



AFFILIATED SUPPORT GROUP

# "InSider" Newsletter

## INLAND NORTHWEST OSTOMY SUPPORT GROUPS

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

<http://inlandnwostomy.org>



Issue 22-3

Summer 2022

Welcome Inland Northwest Ostomates!



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### WHAZZ UP

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

Although the lingering shadow of Covid 19 continues to prevent some ostomy support groups from meeting in person, most support groups have found ways to meet and thrive. The emergence of virtual meeting platforms, like Zoom, has allowed new opportunities to gather, learn, and offer support. For instance, representatives of many companies and ostomy-related organizations can now meet and share their knowledge with ostomates without the need to travel long distances. Another advantage is that ostomy support group members have avoided travel on icy roads to meetings during hazardous winter conditions. Yet I still look forward to the warmth and comfort of meeting and visiting in person. But whatever your personal circumstance, please remember that you can always reach out to fellow ostomates in your support group.



Continued next page.

### REGIONAL OSG MEETINGS \*



#### Summer 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 St. Joseph's Medical Center, Conference Rm. C, Lewiston, ID:

- July 11: Meet in person - Ostomy Support.
- Aug. 8: Meet in person - Ostomy Support.
- Sept. 12: 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:

- July 6: Zoom meet - Ostomy Support.
- Aug. 3: Zoom meet - Ostomy Support.
- Sept. 7: 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:

- July 5: Meet in Manito Park, North Shelter.
- Aug. 2: Meet in Manito Park, North Shelter.
- Sept. 6: Meet in Manito Park, North Shelter.

**Tri-Cities:** Second Thursday five months each year. Meet 4:30-6:00 pm in Sycamore Rm at the Health Plex:  
Sept. 8: Coloplast Rep - Ostomy Support  
>> 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:

- July 13: Traveling with an Ostomy
- Sept. 14: Judd Rich, Byram Healthcare.

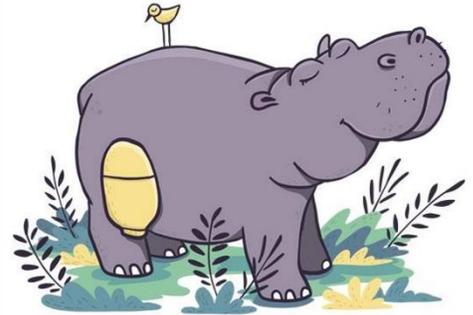
**NOTE:** Details about each support group's leaders and locations are listed on page 12. However, due to Covid, some groups are not meeting in person.

This summer issue of “InSider” Newsletter highlights important on-going activities and opportunities sponsored by the United Ostomy Associations of America (UOAA), especially the **2022 Virtual Ostomy Symposium** to be held on August 13; register and participate for just \$35! I registered without a problem!! We also offer support group activity reports with updates on leadership, contacts, etc. Finally, **Quarterly Articles and Tips** offers an update on how Medicare covers ostomy supplies as well as two outstanding and relevant articles by Susie Leonard Weller - *Practical Suggestions for Living Well with an Ostomy* and *Tips for Managing a Chronic Illness*.

**Check out** our updated regional website - [inlandnwostomy.org](http://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! ■

## DIVERSION INSPIRATION & HUMOR

(Submissions & ideas welcome)



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## Ponder These

- Life is like riding a bicycle. To keep your balance, you must keep moving. — Albert Einstein
- Life isn't about finding yourself. It's about creating yourself. — George Bernard Shaw
- Everything you can imagine is real. — Pablo Picasso
- There came a time when the risk to remain tight in the bud was more painful than the risk it took to blossom. — Anais Nin
- Whether you think you can, or you think you can't – you're right. — Henry Ford



**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!!

**UOAA 2022 Virtual Ostomy Symposium:** UOAA invites you to join us on Saturday, August 13, 2022, for a virtual interactive day of education and community building. It will be held from 10:30 a.m. to 5:30 p.m. Eastern Time (7:30 a.m. to 2:30 p.m. Pacific) including breaks. This event is for the ostomy community, their caregivers, and health care professionals. The Symposium will include a keynote address by a comic living with an ostomy, inspirational speakers, concurrent educational sessions, general sessions, as well as opportunities to connect with fellow attendees and our sponsors. Session topics will include peristomal skin issues, what’s new in the ostomy world, sex and intimacy, advocacy, travel, nutrition and more!

**Ticket holders will have access to the recorded educational sessions for a month following the live presentation.**

**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!

**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.**

- **Register Early and Save \$5.00!** Register by September 1st to participate at the Early Bird Rate! Rates on all events will increase by \$5.00 after this date.
- **Registration Includes T-Shirt & Bib** - Your registration fee includes a unique Ostomy Awareness Day T-Shirt and Bib. Participating in the Virtual Run? You have the option to register and receive the Bib only.
- **Virtual Run** - Register by September 9th to ensure you receive your T-Shirt in the mail by October 1st. This registration option closes after this date.
- **All Other Run Locations** - Register by September 9th to guarantee you will receive the T-Shirt Size you’ve ordered when you attend the event. Registration closes September 23rd. For us in the Inland Northwest, choices include either Vancouver, WA or Virtual. ■



**2022 VIRTUAL OSTOMY SYMPOSIUM**  
August 13, 2022

**Easy to Register!**  
To view the symposium program schedule and to register, go to: <https://www.ostomy.org/2022symposium/>



**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.



**RUN FOR RESILIENCE OSTOMY 5K**

For Registration and Additional Information,  
Go To: <https://www.ostomy.org/5k/>

**Congratulations to Pete Smith – 2022 Graduate of SCCs Project Management Program!**



## 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:** 6/20/2022 - 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:** 6/2022 - Update from Adrian Wilson, President – 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.
- Palouse Ostomy Support Group - Moscow, ID:** 6/08/2022 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 Zoom meetings. Note that the next Palouse OSG meeting will be held on July 6.



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 <p><b>Is StomaGenie for me?</b>              StomaGenie can be used with any manufactured pouch. Urostomies, ileostomies and fluid colostomies can all benefit.</p>	 <p><b>How do I order StomaGenie?</b>              You can order it through your ostomy supply distributor, Amazon or Medical Monks.</p>

**Please call us with any questions!**



- Spokane Ostomy Support Group - Spokane, WA: 6/25/2022** - Report by Carol Nelson, Facilitator (509-601-3892) – Warm weather is finally upon us, so let’s celebrate summer at Manito Park on July 5<sup>th</sup> at 6:30 pm to enjoy an **Ice Cream Social**, time to visit in person, and maybe even take a walk through the gardens. Our meeting will be in the North Shelter just south of the parking lot. We will have plenty of area to enjoy the outdoors, social distance and still enjoy each other’s company.

And NOTE that Carol Nelson, Spokane OSG Facilitator, presented an Anatomical Apron purchased by SOSG to Theresa Patterson, WOCN, for the nurses to teach new ostomates about various types of ostomies (see photo). Thank you to all of our Zoom buddies who have attended our meetings this spring. In April, Susie led the group in a discussion of the things we learned about living with an ostomy that we wished we knew earlier. In May, we welcomed Paula McKee, MSW, LICSW, an Oncology Counselor at Cancer Care Northwest who shared a lot of good information about living with a chronic illness. June found us learning all about the StomaGenie. Despite being on his way home from a conference, Reed Johnson gave an excellent demonstration on how the system works and answered many questions, all from a hotel room in Texas! Members of other regional support groups also joined SOSG virtual meeting presentations. **The power of Zoom!**



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Our July, August, and September meetings will be held at the Manito Park’s North Shelter. We will devote our time to asking/answering the questions of group members, especially those new to ‘ostomy life.’ This type of give and take has always been an important part of our in-person meetings. It allows everyone to find someone else with the same type of ostomy and visit with someone who understands the challenges it sometimes presents. Supporting each other is one of our main goals as a group. See you in **Manito Park!!**

- Mid-Columbia Ostomy Support Group - Tri-Cities, WA: 6/22/2022** - Update from Lindsey Lewis, RN – >> **Coloplast Rep**, Sept. 8, 4:30-6:00 pm in the Sycamore Rm at the Health Plex.
- Confluence Health Ostomy Support Group - Wenatchee, WA: 6/10/2022** – Tyree Fender, CWOCN – Still cannot hold meetings at the hospital.

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- **Yakima Ostomy Support Group - Yakima, WA:** 6/10/2022 – Kanista Masovero, CWOCN – We don’t have anything new going on in our group. We still cannot hold meetings in the hospital, and our members still don’t want to try zoom. Thanks, , , Kanista. ■

## QUARTERLY ARTICLES & TIPS

### Practical Suggestions for Living Well with an Ostomy from Local Ostomates

Summarized by Susie Leonard Weller from the April 2022 Spokane Ostomy Support Zoom Meeting



One of the many benefits of participating in an Ostomy Support Group is discovering a variety of practical tips from those with more experience and varying perspectives. Here’s a summary of local tips:

**1. Maintain a positive attitude to live well with your ostomy—not just survive it.**

- It’s important to face and overcome your fear of having an accident. Be prepared physically, as well as emotionally, that although accidents are embarrassing, they can be managed. Avoid allowing your worries about “What if?” to severely limit your ability to go out and enjoy doing things! Yes, there’s a risk, but the alternative is living a very narrow and constricted life.
- Whenever possible, try to find the humor within challenging situations.

**2. Find ways to manage the odor from your ostomy.**

- Remember, odors can be a helpful signal that you’re leaking and it’s time to change your bag.
- Consider placing Devko™ tablets inside your bag to reduce odor. Or, add some lubricating deodorants inside your bag--such as M9™, or Adapt.™.

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- Try chewing Devrom™ tablets to reduce odor internally.
  - Poo Pourri™ \*\*and other room deodorants such as Nascent™ can help mask odors in the air. \*\*(There are recipes on the internet to make your own inexpensive version of Poo Pourri™.)
  - Be aware that specific foods can also increase odor—such as eggs and meat, and gassy cruciferous vegetables.
  - Some ostomates prefer using bags, with or without filters, to help reduce odor.
  - Those with a urostomy night leg bag recommend washing out these bags on a daily basis using a 50/50 white vinegar and water solution and allowing the bag to air dry.
- 3. Explore various types of clothing accessories to expand your comfort and confidence.**
- Wear a “swim wrap” from [www.ostomysecrets.com](http://www.ostomysecrets.com) for extra protection while swimming, or for nighttime wear and sexual intimacy. Basically, it’s a tube of polyester material with pouches to provide support for your bag. They also sell specialized underwear with pockets for ostomy bags.
  - Explore different types of underwear that provide extra support for your bag. For example, some women’s underwear uses a blend with Lycra™ which can help to hold the bag more firmly to your skin. Or choose a brief with a “muffin top” extra band at the top for extra coverage to hide the top of the bag/wafer from peeking out under your pants.
  - Many urostomates prefer to wear suspenders vs a belt. WOCN’s often recommend wearing some type of supportive belt to prevent hernias, as well as accidents.
  - The *Phoenix Magazine* often advertises ostomy bag covers in various designs to camouflage your bag.
  - Some like to wear the Stealth Belt™ for extra support and protection while doing sports activities.
- 4. Travel with ease with your ostomy.**
- Use compression sacks with a hand pump to squeeze more clothing and ostomy supplies into your luggage.
  - Be prepared for unforeseen events--i.e., accidents--by traveling with all the supplies you need while on the plane in your carry-on luggage or in a car. Bring pre-cut supplies, hand sanitizer, handi-wipe or baby wipes, and a deodorizer. For peace of mind, consider bringing double the amount of ostomy supplies that you think you might need. Sometimes, wearing Depends™ or using a disposable ostomy bag is a more practical choice for added protection while traveling. One ostomate recommended storing a plastic potato chip can lined with a disposable bag, under your car seat to serve as an “emergency bathroom.”
  - To avoid getting dehydrated, use packets of H2ORS (Oral Rehydration Solution) packets with electrolytes that come in a powder form. You can also buy Low Sugar Gatorade™ or Lyte Balance™ liquid solutions with electrolytes.
- 5. Discover new therapy resources for women and men to heal pelvic floor disorders and scar tissue problems from multiple abdominal surgeries.**
- The pelvic floor supports the bladder, urethra, uterus, vagina, small bowel, and rectum. There can be unexpected complications from multiple abdominal surgeries, SIBO (Small Bowel Bacterial Overgrowth), as well as pelvic radiation that can impact your pelvic floor.
  - Pelvic floor physical therapy can help to improve your bowel function, bladder control, and increase your level of comfort during sexual activity. Integration of these muscles is key to your quality of life.
  - Those who’ve had multiple abdominal surgeries can often develop internal abdominal adhesions. These are bands of scar tissue that form between abdominal organs, mainly the small intestine. Adhesions occur after abdominal surgery and can cause your tissues to stick together when normally they would freely move around. New therapies, such as Pelvic Floor Therapists, can help to minimize

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these adhesions. A local specialist is Sheree Dibiase PT, owner of Lake City Physical Therapy with multiple locations in Spokane Valley, Hayden, and Coeur d’Alene. For help getting a Physician Referral, call (509) 891-2623.

## 6. Consider these miscellaneous tips:

- If you have a high output ileostomy, try using a bag with a spout (similar to a urostomy) for easier emptying.
- Mark your calendar when you last changed your bag to track when you need to change it again, as well as when to order future ostomy supplies.
- Remember, you can donate unexpired, unused ostomy supplies to those in need. Thankfully, Rich Judd has generously volunteered to maintain an Ostomy Supply Closet. Your valuable supplies will serve ostomates most in need—locally, regionally, nationally, and internationally. Contact Rich at (509) 979-1457 to coordinate any donations. ■

**Medicare.gov**

## Does Medicare Cover Ostomy Supplies?

*Modified from: The Pouch, Northern Virginia, 2/2022*

Basic Medicare: Millions rely on Medicare to cover ostomy supplies. Without coverage, ostomy supplies run anywhere from \$300-\$600 each month. Medicare provides coverage for prosthetic devices, Durable Medical Equipment, orthotics, and supplies are also known as DMEPOS. Ostomy supplies are prosthetic devices under Medicare. Medicare will cover up to a three-month supply of “qualified” ostomy products at one time. You must have a prescription from your doctor to receive this coverage, and the supplier must be accredited and contracted with Medicare.



Medicare does not cover everything. Under Part A alone, you are left with deductibles and other cost sharing; however, Medicare Part B pays for 80% of allowable charges for ostomy supplies. You are responsible for the remaining 20% of all your medical costs as well as deductibles. Beneficiaries must pay the Part B deductible unless they have supplemental coverage. The need for ostomy supplies must be due to specific procedures, including ileostomy, urostomy, or colostomy. Beneficiaries must use both providers and suppliers that accept and participate in a Medicare assignment to receive coverage.

Help with Prescription Drugs: Those with limited incomes may qualify for “Extra Help” to pay for prescription drug costs. If you qualify, Medicare could pay up to 75% or more of your drug costs including monthly prescription drug premiums, annual deductibles, and coinsurance. To see if you qualify, call Medicare at 1-800-633-4227.

Medicare Advantage Plans: There are other ways you can get supplemental coverage. One such option is through a Medicare Advantage Plan. Advantage plans must cover the same medical services and treatments as Original Medicare; however, how much they cover is up to them – meaning Part B may cover 80% of your ostomy supplies, but an Advantage plan may cover less than that. They also come with copays for each visit, whereas Original Medicare does not. If your supplemental insurance is to have less out-of-pocket costs, then a Medicare Supplement may be the better option for you.

Medicare Supplements: There are no copays with Medicare Supplements. They cover the coinsurance and deductibles not covered by Medicare. Some letter plans leave you with zero out-of-pocket costs outside the monthly premium.

[Continued next page.](#)



Whether you would like to enroll in a Medicare Supplemental Plan, a Medicare Advantage Plan, or Medicare Part D for prescription coverage, for help call or go to 1-888-335-8996 (<https://www.medicarefaq.com/contact-us/>) or 1-800-633-4227 (<https://www.medicare.gov/forms-help-other-resources/contact-medicare>). ■

## Tips for Managing a Chronic Illness

*Susie Weller's Notes from Paul McKee's Presentation on May 3, 2022*

Paula McKee, MSW, Oncology Counselor at Cancer Care NW, shared practical tips at the May Spokane Ostomy Support Group on **How to Manage a Chronic Illness**. Living with an ostomy means learning to cope with a chronic condition. People react differently to stressful situations. Many ostomates experience various expressions of grief during their process of adjustment.



David Kessler, who studied with Elisabeth Kubler-Ross, describes these layers of grief as being more of a circular, rather than a linear process. At times you might be feeling numb with denial. One of the biggest challenges can be courageously telling loved ones: “I’m not doing okay.” Part of the grieving process is accepting: “It’s okay to NOT be okay.”

Our culture often shames people for telling the truth about what they are really feeling. Sometimes people express anger about not feeling in control of a situation, but the underlying feeling is really a sadness about being disappointed about unmet needs or expectations. It can be tempting to want to bargain with others (including God) about specific outcomes, rather than accepting what you cannot change. Discovering healthy ways to soothe yourself supports an easier acceptance of “what is.”

Rather than remain stuck on an emotional roller coaster, explore ways to get off this ride by facing your disappointments and finding ways to get your needs met in new ways. Attending an Ostomy Support Group can feel very supportive especially when hear tips from people who’ve “been there.” Members know the reality of what it’s like to handle an embarrassing accident. It’s comforting to know that you’re not alone.

Paula also shared tips for caregivers and support people for ostomates. She recommended asking an ostomate: “What do you need most at this moment?” Then, really take the time to listen to their response! Recognize that as much as we love someone, we can’t “fix” them. Some people will refuse help and that’s okay. Adults get to make their own choices, as well as live with the consequences from them. It can be challenging for loved ones to let go of their expectations of how someone else “should” respond. However, it’s important to avoid “working harder” than the ostomate you care for.

Consider asking Paula’s thought-provoking questions on how to take an “Emotional Temperature Check” such as:

- What 3 words best describe what you’re feeling right now?
- On a scale of 1-10, how would you rate the intensity of those feelings?
- If your feelings were the weather, what kind of day would it be outside? Can you identify why?
- What would feel most supportive to you right now?

If you’re experiencing symptoms of emotional or physical anxiety, Paula provided a follow-up emotional regulation strategy called: *Self-Soothing/Five Senses*. Use each of your five senses to help you feel better—especially when you feel your “emotional temperature” is rising.

[Continued next page.](#)

***Fall in Love with Taking Care of Yourself!***



- **Vision:** Look at something you really enjoy looking at—a picture, plant, or a special object.
- **Hearing:** What do you enjoy listening to? Listen to music that is upbeat or reminds you of positive times.
- **Smell:** What do you like to smell—a favorite perfume, flowers, or the aroma of a favorite beverage?
- **Taste:** Eat a small snack of fresh fruit, and other favorite foods and savor each bite.
- **Touch:** Sit in a warm bath. Massage some lotion on your body.



Ground yourself in the present moment by focusing as best you can on pleasant physical sensations. While washing your hands in the bathroom throughout the day, perhaps use this reflection from the website: [www.TenPercentHappier.com](http://www.TenPercentHappier.com)

*“May we all be happy.” “May we all be safe.” “May we all be healthy.” “May we all live with ease.”*

Although feeling depressed about having an ostomy is normal, grief typically becomes less acute over time. However, if you are continuing to feel overwhelmed by your emotions, work with your support team to develop a safety plan. If you’re concerned you might want to harm yourself or someone else, call 911 or the National Suicide Prevention Lifeline at 1-800-273-TALK (1-800-273-8255). The WA Information Network number to call for local support resources is 211.

Similar to a fire drill, the time to apply prevention practices is BEFORE an emergency! Create a go-to list of support people, as well as your favorite self-care practices. Apply the tips from other ostomates who have also felt deep grief but have found successful ways to cope. Living with a chronic condition may not be easy, but with support, you can live more fully than you might currently imagine. ■



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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](mailto: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](mailto: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** 1-888-808-74556
- > **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](mailto:carol@nelsonwheat.com), or Susie
- Meetings: Currently held via Zoom from 6:30-8:00 pm on the first Tuesday each month (October-June), and in person in Manito Park from 6:30-8:00 pm (July-September).

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

- Contacts: Lindsey Lewis, RN at 509- 942-2266; 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](mailto:SOSG.Input@gmail.com)).