



"InSider" Newsletter

INLAND NORTHWEST OSTOMY SUPPORT GROUPS

Published Quarterly - Editor: Phillip R. Moyle (SOSG.Input@gmail.com)

<http://inlandnwostomy.org>



Winter 2022

Issue 22-1

Welcome Inland Northwest Ostomates!



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WHAZZ UP

Phil Moyle, Editor

Greetings again to all of you in the Ostomy Communities of the Inland Northwest!

WOW, another year passed, and members of our seven ostomy support groups are still struggling to get together in person! I miss seeing and visiting face-to-face, but I am finally adjusting to participating in virtual meetings like Zoom. At least I can see friendly faces and visit, plus our Spokane group hosted a couple of excellent presenters! In addition, the United Ostomy Associations of America, Inc. (UOAA) remains active by adding helpful information and inspiring personal stories to their website (<https://www.ostomy.org/>).

I want to bring to your attention another important source of expert advice and encouraging articles – **The Phoenix Magazine** – particularly the latest issue, Winter 2021, of the UOAA's official quarterly publication. It contains numerous articles that can benefit each and every one of you! Let's begin with "*Dear Healthcare*

Continued next page.

REGIONAL OSG MEETINGS *



Winter 2022 (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:

- Jan. 10 Meet in person - Kelly Enger, Speaker
- Feb. 14: Meet in person - Ostomy Support.
- Mar. 14: Meet in person - Ostomy Support.

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

- Jan. 5: Zoom meet - Ostomy Support.
- Feb. 2: Zoom meet - Ostomy Support.
- Mar. 2: Zoom meet - Ostomy Support.

Spokane: First Tuesday each month, January – December, 6:30-8:00 pm via Zoom. Invitations sent prior to each meeting. Call 509-601-3892 with questions:

- Jan. 4: Zoom meet – Coloplast Rep.
- Feb. 1: Zoom meet – Paula McKee - Health.
- Mar. 1: Zoom meet – Stealth Belt-Collin Jarvis.

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

- >> No ostomy support meetings planned at this time.
- >> 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 locations are listed on page 12. However, due to Covid, most of the groups are not meeting in person.



“Provider” by our very own Susie Leonard Weller with the Spokane OSG. It is written as an open advisory letter to healthcare providers outlining ways to improve patient care, treatment outcomes, and patient health! Susie relentlessly advocates for patients by promoting education of healthcare providers. This is a must read! Other articles covering important topics include: “*Ostomy ‘First Aid’ Kit*” for skin breakdowns; “*Peristomal Hernias*,” “*Peristomal Skin Care*,” describing how to prevent, identify, and treat skin breakdowns; “*Short Bowel Syndrome*,” an in-depth look; “*Patient-Centered Care*,” and many more! This is a veritable treasure chest of resources readily available to ostomates who subscribe to the quarterly **The Phoenix Magazine** for only \$19.95/year (see Ad on page 11).

DIVERSION INSPIRATION & HUMOR

No matter how broken you are, YOU can always find a way to rebuild yourself! 😊



(Submissions & ideas welcome)

POSTPONED!

United Ostomy Associations of America
8th NATIONAL CONFERENCE
~~XXXX~~

HOUSTON TEXAS
 Embracing New Frontiers
~~XXXXXXXX~~

Exercising An Abundance of Caution Associated With The Corona Virus Pandemic UOAA’s 8th National Conference Has Been POSTPONED!

We Hope to See You August 2023

This issue of “*InSider*” Newsletter also contains relevant articles and important information. **National Spotlight** highlights the “*Patient’s Bill of Rights Standards of Care*” and the latest on UOAAs new *Ostomy Academy*. Several **Regional-Local** ostomy support groups strive to continue through the Coronavirus resurgence; see support group reports. **Quarterly Articles and Tips** leads off with a short advisory, “*Disclosure*,” considerations on how to share your condition with others. Following that is an educational article “*Top Tips to Reduce Leakage*” and then a look back in time, “*History of the Ostomy*.” All good reads!

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! ■

Many thanks to Lynn Brink and Carol Nelson for their helpful editorial reviews of this newsletter!



NATIONAL SPOTLIGHT

Selected Highlights

Phil Moyle, Spokane Ostomy Support Group

The UOAA continues its efforts to inform and advocate for the ostomate community in the U.S. and beyond! Following are reports on just three of the many UOAA activities that are underway!!

Bill of Rights: In collaboration with many others, Jeanine Gleba, our 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. Check out a White Paper (discussion of issues) and download a copy from <https://www.ostomy.org/bill-of-rights/>. Be sure to read it because these folks are advocating for ***YOUR RIGHTS!!***

Ostomy Academy: In addition, in 2021 the UOAA instituted a powerful new educational tool, ***Ostomy Academy***, that presents quarterly online education seminars (see *ad on this page*). And if you miss a live seminar, you can view the recorded sessions via YouTube! These seminars provide important and effective education for all ostomates, new and old hands as well!

UOAA National Conference: Sadly, out of an abundance of caution associated with the Corona Virus pandemic, the UOAA Board of Directors has postponed the UOAA ***8th National Conference*** from 2022 to August 2023 (see *announcement on page 2*). At this time, the conference will still be held at the Royal Sonesta Houston Galleria Hotel in Houston Texas! Planning was well underway to offer a wide variety of important presentations by renowned experts in their fields, opportunities to meet others who share common ground, an Exhibit Hall with many vendors, as well as exciting activities and entertainment. We expect the 2023 conference program will be equally attractive! ■



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.

Next Quarterly Session

New Year, New Mindset: Mental Health and Chronic Conditions

Wednesday, January 12th
6:00 PM EST / 3:00 PST

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

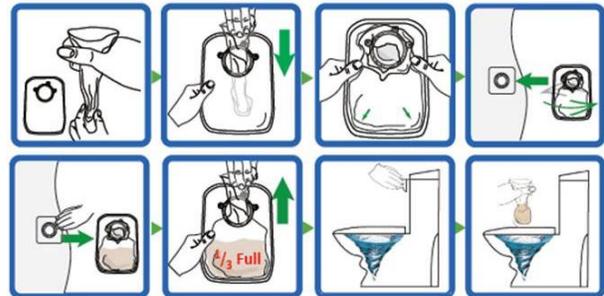
REGISTER TODAY: <https://www.ostomy.org/ostomy-academy/>

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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:** 12/14/2021 - Update from Nancy Luckey, RN, BSN, WOCN – Until further notice, Kootenai Health Medical Center is unable to offer a place for meetings to be held. I am waiting for the OK from the upper management. We do not have any changes or anything new to report at this time. If local ostomates have questions, please reach out to either one of the ostomy nurses - Nancy Luckey RN, BSN, CWON and Mindyn Helms, RN, BSN. We can both be reached at 208-625-6944, Mon through Fri 8-4:30. Let’s hope for a new year with new opportunities!
- **Lewiston-Clarkston United Ostomy Support Group - ID / WA:** 12/21/2021 - Update from Tamara Youmans, RN, CWON - Our plan is to continue meeting at the Lewiston library, 2nd floor, 12:30 to 1:30 every 2nd Monday of the month. Our group took December off and will be starting up again in the New Year! In January, we will have Kelly Enger as a guest speaker. She is a 17-year ostomate who is a mom, wife, salesperson, and open communicator who speaks to physicians about her experiences living with an ostomy. We are excited for what 2022 will bring, and we wish everyone joy, peace, and good health for the holiday season! Tamara.

Continued next page.



- Palouse Ostomy Support Group - Moscow, ID:** 12/20/2021 Update from Frances Newcombe, BSN, RN, CWON – Palouse Support Group has a good time meeting monthly via Zoom (see photo). Frances packed up a big box of supplies donated to Gritman Ostomy Services by patients and sent the supplies to Friends of Ostomates Worldwide. Frances also finished watching most of the sessions from the WOCN Conference held this summer. The conference was outstanding this year despite the fact that it was all on Zoom and recorded. She also recommends that people who are interested in understanding colostomy, ileostomy and urostomy surgeries watch Joy Hooper’s simple and entertaining *Ostomy Diversions* presentation on Youtube (<https://www.youtube.com/watch?v=G1a0IJ6OLr4>). And Judy Reid, WOCN, suggested inviting Cymed (<https://www.cymed.us/>) to present at an upcoming Zoom meet.

- Spokane Ostomy Support Group - Spokane, WA:** 12/20/2021- Report by Carol Nelson, Facilitator (509-601-3892) – Due to COVID restrictions and in an abundance of caution, all of our meetings are still via Zoom. I hope you will join us in 2022. The Zoom meetings still allow us to visit and exchange ideas about how to live well with an ostomy.

2021-10-05 Spokane Ostomy Support Group – Zoom Meet
 Guest Speaker – Michelle Bliszack, Marketing Manager
 Safe & Simple



Fall Meetings: In October, we welcomed Michelle Bliszack, a representative from *Safe ‘n Simple*. We had a great turn out and learned about all the new products that are available. Michelle also shared how to get free samples by visiting the Safe ‘n Simple website (<https://sns-medical.com/>). In November we learned about different types of ostomies. A special thanks to WOCN Teresa Patterson who joined us to answer all our questions. At our December meeting we shared things we do to help eliminate stress during the holidays. We also reviewed some tips and resources Susie Weller had compiled. WOCN Dan Rinehart attended the meeting and answered several questions from the group. Having a WOCN who can answer more technical questions is so helpful. Thanks, Dan. A new feature of our meetings has been to close with a Glow and a Grow. These allow us focus on what is going well for us and being able to turn what may have been a frustration into a learning experience.

Upcoming meetings: All meetings are on Zoom from 6:30 – 8:00pm. Reminders are emailed the week and day before the meetings with a link to the Zoom meeting.

January 4th - A representative from *Coloplast* will be showing us their new products and answering product questions.

February 1st - Paula McKee, a local *Mental Health counselor*, will join us. She will be talking about how to help others and ourselves adjust to life with an ostomy. This would be an excellent meeting for all of our members who have volunteered to visit with new ostomates to attend.

March 1st – Colin Jarvis, Vice President of *Stealth Belt*, will be demonstrating and answering questions about their ostomy support belts. I met Colin at the 2019 UOAA Conference in Philadelphia, and I found him to be a highly driven ileostomate who knows what he’s talking about.

- Mid-Columbia Ostomy Support Group - Tri-Cities, WA:** 12/13/2021 - Update from Lisa Bartholomew, RN, BSN, CWOCN – We will not be having a support group meeting in January. We have had poor turnout with the zoom meetings. Hoping to get back to meeting in person in 2022!
- Confluence Health Ostomy Support Group - Wenatchee, WA:** 12/20/2021 – Tyree Fender, CWOCN – There are no new changes from the last update. We still can’t host meetings at the hospital, and members of our group do not want to try Zoom.

Continued next page.

- Yakima Ostomy Support Group - Yakima, WA:** 12/14/2021 – Kanista Masovero, CWOCN – Starting in January 2022, we are going to resume our Ostomy Support Group in the Cascade Community Room at North Star Lodge (808 North 39th Avenue in Yakima). We will meet the second Wednesday every other month from 10-11:00. Our Jan. 12 guest speaker will be Katie St. John, registered dietician; on March 9 Rich Judd from Byram; and May 11 Amanda Boden from Hollister. I am so excited! Thanks, , , Kanista.

QUARTERLY ARTICLES & TIPS

Disclosure – ‘How Should I Share?’

Modified from Stephanie Brenner via Ostomy Outlook,
 Ostomy Association of the Minneapolis Area
 UOAA – New Articles to Share – Nov. 4, 2021

Think back to when you first got your stoma. Do you remember how you explained it to others? When it comes to the level of disclosure, everyone is different with what is comfortable. Here's advice that I hope will help:

- When you're ready to share, start with people who care. Other ostomates and close family or friends can feel the safest.
- Rehearse your explanation before disclosing to acquaintances or coworkers. Have a way to deflect intrusive questions such as, "I don't really like talking too much about," or "Maybe I can explain more another time."
- Start by asking whomever you're telling if they've ever heard of an ostomy. If they're unfamiliar, you may need to explain some basics first. However much you choose to disclose is completely up to you. However it happens, let that be okay knowing your confidence will grow with practice.



Top Tips to Reduce the Risk of Ostomy Bag Leakage

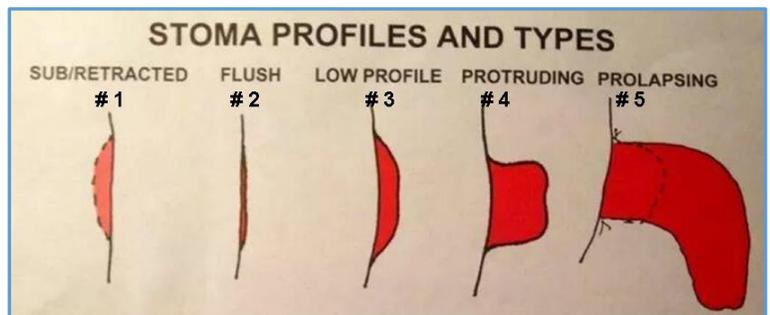
Modified from: Sue Mierau BSN RN CWOCN and Catherine Clarey-Sanford PhD RN CWOCN
 UOAA News Articles to Share, November 4, 2021

Tip 1. Get the right type of ostomy skin barrier. **THIS IS BASED ON WHAT YOUR STOMA LOOKS LIKE AND WHAT THE AREA AROUND YOUR STOMA IS LIKE.**

The best pouching surface is one that is flat without creases or crevices. Sometimes you have to use products or different wafers to achieve this. SOOOOOO, what does your stoma look like?

Below are profile drawings of what your stoma might look like. Many people have stoma's that don't stick out (protrude) of the abdomen too far. This can make pouching more complicated. Remember the goal of the correct pouch is that your stoma output to flow into your ostomy pouch and not underneath or around the skin barrier.

Profiles 1, 2, and 3: The stomas are retracted (# 1), flush (# 2), or do not stick out too far (# 3), so you have an increased chance of the output going



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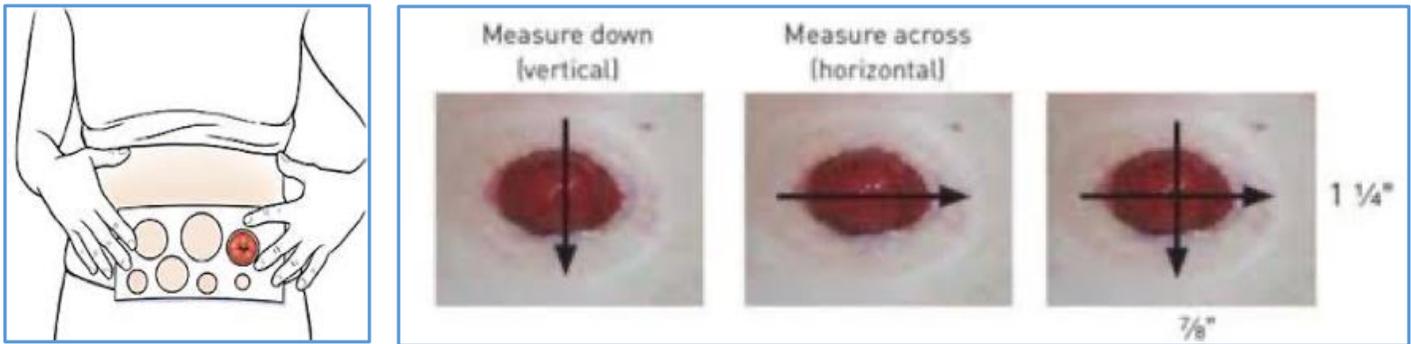
under the wafer. This will degrade the seal and cause leaking and possible skin irritation. These folks probably use a convex-shaped wafer. That is a wafer that has like a little bowl to it. These come in different types of firmness.

Profile 4: Probably the ideal stoma shape to have.

Profile 5: This is referred to as a “*prolapsed stoma.*” This condition happens when the bowel protrudes out more than the stoma in Profile 4. The prolapsed length can be anywhere from 2 to 10cm. Most common reason for this condition is weak abdominal muscles. Other things that could contribute are oversized opening of stoma site at the time of surgery, weight gain, increased abdominal pressure from activities like heavy coughing or sneezing, exertion of your muscle for lifting, carrying, or moving any heavy objects and pregnancy. While it can be frightening to see your stoma prolapse, it is usually not life threatening. It can be managed either by conservative or surgical treatment. The majority of Ostomates have success with the conservative approach. A conservative approach includes ways to lessen abdominal pressure and with an emphasis on stoma safety. You need to choose the correct wafer (appliance). Make sure the wafer opening is not sharp, firm or directly touching the stoma. The wafer opening should not injure the stoma if it prolapses. There are belts and other supplies to help with prolapse. Also, you will need to monitor your activity to lessen pressure. There is an ostomate that is very knowledgeable about this condition and his perspective is included below. **

Tip 2. Measure your stoma to get the right size for your skin barrier.

When you get your box of wafers, there should be a paper measuring guide. They may look different depending on your manufacturer. But it looks something like the image below.



REMEMBER: Every once in a while, you should remeasure your stoma. They can change in size and shape. This is especially true in the first few weeks after creation. Post-surgical swelling will usually subside making your stoma smaller than when it was first created.

Using a 12-hour clock as a model, measure 12-6 and 3-9. Turn your wafer over and mark a spot at 12 and 6 and one for 3-9. Then carefully join the dots together to outline the shape. Sometimes your stoma will be perfectly round. That doesn't always happen. Sometimes your width will be longer than the height, so your stoma looks more oval. You just need to measure twice and cut the wafer once. Don't worry if you mess up; everyone usually wastes a wafer or two. ■

**** Editor's Note:** As an ileostomate for over 37 years with a stoma that prolapsed over a period of many years, I think the strenuous work I did as a field geologist as well as other heavy-lifting activities like cutting firewood without regularly wearing a protective belt contributed greatly! This work also contributed to formation of a hernia while doing heavy lifting about 10 years ago. Lesson learned! So I strongly recommend that ostomates take measures to protect their stoma and maintain strong abdominal musculature! The only issue I have encountered is making sure that mucus from the stoma does NOT get on the skin or appliance while changing.

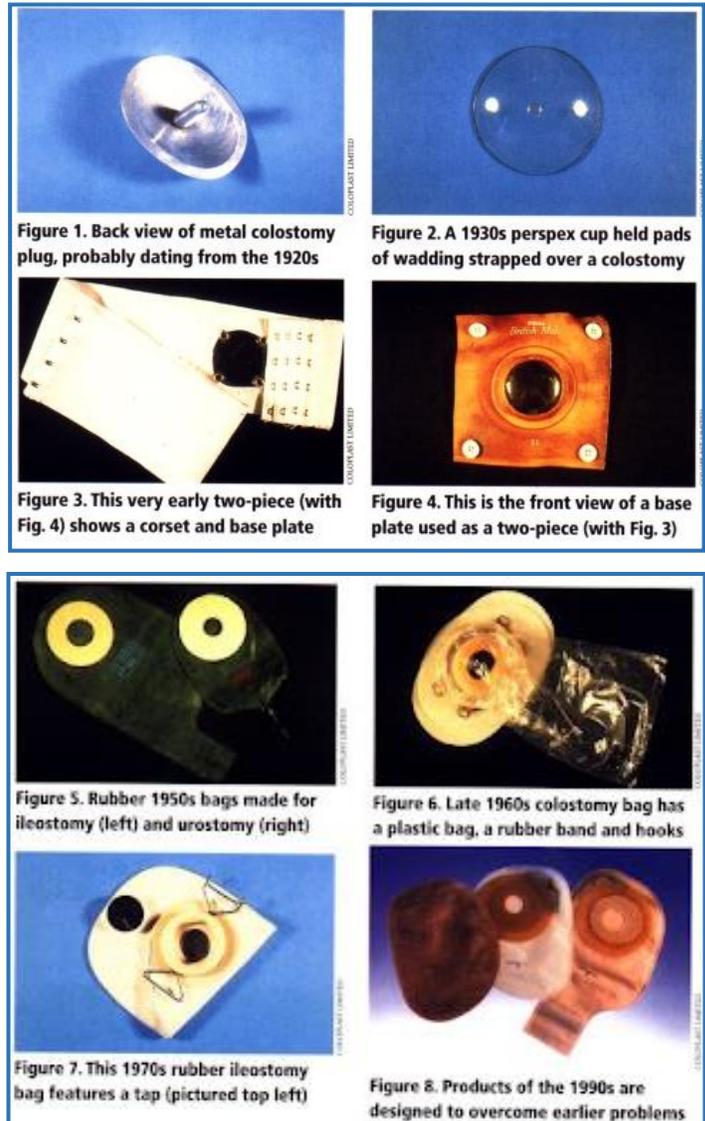
History of the Ostomy – A Personal Journey

Modified from: a Blog by - Traci – on Sep 11, 2021

Let’s go back in time to a period about fifty+ years ago. My grandmother had to have an ileostomy at the young age of about 22 years old due to Crohn’s Disease. At the time, she was the youngest lady in the hospital in our town to have this surgery. I could never understand why my grandmother would change her ostomy bag 3 to 4 times a day, and what was this belt that she always talked about? Years later, I had my ostomy at the same age that my grandmother was when she had her ostomy surgery. After my surgery, my mother saw that new ostomy products had been developed and asked my grandmother to start wearing them! She resisted changes until they no longer made her ostomy products, so she finally gave it a try. Then she began to yell at us because we didn’t make her try them sooner! *That was my grandmother’s way of saying “Thank You!”* She could finally wear the ostomy flange and bag for a week at a time! I was so happy to see she was no longer chained to the house and to the bathroom! I remember sneaking a peek when I was over at her house. I found some very unusual things a bit scary to me! There was a whole box of every ostomy product known to man! The thing that most surprised me was the cement that I found. She used this on her skin to keep the ostomy attached on her abdomen! *Ouch*, I couldn’t imagine how uncomfortable these products were to wear! So, I thought it might be interesting to have a little history lesson about how the ostomy came to be today!!!

Imagine a laboratory filled with scientists wearing white lab coats; the distinctive sound of something boiling somewhere in the background. Their eyes open wide, and a broad grin begins to move across their faces. At last! These scientists finally found what they’d been looking for. After years of research, it’s here at last. But do they shout “Eureka!”? No, they don’t. They shout **“Karaya,”** a new adhesive. Well, so much for this fantasy. How Karaya came to be is immaterial here, but the point is, it was discovered! This was the special adhesive that you may remember as your lifesaver.

Karaya was perhaps the first skin-friendly adhesive to be used in ostomy appliances to keep pouches firmly attached to the abdomen. It was the glue that gave us the freedom to wear a pouch without a belt. Sure, the pouches didn’t always behave the way we would like for them to work. For instance, during very hot spells or



Figures 1-7: Items worn by ostomates during the 1950s, -60s, and -70s.

Figure 8: Today’s modern appliances that use excellent adhesives, and only a few of us need a belt for added security. These appliances are generally waterproof, leak-proof, odor-proof and almost fool-proof ... and no belt required.

Continued next page.





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



Our Most Popular Products:

- SNS00525 - Peri-Stoma Cleanser & Adhesive Remover Wipes
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- SNS41408 - Assure C Odor Eliminator

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during strenuous activity, the Karaya seal on the pouch would weaken and let go. “Accidents” were to be expected. Those who didn’t want these accidents always wore a belt!

Until the 1700’s, intestinal blockages were almost always fatal to a patient. Doctors didn’t know about antibiotics or sterile techniques, and bowel surgery carried with it a high risk of infection. Doctors avoided any surgery that entered the abdomen which would disturb the membrane that surrounds the abdominal organs, where infections are particularly dangerous. Instead, they prescribed treatments such as consumption of the heavy metal mercury, laxatives, enemas, and horseback riding to help move stool through the digestive system. As you could imagine, these practices did little to relieve the patient’s suffering.

It was a French doctor, M. Pimore, that first attempted ostomy surgery in 1776, after all the usual treatments to remove an abdominal blockage failed to work ... surgery was the last resort. Without surgical intervention the patient would have surely died. The doctor made an opening through the patient’s abdominal wall. He pulled the free end of the bowel through the patient’s abdominal wall and stitched the bowel to the patient’s skin, creating a stoma where partially digested food could leave the patient’s body. The first colostomy surgery was complete. After the surgery the first ostomy appliance was invented ... it was a sponge placed over the stoma and held in place by an elastic bandage. Regular enemas were used to keep the bowels clean. Unfortunately, the patient died two weeks later of infection in the small bowel complicated by mercury poisoning.

Frequent dressing changes were part of the nursing care provided to colostomy patients since there were no colostomy bags at the time for in-hospital colostomy care. When the doctors made rounds to examine their

[Continued next page.](#)



patients, they required that all dressings be opened. Over the years the risk of infection in the patient’s abdomen continued making this surgery extremely dangerous and was only performed when there were no other options. Between the years 1716 and 1839, only 27 ostomy surgeries were recorded, but unfortunately only six of those patients survived the surgery. Ostomy surgery remained a procedure of last resort until better medical techniques made these surgeries safer.

Fast forward to the 1900’s, when rubber was still the best material available, a time when plastics like nylon and vinyl were considered ‘new discoveries’ and still in their early stages. The first pouch similar to today’s plastic bags only appeared after World War II ended, and there was no guarantee that these ‘new’ plastic pouches would be odor-proof. So, because these plastic bags looked so flimsy, it took a while before ostomates considered them as alternatives to rubber pouching systems. Plastic would soon be here to stay, becoming an absolute necessity for ostomates.

The pictures on [page 8](#) illustrate what being an ostomate in the past decades would have been like. Maybe things are bad at the moment for yourself but looking back at these pictures you can’t help but feel that things are not as bad now as they were then and could have been today.

>> Let’s be thankful that technology has certainly come a long way! ■



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DID YOU KNOW? When you combine an exclamation mark with a question mark (like this?!), it is referred to as an **“INTERROBANG”**

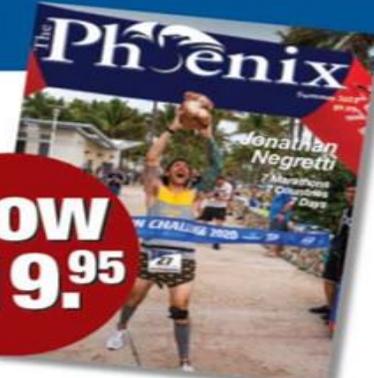
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IMPORTANT OSTOMATE SUPPORT CONTACTS & LINKS

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 (509-601-3892; 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.
Current schedules are listed on page 1.

Call your support group contacts to verify meeting times, agendas, locations, or via Zoom)

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

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

- Contact: Nancy Luckey RN, BSN, CWON at 208- 625-6944 - Kootenai Outpatient Wound Clinic.

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

- Contacts: Adrian Wilson, President at 509-254-3404; or Tamara Youmans, WOCN, at Tri-State Memorial Hospital, 1221 Highland Ave, Clarkston, WA.
- Meetings: Held monthly at Lewiston library, 2nd floor, 12:30 to 1:30 every 2nd Monday of the month.

Spokane Ostomy Support Group, WA (# 349):

- Contacts: Carol Nelson - Facilitator, Visitation Program at 509-601-3892; carol@nelsonwheat.com.
- Meetings: Held via Zoom from 6:30-8:00 pm on the first Tuesday each month (January-December).

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

- Contacts: Lisa Bartholomew, RN, BSN, CWOCN at 509- 946-4611 Ext 1365562; or Wayne Pelly (Visitation Chairperson) at 509-943-3223.
- Meetings: None planned at this time. Check online at <https://education.kadlec.org/registration/11-wellness/94-support-group-ostomy>.

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

- Contacts: Linda Loomis, President at 509-998-1309, Judith (Judy) Reid, RN, MS, CWON at 509-330-1265; Frances Newcombe, BSN, RN, CWON at 208-301-4981 or 208-882-4325.
- Meetings: First Wednesday via Zoom each month; February – December; 5:00-6:00 pm.

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

- Contact: Tyree Fender, RN, BSN, CWOCN at 509-433-3212.
- Confluence Health Central Washington Hospital, 1201 S. Miller St., Wenatchee, WA.

Yakima Ostomy Support Group, WA:

- Contact: Kanista Masovero, RN, CWOCN at 509-575-8266 Virginia Mason Memorial Ostomy/Wound Care Services.
- Virginia Mason Memorial, 2811 Tieton Drive, Yakima, WA, usually in basement – Classroom C;

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