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

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

Continued on Page 3
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.

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
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, its 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

Dear FOW-USA

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 and sign up.
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 Facebook page: FOW-USA and tell us what you think.

### 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/](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.

### 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*
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.

Grant
Turton Family Fund

Memorial
Ms. Ellen B. White

Benefactor
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Northern IL Affiliate, WOCN

Corporate
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Jody Kleinman
Sherry & Leslie Lessard
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Ival & Lang Secrest
Elise Smith
Edward B Turk

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Marilyn & Alan Zuckerman

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Tim & Dawn Masiewicz
Kera Vinc
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Edward Merkel
John Mirisini
Pat & Lawrence Most
Linda & Edward Pasto
Jennifer & Mike Pikerton
M. Judith Reedy
Sue Ann & Richard Rizzi
Seymour & Maxine Rubin
David & Carol Scott
Doris Secrest
Christine Shoemaker
Rollie Sidla
Paula & Ken Silk
Eileen Sisemore
Diane Smith/Ann Horton
Gail & Don Smuda
Jennifer Stevens
Norton & Irene Starr
Mary F. Talbot
Ron & Cindy Titlebaum
Kera Vinc
Judith Weber
Dr. Sharon Windwer
Dolena O. Woodward
Benjamin Zarith

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Jean Beck
Thelma M. Berman
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Byline & Richard Crenshaw
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Connie & Alec Brockway
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Sherry Clifton
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Pearl Colton
Megan Cooney
Laura Corral
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Seymour & Maxine Rubin
David & Carol Scott
Doris Secrest
Christine Shoemaker
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Al Alster
Jean Beck
Thelma M. Berman
Byline & Richard Bowser
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Mr. & Mrs. W.A. Brecken-
Byline & Richard Crenshaw
Maxine Colton
Connie & Alec Brockway
Morgan Butler
Lisa Cellura
Rebecca R. Chiles
Peggy Christ
Mike Christensen
Sherry Clifton
Anne & Neil Colman
Pearl Colton
Megan Cooney
Laura Corral
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Mary Krohn
Seymour & Maxine Rubin
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Norton & Irene Starr
Mary F. Talbot
Ron & Cindy Titlebaum
Kera Vinc
Judith Weber
Dr. Sharon Windwer
Dolena O. Woodward
Benjamin Zarith

Chapters/Support Groups
AR
Twin Lakes Ostomy Group
AZ
Tucson Ostomy Support Grp.
Phoenix Ostomy Chapter
CA
Orange Co. Ostomy Asn.
Hemet-San Jacinto Ost. Asn.
FL
Charlette 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 Asn
ME
Ostomy Assn Eastern Maine
MI
Ostomy Assn. Of Grtr Lansing
Mackom 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

<table>
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<th>ACTUAL FY 11/12</th>
<th>BUDGET FY11/12</th>
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<td><strong>134,116</strong></td>
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**Friends of Ostomates Worldwide—USA Contribution Form**

Name________________________________

**Giving Level**

Partner-$50___ Corporate-$300___

Sustaining -$75____ Benefactor-$1,000___

Contributing-$150____ Lifetime/Memorial- $5,000___

Supporting-$300___ Other-$_______________

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.
Address Service Requested

Fall 2012 Newsletter

FOW-USA
4018 Bishop Lane
Louisville, KY 40218
USA