



Welcome Inland Northwest Ostomates!



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WHAZZ UP

Good Day and a Great Summer to all of you in our Eastern Washington and Northern Idaho Communities – Ostomates, Family Members & Caretakers, our Healthcare Professionals, and our friends! **And now, welcome to a new support group in Missoula, Montana.** I hope y'all are aware of a variety of activities this year that are geared toward improving the lives of ostomates as well as advocating public understanding of what it is to be an ostomate.

In particular, **UOAA's 2025 9th National Conference**, to be held August 14-16 in Orlando, FL, offers a wide range of educational and social experiences, ones I certainly intend to enjoy! Registration began January 1, 2025 (see page 2).

Also, **Ostomy Awareness Day** on October 4 will see events in several cities around the US, yes, including Spokane, WA. The **Run for Resilience 5k** is an annual

Continued next page.

REGIONAL OSG MEETINGS Summer 2025

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

Coeur d'Alene Ostomy Association, ID

July 16: TBD
Aug. 20: TBD
Sept 17: TBD

Lewiston-Clarkston Ostomy Support Group, ID-WA

July 14: TBD
Aug. 11: TBD
Sept. 8: TBD

Missoula Ostomy Support Group, MT (P. 12)

July 16: Community Medical Center First Meeting - "Introductions and Input"

Spokane Ostomy Support Group, WA

July 1: Manito Park "Ice Cream Social" & Relaxation for Ostomates" with Dori Langevin
Aug 5: Manito Park - Youth Rally & socializing.
Sept 2: Manito Park – Sharing experiences at UOAA National Conference.

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

Aug 25: TBD
Nov 24: TBD

Wenatchee/Confluence Ostomy Support Group, WA

>> Regular ostomy support meetings cancelled until further notice.

Yakima Ostomy Support Group, WA

July 9: Christian Datoon – Physical Therapist
Sept 10: Hollister - Amanda Boden
Nov. 12: Convatec - Ian Harrington

advocacy experience that promotes ostomy awareness and causes in local/regional communities.

Any of you can participate in or donate to Spokane’s informal Run, Walk, Stroll for Resilience by going to

<https://runsignup.com/RaceGroups/22873/Groups/1824412> to join our

virtual team. See info on page 8.

This issue of the “InSider” Newsletter includes some excellent advice and informative articles important to all of us, including an overview of Susie Leonard Weller’s new book, a memoir, “Armchair Trek to 52 Global Locations.” Also, see “Keeping a Medical History Provides a Roadmap to Better Care,” and “Facts About Ostomy Reversals”. 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)

“When life bucks you off, you get back on and ride harder.”



NATIONAL SPOTLIGHT

Selected Highlights

UOAA staff and board members continue their innovative efforts to offer a variety of quality presentations, motivating experiences, and assistance. Consider going to the **9th Annual UOAA National Conference** in Orlando, FL, August 14-16, 2025. I’ve already attended two National Conferences, and plan to go to this one as well. The experiences changed my life! And this one will celebrate UOAA’s 20th Anniversary, so it’ll be a humdinger! Go to: <https://www.ostomy.org/2025conference/>. ■

2025 UOAA NATIONAL CONFERENCE



CELEBRATE UOAA’S



20TH ANNIVERSARY

HYATT REGENCY GRAND CYPRESS RESORT/HOTEL

One Grand Cypress Boulevard, Orlando, Florida, with

Educational and Social programming

beginning at **8:00am on Thursday, August 14th, 2025**
and ending on **Saturday, August the 16th at 11:00pm, 2025**

NOTE:...You are now able to **REGISTER** for the Conference on the UOAA website (www.ostomy.org)



OSTOMY ACADEMY PRESENTATIONS BY UOAA – Selected Video Recordings

Ostomy Academy is a free online educational seminar to bring trusted and comprehensive ostomy information to all members of the ostomy community. Top experts, medical professionals, and experienced ostomates will focus on a new series of quality-of-life topics in each presentation.

- May 21, 2025:** **Aging with an Ostomy or Continent Diversion**
 – **How to be Prepared** - <https://www.ostomy.org/ostomy-academy/>
- January 15, 2025:** **Reflections in the Mirror**
 - **Body Image** - <https://www.youtube.com/watch?v=r-OHWQ4jULs&t=14s>
- November 19, 2024:** **Mental Health for Ostomates**
 - **Adjusting to Life with an Ostomy** - <https://www.youtube.com/watch?v=ebV4cyvYnbw>

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:** 06/18/2025 – Reported by Nancy Lucky, RN BSN CWON - We are still making speaker and topic arrangements for the summer season. We WILL let you know. We will have meetings at the regularly scheduled dates and times, on the 3rd Wednesday each month at 3 pm. 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 208-625-6944
- **Lewiston, ID-Clarkston, WA United Ostomy Support Group:** 06/23/2025 - Update from Adrian Wilson, President – The support group board will meet in July to determine the speakers and topics for the summer meetings. They’ll spread the word. The group is planning a potluck dinner gathering for August, details TBD, and they continue to strengthen their outreach liaison with Tri-State Medical Center. Also, the support group recently sent off four boxes of extra supplies to **Friends of Ostomates Worldwide-USA.**
- **Spokane Ostomy Support Group - Spokane, WA:** 06/17/2025 - Report by Carol Nelson, Coordinator/Facilitator (509-601-3892) – We started off this spring with **April’s ‘Supply Swap and Donate’** session followed by packing up 3 boxes of supplies to send to Friends of Ostomates World-Wide USA. **May** was a “**Meet and Greet**” meeting during which we visited with each other and answered questions from newer ostomates. In **June**, Brooke from Natural Groceries provided an informative PowerPoint with Q & A about “**Reducing Inflammation through Nutrition.**”

[Continued next page.](#)



Keith’s boot at
"Boots on the Ground"

Keith Alloway

11/15/1945 – 4/5/2025

Our friend, Leadership Team member, and former Treasurer of *Spokane Ostomy Support Group*, Keith Alloway, passed away on April 5 due to complications associated with exposure to Agent Orange while serving as a Marine in Vietnam. Keith also served as Leader of *Inland Northwest Bladder Cancer Support Group*. His wife Barb continues to support activities of Spokane OSG. Thank you, Keith, for your dedication to serving others.



From July through October 4th, we will meet at Manito Park in or by the north shelter from 6:00-7:30 pm (Ostomy Awareness Day, Oct. 4 at 10 am).

July 1st – It’s time for our annual “Ice Cream Social”!! Also, Dori Langevin will lead an important discussion on relaxation. She will show us how to “Relax our Mind, Heart, and Body” to help us respond wisely to life’s challenges and blessings.

August 5th - I will share my experience at the Youth Rally that took place in San Diego the second week of July, particularly with 11–18-year-olds who have bowel and bladder issues. There will also be time for visiting and sharing.

September 2nd – “UOAA National Conference” attendees – Ted & Dori, Carol & Bruce, Phil, and Anne will share what they learned at the conference.

Saturday October 4th 10:00 am – Spokane OSG’s **Run/Walk/Stroll for Resilience** picnic at Manito’s north shelter. Bring a picnic lunch to celebrate **Ostomy Awareness Day!**

- **Mid-Columbia Ostomy Support Group - Tri-Cities, WA: No report/update received from** Nancy Serna, RN, BSN, CWON (509-942-2669).

August 25, 2025, at 3:15 PM -4:30 PM in the Maple Conference Room at the Healthplex 1268 Lee Blvd, Richland WA 99352.

November 24, 2025, at 3:15 PM -4:30 PM in the Maple Conference Room at the Healthplex 1268 Lee Blvd, Richland WA 99352.

- **Confluence Health Ostomy Support Group - Wenatchee, WA:** 06/22/2025 – Reported 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:** 06/25/2025 – Kanista Masovero, CWOCN – We welcome **Christian Datoon, physical therapist** who will present on July 9. Thanks to all, Kanista and Nicole. ■

Our Sincere Appreciation to the Anonymous Benefactor

Who Donated to *Spokane Ostomy Support Group*

On May 12, 2025, via Our Website!

<https://inlandnwostomy.org/>

You Too Can Contribute to Spokane OSG’s Efforts
To Help Local & Regional Ostomates
Achieve a New Normal Life,
Thank you!



Please consider Donating

When you donate to Spokane Ostomy Support Group, please know that you will help us provide important information and critical peer support to people who have bowel, urinary, continent diversions or other types of ostomy surgery in the Spokane areas as well as the Inland Northwest – Eastern Washington and Northern Idaho.

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This image is hyperlinked to: <https://inlandnwostomy.org/>

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QUARTERLY ARTICLES & TIPS

Enjoy an “Armchair” Trek with Susie to 52 Global Locations in Her Spiritual Travel Memoir

by Susie Leonard Weller, M.A. – Sokane Ostomy Support Group



Receiving a Stage III colorectal cancer diagnosis on Thanksgiving Eve in 2006 turned my life upside down, especially after learning I needed a colostomy.

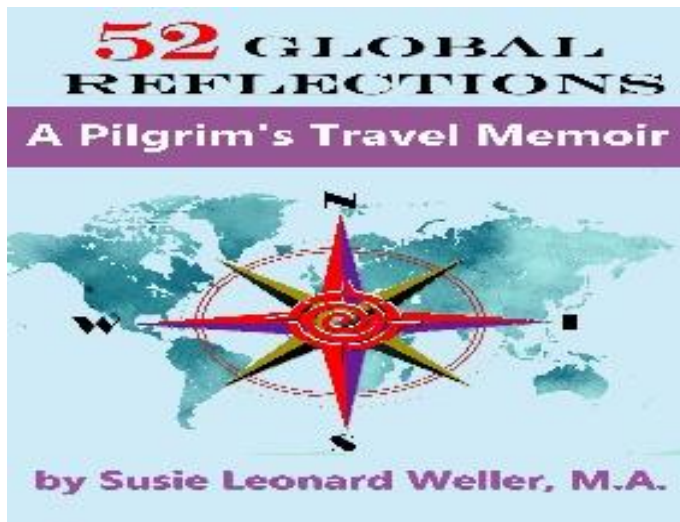
(Susie's photo of a tourist attraction in a Pamukkale neighborhood in Türkiye)

After surgery for a temporary colostomy, I chose to recover from a whirlwind of medical treatments, including radiation and chemotherapy, with a dose of “**Vitamin Sea**” in Zihuatanejo, Mexico, situated between Puerto Vallarta and Acapulco. (See more details in *The Phoenix Ostomy Magazine*, Fall 2025 issue.) Following an additional 12 rounds of chemotherapy during the summer and fall of 2007, I was diagnosed with CIPN (Chemotherapy-Induced Peripheral Neuropathy). After slipping on the ice and hitting my head, my husband and I decided to become annual snowbirds in Mexico. Never a fan of snowflakes, I look forward to this delightful alternative and paddling around the bay.

Since my colostomy became permanent in 2009, I have traveled across the United States and to 19 countries, spanning from Denmark to New Zealand. At age 62, I walked over 60 miles on the Portuguese Camino to earn my Compostela Certificate in Santiago de Compostela, Spain. To better accommodate my colostomy, I opted for a luggage service to transport my backpack and alternated between staying in *albergues* (hostels) and hotels.

In my new book, *52 Global Reflections: A Pilgrim's Travel Memoir*, I share how my outward travels often mirrored my inner journey of healing as an ostomate, as well as a “failure to thrive” infant. I provide over 150 questions for journaling or discussion, encouraging you to contemplate how endpoints can nurture new beginnings.

My colostomy hasn't prevented me from swimming with dolphins in the wild in New Zealand; ziplining through the trees in Cape Tribulation, Australia; hot air ballooning in Egypt; biking in Southern France; camel riding in the Sahara Desert of Morocco; and exploring archaeological and spiritual sites in Malta, Jordan, Greece, and Türkiye. I hope my memoir inspires you to travel with your ostomy, too! ■



**You can purchase my book in print,
or as an e-book, through my website at
www.52globalreflections.com
or on Amazon and other
online bookstores.**

Keeping a Medical History Provides A Roadmap to Better Care

Via: *The New Outlook*, Spring 2025

Why Keep a Medical History?

You may have a new doctor because you moved or changed health plans. You may have a new health condition that needs a specialist's care. Any doctor you see, especially if it's a new one, needs to know about your medical history, including your family medical history.

The information you provide can help you:

- Work with your doctor to stay healthy or diagnose an illness.
- Avoid drugs that could hurt you. For example, your doctor needs to know if you have drug allergies and what medicines you're taking to help you avoid potentially bad drug interactions.
- Make it easier and faster to handle paperwork such as filing an insurance claim, appealing a claims decision or disputing billing errors.



What to Track in Your Medical History

Be sure to track:

- Illnesses and injuries, including dates, symptoms and doctor visits.
- Treatments and therapies you've had and if they helped or not.
- Health tests you've taken. For example, include any information you have on X-rays, lab work and other test results, surgery reports, and immunization records. And make note of test results and any side effects.
- Current weight.
- Allergies, including drug allergies.

You may also want to track:

- Blood pressure.
- Cholesterol levels.
- Any test result that was not normal in the past and that may need follow-up testing.
- Changes in habits, weight, energy level or bodily functions. You can note your current exercise and diet habits, your sleep patterns, and any new or significant stresses in your life.

Don't Have Your Records?

Just Ask for Them. You can give your doctor your history on paper, on a flash drive or even with your smartphone. Some provider networks offer tools (websites, smartphone apps) to track your

Congrats!

Anne Peasley- New ELT member

Anne Peasley is Spokane Ostomy Support Group's newest *Executive Leadership Team* member. Anne is also a recipient of a **Cares Grant** from the **United Ostomy Associations of America**. The grant provides financial support for new ostomates or new attendees to **UOAA's National Conference** which will be held in Orlando, Florida in August this year. **Congratulations Anne!** We know that you will learn a lot in Orlando and will share your knowledge with our Spokane Ostomate Support Group!

Anne had ileostomy surgery in May 2024 after Crohn's disease finally got the best of her intestines. She was born in Oregon, raised in Spokane and loves living in the Pacific Northwest. At this point in her life, her hobbies are going to doctor's appointments and creating art. She attends Spokane OSG meetings because, as she says, 'who else am I going to make weird ostomy jokes with?' She obviously fits right into our ELT. She loves that there's a community of supportive people, so no one must do this alone!

[Continued next page.](#)

medical history. Even if you don't have access to family medical records, just knowing family members have had certain diseases can help your doctor watch for risks.

If you've never kept any information before, you can still get it. Federal law says doctors have to share your files with you. Even if you don't remember a doctor's name, look up the practice and call. Then moving forward, remember to ask for copies of notes and results at each visit. ■



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



United Ostomy Associations of America, Inc.

2025 RUN FOR RESILIENCE OSTOMY 5K

Run/Walk/Stroll With Us In Manito Park

Saturday - October 4, 2025 – 10:00 AM

Spokane Ostomy Support Group – Fun & Fundraiser Team:

“Lilac City Pouchers”

To Join Us, Register as a Team Member - Go To:

<https://runsignup.com/RaceGroups/22873/Groups/1824412>

Facts About Ostomy Reversals

*Via: Phoenix Risings, May 2025; UOAA's Latest News February 13, 2018
Colorectal Cancer: Be informed if you are a candidate for an ostomy reversal*

By Joanna Burgess-Stocks, BSN, RN, CWOCN

Not everyone who has an ostomy as a result of colorectal cancer and other diseases will have the option of having their ostomy reversed. Some people will need to keep their ostomy for life.

Your surgeon will determine when an ostomy will be reversed. There are many factors that determine a reversal such as the extent of the disease, a patient's overall health and treatment process (radiation and chemotherapy). Most patients with temporary ostomies will have the ostomy for about 3-6 months.

Surgery for reversal of an ostomy is usually much less involved than the surgery that you had to create the ostomy. So, if you are feeling nervous, keep that in mind. A typical hospital course is 3-4 days on average.

For some patients, interrupting bowel function with a temporary ileostomy increases the chances that you will experience alterations in bowel function after reversal of your stoma. These symptoms can include rectal urgency, frequency, fragmentation of stool and incontinence. It is important that you notify your surgeon as soon as possible with these symptoms. Treatment includes behavioral strategies based on the symptoms and includes dietary modifications, incontinence products, skin care (use of barrier creams such as zinc oxide) and medications such as loperamide. More involved but helpful recommendations are pelvic muscle retraining (PMR) to regain sphincter strength and biofeedback. This therapy is done by a highly trained physical therapist.



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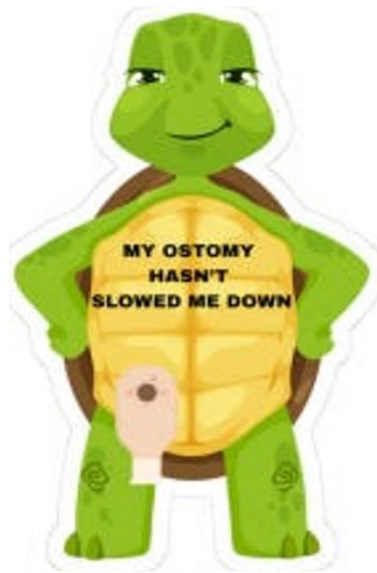


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Some physical therapists recommend PMR prior to surgery or radiation to assess muscles and teach strategies for ongoing muscle strengthening that can be carried over after surgery. This helps to address any coordination or existing weakness prior to radiation due to chemo or post-operative recovery. If PMR is recommended after surgery, it is best to wait at least 6 weeks and with the surgeon's approval. ■



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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.phoenixuoa.org/> (get a free sample copy).

Ostomy Appliance Producer Customer 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 208-625-6944/208-625-3583 - 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; quarterly 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).

