



"InSider" Newsletter

INLAND NORTHWEST OSTOMY SUPPORT GROUPS

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

<http://inlandnwostomy.org>



Spring 2022

Issue 22-2

Welcome Inland Northwest Ostomates!



Spring



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WHAZZ UP

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

I am so thankful that the spread of Covid-19 "seems" to be diminishing, and after two years of restrictions, our lives may slowly begin the return to a new norm. Hopefully, hospitals in our various communities will begin to host ostomy support groups again. In the meantime, each group will continue its course of meeting via Zoom, in person, or postponing meetings until hospitals re-open.

Whether or not your local support group has held meetings, ostomates and caregivers in need of assistance can always reach out to your WOCNs or leaders and members of your support group. 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/>). And don't forget another important source of expert advice and encouraging articles – **The Phoenix Magazine**.

Continued next page.

REGIONAL OSG MEETINGS *



Spring 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 canceled until further notice. Seeking volunteer for support group leadership.

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

- Apr. 11 Meet in person - Ostomy Support.
- May 9: Meet in person - Ostomy Support.
- Jun 13: Meet in person - Ostomy Support.

Palouse - Moscow, ID: Zoom meetings are usually held the first Wednesday each month until further notice. Invitations will be sent out monthly:

- Apr. 13: Zoom meet - Ostomy Support.
- May 4: Zoom meet - Ostomy Support.
- Jun. 1: 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:

- Apr. 5: Zoom – "If I knew then, what I know now!"
- May 3: Zoom – Paula McKee – "Tips for managing chronic illness."
- Jun. 7: Zoom – Teresa with Stomagienics

Tri-Cities: Second Thursday five months each year. Meet 4:30-6:00 pm in the Oak Rm at the Health Plex:

- May 12: "Traveling with an Ostomy."
- >> Meeting schedule subject to change.

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

Yakima: >> Meetings held third Wednesday bimonthly; 10:00-11:00 am in the Cascade Community Room at North Star Lodge, 808 N 39th Ave, Yakima, WA:

- May 11: Amanda Boden, Hollister.

NOTE: Details about each support group's leaders and locations are listed on page 12. However, due to Covid, some groups are not meeting in person.

Let’s Remember to Thank Our WOCNs! April 17-23 is **WOC Nurse Week!** All of us ostomates and their family members owe a great deal to them. So please express your gratitude for their dedicated service the next time you see one! Thank you to all the WOCNs out there who are committed to helping us live full and healthy lives!

This issue of “InSider” Newsletter contains relevant articles and important information. **National Spotlight** highlights the “Ostomy Academy,” the “UOAA Virtual Ostomy Symposium” in August, and the return of in-person “Run for Resilience Ostomy 5k” in October. 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 valuable travel piece on the “Use Compression Sacks for Your Ostomy Supplies in Your Carryon Luggage.” Following that are “Hints for New Urostomy Patients,” “Rolf Benirschke, Former Placekicker for the San Diego Chargers, Inspires NW Ostomates,” “The Ostomy Trap,” and finally a helpful piece, “Miscellaneous Questions and Answers” about dealing with ostomies. All must read!

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!





WOC NURSE WEEK

2022

4/17-23/2022

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- Lucille Ball



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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!!

Ostomy Academy: 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 2022 Virtual Ostomy Symposium:

Although the UOAA postponed the **8th National Conference** in Houston, Texas from 2022 to August 2023, they are offering an excellent **Virtual Ostomy Symposium** on August 13, 2022 (see announcement on this page). The Symposium will be held from 11:00 a.m. to 5:00 p.m. Eastern Time (8:00 a.m. to 2:00 p.m. Pacific Time) including breaks. This event is for the ostomy community, their caregivers and health care professionals. The program will include an inspirational keynote speaker, concurrent educational sessions, general sessions, as well as opportunities to connect with fellow attendees and our sponsors.

Run for Resilience Ostomy 5K: The UOAA announced that in-person **Run for Resilience Ostomy 5k** events are set to return! Join us at locations nationwide this Ostomy Awareness Day, Saturday, Oct. 1, 2022. More information and locations TBA. ■





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

Total Body Ostomy Health

Thursday, June 9, 2021
Time TBD

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/>



UOAA 2022 Virtual Ostomy Symposium

AUGUST 13 @ 11:00 AM - 5:00 PM
\$35.00



Mark your calendar! UOAA invites you to join us on Saturday, August 13, 2022, for a virtual interactive day filled with education, networking and community building. The Symposium will be held from 11:00 a.m. to 5:00 p.m. Eastern Time (8:00 a.m. to 2:00 p.m. Pacific Time) including breaks. This event is for the ostomy community, their caregivers and health care professionals. The program will include an inspirational keynote speaker, concurrent educational sessions, general sessions, as well as opportunities to connect with fellow attendees and our sponsors. Check our website often for the latest details or sign up for our monthly e-newsletter for updates.



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:** 3/7/2022 - Update from Nancy Luckey, RN, BSN, WOCN – The Coeur d’Alene chapter meetings remain on hold due to COVID. We are currently seeking an ostomy support group leader. If anyone is interested in volunteering to lead the support group, or if ostomates have questions, please reach out to Nancy Luckey RN, BSN, CWON. Nancy can be reached at 208-625-6944, Mondays and Tuesdays 8-4:30.
- Lewiston, ID-Clarkston, WA United Ostomy Support Group:** 3/10/2022 - Update from Adrian Wilson, President – Tamara Youmans, RN, CWOCN, left Tri-State Memorial Hospital for another position, so until a replacement WOCN is hired, Adrian Wilson, President of the Lewiston, ID – Clarkston, WA Ostomy Support Group is the main contact. Adrian notes that we plan to continue meeting at the Lewiston library, 2nd floor, 12:30 to 1:30 every 2nd Monday of the month. In January, our guest speaker was Kelly Enger, a 17-year ostomate who is a mom, wife, salesperson, and open communicator who speaks to physicians about her experiences living with an ostomy. And in February, Adrian Wilson changed out her ostomy appliance to demonstrate to the group how to make a change. March’s topic is odor control. In April we will discuss depression and have our support meeting. On April 5 Adrian will speak to Elite Home Health Nurses, and on April 20 she will speak to the medical department at the University of Idaho on celiac sprue (allergy to wheat and other grains) and the ostomy. We continue to trouble shoot for new members.
- Palouse Ostomy Support Group - Moscow, ID:** 3/23/2022 Update from Linda Loomis, President – Palouse Support Group has enjoyed meeting monthly via Zoom, and some members have also joined in the Spokane Ostomy Support Group meetings. Note that the next Palouse OSG meeting will be held on April 13, a week later than normal.
- Spokane Ostomy Support Group - Spokane, WA:** 3/18/2022 - Report by Carol Nelson, Facilitator (509-601-3892) – **IT’S SPRING!!!** I know it felt like it’d never arrive with last minute snow showers and frigid temperatures...but I heard birds singing this week! Our winter schedule was jam-packed with wonderful guest speakers via Zoom.
 - We started out in January with Daren Frances, a rep for **Coloplast** who showed us some of the new products in their line. He also did a great job answering questions for our group! The extra information from the WOCNs in attendance was an added bonus.



Continued next page.



- In February, we were treated to an inspirational talk by **Rolf Benirschke**. Rolf related his struggle with Ulcerative Colitis/Crohn’s Disease that led to an ileostomy during his second year as place kicker for the San Diego Chargers. His determination and persistence allowed him to recover his health and train to return as record-breaking place kicker. It was a wonderful evening for everyone (See photo).
- The March meeting featured **Collin Jarvis, vice-president of Stealth Belt**, who combined an inspirational talk with information about the Stealth Belt. Collin credits Stealth Belt with helping him continue to participate in long distance races. He also highlighted the different types of belts and showed exactly how they work to support a pouch. What an interesting and informative meeting!



SOSG Spring Meetings (also via Zoom)

- **April 5th** - Susie Weller will be facilitating a meeting focused on **‘If I knew then, what I know now!’** Learn practical ideas to live well with an ostomy. Share one of your tips, hints, or ideas that you wish you had known about when you first had an ostomy. This will be an evening of sharing and visiting.
- **May 3rd** - **Paula McKee**, MSW, LICSW, Oncology Counselor, Cancer Care Northwest “Tips for managing a chronic illness.” Despite surgery, many of us still have chronic illnesses. Plus, living with an ostomy is a lifelong adventure that we must manage in order to live a full life. This will be a valuable meeting of everyone.
- **June 7th** -Teresa from **Stomagienics** will be sharing information about Stoma Genie pouch replacement cartridges. This system was designed to relieve the anxiety and frustration of pouch changes. Join us as Teresa shows us how to tame an uncooperative stoma!
 - We hope to meet in person during July, August, and September at Manito Park or a similar venue.
- **Mid-Columbia Ostomy Support Group - Tri-Cities, WA: 3/28/2022** - Update from Lisa Bartholomew, RN, BSN, CWOCN – We will start meeting again for in person meetings. Next meeting will be May 12 from 4:30-6:00 pm. It will be in the Oak Room at the Healthplex. Topic will be **“Traveling with an Ostomy!”**
- **Confluence Health Ostomy Support Group - Wenatchee, WA: 3/4/2022** – Tyree Fender, CWOCN – For our support group, no new changes for the next quarter. Since we have the meetings at the hospital, I was told it will be quite a while before we can hold meetings with patients/families coming in. Hopefully things can continue to improve so we can have a meeting this year! No zoom meetings as our members did not want that option.
- **Yakima Ostomy Support Group - Yakima, WA: 3/9/2022** – Kanista Masovero, CWOCN – Our next support group meeting will be held in person on May 11 from 10-11 am in the Cascade Community Room at North Star Lodge 808 N 39th Ave, Yakima, WA. Hollister’s Amanda Boden will be our guest speaker. Thanks, , , Kanista. ■

NEED HELP? Special Support Programs by Three Big Ostomy Suppliers:

ConvaTec:	<i>Me+ program</i>	1-800-422-8811
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QUARTERLY ARTICLES & TIPS

Use Compression Sacks for Your Ostomy Supplies in Your Carryon Luggage

By Susie Leonard Weller

One of the biggest travel challenges is trying to pack as light as I can, while also including all of my ostomy supplies. Frankly, I have a short wear time and I pack almost double the number of supplies that I think I'll need. I can easily buy almost anything I want wherever I'm traveling—except for my medications and ostomy supplies. In case there are problems or travel delays, for my peace of mind, I prefer to pack extra supplies rather than clothes.

I recently discovered an improved packing tool. It's the updated “**Space Saver** compression storage packing bag system” available on Amazon. Prices range from \$27 for 6 small bags, or \$35 for a multi-pack with 2 small, 2 medium, and 2 larger bags. The main difference from the older version of storage bags is that instead of using a vacuum to suck the air out, this new system uses a small hand pump for traveling! It took me two minutes to seal each bag and to pump the air out. Although there are other companies with hand pumps, I like being able to use smaller-sized bags that are 16 X 24 inches. They allow me to organize, store and compress items that I don't use as often.

I recently traveled to Mexico and packed ostomy supplies for our five-week trip. Due to Covid 19, I included extra ostomy supplies in case I had to quarantine for two weeks on my return. By using the compression sacks, here's what I was able to take in my carry-on luggage:

- 40 sets of ostomy supplies. (High heat, swimming in the ocean and pool twice a day impact my wear time. I also brought three rolls of waterproof tape from **Safe and Simple**™ to provide extra sealing protection around my wafer.)
- Clothes for five weeks
- Medications and supplements
- My favorite pillow

I NEVER could have packed all of this into my carry-on without being able to compress things. For other ostomates who love to travel—whether it's by plane, bus, or car, I hope you'll think about trying out this new packing resource from *Space Saver*.



Photo: Small hand pump and compressed bags.

Remember, if you also have checked luggage, the UOAA recommends that you pack ostomy supplies in at least two places. And don't forget to bring your “TSA Communication Card!” (<https://www.ostomy.org/ostomy-travel-and-tsa-communication-card/>) ■



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Hints For New Urostomy Patients

Modified by Keith Alloway, Spokane Ostomy Support Group

From: “ReRoute” - Evansville, Indiana Chapter, Via “The Courier” Tucson, AZ Feb. 2022

Day Pouch:

- Train yourself to shut the pouch valve as soon as you have emptied the pouch! If you forget, the resulting disaster within the next 10 minutes could ruin your day.
- If you change the pouch first thing in the morning, there is less chance of the stoma misbehaving as you do the change.

Night Pouch/Bottle:

- Be sure to take the plastic washbasin and clean measuring container home from the hospital. They are very helpful as you establish a daily routine of washing your nighttime equipment. Gallon bottles of white vinegar and cheap liquid detergent make the daily washing-up an inexpensive chore.
- An inexpensive condiment (mustard, ketchup) dispenser bottle (dollar store?) is an easy way to inject cleaning solution into your nighttime equipment. It also travels well. Irrigate the nighttime pouch daily with a solution of 4/5 water and 1/5 vinegar.

Continued next page.



- A five-quart paint pail with a metal handle is a great night bottle container by the bed and also a safe way to carry this equipment to the bathroom in the morning.
- The hospital plastic washbasin is an ideal container for supplies when traveling and can be used to hold the night drainage bag. In the morning, it is handy for washing-up wherever you are. It fits nicely into most carry-on bags and is not heavy.
- In most cases, urostomy patients enjoy a completely normal diet. Cranberry juice, yogurt or buttermilk will help combat urinary odors, and may help keep urine acidic which combats infections. ■

Rolf Benirschke, Former Placekicker for the San Diego Chargers, Inspires NW Ostomates

By Susie Leonard Weller

“*It's not what you become, it's what you overcome*” is the motto that Rolf Benirschke promotes and models every day. NW Ostomates felt grateful to meet Rolf during their February Zoom Meeting (see photo page 5) and to learn more about how he has overcome multiple challenges in his life as an ileostomate.



Author of *Alive and Kicking* and other books, Rolf shared his story of originally being diagnosed in 1978 with Crohn's Disease, just at the beginning of his second season with the San Diego Chargers in the NFL. Unfortunately, in 1979, his health problems got worse. He continued to play until collapsing on a team flight home in the middle of his third season, which required emergency surgery. During this time, he was diagnosed with Ulcerative Colitis, an inflammatory bowel disease. He thought his playing days were over.

At 24 years of age, Rolf had a near-death experience that led to him becoming an active Christian. He wondered: “Why did I live?” This was a turning point for Rolf. He realized he had a choice: he could live life “bitter or better.” He discovered a purpose for living in the midst of his challenges.

In 1980, Benirschke got a second chance at life. He returned to kicking—but wearing his ostomy pouch with a protective clamshell! He expressed his gratitude for being alive and being able to play again by publicly sharing his story. He wanted to encourage other patients and raise awareness of IBD. In 1981, Rolf became active in raising money for the Crohn's and Colitis Foundation for research, education, advocacy, and support.

Rolf continued to play seven more seasons with the Chargers before retiring in 1987. In 1983, the NFL named him as their Man of the Year. He retired as the team's all-time scoring leader. At that time, Rolf was the third-most accurate placekicker in league history.

During the Zoom meeting, Rolf shared how he was inspired by Charlie Plumb, the most decorated navy aviator, who was shot down in WWII and spent time in a POW Camp in Japan. Rolf believes that Charlie's life lessons are also helpful for ostomates. He's met many ostomates who are fearful and depressed, believing that they would rather die than wear a bag. Here are his thoughts:

1. Set reasonable goals for each day.
2. Break your goals into small chunks to celebrate even small achievements.
3. Even if it feels embarrassing, learn to accept help.
4. Reach out for support with other ostomates by recognizing “we're all in this muck together.”
5. Maintain hope even in challenging times.

Rolf is continuing to provide resources of support for ostomates. He created an organization called Legacy Health Strategies that promotes a partnership between patients and their doctor(s) to encourage healthy outcomes based upon a model of patient engagement.

[Continued next page.](#)



In his early years, Rolf shared that his dad, a world-renowned pathologist, was always pushing him to do something worthwhile with his life. Thankfully, Rolf’s life work has fulfilled that expectation through his encouragement of ostomates to overcome their challenges to “live life better, not bitter.” ■

You can learn more about Rolf at: www.rolfbenirschke.com or contact him at rolf@legacyhealthstrategies.com.

The Ostomy Trap

From Tulsa Ostomy Association Via Ostomy Association of Chicago, New Outlook

One trap we must avoid is letting our whole life revolve around our ostomy. Preoccupation with managing an ostomy can sometimes make us fail to realize how unimportant it is to other people. Our families and friends are only concerned that we join them again in our usual activities of work and play. Sure, we have challenges managing our ostomies on occasion. However, people without ostomies have elimination problems at times, and if we think back, we can probably remember when we had more than our share. Now, we can enjoy a freedom not possible before our operation. We will continue to have upsets from time to time, but so do those who never had an ostomy. Our own experience together with the shared knowledge of our fellow ostomy members along with the advice of our doctors and WOC Nurses will see us through these infrequent and unpleasant episodes. ■

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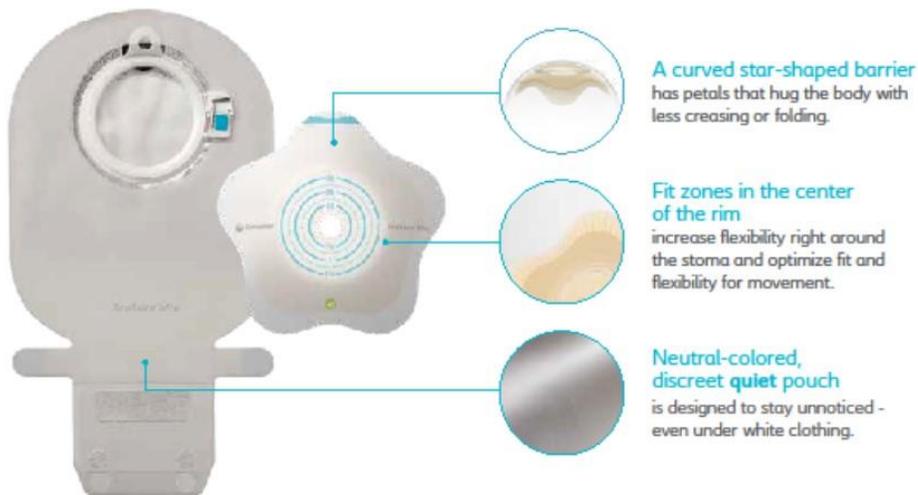
Miscellaneous Questions and Answers

Modified from Ostomy Outlook, North Central Oklahoma; via Dallas (TX) Ostomatic News

- 1. Do skin wipes make the appliance stick better?** No, the wipes that are generally classified as “skin preps” are not adhesives. They are designed to provide a protective layer to the surface of the skin. This helps to make the removal of adhesives easier on the skin. The use of these types of products may actually decrease the wear time of some extended wear products.
- 2. Does paste make the appliance stick better?** No, paste helps to prevent liquid drainage from getting between the skin and the skin barrier. This protects the peristomal skin and often extends the life of the skin barrier. Paste is NOT an adhesive and too much paste can actually interfere with a good seal.
- 3. How often should a pouching system be changed?** The answer is “*It depends.*” It depends on many factors such as type of discharge, skin condition, type of skin barrier used, location on the body and construction of the stoma. The key is to achieve predictable wear time. Changing a pouch twice a week is very acceptable.
- 4. How often should I empty a pouch?** The type of ostomy and the amount of output will influence how often emptying is necessary. You will want to empty your pouch regularly throughout the day – usually when it is 1/3 to 1/2 full. It is not a good idea to let your pouch overfill.



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Get Ostomy Answers!

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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).

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> **Coloplast** 1-888-726-7872

> **ConvaTec** 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 Tri-State Memorial Hospital, Wound Healing (Ostomy Clinic), 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, or Susie Leonard Weller, Co-facilitator, UOAA Contact Person at 509-601-3892, weller.susie@gmail.com.
- Meetings: Currently 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: Currently held first Wednesday each month via Zoom; 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 of errors that need to be corrected or of changes need to be made to the ABOVE information:
(SOSG.Input@gmail.com).