



Welcome Inland Northwest Ostomate Communities!



CONTENTS

WHAZZ UP	1
Regional OSG Meetings	1
Diversion Inspiration & Humor	2
National Spotlight	
• Selected Highlights	2
Regional-Local Ostomy Support Groups	
• Activities & Announcements	3
Quarterly Articles and Tips	
• Selected Ostomy Resources OnLine	6
• Stoma Showering	8
• Stoma Output	9
• Take Your Laughter Seriously.....	10
• Managing Humidity and Pouch Wear Time.....	10
Important Support Contacts & Links	11
Inland NW Ostomate Support Groups	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 –

HAPPY SUMMER Y'ALL!

I have some NEW news for some of you. This time each year I think about **Youth Rally**, a specialized summer camp for children aged 11-17 living with bowel and bladder conditions, e.g. ostomies. Supported by the **Wound, Ostomy, and Continence Nurses (WOCN) Society**, yes, *our very own WOCNs*, this year's **Youth Rally** will be held July 6-11 at the University of Colorado in Boulder, Colorado. The camp provides a supportive community to help these youthful campers develop resilience, confidence, independence, and lifelong friendships. At least one member of Spokane OSG attended the camp in their youth, and two members will be counselors at this year's camp.

REGIONAL OSG MEETINGS

Summer 2026

See *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

Jul. 15: Ian Harrington, Convatec Rep.

Aug 19: Topic/Speaker - TBD

Sept 16: Topic/Speaker - TBD

Lewiston-Clarkston Ostomy Support Group, ID-WA

Jul 13: Topic/Speaker - TBD

Aug 10: Topic/Speaker - TBD

Sept 14: Topic/Speaker - TBD

Missoula Ostomy Support Group, MT

Jul 08: Types of Colorectal Surgeries

Aug 12: Pelvic Floor Physical Therapist

Spokane Ostomy Support Group, WA

Jul 07: Susie's Ice Cream Social - Manito Park

Aug 04: Home Health Care Criteria & Access – Andrea Durst

Sept 01: Pelvic Floor & Core Strength – Megan Johnson & Rachel Kohl

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

Aug 20: Exercising with an Ostomy

Nov 30: Topic/Speaker - TBD

Wenatchee/Confluence Ostomy Support Group, WA

>> Regular ostomy support meetings cancelled until further notice.

Yakima Ostomy Support Group, WA

Jul 08: Abdominal Exercises Safe for Ostomates

Sept 09: Amanda Boden, Hollister Rep.

Continued next page.



Issue 26-3

<http://inlandnwostomy.org>

Summer 2026

Join us today to learn the latest in the ostomy world! 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. Of particular interest in this issue is an article on a topic many have requested be addressed, **"Selected Ostomy Resources Online."** Thank you Michelle Best WOCN for tackling this important theme important to so many! Other articles include **"Stoma Showering," "Stoma Output," "Take Your Laughter Seriously,"** and **"Managing Humidity and Pouch WearTime."**

Our regional website - 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)

Flowers grow back even
after the harshest winter.
You will too!



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"**
- **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 virtual participation (more info available at <https://www.ostomy.org/5k/>). As usual, an early bird registration discount will be available, and several fundraising benefits, awards, and gifts will be offered.

>> Spokane Ostomy Support Group (SOSG) will again host an "informal" **Run/Walk/Stroll 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** or **sit by the fire** event from 11 am to noon, and follow that with participant awards, drawings, and a **bring-your-own** picnic lunch and social. We have also revived our fundraising team, **"Lilac City Pouchers,"** to fundraise for UOAA! All are welcome to join our team and donate! **See Graphic on next page!**

Register as a virtual participant:

- > To join our **"Lilac City Pouchers"** team, go to: <https://runsignup.com/Race/Groups/22873/Groups/2129240>.
- > To register independently, go to: <https://runsignup.com/Race/ME/Biddeford/VirtualOstomy5k>. ■

Continued next page.



"InSider" Newsletter



INLAND NORTHWEST OSTOMY SUPPORT GROUPS

Published Quarterly - Editor: Phillip R. Moyle (SOSG.Input@gmail.com)

Issue 26-3

<http://inlandnwostomy.org>

Summer 2026



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>

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:** 06/26/2026 – 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 has changed. We are now meeting in the Kootenai Health Resource Center 2003 Kootenai Health Way Coeur D'Alene ID. Our recent activities at the Coeur D Alene Support group: April - Ostomy.org website reviews and updates; May - "One Thing" Round table discussion - a variety of questions and topics to share one thing about (i.e. one thing you accomplished this week, one thing you are struggling with your ostomy on right now, one thing you never leave the house without, one thing you wish you had known from the start of your ostomy journey, etc.); and June - we heard from the creator of Ostopaix (noise reducer/eliminator options for stoma) and reviewed hernia support belts and the custom features of the Nu-hope systems. What's coming next: **July 15** - Ian Harrington, Convatec Rep, will discuss convexity & surface tension and impact on product selection; **August 19** – TBD; and **September 16** – TBD. Feel free to call if you have questions - Nancy Luckey, RN CWON at 208-625-3582.

Continued next page.



- Lewiston, ID-Clarkston, WA United Ostomy Support Group:** 06/22/2026 – Reported by Adrian Wilson, President - We have had some new people. So, we've done the apron demonstration about our insides and what each ostomy is. We've covered posture and breathing and exercises for the core and pelvic floor. We read papers on depression and acceptance. Dr. Jen Kaufman came to speak about our gut. We discussed Crohn's disease and diverticulitis. She was very helpful and knowledgeable. We shipped 5 boxes of supplies to Friends of Ostomates. We repacked supplies according to brands. We sent 5 boxes to the group in Missoula, MT and are sending 5 more to Wenatchee. We have a new treasurer, Louisa Andexlar. Hope this finds you all in good health. Ellen still makes new patient packets for Tri State hospital. It's a real service. We were given a \$200.00 anonymous donation for all we do for ostomates. Adrian
- Spokane Ostomy Support Group - Spokane, WA:** 06/26/2026 - Report by Carol Nelson, Coordinator/Facilitator ([509-638-6291](tel:509-638-6291)) – **Welcome to Summer!** Spokane Ostomy Support Group enjoyed several in-person meetings at Sacred Heart Medical Center covering a variety of topics. Now that summer has arrived, we will be meeting at Manito Park's North Shelter. The schedule is as follows:
 - July 7** – Susie's Ice Cream Social;
 - August 4** - Home Health Care Criteria & Access – Andrea Durst, MSN, LICSW Medical Social Worker; and
 - September 1** - Pelvic Floor & Core Strength – Megan Johnson, DPT & Rachel Kohl, PTA.
 - October 3** - Don't forget – **Spokane OSG's Annual Run/Walk/Stroll for Resilience Ostomy 5k** will be held once again at Manito Park's North Shelter at 10 am on Saturday, October 3. All are welcome to join us!
- Mid-Columbia Ostomy Support Group - Tri-Cities, WA:** 06/24/2026 – Reported by Nancy Serna, RN, BSN, WOCN. Our last meeting on 5/21/26 was well attended! Wayne Pelly presented on Travel with an Ostomy. Our next meeting is scheduled for 8/20/26 and the topic is Exercising with an Ostomy, presented by one of our physical therapists. The November meeting topic is TBD. 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:** 06/22/2026 - Reported by Hannah Peterson, BSN, RN, CWON (406-327-4347) - Thank you for checking in. Our monthly ostomy support group continues to meet on the 2nd 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! Our July ostomy support group will focus on the details of different colorectal surgeries using Joy Hooper's Anatomy Apron! Our August support group features a Pelvic-Floor Physical Therapist who will share strengthening recommendations for the ostomate seeking reversal & more! We have enjoyed lovely meetings over the last few months, a highlight being a probiotic/prebiotic discussion with a Registered Dietician! 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! Finally, I would like to thank the ostomate community for the large volume of donations recently received. We shipped 8 boxes of supplies over the last 2 months to Friends of Ostomates Worldwide! Best contact information for me is my work email at hpeterson@communitymed.org and my desk phone (406) 327-4347.



Continued next page.



Issue 26-3

<http://inlandnwostomy.org>

Summer 2026

- **Confluence Health Ostomy Support Group - Wenatchee, WA:** 06/22/2026 – Report by Tyree Fender, CWOCN – The support group is still not meeting, primarily due to staff shortages. We don't have a primary person to run it. Thanks to all, Tyree.
- **Yakima Ostomy Support Group - Yakima, WA:** 06/24/2026 – Kanista Masovero, CWOCN – We have a physical therapy student on July 8 to teach abdominal strength exercises that are safe for ostomates. September 9, we have Amanda Boden from Hollister. All meetings are from 10-11am at Wellness House 6006 Summitview Ave. in Yakima. Thanks to all, , , Kanista and Nicole. ■

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QUARTERLY ARTICLES & TIPS

Selected Ostomy Resources OnLine

Find What You're Looking For

Compiled by Michelle Best, MSN, RN, CWOCN – Providence Sacred Heart Medical Center
and Adviser to Spokane Ostomy Support Group, Spokane, WA

Ostomates and caregivers attending recent Spokane Ostomy Support Group (SOSG) meetings expressed a need for additional information about online ostomy manufacturers, suppliers, and educational resources.

In response, SOSG Nurse Advisor Michelle Best, MSN, RN, CWOCN, compiled this preliminary inventory of online resources. This list is not intended to be comprehensive, nor does it constitute endorsement of any specific product, service, or company. Rather, it is offered as a starting point to help individuals conduct their own research and identify products, suppliers, and services that may best meet their needs. To support further exploration, a list of suggested search terms is included following the preliminary inventory of suppliers, clothing companies, and accessory providers.

Readers are also encouraged to consult **United Ostomy Associations of America's (UOAA)** webpage, "**Product and Supply Information**" (<https://www.ostomy.org/product-supply-information/>), that provides foundational information about the wide range of ostomy products and supplies available.

In addition, **UOAA** recently launched an expanded resource database, "**Ostomy Marketplace**" (<https://www.directory.ostomy.org>) which is being populated on an ongoing basis and may serve as a valuable source of current information for ostomy patients and caregivers.

Major Ostomy Appliance Manufacturers and Ostomate Support Programs

Coloplast

- <https://www.coloplast.us/ostomy/people-with-an-ostomy/>
- 1-800-533-0464
- **Coloplast Care Program** – 1-855-430-9500 – <https://coloplastcare.com/en-US/ostomy/>

Convatec

- <https://www.convatec.com/>
- **Convatec Me+ Support Team** - 1-800-422-8811 – <https://www.coloplast.us/care-/>

Hollister

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

Ostomy Suppliers

Note: All of these suppliers ship nationally. Hours of availability are subject to change. Please check & verify your insurance coverage.

180 Medical (affiliated with Convatec)

- <https://www.180medical.com/>
- 1-877-688-2729
- Monday – Thursday: 8 AM to 7 PM, Friday: 8 AM to 5 PM (CTS)

Continued next page.



Issue 26-3

<http://inlandnwostomy.org>

Summer 2026

ABC Medical (affiliated with Hollister)

- <https://www.abc-med.com/>
- 1-866-897-8588

Byram Healthcare

- <https://www.byramhealthcare.com/>
- 1-877-902-9726
- Monday – Friday: 8:30 AM - 7:00 PM, and Saturday: 9:00 AM - 1:00 PM

Comfort Medical (affiliated with Coloplast)

- <https://www.comfortmedical.com/>
- 1-800-700-4246
- Monday – Friday from 8:30 AM to 6:00 PM (EST)

Edgepark

- <https://my.edgepark.com>
- 1-888-394-5375
- 8 a.m. to 9 p.m. EST Monday through Friday or 9 a.m. to 3 p.m. (EST) Saturday

Parthenon Inc. (family owned & operated)

- <https://parthenoninc.com/>
- 1-800-453-8898
- 8:30 a.m. - 4:30 p.m. (MST)

Shield Healthcare

- <https://www.shieldhealthcare.com/>
- 1-800-765-8775
- Monday through Friday, 9:00 am to 5:00 pm Pacific Time

Sound Health Medical (small, family-owned company in western WA)

- <https://www.soundhealthmedical.com/>
- Or mail to: Dean.Richards@soundhealthmedical.com
- 1-253-274-5000
- Monday - Friday: 9:00 AM - 5:00 PM (PST) Saturday - Sunday: Closed

Ostomy Clothing and Accessory Companies

- **Colo-Majic** (biodegradable ostomy bag liners) - <https://colomajic.com/>
- **Halo Ostomy Guard** (stoma protection) - <https://www.haloostomy.com/>
- **Heagi** (appliances and adjustable ostomy support belts) - <https://www.heagi.com/>
- **MediMirror** (hands-free mirror for appliance changes) - <https://medimirror.com/>
- **Nu-Hope** (specializes in custom support belts) - <https://nu-hope.com/>
- **Osto-me Fashion** - <https://ostomefashion.com/>
- **Ostomy Bag Holder (OBH)** (also has stoma body pillow) - <https://ostomybagholder.com/>
- **Ostomy Clothing Company** (underwear specifically for urostomies) - <https://ostomyclothingcompany.com/>
- **Ostomy Secrets** - <https://www.ostomysecrets.com/>
- **Ostopaix** - <https://ostopaix.com/>

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- **Pouch Wear** - <https://pouchwear.com/>
- **Revel** (deodorizing and related products) - <https://revelostomy.com/>
- **Safe n Simple** – (ostomy accessories) - <https://sns-medical.com/>
- **SIIL** - <https://www.siilostomy.com/en/siil-ostomy-underwear/>
- **Simply Beautiful** - <https://simplybeautifulstore.com/>
- **Skinster Medical Products** (silicone-based adhesive remover) - <https://skinistermedical.com/>
- **Spoonie Threads** (adaptive clothing) - <https://spooniethreads.com/>
- **Stoma Dome** (stoma protection) - <https://stomadome.com/>
- **Stomagienics** (system to contain ostomy output during change) - <https://stomagienics.com/>
- **Uncle Dookie's** (pediatric & adult ostomy bag covers) - <https://uncledookies.com/>

Potential Online Search Terms

Note: Use "Ostomy" before each term. You could also try searching for your specific ostomy type (e.g., colostomy, ileostomy, urostomy).

- | | |
|------------|-------------------|
| • Clothing | • Underwear |
| • Wraps | • Men's / Women's |
| • Guards | • Swimwear |
| • Belts | • Compression ■ |
| • Covers | |

Stoma Showering

Via "Sparrow" Lincoln Ostomy Association

According to Hollister, a long-time supporter of ostomates and the Lincoln Ostomy Association, showering with an ostomy can be done with a pouch on or off. Here are some helpful tips from Hollister:

- You can shower or bathe with your pouch on or off – the choice is yours. However, removing the pouch from a two-piece system before showering may weaken the skin barrier adhesion.
- If you find the skin barrier adhesion weakening, it is best to leave the pouch on or remove both the pouch and skin barrier.
- Soap residue can sometimes interfere with how well the skin barrier sticks to your skin, so choose a cleansing product that's free of residues, moisturizers, and oils.
- If you use a two-piece pouching system, you may want to switch to a different pouch for the shower. That way you can keep the pouch you usually wear dry.



According to UOAA, normal exposure to air or water will not hurt your stoma, and water will not enter the stoma opening. It is recommended to bathe when your bowel is less active. ■



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



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Stoma Output

Source: *The New Outlook*, Winter 2024; *CliniMed – UK* (Edited to reflect US spelling and verbiage)

Normal output depends on which type of stoma you have: colostomy, ileostomy or urostomy. Like all output, it can depend on diet, liquid intake etc. For all types of stomas, it is important to drink plenty of fluids, about 6 cups of liquid a day (8-10 if you have an ileostomy). This will help keep your output stable and healthy.

Colostomy

The colon usually absorbs water from the waste as it moves along towards the rectum, so the consistency of output will depend on where your stoma is sited: the further along the colon, the thicker the feces coming out of the stoma will be.

If you have just had surgery, it may take a few days for the bowel to start functioning normally again. Passing wind or flatus is the first sign that it is starting to work again. Feces can be quite fluid in the post-operative period but should become thicker as your bowel recovers.

It's important to get into the habit of drinking plenty of fluids and gradually introducing fruit, vegetables and other high fiber foods into your diet. You can still get constipation with a colostomy. If constipation persists, it may be helpful to take a mild laxative. If you are in any doubt, ask your stoma nurse. You should also consult your stoma nurse or doctor if you experience no feces going into the stoma bag, associated with severe pain.

Ileostomy

After bowel surgery, the small intestine gradually adapts, and your stoma output should thicken up (to an oatmeal-like consistency) and reduce to around 400-800ml per 24 hours. People with ileostomies wear drainable pouches which can be emptied as often as necessary during the day. Make sure you eat regularly as this helps to regulate stoma function. Occasionally, some people have continuing problems with stool frequency or

[Continued next page.](#)



consistency in which case you may need to take medication to control it. You may find the output becomes very watery. Should this persist, or if you need to empty your stoma bag very frequently, you may need to thicken the output, via diet, medication and/or special thickening agents put in the bag. You should always ask for advice from your stoma nurse or doctor first. If the watery output is accompanied by abdominal pain, nausea or vomiting you should seek medical advice right away.

Urostomy

When you first have your stoma surgery, the urine draining out of your stoma will be bloodstained. It will gradually clear but can remain discolored for 2-3 weeks.

You will need to empty your urostomy bag via the outlet tap several times a day, as urine flows from the urostomy continuously. To avoid getting up at night to empty your bag, you may need to add on extra capacity by means of a ‘night bag’. This is attached via a long tube to the tap at the bottom of your usual bag. You can either place the night bag on a stand or hang it out at the end of the bed resting in a bowl or bucket. The night bag should be cleansed daily and changed every week. Some people prefer to use a leg pouch at night (and some also do this in the day).

It is usual to expect mucus in your urostomy bag, as your stoma is made from a piece of bowel. The amount should decrease over time but may be helped by taking Vitamin C or a daily glass of cranberry juice. (Warning: if you take Warfarin, you should not drink cranberry juice.) You may experience either diarrhea or constipation in the first few weeks after your operation; if so, speak to your doctor or surgeon. ■

Take Your Laughter Seriously

Via “The New Outlook” January 2025



Did you know that laughter does wonders for your mind and body? That's what humor researchers have been finding out for the past 20 years. With each chuckle, your body undergoes physiological and chemical changes that have immediate, positive effects on your well-being, such as improved immunity, reduced stress and increased cardiovascular activity. Make a conscious effort to smile and laugh every day:

- Pay attention to what makes you laugh - comic strips, sitcoms or stand-up comedy. Then add more of this comic relief to your life.
- Spend time with children, who laugh up to 150 times a day.
- Make a weekly lunch date with a person who makes you laugh.
- Look for humor in everyday situations. ■



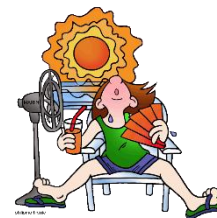
Managing Humidity and Pouch Wear Time

Via: Ostomy Assoc. Southern New Jersey, May 2025;

UOAA Articles to Share—This article is from Convatec, a Digital Sponsor

For people living with an ostomy, humid climates and certain situations may cause concern in pouch wear time. Don't let concerns about your pouch seal take you away from summer fun! Feel more confident about dealing with humidity with these tips:

- Review your peristomal cleaning routine. Using baby wipes or cleaners that include moisturizers may affect your pouch seal in hot, humid weather. Clean your peristomal skin with warm water and a simple bar of soap.
- Try a barrier wipe or spray before applying your pouch. ESENTA™ Sting-Free Skin Barrier Wipes create a barrier film that protects the skin from the damaging effects of adhesives, body waste and enzyme attack. Using the barrier wipes in combination with Stomahesive® Powder may help extend overall pouch wear time.



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- If you are in a humid climate or tend to perspire more, try a pouch with an adhesive designed to stand up to moisture, like a Stomahesive® barrier with an acrylic tape collar. The SUR-FIT Natura® Skin Barrier provides a unique formula that enables the skin barrier to adhere to both dry and moist skin.
- If you are having an issue with tape collars starting to peel, try adding barrier strips like the ESENTA™ Hydrocolloid Strips around the skin barrier where it meets the skin. This can also add an element of confidence in your pouch seal.
- Using an Eakin Cohesive® Seal with your pouching system may help absorb additional moisture. Eakin Cohesive® Seals can help prevent leaks and skin irritation by forming an absorptive barrier around your stoma.
- More often, pouch changes may be required. You may find in humid climates and situations that you need to change your pouch more often.

If you are vacationing somewhere tropical, in addition to humidity and wear time, you may have added concerns about swimming with an ostomy. Sarah Biggart from the me+ team has this tip to help you prepare for vacation: "I tell people who are scared to swim with an ostomy to spend a few hours in the tub on a lazy day. If your pouching system holds up to that, then the pool should be a breeze." ~Sarah B. Just remember that you don't have to miss out on summer fun if you are living with an ostomy. Always carry extra supplies in case you are somewhere where supplies may not be available should you need to change your pouch. ■

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 (509-638-6291); 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; Canyon's Church, 717 15th St. in Clarkston, WA.

Spokane Ostomy Support Group, WA (# 349):

- Contact: Carol Nelson - Facilitator, Visitation Program at 509-638-6291, 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
- 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).

