



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

February, 2015

Adrian March has been consulting with Zimbabwe Support Trust (known as OZ), as we work with our client there, Josef Muchesa. The pictures are examples of how inventive people may become if they don't have modern supplies.

I have received some [pictures] from the nurse, Frances, who is part of the team [This picture] is an example of a colostomy bag which has been in use two years, complete with string to tie it on, and seen in action... I hope perhaps that you will find these useful, in showing what OZ is up against.



Best regards,
Adrian March

July, 2015

Dear FOW-USA:

I also wanted to tell you a story from one of our patients. I don't have a photo as it happened when I was in the US. An older gentleman came to our surgery clinic. He'd had a colostomy done, for colon cancer, in another hospital. They sent him to Mbingo for chemotherapy. Helen, who works in the Wound Care Clinic, said that when he arrived he had a plastic bag taped around the stoma but it was coming off and stool was on his clothes and smeared all over his abdomen. She got him cleaned up, showed him how to apply the appliance, etc. Afterwards she told him it was too bad he didn't have fresh clothes to change into. He said, "I brought some with me", so she let him use our injection room and change into them. When he came out, clean and dressed in clean clothes, he was quite emotional and said to her, "Madam, I'm like a new man now. Look what you have done for me."

This is what you do for our patients who would have to live without supplies if you didn't supply them. THANKS SO MUCH TO ALL OF YOU!!!!

Carolyn Brown, RN, BSN, Certified Wound Care Nurse, Cameroon

June, 2015

In the past, we have sent supplies to Visedal Partnership, a 501(c)(3) non-profit organization that empowers Nicaraguan children who had worked on the streets to attend school in order to break their cycle of poverty. Three of our children are cared for by their great grandmother who has a colectomy due to cancer. She is unable to afford colostomy bags.

Here is a response from our contact, after we sent supplies in the summer, 2015:

[Silvia] continues to do well and it is always wonderful to see her. She lives almost an hour out of the city so getting to her is an adventure. She was extremely grateful for the medical supplies.

Please accept our deep thanks for what you and your organization does. Your actions positively change the quality of life for her and for her enormous family and community.

Marianne Waugh
Visedal Partnership, Nicaragua

We have sent supplies to the Palestine Ostomy Association. This picture of one of the member's baby shows why we appreciate your contributions of pediatric supplies, along with those for adults.

June, 2015

Dear/ Ms Ruth/Mrs. Carol
and Mr. Mickey Heide-
man,

Thank you. For all Members Friends of Ostomates Worldwide For helping. Thank you very much for your efforts to

help us in the arrival of supplies to Palestinian Ostomy Association.



Newsletter Fall 2015

Inside this issue:

***P. 2 Officers and Board
President's Message***

***P.3 2015 Service Awards
People, Past & Present***

P.4 Financial Contributions

P.5 Financial Contributions

P.6 Financial Contributions

***P.7 Ostomy Pearls
3rd Annual Fundraiser***

***P.8 World Ostomy Day
Board Member Spotlight
Shipping Year in Review***

***P.9 Thank You Supply Donors
Database Update
In Memorium Rita Wray
Contributions Form***

Send Supplies

and Contributions to:

FOW-USA

4018 Bishop Lane

Louisville, KY

40218

Tel: 502-909-6669

E-mail:

info@fowusa.org

Website:

www.fowusa.org

Officers and Directors

President

Ann Favreau Venice, FL

Vice President

Shelly Miller Palatine, IL

Secretary

Nancy Schuller Brookfield, IL

Treasurer

Mickey Heideman Louisville, KY

Warehouse Coordinator

Carol Heideman Louisville, KY

Immediate Past President

Janice Colwell Chicago, IL

Directors

Cindy Barefield	Mont Belvieu, TX
Dawn Becker	Brewster, NY
Nancy Gutman	Botkins, OH
Al Maslov	Wilmette, IL
Heather Martinek	Marlton, NJ
Richard Murahata	Denver, CO
David Rudzin	Vernon Hills, IL
Ruth Salinger	Bethesda, MD
Cheryl Sparks	Louisville, KY
Linda Stricker	Westlake, OH

Industry Advisors

Rebecca Wright



Sonia McDonough



Ginger Salvadalena



Newsletter Editors

Shelly Miller Palatine, IL

Walt DeMoss Oswego, IL



FOW-USA Board of Directors
September 5, 2015 St. Louis, MO

President's Message

Dear Friends,

I was honored to begin service as the Friends of Ostomates Worldwide - USA President in August knowing that Jan Colwell would continue her outstanding work with the organization as its Past President. At our annual board meeting she provided a PowerPoint presentation of our year in review. Through her leadership and the dedication of a hard working board, the accomplishments were many. The nominating committee brought forth a slate of officers and board members that includes individuals with the experience and talents that will help our organization move forward. The finance committee continues to be fiscally responsible and manage our costs. The fundraising committee increased our revenue with an outstanding event and an appeal to donors. We received a large financial donation and dollars donated to celebrate special life events. The public relations committee produced dynamic newsletters, updated and reformatted our website fowusa.org and enhanced our social media presence. Our PowerPoint presentation was updated and is available in English and Spanish and can be downloaded on our website for use at meetings. The Phoenix magazine highlighted our FOW-USA ad. Several board members attended national, regional, and local ostomy and WOCN conferences and manned a booth to provide information about our mission.

This year we made a record 93 shipments of donated ostomy products. Our warehouse recruited new volunteers and improved the summer working conditions with the purchase and installation of a huge fan. The database task force has worked to investigate and choose a company that will help us put together an integrated system to manage information.

We continue to collaborate with our industry partners who have been generous in their grants and services. The United Ostomy Associations of America (UOAA) board has approved a free ad for us on the home page of their website ostomy.org. and will continue to distribute our FOW-USA message to their affiliated support groups several times a year. The Phoenix magazine will feature an article in their winter issue about World Ostomy Day, October 3, 2015, from the FOW-USA point of view. The editor of Ostomy Canada magazine has asked us to submit an article for publication. We maintain an active relationship with Wound Ostomy Continence Nurses who support us with product and financial donations. We will expand our educational mission by supporting the training of nurses in ostomy care in developing countries.

Will we rest on our laurels? NO. At our board meeting held at the 2015 UOAA National Conference, Jan Colwell led us in a strategic planning exercise. We identified ways to improve our use of technology, expand our outreach, enhance our online presence, investigate new sources of product and financial donations, and secure new partnerships. We agreed that FOW-USA has a culture of caring. We care about the needs of ostomates around the globe and seek to alleviate their suffering with donated ostomy supplies. As a result we pay attention to the efficiency of our warehouse and shipping obligations. Our board and volunteers care enough to offer their time and talents to make the organization a viable one that can meet the needs of our recipients and use the donated funds in the most effective way. We know that you care as well, and we appreciate your continued support.

Ann

FOW-USA 2015 Service Awards

Congratulations to the FOW-USA Service Award winners for 2015 – Mickey Heideman and Lang Secrest.

Mickey is our Treasurer and our “Warehouse Maven Extraordinaire.” He has continually improved our Louisville, KY, warehouse space, making unpacking donated supplies easy and efficient for our volunteers – of any age, with any ostomy knowledge. He helps re-pack supplies for our recipients overseas and finds the most cost-effective means of shipping them.



Lang has been our data manager for a number of years, ensuring that we are connected to donors and supporters, both financial and product. She has also worked in our warehouses in Chicago and Louisville, the “fastest hands” we know in unpacking and sorting supplies. Pictured below, Ival Secrest accepting on Lang’s behalf.



Both received their awards at the 2015 Board Meeting held in St. Louis. Thank you both for your incredible service.

Presidents & Volunteers: Past & Present

As the new Board of Directors is inducted, we must give a huge shout out and thank you to Ival & Lang Secrest for their undying loyalty and support to FOW-USA. Although no longer serving on the Board, their continued assistance to the efforts of FOW-USA must be recognized. In the quiet background, Lang has maintained our donor database for many, many years and I am certain is happy to see us move it to a different format. How do we EVER thank you for your tireless efforts? Ival, who served as President and held many other committee seats has been a backbone of FOW-USA. He stays in arm’s reach to guide us along the way! We thank you both from the bottom of our hearts!

We also want to thank Immediate Past President, Jan Colwell, for her leadership and guidance over the past three years! She certainly raised the bar for FOW-USA helping us achieve some lofty goals; and at the same time, as the baton gets passed to Ann, we welcome in our new President who will guide us through the next set of goals and challenges to help continue our mission.

Ann brings with her an amazing repertoire of experience, passion and leadership unrivaled by anyone. We look forward to her guidance as she takes our new Board of Directors and the FOW-USA organization into the next phase of our journey. For those of you who don’t know her...

Ann, an ostomate since 1988, holds a Master of Education from Westfield State University, MA and taught for 27 years. She was President of the Ostomy Association of Greater Springfield, MA from 1991-1995, United Ostomy Association Chapter Coordinator and Area Service Director from 1994 - 2000. She served as UOA Secretary 1996-1998, Vice President 1998-2000 and President 2000-2002. She has been a facilitator of the Venice, FL Ostomy Support Group since 2009. She continues to be the volunteer Secretary for the International Ostomy Association since 2005. She was FOW-USA Vice President 2013-2015. She is an individual member of the National Colorectal Cancer Roundtable. Ann has been a Lion for 35 years, first in the Agawam, MA Lioness Club and now in the Venice, FL Lions Club. She is First Vice President, Editor of their Newsletter, and coordinator of the volunteers who work at their monthly clinic that provides eye care for the needy. Ann is a published author. In her spare time, she loves traveling and going to the beach with her husband Ray, reading, writing, and cooking.

Join us in welcoming our new leader!

FOW-USA FINANCIAL CONTRIBUTORS Aug. 1, 2014 thru July 31, 2015

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.

Life	Lynn Millare	Judy Tobin	Buckley, Gary, Linda & Bobbie Reidel	Margaret Goldberg
Richard Cohen	Marcia & Bruce Roth	Julie Sibley	Carey Leverett	Marilyn & Bob Mau
Stephen A. Turton	Margie & Craig Zucker	L Wesley Blickenstaff, Sr	Carol Woodard	Marilyn Kilpatrick
Vicki Turton	Martin Graham	Laurie M Barnett	Carolyn & Sidney Starrels	Marjorie Kadaner
Benefactor	Maura & Jerry Temes	Leslie and Robert Hille	Carolyn A Tamer, RNET	Mark Denney
Marguerite A. Raffio	Meredith Blumenstock	Leslie Simpson	Carolyn Garlich	Marvin Winger
Maureen & Donald Binder	Mr. & Mrs. Michael Heideman	Linda Griesmeyer	Christopher Kremer	Mary F. Talbot
Mid Atlantic Region WOCN	Nat. Staff Assoc. of Presbyterian Ch	Linda McGovern	Coleen & Richard Michels	Michael Goldsmith
New England Region WOCN	NB Products, Inc.	Maggie Feldman	Dana M. Poulton	Michael Sepich
Northern Illinois Affiliate of WOCN	Northwest Region WOCN	Margaret Gulesserian	David Stutz	Michele Kaplon-Jones
Corporate	Olga Thomson	Maria L. Ule	Deb Treat	Michelle & Steven Dreifuss
Amer. Society of Colon & Rectal Surgeons	Ostomy Support Group - Dayton OH	Marilyn & Robert Powell	Debi & Dave Murray	Mr and Mrs Stanley Baker
Coloplast Corp	The Painted Penguin	Mary & Wayne Dietrich	Debra & Martin Schwartz	Mr. & Mrs. Coolidge
Convatec (NJ)	Patricia Smith	Michele & James M. Sitro	Debra Borkovitz	Mrs. Jeanne Breda
ConVaTech	Randall Stein	Mid-East Region of WOCN	Desrine Jacobs	My Way Logistics, Inc.
Edgepark Surgical Inc.	Robin Nasatir	Mr. & Mrs. Karl Stein	Dr. & Mrs. Aronoff	Nadine Fraulini Trust
Hollister Incorporated	Ruth & Pete Salinger	Ms Alice Rosenthal	Dr. Robert E. & Carol A. Hurley	Natalya Kuntsevich
Ostomy Association of Greater Orlando	Serena Connelly	Nancy McCullough	Edward A. Cain	Nicole Haskett
Torbot Group Inc	Shelly Miller	Nancy Schuller	Elsie L. Smith	Nicolette Zuecca
Supporting	Serena Connelly	Network for Good	Fredericka E. Danielus	P. Patrick Greco
A.M. Eidenberg	Tucson Affillate of the WOCN	Pat & Lawrence Motz	Gail Malone	Pamela Timoyanis
Allison Ryder	Thomas Heenan	Pittsburgh Affiliate of WOCN Society	Gillian & Darryl Swanson	Patricia S. Pilkerton
Arthur C Press	William S Etnyre	Rebecca Vaughn	Gloria Schultz	Paula & Ken Silk
Breuer Technology Services, Inc.	Contributing	Richard Gore	Grace Mumaw	Perry B. Duryea III
Charles F. Bach	Alan Zuckerman	Ruth Witherspoon	Hollister Retiree Club	Pete and June Trammell
Christine & John Sancin	Ann & Raymond Favreau	Schuyler Thiel	Ivan D. Steen	Peter A. Ostlind
Craig Glazer	Anne & John Lennon	Shirley & Harold Cole	James E. Sayre	Phoenix Hope International
Daniel Cody	Awestomy, LLC	Sylvia & Irving Lipsky	Janice & Charles Zeller	Priscilla & Theodore Danielson
Diana Shipiro	Barbara & William Hawes	Temple Trager Teachers Social Fund	Janie Harris	Richard Nasatir
Donna Dees	Bill LaFollette	Thomas Welty	Jayne & Stephen Hanauer	Robin & Michael Stricklin
Doris L. Caldwell	Bonnie L. & Richard W. Myers	V. Brandon Melton	Jeanette & Loren Carlander	Rodolfo M & Wilma Barraza
Dr. & Mrs. David Dageforde	Charlotte Hogan	Vermont ET Nurses	Jeffery Gerchenson Trust	Ronald F Jewell
Dr. Richard Polisner	Corman Foundation	Wendy Manganiello, RN, CWOCN	Joan Hadley Craw	Ronnie & Martin Foont
E.M. Hare & Associates	Delaware 2361 Winter Valley WOCN Affiliate	WOCN National Office	Joanne Jaworek	Sandra P. Siegal Trust
Edward B Turk	Dorothy Dean	Sustaining	John C. Swarts	Sarah E. Davis
Elaine & Jack Streeter	Dr. & Mrs. Earl Gloeckner	Alvin McMahon	John Potter	Scott Weinstein
Ginger Salvadalena	Elizabeth J. Wirstrom	Anne & Darlus Pirzadeh	Johnda Conley	Shannon & David Hawley
Heart of America (KC) WOCN Assoc.	Eugene Alvarez	Anne & Neal Colman	Joseph J. Hyler	Sharon & Mary Jo Pardo
Janet Gibson	George M. Rogers	Anne Cutter	Joyce Ferder	Sherri & Tom Doddelaer
Jetta & Glen Lenox	Grant Cox	Ardeth Zamsky	Karen & Stuart Shapiro	Sherry & Leslie Lessard
Joan & Bob Loyd	Hari Dhakal	Avedia Adourian	Karen Leavitt Trust	Sheryl Frasier
Jody Kleinman	Harry W. Fossett	B. Susan Coneys	Kathryn Klecan	Stacy Dylan
Johannah Smith	Helga & John Guthy	Barbara & Donald Orth	Katie & Warren Cox	Sue Gluek
Jonathan & Lucille Penner Char. Fund	HR (Bob) & TinnieBee Hall	Barbara & Robert Woelffer	Kenneth Tucker	Tania Scinto
Judith & Michael J. Tobin	James Spitzer & David Pepper	Benjamin Zarit	Kimberly and Bruck Korr	Thelma M. Berman
Judith R & Charles Harris	Jan & Judy Thompson/Willmont	Betty Giuliani Revocable Trust	Kirk Lunde	Tim & Dawn Masiewicz
Karen Beckerman	Janet & Hans Fenstermacher	Bonita & Tom Williams	Leon Heller	Timothy Daniel
Kathrine & Charles Barrett	Jeannelle Little and Emily Capkanis	Brenda Leake, RN, ET, APN	Linda & George Salamy	Tom Hasbroock
Kathryn Crecelius & Edward Cain	Judith Weber	Brian Arnold	Madelyn & Nick Dacko	Virginia Ohaver
Lang & Ival Secrest	Judy Morey	Brian Wiggins	Margaret Bender	Walt Turlo

Financial Contributors, cont'd

Walter C. & Yvonne Rudolph	Eric Zuckerman	Linda Fischer	Paul Byrtus	Barbara & Harvey Helling
William Adkins, Jr.	Esther & Michael Weiner	Linda Gobeski	Pete R. Stuiff	Barbara Thompson
William Elinoff	F Pauline Ellett	Linda Munns	Phil Saines	Barbara Winter
William Lowder	Frances Steinberg	Lisa & Richard Baum	Philip Carpentier	Belinda Lavelle
William T. Bonomi	Francis Craddock	Loreen Lamerand	Phyllis A. Turner	Bernadette Shencup
Partner	Fred Moore	Lorna & Jon Lichter	Rabbi Gaylia Rooks	Bernie & John Bruno
Al Maslov	Fred Shulak	Lorrinda & David Presuto	Rachel Donham	Betty & Duane High
Alex E. Gonzales	Gail & Don Smuda	M. Judith Reedy	Randi & David Clevon	Bettye A. & Sidney Louick
Amanda Brown	Gertrude & Michael Willean	M. M. Caffrey	Rebecca & David Rubin	Bill Kriete
Andrew Viens	Gloria Schultz	Mara Beck	Regena Fillinger	Billy Shelton
Ann C Simmons	Gretchen Swan	Margaret & Cyril K. Lesko	Richard Murahata	Bruce Barnes
Ann H Spaeth	Helena & Walt DeMoss	Marie Walsh	Rita Rousseau	Bylie & Richard Bowser
Anthony J Triglione	Hilary Walker	Marilyn & Louis Narduzzi	Roland Fleer Jr.	Caitlin Bergin
Arleen & Clifford Matta	Howard P Cohen, DMD	Marion Walker	Rollie Sidla	Candace E. Miller
Avon Products Foundation	Iris Anderson	Mark Goldman	Rose & John L. Brown	Carol A. & Vitus Shum
Barbara & Joseph D'Arella	Iris Becker	Marlene Weinstein	Rosemary T. Kotula	Carol A. Larson
Barbara Holisky	James Denman	Mary & Rick Long	Roy Hitch	Carol McGinness
Bret Cromer	Janet Lewis	Mary Ann Kelly	Russell Montgomery	Carole L. Carolson
Carmela & Ted Anjos	Janet Pawling	Maxine & Seymour Rubin	Ryan Betts	Cary Ferguson
Carol & Edward C. Hodge	Jean Kalapathy	Megan & Ryan Shanor	Sally Bahlman	Cathy & Mike Dire
Carol Scott	Jennifer Stevens	Melvin Wuest	Sanford L. & Harriett T. Greene	Cathy Sargent
Carole & Bob Dameron	Joan Pountnay	Merrill Fraser	St. Paul Ostomy Association	Cathy Schaeffer
Catherine Moore	Joanne Brown	Michael Gordon	Stacy & Joel Friedland	Charlotte Lastnik
Chevron Humankind Matching Gift Program	John W. Flood	Michael Valley	Stephen Kielbasa	Cheryl Crook
Chris & Frank Rodgers	Jolene Tucker	Miriam & Roger Uhler	Steve Marciw & Nancy Warren	Chonita Colson-Jones
Christa & Allyn Mellits	Joseph Schwartz Family Frnd	Mr Stuart M Grossman	Sue Cohn	Christina Prentice
Christine & John Barkley	Joyce & James McIntire	Mr. & Mrs. Ed Donovan:	Suellen & Arshad Rizvi	Christine Quinn
Christine L. Stewart	Joyce Allridge	Mr. & Mrs. Erwin O. Gronau	Susan G. Burns	Clifford R. Glidden
Christine Shoemaker	Judith & Henry Lippold	Mr. & Mrs. Eugene Zebovitz	Susan Wilhelm, LLC	Connie & Alec Brockway
Cindy Titlebaum	Judith Levin	Mr. & Mrs. Gregory R Szydlowski	Sylvia Friederich	David & Kathleen Stoddard
Claire Berg	Judith McLernon	Mr. & Mrs. Ronald D. Cassell	Tennille St. Romain	David & Elissa Rosenthal
Cliff Kalibjian	Karen Kubo	Mrs. Candice Cotton	Teresa Mehok	David & Shauna Paulsen
Danny Evans	Karen Shapiro	Mrs. Dorothy Southerington	The Celebration Ostomy Support Belt	David Breakstone
David Frisch	Kathleen Connors	Mrs. Marilyn Morio	Thomas Gaskins	Diane & Steven Ineich
Deborah O'Donnell	Kathryn Froiland	Mrs. Mary DiLuna	Thomas W. Ott	Diann Waddell
Debra & Louis Florio	Kenneth Beck	Mrs. Richard C. Elwell	Tracey Sherman-Falcon	Dina & Sean Stewart
Diane Smith/Ann Horton	Kuang-yu Chang	Ms. Ann Adelman	Vera Vince	Donna Peck
Dollena O. Woodward	Laura Palazzo	Ms. Ellen B. White	Virginia Andriola	Dora Edelson
Donald & Marilyn Deitrich	Laura Penney	Myra Horgan	Friend	Dorothy E Wadsworth
Donald A. Heinrich	Laurence Fischer	N. Jean Edge	Addie & Cy Kawalek	Dynamic Industries
Dorinda S. and William H. Leet	Laurie Staples	Nadine Presley	Al Alster	Elaine Rossi
Doris Secrest	LeeAnn Ariana	Nancy Faller, RNET	Aleksandra Ceklera-Pryclak	Elizabeth Lee Wright
Dr. & Mrs. Larry Florman	Leigh Casino	Nancy Fraiberg	Alice Murphy	Elvia & Robert Trout
Dr. Lawrence Kron	Lena McCubbin	Nancy Wulkan	Amanda E. Nagel	Erin Wilson
Edma T. Wooding	Leslie and Michael Cohn	Natalie Abbott	Amanda Spurrell	Eugene & Marion Zebovitz Trust
Edward Merkel	Lillian Bartholomew	Norman Gordon	Amanda, Myrian & Daniel Ramirez	Evelyn T Hays
Eileen Sisemore	Linda & Edward Pasto	Pat & Bob Parish	Anne & John Mitrison	Exxon Retiree Matching Gift Programs
Eileen Young	Linda & Eliot Goldman	Pat Jones	Anthony Padula	Exxonmobil Foundation
Elizabeth MacDonald	Linda & John Fahrenbach	Patricia J. Baudendistel	Arline & George Mascarich	Fran Johnson
Elka Troutman	Linda Broderick		Barbara & David Rudzin	Francine Swinson

Financial Contributors, cont'd

Francis Groves	Lillian & Robert Zelikow	Sharona Byrnes	Deeva Garel
Franette Sheinwald	Linda Stricker	Sherry Clifton	Diane Broughman
Frank Mokry III	Lisa & Daniel Curran	Sonya & James Petro	Dory Christensen
Friends from Hollister	Lisa Cellura	Sophia M. Radsavage	Dr. & Mrs. Bernard Yanowitz
Gene Fenstermacher	Lisa Dessen-Ocana	Staples	Eileen & Rich Gatti, Jr.
Geri Skibicki	Lori Fullette	Stephanie & Dave Gordon	Eleanor Odden
Gloria Patmore	Lorraine A. McGrath	Stephen Johnson	Elinor Gershgor
Hani Thompson	Lucretia May	Stephen Sanford	Elizabeth Singer
Heather Martinek	Lynda Stellenberg	Steve Saretsky	Geraldine Johnson
Helen & Len Kelleher	Lynette E. Franklin	Susan Spitzberg	Heidi Brooks
Helen & Robert Vlack	Magno Ortiz	Susan Williams	Jane Lollis
Helene & Andrew Governali	Margretta & Frederick Rimmier	Suzanne Taylor	Jennifer & Mike Pilkerton
Holger M. Maneck	Marianne Cullinan	Terri Haid	Jennifer & Tom Mattingly
Irene Starr	Marilyn & Dan Tyrrell	Terry & William Moore	Joan & Melvyn Levitsky
Iris & Martin Schlager	Mary & Charles W. Boyle	Verda Hanrahan	Joan Wills
Ivelisse Caceres	Mary Hoogwerf	Vicki Purdon	Jonas Zuckerman & Katherine Aughenbaugh
J.M. Hanlin	Mary Rowe	Violet M. & Russell Brownell	Joy & David Rhodes
Jacqueline Alexander	Mary Shefford	Virginia C Putnam	Judy & Alan Feigelson
Janet & John McNiven, Jr.	Maryann Serina	Walter Dougan	Karen A. Wood
Janet Berger-Cohn	Maura A. Sisemore	Wilma Prewitt	Kate Sanford & Mary Gargano
Janet L. Cox	Melissa & Daniel Randall	Honorarium	Keith Hawkins
Janice A. Miller	Melissa Harper	Barbara Brick	Kenneth Mohr and Reginald Emshoff
Jean & Daniel Miller	Michael Yanko	Beverly Abraham	Kevin Jupe
Jean Beck	Michelle & Carl Guild	Dana Maya	Kyle & Kimberly Cross
Jean Burrowes	Mike Christensen	Denise Dominguez	Leah Granby
Jennifer & Bruce Cadenhead	Millie Parker	Dr. & Mrs. Edward Loftspring	Marcia & Franklin Wilson
Jennifer & Matthew Hanna	Morgan Butler	Heather Vance	Marilyn & Hal Weiner
Jennifer Kocurko	Mr. & Mrs. W. A. Breckenridge	Joseph King	Martha & Don Edling
Joan Berkland	Mrs. Toby Patterson	Mark Tise	Martha Treutelaar
Joan Boerger	Ms. Blanche Goodman	Melissa Wood	Mary & David Aughenbaugh
Joan D Crawford	Ms. Margaret Van Schaick	N. Tolagmat	Mary & Donald Ashley
Jodi Turner	Ms. Marilyn Sherman	Rachel Russo	Merle & Daryl Saferstein
John Bareiss	Myrta P. Martin	Shirley Katz	Miriam W. Silverman
John Mathis	Nancy & George Warfle	Toni Goldman	Nancy & Jim Kowalczyk
Josepha Place	Natalie & Philip Levin	Virginia Irwin	Pamela & James Hesse
Josephine Murray	Nina Barris	Memorial	Patricia & Paul Heiser
Joyce Godin	Norton & Irene Starr	Adele & Joel Sandberg	Patricia & Robert Ivry
Judith E. Peitsch	Patricia A. Soucy	Alice & Don Imbur	Paul Harleston Family
Judith Schneider	Pearl Colton	Amy & Richard Coad	Paula & Dan Rothenberg
Julie C. Costin	Peggy Christ	Amy Siskind	Peggy Lemahieu
Julie Roland	Rebecca R. Chiles	Anne & Bill	Penny & Don Wilding
K Jane Gaitings	Regina & Michael Johnson	Barbara Williams	Robert T. Hall
Karen Blum	Richard Jermal	Bettye Pressley	Roxie Hentz
Karyn Pomerantz	Richard Keller	Carly & Robert Ruckriegel	Roxie Templeton
Kathleen D. Wright, RNC/ CWOCN	Richard V Stauble	Carol & Don Pendleton	Ruth Yarborough
Kathy Ferrell	Robin M Lake	Carol Heft	Sally C. Downey
Kay Cohen	Ronald J. Donahue	Carol Lewis	Sandy & Jerry Bank
Kent Moss	Rosemarie Novak	Cathy Lush	Shella Nunns
Laura DeSimini	Ruth Siefert	Christine Spector	Suanne C. Yanowitz
Lauren Beatty	Sam Currie	Clare Schulz	Susan & Rich Eyre
Lauren Parish	Sandra J. Niezguski	DA Nagasta	Susan & William Morris
Lela Johnson	Sarah Liebman	Deborah & Erik Raettig	Susan Blomgren
			Thomas A. Fitzgerald

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
MD	Anne Arundel County, MD, Ostomy Assoc.
MI	Ostomy Assoc. of Greater Lansing MI #223
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

Ostomy Pearls

Emptying the Ostomy Pouch

By Nancy Schuller RN, WOCN

One of the important tasks that someone with a new ostomy must master is emptying the pouch. Providing an opportunity to practice prior to surgery when the person is in a less stressful setting is ideal, but not always possible. The task itself can be broken down into three parts.

The first part involves manipulating the bottom closure to allow emptying the pouch of its contents. The urinary pouch has a valve attached to the bottom of the pouch. The drainable stool pouch comes with either a separate closure clamp or an integrated flap that is folded on itself and secured.* While this may seem like a simple step to master, sometimes physical conditions can make it hard for a person to do so. For example, pulling on the drainable pouch clamp to release the securing latch can be impossible for someone with limited mobility in their hands. In this instance, switching to an integrated closure, adding a loop, or building up the size of the “knob” may help.

The second part includes the actual process of getting the stool or urine into the toilet. Emptying the urinary pouch is a matter of aiming at the waste receptacle and turning the valve. Emptying the stool pouch presents different challenges. The drainable stool pouch has a wider bottom opening, stool is usually thicker and heavier than urine, and thus directing the stool into the toilet can be more difficult. In addition, if a bottom clamp is used, then holding onto it so it is easily retrievable can be problematic. While everyone eventually finds their own way that works for them, there are still some basic principles that are followed.

1. Empty the pouch when 1/2 or 1/3 full. Letting the pouch get too full can make it harder to control the emptying process. Also a too full pouch puts stress on the entire system that can result in less wear time or unexpected leakages.
2. Decide which position is best for you to empty into the toilet so that there is no spillage. This can be sitting on (front, backwards, or sideways) or standing over the toilet. Some people have been known to use a kneeling position. The emptying position may change depending on the bathroom accommodations and becoming more adept at the emptying procedure. Some men who have urinary pouches have been known to add extension tubing to the bottom of their valve to allow easier emptying while standing at the urinal.
3. Put some toilet paper into the toilet to decrease splashing while emptying.
4. Hold the bottom of the pouch up slightly and open the valve or tail closure. If a separate clamp is being used, make sure to decide where to safely put it. At this point, some people with fecal pouches will fold the tail end back on itself to make a “finger pocket or cuff” to help with directing the stool and making it easier to keep clean the tail end.
5. Lower the opening into the toilet. Slide your hands down the fecal pouch to push out the stool. To help ease thicker stool to get out, a pouch lubricant may be helpful.

The final step in emptying an ostomy pouch is cleaning up after getting everything out. While it is not necessary to rinse out either the current urine or stool pouches, it is necessary to pay attention to the bottom opening of the pouch. To prevent residual urine from staying in the valve and leaking on clothing, it is suggested to tap the nozzle to remove any last drops. For stool pouches, use toilet paper or tissue to wipe the opening off inside and out. Leaving a residual amount of stool besides getting on clothes can result in an odor.

*Prior to development of these closures, many people used (and may still) a heavy duty rubber band.

Our third annual FOW-USA Fundraiser was held Sunday, October 25, 2015, from 2:00-5:00 pm at The Painted Penguin in Aurora, IL. Information can be found on our Website and we will have the full results report in the Spring 2016 edition. When we went to print, the Fundraiser Task Force members were hard at work hoping to make this year's event bigger and better than ever!

World Ostomy Day MANY STORIES, ONE VOICE

Ann Favreau & Ruth Salinger

The theme of World Ostomy Day, October 3, 2015, was Many Stories, One Voice.

Friends of Ostomates Worldwide - USA hears stories from ostomates all over the world.

We respond with the voice that says, "Yes, we can help you." Although our mission is to provide donated ostomy supplies to help needy ostomates, we also give them hope. Hope that their voices are being heard. Hope that their pleas are answered. Hope that everyday life will be a little bit better. Hope that they can carry on despite their challenges. Our non-profit group reaches across the miles, transcends cultural barriers, and offers encouragement to improve the quality of life of countless ostomates. We are the voice of hope and help.

FOW-USA Financials and the Annual Report are available from us upon request at info@fowusa.org.

2014-2015 Shipping Synopsis

This year, FOW-USA made a record 93 shipments of ostomy supplies, totaling 13,400 pounds, with a retail value of \$670,500. At a shipping cost of \$30,840 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 31 countries. From our inception, the total retail value of our shipments now have reached 15 million dollars worth of supplies!

Keep the unused supplies COMING!

Board Member Spotlight

Welcome to one of our newest board members, Nancy Gutman. Nancy brings an extraordinary amount of experience and expertise to us! She is a Registered Nurse (1974) and WOCN since 1976; Board Certified (1988-present). She recently retired from St. Rita's Medical Center in Lima, Ohio after almost 41 years as an acute care WOCN. She cared for MANY ostomates, not only at SRMC, but neighboring hospitals. Nancy was also Medical Advisor for the Lima Area United Ostomy Group. She developed an outpatient stoma clinic at several hospitals and also volunteered for the Children's Medical Mission; teaching ostomy care to host families. She is now self employed and consultant to LTC facilities (wound care). She lives in Botkins, Ohio, where she recently celebrated her 40th anniversary with her husband, Ed. They have 4 children, and 4 grandchildren to also keep them busy. Nancy has volunteered to be very involved with our new database management. Watch for more "Spotlights" in the Spring as we introduce you to our new Board of Directors.

SenSura® Mio

SenSura® Mio with BodyFit® Technology

A barrier designed to fit your unique shape.

The SenSura® Mio has an elastic adhesive that fits individual body contours and follows natural body movements.

For free samples call 1-888-726-7872
or visit us online at www.sensuramio.us



NOW AVAILABLE WITH CONVEXITY!



- **FlexShell** to fit unique body shapes
- **Full-circle filter** to reduce ballooning
- **3 different styles** for a secure fit



Coloplast Corp., Minneapolis, MN 55411 / 1-800-533-0464
www.coloplast.us The Coloplast logo is a registered trademark of Coloplast A/S.
© 2015 Coloplast Corp. All rights reserved.

M8237N 10.15

In Memorium Rita Wray 1928-2015

We were sad to learn that on June 23, 2015, one of FOW-USA's founders passed away; Rita Wray, wife of former UOA president Lou Wray, was a great advocate for ostomates. They were part of the small group of people who started what we know today as FOW-USA in the early 80's. They were the two people along with Norma Gill and Marilyn Thompson who made FOW-USA an effective outreach organization along with the board. These 4 people did most of the unpacking, packing, coordination with recipients, shipping and writing thank you letters. Rita wrote all of the "Thank You" letters using a typewriter. The database was on index cards (one set for financial contributions and another for Supply Donations) until about 1999 when Bob Hall developed the database we are now replacing in 2015. She will be greatly missed by her friends and family.

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

Database Update Your Info Needed!

This summer, FOW-USA began the process of migrating our "contacts" database from Microsoft Access to another provider. In doing so, we discovered that additional information was needed for each contact. "Access" allowed us to just have an email address and name. **Our new database requires a name, email address and complete mailing address.**

We sent out an email requesting additional information and some of you may have interpreted that as SPAM. It wasn't! It was a legitimate request made by us in order to update and maintain our records. We apologize for any misunderstanding or inconvenience. If you have not yet replied to our email, please do so now in order for us to continue to communicate with you.

Thank you all who came and visited our booth that the UOAA Conference in St. Louis.

We will be at the following upcoming Conferences in 2016. Visit us!

March 14-15, 2016 S. Central WOCN Conference Branson, MO

April 29-May 1, 2016 UOAA Mid-Atlantic Regional Conf. Washington Dulles International Airport, Sterling, VA

June 5-7, 2016 WOCN Society & CAET Joint Conference

Palais des congrès de Montréal Montreal, Quebec, Canada

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 and click on Donations.

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

Address Service Requested

Fall 2015 Newsletter

