



Fall is in the Air

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Wenatchee, WA; and Yakima Ostomy Support Group, WA.

**Nurse's Corner:** A review of Ostomy Patient Bill of Rights! And because of a suggestion made by a member of the CDA Ostomy Association, we will now include in the **Nurse's Corner** suggestions by ostomates about how ostomy nurses can better interact with ostomy patients. Send us your suggestions!!

**INWOS Website:** Remember that we have a regional website, "**Inland Northwest Ostomy Support**" (INWOS) at [inlandnwostomy.org](http://inlandnwostomy.org). We hope that you find it useful. Please let us know if we need to make corrections or include additional information.

**Topics:** This *InSider* covers important happenings at several regional support groups, including sadly the loss of Alan Roecks, founding member of the Inland Northwest Bladder Cancer Support Group and the unexpected closure of the St. Joseph RMC **Wound, Ostomy, Continence & Foot Care Clinic** in Lewiston, ID.



### WHAZZ UP

By Phillip Moyle



**Welcome** to our fourth issue of the "*InSider*" Newsletter. Hope you weathered the record summer heat, dry spell, & smoke and managed to have some fun! First off, **Ostomy Awareness Day** is right around the corner, October 7<sup>th</sup>, so check our announcement and a link to ideas about what YOU can do. We continue our efforts to improve communications with the ostomate community throughout the Inland Northwest. Phil Moyle attended the August 17th meeting of the Coeur d'Alene Ostomy Association. On the national level, Spokane OSG's co-facilitator Susie Leonard Weller made a presentation at the 2017 UOAA National Ostomy Conference and was honored with a 2017 UOAA ASG Leadership Award. We continue to place more emphasis on this being a REGIONAL newsletter serving the following Ostomy Support Groups: Coeur d'Alene Ostomy Association, ID; Lewis-Clark United Ostomy Association, ID/WA; Spokane Ostomy Support Group, WA; Mid-Columbia (Richland) Ostomy Support Group, WA; Confluence Health Ostomy Support Group,

**Healthcare Advocacy!** If you are concerned about ongoing Congressional action on your healthcare, GO to the UOAA Advocacy page to learn and advocate [http://www.ostomy.org/Advocacy Action.html](http://www.ostomy.org/Advocacy_Action.html).

**Runners & Walkers?** Last chance to sign up for the UOAAs annual *Run for Resilience Ostomy 5k* in Boise, ID or Portland, OR on October 14, 2017. If you would like to participate and advocate for ostomates, go to <https://ostomy5k.org> for info.

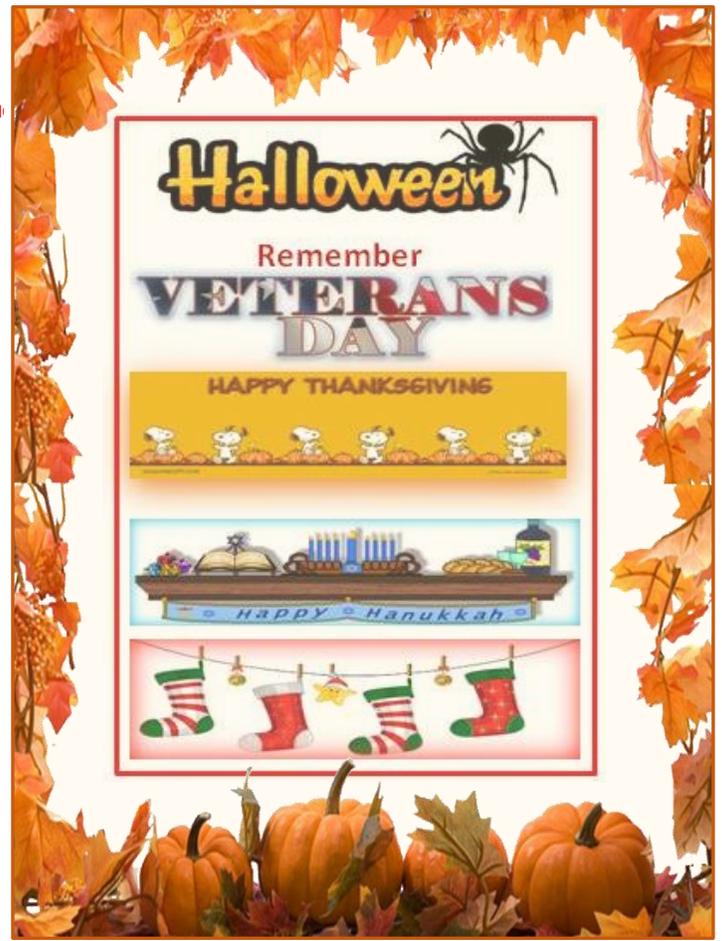
**Please Remember** that we at the "*InSider*" welcome your ideas & input! All ostomates, family & caregivers, and medical staff in our communities are welcome to submit articles, letters, & ideas!

**Thanks** to Rich Judd and Byram Healthcare for their assistance in publishing this newsletter. Contact Rich at [rjudd@byramhealthcare.com](mailto:rjudd@byramhealthcare.com) to be added to the mailing list.



**DIVERSION INSPIRATION & HUMOR**

(Submissions & ideas welcome)



**Ostomy Awareness Day – Navigate the Journey Together**

[http://www.ostomy.org/Ostomy\\_Awareness\\_Day\\_2017.html](http://www.ostomy.org/Ostomy_Awareness_Day_2017.html)





## \*\* REGIONAL OSG ACTIVITIES REPORTS, ANNOUNCEMENTS & LETTERS \*\*

### “St. Joseph RMC Closes Ostomy Clinic in Lewiston, ID”

by Phillip Moyle

On September 7<sup>th</sup>, the new management of St Joseph Regional Medical Center in Lewiston, ID abruptly closed the **Wound, Ostomy, Continence & Foot Care Clinic** according to Janet Scheelke, President of the Lewis-Clark United Ostomy Association (LCUOA). With the exception of one part-time person, clinic staff were let go immediately. Nonprofit Catholic organizations operated St Joseph since its founding in 1902. **The Lewiston Tribune** reported (Elaine Williams) on May 2<sup>nd</sup> 2017, that St. Joseph RMC was purchased by **RCCH HealthCare Partners** of Brentwood, TN, a for-profit business. For many years, the Medical Center and this important clinic, staffed by professional WOCNs & support staff, served ostomates, the LCUOA, and other clients in the greater Lewiston-Clarkston area. After hearing of the closure, Janet Sheelke and others with the LCUOA met with hospital staff to assure that the needs of the ostomate community continue to be represented. Janet also helped arrange for me to teleconference on September 22 with Ms. Cynthia Cowie, St. Joseph’s Interim CEO, in order to discuss on-going changes at the Medical Center for this article for the INW “*InSider*” Newsletter. Ms. Cowie took considerable time to explain changes associated with the transition, including the budgetary and efficiency reasons for the closure of the clinic. However, she also emphasized that since speaking with Janet, hospital management has undertaken revisions to assure that adequate professional ostomate & wound care remain available to the community. This will include retaining Samantha Musser (RN, CWOCN, CFCN) to oversee a new treatment center within the medical center.

To assure that ostomates in the L-C area affected by these changes are aware of patient rights, we are presenting the *Ostomy and Continent Diversion Patient Bill of Rights* in the **Nurse’s Corner** of this issue!

>*Editors Note: The InSider will continue to present updates about this major change in the Greater Lewiston-Clarkston Ostomate Community as verifiable information comes available.*

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### “Coeur d’Alene Ostomy Association Hosts TSA Presenter”

by Sherron West

Patricia L. Mundy, Customer Support / Employee Relations & Transportation Security Manager, with the Transportation Security Agency in Seattle-Tacoma Airport gave an excellent presentation on the TSA mission and evolving security procedures at US airports during the August 17<sup>th</sup> CDA Ostomy Association meeting at Kootenai Medical Center in Coeur d’Alene, Idaho. Emphasis of her talk was on air travelers with ostomies and/or handicaps - what to expect at security checkpoints, and how to exercise passenger rights. Following the presentation, a lively Q & A discussion ensued amongst the 30 participants at the meeting. President Sherron West then introduced Phil Moyle from the Spokane Ostomy Support Group and editor for the Inland Northwest

Ostomy Support “*InSider*” Newsletter. Phil briefly discussed the history & goals of the newsletter and website and invited the ostomate-medical community to provide feedback and ideas. One suggestion given was that the newsletter could include suggestions & pointers from ostomates to ostomy nurses. What a great idea!! Phil also spoke with a few other members including Paul West, Sherron’s husband, who shared a logo graphic he had done for the “The BagPiper Express” newsletter of the Placerville Ostomy Association, California (see adjacent image), , , pretty cool!!



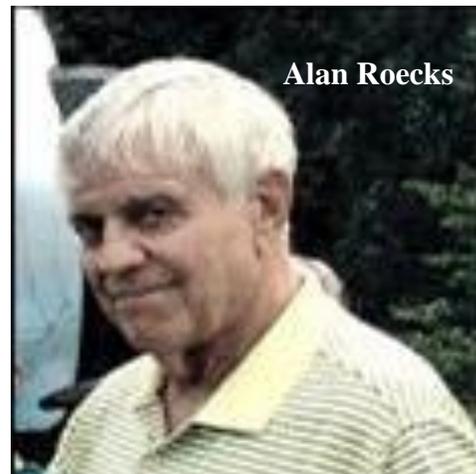


## “Alan Roecks Remembered by Spokane OSG”

### *The Legacy of Alan Roecks, Urostomate, Continues*

Alan Roecks, founder of the Inland NW Bladder Cancer & Urostomy support group, unexpectedly died on July 6<sup>th</sup>. He lived fully—even attending the Ice Cream Social at the June meeting for the Spokane Ostomy Support Group.

His wife, Jane, led a packed memorial service celebrating Alan’s life-long devotion to serving others. Jane also attended the September 5<sup>th</sup> meeting of the Spokane OSG during which Alan was honored and memories shared. He worked for the US State Department in Africa and in India. During a trip to Calcutta, Alan had a private audience with St. Teresa of Calcutta. Before leaving India, Alan and Jane completed their family, by adopting their son Adam, and a daughter Jasmyn, from Mother Teresa's orphanage in New Delhi.

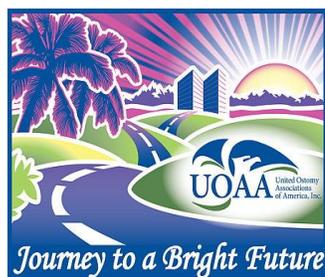


Alan Roecks

We will miss Alan’s enthusiasm and commitment to serve urostomates, especially those coping with bladder cancer. We’re looking for a new contact person for the Inland NW Bladder Cancer & Urostomy support group.

## “Insights from Attending the UOAA National Conference in Irvine, CA”

by Susie Leonard Weller, M.A.



6<sup>th</sup> National Conference  
Tues.–Sat., Aug. 22–26, 2017, Hotel Irvine, Irvine, California

From the moment I walked into the conference I was greeted with warmth and caring from UOAA Staff and other ostomates. As a “first timer” I wore a ribbon next to my name badge identifying this was a new experience. Returning conference attendees made a point to welcome me and to get acquainted. Even though it was a large conference with about 400 ostomates, including their partners, and an additional 100 vendor staff, it was easy to get to meet people. I enjoyed networking with other Ostomy Support Group leaders in Western Washington, as well as the Canadian Coordinator from Calgary, Alberta.

As a panelist for the Affiliated Support Group (ASG) Leadership Academy, I shared tips and resources from the Spokane Ostomy Support Group with 140 other leaders. As part of my presentation, I distributed a 50-page booklet that I wrote called: **10 Tools for Living Well with an Ostomy**. It includes 10 topics for discussion within support groups, ranging from coping with the phases of grief, to tips for courageous conversations with health professionals and loved ones when making important decisions. *(When Rich Judd visits your local support group this fall, he will bring FREE copies with him to share with your support group members.)*

The conference provided nationally known speakers on a wide variety of topics. Here are some of my highlights. Pam Wall, an ileostomate who literally sailed around the world with her husband and two young children, inspired us with her “can do” attitude. Molly McPeck, an ileostomate, rode a motorcycle from Michigan to California to attend the conference. Brenda Elsagher, a colostomate and humorist, remarked that

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attending an ostomy conference is the only place where people can talk about poop over dinner, without embarrassment. WOCCN Nurses volunteered to staff a daily Stoma Clinic. Dr. Michael Krychman discussed the impact of surgery, chemotherapy and radiation on sexuality, as well as resources for enhancing our sexual well-being. Karen Solis, a psychologist from 11Health, shared about a new device that tracks output to prevent leakage, as well as avoiding dehydration. Vendors demonstrated new products and provided samples for the Stoma Clinic. UOAA Staff distributed their new patient guide that combines basic information about living well with an ileostomy, colostomy and a urostomy—all in one booklet.

The most touching moment of the conference was receiving the ASG Leadership Award! I am both humbled and very grateful to have been nominated by Phil Moyle, Carol Nelson and Rich Judd to receive this national award. I hope that others will have an opportunity to attend the next national conference in Philadelphia. Mark your calendar for August 6-10, 2019!



Photo of Susie Leonard Weller, Co-Facilitator of the Spokane OSG, displaying the ASG Leadership.

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**“Letter To: Inland Northwest Ostomy Newsletter”**

(Received: August 30, 2017)

Boy are we lucky in the northwest. We have a good ostomy supplier with Byram Healthcare and Rich Judd. Rich Judd is a top sales representative for ostomy supplies, and a very helpful and caring person to help our people have a better life. He tries to get to most of our meetings, and we are glad for that. He’s always welcome! I don’t know how we can thank him enough, A GREAT GUY !!! Thanks Rich. Keep up the good work. I know I speak for all our group.

Thanks!! Carl Anderson Wenatchee Ostomy Support Group

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**Run for Resilience Ostomy 5km**

**October 14, 2017**

<https://runsignup.com/Race/ID/Boise/BoiseRunForResilienceOstomy5k>

The UOAA sponsors **Run for Resilience Ostomy 5-k** events in various cities around the U.S. Held annually in early October, these events coincide with **National Ostomy Awareness Day**, the first Saturday in October.

- Last chance to enter the UOAA sponsored **Run for Resilience Ostomy 5-k** in Boise, ID!.
- For information about these UOAA-sponsored events, go to: <https://ostomy5k.org/>
- Sponsorship donations can also be made through: <https://ostomy5k.org/donations/>





\*\*\*\*\* **NURSE'S CORNER** \*\*\*\*\*



**Editor's Note:** In this quarterly issue of the “*InSider*,” we want to emphasize the importance of the “*Ostomate Bill of Rights*.” In future issues, ostomates in our Inland NW community are invited to submit suggestions and/or recommendations to ostomy nurses on how to better deal with ostomates during examinations. Please send your ideas to [SOSG.Input@gmail.com](mailto:SOSG.Input@gmail.com).

## “You Matter! Know What to Expect and Know Your Rights” *Ostomy and Continent Diversion Patient Bill of Rights*

The Ostomy and Continent Diversion Patient Bill of Rights is a tool for patients to advocate for their own care. It is meant to empower those who live with an ostomy (temporary or permanent) or a continent diversion. It identifies the needs and expectations for those needing this type of surgery and for the community of people who are currently living with an ostomy or continent diversion. In order to achieve a desirable quality of life, a person undergoing ostomy or continent diversion surgery must have access to high-quality care in all healthcare settings. Counseling and Care in the patient bill of rights should be provided by a trained medical professional such as a Certified WOC/OstomyNurse / Ostomy Management Specialist. The patient shall be involved in all phases of the surgical experience except in emergent situations and shall:



**Receive preoperative counseling** that must include:

- Preoperative stoma site marked by a medical professional following Standards of Care (established by the Wound, Ostomy and Continence Nurses Society, American Society of Colon & Rectal Surgeons and American Urological Association position statement)
- Explanation of surgical procedure and the rationale for surgery • Discussion of ostomy/continent diversion management
- Impact of surgery on activities of daily living such as physical adaptation, clothing choices, exercise, possible changes in sexual activity and treatment, and dietary needs
- The opportunity to talk with someone who has been through ostomy or continent diversion surgery
- The opportunity to discuss the emotional impact of surgery
- Counseling in a language and at a level of understanding that is comfortable for the patient

**Receive during the operative phase:**

- A stoma that can be fit with a quality functioning pouching system
- A stoma that is appropriately positioned for their unique body, needs and comfort (if medical condition allows)

**Receive postoperative nursing care** specific to ostomy/continent diversion type and include the patient as well as their designated advocate (if any). Preparation for discharge will include:

- Individual instruction in care of ostomy including demonstration of emptying and changing pouch
- Ways to troubleshoot difficulties with basic skin and stoma issues including blockage and hernias
- Dietary and fluid guidelines given both verbally and in a written format such as UOAA’s Ostomy Nutrition Guide
- Information on the availability of a variety of supply and product choices • Information about the supply ordering process

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- Resources for obtaining supplies specific to patient circumstances (e.g., uninsured/underinsured)
- Concierge services through ostomy manufacturers
- Resources to organizations who support and advocate for patients living with an ostomy or continent diversion (such as UOAA, WOCN)
- Educational materials (such as UOAA’s New Ostomy Patient Guide)

**Receive during the lifetime** of the ostomy or continent diversion the patient/designated advocate will benefit from ongoing support and care to include:

- Access to healthcare professionals with knowledge specific to the care of an ostomy or continent diversion in the outpatient setting
- Recognition of the need for reevaluation of care with the changes caused by aging and change in medical status.

**If you believe your rights are not being met, speak up - be a force for change!**

UOAA - [www.ostomy.org](http://www.ostomy.org) 1-800-826-0826

>**Editors Note:** Please consult with an ostomy nurse with additional questions about regarding these issues.

\*\*\*\*\* QUARTERLY ARTICLE(S) & TIP(S) \*\*\*\*\*

**“A Natural Bridge Builder”**

by Susie Leonard Weller, M.A.

Kathryn Spurgetis, R.N. and ileostomate, was featured in the Fall, 2017 issue of the *Phoenix Magazine*. She shared her story of coping with eight colon-related surgeries, including three ileostomy revisions and two additional surgeries—due to medical errors. After being a patient on the surgery unit five times within eight months, Kathryn became an advocate for other ostomates. She educates new ostomates on the surgical floor, as well her co-workers and other health professionals.

Due to her first-hand experience as an ostomate, as well as a surgical floor nurse at Providence Sacred Heart Hospital, Kathryn is a natural bridge builder between the medical and ostomy communities. Since most health professionals only receive a brief training about ostomies during medical or nursing school, Kathryn spends a lot of her time educating them—both as a floor nurse and a patient. *I can’t tell you how many times I’ve been in the ER due to dehydration and getting asked a thousand questions about my ostomy. I know that it’s just dehydration and nothing else is wrong. However, because they are not familiar with ostomies, it tends to ‘freak out’ the medical community as a bit of the unknown.*

She recently completed her training to become an Ostomy Visitor through Carol Nelson, coordinator and certified trainer of the Spokane Ostomy Visitor Outreach program developed by the United Ostomy Association of America (UOAA.org). *The accompanying photo shows her chatting with Carol, who was also diagnosed with Ulcerative Colitis at a young age and has lived*



Photo of Carol Nelson (L) & Kathryn Spurgetis, R.N. (R).

*Continued on next page.*



well with her ileostomy for 40 years. Carol encourages Kathryn by sharing her experience of getting married, birthing three children, being a teacher and continuing to enjoy vigorous exercise. Having a peer to talk with makes all the difference.

Kathryn’s goal is to continue educating both healthcare professionals and ostomates. She wants to remove the stigma surrounding having an ostomy. One of her hopes is to encourage those in the medical profession to address the emotional issues surrounding living with an ostomy. Her humor, compassion and determination, inspire ostomy patients to thrive both in and outside of the hospital.

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## “Life Plans vs Life Events: A Desperate Search in Western Washington”

by Marcia Green, Spokane Ostomy Support Group - Spokane, WA

Plans were in place. My fella and I would head over the Cascades on Thursday to my sister’s on the Issaquah Plateau and stay there Thursday, Friday and Saturday and head to the ocean on Sunday for a day or two. We planned on being gone 5-6 days. I generally have a 3-day ostomy appliance change schedule and since I would have done that on the day we were leaving I really only needed supplies for one change. But just in case, I decided to take three “kits.”

The family reunion picnic was planned for Saturday at a cousin’s house in Edmonds. My sister and I offered to provide the condiments and paper goods. Friday morning we headed to Target then decided we had lots of time, so “let’s browse around” for a few hours and pick the stuff up later. Where to: Snohomish, Bel-Square, U-Village? U-Village it was and off we went.

So, we shopped and lunched and looked some more and headed back across the 520 bridge to pick up the picnic goods and go home. Best laid plans, right? About 10 minutes into the drive back, I felt a familiar unwelcome warmth. I had leaked all through my clothes. Although I had an emergency kit with me, there was nowhere convenient to change, so I waited until getting back to my sister’s. I quickly went through that wafer. Now I had one kit left for the rest of the time we planned on being gone.

We started searching the Internet for who carried emergency ostomy supplies. Ah ha Walgreen’s website said they carried ostomy goods and their pharmacy was open 24/7. We called. Huh? “We don’t carry ostomy supplies.” Back to square one. Nothing! We called the Swedish Hospital branch on the Plateau; sorry, unless you’re already a patient we can’t help you.

We finally took a chance and went to emergency at Evergreen Hospital in Kirkland where I explained my situation. They immediately got me three wafers, rings and pouches. I said I could hug you to one of the nurses. She opened her arms and said we accept hugs here.



Whew! Relief, , , or so I thought. Not long after getting back to the house, another leak. In all, between Friday afternoon and Saturday morning I had gone through 6 wafers, rings, and pouches. All I had brought and borrowed, and the only one remaining was the one I was wearing. I decided Saturday morning we would have to miss the reunion and head back to Spokane with fingers crossed that I could get home without an incident. In the meantime, we continued searching the Internet.

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I called Byram Healthcare and talked to a wonderful young man named Aaron who did everything in his power to help locate a facility that might be open that had had ostomy supplies. With jubilation he announced he found an outlet in the U district, not far from where we’d been on Friday. They were open until 1:00 p.m. Since it was already 11:00 a.m., we would have to hurry. As I was talking to Aaron, I noticed the website for the Greater Eastside Ostomy Group. I thought, well it’s probably just their newsletter and bits and pieces and would not be very helpful. Scrolling down I noticed a paragraph about extra supplies donated to them by patients who no longer required them, and if one was in need, to please call Laura Vadman. I called Laura, not expecting her to answer. After all, it was Saturday at 11:00 a.m. and she was volunteering and, and, and, and. She answered on the second ring. I explained who I was, that we were in town from Spokane and that I was desperate with seemingly nowhere to turn. Laura asked, “Can you meet in 45 minutes?” Can I!!

We met at a storage unit facility in Kirkland and life got better from there. Not only did she promise they had supplies for all ostomy needs, she’s also an ostomy nurse. Could that have been sweeter? But wait, she mentioned she had literally just returned from an ostomy conference and met a facilitator from our group that I may know - **Susie Weller**. Small world, eh? A day or two earlier could have produced a different outcome since she would have been out of town. Laura had me follow her to a climate-controlled unit and lifted the garage-style door to reveal the most beautiful sight imaginable. Stacked high within the walls were wafers, rings, pouches, wipes, powders – oh my. She gave me 2 boxes of wafers and rings, wipe packets, and six pouches; enough to get me through the reunion, our jaunt to the ocean. And home again.

For the second time that day I wept; the first time in frustration, the second in gratitude. I spent more than a little time thanking God for the angel He sent in the form of Laura. I can never be more indebted to the generosity of the GEOSG. Who says both sides of the Cascades don’t work together?

> **Editors Note:** *The Greater Eastside Ostomy Group (<https://www.geosg.org/>) meets at the EvergreenHealth Medical Center located in Kirkland, WA.*

## IMPORTANT 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. New contact uncertain at this time.

United Ostomy Association 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

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

Coloplast 1-888-726-7872

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

Convatec 1-800-422-8811

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





## HOLLISTER Representative at Spokane OSG Meet – Tuesday, October 3, 2017

### 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” website: <http://inlandnwostomy.org>)

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

- Meetings are held from 6:30—8:30 p.m. on the 3rd Thursday of the month (January-November);
- Kootenai Health & Medical Center, 2003 Kootenai Health Way, Coeur d'Alene, ID.  
Classroom #2, near the cafeteria.
- Contacts: Shari Gabourie RN, BSN, CWON at (208) 625-6627 or Sherron West, CDA OSG President, at 208-719-0776 for more information.

#### **Lewis-Clark United Ostomy Association, Lewiston, ID (# 134):**

- Meetings are held bimonthly at 12:30 p.m. on the 2nd Monday in odd months;
- St. Joseph Regional Medical Center, 415 6<sup>th</sup> Street, Lewiston, ID; Conference room on 2<sup>nd</sup> floor by cafeteria, generally Conference Rm. B. (**Update Pending**)
- Contact: Janet Scheelke, President at 509-305-1723.

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

- Meetings are held from 6:30-8:00 p.m. on the first Tuesday each month (February-November);
- Providence Sacred Heart Medical Center, 101 W 8th Ave, Spokane, WA; in the Mother Joseph Room or Leahy Room, both next to the cafeteria on L-3.
- 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 are held periodically from 12 noon to 1:30 p.m.
- Kadlec Healthplex, 1268 Lee Blvd, Richland WA; room varies.
- Contacts: Wayne Pelly (Visitation Chairperson) at 509-943-3223, or Lisa Bartholomew, RN, BSN, CWOCN at 509-946-4611 Ext 5562.

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

- Meetings are held quarterly at 2:00 to 4:00 p.m. (see contacts for meeting schedules and agendas.
- Confluence Health Central Washington Hospital 1201 S. Miller St., Wenatchee, WA, Conference rooms F & G.
- Contacts: Tyree Fender, RN, BSN, CWOCN at 509-665-6156, or Dr. Katharine Jackson at 509-663-8711, ext. 5430.

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

- Meetings are held bimonthly at 10:00 to 11:00 a.m., generally on the third Tuesday of January, March, May, September, & November (check with the inpatient wound 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 – Karen Aal, RN, MS, CWON; Lois Engel, RN; or Allyson Uhlman, RN, CWOCN, at 509-575-8266.

\* **Editor's Note:** Please let us know if errors need to be corrected or changes made to the information reported above  
([SOSG.Input@gmail.com](mailto:SOSG.Input@gmail.com)).

