Inside this issue:

The Haiti Earthquake hit on January 12, 2010. Ival Secrest, FOW-USA President, sent out the following message on January 15:

The Haitian people are dealing with the worst catastrophe in their lifetime. They need water, food, security and medical care. FOW-USA was able to respond quickly to a request for ostomy supplies. Thanks to the volunteers in Louisville, Yusen shippers and the Catholic Medical Mission Board, who have an organization in Haiti to ensure the supplies get where they are needed, three pallets of ostomy supplies are on the way to Haiti.

Without the support of individuals and organizations, FOW-USA would not have had the ostomy products or the financial capability to provide this aid. We do not know how soon more aid will be needed in Haiti or where the next crisis might be. You can help us to be prepared to provide help wherever it might be needed by sending supplies to restock our shelves and financial support to pay for the shipping costs. See address below, right.

Ival’s message brought responses from others, including UOAA which covered Haiti shipping costs. See p. 3.

Dear Mr. Secrest,
We have just had a death in our family. Some people want to make a charitable donation in honor of the baby. Does your organization have a way they can do that? I would like to ask our friends to direct their donations in this way. Of course I will also be making a donation for the ostomates of Haiti.
Lucille Penner

Continued on page 3

We Get E-Mails

Dear FOW-USA,
Thank you very much for your Donation, and my thanks to... all the people who contribute to make this shipment possible specially to FOW USA, and...to Mrs Astrid Graham FOW Canada who made the connection between the Lebanese Ostomy Association (LOA) and FOW USA. It’s the first time since it’s foundation in 1991, that LOA receive a bags Donation.
Best Regards, Abdo Abi Raad
President, Lebanese Ostomy Assn.

Supplies being given to Lebanese ostomate by Abdo Abi Raad

Continued on page 3
President’s Message

Dear Friends,

While many people were enjoying the good life here in the USA this past January, 200,000 Haitians lost their lives, and 2 million were injured or at a minimum lost their housing due to the devastating earthquake. For those of us who have not witnessed it first hand, it is hard to imagine the enormity of the devastation. FOW-USA received a call for help within a few hours after the earthquake and fortunately we were able to respond. We were able to respond quickly for multiple reasons. Some of the reasons are: (1) Donors who sent excess supplies (2) Volunteers who had pre-packed and labeled boxes of supplies that enabled the creation of pallets to meet Haiti’s need, and (3) Financial supporters who have regularly sent funds that enable us to lease the warehouse space and ship supplies to the countries in need.

Financial contributions have been down for better than a year and we attribute that to the economic downturn. We give special thanks for UOAA helping us stay reasonably close to our budget because they funded three pallets of ostomy supplies that were sent to Haiti in December. We are appreciative of the UOAA Board Members led by Kristin Knipp, UOAA President, who made this happen quickly. We wish them continued success as an organization.

Is our work finished? Unfortunately the answer is NO. Our volunteers continue to work each week so that FOW-USA will be able to respond to urgent needs as they occur. I invite supporters to drop by the warehouse in Louisville for a visit should they be in the area. In addition to seeing the FOW-USA effort, you will be able to see the work of Supplies Over Seas (SOS) as they collect all kinds of medical supplies and equipment for shipment to places in need of those products. We lease warehouse space from SOS.

FOW-USA will welcome two new board members at the May 15-16, 2010 board meeting in Louisville. The new members are Mary Gloeckner of Moline, IL and Richard Cohen of Goodview, VA. You can find short bios about them elsewhere in this newsletter.

We appreciate the continued support of our ostomy product donors, our financial contributors and those of you who have become FOW-USA ambassadors by telling others about us informally and formally. If you would like materials for presenting a program about FOW-USA, please contact us at the following email address: info@fowusa.org.

Ival
Haiti Supplies continued

Hi Ival,

Thank you for the update on FOW’s help to Haiti….I am happy to report to you that at our meeting, our board made a unanimous decision to offer support to FOW for the relief you’ve sent to Haiti. We’d like to reimburse you for the cost of shipping for whatever supplies you’ve already sent to Haiti….We hope this small gesture helps, and will allow you to send more supplies in the future if needed. I’ll also be reminding our support groups….that donations of supplies are greatly needed to help replenish your shelves. Thank you for all you do to help our brothers and sisters around the globe.

Kristin Knipp
President, United Ostomy Associations of America

FOW-USA also sent supplies to Haiti through a surgical oncologist, Dr. Rosemary Duda, working with Partners in Health. Dr. Duda wrote to us when she returned from Haiti

2/2/10
Hello,

….Just returned from Haiti. The ostomy supplies were delivered and will be put to good use. It is truly tragic there - the magnitude of human suffering is incomprehensible.

Rosemary Duda
Surgical Oncologist

We Get E-Mails continued

Dear FOW-USA,
The ostomies supplies which you so kindly make us…are being distributed to all members ASOS-DELP (Asociacion de Ostomizados del Paraguay.) About 400 patients are members. Due to the success of our association, people all around the country are coming to withdraw their bags. These are even getting to children and babies….Thank you so much for all the people FOW USA
Best regards, Jorge (Paraguay)

Dear FOW-USA,
This is Peter, a Kenyan who you usually help with urostomy pouches. I want to thank you, for myself and on behalf of all those who will benefit by your donation of ostomy supplies you sent thru Pastor Jeremiah. We got it and we are so excited and blessed by you…..All that I can is thank you, thank you, thank you,, and may the Lord remember and bless you now and for ever.
Yours Sincerely,
Peter

Hello from Gaza
We would like to confirm that we in Palestinian Ostomy Association received the…Ostomy supplies from Friends of Ostomates Worldwide – USA, through ANERA Gaza office. We appreciate both of them the FOW US and ANERA for all help and support to our people with stoma. This supplies will decrease there suffers.
Thanks to all of you
Dr Awad
Pal.O.A coordinator

(FOW-USA sends supplies to several countries through the Catholic Medical Mission Board which partners with the American Near East Foundation (ANERA) for shipments to the Palestinian Authority.)
Shipping Report

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<th>SHIPPING DATE</th>
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CMMB is Catholic Medical Mission Board

Welcome To Two New Board Members

Mary Gloeckner:  Mary has been an ET/ WOCN nurse for 33 years. She was the first ostomy/ET nurse at the University of Iowa. Mary has been a member of the World Council of ET Nurses since 1976 and is dedicated to helping patients with an Ostomy all over the world!! She is married to Dr. Earl Gloeckner. Their 3 children are all in the medical field. Mary and Earl reside in Moline, IL.

Richard Cohen:  Richard was introduced to FOW-USA by his mother, the late Florence Cohen, a long-time FOW-USA Board member. After a career as a mechanical engineer, he is a volunteer Unit Commissioner with the Boy Scouts. Richard lives in the Roanoke, VA area and he wants to assist FOW-USA help ostomates in need in developing countries.
Foundation Grants

The International Foundation and the Raffio Family Charitable Fund, through the American Gift Fund, made recent grants to FOW-USA. A long-time supporter of this organization, the International Foundation grant of $5,000 for FY2010 is to enable FOW-USA to continue to collect and ship ostomy supplies to countries around the world. Louis J. and Marguerite Raffio, donor advisors to The Raffio Family Charitable Fund, a part of The American Gift Fund, recommended a grant of $1,000 to FOW-USA. Mr. Raffio has been a financial supporter of FOW-USA for many years. The FOW-USA Board of Directors, on behalf of needy ostomates in the developing world, is very grateful for the grants and will utilize them to further its mission.

Thanks to Supply Donors

FOW-USA would not be able to operate without the generosity of all the individuals, organizations, hospitals, and businesses who donate ostomy supplies to us for shipment around the world. A list of supply donors will be published in the Fall 2010 issue of this newsletter.

Although it has been 2 years since we moved our warehouse to Louisville, some people are still sending supplies to Glenview, IL. We will not be able to accept supplies in Glenview in the future, so please direct your supplies to:

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

Get the FOW-USA Newsletter By E-Mail

- Help FOW-USA save money
- Help the environment
- Receive the newsletter promptly

Send request for e-mail of future newsletters to: info@fowusa.org

FINANCIAL CONTRIBUTORS
August 1, 2008—July 31, 2009

We thank all the individuals and organizations listed below, who, through their contributions, helped us to meet the needs of thousands of ostomates around the world. If you made a financial contribution during this time and are not on this list, please contact info@FOWUSA.org.

<table>
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<td>Elsie L. Smith</td>
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<td>Mr. and Mrs. Stanley Baker</td>
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<td>Jonathon E. Brodman</td>
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<td>Harold and Shirley Cole</td>
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<tr>
<td>Nick and Madelyn Dacko</td>
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<td>Stuart M. Grossman</td>
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<td>Thomas Heenan</td>
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<td>Mr. and Mrs. Michael Heideman</td>
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<td>Dr. Lawrence Kron</td>
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<tr>
<td>Richard W. and Bonnie L. Myers</td>
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<td>Mark S. and Shahdokht Myers</td>
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<td>Ruth and Pete Salinger</td>
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<td>Ival and Lang Secrest</td>
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<td>Carolyn A. Tamer, RNET</td>
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<tr>
<td>Olga Thompson</td>
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<tr>
<td>Judith Weber</td>
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<tr>
<td>Paul Yowell</td>
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<td>Ardeneth and Al Zamsky</td>
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<td>James and Janice Colwell</td>
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<td>Betty Giuliani</td>
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<td>Joyce Godin</td>
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Continued on page 6
Sustaining Contd.
HR (Bob) and TennieBee Hall
Jetta and Glen Lenox
Marjorie Kadaner
Bob and Joan C. Loyd
Nancy McCullough
Alvin McMahon
The Ostomy Shoppe
Sharon Pardo
Robert and Marilyn Powell
David Schwartz
Bonita Williams
Tom and Bonita Gile Williams
Carol Woodard
Louis and Rita Wray
Melvin Wuest
Jonas Zuckerman and
Katherine Augenbaugh

Partner
Mrs. Mary Abbott-Retzloff
William W. Adkins
Iris Anderson
Teri and Brian Arnold
Bruce Barnes
Lillian Bartholomew
William T. Bonomi
Sharon Brady
Bernard Brown
Johanna Brown
Paul Byrtus
Edward A. Cain
Harold and Helen Casey
Peggy Christ
Howard P. Cohen, DMD
Warren and Katie Cox
Francis Craddock
Harvey and Henrietta Cragon
Joan Hadley Craw
Marianne Cullinan
Donald and Marilyn Deitrich
Laura DeSimini
Edward and Harriet Drew
Nancy Faller, RNET
Verna T. Freed
Sally A. Goodwin
Michael and Rhoda D. Gordon
Margaret Gulessierian
Janie Harris
Barbara and Harvey Hellering
Roy Hitch
Dr. Robert E. and Carol A. Hurley
Joseph J. Hyler
Anthony Padula
David and Shauna Paulsen
Elaine Rossi
Martin and Iris Schlager
Ann C. Simmons
Richard and AnnaBelle Smitcher
Robin and Michael Stricklin
Roberta T. Tovar
Dorothy E. Wadsworth
Dr. Sharon Windwer

Ostomy Group Contributors
AZ Phoenix Ostomy Chapter Inc.
Southeast Arizona Ostomy Association
CA Ostomy Association of San Diego Inc.
Santa Maria-Lompoc Chapter
CT Ostomy Association of Central Connecticut
New London County Ostomy Association
FL Charlotte County Ostomy Support Group
UOAA of Greater Orlando
GA Middle Georgia Ostomy Association
IA Spencer Iowa Support Group
IL Ostomy Association of Greater Chicago
Sterling Area Ostomy Association.
KY Kentuckiana Chapter, UOAA
MA Ostomy Association of Greater Springfield
MD Anne Arundel County Ostomy Association
MI Ostomy Association of Greater Lansing Michigan
Macomb County Ostomy Association
Straits Area Ostomy Association
MS Ostomy Association of Jackson Mississippi
NE North Platte Area Chapter
NJ Warren County New Jersey Ostomy Association
NY Colostomy Society of New York
Schenectady Ostomy Support Group
OH Greater Cincinnati Ostomy Association
Portage County Ohio Ostomy Group
OK Ostomy Association of North Central Oklahoma
PA Ostomy Support Group/Beaver County
Pittsburgh Ostomy Society
TN Chattanooga Ostomy Association
TX Ostomy Association of West Texas
VA Ostomy Support Group of Nothern Virginia
WI Chippewa Valley Ostomy Association
Duluth Area Ostomy Group
Letters of Support

FOW-USA greatly appreciates the interest and support of the individuals whose letters are printed below. Thank you for your care and concern for ostomates in need.

11/17/09

Hello,
I found your website while searching for a charity which served ostomy patients. My mother, Josephine Doucette, was an ostomy patient for the past 14 years. She passed away this past Sunday and we are listing your charity in her obituary for donations in lieu of flowers. We will also be sending you all of her unused ostomy supplies to help you continue your good work.

Thank you very much,
Debra Coscia

11/25/09

Dear FOW,
Until my mother’s emergency ileostomy last year, I was unaware of all the challenges faced by persons who have received ostomies. It’s hard to imagine how difficult life must be for a person who is unable to obtain basic supplies. I learned of your organization when researching a place to donate supplies my mother was unable to use. I’ve since visited your website and read your newsletter and am quite impressed by all you do. A charity operated almost entirely by volunteers is highly unusual. I am enclosing a contribution toward your shipping costs and hope to bring FOW to the attention of my friends in the hope they will also donate. Thank you for all you do.

Sincerely,
Linda McGovern

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

CONTRIBUTIONS FORM

Friends of Ostomates Worldwide – USA Contribution Form

Name ________________________________  Contributions/Membership

Address ________________________________

City _______ State___ Zip ________

Country ________________________________

Telephone (_____) ______________________

E-mail Address __________________________

Total Amount Enclosed - $______________

Make checks payable to: FOW-USA

Please mail to:

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

Spring 2010 Newsletter