



Welcome Inland Northwest Ostomates!



WINTER WONDERLAND



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WHAZZ UP

Winter Greetings to all of you in our Eastern Washington and Northern Idaho Communities – Ostomates, Family Members & Caretakers, our Healthcare Professionals, and our friends! Well, it has sure been wet in Spokane and other low-lying areas of our region, but snow accumulation seems confined to mountainous areas. So, Hurray for all of you skiers!!

Hope all of you enjoyed our Holiday Season and were able to spend quality time with family and friends. My wife Gisela and I had Christmas with many of our loved ones and virtually visited with two grandsons in the Army, both doing fine in Georgia and Kansas.

We all should express our appreciation for the dedicated healthcare folks, especially Ostomy Nurses, who helped make our lives easier and to our ostomy support group leaders who volunteer their time to provide us all with fun and educational experiences! Thank you!

This New Year, 2025, offers many opportunities for ostomates to improve our lives. In particular, UOAA's

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REGIONAL OSG MEETINGS

Winter 2025



See Page 12 for Support Group Contacts and Meeting Dates, Times, & Places



Coeur d'Alene Ostomy Association, ID

Jan 15: TBA + Ostomy Support.
Feb 19: TBA + Ostomy Support.
Mar 19: TBA + Ostomy Support.

Lewiston-Clarkston Ostomy Support Group ID-WA

Jan 13: Intestinal Blockages by Janet Scheelke.
Feb 10: Nutrition by Adrian Wilson.
Mar 10: TBA + Ostomy Support.

Palouse - Moscow, ID

>> The Palouse Ostomy Support Group has officially closed.

Spokane Ostomy Support Group

Jan 7: Zoom – Collin Jarvis – Ostomate & Athlete
Feb 4: Zoom – Group Discussions by Surgery
Mar 4: Zoom – UOAA Educational Programs

Tri-Cities/ Mid-Columbia (Richland):

Feb 24: TBA + Ostomy Support.

Wenatchee/Confluence Ostomy Support Group:

>> Regular ostomy support meetings canceled until further notice.

Yakima Ostomy Support Group

Jan 06: Urologist – Dr. Matt Uhlman.
Mar 12: TBA + Ostomy Support.
May 14: Elsa Goodsen, Coloplast Rep

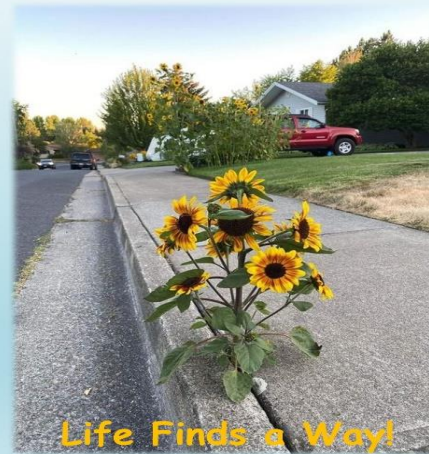
2025 Conference, to be held at a resort in mid-August offers a wide range of educational and social experiences, ones I certainly want to enjoy! Registration begins January 1, 2025.

This issue of the “**InSider**” Newsletter includes some excellent advice and informative articles important to all of us: “*Prevention and Management of Abdominal Adhesions and Blockages*”, “*Managing the Challenges of Pancaking*,” and “*Discarding Pouches Discreetly but with Dignity*.” Updates about each of our regional support groups are also presented.

Our regional website - inlandnwostomy.org – has been updated with additional information and 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! ■

DIVERSION INSPIRATION & HUMOR

(Submissions & Ideas welcome)



NATIONAL SPOTLIGHT

Selected Highlights

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

Try out recorded sessions of the **Ostomy Academy!** The next presentation, “**Reflections in the Mirror: Feeling Confident with your Ostomy**” will be presented live on January 15, 2025. All sessions are recorded and can be watched by going to <https://www.ostomy.org/ostomy-academy/>. Other excellent recorded sessions include:

- **Reflections in the Mirror: Feeling Confident with your Ostomy** - January 15, 2025.
- **Mental Health for Ostomates – Adjusting to Life with an Ostomy** – November 19, 2024.
- **Sexual Intimacy and Reproductive Health for Ostomates** – September 17, 2024.
- **Bridging the Gap in Ostomy Nutrition** - May 15, 2024.
- **Parastomal Hernias** – March 12, 2024.
- **Medical Insurance & Supplies Coverage** – October 24, 2023.
- **Summer Travel Tips** - June 21, 2023.
- **Foundations of Recovering from Ostomy Surgery** - March 28, 2023.
- **Leaks, Tweaks, and Peeks** - April 26, 2022.
- **New Year Mindset: Mental Health, Ostomy and Chronic Illness** - January 12, 2022. ■

2025 UOAA National Conference

It only happens every two years, make this the year you attend!
Hotel Reservations are now open! Registration will open on January 1, 2025!



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. Registration will open on January 1, 2025.

Visit www.ostomy.org/2025conference/ regularly for updates.

Our Appreciation for diligent editorial reviews by Dani Mercer and Carol Nelson!



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REGIONAL-LOCAL OSTOMY SUPPORT GROUPS

Activities & Announcements

Following are brief reports from each of the 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:** 12/26/2024 - Update from Nancy Lucky, RN, BSN, WOCN – We had a lovely mix and mingle Holiday social in December. Thank you to Brian Moriniti with Byram Healthcare and Elsa Goodsen with Coloplast for stopping by! We also had Claire, one of wound care nurses discuss how to sew ostomy pouch covers, and we enjoyed having Bobbi and Monica, two of our in-patient nurses from Kootenai health, dropped by to visit and answer one on one questions. We played mix and mingle BINGO, and everyone shared good conversations and food. We rounded out the day with a presentation from our inpatient volunteer services who are assisting with rolling out the ostomy volunteer program. If anyone is interested in becoming an ostomy volunteer to meet with new ostomates in the inpatient setting, please contact Nancy Luckey, CWON for more information 208-625-6944.

In January, we will have a presentation on [barrier rings, different types and when to use them](#), and we will highlight the flow assist product line which has had some interesting upgrades recently! February is TBD, and in March we will hear from [Brian Moriniti from Byram HealthCare](#).

- **Lewiston, ID-Clarkston, WA United Ostomy Support Group:** 12/19/2024 - Update from Adrian Wilson, President – David Orr shared core exercises to help avoid hernias in November, and Sister Marjory Schmidt talked about Advanced Directives and living wills in December. In January, Janet Scheelke will talk about [intestinal blockages](#), and in February Adrian Wilson will talk about [nutrition](#). [Bathroom etiquette](#) will be the topic for our March meeting.
- **Palouse Ostomy Support Group - Moscow, ID:** 11/01/2024 – **Closure Report** from Linda Loomis – The Palouse Ostomy Support Group began at Gritman Medical Center in Moscow, Idaho, on the evening of August 22, 2019, with 11 Ostomates and 3 Wound and Ostomy Care Nurses, searching for a way to connect and support each other’s journey. We organized and joined the UOAA. Over the next few years we formed a family, caring deeply for each other, and grew to 31 members. Covid hit the Palouse, so we moved to ZOOM. Time took members away from us until we made the recent decision to quietly end. Those few of us remaining have pledged to continue our friendships. The final meeting was held on October 2, 2024. We especially appreciated the support from Rich Judd, former Account Manager for Byram Healthcare in Spokane, Eastern Washington, and North Idaho, and Phillip Moyle, member of Spokane Ostomy Support Group’s Leadership Team. Our remaining members are invited to join the Spokane Ostomy Support Group.
- **Spokane Ostomy Support Group - Spokane, WA:** 12/27/2024 - Report by Carol Nelson, Coordinator/Facilitator (509-601-3892) – Our [Run/Walk/Stroll for Resistance](#) event in Manito Park on [Ostomy Awareness Day](#), October 5 was a resounding success! With the exception of an early [Grinch](#) visit by a hungry cookie thief who made off with a full box of goodies during setup, all had a good time. Two toasty fires kept us warm and provided energy for a variety of hot drinks to go with the abundant snacks! All ostomates who attended received a Byram-supplied bag full of ostomy accessories provided by several companies. Most of us participated in the 5k run/walk/stroll around and through Manito Park and its beautiful gardens. First, Second, and third place winners – Cynthia Ford, Susie Leonard Weller, and Dori Lengavin - received recognition medals, and many others received drawing gifts, including a 1-year subscription to The Phoenix Magazine won by Anne Peasley. A brown-bag lunch and visiting with our friends were enjoyed by all. A composite photo of the event is shown on the next page (5).

Note that after some schedule testing this year, we are adjusting our schedule for future meetings. **Spokane OSG** will continue to meet on the first Tuesday of each month, but the new meeting time will be 6:00-7:30 pm. Meeting schedule: November-March will be *via Zoom*; April-June will be *in-person* in the

[Continued next page.](#)

Mother Joseph Room, off the east end of the cafeteria dining area, at Sacred Heart Hospital; and July-October will be *in-person* at Manito Park. Invitations are sent via email a week prior to each meeting. Call 509-601-3892 with questions Upcoming meetings include:

- **January 7 - Zoom Meet - Collin Jarvis - Ostomate, Marathoner, and Inspirational Speaker** will provide tips for living well with an ostomy!
- **February 4 – Zoom Meet – Small Group Discussions by Surgical Type”** – We plan to start off all together and then break up into small groups by surgical type to share tips and advice.
- **March 4- Zoom Meet – UOAA Outreach Programs - Ostomy Academy, Webinars, and National Conference** by Amie Leigh Reece, UOAA Board of Directors.

Members of **Spokane Ostomy Support Group** in the annual **Run/Walk/Stroll for Resilience** in Manito Park.



- **Mid-Columbia Ostomy Support Group - Tri-Cities, WA:** 12/26/2024 – Reported by Nancy Serna, RN, BSN, CWON – Our last meeting was November 25, 2024 at 3:15 PM at the HealthPlex located at 1268 Lee Blvd, Richland WA, 99352. Our speaker was a member of the Kadlec Colorectal Surgery Clinic who gave an overview of parastomal hernias and treatment options and management. Our meetings are scheduled quarterly and will occur on the last Monday of the month at 3:15 -4:15 PM. We will move the meeting up

Continued next page.

one week if it falls on a holiday. If anyone is interested in helping out with the ostomy support group, please contact me. We are looking for volunteers. The following dates are the planned ostomy support group meetings for 2025, and our meeting topics are TBD. All meetings start at 3:15 PM -4:15 PM and will be held at the HealthPlex Maple Conference Room: Monday February 24, 2025; Monday May 19, 2025; Monday August 25, 2025; and Monday November 24, 2025.

- **Confluence Health Ostomy Support Group - Wenatchee, WA:** 12/13/2024 – Reported by Tyree Fender, CWOCN – We are doing well here and staying crazy busy. With our current staffing issues, we still are not holding ostomy support group meetings. We will re-evaluate this again next month.
- **Yakima Ostomy Support Group - Yakima, WA:** 12/18/2024 – Kanista Masovero, CWOCN – Things are wonderful here, one day it snows and the next day it's sunny. In January our meeting will be held on Monday January 6 at Wellness House 6006 Summitview Ave. Our guest will be **urologist Dr. Matt Uhlman**. In March we will be back to Wednesday meetings. Our March 12 meeting, guest TBA, will be held at Wellness House. On May 14 our guest will be **Elsa Goodsen, a Coloplast rep**. Looking forward to the New Year. Happy Holidays! Kanista and Nicole. ■



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QUARTERLY ARTICLES & TIPS

Could Adhesions from Surgery Be Causing Your Abdominal Pain or Blockages?

by Susie Leonard Weller

Sheree Dibiase, PT Director of Lake City Physical Therapy in Coeur d'Alene, Idaho, explained that abdominal adhesions are bands of fibrous scar tissue that form on organs in the abdomen. They can cause organs to stick to one another on the wall of the abdomen, causing pain and intestinal blockages. Over time, post-surgery scar tissue can continue to form and bind with fatty tissue, leading to further complications.



Unfortunately, the more abdominal surgeries you have, the higher your risk for adhesions. These adhesions can form due to previous surgeries, infections, endometriosis, other inflammatory conditions, and hormonal changes. Although adhesion surgery aims to alleviate these symptoms, some individuals may experience persistent or recurrent pelvic pain after the procedure.

Living with chronic pelvic pain can take a toll on your physical, mental, and emotional well-being and further exacerbate pain symptoms. As a result, managing pelvic pain requires a multi-faceted approach ranging from physical therapies, including pelvic massage, heat therapy, and acupuncture, to over-the-counter and prescription pain medications, nerve blocks, trigger point injections, radio frequency ablations, or surgical interventions.

During the November 5, 2024, Zoom Meeting with Spokane Ostomy Support Group (SOSG) members, Sheree focused on how physical therapy and pelvic floor exercises are vital in managing pelvic pain due to adhesions and improving muscle strength, flexibility, and coordination. She shared practical tips from her 35 years of physical therapy experience and managing nine centers for PT services in North Idaho and Eastern Washington. She emphasized the importance of integrative medicine to treat the whole-body system to improve a patient's overall quality of life.

There is a strong connection between the brain and the body. Physical movement helps to heal trauma. Sheree and SOSG Participant Vicky Jo Henry referred to Bessel Van der Kolk's book *The Body Keeps Score* as a helpful resource. Since the body stores trauma, movement helps to release it. Sheree also referenced the work of David Berceli, who describes Trauma Releasing Exercises (TRE) in his book *Brain, Mind, and Body in the Healing of Trauma*.

Physical therapy uses movement to increase blood flow and heal the body. Sheree emphasized the importance of pelvic floor exercises and weight-bearing activities for bone health. Daily stretching and movement help to prevent tightness and adhesions. Low-impact exercises such as walking, stationary cycling, yoga, and swimming can promote healing and reduce inflammation.

Stress exacerbates pain. Practicing mindfulness and meditation can strengthen mental, emotional, and physical well-being. Sheree led Zoom participants in trying a simple deep breathing technique. They breathed in for a count of 4, held their breath for a count of 4, and breathed out for a count of 4. This daily practice can calm the autonomic nervous system and reduce stress levels.

Sheree affirmed the importance of Ostomy Support Groups meeting in person and online to share valuable insights with others facing similar struggles with abdominal adhesions. By recognizing the emotional impact of living with chronic pain, participants can share tips for coping and making the necessary lifestyle modifications to reduce pelvic pain. These include maintaining a healthy diet by avoiding trigger foods such as caffeine, alcohol, processed foods, and foods high in saturated fats. Staying hydrated also supports optimal organ function and flushes out toxins from the body.

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To drive more innovation and better solutions, Sheree encouraged those attending the Zoom Meeting to stand up for their needs and share their experiences and needs with healthcare providers and ostomy product companies such as Coloplast, Hollister, ConvaTec, and others. She also discussed new technologies and products on the horizon, such as wearable tech, sub-sensors, and an automated irrigation system.

Medicare provides physical and occupational therapy services for up to \$3,000 each year, with most insurance carriers covering 20 to 30 visits annually. In addition to providing in-person PT support, Sheree and her staff also offer telehealth visits. Ostomates Susie Leonard Weller and Kathy Holleran shared their positive experience of how physical therapy relieved their past abdominal adhesions and helped to prevent future problems.

For more information about Sheree and Lake City PT services and locations, contact her directly at sheree@lakecitypt.com or call (208) 762-2100.

>> Please view the **Ostomy Care** PDF saved from a PowerPoint Slide Deck that Sheree and her staff created for ostomates. (click on the link here <https://inlandnwostomy.org/resources.html>) ■

Managing the Challenges of Pancaking

*By Janet Stoia Davis RN CWOCN FCN and Janice C. Colwell APRN, CWOCN, FAAN
UOAA – 2024 October E-News*

What is pancaking?

For a person with a fecal stoma, emptying an ostomy pouch can at times be slow, messy and frustrating—especially if they find that stool is stuck at the top of the pouch around the stoma. When stool is thick and dry, a phenomenon called pancaking may occur. Thick stool exiting the stoma that does not fall to the bottom of the pouch can form into the shape of a pancake at the top of the pouch, hence the term “pancaking”.

Why can pancaking be a problem?

Thick pasty stool can remain over the stoma, making its way under the pouch adhesive and potentially lifting the adhesive/pouch. When this occurs, the stool contacts the skin around the stoma causing leakage. This leakage can damage the peristomal skin, lift the pouch from the skin, and result in odor and seepage of stool onto clothing.

Who is at risk for pancaking?

Anyone with a fecal stoma can experience pancaking, but it is more common among people with a colostomy. Colostomies are created in the colon or large intestine (they are given two names which confuses people, but they are one and the same). The colon’s job is to absorb or “suck” water out of the intestinal contents, and as stool travels through the colon it becomes thicker. By the time it reaches the final section of colon on the left side of the body, it can be pasty and dry. Many colostomies are created on the left side of colon, making the stool pasty, dry, and thick. When stool is expelled from the stoma, it may not move away from the stoma, getting stuck at the top of the pouch leading to pancaking.

Individuals with ileostomies can also experience the challenges of pancaking, but it is less common and will depend on the consistency of their stool. In some cases, form-fitting clothes may constrict the pouch and flatten the stool, preventing it from falling to the bottom of the pouch.



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What can be done to decrease instances of pancaking?

For some people, increasing fluid intake can make the stool less thick and pasty, which may allow it to travel away from the stoma and drop to the bottom of the pouch. Stool softeners can be taken orally to increase the moisture content of the stool which may also facilitate the movement of the stool into the bottom of the pouch. If an individual's clothing fits snugly over the pouch, wearing a looser fit may also help decrease the incidence of pancaking.

Some pouching systems have a built-in filter that helps air escape the pouch and deodorizes the gas. However, if the filter removes all air from the pouch, it may create a suctioned environment that makes it difficult for stool to slide to the bottom. A sticker for the gas filter (provided with some pouches for underwater use) or a piece of tape over the filter may help avoid the vacuum effect in the pouch. This will vary by individual.

The use of an in-pouch lubricant can facilitate the movement of stool away from the stoma and into the bottom of the pouch. These lubricants can be applied to the inside of the pouch one or more times per day. This creates a slick surface on the inner lining of the pouch to help thick stool slide to the bottom of the pouch and prevent it from pancaking over the stoma. Lubricants can be used in both drainable and closed end pouches.

In addition to pancaking reduction, lubricant may also make a pouch empty faster and cleaner. Several companies make lubricants that can be used in the pouch. A new company, Revel, has placed special emphasis on pancaking and drain time reduction. Revel created a new type of lubricant using a technology called LiquiGlide that creates a long-lasting slippery surface on the inside of the pouch. Their product, *It's in the Bag*, can last up to 24 hours, alleviate pancaking, and decrease pouch drain time. This product has been used by people with a fecal stoma who reported a decrease in pancaking and emptying time as well as leaving behind an overall cleaner pouch.

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Discarding Pouches Discreetly but With Dignity

Lynn Wolfson, UOAA Director, Via United Ostomy Associations of America Blog

As ostomates, we often feel self-conscious in public but deserve the same respect as anyone else. We don't want to be singled out or face discrimination because of our ostomies. However, we also have a responsibility to leave a positive impression on others and the places we visit.

Recently, while flying, I had an unusual interaction with an airline attendant. Before I entered the restroom, she approached me to ask if I needed anything. Though her inquiry seemed strange, I assured her I was fine. After I left the restroom, she asked if I had disposed of any bodily waste in the trash. I was surprised by the question and said I hadn't.

As a teacher, I saw this as an opportunity for education. I asked the flight attendant why she had asked such a personal question. She explained that she had noticed my ostomy through my clothing and that her grandmother had also had an ostomy, often discarding used bags in the trash without proper disposal. Her concern clarified her question. While the inquiry was inappropriate, it underscored how improper ostomy hygiene can reinforce negative stereotypes.



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I explained that her grandmother likely had a colostomy, while I have an ileostomy with a drainable pouch. I suggested that her grandmother should have used a disposable bag, like a grocery or Ziplock bag, to seal or knot before disposal. This practice helps reduce mess and odor and allows ostomates to discreetly dispose of their pouches. It's important for all ostomates to follow this practice at home, in others' homes, and in public spaces. Many manufacturers provide plastic bags with the pouches for this purpose.

For new ostomates, if you find yourself in a public restroom without disposal bags, wrap your used pouching system in toilet paper and place it in the wastebasket. To minimize odors, consider using one of the many deodorizers available from ostomy supply providers. Some deodorizers are drops that can be added to the bottom of the pouch, while others are air freshener sprays.

To minimize splashing when draining a pouch, try sitting backward on the toilet seat and placing toilet paper in the bowl before draining. It's worth noting that at past UOAA conferences, hotels have commented on how clean and hygienic UOAA groups are for their cleaning staff compared to the general public.

Following my experience, I've advocated with the airline to consider adding a universal sign in the lavatories to provide guidance on the proper disposal of medical supplies. It would be beneficial if airplane restrooms included bags for this purpose, which could also be used for baby diapers, sanitary napkins, and tampons.

In summary, it's crucial for us to carry or request a bag for disposing of our ostomy pouches and to knot these bags before discarding them. ■



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IMPORTANT OSTOMATE SUPPORT CONTACTS & LINKS

Providence Sacred Heart Outpatient Ostomy Clinic - M-F 8:00-2:00 (509-474-4950). Appointments and MD referral is required; no walk ins. Patients can be seen for follow up, checkup, questions, problems. Leave a message if you don't reach someone live. Sacred Heart MC located at 101 W Eighth Ave, Spokane, WA. New clinic location – report to radiology on L-1 and a nurse will walk you to the ostomy clinic on L-2 East.

MultiCare Deaconess Hospital - Wound & Ostomy Clinic – Ostomy patients seen Wednesdays & Thursdays 11:00 am-3:45 pm (509-603-7005). Appointments & MD referral required. Located on 1st floor of the hospital located at 800 W. 5th Ave., Spokane, WA.

Spokane Ostomy Visitor Program - If you would like to speak to someone who has lived experience as an ostomate, contact Carol Nelson (509-601-3892); 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.

Lewis-Clark Valley - Ostomy Support Facilities –

St. Joseph Wound Care/Ostomy Dept., Lewiston, ID - 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 2293, Biddeford, ME 04005-2293.

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).

Ostomy Appliance Producer Assist Programs:

> **Coloplast Care Program** 1-855-430-9500 <https://www.coloplastcare.com/en-US/ostomy/>

> **ConvaTec Me+ Program** 1-800-422-8811 <https://www.convatec.com/ostomy-care/>

> **Hollister Secure Start Services** 1-888-808-7456 <https://www.hollister.com/en/consumerservices>

INLAND NORTHWEST OSTOMY SUPPORT GROUPS Contacts and Regular Support Group Meeting Schedules* 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 Luckey 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;
- Meetings: Held monthly in person, January-December, 12:30 to 1:30 every 2nd Monday of the month, at Canyon's Church, 717 15th St. in Clarkston, WA.

Spokane Ostomy Support Group, WA (# 349):

- Contact: Carol Nelson - Facilitator, Visitation Program at 509-601-3892, carol@nelsonwheat.com.
- Meetings: Spokane OSG meets on the first Tuesday of each month; the new meeting time will be 6:00-7:30 pm. Meeting schedule: November-March via Zoom; April-June in-person in the Mother Joseph Room off the east end of the cafeteria dining area at Sacred Heart Hospital; and July-October* in-person at Manito Park. *The October meet will be held on *Ostomy Awareness Day*, the first Saturday in October, time TBD. Monthly meeting announcements are sent via email a week prior to each meeting. Call 509-601-3892 with questions.

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>.

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).

