Feb. 17, 2012
Dear FOW-USA:
Through this letter I want to show my appreciation for the donation received of medicine, and medical equipment (colostomy bags and base) to fight this terrible disease: cancer... Having the support of your institutions is what make us keep going in life.
Very grateful of you,
Rafael Alvarez
Dominican Republic

Bolivian Ostomates Thanking FOW-USA

Jan. 12, 2012
Dear FOW-USA
Today we got the material from custom. ...Thanks you very much to all of FOW-USA people team.
Best regards
Alexander Machaca
Bolivia

Continued on p. 5

Ostomy Supplies arrived in Dominican Republic

FOW-USA FACEBOOK PAGE

By Nicolette Zuecca
For those who love social networking, you can now follow Friends of Ostomates Worldwide-USA (FOW-USA) on Facebook (FB)! The FB page was launched in November and we are excited to begin using this new tool. Not only is FB great for connecting with existing relationships, but also for reaching out to anyone interested in our organization and staying up to date with all of our activities.

Please follow the link below to view the FOW-USA Facebook page and become a fan! Once you are on the FB page you can like the page, which will cause the FOW-USA icon to post to your personal FB page (should you have one). This will further inform people about the organization.

The goal is to promote socialization... so start communicating!

So, how can you get started on Facebook? First you need a FB account. You can get one for free by going to this link: www.facebook.com. When you do so, you will be prompted for some basic information, including an e-mail address, and the screen prompts will guide you along the way.

Continued on p. 4

Help us save money and trees.

Get the FOW-USA Newsletter by e-mail. Send your e-mail address to info@fowusa.org.
## OFFICERS AND DIRECTORS

<table>
<thead>
<tr>
<th>Position</th>
<th>Name</th>
<th>City, State</th>
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<tbody>
<tr>
<td>President</td>
<td>Janice Colwell</td>
<td>Chicago, IL</td>
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<tr>
<td>Vice President</td>
<td>Helena DeMoss</td>
<td>Oswego, IL</td>
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<tr>
<td>Secretary</td>
<td>Judy Morey</td>
<td>Verona, IL</td>
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<tr>
<td>Treasurer</td>
<td>Al Maslov</td>
<td>Wilmette, IL</td>
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<td>Contributions Secretary</td>
<td>Lang Secrest</td>
<td>Sierra Vista, AZ</td>
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<td>Immediate Past President</td>
<td>Ival Secrest</td>
<td>Sierra Vista, AZ</td>
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<tr>
<td>Directors</td>
<td>Richard Cohen</td>
<td>Goodview, VA</td>
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<td>Mary Gloeckner</td>
<td>Moline, IL</td>
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<td>Carol Heideman</td>
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<td>Ruth Salinger</td>
<td>Bethesda, MD</td>
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<td></td>
<td>Marilyn Zuckerman</td>
<td>Madison, WI</td>
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<td>Nicolette Zuecca</td>
<td>Mt. Laurel, NJ</td>
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<td>Industry Advisors</td>
<td>Jason Fisher</td>
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<td>Sonia McDonough</td>
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<td>Richard Murahata</td>
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<td>Newsletter Editors</td>
<td>Marilyn Zuckerman</td>
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## PRESIDENT’S MESSAGE

The Friends of Ostomates Worldwide-USA continues to work on our mission of providing ostomy supplies and educational materials to those in need around the world. In our last newsletter I spoke to you about several areas in which we needed help and I am happy to tell you that several people responded to that request. We now have a Spanish translator, Evelyn Rivera. Evelyn is a Wound Ostomy and Continence (WOC) Nurse from New York City and right after she volunteered to help us translate requests for products, she immediately translated a letter from a mother of a small child who needed ostomy supplies. Because of Evelyn’s quick response to the Spanish language request, our shipping coordinator, Ruth Salinger, was able to coordinate a shipment with our warehouse coordinator, Carol Heideman, to get the product to the young child and his mother. Thank you Evelyn for your important and ongoing volunteer contribution.

An important accomplishment for FOW-USA was to get a presence on social media and we did so by establishing a Facebook page. Heather Martinek a volunteer recruited for this project worked on the page and Kathy Frances is a WOC nurse who has agreed to monitor the page and do postings as we need it. Another great example of how volunteers make our organization run.

An example of great support (see article) is the financial and project support that we have received from our industry partners. Coloplast, Convatec and Hollister have all been very generous with their time and money, helping us achieve projects such as a new brochure, the layout of the revised web site, a new banner to use at conferences, a review of our warehouse activities and funding to continue to ship products to those in need. We are so fortunate to have this ostomy community to work with. We all have the person with an ostomy in mind as we do our work. Thank you to Coloplast, Convatec and Hollister.

We will soon start to layout our new website. The website is very important to accomplishing our mission, as it is our face to those who are looking for help. Once we get the site reorganized on paper we will be looking for someone or several people who can help us with the redo of the website. We will be looking for several volunteers to help us with the code and work on the website. Please contact me if interested in this very important project.

We continue to receive requests for products from folks around the world. Our warehouse staff has undergone some changes and we must find several people who can help our warehouse coordinator. The type of help that we need includes: receiving product donations, putting the products up on the shelves, as well has picking products from the shelves when a request for products comes in and helping to pack those products for shipment. Our warehouse is located in Louisville, Kentucky, and our shipping coordinator works with volunteers once a week on a Monday. If you live in or around the Louisville area and would be available to help us with our work, contact me and I will put you in contact with Carol.

This month we received a request for pediatric ostomy pouches and this reminds us that requests for ostomy patients come in all sizes and shapes and we are fortunate that we can try and help meet the needs of someone with a small baby with no ostomy supplies. Thank you all for supporting FOW-USA.

Jan
Jason joined FOW-USA as ConvaTec’s Industry Advisor at the board meeting held in Reno, NV in August of 2011. Jason has been leading teams for over 20 years and for the past seven years has been at ConvaTec in varying capacities. Currently, Jason has overall responsibility for Ostomy Care in the U.S., in particular focused on Marketing and ConvaTec’s WOCN based Customer Interaction Center. He is actively involved in supporting the Ostomy community through the UOAA, FOW-USA, inspire.com, WOCN Society, Youth Rally and Great Comebacks®. Jason lives in the greater Philadelphia area with his wife and two sons.

Sonia McDonough currently serves as the Director of Marketing for the Ostomy Care division of Coloplast Corp. In her role, she has responsibility for the U.S. Ostomy Care business, including bringing new, innovative product technologies to the market. In her eight years at Coloplast, she held positions in sales, product management, national accounts, and global program management. Sonia holds a B.A. in Advertising from the University of Michigan and a Master of Organizational Leadership from Bethel University. She grew up in Michigan and currently resides in Minnesota with her family.

Richard Murahata is a Principal Specialist in Clinical Research at Hollister Incorporated, and has 2 years of academic experience and 30 years of industry experience designing, executing and analyzing the results of clinical studies. He has a B.S. degree in Chemistry from Michigan State Univ., a Ph.D. in Pharmacology from Yale Univ. and completed post-doctoral training in Tumor Immunology at UCLA. He is author or co-author on 38 refereed journal articles and co-inventor on one patent. Dr. Murahata is an Adjunct Professor at the Kirksville College of Osteopathic Medicine, A. T. Still University.

WORLD OSTOMY DAY

On October 6, 2012, FOW-USA will join together with the United Ostomy Associations of America, the United Ostomy Association Canada, the International Ostomy Association, and Ostomy Associations in countries across the world to celebrate World Ostomy Day. We will also be celebrating Ostomy Awareness Day in conjunction with World Ostomy Day this year. Please join us in spreading the word about ostomies and the need for ostomy supplies in developing countries. You can help by donating ostomy supplies to FOW-USA, by making a financial contribution to help cover shipping costs, and by telling your family and friends about FOW-USA. Check out our Facebook page and website (www.fowusa.org) for updates on our plans.

SPRING BOARD MEETING

The FOW-USA Officers and Directors will convene in Louisville, KY on Sunday, April 29 for our Annual Board Meeting. On the agenda will be expansion of our public relations efforts, recruiting more volunteers for the Louisville warehouse, the possibility of including advertising on our webpage and Newsletter, fundraising ideas, and other issues of concern to the organization.

On Monday morning April 30, the Board will have a workday at the warehouse. The group will unpack, sort, and repack supplies for shipment overseas. They will match products and check for expiration dates. These warehouse workdays are very important to the Board members and the warehouse volunteers.
During the first 8 months of its FY2011/2012 Fiscal Year, from August 2011 through March 23, 2012, FOW-USA shipped just under 6,000 pounds of ostomy supplies in 35 shipments to 26 countries. The shipping cost was $17,000 and the value of the products was almost $300,000.

These shipments went all over the world: to Central and South America (Colombia, Nicaragua, Panama, Paraguay, Chile, Dominican Republic, Bolivia, Guatemala), to the Caribbean (St. Lucia, Jamaica, Cuba), to Africa (Cameroon, Zambia, Zimbabwe, Ghana, Nigeria, Ethiopia, Tanzania, Kenya), to the Middle East (Iran, Lebanon), to Eastern Europe (Uzbekistan, Kyrgyzstan, Kazakhstan), and to Asia (Nepal, The Philippines). Many of these shipments were made in cooperation with other humanitarian aid organizations in the U.S. and Canada. We appreciate the support of these groups in helping ostomy supplies reach the people who need them. Canadian Ostomy Groups delivered supplies for us to Panama, Nicaragua, Jamaica, Cuba, Iran and Guatemala. Groups from 5 states (Connecticut, Arizona, Vermont, Alabama and Texas) delivered ostomy products to Tanzania, Guatemala, Cuba, Nigeria and Nicaragua.

**FACEBOOK PAGE CONTINUED**

Once you have an active FB account, you can reach and communicate with the ostomy community in 2 ways:

1. You can use the FB search bar for FOW and you will either be prompted right to the page, or the FOW-USA page will appear with other similar pages. You then simply select the page you would like to navigate to and a click of the mouse will take you there.

2. Alternatively, you can get to the FOW-USA FB page from our web home page (www.fowusa.org), where there is now a banner that says, Follow us on Facebook, and you can click there to get to the page. But remember, you must have an active FB account!

In addition to social networking, the FB page will also serve as a way to communicate important information. Like any other opportunity, the FOW-USA FB page will be as valuable as YOU make it!


See you online!

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**PRODUCT EXPIRATION DATES**

By Lang Secrest

When you donate ostomy products to FOW-USA, please check the expiration date. The custom officials in foreign countries are not aware of our supplies and how well they last. Therefore, when they check a shipment, if one item has an expired date, the entire pallet of supplies or shipment is thrown out. We know that no one wants that to happen.

There has been some confusion regarding expiration dates on materials sent to the warehouse. Some companies make the expiration date very clear, and you need to allow at least six months between when you mail the supplies to FOW-USA and the expiration date. Please look for these dates.

ConvaTec products have the expiration date in code. The first number is the year it was manufactured, and items have a five year life span. The first letter is the month of the year. For example, 4A79747 expires in 2009 (the 4) in January (the A). Likewise, C is for March, F is for June, J is for November and so on. In the same way, a 5 expires in 2010, a 6 in 2011 and so on.

We all realize that many products are excellent to use after their expiration date. However, while the warehouse can discard expired items, it makes everyone sad to know that some of you are paying postage on items we can’t use. Your money and your supplies are too valuable. The cost of postage to send supplies to FOW-USA is tax deductible.

We do appreciate your cooperation and generosity when sending us supplies. Thank you.

Send Ostomy Supplies To:

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

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**Abraham Lastnik, Active in FOW-USA**

Abraham L. Lastnik, of Framingham, MA, an active member of FOW-USA, the United Ostomy Association, and the Ostomy Association of Boston, died on February 28, 2010. He was an ostomate with a urostomy and colostomy for more than 40 years. He and his wife, Charlotte, traveled to many ostomy conferences and he worked to improve the quality of ostomy equipment.
March 9, 2012
Dear FOW-USA
We in LOA are doing what we can to help the Ostomates in Needs, and who cannot afford to pay their bags, we also give them a booklet printed in Arabic, and Ostomates are glad to be able to read in Arabic, how to take care of themselves. Thank you and for all FOW USA Staff Family.
Regards
Abdo Abi Raad
President of The Lebanese Ostomy Association

March 5, 2012
Dear FOW-USA
Thanks for making the lives of sick people easier by sending these products.
Zeinura Isabekova
Kyrgyzstan

Oct. 7, 2011
Dear FOW-USA
ALADO thank on behalf of his constant concern for our associations and interest to help meet the needs of materials for ostomy, in the different member countries of our region.
Sincerely,
Mariela Acero de Romero.
Presidenta ALADO
South American Ostomy Group

Oct. 31, 2011
Dear FOW-USA
We are actually with 620 patients, the majority from the middle of the Country, and you can imagine the blessings you are receiving and how there lives have changed, in there behave, I can thank you enough.
Silvia Aguilar Aquino
Paraguay

Hollister Incorporated gave FOW-USA a $7,500 contribution this year with $5,000 to be provided each year for two additional years. Hollister also donates the shipping cartons we use to send products overseas.

Convatec awarded a grant of $5,000 to FOW-USA for operational support. The funds will be used to help cover the cost of shipping ostomy supplies. Additionally, Convatec donated the display board for use at conferences, website layout advice, and warehouse consultation.

Coloplast has made a corporate contribution to FOW-USA of $500 for Fiscal Year 2011/2012. In addition, Coloplast provided free graphic design expertise in the revision of the FOW-USA brochure.

Edgepark Medical Supply gave FOW-USA $1,100 from money raised by employees at a Casual Friday. These funds will be used to further our mission.

FOW-USA, on behalf of the thousands of ostomates around the world who will benefit from these grants, expresses its appreciation for the generous support of Hollister, Convatec, Coloplast, and Edgepark.

By Mary Gloeckner

One of the important missions of FOW-USA is to provide ostomy education and promote ostomy training for nurses around the world. In 2011 and 2012, we have provided funding for four nurses to receive membership in the World Council of Enterostomal Therapists (WCET). In the January-March, 2012 issue of the WCET Journal, a big “THANK YOU” to FOW-USA was printed on page 6. It reads:

Since 2011, FOW-USA has allocated funding to support awards of Membership Scholarship of the Norma N. Gill Foundation. This collaborating initiative signifies the close relationship between WCET and FOW-USA and their shared vision to promote ET nursing worldwide. We would like to express our heartfelt thanks to FOW-USA for their generosity.

Scholarship recipients include:
Ravin Dela Cruz, The Philippines
Erfandi Ekaputra, Indonesia
Seyedeh Sakineh Seyedpour, Iran
Sarojini Sharma, Nepal
Thank you to everyone listed below who made a financial contribution to FOW-USA during Fiscal Year 2010/2011. If you are not on this list but believe you should be, please e-mail contributions@fowusa.org.

Grants
Corvatec
The International Foundation

Lifetime/Memorial
Turton Family Fund

Benefactor
Donald P. Binder
Daniel F. Cody
Richard Cohen
Thomas Heenan

Corporate
Hilloster, Incorporated

Supporting
Stanley & Alberta Baker
Doris L. Caldwell
Harold P. & Shirley Cole
Kathryn & Edward Crecelius
Dr. and Mrs. David Dageforde
Craig Glazer
Joan C. Loyd
Arthur C. Press
Joan C. Loyd
Craig Glazer
Dageforde
Dr. and Mrs. David Dageforde

Contributing
Pittsburgh Affiliate of
United Way of SE PA

United Way of SE PA
John & Ethena Williams
Pittsburgh Affiliate of
WOCN Society

Contributing
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Lori & Jeanette
Carlander
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Ms. Dina Stewart
Vera Vince
Robert H. Vlack
Susan & Ed Wilhelm
Susan H. Williams
Elren Wilson
Mr. & Mrs Eugene
Zebovitz

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AR
Twin Lakes Ostomy

AZ
Phoenix Ost Chapter
Ostomy Support
Group Tucson

CA
Hemet-San Jacinto
Ostomy Association

FL
Charlotte Co Ost Grp

KY
Kentuckiana Ostomy
Support Group

IL
Aurora Chap UOA 325
No. Suburban Chicago
Chapter UOA
Quad City Ost Assn

MA
Ostomy Association of
Greater Springfield

MD
Anne Arundel County
Ostomy Association

ME
Ostomy Association of
Eastern Maine

MI
Ostomy Association of
Greater Lansing
Macomb Co Ost Assn
Straits Area Ost Assn

MN
Duluth Area Ost Group

NE
Lincoln Ostomy Assn
Ostomy Assn of No. Platte

NJ
Morris Co. Ost. Assn
Warren Co Ost Assn

NY
Colostomy Soc. of NY
Ileostomy Assn of NY
Ostomy Support
Group of Orange Co
Schenectady Ostomy
Support Group
Suffolk Ostomy Assn

NC
Triangle Ostomy Assn

OH
Ostomy Grp Butler Co
Greater Cincinnati
Ostomy Association
Ostomy Support
Group of Dayton
Lorain Co. Ost Assn

OK
Ostomy Association of
North Central OK

PA
Philadelphia Ost Assn

TN
Chattanooga Ost Assn

TX
Ostomy Assn of Austin
Ostomy Support Assn
of Fort Worth
Ostomy Assn West TX

WA
Snoshoming Co Chaptr

WI
Chippewa Valley
Ostomy Association
FOW-USA frequently receives requests for ostomy supplies for children. Many of the pleas for these supplies include stories that move us with the difficult plight of children who have stomas. While we make every effort to provide the supplies requested, we are often short of pediatric supplies in our warehouse. We are in need of more pediatric ostomy supplies and would appreciate any such donations our readers can provide.

Here are some of the pediatric supply requests we have received:

**From the Dominican Republic**
...a family with an 11 year old that was born with no anus or vagina and is dependent on colostomy bags. At present time (for the last year) she has been using rags, plastic bags and whatever else they can come up with for her bags. She loves school and is very smart ... She has stopped going to school because she stinks and gets made fun of by the other children.

**From Tanzania**
...an orphanage and outreach programs in Tanzania, Africa. Her recent blog for The Baobab Home requested help for Husna. Husna is a girl of 11 who lives in Dar es Salaam. She was born with no anus and a leg that had to be amputated. Her mother can't afford the colostomy bags she requires.

**From the World Pediatric Project (Belize):**
... our general surgery team and Belize office are currently following 4 patients with colostomies, 3 of whom are just a few months old. Our Belizean staff person has requested a donation of ostomy bags to support these patients and their families, as they have very little financial resources to afford them.

**Iraqi Refugee in Jordan**
.. A 7-year-old Iraqi boy who uses...colostomy bags and dressing to live every day. He was born without an anus, so he had colon surgery right after he was born and another operation a few years ago. He currently resides in Jordan with his family as a refugee from Iraq. Since the Iraqi refugees' life in Jordan is difficult, the boy's parents have to rely on donations from other Iraqi families as well as some NPO organizations. However, it is quite difficult to get enough supplies due to not having sufficient funds for them to buy the products in Jordan.

**From The Philippines**
...the government hospital of Philippine Childrens Medical Center requested supplies of ostomy bags... They have most cases for pedia surgery ranging from imperforated anus to Hirschprungs and other cases.

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**Giving Level**

| Partner-$50 | Supporting-$300 |
| Sustaining-$75 | Benefactor-$1,000 |
| Contributing-$150 | Lifetime/Memorial-$5,000 |
| Other-$______ | Association-$______ |

**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 and click on Donations.*
Address Service Requested

Spring 2012 Newsletter