



### Welcome Inland Northwest Ostomates!



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### WHAZZ UP

We are “springing” into high gear with lots of exciting updates to share with you. Please note that the **REGIONAL OSG MEETINGS** are listed on the first page of this regional newsletter, but double check with your group facilitator!. Pay attention to several important meeting changes serving support groups in Lewis-Clark, Spokane and Yakima. Keep us informed about your activities so that we can list them on the quarterly calendar! You are especially welcome to attend meetings hosting guest speakers. Plan a road trip this Spring and visit other OSG's!

Some of the topics covered in this newsletter range from preparing for disasters and emergencies to strengthening your gut with probiotics and fermented foods. Urostomates can sleep better using this simple trick to keep your tube from kinking at night. Ileostomates are especially reminded of what NOT to do.

### REGIONAL OSG MEETINGS <sup>1/</sup> Spring-Summer - 2018

**Coeur d'Alene, ID:** Third Thursday, February – November, 6:30-8:30 pm at Kootnai Health Medical Center, Coeur d'Alene, ID:

- April 19: Hollister – Pam Achabal
- May 17: Convatec – Teresa Anderson
- June 21: Emily Paterson, MD-Nephrology
- July 19: Pharmacist - Medications

**Lewiston-Clarkston: UPDATE** - Second Monday, January-December, 12:30-1:30 pm at Tri-Med Memorial Hospital, Clarkston, WA:

- April 9: TBA
- May 14: TBA
- June 11: TBA
- July 10: TBA



**Spokane: UPDATE** - 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:

- April 3: Disaster Preparedness
- May 1: Probiotics for a Healthy Gut
- June 5: TBA
- July 3: Ice Cream Social+Ostomy Bingo

**Tri-Cities:** Third Thursday five months each year at Kadlec Healthplex or main Kadlec campus, Richland, WA (need to confirm loc):

- May 17: 4:30-6:00 pm - TBA
- July 12: 6:30-8:00 pm– Ice Cream Social
- September 20: 4:30-6:00 pm - TBA
- November 15: 12:00-1:30 pm - TBA

**Wenatchee:** Quarterly 2:00-4:00 pm at Confluence Health - Central Washington Hospital, Wenatchee, WA:

**Yakima: UPDATE** - Third Wednesday bimonthly; 10:00-11:00 am at Virginia Mason Memorial in Yakima, WA:

- May 16: TBA
- September 19: TBA
- November 28: TBA

<sup>1/</sup> Speakers/topics shown if provided.

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



## INLAND NORTHWEST OSTOMY SUPPORT GROUPS

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<http://inlandnwostomy.org>

Spring 2018

The Spokane OSG “hopes” to host a TSA speaker on June 5; however, arrangements are still pending.

Mark your calendar for the Youth Rally and NW Regional WOCN Conference coming to Spokane on September 21-22.

Remember, our updated regional website: [inlandnwostomy.org](http://inlandnwostomy.org). Visit it to discover additional local, regional and national resources. Kudos to the Coeur d’Alene OSG for their generous donation to support the maintenance costs of our website. Please contact Phil Moyle if you’d like to support our website and outreach efforts! Also, check out the newly revised UOAA national website at: [www.ostomy.org](http://www.ostomy.org) It is packed with new educational materials and great tips for living well with an ostomy!

**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! **THANK YOU!**

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

### Spokane OSG Hosts Hollister Representative – Pam Achabal, WOCN

Pam Achabal (WOCN), Ostomy Sales Representative with Hollister, Inc. for 18 years, lead off her presentation with an informational discussion of the **Youth Rally** ([www.YouthRally.org](http://www.YouthRally.org)), an annual summer camp for youth ages 11-17 diagnosed with bowel and bladder problems. The **Youth Rally** receives financial support from the **Wound, Ostomy & Continence Nurses Society**. Pam (see photo at right), also a WOCN, extended a warm invitation for us to attend the Dinner & Fundraising Auction held in support of the Youth Rally on September 21<sup>st</sup> at the NW Regional WOCN Conference at the Double Tree Inn in Spokane (visit <http://www.nwregionwocn.org> for details.)



Pam provided a review of different types of ostomies and distributed free samples of Hollister’s latest products. She wrapped it up with a lively and somewhat humorous round of **Ostomy Jeopardy**---yes you read that right. Every person at the meeting contributed to the fun and benefited from the overall learning experience. Pam gifted two books by Brenda Elsagher as participation awards! FYI, Brenda Elsagher will also co-host the fund raising auction for the **Youth Rally**. Thank you Pam for delivering such a quality presentation and experience! Kudos and

appreciation to Rich Judd who arranged for Pam to speak and also provided healthy juices and tasty snacks at the meeting.

- For some good ideas, check out: <https://insideoutostomy.life/no-6-things-i-wish-i-knew-back-then/>
- And to **Meet-an-Ostomate**, try this website: <https://www.meetanostomate.org/>





**Tribute to Jim Price – Spokane, WA**

It is with great sadness that we say goodbye to Jim Price, a very active ileostomate, who died on March 5, 2018. Jim’s humor and zest for life were demonstrated through his love of running marathons, biking in the Seattle to Portland Ride, and participating in fellowship activities at the Faith Bible Church. His wife, Julie, also provided wonderful support for local ostomates. She made monthly reminder calls inviting those who didn’t have email to attend the Spokane Ostomy Support Group. We will greatly miss Jim’s joyful spirit and Julie’s service to other ostomates.

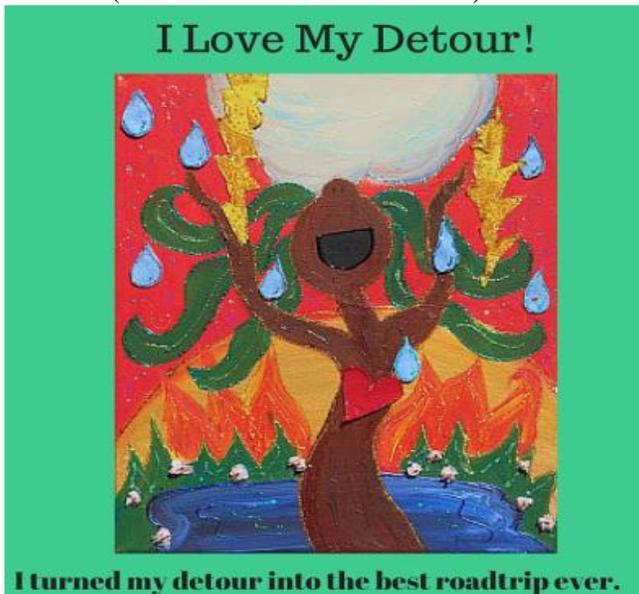


**Lewis-Clark Ostomy Association Off to Fast Start in 2018**

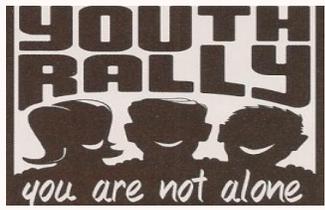
The Lewiston-Clarkston Ostomy Association has been very active in 2018 with three meetings held in their new host facility, **Tri-State Memorial Hospital and Medical Campus** in Clarkston, WA. Dr. Vilas Deshpande (aka. Dr. “D”), associated with Tri-State, gave a brief presentation and responded to many questions regarding ostomy care and maintenance at the January 8<sup>th</sup> meeting. Vince Faiola, a Coloplast representative and territory manager, presented at their February 12<sup>th</sup> meeting. He reminded participants that Coloplast has a 24/7 telephone number (888-726-7872) to call for ostomy care advice. During discussions at the March 12<sup>th</sup> meeting, Rich Judd, Byram Healthcare in Spokane, WA, shared his memories of an excellent educational demonstration that the L-C support group did for Ostomy Awareness Day about 10 years ago at the St. Joseph Regional Medical Center in Lewiston, ID. During that exhibition clinic, ostomates, caregivers, and ostomy nurses demonstrated how to change ostomy appliances and provide care. The L-C support group is considering putting on another clinic to coincide with Ostomy Awareness Day on October 6<sup>th</sup> this year. Great Idea!!

**DIVERSION IN SPIRATION & HUMOR**

*(Submissions & ideas welcome)*



**You Are Invited!**  
**YOUTH RALLY**  
**FUNDRAISING AUCTION**

**\$40**  **\$40**

Friday, September 21<sup>st</sup>, 2018  
6:30 – 9:00 P.M.  
Double Tree by Hilton  
322 N. Spokane Falls Ct.,  
Spokane, WA  
RSVP to Pam: 509-220-9371



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



**Editor's Note:** 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).

## “Some Ileostomy Don'ts”

Modified from: *Live and Learn Via: Ostomy Spotlight, UOAA Oshkosh, Wisconsin Chapter & Chambersburg Good News Helper*

**Do not fast.** Fasting can lead to serious electrolyte imbalances, even when adequate fluid intake is maintained. Don't limit fluid intake. Ileostomates are always slightly dehydrated due to the constant outflow of fluids, so maintaining fluid intake at all times is a must.

**Be cautious about giving blood.** A constant state of dehydration places enormous stress on the kidneys when blood is given. Serious damage can occur. Giving blood is not recommended practice for ileostomates, but if you want to do it, consult your own doctor first.

**Do not eliminate salt from your diet.** Because salt is also lost with the fluid outflow, even those with high blood pressure should not eliminate salt altogether. Consult your doctor for your recommended salt intake when other physical problems are a consideration.

**Do not put anything into your stoma.** Don't allow anything to be put into your stoma without your own doctor's personal supervision. Doctors have sometimes incorrectly given routine orders in hospitals — for enemas, for example. Question any procedure that intrudes upon the stoma, including suppositories.

**Don't take any medication unless you know it will dissolve quickly** and be fully absorbed. Before filling new prescriptions, be sure to consult with your pharmacist whether or not the medication will dissolve in the stomach quickly. Coated and time-release medications will not be absorbed and will pass through without benefit. If in doubt, purchase only six pills and try them before getting the rest of the prescription. Women should be especially alert when taking birth control or estrogen replacement medications.

**And don't take any vitamin B-12 product for granted.** Have your doctor check your B-12 level whenever you have a blood test taken. Some ileostomates with short bowels may require B-12 injections when they do not absorb enough of the vitamin.

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

## “Ostomy Olympics”



Some friends and I were talking the other day about what events we would enter if the "Stoma Olympics" were held.

My personal choices are "*fastest bag change*"  
(I'm going for Gold in this event as I have got the average bag change to under 2 minutes!)  
and

*“the furthest a stoma can shoot when unbagged.”*

Someone else suggested an alternative title, "*long distance stooling!*" LOL



## “Disaster Preparedness: Natural Disasters Are on the Rise - Plan Ahead to be Prepared”

By R.S. Elvey courtesy of [The Phoenix](#)

If you think there are more natural disasters than when you were a child, you are correct. The years 1980 to 2009 saw an increase in climate-related natural disasters by 80 percent. The United States now ranks second behind China with the most natural disasters according to [www.statista.com](http://www.statista.com). The majority of natural disasters in the United States are climate-related as opposed to geophysical, such as earthquakes and tsunamis. In 2016 alone, there were around 971 tornadoes, mostly from northern Texas through Oklahoma, Kansas and Nebraska. Additionally, there were 19 separate floods, 68,000 wildfires, 4 major hurricanes and 15 tropical storms.

### Plan to Be Prepared

For an ostomate living in areas affected by natural disasters, it is important to plan for these events. Whether you shelter in place or evacuate, the Federal Emergency Management Agency (FEMA), says, "If you take medicine or use medical supplies on a daily basis, be sure you have what you need on hand to make it on your own for at least a week." Bill Kuhn, a urostomate, leads an ostomy support group in Metairie, LA. He lived through Hurricane Katrina and advises, "Have an emergency kit with enough ostomy supplies for at least seven to fifteen days." Bill further urges to know your primary evacuation route. Should that be unavailable, know an alternate route. Additionally, you should find out the final destination for both primary and alternate evacuation routes. For each final destination you should write down the contact information for the local ostomy support group in that area. A directory of U. S. support groups can be found at [www.ostomy.org](http://www.ostomy.org). Finally, whenever possible notify friends and relatives of your evacuation.

### General Medical Information

Both FEMA and Bill divide disaster planning into two areas: general medical information and emergency medical supplies kit. General medical information should include:

1. Reference numbers for all your ostomy supplies and your supplier's contact information.
2. A complete health history on paper and a thumb drive to include your doctor's contact information and hospital affiliation, prescription drugs, medical conditions and allergies.
3. An undated prescription for ostomy supplies.
4. Written directions on how to change your pouching system in case you are physically impaired.
5. Medical ID bracelet, necklace or written information about your physical disabilities.
6. Contact numbers of relatives and friends.

### Emergency Ostomy Supplies

Once your medical information is assembled, it is time to put together your emergency ostomy supplies kit. You should plan to have at least seven to fifteen days' worth of supplies. Ostomy care is very individualized, so use this guideline as a "baseline" and adjust as necessary.

1. Pouching systems for 7-15 days
2. Towel, washcloth or wipes
3. Pair of scissors
4. Bags to dispose of used supplies
5. Hand sanitizer



Optional:

6. Clothing clips
7. Skin cleanser with no oils or lotion
8. Adhesive remover wipes
9. Skin prep wipes
10. Ostomy powder

Assemble the supplies in a waterproof and dust proof container. Depending on your lifestyle, you could use a waterproof backpack like the Driftsun Dry Gear Backpack available from [www.driftsun.com](http://www.driftsun.com) or any other weather proof bags from retailers such as Walmart and the Container Store, or a plastic storage bin. But always remember to store all your records, supplies, phones and laptops in individual water proof bags like Pelican Pouches or zip lock bags.



**Proper Disposal**

Finally, as ostomates we must plan an emergency method to empty our pouches when traditional toilets are not available. For urinary disposal, the portable male or female urinal with locking lid should be part of your emergency kit. For solid waste disposal there are two options - with a bucket or without a bucket. If you have a bucket then the TravelJohn provides a leak proof and odorless way to empty an ostomy pouch, [www.traveljohn.com](http://www.traveljohn.com). The TravelJohn is a biodegradable bag within a bag that fits over a bucket or stand and then folds over and seals for disposal. Each bag contains crystals that turn waste into an odorless gel. Sold in packages of three, each TravelJohn also contains antiseptic hand wipes and toilet paper.

When you do not have a bucket and must empty your pouch, then consider a Biffy Bag available at [www.biffybag.com](http://www.biffybag.com). This personal disposable toilet system fits in the palm of your hand and does not need a bucket. The green Biffy Bag simply ties around your waist. When done simply tie up the bag and stuff in the attached foil disposal bag. Each Biffy Bag contains a liquid solidifier, decay starter, odor eliminator, toilet paper and oversized hand wipe. The green Biffy Bag is biodegradable, and they are sold in quantities of 3, 10 and 25.

The most critical way to survive and deal with a natural disaster is to plan ahead. But recovering from a natural disaster will always involve some impromptu decisions and reacting to the realities on the ground as they happen. We can't always know ahead of time how events will play out.

*>Editors Note: Those living east of the Cascades may have to wait longer for delivery of ostomy supplies during a natural disaster..*

**Vicki Jo Henry Will Be Speaking May 1 at Spokane Ostomy Support Group on “Fermented Foods for a Healthier Gut”**

By Susie Leonard Weller, M.A., Spokane Ostomy Support Group

Vicki Jo received her first temporary ileostomy in 2000. Since then, she’s endured 27 surgeries, mostly abdominal. In 2015 she hit bottom due to throwing up almost everything she ate, losing 100 pounds and was slowly starving to death. However, in the last three years she has completely transformed her health.



## How?

She credits mindful thinking and eating — particularly consuming probiotic beverages and foods that nurture her body with healthy gut bacteria. Her neurologist suggested she read: *Full catastrophe Living* by Jon Kabat-Zinn. This helped her to redefine her pain and to explore what it meant to live mindfully—especially which foods she should eat. She also started adding probiotic beverages and foods into her diet. Vicki Jo believes that the combination of her new nutritional, physical and mental approaches to well-being facilitated her healing at a cellular level.



Today, Vicki Jo is the picture of vibrant health. Her well-being is particularly remarkable because her previous surgeries removed her gall bladder, large intestine, appendix, and ovary, as well as several small bowel resections due to leaks (peritonitis) and complications from blockages.

Nutritionist, Margaret Allan, and coordinator of Nutrition for Ostomates in Australia, confirms the benefits for ostomates regularly consuming fermented foods and/or beverages. She is concerned that many ostomates are nutritionally depleted. Some are affected by an underlying illness prior to becoming an ostomate, such as Crohn’s Disease. Others are impacted by their surgical and medical procedures—both preceding and post stomal surgery. Surgical processes and IV antibiotics can upset the balance between the “good” and the “bad” bacteria within the intestinal tract.

Unfortunately, many ostomates lack customized nutritional support to meet their particular health needs. There is some speculation that the rise in digestive disorders might be related to a deficiency in “good” bacteria in the intestinal tract. Margaret Allan believes that fermented foods can help to restore gastrointestinal health after stomal surgery.

Modern diets regrettably lack many traditional fermented foods, such as sauerkraut, kimchi, kombucha, tempeh, miso, yogurts and kefir. These types of foods and beverages increase the production of digestive enzymes that help to break food down for easier digestion and absorption. According to Margaret Allan, “The so-called ‘good’ bacteria in the intestinal tract provide protection against pathogenic bacteria. The lack of these beneficial bacteria may leave certain people, including those with an ileostomy, colostomy or urostomy, more vulnerable to infection from pathogenic organisms. Their absence may also make it harder to derive some essential nutrients from the foods that are eaten.”

She cautions that ostomates (and others) should slowly introduce fermented foods and beverages to allow the digestive system to adjust. Remember, fermented vegetables are not meant to be eaten in large quantities—but



as condiments to a meal. She also recommends that ostomates consult their healthcare provider for additional nutritional guidance.

Both Margaret Allan and Vicki Jo Henry consider the gastrointestinal tract to be the gateway to health. If it is not functioning well or unable to optimally absorb nutrients, overall health is compromised—and then the whole body can suffer. Even small changes, such as adding fermented foods as condiments to daily meals, can strengthen your gut.

Thankfully, more grocery stores are stocking varieties of probiotic beverages near the natural juices section. Water and Milk Kefirs, as well as Kombucha, contain healthy microbes. Kombucha is used more as a digestive aide. Since Kombucha is made from tea, it does contain caffeine. Kefir has a higher amount of lactic acid bacteria plus more and is considered a drinkable form of a probiotic supplement.

Vicki Jo is grateful to be feeling so well—especially after her 30-year journey of coping with health challenges. Her favorite Chinese Proverb is: *Those who take medicine and neglects diet wastes the skill of their doctors.* She wants to share what she has learned with others. Vicki Jo has dedicated herself to teaching others about how to improve their gut health through probiotic foods and beverages.

You are invited to meet Vicki when she shares her insights and recipes as the Spokane Ostomy Support Group Meeting on **Tuesday, May 1 from 6:30 to 8:00 p.m.** at the Sacred Heart Medical Center. All are welcome to attend!

*\*This is a condensed version of a longer article about Vicky Jo that was published in the Spring, 2018 issue of the **Phoenix Magazine.***

## “Garden Tubing Supports Urostomate’s Sleep at Night”

By Susie Leonard Weller, Spokane Ostomy Support Group

Although my brother-in-law, Peter Weller, rarely complains about his urostomy, he was frustrated by his night drainage system kinking off and waking him up at night. Thankfully, it didn’t take long before Peter figured out a solution. He applied his 37 years of nursing experience working with catheters and his love of gardening to find a simple fix.

Peter prefers using the Urocare™ Urinary Drainage System to collect his urine into a two-liter jar. The container is easier to clean with less drag and pull throughout the night. A self-cleaning Little Red Valve™ prevents the back flow of urine. However, he did not like waking up at night with an almost over-flowing pouch due to a kink in the drainage tube.

Always resourceful, Peter drew upon his experience of setting up drip systems in his back yard to resolve the issue. First, he cut a five inch piece of garden drip poly pipe that was ½ inch in diameter. He used this tubing to create a vertical “collar” for the connection tubing. (see photo). Since the garden pipe is just slightly larger than the 3/8 inch





diameter of the drainage tube, this allows it to slide easily over the existing vinyl tubing.

Strengthening the tube where it connects to the collection jar provides multiple benefits. The extra support prevents kinking when the tube enters into the jar. It reduces clean up time and minimizes the amount of hoses he needs to change. To maintain a sterile environment, Peter rinses out his hose every morning with a mixture of one-part vinegar to a two-part water solution. To increase effectiveness, he lets the cleaning solution set for 15 minutes before flushing it. But the biggest advantage is that these simple adaptations support Peter to sleep better throughout the night.

For more tips on how to live well with a urostomy, consider joining the monthly Bladder Cancer and Urostomy Support Group in Spokane, WA. It meets for dinner at the downtown Perkins Restaurant at 5 p.m. on the first Tuesday of the month prior to the Spokane Ostomy Support Group meeting at Sacred Heart Medical Center. For more details, contact Keith Alloway, the facilitator of the Bladder Cancer and Urostomy Support group at: (509) 847-5999, [inwbladdercancergroup@gmail.com](mailto:inwbladdercancergroup@gmail.com), or [KLalloway@comcast.net](mailto:KLalloway@comcast.net).



October 6, 2018



## 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. Contact Keith Alloway (509) 847-5999, or email him at [KI.alloway@comcast.net](mailto:KI.alloway@comcast.net).

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

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

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

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



## 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 pm on the 3rd Thursday of each month (February-November);
- Kootenai Health & Medical Center, 2003 Kootenai Health Way, Coeur d'Alene, ID.  
Heart Center Classroom, 3<sup>rd</sup> floor, south wing above ER.
- 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 held monthly at 12:30-1:30 pm on the 2nd Monday each month (January-February);
- Tri-State Memorial Hospital, 1221 Highland Ave, Clarkston, WA; hospital conference room on main floor.
- Contact: Janet Scheelke, President at 208-305-1723.

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

- Meetings are 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. In 2018, 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 are currently held 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: 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 pm (see contacts for meeting schedules and agendas).
- Confluence Health Central Washington Hospital 1201 S. Miller St., Wenatchee, WA; Conference rooms F & G.
- Contact: Tyree Fender, RN, BSN, CWOCN at 509-665-6156.

### Yakima Ostomy Support Group, WA:

- Meetings are 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 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)).

“Look for Something Positive in Each Day,  
Even If Some Days You Have to Look a Little Harder”