



## Friends of Ostomates Worldwide-USA

**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.**

### FOW-USA HAS MOVED

On September 11, 2012 FOW-USA moved into new warehouse space in Louisville, KY. **From now on, please send all product donations and financial contributions to:**

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

The reason for this move is to save money on the monthly rental (we were facing an increase) so we will have more funds to devote to shipping costs. Volunteers will continue to receive, sort, and pack supplies for shipment overseas. Carol Heideman, FOW-USA Warehouse Coordinator and her husband, Mickey,

organized the move. We thank them for their hard work and also thank Al Maslov for helping with the rental agreement and Jane Lollis, a real estate attorney in Louisville, for alerting us to this available space.



Carol Heideman at new warehouse

### We Get E-Mails



Refugee Iraqi family in Jordan, including boy with a colostomy to whom FOW-USA sent ostomy supplies by way of a Japanese Humanitarian Aid organization.

Dear FOW-USA: 8/10/2012  
Just to let you know that the bags arrived safely and we cleared them through customs yesterday and they are now at our [Cancer Society] office. Our clients were extremely glad for them and quite a few came in yesterday to collect their supplies. Please thank your team, and as usual we are extremely appreciative of your combined efforts. Kindest Regards, Sonjette Rodrigues  
**St. Lucia**

Dear FOW-USA: 7/31/2012  
The sterile gauze pads are great too. There are days when my wound becomes so irritated I cover it with gauze until it dries... My heartfelt thanks for your generosity. Warmest regards...Martha  
**Ecuador**

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### Newsletter Fall 2012

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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)

## Officers and Directors

## President's Message

### President

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Marilyn Zuckerman Madison, WI  
Walt DeMoss Oswego, IL

## New Board Member

Rollie Sidla, (72) Retired CPA, served many years as a cost manager, controller, Chief Financial Officer and tax accountant. He presently serves as treasurer of the Harris Ridge Owner's Association, Austin Pond Society and does other volunteer work for 4 community service groups. Served on MN Society of CPA's public service committees. He is a member of the Austin, TX Ostomy Association. We welcome Rollie to the Board as our Treasurer.

Dear Friends,

Greetings to the supporters of the mission of Friends of Ostomates Worldwide-USA! We continue to work on providing ostomy supplies to those in need around the world. In pursuit of our mission we have moved our warehouse operation to a new enlarged space. Our new warehouse is located at 4018 Bishop Lane, Louisville KY, 40218, phone (messages only) 502.909.6669 and our new landlord supports our work by providing us with a larger space at a reduced cost. Carol Heideman, a Board of Director member and the Warehouse Coordinator worked with Board Member Al Maslov to negotiate our new contract. Carol and her husband Mickey developed a "move in plan" and on September 11, 2012 orchestrated the move to the new warehouse. We are excited about the new space and will work now on making it our new home. The warehouse continues to receive product and financial donations. We are in need of volunteers for our warehouse. The duties include receiving product donations, sorting the donations, filling requests and packing and shipping those requests. We have put out a call for local volunteers to the United Ostomy Associations' Affiliated Support Group in Louisville, to local Wound Ostomy and Continence Nurses, to the local school of nursing as well as to volunteer collectives to help fill our need. If you are aware of anyone who might have the ability to provide us with several hours on a weekly or even monthly basis please contact me via our help email line, [info@fowusa.org](mailto:info@fowusa.org).

One area that we are working on is the acquisition of pediatric ostomy supplies. We are seeing an increase in the requests for ostomy products for newborn babies as well as very young children, yet we receive very few pediatric ostomy product donations. As you can imagine a newborn or a young child with an ostomy is a difficult situation for parents to deal with and without the necessary supplies, the infants can suffer from irritated skin and a poor quality of life. If you know of any resources that can help us acquire pediatric ostomy supplies, newborn up to 6 years of age, please contact us at the above email address.

October 6, 2012 was World Ostomy Day. This is a way to raise awareness about ostomies and their life saving impact that enable a person with an ostomy to lead a normal life. FOW-USA supports the need to make more folks aware of what an ostomy is and how the donation of supplies can enhance folks living with an ostomy around the world. On our web site we have acknowledged the importance of World Ostomy Day and publicly thanked our donors. We will participate in World Ostomy Day activities in the Chicago land area where I will talk at an educational activity hosted by Hollister. This will provide me the opportunity to educate the attendees on the mission of the FOW-USA and the importance of financial and supply donations. Check out the United Ostomy Association's web site as well as the International Ostomy Association's web site to check out how they are addressing the theme for World Ostomy Day "Let's Be Heard".

We will continue to work hard to streamline our operations and to get the word out about the important work we do. Please keep us in mind if you can provide us with ostomy supplies or a financial contribution that will be used to support people with ostomies around the world.

*Jan*

## We Get E-Mails continued

Dear FOW-USA:

8/9/12

We received last Tuesday the two boxes with children appliances. THANKS THANKS SO MUCH TO YOU AND THE GREAT TEAM WORK FOWUSA...now I am in rural areas attend ostomy people in Zacatecas and Aguascalientes States Mexico. Again thanks take care.  
Jorge Vargas Morales, **Mexico**



*Jorge Vargas Morales visiting a young ostomate in a Mexican hospital*

Dear FOW-USA

7/10/12

...we would like to thank you so very much for all the supplies that you...have sent...There's not enough words in this world to express how much we appreciate your help. The way we feel about this is like, Harry was lost in the desert for days in the heat and out of water, and out of nowhere, YOU showed up with water, you gave him hope not only that but you make him believe that someone out there cares for a person like him. As we all know, without those supplies, it's a very complicated situation to deal with...so thank you again.

Fely Pau, **American Samoa**

Dear FOW-USA

6/10/12

We received the ostomy supplies yesterday. We are very thankful towards you all for your effort on managing and sending supplies to Nepal... We have no words to explain our happiness towards you all. Thank you once again...

Yours faithfully, Saraswati Bhandari, **Nepal**

### FOW-USA TO ACCEPT NEWSLETTER ADS

1. FOW-USA will accept ads from ostomy product and service providers.
2. The President & Newsletter Editor must approve ads.
3. Ads will be either ¼ page (3 ½" x 4 ¾") or business card size (3 ½" x 2")
4. The price will be \$500 for ¼ page ad and \$300 for a business card ad per issue.
5. We will accept only 4 ads per Newsletter issue on a first come-first served basis.
6. The advertiser will have to provide payment and camera-ready copy by March 15 for the Spring issue (published in early May) and by September 15 for the Fall issue (published in early November). The newsletter is sent to over 3,300 people (about 2,500 by mail, 800 by e-mail). People also read and download the newsletter from FOW-USA's website.
7. Camera-ready copy must be in a jpeg format at 200 dpi (pixels per inch).
8. We will include a disclaimer in the newsletter stating that products or services advertised in the newsletter do not represent an endorsement from FOW-USA.

*For more information or to reserve your space, e-mail [marilyn.zuckerman@fowusa.org](mailto:marilyn.zuckerman@fowusa.org). Your ad will reach thousands of ostomates. We welcome your interest.*

### WORLD OSTOMY DAY

Friends of Ostomates Worldwide-USA supported World Ostomy Day, October 6, 2012. The theme - Let's Be Heard! - reflected the contributions of many individuals and groups who help raise awareness about ostomies and their life-saving impact and enable ostomates to lead a normal life. We appreciate our supply and financial donors, our volunteers, and the equipment manufacturers for their essential efforts in helping us provide ostomy supplies to needy ostomates around the world, and we salute those in other countries who help

### Why get the Newsletter by E-mail?

**It comes in full color**

**It arrives sooner**

**It will save money for FOW-USA**

**It's better for the environment**

To get on the Newsletter e-mail list, go to our website homepage, [www.fowusa.org](http://www.fowusa.org) and sign up.

## SHIPPING REPORT FY2011/2012

#	DATE SHIPPED	COUNTRY	WEIGHT LBS.	SHIPPING COST	EST. RETAIL VALUE
<b>Fiscal Year 2012 Totals:</b>			<b>10,223</b>	<b>\$26,884</b>	<b>\$511,035</b>
54	7/23/2012	Mexico - Colima	40	147	2,000
53	7/23/2012	St. Lucia	370	1,352	18,500
52	7/17/2012	Syria via OH	6	16	300
51	7/10/2012	Bulgaria via GA	35	30	1,750
50	7/10/2012	Panama via Canada	19	69	942
49	6/21/2012	Montenegro via NY	12	14	600
48	6/4/2012	Cameroon via MA	6	11	313
47	6/1/2012	Nepal National Cancer Hospital	412	1,522	20,600
46	5/29/2012	Haiti via MA	153	130	7,650
45	5/24/2012	Tanzania via CT	22	19	1,100
44	5/24/2012	Zimbabwe ILCO	488	1,699	24,400
43	5/9/2012	Jordan	49	309	2,340
42	4/30/2012	Ecuador via NY	10	15	475
41	4/30/2012	Lebanon	11	122	540
40	4/16/2012	American Samoa	19	58	960
39	4/16/2012	Kazakhstan via OH	41	20	2,050
38	3/26/2012	Cameroon via TX	98	75	4,900
37	3/23/2012	Kenya ESI	351	1,035	17,550
36	3/23/2012	Philippines	480	348	24,000
35	3/23/2012	Guatemala Kyr'a Clinic	693	1,716	34,650
34	3/16/2012	Palestine via NY CMMB	500	323	25,000
33	3/6/2012	Kyrgystan	7	61	370
32	3/6/2012	Zambia Sister Daisy	5	61	270
31	3/6/2012	Tanzania via CT	10	28	495
30	3/6/2012	Ethiopia	5	61	235
29	2/21/2012	Guatemala via AZ	8	16	380
28	2/21/2012	Zimbabwe Wilson	5	58	250
27	2/6/2012	Kazakhstan	19	99	935
26	1/16/2012	Cuba via VT	58	45	2,900
25	1/16/2012	Nigeria via TX	46	42	2,300
24	12/21/2011	Nepal Koirala	1,366	4,011	68,300
23	12/20/2011	Uzbekistan via NY	464	257	23,200
22	12/19/2011	Ghana	6	58	300
21	12/19/2011	Ghana	6	59	300
20	12/11/2011	El Salvador via NY CMMB	434	286	21,700
19	11/28/2011	Nicaragua via Canada	4	12	200
18	11/28/2011	Guatemala via Canada	4	12	200
17	11/28/2011	Iranian Ostomy Assoc via Canada	13	37	650
16	11/28/2011	Bolivia	1,352	4,700	67,600
15	11/28/2011	Dominican Republic	456	1,230	22,800
14	1/22/2011	Lebanon	52	305	2,600
13	11/8/2011	Zimbabwe ILCO	546	1,459	27,300
12	11/2/2011	Chile CODEOCH	453	1,590	22,650
11	10/31/2011	Philippines	21	127	1,050
10	10/31/2011	Nicaragua via AL	21	15	1,050
9	10/31/2011	Zambia Sister Daisy	8	59	400
8	10/14/2011	Cameroon	14	150	700
7	9/28/2011	Paraguay	635	1,774	31,750
6	9/2/2011	Cuba via Canada	4	12	215
5	9/2/2011	Jamaica via Canada	4	12	215
4	9/2/2011	Nicaragua via Canada	4	12	200
3	9/2/2011	Panama via Canada	9	25	450
2	8/24/2011	St. Lucia	363	1,123	18,150
1	8/23/2011	Colombia ACDO	6	58	300

FOW-USA made more shipments this year than in any year previously. We appreciate the individuals and organizations that helped ostomates in need by taking ostomy supplies to them for FOW-USA.



## FOW-USA Gets a Makeover!

By Nicolette Zuecca

To increase our awareness and brand our image, FOW-USA with the assistance of our industry partner Coloplast, redesigned our promotional brochure. The brochure provides all of our information in a contained, easily accessible format with colorful graphics and images that depict who we are as an organization. You can view or download the brochure from our website by clicking on the FOW-USA Story. We look better than ever and we hope you think so too! Go to our Face book page: FOW-USA and tell us what you think.



## WOCN MEETING

By Judy Morey and Mary Gloeckner

Friends of Ostomates Worldwide-USA exhibited at the Wound Ostomy Continence Nurse Society (WOCN) in Charlotte, N.C. in June. Our booth was beautiful with a new banner and table skirt, designed and printed by ConvaTec as a donation to FOW-USA. Our brochures have a new look with bright colors that attracted people from afar. We sincerely appreciate the help that we have received this year. Board members Jan Colwell, Mary Gloeckner, and Judy Morey staffed our booth.

We met many new friends. Others knew us through our continued efforts to get the word out about FOW-USA, but as always new contacts were made to add to our database for email postings of our newsletter. Ninety-two nurses signed up to receive our newsletter.

*FOW-USA Booth at WOCN Meeting with new Banner and Table Skirt provided by ConvaTec*



## CONNECTING WITH CLIENTS

By Ruth Salinger

Your generous supply and financial donations allow us to meet requests from developing countries for ostomy supplies. How do we receive those requests?

We have an ongoing relationship with some countries, including Bolivia, Cameroon, Chile, El Salvador, Guatemala, Paraguay, Lebanon, Nepal, the Philippines, St. Lucia, Zimbabwe, and Zambia. We periodically receive requests and respond to their needs. Please see our website, [www.fowusa.org](http://www.fowusa.org). Click on Shipping History for the whole story.

Other ostomy groups, including Canada and Australia, do similar work as ours and may ask us to help with their clients. We also work with the International Ostomy Association regional associations (see <http://www.ostomyinternational.org/>). If we need assistance, because of not having the specific supplies requested, we in turn will ask these groups for help.

The internet has made a huge difference in our connecting with others. Both groups and individuals find us online after doing a search, and request our help. We ensure that those requests are legitimate, that is, that the supplies will be given free of charge directly to needy ostomates. Such requests have come from all over the world – Ghana, Kazakhstan, Kenya, Montenegro. Before sending any supplies, we check with regional ostomy groups and with supply manufacturers to see if contacts or supplies are already available.

Other sources of requests, and often the most surprising, are individuals who are visiting countries on other missions and who encounter ostomates in their travels. They find us online and ask for help.

For instance, we heard from a U.S. doctor who went to the Dominican Republic to provide health services in the country. He met a family with an 11-year-old girl with a colostomy, and no supplies. Because of having to use rags, plastic bags, and the like, she had odor and was not able to go to school. When he returned to this country, the doctor put us in touch with a group working with hospitals in the Dominican Republic, including children's hospitals. We sent supplies and learned that many ostomates received support ... all from one person's chance encounter.

Please see the stories and pictures in this newsletter and in previous ones, to get a sense of what a positive difference we all make.

## FOW-USA FINANCIAL CONTRIBUTORS Aug. 1, 2011 thru July 31, 2012

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 [contributionssecretary@fowusa.org](mailto:contributionssecretary@fowusa.org).

### Grant

Turton Family Fund

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Ms. Ellen B. White

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Eugene & Marion Zebovitz Trust

### Chapters/Support Groups

**AR** Twin Lakes Ostomy Group  
**AZ** Tuscon Ostomy Support Grp.  
Phoenix Ostomy Chapter  
**CA** Orange Co. Ostomy Assn.  
Hemet-San Jacinto Ost. Assn.  
**FL** Charlotte Co. Ostomy Group  
**IL** Aurora IL Chapter  
No. Suburban Chicago Chapt.  
Quad City Ostomy Group  
**KY** Kentuckiana Chapter UOAA  
**MA** Ostomy Assn Grtr Springfield  
**MD** Anne Arundel Co Ostomy Assn  
**ME** Ostomy Assn Eastern Maine  
**MI** Ostomy Assn. Of Grtr Lansing  
Macomb Co. Ostomy Assn.  
Straits Area Ostomy Assn.  
**MN** Duluth Area Ostomy Group  
**NC** Triangle Ostomy Assn.  
**NE** Lincoln Ostomy Assn.  
North Platte Area Chapter  
**NJ** Morris Co. Ostomy Assn.  
Warren Co. Ostomy Assn.  
**NY** Colostomy Society of NY  
Ileostomy Assn. of NY  
Schenectady Ostomy Sup Grp  
Suffolk NY Ostomy Assn.  
**OH** Ostomy Group of Butler Co.  
Grtr Cincinnati Ostomy Assn.  
Ostomy Support Grp, Dayton  
Lorain Co. Ostomy Assn.  
**OK** Ostomy Assn No. Central OK  
**PA** Philadelphia Ostomy Assn.  
**TN** Chattanooga Ostomy Assn.  
**TX** Ostomy Assn of Austin  
Ostomy Supp Assn, Ft. Worth  
Ostomy Assn. of West TX  
**WI** Chippewa Valley Ostomy Assn

### 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.

## FOW-USA BUDGET—Fiscal Year 8/1/2012-7/31/2013

	ACTUAL FY 11/12	BUDGET FY11/12	BUDGET FY12/13
<b>REVENUE</b>			
Contributions	54,125	48,000	54,000
Interest	220	1,000	250
Grants	10,000	13,000	5,000
Other e.g. Endowments	0	0	0
<b>Total Revenue</b>	<b>64,345</b>	<b>62,000</b>	<b>59,250</b>
<b>EXPENSES</b>			
Computer (Internet Services)	107	200	120
Computer (Hardware/Software)	0	500	330
Newsletter	2,542	2,500	2,500
Promotion	2,254	2,000	2,000
Shipping	31,375	20,000	25,000
Travel (Board Meetings)	0	500	0
Travel (Conferences & Meetings)	0	840	0
Education (WCET)	53	500	500
Rent	24,000	31,000	26,500
Utilities	0	600	300
Supplies	1,960	3,000	2,000
Telephone	0	360	0
<b>Total Expenses</b>	<b>62,291</b>	<b>62,000</b>	<b>59,250</b>
<b>Net Income/Loss</b>	<b>2,054</b>	<b>0</b>	<b>0</b>
<b>ASSETS</b>			
Savings Account as of 6/25/12	82,482		
Checking Account as of 6/25/12	17,479		
Investments: CD (value as of 6/25/12)	34,155		
<b>TOTAL ASSETS</b>	<b>134,116</b>		

### Friends of Ostomates Worldwide—USA Contribution Form

Name _____	<i>Giving Level</i>
Address _____	Partner-\$50_____ Corporate-\$300_____
City State Zip _____	Sustaining -\$75_____ Benefactor-\$1,000_____
Country _____	Contributing-\$150_____ Lifetime/Memorial- \$5,000_____
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E-mail Address _____	Chapter/Group/Association \$ _____
Send Newsletter by E-Mail? Yes_____ No_____ <b>Total Amount Enclosed - \$ _____</b>	

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