



FRIENDS OF OSTOMATES WORLDWIDE – USA

ANNUAL REPORT

AUGUST 1, 2023 – JULY 31, 2024

(A Non-Profit Charitable Organization)

The mission of Friends of Ostomates Worldwide – USA (FOW-USA), a volunteer-run non-profit organization, is to provide ostomy supplies and educational resources at no cost to ostomates in need outside of the United States.

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Summary

FOW-USA completed another successful year fulfilling its mission of providing ostomy supplies and educational materials to help ostomates in need around the world. In fiscal year 2023/2024 the number of countries who received assistance grew to 102. (A list of all the countries where we have shipped products is available in the Power Point on the Resources Tab at our website www.fowusa.org.) Flat Rate Shipping continued to be very successful. 1,573 cartons of products were donated to the Louisville, KY warehouse by individuals accessing this online program.

Shipping Ostomy Supplies Around the World

In FY 2023/24, FOW-USA completed 297 shipments of ostomy supplies, totaling 31,400 pounds, with a retail value of \$3.1 million. At a shipping cost of \$125,800, the value of these shipments is priceless to the thousands of ostomates who received the supplies. Recipients of these donated supplies are truly grateful, and many share their heartfelt thanks with FOW-USA in emails. With their permission, their gracious words of thanks are published in our newsletters, on Facebook, Instagram and on our website.

Here are a few remarks from recent recipients:

Nepal, September 2023

"Namaste and greetings! We have received 24 boxes of ostomy supplies. We greatly appreciate and are grateful for your continuous supply of bags and accessories. Your cooperation and collaboration are invaluable to us. Thank you once again for your generous support." Gita Kilambu ET nurse, Patan Hospital

Iraq by way of Romania, 2024

Words cannot express how much your donation means to us, thank you so much for your donation and your support. Your generosity means everything to us. We are very proud that we have known people like you, who love goodness and have mercy in their hearts. Your contribution has made a significant difference.

Albania 2024

Ms. Ruth, the package after many attempts, the package arrive at me today. I opened it with my parents, and we are very happy for the main products I was looking for. You are fantastic and we wish you blessings from our family and obviously dad who feels very good when he sees kindness from strangers across the ocean. Once again, thank you very much!

Mexico 2024

It was a moment of joy and relief to see the huge amount of "help" coming from FOW-USA. There is no proper way to say THANK YOU to you and the organization behind you for such a gift to the people in my situation (ostomy). I greatly appreciate your disposition and caring towards this old man. May the Good Lord allow you to continue this endeavor.

South Africa 2024

I have received my donation, and I sit here in tears. Words cannot explain how much I appreciate this. Thank you so very much. Having this colostomy is very hard but this donation makes the situation so much more manageable. The help you give people enables them to use the correct bags and the supporting products help to keep your skin from blisters and other problems. Thank you from the bottom of my heart for the piece of mind that you have given me. God bless you all.

Continuing our Educational Mission

FOW-USA continues to support the education of doctors and nurses regarding the skin care of ostomates and the application of donated products. Annually, we renew the grant of \$2000 to the Lions for Stoma Care Project managed by Dr. Carlo Pezcoller and his team.

The Education Committee was established to support and provide education to recipients. Several of the recipients were contacted to see if they had a need for education. Two recipients (we targeted groups with coordinators) responded, and one has provided us with topics. We have developed a working group to develop recorded educational offerings and hope to have several completed by early 2025.

Public Outreach

Distribution of a Spring and Fall Newsletter each year by mail and email continue. Color printing is an update for the newsletter as well as for the ad in the Phoenix magazine. Database continues to grow with an additional 909 households added since last year to bring the current total to 9,575. Of this number, 5,229 have an email address. This reflects an increase from 3,000 last fiscal year.

Speaker's Bureau continues to provide virtual FOW-USA presentations and some in person ones to affiliate support groups across the nation. These presentations help to bring awareness of our mission and facilitate donations of much needed ostomy supplies. Communication with UOAA and Affiliated Support Groups was also enhanced with our sign on to the letter supporting Ostomy Awareness Day 2023 and our 2024 initiative by state.

An ad promoting our mission and describing how to donate supplies is placed in the United Ostomy Associations of America magazine, The Phoenix, four times per year. In addition to this, we ran a full-page color ad rolling out the UPS Flat Rate Shipping Program in 2023. Our website www.fowusa.org features a PowerPoint in both English and Spanish that presents the mission of FOW-USA. Financial Options for donations on the website were expanded to include the ability to initiate recurring monthly donations. FOW-USA managed the budget effectively in FY2023/2024. Generous donations and donors who made required minimum distribution transfers from their IRAs helped to offset necessary expenses to support growth of the organization. Governance with an all-volunteer board, FOW-USA provides an excellent opportunity for interested individuals to serve the ostomy community. Annually, the

Nominating Committee completes a vetting process for candidates who propose service to our board. The integrity and support of our Board Members has contributed to the viability of the organization

Conclusion

FOW-USA remains committed to the mission of providing ostomy supplies and educational resources to those in need around the world.