



Welcome Inland Northwest Ostomates!



AUTUMN



CONTENTS

WHAZZ UP-	1
Regional OSG Meetings	1
Diversion Inspiration & Humor	2
National Spotlight	
• Patient Bill of Rights	3
Regional/Local Ostomy Support Groups	
• Activities & Announcements	4
Quarterly Articles and Tips	
• "First Steps for New Ostomates"	6
• "Post Ostomy Surgery: Do's & Don'ts"	7
• "Healing Skin after Leakage"	7
• "I Am a Double Ostomate, and I Am Active!"	9
Important Support Contacts & Links	11
Inland NW Ostomate Support Groups	12
• Meeting times & Locations	
• Ostomy Support Group Contacts	

WHAZZ UP

Phil Moyle, Editor

Greetings again to all of you in the Ostomy Communities of the Inland Northwest! Most years I dread fall as the daylight hours decrease and the chill of winter approaches, but not this year. After such a long hot summer with little rain and now a dry well, I am hopeful that autumn and the coming winter season will bring a welcome coolness and abundant rain and snow to replenish our endangered water supplies. And as the Delta variant of Covid continues to spread and to hamper our social and economic recovery, I remain hopeful that we can all pull together to defeat the virus and save lives. **Let's watch out for each other!**

This issue of "InSider" Newsletter is also rather crammed with good information, so I'll go right to discussing the contents. In the **National Spotlight**, Susie Weller reports on a topic important to all of us, the UOAA's renewed advocacy for the "**Patient's Bill of Rights Standards of Care.**" Each of us should be

Continued next page.

REGIONAL OSG MEETINGS *



Fall 2021 (COVID-19 Time)

The status of in-person OSG meetings remains uncertain and varies for each group. Check with your Ostomy Support Group leader and/or lead WOCN for updates on upcoming meetings.

Coeur d'Alene, ID: >> Regular ostomy support meetings cancelled until further notice.

Lewiston-Clarkston: Second Monday, January-December, 12:30-1:30 pm, now at Lewiston City Library, Lewiston, ID:

Oct. 11	Ostomy Support – Speaker unknown
Nov. 8:	Ostomy Support – Speaker unknown
Dec. 13:	Ostomy Support – Speaker unknown

Palouse: Zoom meetings will be held the first Wednesday each month until further notice. Invitations will be sent out monthly:

Oct. 6:	Zoom meet - Ostomy Support.
Nov. 3:	Zoom meet - Ostomy Support.
Dec. 1:	Zoom meet - Ostomy Support.

Spokane: First Tuesday each month, January – November, 6:30-8:00 pm. Due to Covid and until further notice, meetings will be held via Zoom. Invitations will be sent out prior to each meeting:

Oct. 5:	Zoom meet - Ostomy Support.
Nov. 2:	Zoom meet - Ostomy Support.

Tri-Cities: Second Thursday five months each year. Zoom meetings until further notice:

Nov. 11:	Microsoft Team meet – Stealth Belt.
----------	-------------------------------------

>> Meeting schedule subject to change.

Wenatchee: >> Regular ostomy support meetings cancelled until further notice.

Yakima: >> Regular ostomy support meetings cancelled until further notice.

NOTE: Details about each support group's leaders and normal meeting locations are listed on page 12. However, due to Covid, most of the groups are not meeting in person. Temporary meeting info is listed above.



familiar with this important standard of care! Several **Regional-Local** ostomy support groups that had begun to meet in person have returned to virtual meetings via Zoom due to the resurgence of the Coronavirus. It is noteworthy that many new ostomates have joined the seven support groups in our region, so we are including articles on topics of utmost importance to them: **“First Steps for New Ostomates,” “Post Ostomy Surgery: Do’s and Don’ts of Exercise,”** and **“Healing Skin after Leakage.”** And finally, we have a wonderful inspirational story, **“I Am a Double Ostomate. . . and I Am Active,”** to share about one of our own members, a role model indeed!

All of you should be aware that tomorrow, October 2, is **World Ostomy Day**, and of course the UOAA will again sponsor a **virtual Run for Resilience**. Although it is too late now to register and receive an RfR tee shirt, you can still get out and walk your neighborhoods or local parks to honor and represent ostomates worldwide! The UOAA also released a new tool, **“Ostomy Academy”** that consists of quarterly educational webinars featuring expert professionals in all areas of the ostomy world. Check out the announcement on page 4 and try the hyperlinks to register and/or view a recent webinar on YouTube.

Check out our updated regional website - inlandnwostomy.org. Visit the website to discover additional local, regional, and national resources. Finally, **Please Remember** that we at the **“InSider”** welcome your ideas and input! All ostomates, family & caregivers, and medical staff in our communities are welcome to submit articles, letters, and ideas! ■

Thank You to our new sponsor
Safe ‘n Simple
(See page 8)

**DIVERSION INSPIRATION
& HUMOR**
(Submissions & ideas welcome)

**I am Grateful for
What I Am and Have.**

**My Thanksgiving is
Perpetual.**

Henry David Thoreau



United Ostomy Associations of America
8th NATIONAL CONFERENCE

2022



H USTON
TEXAS

Embracing New Frontiers
August 11-13

World Ostomy Day
Oct. 2 2021



“Ostomate Rights are Human Rights!” UOAA

Virtual
RUN FOR RESILIENCE OSTOMY 5K™

Register with UOAA → 



NATIONAL SPOTLIGHT

UOAA Advocates for Ostomates to Know Their “Patient Bill of Rights Standards of Care”

Summarized by Susie Leonard Weller, Spokane Ostomy Support Group Coordinator

The UOAA is expanding their advocacy support services for ostomates. Did you know that Jeanine Gleba, the UOAA Advocacy Manager, has created an *Ostomy and Continent Diversion Patient Bill of Rights*? This tool is designed to improve outcomes by outlining evidence-based recommendations for best practices in order for you to receive quality ostomy care.

Unless your ostomy surgery was an emergency procedure, all ostomates should receive patient support prior to surgery, as well as resources before, and after, their discharge. This includes instruction on how to empty and change a pouch, tips for avoiding hernias and skin irritations, dietary guidelines to prevent dehydration and to avoid blockages, how to order ostomy supplies, and information about local ostomy groups for emotional/social support.

On September 9, 2021, Brenda Elsagher, the UOAA Director of Affiliated Support Group Affairs, co-hosted a national Zoom meeting with Jeanine Gleba to share these resources from the UOAA *ostomy.org* website. WA State was represented during the meeting by Wayne Pelly from the Tri Cities, Mid-Columbia Ostomy Support Group, Jim Morgan from Everett, and Susie Leonard Weller from Spokane. Especially during this season of World Ostomy Awareness, the UOAA wants Ostomy Support Group Coordinators to share with their members the wealth of resources available at *ostomy.org*.

I encourage you to check out this website! Click on: *Advocacy* and look at the section “*Tools and Resources Library*” to view in detail your *Bill of Rights* as an ostomate. When you click on: *Expect More Take Control of Your Healthcare*” Toolkit, you’ll also discover several practical check-lists. These include: *Know Your Ostomy Supplies Checklist*, *a Physician Visit Checklist*, and *Know Your Pouching System*.

Your membership dues support the work of the UOAA to daily advocate for YOU! Any questions: call the UOAA at 1 (800) 826-0826.

Editor’s Note: See the above image of the new *Ostomy and Continent Diversion Patient Bill of Rights* and use the link to download a wallet-sized copy

https://www.ostomy.org/wp-content/uploads/2021/08/BillofRights_Wallet_Sized_20210806.pdf ■

YOU MATTER!

Know what to Expect and Know your Rights
Ostomy and Continent Diversion Patient Bill of Rights:

Go To: https://www.ostomy.org/wp-content/uploads/2021/08/BillofRights_Wallet_Sized_20210806.pdf

<p>THE OSTOMY AND CONTINENT DIVERSION PATIENT BILL OF RIGHTS (PBOR)</p> <p>The PBOR is a tool produced by United Ostomy Associations of America for patients to advocate for their care and outlines evidence based, best in practice guidelines for health care professionals. A person needing ostomy or continent diversion surgery must have access to high-quality care in all health care settings and should receive appropriate education and support by a health care professional certified in ostomy care to promote optimal adaptation to surgery and achieve a desirable quality of life.</p> <p><small>© 2017 UOAA. All Rights Reserved.</small></p>	<p>Those needing ostomy/continent diversion surgery shall be involved in all phases of the surgical experience except in preoperative emergent situations and shall receive:</p> <table style="width: 100%; border: none;"> <tr> <td style="vertical-align: top; border-right: 1px dashed black; padding-right: 5px;"> <p>During the preoperative phase:</p> <ul style="list-style-type: none"> • Stoma site marking • Discussion of care and impact on activities of daily living • Emotional support <p>During the operative phase:</p> <ul style="list-style-type: none"> • A stoma that is well-positioned and can be fit with a reliable pouching system <p>During the postoperative phase:</p> <ul style="list-style-type: none"> • Instruction and educational materials on self-care of specific ostomy (i.e., emptying/changing pouch, care of skin, troubleshooting, dietary/fluid guidelines) </td> <td style="vertical-align: top; padding-left: 5px;"> <ul style="list-style-type: none"> • Resources for obtaining supplies and support <p>During the lifespan:</p> <ul style="list-style-type: none"> • Health care professionals with knowledge specific to the care of ostomy/continent diversion in all health care settings including telemedicine • Reevaluation of ostomy management and supplies following changes in medical condition, and aging • Specific ostomy supplies to maintain a reliable fitting pouching system <p>Full details: www.ostomy.org</p> </td> </tr> </table>	<p>During the preoperative phase:</p> <ul style="list-style-type: none"> • Stoma site marking • Discussion of care and impact on activities of daily living • Emotional support <p>During the operative phase:</p> <ul style="list-style-type: none"> • A stoma that is well-positioned and can be fit with a reliable pouching system <p>During the postoperative phase:</p> <ul style="list-style-type: none"> • Instruction and educational materials on self-care of specific ostomy (i.e., emptying/changing pouch, care of skin, troubleshooting, dietary/fluid guidelines) 	<ul style="list-style-type: none"> • Resources for obtaining supplies and support <p>During the lifespan:</p> <ul style="list-style-type: none"> • Health care professionals with knowledge specific to the care of ostomy/continent diversion in all health care settings including telemedicine • Reevaluation of ostomy management and supplies following changes in medical condition, and aging • Specific ostomy supplies to maintain a reliable fitting pouching system <p>Full details: www.ostomy.org</p>
<p>During the preoperative phase:</p> <ul style="list-style-type: none"> • Stoma site marking • Discussion of care and impact on activities of daily living • Emotional support <p>During the operative phase:</p> <ul style="list-style-type: none"> • A stoma that is well-positioned and can be fit with a reliable pouching system <p>During the postoperative phase:</p> <ul style="list-style-type: none"> • Instruction and educational materials on self-care of specific ostomy (i.e., emptying/changing pouch, care of skin, troubleshooting, dietary/fluid guidelines) 	<ul style="list-style-type: none"> • Resources for obtaining supplies and support <p>During the lifespan:</p> <ul style="list-style-type: none"> • Health care professionals with knowledge specific to the care of ostomy/continent diversion in all health care settings including telemedicine • Reevaluation of ostomy management and supplies following changes in medical condition, and aging • Specific ostomy supplies to maintain a reliable fitting pouching system <p>Full details: www.ostomy.org</p>		

DID YOU KNOW? That utterly sick feeling you get after eating or drinking too much is called **“CRAPULANCE”**



REGIONAL-LOCAL OSTOMY SUPPORT GROUPS

Activities & Announcements

Following are brief reports from each of the seven ostomy support groups in our Inland Northwest Region. Feedback from some groups may be limited depending on their individual circumstance with respect to COVID-19. *Remember, please contact your support group coordinator/leader for up-to-date information!*

- **Coeur D’Alene Ostomy Association - ID:** 9/08/2021 Update from Nancy Luckey – There is not much new to report. Kootenai Health Medical Center is unable to offer a place for meetings to be held until further notice. I am waiting for the OK from the upper management. It sounds like it will not be changing in the near future. We have some new staff here in the clinic. Two ostomy nurses to reference in the newsletter are Nancy Luckey RN, BSN, CWON and Mindyn Helms, RN, BSN. We can both be reached at 208-625-6944 Mon through Fri 8-430. People can certainly call with any questions or support needs they may have, and we will try to either answer their questions over the phone or coordinate with them on the option to come in and see us if needed. Sherron West, former President, noted that an anonymous donor paid the annual fee for the Coeur d’Alene Ostomy Association to remain an affiliate of the UOAA. She also praised the UOAA for its considerable contributions to the CDA support group!
- **Lewiston-Clarkston United Ostomy Support Group - ID / WA:** 09/27/2021 Update from Tamara Youmans (RN, CWON), I'm happy to say our group is still meeting monthly at the LC library (2nd floor in the see-through-walled and large conference room). At our last meeting, we were pleased to have Tara Kazemfar, our local pelvic floor specialist, give a very informative presentation on pelvic floor function/anatomy complete with exercises we can do at home to keep the pelvic floor strengthened. I'm not yet sure about next month's meeting, but I believe there is a possible guest speaker.

[Continued next page.](#)



Ostomy Academy

Education for Every Ostomate

Go To: <https://www.ostomy.org/ostomy-academy/>



UOAA Presents **Ostomy Academy!** A quarterly online educational seminar, powered by 11 Health, to bring trusted and comprehensive ostomy information to all members of the ostomy community. Top experts, medical professionals, and experienced ostomates will focus on a new series of quality-of-life topics in each presentation with special attention given to emotional well-being strategies.

Video Recordings of Past Ostomy Academy Installments

Sept 14, 2021 – Navigating Life with an Ostomy – youtu.be/-OMEDWcnH-w

June 9, 2021 – Total Body Ostomy Health – youtu.be/niBfy2DkoM0

REGISTER TODAY: <https://www.ostomy.org/ostomy-academy/>

- Palouse Ostomy Support Group - Moscow, ID:** 09/07/2021 Update from Frances Newcombe BSN RN CWON and 09/18/2021 Update from Linda Loomis, President – Frances will attend Ostomy Education Day (via Zoom) on Saturday, October 2nd from 0700 - 1500. This event is offered through our Wound, Ostomy and Continence Nurse's Society of which I am a member and through which I am certified as a Wound and Ostomy RN. Our support group continues to meet the first Wednesday of each month via Zoom (see photo). Our members have remained faithful and consistent. We have a focus each month, and we enjoy hearing an update from each member on their stoma health, general health, and their emotional health. We are a team that works together. We have increased our Palouse footprint by increasing our media coverage in radio and newspapers. For October we have posted an Ostomy Awareness Day Proclamation on radio websites as well as in three newspapers. We are also doing a walk, based on the UOAA 5/k run. It will take place in Pullman at the Koppel Community Garden at 10:00 on World Awareness Day, October 2nd. We enjoy the participation of several ostomates from other states who have found us and appreciate our sanctuary each month where anything can be shared and resolved, or resources clarified. All are welcome!


- Spokane Ostomy Support Group - Spokane, WA:** 9/27/2021- Report from Carol Nelson, Facilitator – Our support group enjoyed in-person meetings at Manito Park in June and July when the COVID restrictions eased. In August the Spokane support group returned to holding Zoom meetings. Due to the resurgence of the Delta variant of Covid, we will continue to meet only via Zoom. Our leadership team has also changed some roles. After 10-12 (or more) years of facilitating our meetings, Susie Weller is stepping down from that position and I will be taking over the planning and facilitating of our monthly meetings. Susie will continue to be active and serve as our United Ostomy Association of America (UOAA) liaison. Susie started this group up again after many years of not having a support group in Spokane. During her time as facilitator, our group membership has expanded and our regional newsletter, edited by Phil Moyle, has allowed us to share information from other support groups in the region. I'm grateful that Susie will remain on the Spokane OSG leadership team helping guide the group's activities. The next Zoom meeting will be on October 5th from 6:30 to 8:00pm. Michelle Bliszack from **Safe and Simple** will be giving a presentation on some of their products at the beginning of our meeting.
- Mid-Columbia Ostomy Support Group - Tri-Cities, WA:** 09/08/2021 Update from Lisa Bartholomew, RN, BSN, CWOCN – We will hold a Microsoft team meeting with the Stealth Belt rep for the November ostomy support group meeting. We had hoped to meet in the park tomorrow, but the Delta variant has sidelined us down here also. Hospitals at capacity or over capacity!
- Confluence Health Ostomy Support Group - Wenatchee, WA:** 09/09/2021 – Tyree Fender, CWOCN – We are still not hosting meetings due to COVID restrictions, and at this time, we do not plan on having any meetings until our supervisors determine if/when we can restart. None of our members wanted to try zoom. We continue to take it 1 day at a time as things are constantly changing. As soon as we do, we will send out notices to our ostomy patients on our mailing list.
- Yakima Ostomy Support Group - Yakima, WA:** 09/01/2021 – Kanista Masovero, CWOCN – As of now all of our support group meetings are canceled. As soon as we can, we will meet again. We continue to

Continued next page.



sign up new people. We try to keep in contact by phone or seeing people individually as outpatients. But I know they really like being with others that are dealing with the same issues. Thanks, Kanista.

QUARTERLY ARTICLES & TIPS

First Steps for New Ostomates

Source: *Lincoln Ostomy Association Sparrow in UOAA Articles to Share*

After surgery, new ostomates may fear that their social role may be changed and that others may not accept them as in the past. One of the first concerns seems to be how to tell others about your surgery, who to tell and when.

- Ostomates can explain surgery with a few brief statements such as, “an ostomy is a surgical procedure for the diversion of the bowel (or bladder).”
- Ostomates do not have to tell everyone about the surgery. Be selective about who and how much to tell. It may be only to friends who will be supportive through rehabilitation.
- Returning to the workplace may present a concern about restroom facilities, interaction with co-workers, and feelings of being “watched.”
- A few co-workers may need to know in the event of an emergency.
- Employability and insurability are issues for some individuals. If these issues develop, seek help from healthcare professionals and/or talk with others who have found solutions.
- Sexuality issues are common concerns for the new ostomate. Linked closely to our feelings of sexuality is how we think about ourselves and our body image.
- Any sexuality concerns should be discussed between the patient and

SenSura[®] Mio

The fit is the difference between asking for help and doing it yourself

Also available in 1-piece and 2-piece Click

SenSura[®] Mio Convex Flip has a star shaped barrier to provide a secure fit over curved areas, even when bending and stretching.

- A curved star-shaped barrier has petals that hug the body with less creasing or folding.
- Fit zones in the center of the rim increase flexibility right around the stoma and optimize fit and flexibility for movement.
- Neutral-colored, discreet quiet pouch is designed to stay unnoticed - even under white clothing.

Visit www.coloplast.to/bestfit
Call us toll free at 1-833-679-0801

Coloplast Corp. Minneapolis, MN 55411 / 1-800-533-0464
www.coloplast.us The Coloplast logo is a registered trademark of Coloplast A/S. © 2020 Coloplast Corp. All rights reserved. PM-11979 07.20

Continued next page.

DID YOU KNOW? Stomach rumbling is actually called a **“WAMBLE”**



their partner. An intimate relationship is one in which it matters how well two people can communicate about the most personal of human functions, that is, bodily elimination and sex. ■

Post Ostomy Surgery: Do's and Don'ts of Exercise

Source: UOAA New Articles to Share

Exercising after ostomy surgery is about patience and doing what feels right. It's important to take your time and know your limits. When you begin working out again, you may run into some challenges or limitations. Be patient and don't give up. Before long, nothing will stand in your way.

Optimal Ostomy Exercises: After ostomy surgery, many people may find these activities to be easier than others. But before starting any new exercise, talk to your doctor to make sure you're ready.

Core muscle conditioning: People who have an ostomy are at greater risk for having weakened core due to years of digestive or bladder issues, coupled with surgery. Building back core stability and flexibility is important, as it makes exercises and routine activities easier. Here are a few basic exercises to get started:

- Hip Extensions
- Upper Body Extensions
- Arm/Leg Extensions
- Pelvic Tilt
- Bridging

Swimming: Swimming is great exercise. It works your whole body without putting strain or pressure on your stoma. Most ostomy pouching systems are water resistant, even for swimming. First, ensure that your pouching system is securely in place. Then, cover the vent on your deodorizing filter with a filter cover to prevent water from entering the pouch. For more swimming tips visit: <https://meplus.convatec.com/articles/swimming-with-an-ostomy/>

Walking: Get your steps in. Walking is a simple and energizing way to exercise. When walking, you can build up fitness at your own pace. Walking can also reduce stress and constipation.

Reminder! Choose an activity you enjoy. Running, jogging, swimming, climbing, skiing; when it comes to working out with an ostomy, you shouldn't be prevented from staying fit the way you want to.

The me+™ recovery series, provides information and support about the importance of movement and physical activity after ostomy surgery.

Editor's note: This educational article is from a UOAA digital sponsor, ConvaTec. Sponsor support helps to maintain our website www.ostomy.org and the free trusted resources of UOAA, a 501(c)(3) nonprofit organization. ■

Healing Skin After Leakage

Modified from www.myostomycare.com via “The Courier,” Ostomy Support Group-Tucson, AZ
and “The Austi-Mate Journal,” Austin, Texas

Leakage happens from time to time, like forgetting where you put your keys, or putting your shirt on backwards. It should not happen regularly. If leakage is a regular occurrence, you may need to review your pouching system with your Nurse Specialized in Wound, Ostomy & Continence (NSWOC) or WOC nurse. Leakage can irritate skin. It can feel like a burn, and it can itch. Reactions can vary by type of ostomy:

Continued next page.



- **Urostomy:** The moisture of urine, and the waste products that make it urine, can cause irritation of the skin. The skin around the stoma may turn whitish grey.
- **Colostomy:** The moisture content of the stool on the skin can cause irritation. The higher up in the bowel the stoma is located, the more moisture there will be in the stool.
- **Ileostomy:** The moisture content of the stool is quite high, and this can damage the skin. Ileostomy output also contains digestive enzymes, chemicals our body makes to help breakdown food. These enzymes also work on the skin, and cause damage.

Damaged skin can be red, itchy, or burning, and sometimes is weepy or oozing. This weepiness is moisture coming to the surface of the skin to help heal the damaged areas. If your skin was uncovered, this would make a scab.

Your pouching system sits on top of this damaged area. The moisture your body is sending to heal this area will break down your seal more quickly. This leads to leakage on tissue that is trying to heal. Damaged skin will start to heal as soon as the cause (leakage) is removed. To help the skin heal and become dry again, you will need to change your pouch more often until your skin is healed.

Creating a Dry Surface Over Damaged Skin. Some people use crusting to absorb some of the extra moisture. “Crusting” refers to the use of ostomy powder and a skin barrier film to create a dry surface over top of damaged skin around a stoma. It is done in the case of skin breakdown where there is a small amount of moisture present. Crusting allows the affected area of skin around the stoma to become dry in order to stick to the flange/barrier and remain stuck, thus providing a more secure seal.

Crusting is a tool you can use when you have weepy skin. If you have red, dry skin and the powder doesn’t stick, you don’t need crusting, so stop. If you need to use crusting with every change, you may need to see your ET nurse to re-evaluate the fit of your entire pouching system.

[Continued next page.](#)



GREAT OSTOMY ACCESSORIES

designed to
**Cleanse, Protect,
Secure and Assure**



Our Most Popular Products:

- SNS00525 - Peri-Stoma Cleanser & Adhesive Remover Wipes
- SNS00807 - No-Sting Skin Barrier Wipes
- SNS684U2 - Conforming Adhesive Seals
- SNS21130 - X-Tra Wide Skin Barrier Arcs
- SNS41408 - Assure C Odor Eliminator

A Cost Effective Brand to Enhance Your Life with An Ostomy!

- Available thru your valued product suppliers
- Covered by Medicare and most insurances



Clear. Comfortable. Confident.

For more information or to request a sample please call our toll-free number or visit our website

844-767-6334
www.sns-medical.com

Safe n Simple™ is a registered trademark of Safe n Simple, Inc.



Leakage behind the flange causing skin damage should be a once-in-a-while event, like putting your shirt on backwards. If you're having weepy, irritated skin every time you change, something isn't right. Perhaps your flange is cut too small, or too large, or maybe you are waiting too long in between changes. Barrier rings are also helpful for absorbing some of the extra moisture coming from your skin as it heals. Most manufacturers will send out free supplies. A process of trial and error is usually what's needed to find out what works best for you.

>> Change BEFORE the Next Leakage Happens!

Changing your pouch before stool or urine gets on your skin again is the most important factor in helping skin heal. Sometimes this means changing daily or every second day until your skin is healthy. Once the skin around your stoma is healing and dry, you can return to your regular change schedule.

Editor's Note: To learn how to recognize peristomal skin problems, see UOAA's informative article **“Top 8 Signs Your Peristomal Skin is Irritated or Damaged”** at <https://www.ostomy.org/top-8-signs-your-peristomal-skin-is-irritated-or-damaged/>. This article has additional links to additional important information sources on peristomal skin care ■

I Am a Double Ostomate . . . and I Am Active!

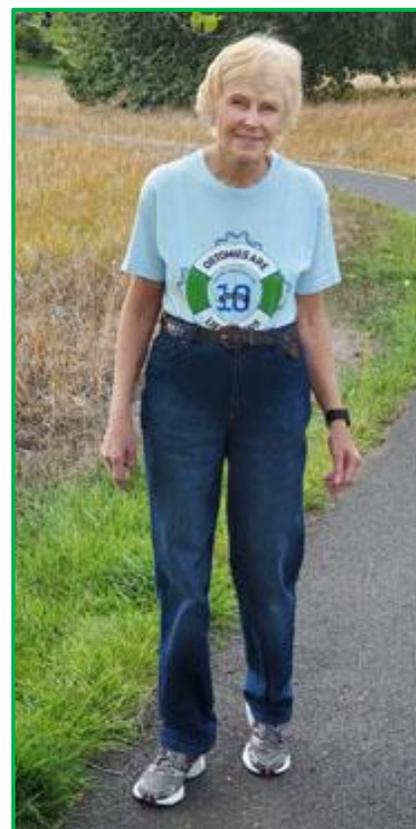
By Phillip R. Moyle, Spokane Ostomy Support Group

Most of us “ostomates” have our hands full adjusting to and living with one ostomy. But what if you had two ostomies? How would you manage your life? More often, I hear stories of double ostomates, including a number in our own Inland Northwest Region. It is important that we be aware of the challenges and highlights of people living with a double ostomy. How do they cope and even thrive? What life strategies do they use to manage their condition? The following is an inspiring short story of one such person!

Ardyce Pangerl, now 84, was born and raised in Duluth, Minnesota and married her high school sweetheart Sam. After living in various places around the country due to Sam's military career, they settled in Spokane, WA. A life-long walker and hiker, Ardyce continues to lead an active life that includes frequent hikes with the Spokane Hobnailer's Club and up to three miles each day with neighbors. In addition, she takes fitness classes through the Community Colleges of Spokane, now virtual due to Covid. She also belongs to the Lilac Volkswalk Association; their members take 6-mile group walks. Home gardening is another passion that gives Ardyce joy.

And always on her side during these adventures are two ostomy pouches: one for a urostomy and the other for a colostomy, both a result of life-saving surgeries due to cancer. A longtime member of the Spokane Ostomy Support Group in Washington State, Ardyce continues to be a role model for resilience as well as a helpful mentor to new ostomates. She also readily admits that she continues to learn from other ostomates and consults with WOCNs as ostomy-related issues evolve in her own life.

I had the pleasure of interviewing Ardyce in person in September to learn more about her personal history and to ask her to share her life views and how she copes with two ostomies. First, she is thankful that she was already retired when she had the urostomy surgery in 2003 followed by colostomy surgery in 2011. Ardyce credits the assistance of visiting nurses for her rapid recuperation and



Ardyce Pangerl, 84, takes a morning walk in Spokane

[Continued next page.](#)



healing. Both were trained to deal with ostomies. She also emphasizes the strong positive influence that loving family members and supportive friends had on her recovery and adjustments to a new life. Her daughter, who lives nearby, is particularly helpful. Following are a few additional observations from Ardyce:

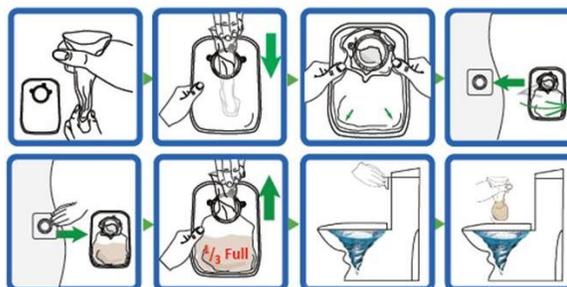
- Her most important “positive” is the relief she experienced from the chronic pain that accompanied her presurgical conditions.
- She lives a normal life with only a few adaptations that include minor clothing adjustments mostly for comfort.
- Keeping a systematic change schedule for each ostomy appliance on alternative days helps avoid being overwhelmed by the varying requirements of each appliance system.
- When asked about her preferred ostomy appliance, Ardyce noted she currently uses a Convatec appliance for her urostomy and a Hollister system for the colostomy. Those choices are subject to changes depending on her condition as well as new product lines that the major manufactures develop.
- Ardyce makes a few adjustments when travelling, especially commercial flying. She minimizes fluid intake before and during flights so as not to fill her urostomy pouch too quickly. And she always carries extra ostomy supplies just in case of leakage while underway. Having an aisle seat on flights makes it more convenient to use the bathroom whenever needed.
- Very important through all of this is the need for regular exercise and maintaining a positive attitude.
- **Smell the roses of life!**

For additional information, the following are selected web articles/blogs that address double ostomies:

- “Dealing with Life as a Double Ostomate” (WOCN Society) - <https://www.wocn.org/blog/dealing-with-life-as-a-double-ostomate/>
- “Living with 2 Stomas” (Coloplast) - <https://www.coloplastcare.com/en-GB/ostomy/lifestyle/user-stories/l8.8-rachel-living-with-2-stomas/>
- “How many have 2 bags?” <https://www.inspire.com/groups/ostomy/discussion/how-many-have-2-bags/>
- STOMA Tips - <https://www.stomatips.com/features/article/pouch-life-double-trouble> ■



Flushable Biodegradable Pouch Liners



For FREE SAMPLES visit www.colomajic.com

For Colostomy or Ileostomy Management

For more information Call: 1 (866) 611 6028

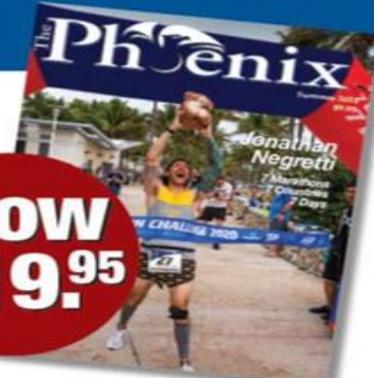


Get Ostomy Answers!

The Phoenix magazine provides answers to the many challenges of living with an ostomy. From skin care to nutrition to intimacy, in-depth articles are written by medical professionals, ostomy experts and experienced ostomates. Subscriptions directly fund the services of the United Ostomy Associations of America.

- One-year subscription \$19.95 Two-years: \$29.95
 Send FREE product samples, special offers and information.**

Now \$19.95



Payable to: The Phoenix, P.O. Box 15755, North Hollywood, CA 91615

Name _____

Email _____

Address _____ Apt/Suite _____

City _____ State _____ Zip _____



*Based on cover price of \$9.95. \$29.95 for Canadian one-year subscription. U.S. funds only. **Your contact information will be disclosed to third party companies to fulfill the request. Published March, June, September and December. If you are not satisfied for any reason, we will gladly refund your subscription.

IMPORTANT OSTOMATE SUPPORT CONTACTS & LINKS

Providence Sacred Heart Outpatient Ostomy Clinic - M-F 8:00-2:30 (509-474-4950), leave a message if you don't reach someone live; appointments & MD referral required; No walk ins; Can be seen for follow up, checkup, questions, problems.

Deaconess Medical Center - Wound Center - M-F 9:00-3:00 (509- 473-7290); appointments & MD referral required.

Spokane Ostomy Visitor Program - Those who have an ostomy or face potential ostomy surgery should contact Carol Nelson (509-443-1242; carol@nelsonwheat.com) to arrange contact with or a visit from an experienced and trained Ostomate Visitor.

Inland Northwest Bladder Cancer Support Group - A support group for urostomates and bladder cancer patients. Members meet the first Tuesday of the month at 5:00 p.m., Perkins Restaurant, at 12 E. Olive, in downtown Spokane. (To verify the status of meeting schedules during the COVID-19 pandemic, first check with Keith Alloway, 509-847-5999, or email him at KL.alloway@comcast.net.)

Kootenai Health Medical Center – Outpatient Wound/Ostomy Care – (208-625-6944) - 2003 Kootenai Health Way, Coeur d'Alene, ID.

Gritman Medical Center – Ostomy Services - 700 S. Main Street in Moscow, Idaho (208-882-4325); appointment needed.

Kadlec Medical Center - Outpatient Ostomy Clinic- M-Th 8:00-4:00 (509-946-4611 ext: 1365562); appointments & MD/provider referral required.

Ostomy Support Facilities - Lewis-Clark Valley –

- Tri-State Wound Healing (Ostomy Clinic), Clarkston, WA – Call 509-758-1119 – referral not required.
- St. Joseph Wound Care/Ostomy Dept., Lewiston, WA - Seeing inpatient and outpatient ostomy patients M-F with appointment - Call 208-750-7379

United Ostomy Associations of America (UOAA) - (800-826-0826); P.O. Box 525, Kennebunk, ME 04043-0525; Link: <http://www.ostomy.org/Home.html>.

Phoenix Magazine - (800-750-9311); The Phoenix Magazine, P.O. Box 3605, Mission Viejo, CA 92690; Link: <http://www.phoenixuoaa.org/> (get a free sample copy).

Primary Producers of Ostomy Products:

- [Hollister](http://www.hollister.com) 1-888-808-74556 [Coloplast](http://www.coloplast.com) 1-888-726-7872 [Convatec](http://www.convatec.com) 1-800-422-8811



INLAND NORTHWEST OSTOMY SUPPORT GROUPS Regular Support Group Meeting Schedules* and Contacts Eastern Washington & Northern Idaho

(* **Due to COVID-19** precautions, hospitals have been unable to host regular support group meetings. Info shown below applies only to regular meeting schedules. Current schedules are listed on page 1. Call your support group contacts to verify meeting times, agendas, & locations)

(Also, check the “**Inland Northwest Ostomy Support Groups**” website: <http://inlandnwostomy.org>)

Coeur d'Alene Ostomy Association, ID (# 409):

- Meetings held from 6:30—8:30 pm on the 3rd Thursday of each month (February-November);
- Kootenai Health Medical Center, 2003 Kootenai Health Way, Coeur d'Alene, ID. (Resource Center / Cedar Rm)
- Contact: Nancy Luckey RN, BSN, CWON at 208- 625-6944 - Kootenai Outpatient Wound Clinic.

Lewiston-Clarkston Ostomy Support Group, WA/ID (# 134):

- Meetings held monthly at 12:30-1:30 pm on the 2nd Monday each month (January-December);
- Tri-State Memorial Hospital, 1221 Highland Ave, Clarkston, WA; hospital conference room on main floor.
- Contact: Adrian Wilson, President at 509-254-3404.

Spokane Ostomy Support Group, WA (# 349):

- Meetings held from 6:30-8:00 pm on the first Tuesday each month (January-November);
- Providence Sacred Heart Medical Center, 101 W 8th Ave, Spokane, WA. We meet in the Avista A & B Room in the SHMC Women’s Center (west end of complex).
- Contacts: Susie Leonard Weller at 509-499-1423 or Carol Nelson (Visitation Program) at 509-443-1242.

Mid-Columbia (Richland) Ostomy Support Group, (TriCities), WA (# 278):

- Meetings currently held the second Thursday in January & March at 12:00-1:30 pm, May & September at 4:30-6:00 pm, and November at 12:00-1:30 pm (<https://education.kadlec.org/registration/11-wellness/94-support-group-ostomy>).
- Kadlec Healthplex, 1268 Lee Blvd, or main Kadlec Campus 888 Swift Blvd. Richland WA; room varies.
- Contacts: Lisa Bartholomew, RN, BSN, CWOCN at 509- 946-4611 Ext 1365562; or Wayne Pelly (Visitation Chairperson) at 509-943-3223.

Palouse (Moscow) Ostomy Support Group, ID (# 462):

- First Wednesday each month; February – December; 5:00-6:00 pm (scheduling in progress).
- Gritman Medical Center, 700 S. Main St, Moscow, ID.
- Contact: Judith (Judy) Reid, RN, MS, CWON at 509-330-1265; Frances Newcombe, BSN, RN, CWON at 208-301-4981 or 208-882-4325.

Confluence Health (Wenatchee) Ostomy Support Group, WA (# 398):

- Meetings held quarterly at 2:00 to 4:00 pm (see meeting announcements or contact Tyree Fender.)
- Confluence Health Central Washington Hospital, 1201 S. Miller St., Wenatchee, WA; Conference rooms J & K.
- Contact: Tyree Fender, RN, BSN, CWOCN at 509-433-3212.

Yakima Ostomy Support Group, WA:

- Meetings held bimonthly at 10:00 to 11:00 am, generally on the second Wednesday of January, March, May, September, & November (check with the inpatient Wound/Ostomy Care Department for details);
- Virginia Mason Memorial, 2811 Tieton Drive, Yakima, WA, usually in basement – Classroom C;
- Contact: Virginia Mason Memorial Ostomy/Wound Care Services – Kanista Masovero, RN, CWOCN; at 509-575-8266.

* Please let us know if errors need to be corrected or changes made to the ABOVE information:
(SOSG.Input@gmail.com).