



Friends of Ostomates Worldwide-USA

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

We Get E-Mails

We are delighted to hear about our supplies reaching needy ostomates.

Traveling Mercies

...Our mission was to give our friend "Pepito" ...supplies we received from a non-profit organization (FOW-USA). In addition...I received a ton of colostomy supplies from other people...The surplus [would] go to [a church] in order to distribute to the needy...Before I left I didn't understand the value...It was worth every hardship in getting there and back just to know that we were able to care for people in a unique way. Thanks for your efforts.

Kelly Moore

Spanish teacher, Ohio

Part-time missionary, **Cuba**



Cuban church worker w/ostomy supplies

Dear FOW-USA

The package of ostomy supplies arrived safely last week, and we do appreciate your help with our patients..The bags are just what they like with the open end and being able to cut to the size they need.

Thanks, Sr. Daisy Hanna, **Zambia**



Nepal Conference Participants

Report on 3rd Annual Meeting of Stoma Care Society, Chitwan, Nepal

...President of stoma care society, Mr. Devi Prasad...extended the heart felt thanks to the FOW-USA and all the persons involved in this work of making stoma appliances available to them....Stoma supplies are the means of life, and it's the only way that makes them [ostomates] re-established in the society.

Nirmal Lamichhane, MD, **Nepal**

Continued on p. 3

Newsletter Fall 2010

Inside this issue:

*P. 2 President's Message
Officers and Board*

*P.3. FOW-USA Connections
Accidental Omissions
25th Anniversary in 2011*

*P.4 Shipping Report
Letter from Supply Donor*

P. 5 & 6 Supply Donors

*P. 7 FY 2010/11 Budget
Contributions Form*

Send Supplies

and Contributions to:

FOW-USA

1500 Arlington Ave.

Louisville, KY

40206-3177

Tel: 502-736-6360

E-mail:

info@fowusa.org

Website:

www.fowusa.org

Corporate Support

Grants - In September 2010, FOW-USA received two corporate grants. ConvaTec awarded a charitable contribution of \$2,500 to FOW-USA for operational support for the 2010 fiscal year. This contribution will help with shipping and warehouse rental costs. Hollister Incorporated gave a grant of \$500 to FOW-USA and continues to supply cartons for all FOW-USA shipments. Thank you ConvaTec and Hollister.

Industry Advisor - Kristen Knox, Senior Product Manager-US Ostomy Care, Coloplast, has joined the FOW-USA Board of Directors as the Industry Advisor Representative from Coloplast. Her first job after college was at the Mayo Clinic. She is looking forward to working with FOW-USA to continue her enthusiasm for helping others. She lives in the Minneapolis, MN area with her husband and two sons. Welcome, Kristen.

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Walt DeMoss
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Web Site: www.fowusa.org

E-Mail: info@fowusa.org

**Send Supplies and
Contributions to:
FOW-USA
1500 Arlington Avenue
Louisville, KY 40206-3177**

Dear Friends,

I was told by my ostomy visitor a few days after surgery to control my ostomy so that it does not control me. I plan to change my appliance every seven days because issues with my skin and/or pouch will occur if I go much beyond seven days. If I sense itching or observe an issue with the pouch during those seven days then I will change immediately because I have the luxury of having an appliance available. Many ostomates in developing countries are faced with having to somehow make the appliance they are wearing last several weeks or they have to construct an appliance out of whatever materials they may find. In other words, their ostomy controls their life. The mission of FOW-USA is to provide new, clean, modern ostomy appliances to those ostomates so that they have control of their ostomy and are able to live a life of dignity.

You will notice that our shipping expenses rose sharply but overall financial contributions were down for the fiscal year that ended on July 31, 2010. The shipping expenses rose for three reasons: (1) We shipped more products because of the continually increasing demand and events such as the Haiti earthquake (2) Actual expense of shipping per pound increased and (3) It is more expensive to ship to some countries than others. For example, land locked countries are more expensive because the product must go by sea and train/truck or air. We need your financial help to continue the level of support that we are currently providing.

Thank you to all who have donated supplies and continue to do so. On a recent visit to the warehouse, I noticed that a significant amount of supplies had to be discarded because they were beyond the expiration date. I would suggest that supply donors look at the expiration date a little closer so that they do not have to pay to ship supplies to us that must be discarded. Even though we know the product is still good we cannot ship expired products because of customs regulations in recipient countries. We are aware that it is sometimes difficult to determine the expiration date and there are a few products that do not have expiration dates.

I would like to welcome Joan Countess to our Board as an Honorary Director. Honorary Directors fully participate in Board discussions, but do not have a vote.

Most of you are aware that FOW-USA is totally run by volunteers who do not receive funds for their time. All financial contributions go directly to our mission. The critical volunteers are those Louisville UOAA affiliate members who come in one day every week to unpack, sort and repack the donated supplies. Thanks Louisville!

Ival

FOW-USA Connections

To continue making progress on achieving its mission, FOW-USA works with many related health organizations to share shipping costs, publicize its activities, promote the supply donations, and raise more funds. At their conferences, a table is usually provided to FOW-USA to distribute materials and speak with conference attendees. FOW-USA Board Members have attended the following conferences since June to promote supply and financial donations.



Ival Secrest with local doctor at NW Regional WOCN Conference

- June 2010—Joint Wound Ostomy and Continence Nurses (WOCN) / World Conference of Enterostomal Therapists (WCET) Conference in Phoenix, AZ.
- August 2010—Northwest United Ostomy Associations of America (UOAA) Regional Conf., Tacoma, WA.
- September 2010—MidWest Regional WOCN Meeting in Des Moines, IA.
- September 2010—Northwest Regional WOCN Conference in Tulalip, WA.

IOA - Dr. Harikesh Buch, President of the International Ostomy Association (IOA), reported on the WOCN/WCET meeting in Phoenix in June 2010 in the *IOA Today* August Newsletter. Regarding his address to the group, he wrote, "I also presented about how IOA works with WCET, Lions for Stoma Care, Asian Society of Stoma Rehabilitation (ASSR), & Friends of Ostomates Worldwide (FOWs) in different parts of the world." An FOW-USA Board Member plans to attend the IOA World Meeting in Frankfurt, Germany in November 2010.

We Get E-Mails continued

1/12/2010

Dear FOW-USA

Its been a long time since I last communicated with you or anyone at Freinds [sic] for Ostomates. Communication is difficult in this part of the world...I am now at the Stomatherapy Clinic, Albert Zinn Medical Centre, Highlands, Harare. Though we are now using US dollars in Zimbabwe, we still have the same problem of accessing Ostomy bags and surgical appliances for poor patients whom our government is not ready to help. So if there is anything you can help with we will be very gratefull.

I wish you a happy 2010. Best regards

Sr Rudo Mutekedza, **Zimbabwe**

Upon determining what was needed, FOW-USA shipped 1,355 lbs. of supplies to Zimbabwe on 4/6/10

8/11/2010

Dear FOW-USA

...Thank you very much for the last consignment you sent. We managed to clear everything without any major difficulties. The appliances are helping a lot of our patients. We can never thank enough Freinds [sic] of Ostomy and everyone involved. Again thank you so much.

Sr Rudo Mutekedza, **Zimbabwe**

Accidental Omissions

We regret that we inadvertently omitted the names of the following Financial Contributors to FOW-USA in the Spring 2010 Newsletter. These contributions were made between **August 1, 2008 and July 31, 2009**.

Al Alster	Dorinda & William Leet
Mr. & Mrs. Brekenridge	David Lichter
Marilyn & Robert Burnham	Thomas Liddle, Jr.
Jean Burrors	Carol McGinness
Morgan Butler	Carol & Edward Mendrick
Chonita Colson-Jones	Terry & William Moore
Pearl Colton	Selma Nasher
Mary DiLuna	Linda Pasto
Donald Giffhorn	Shauna & David Paulsen
Clifford Glidden	Elaine Rossi
Harriett Greene	Peggy Saeger
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Tim Hegarty	Denise St. John
Edward C. Hodge	Irene & Norton Starr
Carol Holter	Diane Stultz
Addie & Seymour Kawalek	Helen & Robert Vlack
Richard Keller	

25th Anniversary of FOW-USA in 2011

By Ival Secrest

How did FOW-USA get started? It began with discussions in the early 1980s about good ostomy supplies in the US and Canada being thrown away while ostomates in poor countries were desperate for supplies. This led to the formation of FOW-USA and FOW-Canada. More in Spring Newsletter.

Shipping Report—August 1, 2009-July 31, 2010

#	SHIPPING DATE	COUNTRY	WEIGHT (lb)	SHIPPING COST	EST. RETAIL VALUE
34	7/1/2010	Bolivia	1,352	\$3,129	\$67,600
33	6/28/2010	El Salvador via CMMB*	360	517	18,000
32	6/15/2010	Paraguay	918	2,893	45,900
31	6/10/2010	Cameroon	8	78	380
30	6/10/2010	Philippines	451	555	22,550
29	5/17/2010	Zambia Sister Daisy	5	43	250
28	5/7/2010	Zimbabwe	1,355	8,867	67,750
27	4/27/2010	Argentina (Buenos Aires)	30	128	1,500
26	4/6/2010	Zimbabwe	4	56	220
25	3/18/2010	Cuba via Ohio	9	12	25
24	3/8/2010	Cuba via Ohio	31	38	1,550
23	3/3/2010	St. Lucia	590	38	29,500
22	1/25/2010	Ethiopia	4	56	200
21	1/14/2010	Haiti via CMMB*	1,432	444	71,600
20	1/12/2010	Kenya via Connecticut	50	145	2,500
19	1/12/2010	Zambia Sister Daisy	10	56	490
18	12/21/2009	Haiti via Boston	20	28	1,005
17	12/15/2009	Russia via Cincinnati	42	30	2,100
16	12/8/2009	Zimbabwe	17	100	850
15	11/23/2009	Argentina (Cordoba)	337	1,448	16,850
14	11/17/2009	Ecuador	4	11	175
13	11/11/2009	Uzbekistan	1,036	1,161	51,800
12	11/3/2009	Zambia Sister Daisy	8	54	419
11	11/3/2009	Ethiopia	10	42	482
10	11/3/2009	Kazakhstan	6	42	290
9	10/7/2009	Bolivia	1,317	132	65,850
8	9/22/2009	Cameroon	133	792	6,650
7	8/31/2009	Nepal Koirala	335	1,281	16,750
6	8/28/2009	Lebanon	460	130	23,000
5	8/20/2009	Ecuador	24	53	1,175
4	8/18/2009	Paraguay	1,000	2,265	50,000
3	8/14/2009	El Salvador via CMMB*	420	130	21,000
2	8/14/2009	Gaza via CMMB*	894	261	44,700
1	8/3/2009	Zambia Sister Daisy	10	53	475
TOTALS:			12,682	\$25,068	\$633,586
*CMMB: Catholic Medical Mission Board					

Letter from Supply Donor

I have sent four large boxes of ostomy supplies in sizes I no longer use.... I will be sending two more boxes hopefully this week. Thank you for running a great program, and for providing a way for these extra supplies to be of use to someone.— Emilie Saulnier

**PEDIATRIC SUPPLIES NEEDED—Send to:
 FOW-USA, 1500 Arlington Ave. Louisville, KY
 40206-3177**

**RECEIVE NEWSLETTER BY E-MAIL
 Send request to info@fowusa.org.**

FOW-USA SUPPLY DONORS August 1, 2009 thru July 31, 2010

Thank you to all those listed below who have donated at least one box of supplies during the fiscal year. If you are not on the list and should be, or if your name is spelled incorrectly, please e-mail contributionssecretary@fowusa.org

Anne Arundel Co. Ostomy Assn.	David Buttgereit	Perry Duryea	Tamra Holloway
Doris & Frank Adam	Bryam Healthcare	Eagle Highland Pharmacy	Hollister Incorporated
Ann Adelman	Paul Byrtus	Eastern Ostomy Assn	A. Hower
Advance Printing	Edward A. Cain	Eastern ID Regional Med Ctr	Lizbeth Huber
Akron Ostomy Assn	Chris Cannon	Jean Edge	Rebecca Hugelley
Albany Medical Ctr	Cape Cod Ostomy Assn	Egan Medical Equip	D. Hultberg
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Egetta Alf	Eric Carpenter	Mort Erickson	Huntsville UOAA
Carroll Allison	Central CT Ostomy Assn	Alex Erlich	Dr./Mrs. Robert Hurley
Frances Amello	Central IN Ostomy Support Grp	Dominick Esolda	Eliezer Hyman
American Import Co	Central TX Ostomy Group	The Everygreens	Laura Impastato
Lesley C. Anderson	Mary Chalfont	Fairhaven Medical Supply	Indian River Medical Ctr
Armstrong Co. UOAA	G. Cherrier	Farm Hill Plaza	Inland Hospital
Jane Arnot	Columbus Childrens Hospital	Anita Farnelli	Iowa Health Home Care
Lisa Assauante	Janet A. Childs	Beverly Farrish	Sybil Jahnke
Frank Austin	Daphne Chivily	Maggie Feinsilver	W. B. Johnson
AV Ostomy Group	Chrisinger	Mr & Mrs Andrew Feldman	Jon's Drug
B&K Prescription Shop	Christiana Health Systems	Joyce Ferder	B. Jueschke & R. Smith
Edward Bachtel	Chad Cimo	Regena Fillingner	Kevin Jupe
Michael Baldoumia	Thomas Claus	Marcia Finnegan	Janice & Rudy Kaelin
Wilma & Rodolfo Barraza	Thomas Clay	Roland Fleer	Kaiser Permanente Foundation
Sueanne Bassett	J.P. Cleary	Flower Hospital	Kalispell Reg Medical Ctr.
Marylee Baxter	Mr. & Mrs. Click	Ronnie & Martin Foont	Lia Kamhi-Stein
Jerry Beattie	Mae Coffman	Janice Freitag	David Kasmenn
Alisa & Brent Beattie	Barnett Cohen	Sylvia Friederich	Cy Kawalek
Lynda Beck	Coloplast Corp.	Shirley Friedman	Kearney NE Ostomy Support Grp
Benedictine Hospital	Jan Colwell	Doris & John Gaisser	Keefer's Mt. Prspect Pharmacy
Karen & Charles Bennett	Community Care Options	Jane Gaitings	Terri L. Kenney
William Benzenbower	M. Lynn Connolly	Richard Gallis	Kimball Ave Drug
Christine Berardi	Donna Conway	Mr/Mrs Edward Gambler	Donna King
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Joan Berkland	Debra Coscia	Neil Gindlesberger	David Kirshenbaum
William & Ruth Bescherer	John J. Coyne	Michael Gleason	Jody Kleinman
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June Bisson	Aileen Crespo	Golden Gate Ostomy Assn	D. Kohen
Margalo Blauch	Crouse Irving Memorial Hosp.	Ami Golubtchik	Ms. Cecillia A. Koluch
Martin Blumenthal	Robert Currie	Annette Golz	Neil Koppelman
Joseph Bonanno	Nancy Curtis	Michael Gordon	Sara Kraft
Thomas Boody	Patricia Dahlka	Greater Hartford Ostomy Assn.	David Krating
Randall Boord	Jerry D'Amelio	Greater Orange Area NY Ostomy	Ilana Krepchih
BorderLand Ostomy Grp	Linda Dancer	Greater Springfield Ostomy Assn	Malcolm Krongelb
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Teresa Borum	Dartmouth-Hitchcock Med Ctr	Michael Guthrie	Linda Lebowitz
ACS Massachusetts Division	George Day	Carolyn Gyuran	Jack H Leibler
Boston Ostomy Assn	Dayton OH Ostomy Support Grp	Carol Haack	J. Leitham
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L. Brody	Dickinson County Hosp	Heart of Texas Ostomy Support	Lincoln Ostomy Assn
Bromein Healthcare	DiPonio in MI	Linda Berti-Hearn, RN MSN, CWON	Robert Lininger
Ken Broom	Discount Drug Mart	Tim Hegarty	Robert Livingston
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Violet Brownell	Katherine Dollard	Michelle Helms	Rick & Mary Arnold Long
Mrs. Frances Brown	Ronald J. Donahue	Carole Helman	Gloria Long
Ann Bukoski	William Downs	Tom Hering	Longview Ostomy Support Grp
Diane & Bob Burgette	Duke Hospital North	Highway Traffic Supply	M. Lopez
Jean Burrowes	Frank Dunham	Kari & Micah Hill	Diane Lovizio
Jeff Burrows	DuPage County Ostomy	Butch & Sharon Hoffman	Joan Loyd
		Mary Hoffman	

continued p. 6

Supply Donors Continued

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FOW-USA Budget For Fiscal Year 2010/2011 August 1, 2010—July 31, 2011

	Actual FY 2009/10	Budget FY2009/10	YTD % of FY09/10 Budget	BUDGET FY2010/11
REVENUE				
Contributions	\$30,040	40,000	75.1%	\$45,000
Interest	865	1,500	57.7%	1,500
Grants	6,000	5,000	120.0%	6,000
Other e.g., Endowments	0	0	---	NA
Total Revenue	36,905	46,500	79.4%	52,500
EXPENSES				
Administration	0	0	---	0
Computer (Internet Svcs.)	96	1,000	10%	1,000
Computer (Hard/Software)	0	500	0%	500
Newsletter	2,180	2,500	87%	2,500
Promotion	2,447	2,000	122%	2,000
Packing	0	0	0%	0
Shipping	30,622	15,500	198%	17,050
Travel (Board Mtgs.)	614	1,500	41%	1,000
Travel (Conferences, Mtgs)	0	1,000	0%	950
Education	0	500	0%	500
Warehouse (Supplies/Rent)	25,551	27,000	95%	27,000
Total Expenses	61,510	51,500	119.4%	52,500
Net Income/Loss	-24,605	-5,000		---
Assets				
Savings Acct. as of 7/31/10	81,837			
Checking Acct. as of 7/31/10	22,823			
Investments: CD as of 7/31/10	33,944			

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 \$ _____

Make checks payable to FOW-USA

Total Amount Enclosed - \$ _____

Please mail to:

FOW-USA, Attn: Treasurer, 1500 Arlington Ave, Louisville KY 40206-3177

To Donate On-Line: Go to www.fowusa.org and click on Donations.

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1500 Arlington Avenue
Louisville, KY 40206-3177
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Address Service Requested

Fall 2010 Newsletter

