



## ***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.***

### **We Get E-Mails**

5/30/14

Dear All:

The board and staff as well as beneficiaries of the Liberia Rural Children Psychosocial Development Organization Inc. extend heartfelt thanks and appreciation for the humanitarian donation of Ostomy medical products made to the suffering people of Liberia, especially women and children. We are very sorry for delay of report to you . The Ebola outbreak caused the delay because people were advised to control their movement including health workers. We hope and pray for continuity in our partnership.

Thanks,  
J.Dorlah Bolongei  
Deputy Executive Director



*Liberia Rural Children's  
Organization*

July 25, 2014

FOW-USA,  
My sincere apologies for taking so long to respond to your email. I was in Toronto, Canada for several months with Solomon, the young boy from Uganda that you provided colostomy supplies for. He was there having surgery on his bladder - now is back in Uganda, and (God willing) returning to Toronto next April to have another reconstructive surgery which, if successful will eliminate

the need for his colostomy.

Thank you again for all the supplies sent for Solomon last year - they have had a huge impact on his quality of life. You can imagine the difference the bags have made after only having towels to wrap around his colostomy.

We are very hopeful that his "pull through" surgery next year will be successful and that he will not need the bags following that, but for now he continues to wear the bags you sent and is able to go in public and even play with other children.

Janet Gibson  
Children of Grace

April 29, 2014

Dear F.O.W.,

My name is Joseph Chato, I am 45 years old, married and have two children 6 years old boy and 4 years old girl. Last April 2013 I was diagnosed with a colon cancer stage 3 and I felt so discouraged don't know what to do especially in our country it's very hard to find medical help if your poor. Our hospital over here, don't give you a medical treatment unless you have cash in your hand. My doctor told me that I need surgery soon or I will die.... And I have to wear ostomy bags the rest of my life.

On January 2014 I had surgery at first is very hard to accept it but little by little God is helping me. Now I'm doing chemo therapy, I'm half way of the eight sessions.... Every day I am so thankful for my life and I am financially struggling because of my chemo therapy is so expensive.

I am very thankful to F.O.W. U.S.A. and it touched my heart that you do care for people in need like me and for helping me by sending the ostomy supplies you're the answered of my Prayers. Thank You! Thank You! Thank you very much F.O.W. U.S.A. God is truly with!

Joseph Chato, Philippines

### ***Newsletter Fall 2014***

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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)***

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Walt DeMoss Oswego, IL

## CORPORATE SUPPORT

By Marilyn Zuckerman

We are pleased to announce that ConvaTec has awarded a contribution of \$5,000 for operational support to FOW-USA for 2014. These funds will help us fulfill the requests we receive for supplies from ostomy support groups and health centers in developing countries. We greatly appreciate ConvaTec's commitment to helping ostomates throughout the world.

## President's Message

Dear Friends,

In this president's report I will share with you a section from our 2013-2014 annual report. One of our Directors who is also the chair of our fundraising committee, Marilyn Zuckerman, has yearly compiled Friends of Ostomates Worldwide—USA's data and written a report. The report is several pages long but I thought you might like to hear what we are doing to get the word out about our mission. The following is taken directly from that report:

### Public Outreach

FOW-USA has expanded its outreach through social media in FY2014. With a Facebook page, a Twitter account and a revised website ([www.fowusa.org](http://www.fowusa.org)), FOW-USA communicates its mission and message to the general public, to ostomates in the U.S. and overseas, and to hospitals, ostomy support groups, and health professionals in the developing world. In addition, FOW-USA continues to produce two newsletters per year, sending over 2,500 by regular mail and 1,200 by e-mail. The newsletters are also posted on the organization's website and can be downloaded, viewed and printed by visitors to the site. The website attracts an average of 660 visitors per month, about 80% new visitors.

FOW-USA Board members are actively involved in spreading the FOW-USA message to ostomy-related groups such as the Wound, Ostomy, and Continence Nurses Society (WOCN) and the United Ostomy Associations of America (UOAA). They staffed exhibit booths at national and regional conferences of these organizations and distributed information about FOW-USA. Many visitors to the exhibit booths signed up to receive copies of the FOW-USA Newsletter by e-mail. The newsletters and other messages from FOW-USA are sent to the UOAA for distribution to their support groups on a regular basis.

Going farther afield, two Board members, Ival Secrest, Past President, and Ruth Salinger, Shipping Coordinator, traveled to Cordoba, Argentina in October, 2013 to attend a meeting of the Western Hemisphere countries of the International Ostomy Association. Representatives of ostomy groups from North, Central, and South America and the Caribbean were in attendance. Ival and Ruth spoke with individuals from groups that receive supplies from FOW-USA and showed a Power-Point in Spanish about the organization. Appreciation for the supplies received was expressed by many in attendance.

An article entitled, "Friends of Ostomates Worldwide-USA: Contributing to Success in Living with a Stoma", by Jan Colwell, President, was published in the Fall 2013 issue of "Ostomy and Wound Management Nursing" a professional nursing journal.

We feel that it is very important to get the word out about activities in which FOW-USA is involved so that we can let people know of our mission. Professional groups can help us by spreading the word to their membership about the need for products and monetary donations. Getting the word out also helps those who know of people in need contact us for the needed supplies. I would ask that if you are reading our newsletter in a hard copy that you share that hard copy with your local ostomy group, your health care team or others who would benefit from this information. Additionally, if you are reading this message via a computer, that you forward the newsletter to people who need to know more about FOW-USA. Help us spread the word.

## FOW-USA FINANCIAL CONTRIBUTORS Aug. 1, 2013 thru July 31, 2014

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

### Benefactor

Maureen & Donald Binder  
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Jan & Judy Thompson/Willmont  
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*Continued on page 6*



## Ostomy Pearls

New in Ostomy Skin Barriers

By Jan Colwell

The opening in the skin barrier (the beige portion of most pouching systems, the part that provides a seal of the pouch to the skin and protects the skin), is one of the most important parts of the pouching system. The opening should be approximately the same size as the stoma so that no skin is showing between the skin and the stoma. There are pre-cut skin barriers in a round shape and cut-to-fit skin barriers that can be custom cut to fit the skin barrier. A newer option in skin barriers are moldable, shapeable or stretch to fit skin barriers. This type of skin barrier allows the stoma opening to be shaped with fingers rather than using scissors.<sup>1</sup> Several manufacturers have this type of product and to understand the correct way to use the products, it is advisable to consult the manufacturer, via their website or at meeting such as the United Ostomy Associations of America meetings when the vendors are invited. The moldable, shapeable or stretchable skin barriers are available flat or convex, and no scissors are needed. They may be useful for those with poor hand dexterity or poor eyesight which may make cutting the barrier to size difficult. This type of barrier is available in both one and two piece products. This may be a consideration in the stoma management and is one of the newer innovations in stoma care. An example of the product is shown below:



<sup>1</sup>Colostomy and Ileostomy Products and Tips: Best Practice for Clinicians. Wound Ostomy and Continence Nurses Society, 2013.

**DESPERATELY  
NEEDED!  
Pediatric  
Ostomy  
Supplies**



## FOW-USA Fundraiser

By Shelly Miller

Our second annual FOW-USA Fundraiser was Sunday, October 26, 2014, from 2:00-5:00 pm at The Painted Penguin in Aurora, IL. Although still calculating the results, it appears this year's event was as successful as last year's, if not more so.

Individuals and families enjoyed hours of painting fun and we had a short presentation from some of the Fundraiser Task Force members who were in attendance. We had donations of biddable gifts and financial donations come from this readership as well as from local businesses, families and friends. Just a sample of the prizes won were tickets to local sporting events, gift baskets, hand made knit good, art, and jewelry and much, much more. We can not thank you enough for making the event the success it was! Watch for an update in the Spring, 2015 edition and thank you ALL who made it possible.



*Pictured:  
L, shopper looking  
at glass hearts.  
R, family fun*



## ATTENTION OSTOMY PRODUCT USERS!

Do you...

- ✓ Have opinions?
- ✓ Have access to a computer?
- ✓ Care for your own stoma?

If YES, you qualify for the

## OSTOMY RESEARCH PANEL

Panelists are compensated for participation in research studies

For more information contact  
**researchostomy@gmail.com**

## Financial Report

|                                     | Actual Fiscal<br>Aug 1, 2013 -<br>Jul 31, 2014 | Budget Fiscal<br>Aug 1, 2013 -<br>Jul 31, 2014 | Budget<br>Aug 1, 2014 -<br>Jul 31, 2015 |
|-------------------------------------|--|--|---|
| <b>Income (US\$)</b>                |  |  |   |
| Ad Revenue                          | 0  | 2,500  | 1,000                                   |
| Contributions (incl. Special Event) | 58,024   | 56,000   | 56,000                                  |
| Grants                              | 0  | 2,500  | 5,000                                   |
| Interest                            | 5  | 60   | 0                                       |
| <b>Total Income</b>                 | <b>58,029</b>                                  | <b>61,060</b>                                  | <b>62,000</b>                           |
| <b>Expenses</b>                     |  |  |   |
| Bank Charges                        | 95   | 75   | 90                                      |
| Computer (Hardware and Software)    | 433  | 750  | 500                                     |
| Education                           | 0  | 1,000  | 1,000                                   |
| Insurance - Personal Property       | 403  | 403  | 403                                     |
| Insurance - Liability               | 664  | 826  | 826                                     |
| Newsletter                          | 4,814  | 3,400  | 5,000                                   |
| PayPal Charges                      | 0  | 70   | 50                                      |
| Postage                             | 0  | 800  | 0                                       |
| Postage - Appeal                    | 317  | 718  | 350                                     |
| Postage - Fundraising               | 706  | 548  | 750                                     |
| Promotion                           | 268  | 0  | 0                                       |
| Rent                                | 7,629  | 7,200  | 7,959                                   |
| Shipping                            | 35,305   | 41,000   | 37,500                                  |
| Supplies and Warehouse              | 741  | 689  | 750                                     |
| Utilities                           | 106  | 0  | 100                                     |
| Travel and Meetings                 | 154  | 0  | 150                                     |
| <b>Total Expenses</b>               | <b>51,635</b>                                  | <b>57,479</b>                                  | <b>55,428</b>                           |
| <b>Net Income/Loss</b>              | <b>6,394</b>                                   | <b>3,581</b>                                   | <b>6,572</b>                            |

## WOCN North Central Regional Conference

On Friday and Saturday, September 19 and 20, FOW-USA was represented at an exhibit booth at the Wound, Ostomy, Continence Nurses Society (WOCN) North Central Regional Conference in Rochester, MN. FOW-USA president, Jan Colwell, Board Member, Marilyn Zuckerman, and Marilyn's husband Alan greeted conference attendees and informed them about the work of FOW-USA. This was new information to many of the nurses. We hope that as a result of the conference, we will be receiving more ostomy supplies from this region of the mid-west.



*President Jan Colwell and Director Marilyn Zuckerman speaking with attendee*

## Financial Contributors, cont'd

Continued from p. 3

### Friend

Al Alster  
John Bareiss  
Rodolfo M. & Wilma Barraza  
Nina Barris  
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### Chapters/Support Groups

**AL** UOAA AL Huntsville  
**AZ** Ostomy Support Group - Tucson, AZ  
Phoenix Ostomy Chapter Inc.  
**CA** Golden Gate Ostomy Assoc.  
**CT** Ostomy Assoc. of Greater Hartford  
**FL** South Brevard Ostomy Assoc, Inc.  
Venice FL Ostomy Association  
**GA** Macomb County Ostomy Assn.  
**IL** Aurora IL Chapter #325  
DuPage County Ostomy  
North Suburban Chicago Chapter  
Capitol Ostomy Assoc., Inc.  
Quad City Ostomy Group  
**KY** Kentuckiana Chapter, UOAA  
**MA** Ostomy Assoc. of Greater Springfield  
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**MN** Chippewa Valley Ostomy Assoc.  
Duluth Area Ostomy Group  
**NC** Charlotte Co. Ostomy Support Group  
**NE** Lincoln Ostomy Association  
**NJ** Morris Co NJ Ostomy Assoc. #121  
**NY** Colostomy Society of New York  
Crouse Hospital Ostomy Support Group  
Greater Orange Area NY Ostomy  
Ileostomy Assoc. of NY, Inc  
Schenectady Ostomy Support Group  
**OH** Greater Cincinnati Ostomy Assn.  
Portage Co OH Ostomy Group  
**OK** Ostomy Assn. of North Central Oklahoma  
**PA** Lower Bucks Co PA Chapter  
Pittsburgh Ostomy Society  
**TN** Chattanooga Ostomy Association  
**TX** Ostomy Assoc. of Austin  
Ostomy Assoc. of West Texas  
**VA** Ostomy Support Grp. of Northern Virginia  
Suffolk Ostomy Assoc.  
**WA** Skagit Ostomy Support Group  
**WI** Chippewa Valley Ostomy Assoc.

Follow us on:

twitter



facebook

## Gifting in Honor or Memory

Have you ever thought about all of the things of which we can be thankful? Maybe THIS Thanksgiving, give the gift of a financial donation in HONOR of someone in your life to FOW-USA. We certainly would love to receive donations with such thoughtful actions. The person being honored will receive a nice note as will you, the donor. Of course you can also always send a memorial in lieu of flowers upon someone's passing as well. How wonderful though for someone to receive an honorarium that you have thought of them by helping others in need. If you are interested in doing so, just make a note when donating indicating the honoree's full name and address and if it is in celebration of something specific. For example:

"In honor of John Q. Public on the celebration of his 65th birthday."

"In honor of the Smith Family, Happy Thanksgiving!"

Of course, if so inclined in an obituary, you could identify FOW-USA as the charity of choice or "In lieu of holiday cards, I have made a donation to FOW-USA." Use your imagination and know every penny counts!

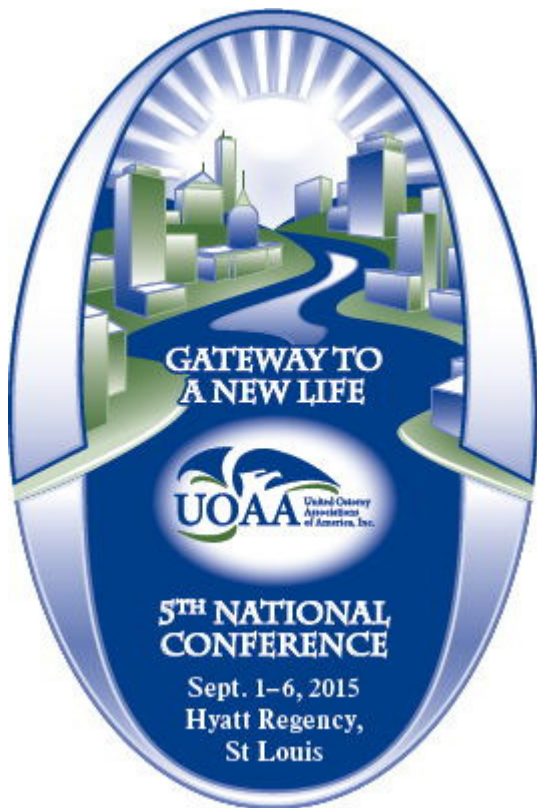
You can use the form on page 7 or go to our website to contribute.

### Board Member Spotlight

Welcome our new Treasurer, Mickey Heideman. Mickey is enjoying retirement as President & owner of Louisville Mfg. Co., a promotional products manufacturer. He has served as Past President & Treasurer of "The Temple". He is treasurer of the Landings Homeowners Association & Standard Country Club. In his words, he has become a professional community volunteer!

He became aware of FOW-USA's needs when his wife became an ostomate and he felt compelled to help make life easier for those in need. Mickey helped establish the new FOW-USA warehouse where he currently receives product donations, packs & ships cartons every week. To him, there is no better feeling than to read the many "Thank You" e-mails we receive from everywhere around the world.





**Save the Date!**  
**Mark Your Calendars!**  
**Visit us in St Louis!**

### 2013-2014 Shipping Synopsis

FOW-USA made 83 shipments of ostomy supplies, totaling over 13,400 pounds, with a retail value of \$665,265. At a shipping cost of \$35,151 the value of these shipments is priceless to the thousands of ostomates who received the supplies. These products improved the lives and well-being of ostomates in 37 countries.



### Thank You Ostomy Supply Donors

We are grateful to everyone who donated ostomy supplies to FOW-USA during the past year. Space limitations prevent us from printing the names of all the donors, but without your generosity we would not be able to provide ostomy products to developing nations around the world. Thousands of ostomates have benefitted from your generosity. Keep sending those ostomy pouches, face plates, powders, belts, skin products, tape, and other items, and especially pediatric supplies to our warehouse at:

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

### 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](http://www.fowusa.org) and click on Donations.**

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

**Address Service Requested**

**Fall 2014 Newsletter**

