click on the links. These links are also available on the Education page of the new FOW-USA website.

Ostomy Education via YOUTUBE

What is an Ileostomy?

https://www.youtube.com/watch?v=iAG9SW7Pc_s

What is a Urostomy?

https://www.youtube.com/watch?v=OM3YGtZ_lhk

How to change a pouching system.

<https://www.youtube.com/watch?v=J39khO7wYSQ>

<https://www.youtube.com/watch?v=GnmlA0luoBw>

Living with an Ostomy - UOAA Video

<https://www.youtube.com/watch?v=-6huiipieKY>

How to empty and clean an ostomy bag.

<https://www.youtube.com/watch?v=4f045hoJER4>

What is a Colostomy?

https://www.youtube.com/watch?v=XscbQTemf_g

Caring for a Urinary Stoma

<https://www.youtube.com/watch?v=f343h6qnoao>

Everyday Living with an Ostomy

<https://www.youtube.com/watch?v=47-8YSE0GkA>

Understanding Barrier Accessories

<https://www.youtube.com/watch?v=okq6qKO6JaQ>

Education on the United Ostomy Associations of America site:

http://www.ostomy.org/Ostomy_Information.html#gen_info

Medline University: Ostomy Education: Understanding and Managing Ostomies Test:

<https://www.medlineuniversity.com/lms/course/1010000123/>

Hollister, Inc. <http://www.hollister.com/en/ostomycare/ostomycarelearningcenter>

Coloplast <http://www.coloplast.us/ostomy/people-with-an-ostomy/>

ConvaTec <http://www.convatec.com/ostomy>



**"Resources for
Web-based
educational info"**

We get E-mails

8/22/16

From Ronaldo Lora of the Philippines:

The Colostomy Friends of the Philippines is a support group that conducts support group meetings for persons with ostomy. In one of their gatherings, they organized socials and a picnic to develop bonding and camaraderie for new and old members. FOW-USA sends supplies to Ronaldo and he distributes them throughout the country.

[Look at those smiles in the Philippines!]



September 27, 2016

Attach you ...picture about sending appliances to ostomy people in Colima, México. Thanks so much for the help from FOW-USA



Jorge Vargas Morales
Colima, México



**"It's quite a
process, in
paperwork
alone."**

VOLUNTEER WORK AT FOW-USA WAREHOUSE

An integral part of the work of FOW-USA takes place at our Louisville, KY warehouse. Let me tell you what I do as a volunteer there. Our week starts off on Monday with approximately 6 or 7 volunteers. Throughout the week several volunteers come and work on any given day.

The first order of business is to check and see if any new boxes came in. We cut off the return address so Carol Heideman, Warehouse Coordinator, can enter them into the computer and the "thank you" letters can be generated and then mailed out.

The new boxes are opened and distributed to the table designated for that particular product. We have a Conva-Tec, Coloplast, and Hollister table, and an additional table for miscellaneous supplies. The boxes we open that have loose supplies are put in large tubs to be sorted at a later time. We have asked Ostomy

Support Groups, people we meet at conferences, and those who contact us at info@fowusa.org to place their supplies in plastic storage bags with the end with the size and product number torn off the box and put into the bag for reference. This helps us to sort faster, plus it makes for a lighter, more compact load and helps the donor with the shipping cost.

Pediatric supplies are kept on a separate table, for easy repacking when we receive an order for them. We also receive some regular medical supplies. If we can't ship them, they go in boxes to be taken to the Supplies Overseas group here in Louisville who will recycle them. Gauze pads and small medical items that can be used for ostomy care are put in the shipment as packing filler.

It is quite a process, just in paperwork alone, that is re-

Cheryl Sparks

quired to ship an order. Mickey Heideman has streamlined this tremendously since the warehouse first came to Louisville.

We have a little production line that works well for the volunteers.



Pictured L to R: Mickey Heideman, Johnda Conley, Carol Heideman, Cheryl Sparks, Joy Rhodes, Eula Kennedy, & Ken Goodman

We work hard but have fun getting the supplies in and out in a timely manner. We realize that our efforts will have such a positive effect on the recipients.

Congratulations to the 2016 FOW-USA Service Award Recipients, Nancy Gutman & Shelly Miller. Both were recognized for their invaluable contributions to FOW-USA at the annual Board of Directors meeting.



Wondering what
to do with unused
ostomy supplies?



Friends of Ostomates Worldwide-USA is a non-profit 501(c)(3) volunteer organization which collects new ostomy supplies from US individuals and groups. FOW-USA donates the supplies to needy ostomates in developing countries around the world.

Please send your new supplies to:

FOW-USA
4018 Bishop Lane
Louisville, KY 40218-4539

Shipping cost and value of supplies may be tax deductible.



For more information visit us at www.fowusa.org, call us at 502-909-6669 or email us at info@fowusa.org.

We get E-mails (cont'd)

May, 2016

Hello all,

I just wanted to send a great big thank you to you and your team for all your efforts and speed in sending the donations. We have them here now and what an amazing sight they are. Wow! Thank you. We ended up having two patients come in this week who needed the very supplies you sent so thank you for everything.

Thank you again, what an amazing experience we have had working with you all.

Rebecca Morante
Director of Nursing, Lao Friends Hospital for Children
Healing Children. Healing Laos.

We also received this photo from the hospital's Deputy Director, Jennifer Brown:
"Thanks again for the incredibly useful donation for our patients."
The photo shows a couple of members of their nursing team, Amphone on the left and Ham on the right.



Aug 11, 2016

From Morocco:

We have received the packet last week.

My Mother and me would like to thank you very much for your help and she said : "may god bless you and all the helper in your organization" .

It is nice to see there are still good people in this world!

Thank you and best regards

**"What an amazing
sight they are..."**

July, 2016

We are fine and doing well here in Mombasa, Kenya.

We appreciate the donation made by FOW-USA, the products will go along way to assist the many people who cannot access such products here in Kenya.

We appreciate Carol and Mickey for the time taken to pack and ship the products ...

At the time of donating the products at the Coast Provincial General Hospital which is the largest provincial hospital in Mombasa county and serving more than five counties ...

Nurse Caro Omollo and the Matron in charge of Urology department received the products as per photo. [I am] in a blue dress.

I send one box to Chogoria Mission hospital ...

Be blessed and thank you very much.

Olive

[FOW-USA sends supplies for Olive's daughter and for other children and adults]



Our Many Volunteers – Will You be One of Them?

Ruth Salinger

In each newsletter, you see the list of the Board of Directors. In some issues we spotlight a new Board member.

But we have many more volunteers who help us with our efforts, without whom we could not function as an effective organization.

Lauren Stier Beatty has been our volunteer website administrator for a number of years. And she doesn't have an ostomy! Her efforts ensured that we have a presence in the virtual world. One evidence of her effective management is the increased number of requests that we receive for ostomy supplies through our website link.

As another article in this issue discusses, our supply warehouse in Louisville, KY, is solely run by volunteers who unpack the boxes of supplies donated to us; sort them by brand, type, and model; and stack them on tables, ready to be packed for future shipments to our clients. Be sure to see their photo and read it from a volunteer's perspective!

Both UOAA and the Wound, Ostomy and Continence Nurses (WOCN) Society have national and regional conferences. We have our booth at these conferences whenever we have volunteers who can attend. For WOCN, we thank Jan Colwell, our former president, and her friends from WOCN, who are willing to talk to passers-by; hand out literature; and sign up attendees for our newsletter. Board members, Cindy Barefield, went from her home in Texas to attend the national WOCN conference in Montreal as did Board Member Nancy Schuller from Illinois.

For UOAA regional conferences, we can count on Board members who are nearby to engage with the

attendees. Steady help comes from former Board members Ival (past president) and Lang (past membership secretary) Secrest, particularly as they travel throughout the west.

On our website, you will see our PowerPoint slides in both English and Spanish. At various times, we need help with communications in Spanish. One of the individuals we rely on for translations is Martha de Nieves, President of the Ostomy Association in Puerto Rico. Thanks also to others who have come to our rescue in understanding documents and Facebook messages.

The three industry representatives on our Board of Directors – Coloplast, Convatec, and Hollister – continue to provide us general advice as well as specific support. Coloplast prints our beautiful brochures. Convatec has given us grants to enable us to continue our work. Hollister provides the cartons that we use to ship supplies overseas. Thanks to all!

FOW-USA was built by volunteers to achieve our mission of raising donations, both financial and supplies, to provide ostomy supplies to people in developing countries outside of the United States. We thank all who have done so and if you are interested in volunteering in some way to carry out our goals, please contact us at: info@fowusa.org.

**Our volunteers
make a
difference!**

**Watch for an article in our
Spring 2017 edition on details
of the Board's recent
warehouse trip!**

Record Shipping Day

The details of our 2016 Fiscal Year Shipping can be found on page 1 in our President's Letter. A tremendous accomplishment was reached in September. On September 12, 2016, our shipping agent picked up seven pallets that were heading to six countries, weighing almost 3,000 pounds, a record amount for one day! We can support others around the world because you have donated your new ostomy supplies to FOW-USA. Thank you! If you have new ostomy products you no longer need due to size or brand or style changes, see our website, www.fowusa.org to learn more on how to get them to our Louisville, KY warehouse and make a difference.



Pictured l to r: Mickey Heideman, Carol Heideman, Eula Kennedy & Cheryl Sparks

**3,000 lb. single day
shipping record!**

We get E-mails (cont'd)

FOW-USA responded to a request from Jennifer Bridges, Executive Director of Embrace Compassion: <http://embracecompassion.org/>

"[The] organization in Oregon partners with a village in Ethiopia and a local government referral hospital in Nekempte that serves 2 million people. There are only two surgeons in this location. There are many people with colostomies in this area and very few supplies. There have not been supplies for children, and this is one of my priorities."

[After we responded that we would provide supplies, she noted:] I have to carry them on the top of my old Landcruiser and drive two days to get there. I can only take 17 big duffle bags at a time! There is a really big difference between the hospital in Addis and Nekempte. Even our language is different in Oromia."

[From her medical trip update, June 3-29, 2016]: "On this medical specific trip for Embrace Compassion, there were 2 American team members and 7 local Ethiopian team members that led the outreach. Medical supplies in excess of \$23,000 were taken to the Nekempte Referral Hospital. The Nekempte area is home to the Oromo people...The patients, who visit the hospital that serves the surrounding area of around 2 million people, must walk, most a great distance, in hopes of receiving care. The patients are typically poor farmers, many without the means to pay for the care they need. Often, the patients have waited so long to make the trek, their cases are incredibly severe.

The colostomy bags we brought are incredibly helpful as the hospital performs between 30-50 colostomy surgeries a year. The surgeries are performed not only on adults, but also children. This is the first time the staff has had the supplies needed to help these patients and the first time that they have been trained to use them properly thanks to Embrace Compassion."



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FOW-USA
4018 Bishop Lane
Louisville, KY 40218
USA
Tel: 502-909-6669

The Mission of Friends of Ostomates Worldwide-USA (FOW-USA), a nonprofit volunteer run organization, is to provide ostomy supplies and educational materials to help ostomates in need around the world.
We also provide educational materials & stoma care training for doctors and nurses in developing countries.

Address Service Requested



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 and click on Donations.