



Welcome Inland Northwest Ostomates!



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WHAZZ UP

Fall Greetings to all of you in our Eastern Washington, Northern Idaho, and now Western Montana Communities – Ostomates, Family Members & Caretakers, our Healthcare Professionals, and our friends. This summer witnessed a major event for US ostomates, **UOAA's 9th National Conference** in Orlando, Florida, and just ahead we celebrate **World Ostomy Day** on October 4th with a number of **UOAA's Run for Resilience**

Ostomy 5ks in various cities around the US. Note that Spokane will host an informal **Run/Walk/Stroll for Resilience Ostomy 5k** and picnic in Manito Park on that date. Stay tuned for much more info on these events later in our "**InSider**" Newsletter.

We should note and remember that this fall and through the Winter Solstice we will live through many historical, religious, and remembrance holidays that represent the countless events that occurred and variety of cultures that reside in our United States. Please be respectful to others' celebrations and also remember to heed your

REGIONAL OSG MEETINGS

Fall 2025

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

Coeur d'Alene Ostomy Association, ID

Oct. 15: Pharmaceuticals and Ostomates

Nov. 19: Nutrition for Ostomates

Dec. 17: Holiday Social plus UOAA National Conference & Run for Resilience – Phil Moyle

Lewiston-Clarkston Ostomy Support Group, ID-WA

Oct. 13: UOAA's Ostomy Academy - TBD

Nov. 10: UOAA's Ostomy Academy - TBD

Dec. 08: UOAA's Ostomy Academy - TBD

Missoula Ostomy Support Group, MT (P. 12)

Nov. 12: Topic TBD

Spokane Ostomy Support Group, WA

Oct. 04: Run/Walk/Stroll for Resilience + Picnic, 10 am at North Shelter in Manito Park

Nov. 04: Zoom – Meds & supplements for Ostomates, Dr. Brian Gates, WSU

Dec. 02: Zoom – Ostomy Trauma / PTSD, Dr. Michael Gerald

Tri-Cities / Mid-Columbia Ostomy Support Group, WA

Nov 24: Traveling and Eating Over the Holidays

Feb. 23: Topic TBD

Wenatchee/Confluence Ostomy Support Group, WA

>> Regular ostomy support meetings cancelled until further notice.

Yakima Ostomy Support Group, WA

Nov. 12: Convatec - Ian Harrington



Continued next page.

own physical and spiritual needs as each of us lives these special days. And be sure to support your families, friends, and neighbors!

This issue of “*InSider*” *Newsletter* includes important reports on local and national ostomy-related activities plus articles of importance to your life needs and growth. Posts about each of our regional support groups are also presented. In particular, we have an exciting, first-hand account of Spokane OSG’s Anne Peasley’s experiences at this year’s UOAA National Conference. Anne spins a good yarn with personal observations! Also, two articles about Short Bowel Syndrome – what it is and how to stay hydrated. Much of the info and advice is relevant to all ostomates!

Our regional website - inlandnwostomy.org – is being 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! ■

NATIONAL SPOTLIGHT

Selected Highlights

UOAA staff and board members continue their innovative efforts to offer a variety of quality presentations, motivating experiences, and assistance. One of these programs is [Ostomy Academy](http://www.ostomy.org/ostomy-academy/), which offers live virtual presentations as well as recordings. The next Ostomy Academy live session, scheduled for October 3, 2025, celebrates **World Ostomy Day** (see below) and is titled “**Cultural Influences on Ostomy Life – Celebrating World Ostomy Day 2025**”. Recorded presentations are accessed by going to <https://www.ostomy.org/ostomy-academy/> and scrolling down to the selected recordings. ■

DIVERSION INSPIRATION & HUMOR

(Submissions & ideas welcome)



OSTOMY
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ostomate

Cultural Influences on
Ostomy Life
Celebrating World
Ostomy Day 2025



Guest Speakers

Dr. Neilanjan Nandi • Daniel G. Garza
Tina Aswani-Omprakash
Ashley Turner • D’andre Hardy

**Fri. Oct. 3
12 Noon ET
(9 am PT)**

Presented by



Community Partners



Of course, **UOAA’s 9th National Conference** celebrating **UOAA’s 20^{-Year Anniversary}** held August 14-16, 2025, in Orlando, Florida, was their Biggest and Best to date with 600 attendees, 40+ exhibitors, and 50+ educational sessions! Eight members of Spokane Ostomy Support Group proudly attended this grand event. One of those attending, Anne Peasley, authored an article presented in this Newsletter (see page 5). ■

And finally, **UOAA’s Run for Resilience Ostomy 5k** will take place on **World Ostomy Day** in less than a week, on Saturday, October 4, 2025, with eight (8) formal races in various cities around the US (<https://www.ostomy.org/5k/>) plus a **Virtual Ostomy 5k-Worldwide** open to anyone anywhere! **Spokane’s Ostomy Support Group** will host an informal, but related, virtual **Run/Walk/Stroll for Resilience Ostomy 5k** Event and Picnic from 10 am to 2 pm at the North Shelter of Spokane’s beautiful Manito Park open to all ostomates, their families/friends, and the ostomate healthcare community. Bring a picnic lunch, a drink, warm clothes, and be ready to socialize and have fun! Feel free to contact Phil Moyle, event coordinator, with questions (509-251-6988). The Run for Resilience Ostomy 5k is also a fund-raising event to support UOAA’s year-round activities in support of ostomates. Spokane’s Ostomy Support Group formed a Run for Resilience fundraising team, the **Lilac City Pouchers**, to support UOAA. If you’d like to donate, the QR-code in the accompanying **SOSG-Lilac City Pouchers’** graphic can be used as an easy link in our outreach message, or go to: <https://runsignup.com/LILACCITYPOUCHERS> . ■

**SPOKANE OSTOMY
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**Many Thanks to Lynn Brink and Dani Mercer for Their
Helpful Contributions to and Editorial Reviews of This Newsletter**



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 and group leadership.

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

- **Coeur D’Alene Ostomy Association, ID:** 09/1872025 – Reported by Nancy Lucky, RN BSN CWON - We hold meetings at regularly scheduled dates and times, on the 3rd Wednesday each month at 3 pm. Our meetings this fall include: *Pharmaceuticals and Ostomates* on Oct. 15; *Nutrition for Ostomates* on Nov. 19; and our *Holiday Social plus UOAA National Conference & Run for Resilience presentations by Phil Moyle* on Dec. 17. Please note that our meeting place has changed. We now meet in the Kootenai Health Resource Center 2003 Kootenai Health Way Coeur D’Alene ID. Please call if you have questions - Nancy Luckey, RN CWON at 208-625-3582.
- **Lewiston, ID-Clarkston, WA United Ostomy Support Group:** 09/16/2025 - Update from Adrian Wilson, President, and Elen Dekan, Secretary – Topics covered over the last four meetings include the “Bill of Rights for Ostomates”, “4 Myths About Ostomies”, “Ostomy Tips”, and “Go Bags”. The support group board will meet October 6 to determine the speakers and topics for the fall meetings. According to Elen, the support group will probably be viewing recorded sessions of UOAA’s Ostomy Academy. They’ll spread the word on topics. Our support group continues to strengthen their outreach liaison with Tri-State Medical Center, providing info packets for new ostomates.
- **Spokane Ostomy Support Group - Spokane, WA:** 09/252025 - Report by Phil Moyle for Carol Nelson, Coordinator/Facilitator ([509-601-3892](tel:509-601-3892)) – We started off our summer series of meetings in Manito Park in July with Susie Weller’s Annual Ice Cream Social that also included a session on “Relaxation for Ostomates” by Dori Langevin. Our August meeting included a presentation about the annual Youth Rally by Carol Nelson and Lily Wright along with plenty of socializing. In September, several of those who attended **UOAA’s National Conference** shared their experiences and valuable takeaways.

We begin our busy fall schedule with Spokane Ostomy Support Group’s biggest annual event and go from there!

- **Saturday, October 4th** is **World Ostomy Day** and includes our **Run/Walk/Stroll for Resiliency Ostomy 5k** event and picnic from 10 am to 2 pm in the North Shelter of Spokane’s beautiful Manito Park. Wear fall clothing, bring a picnic lunch, and be ready for fun times.
- **Tuesday, November 4 at 6 pm via Zoom** – Dr. Brian Gates, WSU Professor of Pharmacology will discuss the ins & outs of medications and supplements for ostomates followed by Q & A!
- **Tuesday, December 2 at 6 pm via Zoom** – Dr. Michael Gerald, a well-known psychologist, will discuss trauma and PTSD associated with ostomy surgery and survival. Dr. Gerald has participated in the Youth Rally since he became a childhood ostomate, and he recently presented in two sessions at **UOAA’s National Conference**. Don’t miss this important discussion!
- **Mid-Columbia Ostomy Support Group - Tri-Cities, WA:** 9/24/2025 - Reported by Nancy Serna, RN, BSN, CWON. In August, Sound Health Medical discussed ostomy products and services they provide for patients, and on November 24, we’ll talk about traveling and eating over the holidays. Meetings held Quarterly meetings (Feb., May, Aug., Nov.) on the last Monday of the month excluding holidays; at 3:15 PM -4:30 PM in the Maple Conference Room at the Healthplex 1268 Lee Blvd, Richland WA 99352.
- **Missoula Ostomy Support Group – Missoula, MT:** 09/25/2025 - Reported by Hannah Peterson, BSN, RN, CWON (406)-327-4347) - Due to popular demand, in November our support group will begin meeting every 2nd Wednesday of the month from 3:30-4:30 pm. Look forward to seeing you there.

[Continued next page.](#)

- **Confluence Health Ostomy Support Group - Wenatchee, WA:** 09/30/2025 – Last report by Tyree Fender, CWOCN –The support group is still not meeting. I don't know if it will ever start again. We don't have a primary person to run it. Thanks, Tyree.
- **Yakima Ostomy Support Group - Yakima, WA:** 09/18/2025 – Kanista Masovero, CWOCN – Ian Harrington with ConvaTec will be at the Nov. 12 meeting from 10-11 at Wellness House in Yakima. Thanks to all, Kanista and Nicole. ■

QUARTERLY ARTICLES & TIPS

Reflections from UOAA’S 9th National Conference - 2025

By Anne Peasley - Spokane Ostomy Support Group, Executive Leadership Team

This year’s conference took place in sunny (and humid!) Orlando, Florida, where thunderstorms were plenty and theme parks abound. The conference hotel itself was set next to a manicured lake—no swimming, there might be alligators—surrounded by palm trees and bird-of-paradise plants in full bloom. Inside, the tall atrium was full of more tropical plants and a live parrot.



With so many attendees from Spokane, it may have looked like we sent an official delegation (**Photo 1**). But it turns out we all came for our own reasons. Ted Langevin, and his wife Dori, attended in a professional capacity as Treasurer of the UOAA and Dori as a presenter. Ted also moderated many sessions. Phillip Moyle has attended three conferences overall and keeps going back Why? Because, he said he loves the people he meets! Completely new to the conference were Carol and Bruce Nelson, Janelle and Nick Tyler, and Anne Peasley, a recipient of the CARES Scholarship for new ostomates.

Photo 1: A giant inflatable colon graced the hallway to the conference rooms, where Spokane OSG members gathered for a photo op.

One of the highlights of travelling with friends is eating together. Sharing meals meant meeting up for lunch at the poolside grill. (Side note: You know how outdoor restaurants in the Northwest are stalked by seagulls? This one was patrolled by curve-billed Ibis.) It meant converging at a fancy restaurant that featured a “Baked Florida” (**Photo 2**), which was like a Baked Alaska with key lime pie. Or it meant toasting a long-distance friendship with a beer and a pina colada.



Photo 2: Dinner in Four Flamingos with friends at UOAA Conference.

Continued

What Happened at the UOAA Conference

On to the main event. The UOAA Conference is a gathering for people with ostomies, or any type of continent diversion, their supporters and caregivers, and associated healthcare professionals; about 600 attended in all. The programs are centered around ostomy life, with speakers, education sessions, workshops, networking, and social events (more info in the program [PDF](#)). There's an exhibit hall, which features more than 40 booths from large and small supply manufacturers, purveyors of pouch accessories, non-profit organizations, and more. A hospitality area, located around the session room entrances, is the life core of the event with attendees mixing, laughing, and occasionally shedding tears as they share their stories and offer tips to new friends. The event was held over three days, kicking off with an opening ceremony and a reception to recognize the organization's 20th anniversary, where UOAA Co-Founder Ken Aukett was honored ([Photo 3](#)), along with his late wife, Linda. This year's keynote speaker was Ted Leamy, an audio engineer who lived with an ostomy on the road with rock-and-roll bands. (You can read [a version of his talk on the UOAA Blog](#).) During that time, a free stoma clinic was available—stocked with plenty of supplies from the sponsoring companies like Coloplast, Hollister, and Convatec—with experienced ostomy nurses to answer questions or help you try out a new product.



For the education sessions, there was programming available for specific groups, such as Young Adults, Caregivers, or nurses seeking Continuing Education Units, as well as sessions tailored for specific needs, such as the LGBTQ+ community or Affiliated Support Group leadership. Topics ranged from technical instruction to psychological concerns to open forums with opportunities to talk freely about ostomy-related issues. Some specific sessions included:

- The How To's of Colostomy Irrigation
- Sexuality and Intimacy Living with an Ostomy
- TSA and Tips and Tricks of Traveling with an Ostomy
- Overcoming Medical PTSD
- Cannabis 101 & the Endocannabinoid System
- Envisioning Your Best Life with an Ostomy

At the conference, there was also an opportunity to attend a meeting of the UOAA Board for a behind-the-scenes look at what's in play for the organization. In addition to putting on the conference and educational work, advocacy efforts comprise a large part of what is being done on behalf of ostomates, such as improvements to the travel experience through the TSA Liaison George Salamy and an Advocacy Program that monitors ostomy-related issues at the federal policy level. The larger landscape of policy, insurance regulations, and medical guidelines can have an impact on our ability to access care and our quality of life, which the UOAA is working to influence.

As the conference wound down, our Spokane delegation was sure to attend the closing ceremony, where the youngest attendee at the conference—a rambunctious 8-year-old boy—drew the winner of the 50/50 raffle, and the oldest, 90-year-old “Pinkie”, was honored as well. More importantly for us, our very own Phillip Moyle was presented by UOAA's Events Coordinator Jen Small with the 2025 Distinguished Volunteer Award in appreciation for his outstanding and dedicated service to UOAA and the ostomy community ([Photo 4](#) – next

[Continued next page.](#)

page). Phil is tireless and relentlessly cheerful in his dedication to helping ostomates live better lives, and we in the Northwest certainly benefit from it! (Be sure to [email him](#) your congratulations.)

The conference concluded with a Mad Hatter-themed party complete with drinks, desserts, and dancing—with many a crazy hat or funky costume in sight. The event was a great time to solidify new friendships and have some fun before we all parted ways the next day.

Takeaways

In a world where having an ostomy puts you in the minority, events like UOAA's National Conference provide a unique opportunity to build community, make friends, and get more education. There's a wealth of knowledge to glean from certified medical practitioners and old-timers alike. As Phil likes to say, it's a place where "You don't have to feel bad about feeling bad."

Because most of the attendees of the conference have an ostomy, and even the "normal" people there know about them in depth, the atmosphere is different from your typical visit to a surgeon, clinic, or hospital. You don't have to explain the basics to anyone but instead can jump directly into the deep end about anything that's troubling you—body image, leaky bags, scars, how your life changed after surgery. Nobody reacts with disgust when you have a specific issue. And if you needed to disappear to take a nap, nobody batted an eye. It's perhaps the only time you'll be in a public bathroom and know that everyone around you is also emptying a bag!

After so much education and conversation, attendees did not walk away empty handed. In addition to swag and samples, there was plenty of knowledge to put into practice after the conference. That might look like finishing up a worksheet from one of the education sessions or reaching out to therapists to tackle medical-related trauma. It might look like keeping in touch with a new friend, trying out a new technique for attaching a pouch, or putting a new ostomy accessory to use. Or it might look like showing up to events like the Run for Resilience on October 4th, monthly support groups, or the next conference.

Phil leaves us with a final reflection. "This was a worthwhile event that could not have happened without the many dedicated volunteers – including UOAA Board members and many others - and the highly professional UOAA staff that made the conference a success for our benefit," he said. These staff and volunteers are already working on the next conference.

UOAA's National Conference takes place every two years, with the next one slated for Las Vegas, NV in 2027. Doubt there will be any alligators, but there certainly will be palm trees and lots of desert sand. Mark your calendars! ■



Photo 4: Phil's UOAA Award

Ostomates Living with Short Bowel Syndrome (SBS)

Connecting with Specialists and Others Who Understand SBS

Article from Takeda a UOAA Digital Sponsor

Short bowel syndrome (SBS) is a rare, chronic and debilitating malabsorption disorder that occurs when parts of the intestines are removed surgically or due to injury. The remaining intestine may not be able to absorb enough nutrients from food and drink. When this happens, people with SBS may be at increased risk of malnutrition, dehydration, electrolyte disturbances and/or diarrhea (increased output).

[Continued next page.](#)



Not all people who have parts of their intestine surgically removed will be diagnosed with SBS. Knowing what signs and symptoms to look for after intestinal surgery may help reduce the time to an SBS diagnosis. For a list of SBS symptoms that may arise after surgery, please visit <https://www.shortbowelsyndrome.com/what-is-sbs>.

In addition to healthcare providers who understand SBS, it can be helpful to connect with others who are living with or caring for someone with SBS. The SBS Connect (<https://bit.ly/3zBtcI9>) program offers people with SBS who are reliant on parenteral support the opportunity to connect with an SBS Mentor who can share their own relatable experiences with SBS and their treatment journey.

Educating yourself and engaging with others who understand SBS can help you take ownership of your care. We hope these resources will help you feel more informed, empowered and connected. ■

The Importance of Hydration in Short Bowel Syndrome

Article from Takeda a UOAA Digital Sponsor

When a person has a condition called short bowel syndrome or SBS, their body has a hard time absorbing all the nutrients and fluids it needs to function normally. This can put them at higher risk for dehydration, which can be a serious concern, especially for those without a colon and high ostomy outputs.

For people with SBS, battling dehydration isn't a matter of simply drinking more water. In fact, water can make the problem even worse because it does not contain the proper amount of sodium or glucose necessary to maximize intestinal absorption, which results in an increase in diarrhea or ostomy output. Other types of fluids to avoid include sodas, fruit juices, alcoholic beverages, and sweet teas because of the high amount of sugar in these drinks.

Dehydration shouldn't be ignored. If it is ongoing, or left untreated, dehydration can lead to serious complications, such as kidney damage, that may require hospitalization. Here are some signs of dehydration to look out for:

- Rapid weight loss
- Diarrhea or stool output is higher than total fluid intake
- Urinating less frequently
- Dark colored urine
- Fatigue
- Lightheadedness or dizziness when standing
- Dry mouth
- Thirst

Many things can help manage dehydration, and a healthcare professional should be notified as soon as possible when signs of dehydration occur to help lessen or prevent serious complications. They will look at the type of food, drink, and vitamins in the diet and then take necessary steps tailored to the specific bowel function and anatomy in order to best improve the hydration status. Anti-diarrheal medications and oral rehydration solutions (ORS) are usually recommended as they can also achieve this goal for many people with SBS.

Why oral rehydration solutions can help

Oral rehydration solution (ORS) can be an optimal way to manage dehydration due to diarrhea and maintain proper hydration in people with SBS. It is a simple, yet specific, solution of sodium, glucose, and water. The special ratio of ingredients has been shown to add back what's lost and enhance absorption. Therefore, ORS will be absorbed even in the setting of diarrhea. It is important to drink fluids slowly and continuously throughout the day to avoid abdominal cramps and diarrhea.

An example of homemade ORS

- 1 quart of water
- 3/4 teaspoon salt

[Continued next page.](#)

6 teaspoons sugar

Optional: Crystal Light to taste especially lemonade or orange-pineapple flavors

While ORS can be extremely helpful, some people do not like how it tastes. There are some other recipes that may be more agreeable. Always consult a healthcare professional to determine if ORS is right for you.

SBS management

Hydration is just one part of the big picture of SBS management. There are many more factors and strategies to consider when deciding on a plan to manage SBS. To learn more about how intestinal surgery can impact your nutrition and hydration needs, visit www.HydrationandSBS.com. ■

Editor’s Note: Vicki Jo Henry, a member of Spokane Ostomy Support Group and who is knowledgeable of Short Bowel Syndrome, offers the following comments:

Dehydration tips:

- ***Mindfully** drink water (track your intake.)
- *Eat a piece of coarse salt with each glass of water
- *Test yourself for dehydration: pinch skin on the back of your hand - flatten back out ? or stay raised= dehydrated.

Absorption tips:

- *No drinking liquid when eating a meal; drink 2 hours after meals and/ 30 minutes before.
- *Chew well
- *Add fermented food ■





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Continued next page.

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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). MD referral preferred for appointments, although patients can self-refer and/or call for urgent needs. Help received depends on staff availability. 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 Customer Assist Programs:

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> **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 208-625-6944 - Kootenai Outpatient Wound Clinic.
- **Meetings:** Support group meetings are held in person on the 3rd Wednesday each month at 3 pm . They are now held in the Kootenai Health Resource Center 2003 Kootenai Health Way 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 on the 2nd Monday of every 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 509-942-2660 (ext. 6).
- **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>.

Missoula, Montana: **NEW SUPPORT GROUP**

- **Contact:** Hannah Peterson, BSN, RN, CWOCN at 406-327-4347; hpeterson@communitymed.org
- **Meetings:** Community Medical Center, 2835 Fort Missoula Road Building - 3 Suite 101 conference room I; monthly on Wednesday from 3:30-4:30 pm, refreshments served.

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, MultiCare Yakima Memorial Ostomy/Wound Care Services.
- **Meetings:** Usually held second Wednesday bimonthly; 10:00-11:00 am. Now held in the Wellness House 6006 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).

