



AFFILIATED SUPPORT GROUP

"InSider" Newsletter

INLAND NORTHWEST OSTOMY SUPPORT GROUPS

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Winter 2023

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Welcome Inland Northwest Ostomates!



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WHAZZ UP

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



The delightful chill of early fall quickly changed to a frosty, snowy winter season, so I hope all of you in our seven ostomy support groups have shelter, heat, and the resources to get through what is proving to be a more severe winter. Our regional support groups continue in different directions mainly due to a lack of meeting facilities as well as a leadership shortage for some, while other groups still meet in person or via Zoom. As I noted in the last issue of "InSider" Newsletter, this is a good time for ostomates who have benefited from association with support groups to step up into leadership roles in your group to help new ostomates through their growth process. Consider forming a small leadership team!

Continued next page.

REGIONAL OSG MEETINGS *



Winter 2023 (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 volunteers for support group leadership.

Lewiston, ID-Clarkston, WA: Second Monday, January-November, 12:30-1:30 pm, now at Canyon's Church, 717 15th St. in Clarkston, WA:

- Jan. 9: In person – "Our Stories."
- Feb. 13: In person – "Anatomical Apron."
- Mar. 13: In person – Ostomy Support.

Palouse - Moscow, ID: Zoom meetings are usually held at 5:00 pm the first Wednesday each month until further notice. Invitations will be sent out monthly:

- Jan. 4: Zoom meet – Ostomy Support.
- Feb. 1: Zoom meet – Ostomy Support.
- Mar. 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:

- Jan. 3: Zoom, Convatec Rep. Alex Harrison.
- Feb. 7: Zoom, Tips and Tricks for Ostomates.
- Mar. 7: Zoom, Mental Health - Susie Weller.

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

>> No meetings scheduled at this time.

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

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

- Jan. 11: Registered dietitian – Katie St. John,
- Mar. 8: Hollister Rep. – Amanda Boden.

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.

Speaking of growth, after 37 active years with an ileostomy, I was recently humbled because I needed emergency surgery to repair an abdominal hernia and remove necrotic intestine resulting in a totally reconstructed ostomy. This may have happened because I became careless about wearing a hernia prevention belt while doing heavy lifting. And despite being a veteran ostomate, I had forgotten just how challenging it can be for a new ostomate to regain a normal lifestyle. So, renewed kudos to recent ostomates going through that difficult journey. Praise is also due to the home healthcare nurses who have accelerated my recovery with their highly professional and dedicated care! In recognition of the challenges faced by professional nurses, see the “Condolence” notice (page 8) about Doug Brant, HHC Nurse.

Given my recent experiences as a renewed ostomate, this winter issue of “**InSider**” **Newsletter** emphasizes basic questions and tips, especially useful for newer ostomates: “**Fixing a Leak;**” “**Misc. Questions & Answers;**” “**Reducing Risk of a Hernia;**” and “**Did You Know?**” And in an especially important article, *Susie Leonard Weller* provides tips to strengthen the “**WOCN and Ostomate Partnership**” that were highlighted in her recent keynote presentation to the **WOCN NW Regional Conference** in Hood River, OR. We also offer support group activity reports with updates on leadership, contacts, etc.

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! ■

**DIVERSION INSPIRATION
& HUMOR**

(Submissions & ideas welcome)

**Be the Change that You Wish
to See in the World.**

Mahatma Gandhi



NATIONAL SPOTLIGHT

Selected Highlights

The **UOAA** continues its efforts to inform and advocate for the ostomate community in the U.S. and beyond! Plan to attend this exciting and informational event! Registration opens January 1, 2023. ■

United Ostomy Associations of America

8th NATIONAL CONFERENCE
2023

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- ▶ Ask Questions of Top Ostomy Experts
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- ▶ Fun Social Events and Activities
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- ▶ IBD & Crohn’s Disease Program

Registration Opens January 1, 2023 - <https://www.ostomy.org/2023conference/>

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 and group leadership. *Remember, please contact your support group coordinator/leader for up-to-date information!*

- Coeur D’Alene Ostomy Association, ID:** 12/5/2022 - 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.](#) We hope to have an announcement sometime in January. 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](tel:208-625-6944), Mondays and Tuesdays 8-4:30.
- Lewiston, ID-Clarkston, WA United Ostomy Support Group:** 12/7/2022 - Update from Adrian Wilson, President – Our support group still meets at Canyon’s Church, 717 15th St. in Clarkston, WA, 12:30 to 1:30 pm every 2nd Monday of the month. Our December 12 meeting was on nutrition. The January 9 meeting will be “our stories,” and our February 13 meeting will feature Samantha Musser using the Anatomical Apron to explain different types of ostomies. Our support group was featured in an excellent article written by Matt Barney in *The Lewiston Tribune* (https://lmtribune.com/golden_times/briefly/article_3ca4eccd-dc03-588a-8f67-4b8466ff511d.html).
- Palouse Ostomy Support Group - Moscow, ID:** 12/5/2022 Update from Judy Reid, President – The Palouse Support Group has enjoyed meeting monthly via Zoom. We plan to continue via Zoom; meetings are usually held at 5:00 pm the first Wednesday each month until further notice. Invitations with specific date and time will be sent out monthly.

Continued next page.



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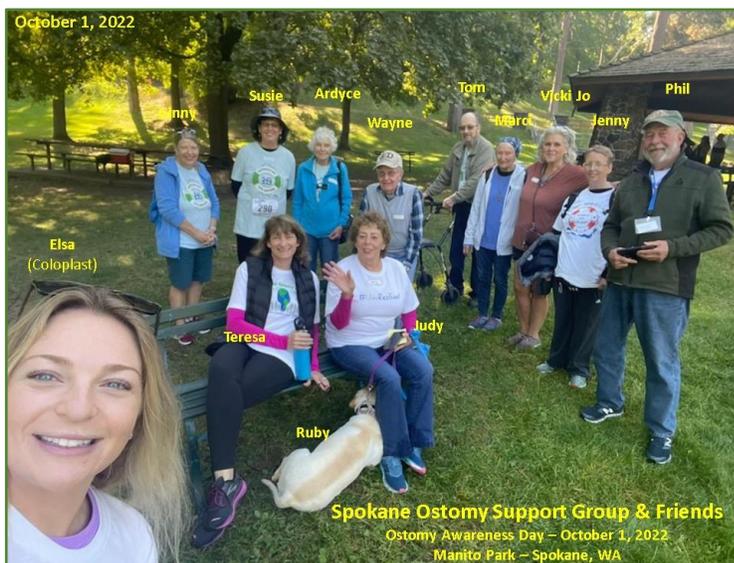
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- Spokane Ostomy Support Group - Spokane, WA: 1216/2022 - Report by Carol Nelson, Facilitator (509-601-3892) – Happy Holidays!** To celebrate

Ostomy Awareness Day, our fall calendar started on October 1 with the **Run for Resilience** “walk” in Manito Park (see photo). The event included a fun social, a walk-through of Manito Park’s beautiful gardens, a drawing, and a brown-bag lunch. In November via Zoom, we welcomed Joy Hooper, WOCN and inventor of the *Anatomical Apron*, who shared many *New Products for Ostomates*. We especially appreciated the list of websites she allowed us to send to members. Also via Zoom, December found us getting ready for the holidays with our topic, “*Bathroom Etiquette for the Holidays and Beyond.*” We enjoyed a full screen of attendees who shared what worked for them as they ventured into public, family, and friends’ bathrooms. Great stories and ideas!



2023 starts off with our **Jan.3rd** meeting via Zoom with a Convatec representative, Alex Harrison. Alex will share their new products and be able to answer questions about them. **February 7th** will be an interactive Zoom meeting where we share tricks and tips about living well with an ostomy. These could be anything from pouching to diet that limits gas and odor. Come with all your hard-earned knowledge! And be prepared to listen & learn! Our **March 7th** Zoom meeting features Susie Weller who will share “*Mental Health Tips for Living with a Chronic Health Condition.*” I feel this is an important topic for both new and ‘experienced’ ostomates. I hope to see all of you at our Zoom meetings.

- Mid-Columbia Ostomy Support Group - Tri-Cities, WA: 12/5/2022** – Unfortunately, we still have not found someone to lead yet. Feelers are out there, but there will be nothing this upcoming quarter at this time. Volunteers? Call [509- 942-2266](tel:509-942-2266). Wayne Pelly informed the UOAA that the support group is inactive.
- Confluence Health Ostomy Support Group - Wenatchee, WA: 12/12/2022** – Tyree Fender, CWOCA – We are still not able to hold meetings so nothing new to report for the support group. Thank you for including us. I hope we can get back into the support group meetings soon.
- Yakima Ostomy Support Group - Yakima, WA: 12/13/2022** – Kanista Masovero, CWOCA – Meetings held second Wednesday bimonthly; 10:00-11:00 am in the Cascade Community Room at North Star Lodge in Yakima. Our November support group had the pleasure of Rich Judd from Byram presenting. He was wonderful as you know. We can’t wait to have him back. On January 11 our guest will be Katie St. John, registered dietitian. March 8 will be Amanda Boden from Hollister. Thanks, Kanista and Nicole. ■



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QUARTERLY ARTICLES & TIPS

Northwest WOCN Conference Theme: Tips to Strengthen the WOCN & Ostomate Partnership

Teresa Patterson, WOCN from the Providence Sacred Heart Ostomy Clinic, recommended that Susie Leonard Weller from the SOSG be the keynote speaker at their NW Regional Conference in Hood River, OR on October 28. Her presentation invited WOCNs to understand how specific thinking styles can impact their relationship with ostomates.



Susie shared insights from her book: *Why Don't You Understand? Improve Family Communication with the 4 Thinking Styles* and applied them to the WOCN and ostomate partnership. She provided a hand-out describing some clues for identifying the four major thinking styles: Logical, Practical, Relational, and Big Picture.

Sometimes there's a mismatch in how we communicate. A practical-focused WOCN might be providing lots of details that could be overwhelming to an ostomate who prefers the big picture. In contrast, some healthcare providers prioritize solving the immediate problem and ignore the relational needs of patients who are also hoping for expressions of empathy and encouragement. Each thinking style has strengths and challenges. Effective communication respects and integrates all four thinking styles to be able to “walk-around” any topic as needed.

In addition, Susie summarized insights about the “6 Phases of Grief and Adaptation” based on the *Chronic Illness Workbook* by Patricia A. Fennell, MSW, LCSW-R. A healthy partnership recognizes, accepts, and builds upon the specific phase of grief that an ostomate might be experiencing. A shared goal between WOCNs and ostomates is supporting resiliency to live well with an ostomy.

(Note: if you would like a copy of Susie's keynote hand-outs, please contact her at: weller.susie@gmail.com) ■

Improvising ... or Fixing a Leak in a Hurry



Via: *The Right Connection & Southern Nevada's Town Karaya & OASNJ and Live and Learn, St. Charles, MO; Springfield's Ostomy Family Newsletter' 11/2022.*

If you happen to spring a leak, especially when away from home, it can be a cause of panic. Being prepared can help you keep your cool. Wearing an appliance cover can provide extra protection. One person noted that when they had a leak near the seal, he was able to stuff several folded tissues between the pouch and the cover. This absorbed the leakage and kept him going for 90 minutes until he was able to get back home and change.

Also, a pouch cover has the advantage of soaking up perspiration on a hot day. Perspiration can quickly undermine the best adhesives. A good ostomy powder can help soak up moisture too. Lacking this, corn starch or baby powder is equally effective.

Some people carry Band-Aids with them which can be used to mend a small tear in the pouch. Some say that it works so well, they forget about the makeshift repair until their regular time to change pouches!



Keep a roll of waterproof silicone tape to use for emergencies when your face plate and skin part ways ... just mop up the leakage and dry your skin and put on a piece of tape ... you will need something sharp to cut the tape.

You may want to keep individually packaged alcohol wipes or towelettes. They are easily carried and are great helpers in cleaning up an emergency. Best of all though, take precautions to avoid having emergencies. ■

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Miscellaneous Questions & Answers

via Dallas (TX) Ostomatic News

- 1. Do skin wipes make the pouch 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 pouch 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. When should skin barrier powder be used?** Skin Barrier Powder – such as Stomahesive or Adapt Powder – is used when the peristomal skin is moist due to irritation.

When the skin has recovered and healed, the powder should be discontinued. If another type of powder – such as an antifungal powder – has been prescribed, it should be used according to instructions.

- 4. 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.
- 5. What do I need to think about before returning to work?** Make sure that you have a release from your physician to return to your job, especially if you do a lot of physical work. It is a good idea to have an emergency kit available at work in case you need to change your pouch.
- 6. Do I need to tell people that I have had ostomy surgery when I return to work?** The choice is yours! With a secure ostomy pouching system: **Continued next page.** that you have an ostomy unless you want



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him or her to know. Depending on the situation and your relationship with the person you may wish to share general information about your surgery. Most people are very understanding.

7. **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 $\frac{1}{3}$ to $\frac{1}{2}$ full. It is not a good idea to let your pouch overflow. ■



Ostomies versus False Teeth

via North Central Oklahoma Ostomy Outlook



How often have members of ostomy groups said that having an ostomy is no worse than wearing false teeth? Non-ostomates often laugh at this and can't believe that we are being honest.

False teeth? Everyone dreads the day that teeth must go and an expensive set of “false choppers” replaces them. But think of false teeth as the equivalent to that “awful surgery?” Never!

Well, before folks feel so sorry for us ostomates, let's look at the similarities. Everyone would prefer to keep his own teeth—or his own colon or bladder. Wearers of false teeth try to pretend their teeth are real—many ostomates hide their surgery. A big problem is keeping false teeth in place—same way with ostomy appliances. No one wants the “click” of teeth to be heard, but ostomies may gurgle audibly.

After a few months, false teeth are supposed to feel like a natural part of you—also true of your ostomy appliance. As one grows and changes, a set of false teeth may have to be changed—and appliances may have to be changed due to weight gain/loss or stoma retraction.

False teeth are expensive—but so is ostomy surgery. False teeth must be worn all the time—ostomates wear appliances, or at least tiny pads, all the time. Many products are sold to keep false teeth clean and odor-free—the same is true for ostomy equipment. Let's say that false teeth are a necessary evil, a little nuisance in the mouth—at the opposite end of the tract may be the nuisance of a stoma needing an ostomy appliance or pad.

So, the next time a distressed family member says a relative will “have his life ruined” by having an ostomy, ask whether someone who has all his teeth suddenly knocked out has a ruined life. If we could think of ostomies with the same calm humor with which we view false teeth, wouldn't everybody see them for what they really are? Not really worse than false teeth. ■



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



“You've gotta dance like there's nobody watching,
Love like you'll never be hurt,
Sing like there's nobody listening,
And live like it's heaven on earth.”

— William W. Purke





Reduce Your Risk of Getting a Hernia by Wearing an Ostomy Belt

By Susie Leonard Weller, Spokane Ostomy Support Group



Did you know that up to 50% of new ostomy patients will get a parastomal hernia within their first year?*

A hernia develops when the intestines press outward near the stoma and create a bulge—perhaps as large as a golf ball. When this happens, it's more difficult to get a strong seal when you're applying your pouching barrier. If your hernia gets larger, it can cause pain, increase difficulty with elimination, and potentially cut off blood supply to your stoma which will require a visit to the ER for a surgical repair.

Risk factors for getting an abdominal hernia include:

- weak muscle tone,
- nutritional status,
- constipation,
- stomach flu with lots of heaving,
- heavy lifting,
- poor stoma placement,
- post-op infection, or
- a history of a previous hernia.

You can minimize your risk of getting a hernia by maintaining a healthy weight, using safe lifting techniques, and strengthening your abdominal wall with specific exercises approved by your doctor.

Consider wearing some form of an ostomy support belt throughout your day. The narrower ones attach to the belt loop tabs on your pouching system. A belt helps to keep your pouch close to your body and provides extra support whenever your bag gets heavier with excrement.

At the August Spokane OSG Meeting, Teresa Patterson, a WOCN from the Providence Sacred Heart Wound Clinic, demonstrated several types of ostomy support belts. These range from a simple 1 to 1.5-inch belt, a pouch cover that has a built-in pocket to support the bag, to the more extensive ostomy/hernia belts. These belts are typically 3-9 inches in width to either help prevent a hernia or provide peristomal support. They can be customized for an exact fit.

Rich Judd from Byram Healthcare reminded ostomates that it is important to have a WOCN precisely measure you before ordering a hernia belt. Medicare will pay for one hernia belt every six months.

Sadly, once you've had a hernia, 20-30% of ostomates will be at greater risk of getting a second one within a few years. Teresa reminded us that surgery for a hernia is very invasive and takes a long time to recover. It's much better to prevent a hernia than to repair one!

*Summer 2022 Phoenix Magazine article: "Ostomy and Hernia Belts." ■

The Ostomy Communities of Eastern Washington and Northern Idaho Offer our **Condolences** to the Family, Friends, and Co-Workers of **Douglas Brant, R.N.**



Douglas Brant (Courtesy of Charles Hartman)



Doug worked as a visiting nurse for Providence VNA Home Health. Tragically, he was shot and killed on December 1 while rendering care to the grandmother of the shooter, a young man with mental health issues. Doug's many community outreach activities are described in the following article:

<https://www.spokesman.com/stories/2022/dec/03/once-in-a-lifetime-kind-of-guy-colleagues-church-1/>



Did You Know?...

Thanks to Ostomy Support Group North San Diego County

1. Hollister offers a free service to help you find the supplier that works best with your insurance and offers the lowest possible copay? Call 1/888-808-7456.
2. Do you have adhesive sensitivity? Safe 'n Simple's hydrocolloid sheets provide a full coverage barrier between your skin and your appliance. These hydrocolloid sheets can also be used to help heal broken down skin around your stoma. Call 1/844-767-6334 for a sample.
3. ConvaTec offers one free telemedicine appointment with a WOCN, when you sign up for their free Me+ recovery program, 1/800- 422-8811.
4. Nu-Hope is known for their support belts, but did you know they offer other ostomy products. Nu-Hope is based in California and is the only company to offer custom ostomy barriers for hard-to-fit stomas. If you and your nurse have tried everything, this may be an option. Contact your ostomy nurse for more information. ■

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GAMES OLD PEOPLE PLAY



- Sag, you're It.
- Hide and go wee.
- Twenty questions shouted into your good ear.
- Kick the bucket.
- Red Rover, Red Rover, the nurse says Bend Over.
- Musical recliners.
- Simon says something incoherent.
- Pin the Toupee on the bald guy.



Courtesy of Springfields Ostomy Family Newsletter, 11/2022



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Is StomaGenie for me?

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How do I order StomaGenie?

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IMPORTANT OSTOMATE SUPPORT CONTACTS & LINKS

Providence Sacred Heart Outpatient Ostomy Clinic - M-F 8:00-2:00 (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:

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

> **ConvaTec** 1-800-422-8811

<http://www.hollister.com/>

<http://www.coloplast.us/Ostomy>

<http://www.convatec.com/ostomy/>



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 in person, January-November, 12:30 to 1:30 every 2nd Monday of the month, at Canyon’s Church, 717 15th St. in Clarkston, WA.

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 (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, Nancy Serna, CWON, or Sara Koontz CWON; 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: Judith (Judy) Reid, RN, MS, CWON, President at 509-330-1265, Linda Loomis, at 509-998-1309, or 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.
- Meetings: Held second Wednesday bimonthly; 10:00-11:00 am in the Cascade Community Room at North Star Lodge, 808 N 39th Ave, Yakima, WA:

>> 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).