



## **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**

Dear FOW-USA:  
Picture of the last donation... in **BOLIVIA**.  
Best regards,  
Alexander Machacha



*Bolivian Woman and Child*

3/31/11  
Dear FOW-USA:  
I know that the patients at JFK Hospital in Monrovia will be so appreciative of your donations. As you can imagine, having an ostomy in Liberia is a difficult social as well as medical problem; having a decent appliance available goes a long way in fostering patient acceptance. It is sad to

see some of the young female fistula patients who remain in the hospital for months, in part because of the social stigma attached to an ostomy where the appliance is a rubber glove taped to the skin. If we could provide these patients with a good appliance, I believe it would make their lives much better.

David Knight, MD  
**LIBERIA**

8/17/11

Dear FOW-USA  
...(Joplin, MO Hospitals and Clinics) are all doing good at this time but are grateful to know that there are supplies available to those in need if they need them. It is a comfort to them to not have that worry on their plates as...it is one less thing they have to worry about...Thank you for your quick concern and willingness to jump right on the issue.  
LeeAnn Barcus  
VP UOAA

### **Jan Colwell—New FOW-USA President**

At the FOW-USA Board Meeting in Reno, NV in August, Jan Colwell was elected president of FOW-USA. A former FOW-USA Board Member, she is a certified wound ostomy and continence nurse who has practiced in the field for 33 years. She is currently an advanced practice nurse in ostomy care and wound care at The University of Chicago Medical Center. Her professional nursing specialty activities include: past president of the Wound Ostomy and Continence Nurses (WOCN) Society, co-editor of the only nursing text book on care of the ostomy patient, and ostomy section editor of the Journal of Wound Ostomy and Continence Nursing.

She has lectured on ostomy care as well as authoring numerous ostomy publications. She lives in Chicago, Illinois with her husband Jim. Welcome, Jan.



### **Newsletter Fall 2011**

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**Send Supplies**

**and Financial Contributions to:**

**FOW-USA**

**1500 Arlington Ave.**

**Louisville, KY**

**40206-3177**

**Tel: 502-736-6360**

**E-mail:**

**info@fowusa.org**

**Website:**

**www.fowusa.org**

## Officers and Directors

## President's Message

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

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and trees.**

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

Dear Friends,

In August of this year Ival Secrest stepped down as the President of Friends of Ostomates Worldwide-USA. As you may know Ival was on the Board of Directors of FOW-USA for 15 years. The organization owes a great depth of gratitude to Ival for the outstanding leadership he has brought to the Board as the organization has continued on our mission. In our last newsletter Ival outlined several of the areas that have been developed and improved, but what was not in his last president's message and that the Board of Directors knows is that Ival worked tirelessly on a daily basis to organize the workings of the FOW-USA. He is an unselfish man, a great communicator, a kind person and kept the Board focused on the work of the organization. Thank you Ival for all you have done. We are happy to know that he will remain on the Board as the past president, and already he has worked to help me with an orientation to the Board's business as well as has taken on several new projects.

We have several projects on our agenda for the upcoming year. At our last Board meeting held in August, 2011 we discussed ways that we could enhance the FOW-USA's presence. Here are a two of the issues we discussed:

1. We have noted that Spanish ostomy literature has been accessed consistently on our website and we have received several inquiries in the Spanish language. We have no Board members who are fluent in Spanish.
2. Since the organization is web based, that is we reach out to the global community via our website, we need to be sure that it is up to date and communicating our mission. We also feel that we should look at additional social media to get our mission communicated to the broadest base possible.

We are looking for a few good people who might be able to help us with the two issues above. We need to recruit a volunteer to help translate Spanish incoming requests for products. While it is hard to determine the volume of these requests, it now ranges from 1-2 a month. If this volunteer activity is something that you could participate in, let me know. The work would be online via email and would be a valuable contribution to our organization. The work of website updating and initiating a social media page is another volunteer opportunity for a person or persons with those skills. Again this would be web based and would need to be handled by someone comfortable with that media. If anyone reading my message feels they might be able to help with either of these issues, contact me via the following email address: [president@fowusa.org](mailto:president@fowusa.org).

As a nurse who has specialized in the care of persons with ostomies for almost my entire career, I understand the importance of having the correct product to manage a stoma. The mission of the FOW-USA: "to provide ostomy supplies and educational materials to help ostomates in need around the world" is one that I know is critically important and I am looking forward to my work as the President of FOW-USA.

*Jan*

## FWO-USA AT UOAA CONFERENCE

FWO-USA had a strong presence at the United Ostomy Associations of America Conference in Reno, NV, August 7-11, 2011. Our Board Meeting was the first day of the conference and FWO-USA Board Members staffed a table in the Exhibition Hall. This provided many opportunities to explain to conference attendees what FWO-USA is about and how they can help us fulfill our mission.

On Thursday, FWO-USA presented a program entitled, **FWO-USA: Sharing Hope and Humor with Ostomates of the World.** Author and humorist, Brenda Elsagher moderated the session and Ronaldo Lora of the Philippines spoke about ostomates in his country. At the conclusion of the session, Brenda offered her latest book to the audience for a donation to FWO-USA. We received many donations and we thank Brenda for her generosity.



*Brenda Elsagher and Ronaldo Lora*

## FWO-USA SERVICE AWARD

Carol Heideman, FWO-USA Board Member and Director of Warehouse Operations was presented with the FWO-USA Service Award by Jan Colwell, FWO-USA President at the UOAA Conference in Reno. A great asset to FWO-USA, Carol's responsibilities and activities include:

- Accepting product and monetary donations, acknowledging donors, helping update the data bases and assuring that funds are deposited;
- Liaising with volunteers and organizing their work unpacking, sorting and packing donated supplies;
- Maintaining warehouse supplies;
- Coordinating with our warehouse partner, Supplies Over Seas;
- Organizing each shipment by working with the shipping company, collecting the shipping/export documentation, communicating with Board members and recipients.



*Carol Heideman with Service Award*

## We Get E-Mails Continued

Earthwide Surgical Foundation Blog:

...imagine that you live in a place where the price of colostomy bags is prohibitive, the temperature averages 80 degrees F, the humidity averages 85%, there is no air conditioning, no running water and you are so sweaty that a colostomy bag won't stick to your skin! Yikes-this is the life of our Nigerian patients.



The Nigerian patient, with the makeshift ostomy appliance (*above*), is in a constant battle to keep the appliance attached to his skin. It often leaks and soils his clothes or just falls off. Fortunately-there is some hope for some...

Each trip I take to Nigeria, FWO (-USA) donates supplies which I take to my patients with colostomies, ileostomies, or ileal conduits. You cannot imagine how grateful these patients are when we present them with these ostomy treasures.

Brian Camzine, General Surgeon  
Earthwide Surgical Foundation  
**NIGERIA**

Dear FWO-USA:

We are pleased to inform you that we have a donation to us, we are very happy again, THANKS...hugs to you all.

Jessica Cardenas Rosas  
Presidenta CORAOS V REGION, **CHILE**



*Chilean Ostomates with FWO-USA Donated Supplies*

## SHIPPING REPORT, August 1, 2010—July 31, 2011

#	SHIPPING DATE	COUNTRY	WEIGHT (LBS)	SHIPPING COST	EST. RETAIL VALUE
39, 17	7/27, 1/7/11	Chile, CORAOS Reg. V	504 + 428 = 932	\$1,670+ 899=2,569	\$ 48,975
38, 31,3	7/26, 5/23/11, 8/31/10	Nigeria via TX	26 + 22 + 25=73	20 +19 + 20 = 59	3,625
37	7/19/2011	Gaza via CMMB/ANERA	434	286	21,700
36	7/19/2011	Ukraine via OR	314	262	15,700
35, 12	7/19/11, 11/29/10	Lebanon	16 + 28 = 44	175 + 216 = 391	2,200
34, 25, 8	6/20,3/22/11,10/1/10	Zambia, Sister Daisy	8 + 8 + 8 = 24	54 + 59 + N.A.	1,185
33	6/8/2011	Joplin, Missouri	200	115	10,000
32	5/24/2011	Guatemala Kyr'a Clinic	340	1,003	17,000
30	5/5/2011	Zimbabwe ILCO Trust	433	1,480	21,650
29	4/26/2011	El Salvador via CMMB	337	427	16,850
28	4/20/2011	Liberia via CT	54	52	2,700
27, 7, 1	4/11/11, 9/23, 8/10/10	Ethiopia	5 + 35 + 5 = 45	46 + 36 + 56 = 138	2,225
26	3/28/2011	Ethiopia via KY	20	N.A.	1,000
24, 13, 4	3/15, 12/5/11, 8/31/10	Trinidad & Tobago via PA	8 + 5 + 9 = 22	15 + 15 + 16 = 46	1,095
23, 10	3/8/2001	Cameroon via TX	95	87	4,750
22	3/1/2011	Bolivia	1,241	3,780	62,050
21	2/28/11, 11/8/10	Ecuador via NY	8 + 5 = 13	23 + 15 = 38	645
20	2/1/2001	Nepal Koirala	708	2,183	35,400
19	1/27/01	Ethiopia Fistula Hospital	6	59	300
18	1/7/2001	St Lucia	353	1,126	17,650
16	1/4/2001	Nigeria via GA	8	23	400
15	12/23/2010	Chile CODEOCH	442	971	22,100
14	12/6/2010	Zimbabwe Wilson	4	43	210
11	11/24/2010	Argentina Cordoba	337	1,269	16,850
9	10/15/2010	Nepal Shanti	1,383	2,762	69,150
6	9/13/2010	Belize via KY	8	N.A.	400
5	9/13/2010	Colombia via CA	38	53	1,900
2	8/30/2010	Argentina Juan Carlos	8	56	375
<b>TOTALS</b>			<b>7,914</b>	<b>\$19,447</b>	<b>\$398,085</b>

CMMB is Catholic Medical Mission Board; ANERA is American Near East Foundation

Many small FOW-USA shipments are taken overseas by doctors, humanitarian groups, and individuals from various states.

This saves money for FOW-USA as we ship the supplies within the US and others cover the overseas portion.

Shipments to the same location have been grouped together in the chart above.



## FOW-USA SUPPLY DONORS August 1, 2010—July 31, 2011

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 but should be, or if your name is misspelled, please e-mail [contributionssecretary@fowusa.org](mailto:contributionssecretary@fowusa.org).

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Jane Zarrow  
Rita & Roger Zeeman  
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## WAREHOUSE REPORT

*By Carol Heideman*  
During FY 2010/2011, the FOW-USA Warehouse received 815 product donations. These supplies were unpacked, sorted and repacked for shipping by a team of 5 volunteers who come to the warehouse each Monday to work on the supplies. Another volunteer comes in on Friday to write thank you notes. The seventh volunteer comes in on Mondays to pick up boxes of loose flanges and pouches and takes them home to sort. As Warehouse Manager I coordinate and oversee these activities.

## WEBSITE STATS

*By Ival Secrest*  
The FOW-USA website, [www.fowusa.org](http://www.fowusa.org) averaged over 1850 hits per month last year. The most visited page was the UOA Spanish Colostomy Guide. The Newsletter and Shipping History were also often visited.

## PUBLIC RELATIONS

*By Judy Morey*  
Over the past year, FOW-USA participated in several regional and national UOAA and Wound, Ostomy, Continence Nurses (WOCN) conferences, informing people about the work of FOW-USA: -Northwest Regional UOAA conference in Tacoma, WA, 8/10 -Northwest Regional WOCN Conference in Tualip, WA, 9/10 -WOCN Midwest Regional Meeting, Des Moines, IA, 9/10 -WOCN Northeast Regional Conference, Atlantic City, NJ, 10/10 -UOAA Mid-Atlantic Regional Conf., Dulles Airport, VA, 10/10 -WOCN National Conference, New Orleans, LA, 6/11

## MATCHING DONATIONS

*By Lang Secrest*  
Many employers will match charitable contributions made by their employees. When you make a financial contribution to FOW-USA, please check with your employer to see if they will match your contribution. This helps extend our income while letting your employer know that you care about people around the world.

## FOW-USA BUDGET—Fiscal Year 2011-2012

	Actual 8/1/0-7/31/11	FY Budget 8/1/10-7/31/11	FY BUDGET 8/1/11-7/31/12	% CHANGE FY2012-FY2011
<b>Revenue</b>				
Contributions	35,721	45,000	<b>48,000</b>	6.7%
Interest	472	1,500	<b>1,000</b>	-33.3%
Grants	13,000	6,000	<b>13,000</b>	116.7%
<b>Total Revenue</b>	<b>49,192</b>	<b>52,500</b>	<b>62,000</b>	NA 18.1%
<b>Expenses</b>				
Computer (Internet)	0	1,000	<b>200</b>	-80.0%
Computer	0	500	<b>500</b>	0.0%
Newsletter	2,123	2,500	<b>2,500</b>	0.0%
Promotion	1,515	2,000	<b>2,000</b>	0.0%
Shipping	19,238	17,050	<b>20,000</b>	17.3%
Travel (Bd.Mtgs)	0	1,000	<b>500</b>	-50.0%
Travel (Conf.)	270	950	<b>840</b>	-11.6%
Education	515	500	<b>500</b>	0.0%
Rent	26,320	27,000	<b>31,000</b>	14.8%
Utilities			<b>600</b>	New Item
Supplies			<b>3,000</b>	New Item
Telephone			<b>360</b>	New Item
<b>Total Expenses</b>	<b>49,981</b>	<b>52,500</b>	<b>62,000</b>	18.1%
<b>NET INCOME/LOSS</b>	<b>-788</b>	<b>0</b>	<b>0</b>	
<b>Assets as of 7/31/11</b>				
Savings	82,160			
Checking	21,747			
Investments	34,061			
<b>Total Assets</b>	<b>137,968</b>			

### Friends of Ostomates Worldwide—USA Contribution Form

Name \_\_\_\_\_

*Giving Level*

Address \_\_\_\_\_

Partner-\$50

Supporting -\$300

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

Sustaining -\$75

Benefactor-\$1,000

Country \_\_\_\_\_

Contributing-\$150

Lifetime/Memorial- \$5,000

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

Other-\$ \_\_\_\_\_

Association- \$ \_\_\_\_\_

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

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

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

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

**If your employer has a matching gifts program, ask them to match your gift to FOW-USA.**

\_\_\_\_\_ **Check here if you want to receive the Newsletter by e-mail.**

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

**FOW-USA**  
**1500 Arlington Avenue**  
**Louisville, KY 40206-3177**  
**USA**

**Address Service Requested**

Fall 2011 Newsletter

