



*Welcome Inland Northwest Ostomates!*



## AUTUMN



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### WHAZZ UP

We certainly enjoyed a wonderful summer season this year, especially compared to many other parts of the country. . . and No Smoke! Now that the colorful shades and cooling temperatures of autumn are once again upon us, we begin to focus on the many special occasions during the last three months of 2019: Halloween, Veterans Day, Thanksgiving, Hanukkah, Christmas, New Years Eve, to name a few. However, let us not forget **Ostomy Awareness Day** (Saturday, October 5, 2019) and the associated **Runs for Resilience** that raise awareness of the many ostomates in our communities and across the U.S. This year's motto is "*Ostomies Are Life-Savers!*"

I was frequently reminded of this "good fortune" in early August when I attended the UOAA 7<sup>th</sup> National

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### REGIONAL OSG MEETINGS \*

#### Fall –2019



**Coeur d'Alene, ID:** Third Thursday, February – November, 6:30-8:30 pm at Kootenai Health Medical Center, Coeur d'Alene, ID:  
 October 17: ConvaTec + Ostomy Support  
 November 21: UOAA Conf + Ostomy Support

**Lewiston-Clarkston:** Second Monday, January-December, 12:30-1:30 pm at Tri-State Memorial Hospital, Clarkston, WA:  
 October 14: Go Bags + Ostomy Support  
 November 11: Hyperbaric Chamber + Support  
 December 9: Dr. Smith (?) + Ostomy Support

**Palouse:** First Wednesday each month; February – December; 5:00-6:00 pm at Gritman Medical Center, 700 S. Main St, Moscow, ID:  
 October 2: Rich Judd  
 November 6: Ostomate Support  
 December 4: Ostomate Support

**Spokane:** First Tuesday each month; February – November; 6:30-8:00 pm at Sacred Heart Medical Center, Sacred Heart Women's Center, Avista A & B Room, Spokane, WA:  
 October 1: Coloplast + Ostomy Support  
 November 5: Ostomy Support + fun & plans

**Tri-Cities:** Third Thursday five months each year at Kadlec Healthplex, 1268 Lee Blvd; except July 12, Ice Cream Social will be at main Kadlec campus, 888 Swift Blvd, Richland, WA: (Note changed meet date)  
 November 14, 12:00-1:30 pm: Ostomy Support

**Wenatchee:** Quarterly 2:00-4:00 pm at Confluence Health - Central Washington Hospital, Conference Rms. J & K, Wenatchee, WA: (Note corrected meet date)  
 November 14, 2:00-4:00 pm: Ostomate Support

**Yakima:** Third Wednesday bimonthly; 10:00-11:00 am at Virginia Mason Memorial in Yakima, WA:  
 November 20: Rich Judd, Byram Healthcare

\* *Speakers / topics shown if provided*

**NOTE:** See page 10 for additional info about support group meetings & contacts.



Conference in Philadelphia, PA where attendees “**Celebrated Our Independence!**” My experience at the conference is described in an article on page 7. Also in this issue is a great story about Doug Bragg (page 6), a member of the Mid-Columbia (Tri-Cities) Ostomy Support Group, in “**I Am an Ostomate . . . and I Can!**” The fall issue of “**InSider**” Newsletter also includes activity reports on our fellow ostomy support groups and interesting regional events! Finally, the UOAA offers many resources on their website; however, specific guidebooks, brochures, etc. are often difficult to find. To provide easy access to these resources, we developed a hyperlinked list of these items in an article on page 8, “**UOAA Ostomy Info and Care Guides.**” Check it out!!

New items you will see in the fall issue of “**InSider**” Newsletter are a few **advertisements** from well-known ostomy appliance and support companies. We are very grateful that so many of you in various support groups have made donations in support of our newsletter and website, **thank you!** However, our costs continued to exceed our financial resources. So in order to continue our outreach efforts, we reached out to a few reputable, ostomy-related companies interested in supporting our newsletter and website. The ads generate modest revenue to support our activities, and we hope they are informative for you. We also expanded the “**InSider**” Newsletter from 10 to 12 pages to accommodate the ads. Please join us in thanking the various companies that are helping us out.

**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! **THANK YOU!**

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

**Today's 3 year olds  
 can switch on laptops and  
 open their favorite apps**



**Me? When I was 3,  
 I ate mud.**











**Flushable Biodegradable  
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For more information Call: 1 (866) 611 6028

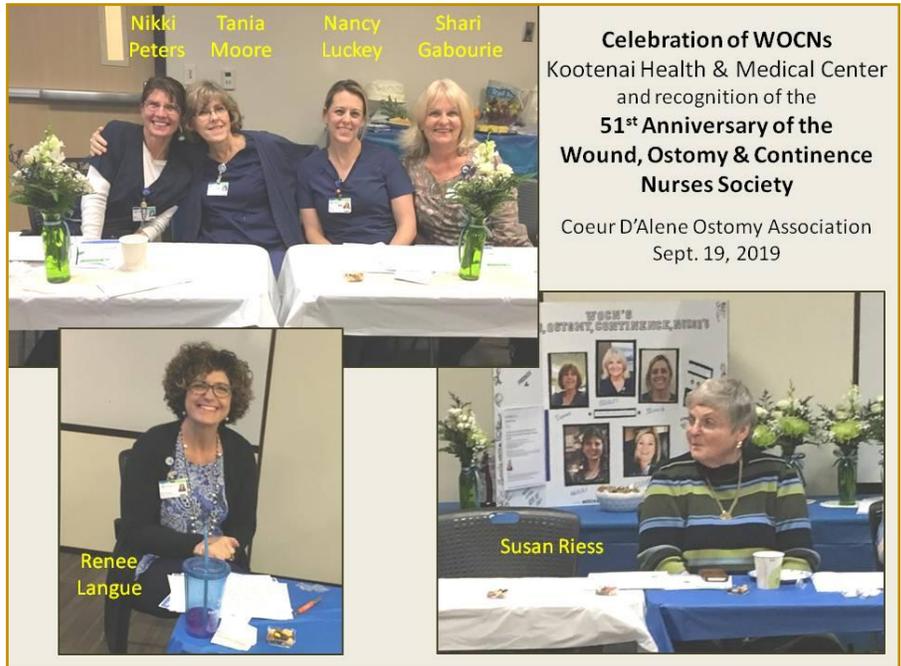


**REGIONAL-OSG ACTIVITY REPORTS, ANNOUNCEMENTS, & LETTERS**

**“Coeur D’Alene Support Group Honors Kootenai WOCNs”**

By Sherron West, President, Coeur D’Alene Ostomy Association

We had a wonderful evening of celebration for our five WOCN’s - pictured below from left are Nikki Peters, Tania Moore, Nancy Luckey and Shari Gabourie, who started the CDA Ostomy Support Group, May of 2015. Cindy Hale, our fifth WOCN, was on vacation and unable to attend. We presented them with certificates, flowers and a poster with their pictures and the story of the establishment in 1968 of the **Wound, Ostomy & Continence Nurses Society (WOCN)**. Several people shared poignant stories of the positive impact these amazing nurses had on their lives. We were pleased to have Special Guest, Renee Langué (lower left in photo), Volunteer Services Manager, with us. Renee is in charge of Hospital Visitation, which Susan and Sherron are a part of. Susan Riess (lower right in photo), a volunteer with Kootenai Health for 16 years, was chosen **“Volunteer of the Year”** by the State of Idaho. Susan, a member of our group, was also very instrumental in helping plan this event. I would also like to say “Thank You” to Marsha, Paul and Pearl for their help.



**“Spokane Enjoys Summer Picnic and Visit from ConvaTec Rep”**

By Carol Nelson, Spokane Ostomy Support Group

On Tuesday July 2<sup>nd</sup>, about a dozen SOSG members and spouses met at the Weller family cabin on Newman Lake for a tasty potluck picnic and relaxation time.



Spokane OSG members toast during tour of Newman Lake

As someone who had never been to Newman Lake, I enjoyed the chance to visit the lake and hear about some of the area history. Susie’s husband, Mark, treated the group to a houseboat tour around the lakeshore. The weather got a little uppity - cooler temperatures and occasional rain drops – so we cut our lake playing short; although, I did notice that one of the neighboring teenagers hopped in...ah, to be young! The potluck dinner included hamburgers cooked by Mark, the master chef at the BBQ, and various dishes provided by the group that were enjoyed by all. The

Continued next page



evening was a relaxing time to share a meal and visit. The food and fellowship allowed us to get to know each other as people, not simply fellow ostomates. Personally, I think getting together outside of our regular meeting in the summer is a great idea. Forging new friendships takes time, and our time at the meetings is limited. Hopefully, this will be an activity we will put on our calendar every year. After all, Manito Park is just a few minutes away from the hospital, and on a bus route!

Our August 6 support group meeting was devoted to ConvaTec Regional Representative Teresa Allen’s introduction of their latest products and answering questions. Member Phil Moyle missed that “ConvaTec” meeting while attending UOAA’s 7<sup>th</sup> National Conference in Philadelphia that he highlighted in a Power Point presentation at the September 3 meeting (see article in this issue).

Mary Kay Bickner (L) stands by ConvaTec Rep. Teresa Allen (R).



## “Palouse Ostomy Support Group – Takes Off”

The new ostomy support group in Moscow, Idaho, now listed on the UOAA website as the *Palouse Ostomy Support Group*, ASG # 462, is officially going, and affiliated with the UOAA. Newly elected President and Vice President are, respectively, Bill and Linda Loomis, with additional offices to be filled at the next meeting. The support group meets the first Wednesday of the month from 5:00 to 6:00 pm at Gritman Medical Center in Moscow, ID. The next meeting (10/2) speaker will be Rich Judd, Byram Healthcare. Additional information about their meeting schedule is at <https://gritman.org/?s=ostomy>. The Palouse OSG contact is Judith (Judy) Reid, RN, MS, CWON (509-330-1265).

## “New Leader for Ostomy Support Group in Yakima”



Kanista Masovero, RN, has taken over leadership of the Yakima Ostomy Support Group after the retirement of Karen Aal. She graduated from Yakima Valley Community College in 1992 and has worked at Virginia Mason Memorial in Yakima ever since. Kanista’s first job as a RN was in CCU and telemetry where she worked for 15 years. She then worked in medical/oncology/ and the stroke unit until her new commitment to work with ostomates. Kanista, who is working toward completion of her WOCN certification, notes, “I am really enjoying learning more about ostomies and helping people with them. I have already met some really wonderful people and looking forward to being part of this community.” Welcome Kanista!

**A truck loaded with Vick’s vapor rub overturned on the highway...**

**Amazingly, there was no congestion for eight hours.**

*Courtesy of Keith Alloway*

A Website for Gals

Girls With Guts  
.org

The mission of Girls With Guts is to support and empower women with inflammatory bowel disease (Crohn’s disease & ulcerative colitis) and/or ostomies through the building of sisterhood and self-esteem.

<https://www.girlswithguts.org/>



## Ostomy Awareness Day & Runs for Resilience



OSTOMY AWARENESS DAY, Saturday, October 5, 2019, will be celebrated by three weekends of *Run for Resilience Ostomy 5k* events in eight US cities:

- September 28, 2019 - Birmingham, AL;
- October 5, 2019 - E. Stroudsburg, PA; Mesa/Phoenix, AZ; Harrison Township, MI; Pennsauken, NJ; and Vancouver, WA;
- October 12, 2019 - Durham, NC; Nashville, TN; and Boise, ID.

*Run for Resilience* events are sponsored annually by UOAA to raise awareness of this life-saving surgery, empower those living with an ostomy or continent diversion, and raise funds to support UOAA’s programs and services. If you are interested in participating in a Run for Resilience Ostomy 5k near our region – Vancouver, WA or Boise, ID –register as an individual participant or as a team by going to the following links:

- 5th Annual Vancouver, WA Run for Resilience Ostomy 5K (October 5) - <https://runsignup.com/Race/WA/Vancouver/PortlandOstomy5kFunRun>
- 4th Annual Boise, ID Run for Resilience Ostomy 5K (October 12) - <https://runsignup.com/Race/ID/Boise/BoiseRunForResilienceOstomy5k>

Alternatively, if you are unable to physically attend the live events, but are interested in participating in the Run for Resilience Ostomy 5k, try a virtual run:

- Virtual Run for Resilience Ostomy 5K (October 6) – <https://ostomy5k.org/virtual-race/>

Participants may also sign up to be a Fund Raiser. Phil Moyle, a Spokane OSG member as well as a regular participant in the **Boise Run for Resilience Ostomy 5k**, signed up as a Fund Raiser for the 2019 event by seeking sponsors (<https://runsignup.com/PHILMOYLE-SPOKANE>).

Phil also challenges other ostomates, family members, and members of our regional ostomy community, including medical staff and suppliers, to sign up as participants and Fund Raisers! For more information on the Boise event and the original organizers, the Herrett family, please go to the UOAA website at <https://www.ostomy.org/herrett-family-story/> and/or check out the January 2017 issue (17-1) of the Inland Northwest Ostomy Support Groups “InSider” Newsletter:

- <http://inlandnwostomy.org/Newsletters/Insider/Insider-2017-1%20Winter.pdf>.

**I tried to explain to my 4-year-old grandson that it's perfectly normal to accidentally poop your pants... but he's still making fun of me.**

*Courtesy of Keith Alloway*



\*\*\*\*\* I AM AN OSTOMATE AND I CAN! \*\*\*\*\*

## “I Am an Ostomate . . . and I Can Do Sports!”

By Doug Bragg, Mid-Columbia (Tri-Cities) Ostomy Support Group

My name is **Doug Bragg**, and actually, I am a *double* ostomate. I am 62 years old and had my urostomy surgery 47 years ago. I was 15 years old when my prostate/bladder cancer was diagnosed. I went through chemotherapy and radiation treatments prior to the surgery. The surgery was completed during the late summer of 1972, between my Junior High (9<sup>th</sup>) and High School (10<sup>th</sup>) grades.

I continued to play sports through my high school years and into college. My family was very active in all kinds of sports as I grew up. Over the years, I’ve played football, baseball, soccer, basketball, tennis and skiing. Today my favorite sport is golf (a non-contact sport). I’m not that good at it. My friends say I play military golf; you know - left, right, left, right. I like to think I get to see more of the course than the guy that hits it straight down the fairway. The Pros get to swing 60 maybe 70 times; however, I get more swings for the price (sometimes a lot more). The saying goes, my worst day outside playing golf was better than my best day inside in the office. The point being, you can do whatever your mind and body will allow, taking the necessary precautions. For example, I always applied more tape to my appliance to ensure nothing would “accidentally” leak or come off due to contact. The fact that I had an ostomy never prohibited me from pursuing activities I was interested in, and yours shouldn’t either.

Let’s be real though. You are not going to always have good days. I rarely sleep through the night anymore. I, along with every other ostomate I know, have had accidents. Why just the other night as I was writing this story, I was up at 2 am, changing. But I woke up in the morning and I was still alive, and I went about my daily routine. It’s gonna happen. You know that spicy food you like? It has consequences. Now, you will have to pick the right time to have it, but make sure you savor it.

Four years ago, I became a double ostomate. The long-term effects of the broad radiation treatments on my abdomen (from the cancer of 47 years ago) recently developed into radiation proctitis. This necessitated that I have a colostomy as well. Not much has changed except that I need additional supplies to pack while traveling with my fiancée, who is a *plein aire* (outdoor) painter.

Now my new favorite past time, in addition to golf, is seeing and experiencing new destinations, as I accompany her on her “paint-outs”. However, gone are the days of spontaneous outings; I need to have a plan. I have to ensure that I have enough supplies to make it through even the worst



Doug Bragg (second from left) playing in golf tournament with members of the Blue Angels team.

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scenario, and in my case, double supplies.

One final suggestion I need to make, is to find a good support group like those identified in these newsletters. I wore the same old appliance for more than 25 years, not knowing that technology had changed so drastically. The ostomy nurses in the Tri Cities have been my angels of mercy by assisting me to find the best products and fit for my particular needs. As one has said “I’m not here to heal you, I’m here to make your life better”, and that’s exactly what they’ve done. Having my ostomy needs met has allowed me to have a lifestyle which still includes sports.

\*\*\*\*\* QUARTERY ARTICLES & TIPS \*\*\*\*\*

## “My Experience at UOAA’s 7<sup>th</sup> National Conference”

By Phillip Moyle, Spokane Ostomy Support Group

As a 34-year ileostomate, attending UOAA’s 7<sup>th</sup> National Conference was a great overall experience and beneficial for me personally. First off, the spirit of the host city’s motto, “Philadelphia **Maneto**” (*let brotherly love endure*), pervaded the Conference. UOAA Staff, Officers, and Directors who professionally organized and managed the Conference, the hundreds of attendees, excellent presenters, and well-informed exhibitors were the friendliest and constructively interactive of any that I have observed in the 30+ science and education conferences I attended during my career. Thus, the positive atmosphere allowed each of us to openly share our individual life experiences with others while achieving substantial personal growth from the sharing by others. The many exceptional educational opportunities, technical sessions, and open forums available throughout the Conference provided the foundation of the event.



CWOCNs demonstrating at UOAA Conference

Four separate program tracks allowed virtually every attendee to stay busy learning and sharing: (1) Mainstream, (2) Pediatric, (3) Young Adults, and (4) Caregivers. I only wish that I could have split myself to attend multiple tracks and sessions. In addition, a free Stoma Clinic held in a hotel suite and staffed by volunteer WOCNs served 119 patients over 24 hours of operation during the Conference.

Originally, I planned to spend any extra time touring nearby landmarks, like Independence Hall, but the Conference offered nearly non-stop educational opportunities and activities, all of them important! Following brief, end-of-the-day dinner breaks, four of the five evenings were full of social and entertainment activities: (1) *UOAA President’s Reception*; (2) *Improv Comedy “Double Baggin’ It” & Nightclub Singing with Dancing*; (3) *Roaring 20’s Casino Night & Music with, yes, more dancin’*; and the finale, (4) *“Fashion Independence is in Our Bag” Fashion Show, Deserts and, yes, even more dancin’!* WOW, what fun times and great opportunities to meet so many personable, active ostomates and leaders!

I had expected the demographics of ostomates to skew the average attendee age towards older folks (like me), but to my pleasant surprise, many younger people participated in the Conference, and participate they did! They truly contributed a youthful energy and exuberant creativity to every occasion, especially open forums and the dance floor, all of which also energized me. Also beneficial for me were the early morning physical

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activities offered during the Conference – Tai Chi, Yoga, and the Nu-Hope sponsored 5k fun run – allowing many of us the daily exercise we needed, yet another opportunity to meet other folks, and then to be wide awake and charging when the sessions started.

Moreover, of special importance to me was the opportunity to meet and interact with two young men, both recent ostomates, who were still weak and recovering from their surgeries. I developed a genuine admiration for both of these strong fellows, each driven to recover and return to their active lives. Hopefully, my interactions with them, and the efforts of others there, will help these fine young men find the strength and knowledge to achieve their personal goals!

UOAA’s 7<sup>th</sup> National Conference was an opportunity of a lifetime! In summary, from learning about various types of ostomies, to *Psychosocial/Psychological Issues, Sexuality and Intimacy for Ostomates, Medical Marijuana*, the LGBTQ+ community, and new products shown by vendors in the Exhibition Hall. Many other activities included conferencing with other newsletter editors and ASG leaders, and importantly, to recognizing the positive

significance of humor in our lives, plus so much more - it was indeed a Grand Slam. For additional information view a slide presentation of my experiences at the UOAA Conference at: [https://www.uoaa.org/presentations/uoaa\\_2019\\_conference\\_Phil\\_Moyle.pdf](https://www.uoaa.org/presentations/uoaa_2019_conference_Phil_Moyle.pdf).

It has been tradition to compile and share a video of the “event” during the closing ceremony of each Conference. So if you would like to view a fun 10+ minute video “UOAA 2019 National Conference Highlights Show,” go to: <https://www.youtube.com/watch?v=rliRpVdGhxA&feature=youtu.be>.

## “UOAA Ostomy Info & Care Guides”

By Phillip Moyle, Editor, Spokane Ostomy Support Group

The United Ostomy Associations of America (UOAA) maintains an expansive, modern website (<https://www.ostomy.org/>) that contains a wide range of important resources. Every ostomate with access to a computer (personal, family, or library) should explore the website for information about his or her specific surgical type and life situation. In addition, the UOAA website hosts a wide selection of information applicable to the entire ostomate community: personal stories; advocacy; the rights of ostomates; travel issues &

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guidelines; swimming in public pools; dietary guidelines; and many more. Among the resources are informational Guide Books, Reference Cards, Brochures, Fact Sheets, answers to frequently asked questions (FAQs), and important checklists, most in the form of PDFs (portable document files) that can be easily downloaded from the website. Because these appear at various locations throughout the extensive website, we have listed (below) most of these downloadable resources with “*hyperlinks*” that connect directly to the desired resource. So if you are reading this newsletter in PDF (digital) format on your computer, you need only place the cursor (or arrow) on the desired file name, press the control button, and then press the left (main) key on your mouse. This action should open the file on the UOAA website that can then be downloaded onto your computer and/or printed. You can also contact the leader of your ostomy support group, or call the UOAA directly (1-800-826-0826), to request that they send hard copy directly to you.

**Selected list of downloadable resources available through the UOAA website:**

**Guide Books & Info (PDF format)**

[New Ostomy Patient Guide:](#) →

[Colostomy Guide:](#)

[Ileostomy Guide:](#)

[Urostomy Guide:](#)

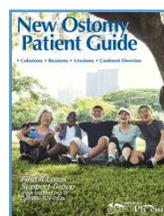
[Continent Urostomy Guide:](#)

[Ileoanal Reservoir \(J-Pouch\) Guide:](#)

[Diet & Nutrition Guide:](#)

[Intimacy, Sexuality and an Ostomy:](#)

[Ostomy 101:](#) →



**Reference Cards (PDF format)**

[Ileostomy Blockage Treatment Card:](#)

[Ostomate’s Food Reference Chart:](#) →

[TSA Contact Center:](#)

[TSA Communication Card:](#)

[Ostomy and Continent Diversion ‘Bill of Rights’:](#)

[Ostomy and Continent Diversion ‘Bill of Rights’ Wallet Card:](#)

[Pediatric Ostomy Bill of Rights:](#)

[Top 10 Ways to Use Ostomy Patient Bill of Rights:](#)

[Practices for Ostomy Nurses to Utilize and Support Ostomy Bill of Rights:](#)

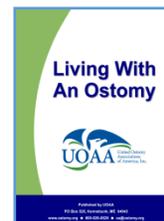


**Brochures (PDF format)**

[Living with an Ostomy:](#) →

[Surgical Options for Bowel Diversion:](#)

[Surgical Options for Bladder Diversion:](#)



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[Orthotopic Neobladder:](#)

[Resources for Employment-based Discrimination:](#)

**Fact Sheets & FAQs** (web pages on UOAA site)

[Colostomy Fact Sheet:](#)

[Ileostomy Fact Sheet:](#)

[Urostomy Fact Sheet:](#)

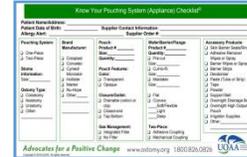
[Sexuality Fact Sheet:](#)

[People with an Ostomy Using Pool Facilities:](#)

**Important Checklists** (PDF format)

[Know Your Pouching System \(Appliance\) Checklist:](#) →

[Physician Visit Checklist:](#)



## ATTENTION: Traveling - You and TSA “Know Your Rights!”

A member of the Spokane Ostomy Support Group was unexpectedly subjected to a *Very Rigorous* personal search while recently passing through a TSA Security Checkpoint at the Spokane Airport. Her experience, which will be described in the next issue of the “InSider” Newsletter, is a sobering reminder that all travelers with an ostomy should be familiar with

- (1) TSA security check procedures - both regular and enhanced, and
- (2) Your Rights as a traveler and an ostomate!

- ▶ Every traveler should review TSA security check procedures, especially the “*Pat-down Screening*” and accompanying video outlined at <https://www.tsa.gov/travel/security-screening>.
- ▶ The UOAA website also has considerable information and resources that you should check: <https://www.ostomy.org/ostomy-travel-and-tsa-communication-card/>
- ▶ You should know that once the standard screening (esp. full body scan) reveals something irregular, like an ostomy appliance, the TSA agent will request the traveler to wipe/rub their hand over the “spot.” The traveler’s hand is then swabbed and an electronic sniffer is applied to the swab.
- ▶ If the sniffer alerts - detects a “*red-flagged substance*” (could even be a perfume? or cream?) - an enhanced procedure is performed: (1) full pat-down, (2) bag search, etc. It is recommended that at the point that the sniffer alerts, the traveler should:
  - (1) Request a **supervisor be summoned**, and/or
  - (2) Request a “**private screening**” . . . with a third-party witness.
- ▶ UOAA staff have worked intensively with TSA management in recent years to “enlighten & sensitize” TSA security agents about people with ostomies. But please be aware that, due to the large numbers of staff and wide variety of airports, screening procedures may vary between airports, screening stations, and staff.
- ▶ A proper screening security check and pat-down was demonstrated by a TSA agent at the recent UOAA Conference; please review: <https://www.facebook.com/UOAAinc/videos/2486951711347629/>.





## Get Ostomy Answers Today!

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[www.phoenixuoaa.org](http://www.phoenixuoaa.org)  
800-750-9311

**IMPORTANT OSTOMATE SUPPORT CONTACTS & LINKS**

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

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

Spokane Ostomy Visitor Program - Those who have an ostomy or face potential ostomy surgery should contact Carol Nelson (509-443-1242; [carol@nelsonwheat.com](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, on 12 E. Olive, in downtown Spokane. Contact Keith Alloway (509) 847-5999, or email him at [KL.alloway@comcast.net](mailto:KL.alloway@comcast.net).

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

Ostomy Support in 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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| Hollister 1-888-808-74556<br><a href="http://www.hollister.com/">http://www.hollister.com/</a> | Coloplast 1-888-726-7872<br><a href="http://www.coloplast.us/Ostomy">http://www.coloplast.us/Ostomy</a> | Convatec 1-800-422-8811<br><a href="http://www.convatec.com/ostomy/">http://www.convatec.com/ostomy/</a> |
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## INLAND NORTHWEST OSTOMY SUPPORT GROUPS & MEETINGS\* EASTERN WASHINGTON & NORTHERN IDAHO

(We recommend that you call the support group contacts to verify meeting times, agendas, & locations)  
(Also, check the “**Inland Northwest Ostomy Support Groups**” website: <http://inlandnwostomy.org>)

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

- Meetings held from 6:30—8:30 pm on the 3rd Thursday of each month (February-November);
- Kootenai Health & Medical Center, 2003 Kootenai Health Way, Coeur d'Alene, ID.
- Resource Center / Cedar Room.
- Contacts: Shari Gabourie RN, BSN, CWON at 208- 625-6944 or Sherron West, CDA OSG President, at 208-719-0776 for more information.

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

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

### **Spokane Ostomy Support Group, WA (# 349):**

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

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

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

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

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

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

- Meetings held quarterly at 2:00 to 4:00 pm (see meeting announcements or contact Tyree Fender.)
- Confluence Health Central Washington Hospital 1201 S. Miller St., Wenatchee, WA; Conference rooms J & K.
- Contact: Tyree Fender, RN, BSN, CWOCN at 509-665-6156.

### **Yakima Ostomy Support Group, WA:**

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

\* Please let us know if errors need to be corrected or changes made to the ABOVE information: