



Welcome Inland Northwest Ostomates!



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### WHAZZ UP

**Summer Greetings** to all of you in our Eastern Washington and Northern Idaho Communities – Ostomates, Family Members & Caretakers, our Healthcare Professionals, and our friends! I am hopeful that the frequent strong winds that plagued us through spring will calm down as fire season is upon us. We all should prepare for rapid evacuations in the event of threatening wildfires. In particular, it is important that each of us prepare a rapid response go-pack that includes our **medications** and **ostomy supplies**!

And let's not forget that **Ostomies are Lifesavers**! In October, the UOAA will again sponsor its annual **Run for Resilience Ostomy** event to celebrate **Ostomy Awareness Day**, a celebration of lives saved! Don't forget to register to help raise funds and have fun!!

This issue of the **"InSider" Newsletter** includes some excellent advice and informative articles: **"Tips on Staying Hydrated"** should be given serious thought this summer season, **"The Value of Intimate Conversation"**

Continued next page.

### REGIONAL OSG MEETINGS



#### Summer 2024

**Coeur d'Alene, ID:** Support group meetings held in person on the 3rd Wednesday each month at 3 pm in the basement conference room in Kootenai Clinic Interlake Medical Building, 700 Ironwood Dr., Coeur d'Alene, ID:

July 17: TBA + Ostomy Support.

Aug 21: TBA + Ostomy Support.

Sept 18: TBA + Ostomy Support.

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

July 8: Electrolytes + Ostomy Support.

Aug 12: Self Image + Ostomy Support.

Sept 9: TBA + 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:

July 3: Zoom meet – Ostomy Support.

Aug 7: Zoom meet – Ostomy Support.

Sept 4: Zoom meet – Ostomy Support.

**Spokane:** First Tuesday each month, Mar.-Oct. in person at Sacred Heart Medical Center, and Nov.-Feb. via Zoom **4:30-6:00 pm**. Invitations sent via email prior to each meeting. Call 509-601-3892 with questions:

July 2: Ice Cream Social + Ostomy Support.

Aug 6: Coloplast – Elsa Goodman

Sep 10: Ask a WOCN + Ostomy Support.

Oct 5: Run for Resilience picnic–Manito Park

Nov. 5: Zoom–Coping w/ Surgical Adhesions

Dec. 3: Zoom–TBA Ostomy Support

**Tri-Cities:** We are meeting again: Quarterly on the last Monday of the month excluding holidays; 3:30-4:30 pm, Healthplex at 1268 Lee Blvd Richland WA 99352

Aug. 26: Coloplast – Hernia-related products.

Nov. 25: Colorectal Team??– Ostomy Support.

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

**Yakima:** >> Meetings held second Wednesday bimonthly; 10:00-11:00 am in a new meeting place - Wellness House 6606 Summitview Ave. Yakima, WA:

July 10: Brian Moriniti, Byram Healthcare.

Sept 11: Amanda Boden, Hollister

**NOTE:** Details about each support group's leaders and locations are listed on page 12.

and “**Sexual Well-being and Intimacy after Ostomy Surgery**” are excellent educational pieces for new as well as veteran ostomates. In particular, the “Intimate Conversation” article is an important and sobering reminder of how critical it is for each of us to be aware of signs of distress from our fellow ostomates, , , as well as their family members. You can make a positive difference in their lives!

Our regional website - [inlandnwostomy.org](http://inlandnwostomy.org) – has been updated with additional information plus photos added. Please 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 suggestions, questions, articles, and letters! ■

## NATIONAL SPOTLIGHT

### Selected Highlights

UOAA staff and board members continue their innovative efforts to offer a variety of quality presentations, motivating experiences, and assistance. Here are just a few:

**Ostomy Academy** (<https://www.ostomy.org/ostomy-academy/>):

The latest presentation, “**Bridging the Gap in Ostomy Nutrition**” (May 15, 2024) is a MUST-SEE educational event, one of UOAA’s best ever regarding diet. Three other excellent recorded sessions include:

- **Parastomal Hernias** – March 12, 2024.
- **Medical Insurance & Supplies Coverage** – October 24, 2023.
- **Summer Travel Tips** - June 21, 2023. ■

**Run for Resilience** (<https://www.ostomy.org/5k/>):

Celebrate **Ostomy Awareness Day** on Saturday, October 5, 2024, for the **Run for Resilience Ostomy 5k**. In-person events are scheduled in cities around the country. The UOAA’s virtual Run for Resilience will return so you can participate and gather with friends and family wherever you are. **Spokane OSG** registered this year as a virtual group fundraiser – **Lilac City Pouchers** - and will host an informal Run/Walk/Stroll and picnic in the North Shelter in Spokane’s **Manito Park** on October 5. To join in our fun, go to <https://runsignup.com/Race/ME/Biddeford/VirtualOstomy5k>, register as a participant, and join our team and/or donate to our cause! Reach out to Phil Moyle if you have questions (509-251-6988; [pmoyle6000@aol.com](mailto:pmoyle6000@aol.com)).



**Virtual Ostomy Clinic** (<https://www.ostomy.org/clinic/>): Ostomy care for those who do not have a local ostomy clinic. Give it a try! See the graphic below.

**Your Own Virtual Certified Ostomy Nurse**

Via: <https://www.ostomy.org/clinic/>



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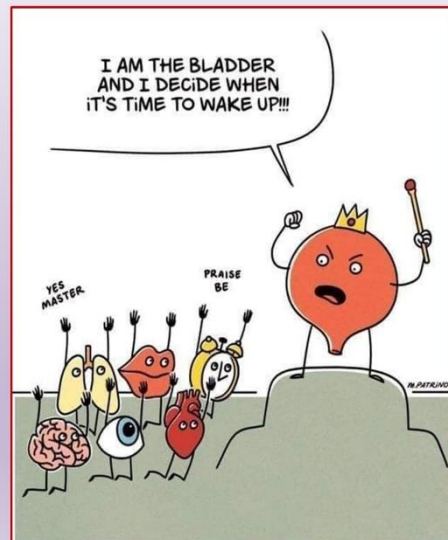
**Many Thanks to Lynn Brink and our Leadership Team Members for Their Helpful Contributions to and Editorial Reviews of This Newsletter**

Carol Nelson, Susie Weller, Cynthia Ford, Ted Langevin, Bill Brogan & Keith Alloway



## DIVERSION INSPIRATION & HUMOR

(Submissions & ideas welcome)





## 2025 UOAA National Conference

**Orlando, Florida**

**August 14-16, 2025**

Save the date for this highly anticipated social and educational event! Plan a vacation with family or ostomy friends at the fabulous Hyatt Regency Grand Cypress Resort. Group hotel room rates and more information coming soon.

- Phil Moyle, Spokane OSG, plans to attend! See you there!



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## 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. **Contact your support group coordinator/leader for up-to-date information!**

- Coeur D’Alene Ostomy Association, ID:** 06/19/2024 - Update from Sarah Jenicek, RN, BSN, WOCN – The Coeur d’Alene Ostomy Association holds in-person meetings on the 3rd Wednesday each month at 3 pm in the Kootenai Service Building, Bear Lake Conference Room, 2205 Kootenai Health Way, ID. If you have any questions, please reach out to Nancy Luckey or Sarah Jenicek, BSN, RN, CWOCN at 208-625-6944, Wednesday- Friday 7:30-5:00. Due to the departure of Stefanie Nissan, topics of upcoming meetings are “To Be Arranged.”
- Lewiston, ID-Clarkston, WA United Ostomy Support Group:** 06/24/2024 - Update from Cheryl Hofer, Treasurer – Our support group still meets at Canyon’s Church, 717 15<sup>th</sup> St. in Clarkston, WA, 12:30 to 1:30 pm every 2nd Monday of the month. Topics in upcoming meetings include the following: July 8 – Electrolytes; August 12 – Self Image; September 9 – TBA.
- Palouse Ostomy Support Group - Moscow, ID:** 06/12/2024 – Update from Frances Newcombe – 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 of each month until further notice. Invitations with a specific date and time will be sent out monthly.
- Spokane Ostomy Support Group - Spokane, WA:** 06/20/2024 - Report by Carol Nelson, Facilitator (509-601-3892) – Note that we now gather in-person for our spring, summer, and fall meetings which are held in the Mother Joseph Room off the east end of the cafeteria dining area at Sacred Heart Hospital from 4:30-6:00pm. From November through February, we will once again move to virtual meetings via Zoom to avoid traveling during winter weather. Upcoming meetings include:
  - **July 2<sup>nd</sup> - Ice Cream Social** - Come enjoy some ice cream treats and plenty of time to visit with members.
  - **August 6<sup>th</sup> - Coloplast** - Elsa Goodman will share about new products and answer questions about their line of ostomy supplies.
  - **September 3<sup>rd</sup>** - We will host an “**Ask a WOCN**” meeting where you can come with your questions and learn from a Providence WOCN.
  - **October 5<sup>th</sup>** - (Saturday) SOSG’s own “**Run/Walk/Stroll for Resilience**” at Manito Park’s North Shelter off Grand Ave. Join us for warm drinks and snacks in the shelter, a walk or stroll through Manito’s beautiful gardens at your own pace, then enjoy a social celebration “bring your own bag” picnic with prizes and fun. Look for registration information and more details on page 2 in this newsletter.
  - **November 5<sup>th</sup>** - Zoom Meet – “**Coping with Surgical Adhesions**” Susie Weller and Kathy Halleran.
  - **December 3<sup>rd</sup>** - Zoom Meet – “**Tips for Holiday Travel and Social Events**”.



*Spokane OSG Leadership Team met for a potluck BBQ dinner and socializing on June 8 at the Moyle’s place.*

*Continued next page.*





**Directions to the Mother Joseph Room:** The Mother Joseph Room is located at the east end of the cafeteria on L3. You can park in the garage which is also on the east side of the building. Take the Star Elevators to 1 to access security and the Fish Elevators. Take the Fish elevator to L3. The Mother Joseph Room is to the right of the elevators, just past the restrooms in the hall. Follow the signs.

**Or** you can also park in the Doctor’s Office Building parking garage and enter through the main hospital entrance. Check in at the security station, take the main elevator to L-3, and follow directions to the cafeteria. The Mother Joseph Room is at the far east end from the cafeteria entrance.

- **Mid-Columbia Ostomy Support Group - Tri-Cities, WA:** 06/17/2024 – Reported by Nancy Serna, RN, BSN, CWON – At our May meeting, Brian Moriniti an overview of Byram Healthcare services and how to troubleshoot order issues. Coloplast will present on hernia related products for our August 26 meeting, and for our November 25 meeting, we are still trying to get the Kadlec Colorectal Team to present on parastomal hernias. We meet 3:30-4:30 pm at the Healthplex at 1268 Lee Blvd Richland WA 99352 in one of our conference rooms depending on conference room availability. Family and or support persons are also welcome to attend the meetings.
- **Confluence Health Ostomy Support Group - Wenatchee, WA:** 06/21/2024 – Reported by Tyree Fender, CWOCN – The Wenatchee group has not been meeting and currently we do not have any plans to hold meetings. We have limited staffing with retirements and vacations, so we are unable to develop a plan for the support group at this time. Hopefully when our staffing is better, we can start holding meetings.
- **Yakima Ostomy Support Group - Yakima, WA:** 06/20/2024 – Kanista Masovero, CWOCN – We have a new meeting place. Wellness House 6606 Summitview Ave., Yakima. We will still meet every 2<sup>nd</sup> Wednesday from 10-11. July 10 will be Brian Moriniti from Byram and Sept. 11 will be Amanda Boden from Hollister. All times will be 10-1100 and at North Star Lodge in the Cascade Community Room. Thank you, Kanista and Nicole. ■



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## QUARTERLY ARTICLES & TIPS

### **Tips on Staying Hydrated from a Marathoner with an Ileostomy**

<https://www.hollister.com/en/OstomyCare/OstomyLearningCenter/LivingWithAnOstomy/TipsOnStayingHydratedFromAMarathonerWithAnIleostomy>



[MarathonerWithAnIleostomy](#)

Ileostomate and athlete Collin Jarvis shares his recommendations for staying hydrated when you're physically active.

#### **Get tips on how to manage your fluid intake and avoid dehydration.**

My name is Collin Jarvis\* and I had ileostomy surgery in 2014 when I was on the Cross Country and Track & Field teams at the University of California – Berkeley. Staying hydrated was always an important aspect of my athletic performance, but after I had surgery, it became even more critical for me to drink enough fluids. Why? Because having an ileostomy can meaningfully reduce the body's ability to get hydrated.<sup>1,2</sup>

Over the last decade I have continued to compete as an endurance athlete. Below are my top three tips for new ostomates looking to stay on top of their hydration:

#### **Tip #1 – Make sure you are getting enough hydrating fluid throughout the day**

It can be challenging to keep up with fluid intake, especially when living with an ileostomy.<sup>3</sup> I know this from personal experience!

Start by talking to your clinician about how much fluid you need on a daily basis. They will be able to point you to the best resources for your specific needs. General guidance is available online, but everybody is unique. Keep in mind that the resources you come across online are going to be calculating fluid needs for a person who has all of their internal organs. So, once you identify that baseline, ask your doctor if you need to increase your fluid intake above that level. In my case (i.e., as someone who is extremely active and has had their entire large intestine removed), I take in about 20% more fluids than what the average online calculator recommends.

[Continued next page.](#)



## Tip #2 – Be aware of when and how you are taking in your fluids

Make sure to spread out the volume of liquid that you’re drinking as evenly as possible. In other words, take small and frequent sips throughout the entire day. This is important because our bodies are not perfectly efficient at absorbing the fluids that we put into them.

For example, you may have determined that you need around 100 ounces of liquids each day to meet your hydration needs. However, if you were to wake up in the morning and drink all 100 ounces right away, you would end up urinating most of that water out. In addition, drinking too much water at one time can dilute your body of the electrolytes it needs to properly absorb water which can exacerbate dehydration. Spreading out your fluid consumption evenly throughout the day is going to allow your body to work most effectively.

## Tip #3 – Supplement with electrolytes

Another tip is to focus on getting the right balance of electrolytes as you hydrate. Electrolytes serve several important functions in our bodies’ processes, but in terms of staying hydrated, the important thing to know is that we need them to efficiently absorb the fluids that we drink. Since many of us with ostomies will be taking in more fluid throughout the day to meet our new daily requirements, we may have an increased need for electrolytes as well.<sup>4,5</sup>

Generally speaking, sodium, potassium, and magnesium are the big three to look for in supplements, but work with your healthcare professional to determine what mix of electrolytes would be best for you and your body.<sup>6</sup>

## It makes sense to stay on top of your hydration

Regardless of whether you are dealing with severe dehydration issues or are just learning more about how to live well with your ostomy, I would highly encourage you to evaluate your daily hydration routine. Consuming the right amount of fluids will help keep your body functioning properly. Happy hydrating!



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*\* Collin received compensation from Hollister Incorporated for his contribution to this article. The testimonials, statements, and opinions presented are applicable to the people depicted. These testimonials are representative of their experience, but the exact results and experience will be unique and individual to each person. Please make sure to consult with your healthcare professional for further guidance and instruction. The information provided herein is not medical advice and is not intended to substitute for the advice of your personal physician or other healthcare provider.*

## **The Value of Intimate Conversation**

*by Ellyn Mantell, [morethanmyostomy.com](http://morethanmyostomy.com); via UOAA Articles to Share, April 2024*

**Editor's Note:** Although this story was written about a support group out of our region, I FEEL that the support group meetings I have attended in the Inland Northwest reflect a similar atmosphere of sharing and concern. This is what it's about folks!

Our Ostomy Support Group has become a wonderful source of comfort, education, and positivity over the years. We are cohesive and I am proud to say that I have personally spoken with, or had contact with, each and every member at one time or another. In our one-on-one establishing of rapport, we discuss everything on the mind of the ostomate, some things more personal than others. Opening up in the group is more difficult, and I am not referring to anything specific, including "under the covers" conversation. Just being able to say, "This is how I feel..." is a privilege we all appreciate.

At our monthly meeting last week, one of our members said, "Although it is the end of the meeting, I just have to say that sometimes, I am sad when I look at myself." We all stopped, and I saw faces change, look at the screen and actually acknowledge, in unison, "Yes, I feel that way at times." I realized that in being a cheerleader, always attempting to put a positive face on ostomy or other challenges, I had neglected to leave space for sadness.

There is sadness when we feel our bodies have betrayed us. We can tell ourselves how fortunate we are...and WE ARE!!! but, we can be sad. As one of the ostomates pointed out, gratitude and grieving can happen simultaneously. Even a decade later, I can remember leaving the shower the day I returned home from my ileostomy and looking at myself in the mirror. "Oh, my G-d, how will I ever look at myself again?" I cried and I cried, knelt on the floor, and couldn't lift myself to dry. Bruce came into the bathroom and saw a woman in extremis, miserable and humiliated. He held me and I sobbed, asking him how he could look at me? He told me that he was very proud of me, that he loved me. I gave myself permission to grieve and then, with infinite gratitude for this lifesaving surgery, I put on my nightgown and slept.

I am so proud of our group, for many reasons, not the least of which is that going deep in our feelings is a way to truly connect, to truly understand, and to truly be with another. The value of intimate conversation is that the other person knows that another has experienced or is, even now, experiencing the same emotions and reactions as they.



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When people ask me why they should attend a support group of any kind, I simply reply “People need people!” And I would like to add to that, we need others to share confidences, acknowledge they are not alone, and to simply say, “Yes, I have been there, felt that, understand.”

If you need support, please reach out. There truly is nothing new under the sun, and if you are experiencing grief, you may just feel gratitude, as well. ■

**Editor’s Note:** Although this story was written about a support group in a different part of the country, I FEEL that the support group meetings I have attended in the Inland Northwest – in-person and via Zoom – have reflected a similar atmosphere of sharing, caring, and helping. This is what it’s about folks!

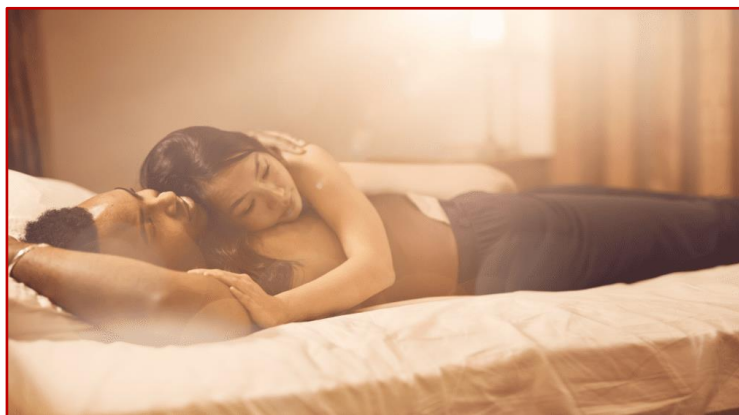
## Sexual Well-Being and Intimacy After Ostomy Surgery

<https://www.ostomy.org/sexual-well-being-and-intimacy-after-ostomy-surgery/>

After ostomy surgery, it’s natural to feel sensitive about how your body has changed and be concerned about how it might affect intimacy and your sex life in the future.

**Wherever you are in your journey, your sexual well-being is an important part of who you are.**

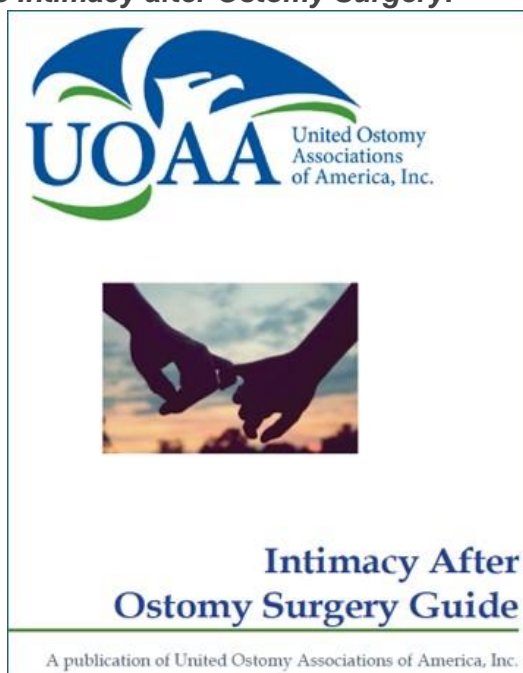
- Sexual well-being is an important part of everyone’s life, regardless of whether you are in a committed relationship, enjoying or thinking about dating, not sexually active, or unpartnered.<sup>1</sup>
- It covers many areas including body image and self-esteem, sexual function, reproductive health, emotional and physical satisfaction, and can impact both your physical and mental well-being.<sup>1, 2</sup>
- Pleasurable, fulfilling and fun sexual and intimate experiences are not out of bounds because you’ve had ostomy surgery. And no matter what your relationship status, age, gender or sexuality, starting the conversation about sex is just as important as the discussions around diet, exercise, skin issues and generally living with your ostomy.



**Here are some topics you can explore in more detail in *A Guide to Intimacy after Ostomy Surgery*:**

- **If you’re not ready, don’t rush.** For some, intimacy will be one of the most important aspects of life they want to resume post-surgery, and for others, it might be the last thing on their minds.
- **When you are ready....**Communication is the key when it comes to intimacy. Make time to talk to your partner.
- **Enjoying intimacy with an ostomy is anything but boring!** Refer to the Guide for tips to increase your, and your partner’s, enjoyment.
- **Sexual orientation:** Whatever your gender identity and sexual orientation, there are so many different ways of expressing and enjoying intimate moments including holding hands, hugging, kissing, cuddling and lots more.
- **Common issues that can affect everyone.** The most common issues reported to us from people following ostomy surgery are feeling they must resume intimate relationships straightaway, and a fear of disappointing their partner.<sup>1</sup>Two very common conditions that can affect sexual intimacy – vaginal dryness and

[Continued next page.](#)



erectile dysfunction – can be experienced by men and women at all stages of life, and whether they have an ostomy or not.

- **Pregnancy with an ostomy:** Many women with an ostomy worry that pregnancy will be an issue after surgery, but in the vast majority of cases, it shouldn't be. Most women are able to enjoy a very typical experience. ■

**Editor's Note:** UOAA's “[Intimacy After Ostomy Surgery Guide](#)” is a highly recommended reference for all ostomates but especially for those who have undergone recent ostomy surgery! The adjacent image on page 9 is hyperlinked to a downloadable PDF on the UOAA website.

## Some Inspiring and Empowering Quotes from Ostomates

Source: Ostomy Connection

“You have to love yourself before anyone else can. Be confident and embrace what has saved your life.”

– *Danielle McCormack*

“I remind myself to focus on all the ways that an ostomy is providing a better life. And life is so much more worth living when you're not ashamed of or trying to hide the equipment that's keeping you alive.”

– *Steven Holman*

“My ostomy gave me life. I learned to appreciate that life. Sure, I was different. I still am. But I have grown to love myself for that.” – *Shawntel Betha*

“Your ostomy is giving you another chance at that life, so you might as well live it exactly the way you want. The strength to do so lies within you. Simply take the first step, and then take another.” – *Ted Vosk*

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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.

**MultiCare Deaconess Hospital - Wound Center** – Outpatient Ostomy Patients seen on Thursdays and Fridays (509-603-9027); appointments & MD referral required. Wound Clinic (509-603-7005).

**Spokane Ostomy Visitor Program** - If you would like to speak to someone who has an ostomy contact Carol Nelson (509-601-3892); [carol@nelsonwheat.com](mailto:carol@nelsonwheat.com) to arrange a call or visit.

**Kootenai Health Medical Center – Outpatient Wound/Ostomy Care** – (208-625-3582) - 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 ostomates, 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: <https://www.ostomy.org/>.

**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** 1-888-808-7456  
<http://www.hollister.com/>

> **Coloplast** 1-888-726-7872  
<http://www.coloplast.us/Ostomy>

> **ConvaTec** 1-800-422-8811  
<http://www.convatec.com/ostomy/>

**INLAND NORTHWEST OSTOMY SUPPORT GROUPS**  
**Regular Support Group Meeting Schedules\* and Contacts**  
**Eastern Washington & Northern Idaho**

(Also, check the “Inland Northwest Ostomy Support Groups” website: <http://inlandnwostomy.org>)

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

- Contact: Nancy Lucky or Sarah Jenicek BSN, RN, CWOCN at 208-625-3582 - Kootenai Outpatient Wound Clinic.
- Meetings: Support group meetings are held in person on the 3rd Wednesday each month at 3 pm in the basement conference room in Kootenai Clinic Interlake Medical Building, 700 Ironwood Dr., Coeur d’Alene, ID

**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 15<sup>th</sup> St. in Clarkston, WA.

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

- Contact: Carol Nelson - Facilitator, Visitation Program at 509-601-3892, [carol@nelsonwheat.com](mailto:carol@nelsonwheat.com).
- Meetings: Held on the first Tuesday each month; in person from 4:30-6:00 pm March-September in Mother Joseph Rm. at Sacred Heart Medical Center, via Zoom from 6:30-8:00 pm November-February, and in person in Manito Park on Ostomy Awareness Day, first Saturday in October, time TBD. See monthly announcements.

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

- Contacts: Nancy Serna, CWON at 509-942-2266 or Wayne Pelly (Visitation Chairperson) at 509-943-3223.
- Meetings: Quarterly meetings (Feb., May, Aug., Nov.) on the last Monday of the month excluding holidays; 3:30-4:30 pm, at Healthplex at 1268 Lee Blvd Richland WA 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, volunteer, 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. Currently no meetings.

**Yakima Ostomy Support Group, WA:**

- Contact: Kanista Masovero, RN, CWOCN at 509-575-8266 Virginia Mason Memorial Ostomy/Wound Care Services.
- Meetings: Usually held second Wednesday bimonthly; 10:00-11:00 am. Now held in the Wellness House 6606 Summitview 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](mailto:SOSG.Input@gmail.com)).