



*Welcome Inland Northwest Ostomate Communities!*



# AUTUMN



## CONTENTS

|                                                           |    |
|-----------------------------------------------------------|----|
| <b>WHAZZ UP</b> .....                                     | 1  |
| <b>Regional OSG Meetings</b> .....                        | 1  |
| <b>Diversion Inspiration &amp; Humor</b> .....            | 2  |
| <b>National Spotlight</b>                                 |    |
| • Selected Highlights .....                               | 2  |
| <b>Regional-Local Ostomy Support Groups</b>               |    |
| • Activities & Announcements .....                        | 3  |
| <b>Quarterly Articles and Tips</b>                        |    |
| • <i>Tips on How to Advocate for Your Healthcare</i> - 6  |    |
| • <i>Traveling with an Ostomy Nursing Perspective</i> - 7 |    |
| • <i>Winter Ostomy Concerns</i> .....                     | 9  |
| • <i>New Urostomy Patients</i> .....                      | 9  |
| • <i>Chemotherapy as an Ostomate</i> .....                | 10 |
| <b>Important Support Contacts &amp; Links</b> .....       | 11 |
| <b>Inland NW Ostomate Support Groups</b> .....            | 12 |
| • Ostomy Support Group Contacts and Meetings              |    |

## WHAZZ UP

**GREETINGS** to all of you in our Eastern Washington, Northern Idaho, and Western Montana Communities – Ostomates, Family Members & Caretakers, our Healthcare Professionals, and our friends –

**WISHING Y'ALL A HAPPY FALL  
HOLIDAY SEASON!**

This issue comes at a critical time, and it is loaded with information relevant to you!

First, the timing! Just two days after you receive this issue of "InSider" Newsletter, Spokane Ostomy Support Group (SOSG) will host its annual in-person **Run/Walk/Stroll/Roll for Resilience Ostomy 5k** event starting at 10 AM on Saturday, October 3 in the North (Lower) Shelter of Spokane's beautiful Manito Park. SOSG also revived our fundraising team, "**Lilac City Pouchers**," to fundraise for UOAA! **There is still time to register and show up for our fun event and/or join our team and donate! See Graphic on page 2!**

## REGIONAL OSG MEETINGS

Fall 2026

See Page 3 for Support Group Activities & Announcements  
for Topic & Speaker Details.

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

### Coeur d'Alene Ostomy Association, ID

Oct 21: Topic/Speaker - TBD.

Nov 18: Skin care/Peristomal breakdown –  
Urgo Medical

Dec 16: Holiday Break – No Meeting

### Lewiston-Clarkston Ostomy Support Group, ID-WA – NEW MEET LOCATION – see page 3.

Oct 12: 4 things to know about ostomy bags.

Nov 09: Seasonal & Holiday Eating with Ostomy

Dec 14: Best Foods to Thicken Stools.

### Missoula Ostomy Support Group, MT

Oct 14: TBA

Nov 11: TBA

Dec 09: TBA

### Spokane Ostomy Support Group, WA

Oct 03: Run for Resilience Ost. ?K- Manito Park

Nov 03: Zoom - Home Health Care Criteria &  
Access – Andrea Durst

Dec 01: Zoom - Speaker/Topic TBD

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

Nov 19: Stealth Belt via Zoom??

### Wenatchee/Confluence Ostomy Support Group, WA

>> Regular ostomy support meetings cancelled until further notice.

### Yakima Ostomy Support Group, WA

Nov 11: Ian Harrington, ConvaTec.

Continued next page.

And yes, this issue of “**InSider**” **Newsletter** is loaded with great information, including 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.

We have a very special treat in this issue! One of our own Spokane OSG members, **Sharon Delaney**, a retired certified nurse midwife in Liberty Lake, WA and a cancer survivor who had a colostomy 10 years ago, recently had an article she authored published in the American Journal of Nursing. “**Traveling with an Ostomy, Advice from a Nursing Perspective**” provides a thorough overview of travel awareness and precautions for people with ostomies like you and me. The article is lengthy, so only the first half is included herein. A link to the full article in *American Journal of Nursing* is provided, plus a PDF of the full article is also included with the email delivering this issue of “InSider” Newsletter.

Other important articles include “**Tips on How to Advocate for Yourself in Healthcare**”, “**Winter Ostomy Concerns**”, “**New Urostomy Patients**”, and “**Chemotherapy as an Ostomate**”, all worthy of your attention.

Our regional website - [inlandnwostomy.org](http://inlandnwostomy.org) - continues to be 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)



You survived the things that were meant to break you. You kept going when life felt impossible. That strength you found within yourself is your power



## NATIONAL SPOTLIGHT Selected Highlights

**UOAA** has important news of interest to share with all U.S. ostomate communities!

>> **Education and Outreach** are important functions of **UOAA**. Following are two educational sources with the latest and greatest relevant information offered by **UOAA**:

- **Ostomy Academy** – Education for Every Ostomate  
<https://www.ostomy.org/ostomy-academy/>  
> Latest Session: “**Caring with Compassion: Trauma-Informed Skills for the Ostomy Community**”  
> Next Session: “**Living Strong with an Ostomy: Simple Exercises for Core Health and Hernia Prevention**”, October 27, 2026.
- **Webinars** – Go to website to peruse titles of recorded webinars.  
<https://www.ostomy.org/events-2/category/webinars/> > **UOAA’s 2026 Run for Resilience Ostomy 5k Event Series**: Eleven cities across the US will host formal, timed **UOAA Run for Resilience Ostomy 5k events** on or about October 3, 2026, plus an opportunity for you all to participate virtually (more info available at <https://www.ostomy.org/5k/>). As usual, several fundraising benefits, awards, and gifts will be offered.

>> **Spokane Ostomy Support Group (SOSG)** will again host an “informal” **Run/Walk/Stroll/Roll for Resilience Ostomy 5k** event and social gathering on October 3 beginning at 10:00 am at the North Shelter in Manito Park, Spokane. We will assemble at the shelter from 10-11 am for a meet and greet plus games, hold our **Run/Walk/Stroll/Roll event** or **sit by the fire** from about 11 am to noon,



United Ostomy Associations of America, Inc.  
**2026 RUN FOR RESILIENCE OSTOMY 5K**  
Run/Walk/Stroll With Us In Manito Park  
Saturday - October 3, 2026 - 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/2129240>

Continued next page.

and follow that with participant awards, drawings for prizes, and a *bring-your-own* picnic lunch and social. We have also revived our fundraising team, "**Lilac City Pouchers**," to fundraise for UOAA! **There is still time to join our team and donate! See Graphic or Link below!**

Register as a virtual participant:

> To join our "**Lilac City Pouchers**" team, go to: <https://runsignup.com/RaceGroups/22873/Groups/2129240>.

> To register independently, go to: <https://runsignup.com/Race/ME/Biddeford/VirtualOstomy5k>. ■

## REGIONAL-LOCAL OSTOMY SUPPORT GROUPS

### Activities & Announcements

Following are brief reports about 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:** 09/21/2026 – Reported by Nancy Luckey, RN BSN CWON - We hold meetings at regularly scheduled dates and times, on the 3rd Wednesday each month at 3 pm. Please note that our meeting place may vary but we will keep you informed.

>Our recent activities at the Coeur D Alene Support group:

**July:** We heard from Ian with Convatec with a focus on convexity pouching and guidance on determining how much tension is needed in the wafer field. He also shared about Convatec's me+ program providing members free, personalized care, guidance and connection for people living with an ostomy. Members have access to certified ostomy nurses by phone or video telehealth, ostomy education, connections to product suppliers and more, all at no cost to the ostomate.

**August:** We had a great show and tell discussion with the group sharing tips, tricks and ideas. Some of our best groups are when we just ask each other questions and share the lived experience.

**September:** Our topic was high output, and our guest speakers were the inpatient ostomy nurse team from Kootenai Health. Thank you Cindi, Bobbi and Monica for presenting and joining the discussion!

>What is coming up:

**October:** TDB

**November:** Skin care/Peristomal breakdown. We will hear from Urgo Medical with Vashe wound skin cleanser.

**December:** Holiday break. No group this month.

Have a wonderful and blessed fall season. Feel free to call if you have questions - Nancy Luckey, RN CWON at 208-625-3582.

- **Lewiston, ID-Clarkston, WA United Ostomy Support Group:** 09/21/2026 – Reported by Adrian Wilson, President – Our support group awarded a \$500 scholarship to Izzy Boblscheid for nursing school. Our support group now meets at a **NEW LOCATION: Senior Center at 6<sup>th</sup> St. in Clarkston!**

>Recent support group activities include:

**August:** Mental health effects on physical health.

**September:** Resuming social activities after surgery.

>Upcoming meetings include the following topics:

**October:** Four things you should know about ostomy bags.

**November:** Seasonal and holiday eating with an ostomy.

**December:** Best foods for thickening stools naturally plus a discussion about pancaking.

Adrian

[Continued next page.](#)



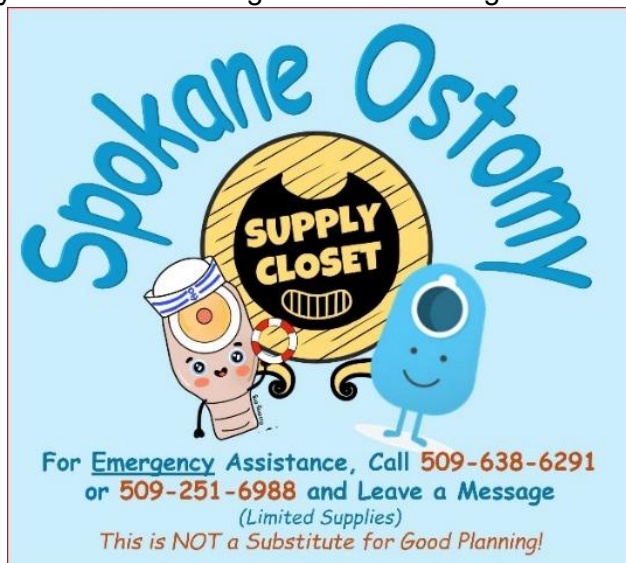
- **Spokane Ostomy Support Group - Spokane, WA:** 09/29/2026 - Report by Carol Nelson, Coordinator/Facilitator (509-638-6291) – After a hot dry summer with plenty of smoke, we welcome our cool, fresh fall weather with just enough rain to dampen our dusty hillsides! Following is our fall meeting schedule:

> **October 3<sup>rd</sup>** - Spokane OSG's annual **Run for Resilience Ostomy 5k** will be held on Saturday, October 3 from 10:00 am to 2 pm at the North Shelter in Manito Park. We'll have a meet & greet with complimentary drinks and snacks, games, a run, walk, stroll, or roll around the park, awards, and a drawing for fun prizes! Come to enjoy time with friends, take a stroll through Manito's beautiful gardens, and stay for a bring your own sack lunch get-together after the race and activities. All are welcome to join us!

We will resume our fall/winter Zoom meetings in November.

> **November 3<sup>rd</sup>** - Meeting via Zoom will have Andrea Durst explaining Home Health Care Criteria and access. This will be an important meeting since we never know when we or a family member might need more help with health issues.

> **December 1<sup>st</sup>** - Meeting via Zoom - Speaker/Topic to be determined.



- **Mid-Columbia Ostomy Support Group - Tri-Cities, WA:** 09/23/2026 – Reported by Nancy Serna, RN, BSN, WOCN - We continue to have growing attendance at our meetings. At our last meeting on 8/20/26, we had a presentation on Exercise with an Ostomy. Our speaker was one of our in-house physical therapists, Karmen Goodfellow. Our next meeting is scheduled for Thursday 11/19/26 and I am working to coordinate a Zoom Meeting with Stealth Belt. We still have several folks who like to keep their ostomy status private, and this is why we have not taken any photos. Meetings held Quarterly (Feb., May, Aug., Nov.) on the third Thursday of the month, excluding holidays; at 3:30 PM - 4:30 PM in the Maple Conference Room at the Healthplex 1268 Lee Blvd, Richland WA 99352.

- **Missoula Ostomy Support Group – Missoula, MT:** 09/25/2026 - Reported by Hannah Peterson, BSN, RN, CWON (406-327-4347) - I have not received confirmation from my speakers. Our group enjoyed an excellent talk with a Pelvic Floor Physical Therapist Tara Phelps in August. I'm excited to see what works out over the coming months!

Our monthly ostomy support group continues to meet on the 2<sup>nd</sup> Wednesday each month from 1530-1630 in the main building at Community Medical Center hospital, 2827 Fort Missoula Road in Missoula. We meet most frequently in Conference Room J, and I always place signs with cartoon ostomy pouches to lead the way! As always, low-fiber snacks will be provided by the hospital's nutrition team! Because our group is most often less than 10 folks, I have enjoyed tailoring the discussion topics to the concerns of the attendees. I am very open to suggestions from ostomates and encourage folks to email me with their specific needs! Best contact information for me is my work email at [hpeterson@communitymed.org](mailto:hpeterson@communitymed.org) and my desk phone (406) 327-4347.

- **Confluence Health Ostomy Support Group - Wenatchee, WA:** 09/18/2026 – Report by Tyree Fender, CWOCN – No new changes for our group. We are not meeting and do not have any plans to meet. Tyree.
- **Yakima Ostomy Support Group - Yakima, WA:** 09/18/2026 – Kanista Masovero, CWOCN –All meetings are from 10-11 am at Wellness House 6006 Summitview Ave. in Yakima. *Our next meeting is on Wednesday November 11 with Ian Harrington of ConvaTec.* It will be held at Wellness House [6006 Summitview Ave Yakima](#). Kanista. ■



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## QUARTERLY ARTICLES & TIPS

### Tips on How to Advocate for Yourself in Healthcare

(Ostomy Support Group of Tucson, AZ-June 2026)

**Editor's Note:** The Ostomy Support Group of Tucson conducted a focus group with the help of a Social Worker who works with cancer patients, researched and presented a Panel interactive presentation with scenarios of “An ineffective doctor visit” and “An effective doctor visit”.

Advocating for yourself means taking action to help your healthcare professional understand your needs and expectations. Your healthcare is a partnership between you and your provider, and being an active participant is your responsibility. Advocating for yourself may feel uncomfortable at first, but it'll get easier the more you do it.

**Book for Success** – Identify what you want and need from your appointment and communicate this with the scheduling assistant and your physician.

**Come Prepared** – Come with questions and concerns you might want to ask your physician.

**Bring a Buddy** – Consider bringing a close friend or a family member. They can be another set of ears and take notes for you.

**Consider Getting a Second Opinion** – If you feel uncomfortable/overwhelmed with the advice from your doctor, you have the right to get a second opinion.

**Find Support** – Medical peer support benefits may include reduced social isolation, improved knowledge of self-care skills, navigation of the health system and connection to community-based resources.

**Increase your Health Literacy** – Knowing about your condition can empower you to be an active decision-maker in your care plan.

**Keep Detailed Records** – Keep records of your medical history,

- Take notes about who you met with, their recommendations, what tests you've had, the medications you've taken.
- List medications by: Name, dosage, how often and for what condition.

**Understand the Follow-Up Plan** – Advocating for yourself also involves making sure there's an ongoing plan for care, and that you understand what roles you and your doctor will play.

#### Ask:

- What to watch for when starting a new medication
- How long you can expect to wait for referrals or testing
- If there are symptoms to watch for that might mean you need to contact a doctor sooner. (Also good to ask your pharmacist when picking up the meds).

**Playing a major role in your own health care journey** can help you maximize every health care appointment – and may help you stay healthier too! ■



Many Thanks to Lynn Brink and Anne Peasley for Their  
Helpful Contributions to and Editorial Reviews of This Newsletter



## Traveling with an Ostomy *Advice from a Nursing Perspective*

Author: **Sharon E. Delaney** is a retired certified nurse midwife in Liberty Lake, WA and a cancer survivor who had a colostomy 10 years ago as part of her colorectal cancer treatment.

Sharon is also an active member of Spokane Ostomy Support Group.

*This article is open source, originally published in American Journal of Nursing 126(2):p 48-53, February 2026*

Contact author: [pouchtraveler@gmail.com](mailto:pouchtraveler@gmail.com)

**Abstract:** People undergoing ostomy surgery face an extended physiologic and psychosocial recovery. It is not uncommon to experience interruptions in work, pursuing life goals, relationships, physical activity, and social life. Even those with previous travel experience may feel inhibited by their new ostomy. Nurses, including those experienced in wound and ostomy continence, provide essential care to patients recovering from surgery and adjusting to their stoma. With counseling, education, and experience, patients can develop increasing competence and autonomy. This, in turn, helps an ostomate look forward to social activities—including traveling. However, there may be concerns related to stoma management; worry about packing essential appliances; and fear of leaking, odor, and embarrassment from loud stoma noises. This article provides focused information and resources to guide nurses in preparing people living with stomas for safe and enjoyable travel within the parameters of their special health condition and needs.

**America Journal of Nursing Editor's note:** The author is an advanced practice nurse, colostomate, and frequent traveler who has developed practical travel information, resources, and tools to benefit nurses who work with ostomates for whom travel is a goal. In addition, much of the information can be generalized to counseling other people who are hesitant about traveling because of their medical condition.



Photo: Sharon E. Delaney on the Philosopher's Path in Kyoto, Japan. Photo by Jeff Ammons.

People consenting to ostomy surgery likely face a life-threatening condition such as cancer, severe abdominal trauma, inflammatory bowel disease, persistent diverticular disease, or intestinal obstruction. The surgery may be scheduled or performed on an emergency basis. Physical recovery involves healing of the stoma and any

[Continued next page.](#)



surgical incisions. Concurrently, there is a need for rapid learning to successfully manage stoma and appliance care as well as fecal or urine output.

In addition to physiologic recovery, the new ostomate may face significant emotional challenges in adjusting to their changed body image and function. The patient awakens from surgery with a new stoma, which is covered by an appliance and requires frequent monitoring. The learning curve can be steep, and failure to properly care for the stoma can result in embarrassment and feelings of shame in the event of leakage around the appliance, loud passages of intestinal gas, and worry about locating bathroom facilities to change a full pouch. Skin irritation can develop and must be addressed. After hospital discharge, people with a stoma may become isolated as they withdraw from social activities.

Challenges include but are not limited to knowledge deficit regarding stoma and appliance care; fatigue from the demands of ostomy management; disturbed body image related to stoma placement; anxiety regarding appliance issues; and social isolation related to poor appliance adherence, stoma noise, and odors. Failure to adapt can lead to physical complications (infection or skin breakdown) or psychosocial issues (increased worry, self-consciousness, social isolation, and loss of self-empowerment). People can experience interruptions in work, pursuing life goals, relationships, physical activity, and their social life.

Nurses experienced in stoma care, education, and wound and ostomy continence management provide help to patients both pre- and postoperatively, and on an ongoing basis as ostomy needs arise. They teach new ostomates how to use the appliance and provide counseling on topics such as medications, output management, diet, and peristomal issues. Concurrently, nurses provide emotional support to assist with psychosocial adaptation. Although ostomy surgery can be temporarily debilitating and disruptive to one's social world, skilled peri-surgical counseling and education provide a positive framework from which the person will continue adapting postcolostomy.

Peer-led groups are also beneficial to ostomates as they navigate life with a stoma. The shared experience that comes from support groups cannot be overstated. Frank discussions of bowel output are socially unacceptable for many, so ostomy groups provide an opportunity for open sharing of this topic. Over time, peer group participants report increased knowledge, confidence, and willingness to venture out socially. More experienced group members model self-care and positive social interactions, including strategies for coping with potentially embarrassing stoma events. Discussions are open and may include topics such as choice of ostomy appliance, managing leakage issues, sharing embarrassing moments and coping strategies, encouraging physical activity, and suggesting how to feel safe as social interactions expand. The supportive environment of peer groups can help members feel increased autonomy and adaptation. As a person feels more empowered, they are more likely to feel socially confident.

A return to social activities is considered a positive sign that a person is adapting to living with an ostomy. For some, resuming travel is seen as an ultimate social goal. In anticipating travel, both nurse and peer discussions provide an opportunity to share knowledge and explore potential challenges and solutions.

**“InSider” Newsletter Editor’s Note:** Sharon’s complete article **“Traveling with an Ostomy”**, which accompanies this newsletter and can be accessed online, contains much more practical information for ostomates to plan their travel experience and tailor it to their needs. Topics include

- Developing Travel Goals
- Ostomy Travel Journal
- Making Trip Plans
- Air Travel
- Digestion Concerns
- Skin Care
- Resources List

Also included are several useful checklists

- Nursing Travel Checklist for People with an Ostomy
- Packing Checklist for Traveling with an Ostomy

[Continued next page.](#)

- How a Person with a Colostomy Prepared for a Trip to Japan

>> Sharon’s full article can be accessed in two ways:

- A PDF of the entire article is also included in the email with this issue of “InSider” Newsletter.
- The full article can be viewed on the original *American Journal of Nursing* website where it was first published

<https://www.ovid.com/jnls/ajnonline/fulltext/10.1097/ajn.0000000000000242~traveling-with-an-ostomy> ■

## Winter Ostomy Concerns

*Via Metro Halifax; Insights, Southern New Jersey*

For those of us who live in northern climates and have undergone ostomy surgeries, it is important to use caution when shoveling snow. Because we have abdominal incisions, we are at higher risk for injury than the general public and must protect ourselves from stoma trauma. Keep in mind the following safety precautions when shoveling your way through the piles of snow that await us this winter.

Because we are all different, check with your doctor to see if there are weight limitations for you to push or lift. Do a little at a time and rest in between; it does not usually have to be done all at once. Pushing snow may be easier than lifting every shovelful. Hold the handle slightly to the side of your body and you push the shovel along; that way if you were to hit an uneven part of the driveway or sidewalk, the handle would not suddenly poke into your abdomen and possibly damage your stoma.



Drink plenty of fluids before, during and after shoveling - shoveling is strenuous exercise. Don’t hold your breath while straining to lift heavy snow, breathe through the lift. Wear boots that have a good grip - not ones which may let you slip and fall. If you are not physically up to shoveling safely, hire someone to do it or ask a relative or a friend to do it for you. It is not worth injuring yourself or facing additional surgery just to get it done. ■

## New Urostomy Patients

*Source: UOASL, Live & Learn, fall 2026; OSG of Middle Georgia, The Ostomy Rumble Via: Roanoke (VA) Valley News; South Brevard, FL, Antelope Valley newsletter, Lancaster, CA, Springfield’s Ostomy Family Newsletter.*

Train yourself to shut the pouch valve as soon as you have emptied the pouch! If you forget, the resulting disaster within the next 10 minutes could ruin your day. Be sure to take the plastic waste basin and clear measuring



container home from the hospital! They are very helpful as you establish a daily routine of washing your nighttime equipment. Gallon bottles of white vinegar and cheap liquid detergent make the daily washing-up an inexpensive chore. If you change the pouch first thing in the morning, there is less chance of the stoma misbehaving as you do the change. Irrigate the pouch daily with a solution of 4/5 water and 1/5 vinegar. A five-quart pail with metal handle (Home Depot, Wal-Mart, etc.) is a great night bottle or bag container by the bed and also a safe way to carry this equipment to the bathroom in the morning. The hospital plastic wash basin is an ideal container for supplies when traveling and can be used to hold the night drainage bag. In the morning, it is handy for washing up wherever you are. It fits nicely into most carry-on bags and is not heavy. In most cases, urostomy patients enjoy a completely normal diet. Cranberry juice, yogurt, or buttermilk will help combat urinary odors. Asparagus should be avoided as it produces a strong odor in urine. ■

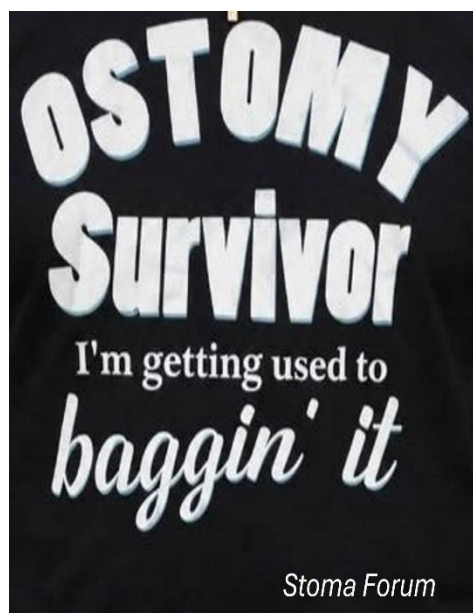
## Chemotherapy as an Ostomate

Source: UOASL, Live & Learn, fall 2026; Laura Bailey Young Ostomate Advocate [AskLauraBailey@gmail.com](mailto:AskLauraBailey@gmail.com)

Let's talk about something many of us never expected to become experts in: managing life as an ostomate while going through chemotherapy. As some of you may know, I have a stoma due to a recurrence of rectal cancer. Unfortunately, my cancer has returned once again and is now in my pelvis, which means it's time for me to head back into the world of chemotherapy. So far, I've completed one treatment, but I know from experience—and from conversations with many others—that chemotherapy can be especially tough on the gastrointestinal tract. For those of us with an ostomy, it can add an extra layer of challenge to an already demanding journey. One of the balancing acts during chemotherapy is managing both constipation and diarrhea. It can sometimes feel like your digestive system can't quite decide what it wants to do! While everyone's experience is different, here are a few strategies that may help:

- Consider taking a stool softener on the day chemotherapy begins and for the following couple of days if constipation tends to be an issue for you.
- Once things start moving a little too well, you may find that adding one or two bananas a day helps. Some people also benefit from following the BRAT diet—Bananas, Rice, Applesauce, and Toast (or Tea).
- Prebiotics and probiotics may help support digestive health and, for some individuals, may help ease stomach discomfort and nausea.
- Of course, everyone responds differently to treatment. Before adding any medications, supplements, or dietary changes, be sure to consult your oncologist or healthcare team.

Living with an ostomy can sometimes feel isolating, and chemotherapy certainly doesn't make the road any smoother. But if there's one thing I've learned, it's that none of us are walking this path alone. There is an entire community of people who understand the ups and downs, the victories and frustrations, and yes—even the occasional moments when our digestive systems decide to keep life interesting. If you're currently going through treatment, know that there are people who care and understand. And as always, if anyone needs someone to talk to, I'm here. ■



I'm in love with this sentence:  
**"The amount of beautiful things in your life  
 depends on your ability to notice them."**



## 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 1<sup>st</sup> floor of the hospital located at 800 W. 5<sup>th</sup> 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 (509-638-6291); [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.

**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/>.

**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 - Kootenai Outpatient Wound Clinic.
- Meetings: Support group meetings are held in person on the 3rd Wednesday each month at 3 pm; 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; **Senior Center at 6<sup>th</sup> St. in Clarkston, WA.**

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

- Contact: Carol Nelson - Facilitator, Visitation Program at 509-638-6291, [carol@nelsonwheat.com](mailto: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-February via Zoom; March-June in-person in the Avista Room on the west end of the main floor at Sacred Heart Hospital; and July-October\* in-person at the North Shelter in 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 509-638-6291 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.) are held on the third Thursday 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:

- Contact: Hannah Peterson, BSN, RN, CWON at 406-327-4347; [hpeterson@communitymed.org](mailto:hpeterson@communitymed.org)
- Meetings: Held monthly on the second Wednesday from 3:30-4:30 pm, refreshments served; Conference Room J of the main building at Community Medical Center at 2827 Fort Missoula Road.

### 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; 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](mailto:SOSG.Input@gmail.com)).

