



# "InSider" Newsletter

## INLAND NORTHWEST OSTOMY SUPPORT GROUPS

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

<http://inlandnwostomy.org>



Spring 2025

Issue 25-2

*Welcome Inland Northwest Ostomates!*



# SPRING



## 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	
• Extra Supplies at Your Front Door? .....	6
• 4 Things to Know About Ostomy Bags .....	6
• Let's Talk Peristalsis.....	8
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 and Northern Idaho Communities – Ostomates, Family Members & Caretakers, our Healthcare Professionals, and our friends! Spring sprang like a leaky faucet this year, but I am ecstatic that temps are higher here in the lowlands while skiers can still flock to the snow-covered slopes!

We should all express our appreciation for the dedicated healthcare folks, especially **Ostomy Nurses**, who help make our lives easier and to our Ostomy Support Group leaders who volunteer their time to provide us all with fun and educational experiences! Note that April 13-19 is **WOC Nurse Week**, so **THANK A WOCN!** Thank you!

This New Year, 2025, offers many opportunities for ostomates to improve our lives. In particular, UOAA's 2025 Conference, to be held August 14-16 in Orlando, FL offers a wide range of educational and social experiences, ones I certainly want to enjoy! Registration began January 1, 2025. (see page 2)

Continued next page.

## REGIONAL OSG MEETINGS

Spring 2025

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

### Coeur d'Alene Ostomy Association, ID

April 16: "I'm an Ostomate and I Can"  
May 21: Sheree Dibiase–Lake City Physical Therapy  
June 18 TBD

### Lewiston-Clarkston Ostomy Support Group, ID-WA

April 14: "Bathroom Etiquette"  
May 12: "Pancaking"  
June 9: "Travel for Ostomates"

### Spokane Ostomy Support Group, WA

April 1: Social + Swap & Donate extra supplies  
May 6: Dori Langevin – "Relaxation for Ostomates"  
June 3: Topic TBD

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

May 19: TBD  
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

May 14: Elsa Goodsen – Coloplast Rep.  
July 9: Christian Datoon – Physical Therapist

### Rear Admiral

An affectionate term for gastroenterologist or ostomy surgeon.

This issue of the “InSider” Newsletter includes some excellent advice and informative articles important to all of us: “Too Many Extra Supplies Arriving at Your Front Door?,” “4 Things Everyone Should Know About Ostomy Bags,” and “Let’s Talk Peristalsis.” Updates about each of our regional support groups are also presented.

Our regional website - [inlandwostomy.org](http://inlandwostomy.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! ■

## NATIONAL SPOTLIGHT

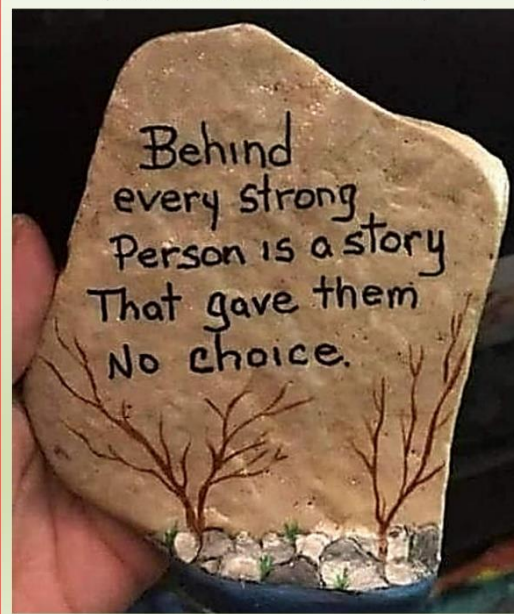
### Selected Highlights

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

Consider going to the 9<sup>th</sup> Annual UOAA National Conference in Orlando, FL, August 14-16, 2025. I’ve already attended two National Conferences, and the experiences changed my life! And this one will celebrate UOAA’s 20<sup>th</sup> Anniversary, so it’ll be a humdinger! Go to: <https://www.ostomy.org/2025conference/>. And don’t forget to consider applying for a **CARES Scholarship** to help offset the cost of traveling to the conference <https://www.ostomy.org/cares-scholarship/> (\$600 + \$200 Conference Registration). ■

### DIVERSION INSPIRATION & HUMOR

(Submissions & ideas welcome)



## 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](http://www.ostomy.org))





## REGIONAL-LOCAL OSTOMY SUPPORT GROUPS

### Activities & Announcements

Following are brief reports from each of the ostomy support groups in our Inland Northwest Region. Feedback from some groups may be limited depending on their individual circumstance with respect to COVID-19 and group leadership. *Contact your support group coordinator/leader for up-to-date information!*

- **Coeur D’Alene Ostomy Association, ID:** 03/18/2025 - We kicked off this year with the startup of our new **Ostomate Volunteer Program** at Kootenai Health. Our ostomy volunteers are making connections and sharing their lived experiences with new ostomates.

We have shared the **2025 Earl Silverstein Scholarship** opportunity available for Idaho ostomates to attend the 9<sup>th</sup> annual UOAA National Conference in Orlando Florida August 13-16th. Application deadline is April 18<sup>th</sup>!

To learn more or get involved in either of these events, please contact Nancy Luckey, RN CWON at 208-625-3582

> Coming up this spring quarter in Coeur d' Alene:

April 16: We will have an "*I'm an ostomate and I can*" sharing day. Victories come in all shapes and sizes! Bring your accomplishments and share with the group the things you didn't think you would do after an ostomy but did!

May 6: *Sheree Dibiase from Lake City PT* will be presenting information on pelvic floor health. She is such a wealth of information. This is one not to miss! Ostomates from neighboring support groups are always welcome!

June 18: TBA.



### CeraRing™ Barrier Ring

The confidence of a secure seal

"I started using the CeraRing™ barrier rings as a part of my Hollister set-up not long after getting my ostomy, and they immediately helped reduce the likelihood that I'd have a leak and it keeps my skin healthy and clear!"

- Collin, CeraRing™ barrier ring user

Scan to learn more

Try the CeraRing™ barrier ring for yourself by visiting [hollister.com](http://hollister.com) or calling 888.808.7456



The testimonials, statements, and opinions presented are applicable to the people depicted. These testimonials are representative of their experiences, but the exact results and experience will be unique and individual to each person. Prior to use, be sure to read the instructions for use for information regarding Intended Use, Contraindications, Warnings, Precautions, and Instructions for Use.  
Hollister, the Hollister logo and CeraRing are trademarks of Hollister Incorporated. © 2025 Hollister Incorporated



Ostomy Care  
Healthy Skin. Positive Outcomes.





- Lewiston, ID-Clarkston, WA United Ostomy Support Group:** 03/25/2025 - Update from Adrian Wilson, President – April’s topic will be **Bathroom Etiquette**; May will be **Pancaking**; and June will be **Traveling for Ostomates**. The support group recently sent off four boxes of extra supplies to **Friends of Ostomates Worldwide-USA**.
- Spokane Ostomy Support Group - Spokane, WA:** 03/18/2025 - Report by Carol Nelson, Coordinator/Facilitator (509-601-3892) – In January, Collin Jarvas joined us telling his inspirational story and discussing how he stays healthy while doing marathons with an Ileostomy. February was a **Meet and Greet** virtual meet where we shared the products, tricks and tips for living well with an ostomy. And in March, Amie Leigh Reece, UOAA director of Affiliated Support Group Affairs, walked us through the UOAA website and the Ostomy Academy. She also gave us a sneak peek into plans for the UOAA National Conference in August.

We will return to in-person meetings at Sacred Heart’s Mother Joseph room on L3 off the cafeteria on **April 1<sup>st</sup>** (*no foolin’*). We are really looking forward to getting together again. Our first “social” meet of the year is also a **Swap and Donate** event with everyone bringing unused supplies to either share with other attendees or donate to other organizations. **May 6<sup>th</sup>** – Dr. Dori Langevin, PsyD., will present on **Relaxation for Ostomates**. Since 2007 Dori has supported clients and meditation students in using mindfulness and compassion practices for everyday living challenges. Learning to relax our minds and hearts helps us respond wisely to trials and tribulations and feel nourished by the blessings in our lives. **June 3<sup>rd</sup>** - Our meeting will be held in Avista Room A & B, on the first floor of Sacred Heart. Directions to this room will be included in the reminder. I am still working on a presentation theme for the June 3 meeting.

- Mid-Columbia Ostomy Support Group - Tri-Cities, WA:** 03/20/2025 – Reported by Nancy Serna, RN, BSN, CWON – Wayne Pelly stepped down as the support group chair last year. He was also thinking about stepping down from his position with the Post Ostomy Support Team at Kadlec. He has been such a great

## StomaGenie®

Cover, Contain, and Dispose



**STEP 1** Remove Pouch



**STEP 2** Cover & Contain  
Clean & Dry Skin



**STEP 3** Apply New Pouch

Don't let an unpredictable stoma ruin your day!

- Contain those annoying drips or flowing output during changes.
- Cleaner pouch changes, lower stress levels, and healthier skin.

Available in 12 sizes + oval adapters



Order from these and other ostomy suppliers, 30 per month with insurance:



**Medicare** Health Insurance  
Approved Coverage

Visit: [Stomagienics.com](http://Stomagienics.com)  
Call: 844-696-7866



available at  
**amazon**




resource for our community, and he will be dearly missed.

Our last meeting on 2/24/25 went well. Attendance is growing! I presented on Ostomy 101 as a great resource for patient education and support. We also discussed a newly launched product called **ConfiPlus**. This product was designed by the spouse of an ostomate from Scotland to help reduce leaks. It fits around the appliance and helps to absorb and contain leaks.

Our next meeting is scheduled for May 19<sup>th</sup> at 3:15 PM -4:30 PM in the Maple Conference Room at the Healthplex 1268 Lee Blvd, Richland WA 99352. The meeting topic is TBD. There was some discussion about changing our meeting day and time. I will keep you posted on any changes. For now, we are staying with the dates as scheduled.

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.



**SenSura<sup>®</sup> Mio**

**Because your fit matters**

**SenSura<sup>®</sup> Mio with BodyFit Technology** makes it easier to find a pouching system that fits and feels right for you. So you can continue doing the things you enjoy.

**Personalize your fit to your needs**  
Brava<sup>®</sup> Supporting Products offer solutions to protect the skin, secure against leakage, and add support with confidence.

Scan here to request samples\* and learn more or call us toll free at 1-833-679-0801  
<https://coloplastus.qrd.by/miobrava>  
\*Limitations apply

The Coloplast logo is a registered trademark of Coloplast A/S. © 2024-03. All rights reserved Coloplast Corp. Minneapolis, MN 55411 / 1-800-533-0464. PM-30642



- **Confluence Health Ostomy Support Group - Wenatchee, WA:** 03/21/2025 – Reported by Tyree Fender, CWOCN – Super busy here! So much sickness is going around so hopefully that will be better soon with spring coming. The support group is still not meeting. I don't know if it will ever start again. As I changed to pool status last fall, we have not filled that position, so our group is often short, and we don't have a primary person to run it. I am working less, which has been nice for my family life. Thanks, , , Tyree
- **Yakima Ostomy Support Group - Yakima, WA:** 03/18/2025 – Kanista Masovero, CWOCN – Our support group had a great visit with **Dr. Matt Uhlman** a local **urologist** for our March meeting. He answered many questions and gave everyone a unique perspective on things. May 14 will be Elsa Goodsen, the Coloplast rep, and on July 9 **Christian Datoon**, **physical therapist** will present. Thanks to all, Kanista and Nicole. ■

**Amazing Things People Tell Pharmacists** – “I know I just got this prescription the other day, but I need more because my cousin has the same problem.”



## QUARTERLY ARTICLES & TIPS

### Extra Supplies Arriving at Your Front Door Long Before You Need Them?

Carol Nelson, Spokane OSG Facilitator/Coordinator

Spokane Ostomy Support Group occasionally receives calls from people whose parent or spouse has died leaving boxes and boxes of unused ostomy supplies. Our [Spokane OSG Ostomy Closet](#) uses some of these supplies to give to those who have an emergency need for appliances and accessories; however, since we store these supplies in our homes, we have limited space available.

While it is important to always have a good inventory of ostomy supplies on hand, when your next order arrives long before you need it, the supplies may end up overwhelming your storage area. Most of us have a pretty good idea of how many times we need to change our pouches each month and how many extras we need to keep on hand. So, depending on how long your supplies last, you could arrange to either reorder yourself, or talk to the company about adjusting the amount or frequency that you receive shipments as automatic orders.

If you have some products that no longer work for your ostomy, you can also donate them to a variety of non-profit organizations who will make sure they get to people who need them. United Ostomy Associations of America has a list on their website of organizations that distribute unused supplies to those who need them. You can find the list under the Ostomy Information tab, General information - <https://www.ostomy.org/donate-ostomy-supplies/>. [Friends of Ostomates Worldwide-USA](#) also has information on their website, <https://www.fowusa.org/donate-supplies/>, about a \$15 UPS fee that allows donors to send a 40-pound box of supplies, a large discount on the normal shipping fees. ■

### 4 Things Everyone Should Know About Ostomy Bags

Via: Coloplast; via UOAA E-News February 2025 and UOAA Blog Post

These myths—old, untrue, and stubborn—keep stigma alive. They tell a story that says ostomy bags are something to hide. Something to be ashamed of. Something to avoid or pity. Fueling careless jokes and bleak portrayals, the myths strip away the complexity of ostomy life and reduce it to a sad, lonely struggle.

But ostomy bags are not tragedies. They are not cheap punchlines or secrets to carry in shame. For 725,000 to 1 million people in the United States alone, ostomies are lifelines—tools of survival and symbols of strength. Ostomies make it possible for people to keep living when illness, injury, or pain have tried to take that away.

It's time to change the conversation. Here are four things everyone should know about ostomy bags and the people wearing them.

#### 1) Myth: An ostomy is a worst-case scenario.

**Truth:** An ostomy may save and improve lives in ways people don't often expect.



Continued next page.



Ostomy surgery is often framed as a tragedy. Some say they'd *rather die* than have one. Others insist they *could never live like that*. Others still tilt their heads with misplaced sympathy: *I'm so sorry you have to wear that. Is it temporary?*

Underneath these comments is the unspoken belief that an ostomy is a fate so grim, it should be avoided at all costs. But here's what people don't see: An ostomy can give life back. For so many, it means meals without pain or fear. Days without the clench of needing a bathroom *now*. The relief of a body no longer ruled by urgency, accidents, and the constant worry that public outings will end in embarrassment.

For those with Crohn's disease or ulcerative colitis, an ostomy may be what breaks the relentless cycle of flares, medications, and hospital stays. For those with colorectal or bladder cancer, it can be a turning point in removing disease and reclaiming the body. For these and so many other people—those with diverticulitis, traumatic injuries, congenital conditions—an ostomy can be a doorway to fully living.

This isn't about pretending that life with an ostomy is perfect. It's about telling the whole truth. Yes, an ostomy can change things. Yes, there may be moments of frustration, doubt, or grief. But for so many ostomates, there is also freedom, relief, and possibility.

And that is anything but the worst.

## 2) Myth: Ostomies are only for older people.

**Truth:** Ostomies are for anyone who needs them, from babies to the elderly.

When people hear the word *ostomy*, they may picture this: an older person in a hospital gown, frail and confined to a bed. But ostomies aren't just for old age, and they certainly aren't just for hospitals.

They are for *living*—for anyone whose body needs a different way forward.

Ostomies are for:

- The baby born with a condition requiring immediate intervention
- The toddler whose parents mastered ostomy bag changes before potty training
- The child with a backpack of homework, snacks, and ostomy supplies
- The teenager balancing WOC appointments with school, friendships, and first dates
- The new parent learning to care for a baby while relearning to care for themselves
- The professional navigating a medical curveball at the height of their career
- The grandparents chasing after grandkids, refusing to slow down
- And yes, older individuals who have lived through it all

Ostomies belong to every age and every stage of life. When we widen the lens, we find them at playgrounds and in boardrooms, on first dates and family vacations, in classrooms and grocery store aisles.

We create space for anyone with an ostomy who wonders if there's someone out there like them. We show them the truth: no matter their age, no matter where they are in life, they are not alone.

## 3) Myth: No one will love you with an ostomy.

**Truth:** Love is so much bigger than a bag.

Many ostomates fear they'll never find someone who sees beyond their ostomy bag. The questions linger between swipes, dates, and hesitant disclosures. *When do I bring it up? How will they react?* They wonder if the moment they say *ostomy bag*, there will be an awkward pause and silent calculation that it's just *too much*.

Some wish they had fallen in love before surgery—so they wouldn't have to explain. So, the love would already be there, solid and secure. So, they wouldn't have to brace for the moment someone sees the bag and decides whether they can “handle it.”

Even those in relationships may wrestle with doubt. *Will my partner still want me? Still find me attractive? Can I trust when they say that this doesn't change anything?*

Continued next page.



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





An ostomy adds another layer to intimacy and relationships. Some potential partners do flinch. Some hesitate. Some don't know what to say, or they say the wrong thing, or they give a look that stings. (This is stigma in action.)

But love—the kind worth having—is not that fragile. It is not scared of an ostomy bag. And there's more of that love out there than people think.

People find love at every stage of their ostomy journey. Some before surgery, with partners who sit beside them in hospital rooms, proving that *for better or worse* isn't just a phrase. Others after, when they are finally well enough to show up fully in their lives—embracing a love that doesn't come *despite* the ostomy, but *because* of the space it created for healing and wholeness.

Bag or no bag, love is about connection—truly seeing and being seen. And the partners of ostomates prove every day that it's actually not about *looking past* the bag at all. They see the bag. They honor it. Not as an obstacle, but as a mark of their partner's resilience, vulnerability, courage, and strength.

And those are qualities worth loving.

#### 4) Myth: You can tell if someone has an ostomy bag.

**Truth:** With the right products and care, ostomies often go unnoticed.

People with ostomies are everywhere: at work, at the gym, on dates, in line at the coffee shop. Chances are, most people have met someone with an ostomy without ever realizing it. They've stood next to them, shook their hands, shared a laugh—and never knew.

That's because ostomy bags are not what people think. They're not open or exposed. They're not constantly leaking odor or waste in public. In fact, many ostomy bags don't even resemble the crinkly, medical-looking pouches of the past. Today, there are options designed for discretion and comfort. Sight, sound, scent? All covered. Most of the time, an ostomy is invisible unless the person wearing it chooses to share.

For those who do experience leakage or complications with their ostomy, or just prefer an extra layer of discretion, there are options. A change in products or routine, a wardrobe shift—adjustments that restore comfort and control because people with ostomies aren't meant to live in constant worry. If someone wants discretion, it can be theirs.

#### The truth about ostomy myths

Ostomy myths don't just mislead; they shape lives. They seep into conversations, assumptions, and even the way people see themselves. They chip away at confidence, making it harder for those with ostomies to fully show up in their lives. They feed fear in those facing surgery, delaying care and prolonging suffering. And for everyone else, they can reinforce the dangerous idea that some bodies are more worthy than others.

An ostomy bag doesn't shrink a person's worth. It doesn't make them any less strong, less capable, or less deserving of love and respect.

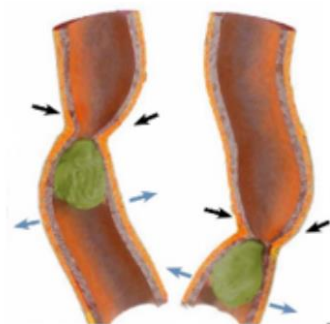
Because a person with an ostomy is not their bag. No matter who they are—no matter when, how, or why they got their ostomy—they are so much more. ■

## Let's Talk Peristalsis

Via: *Lincoln (NE) Sparrow*; and *Winnipeg (MB) Inside/Out*

Why does your stoma move without permission? It's a bit scary, funny, and amazing. Credit peristalsis. Peristalsis sounds complex, but it's a fundamental process in our digestive system that's particularly important for ostomates. It's also called intestinal motility.

Peristalsis is the wave-like contraction and relaxation of muscles in the digestive tract. These coordinated movements propel food, fluids, and waste through the gastrointestinal system. Imagine squeezing a tube of toothpaste from the bottom up – that's similar to how peristalsis works in your body.



Continued next page.





“Peristalsis exists in ostomates after surgery,” said Dr. Jacques Izard, University of Nebraska. “It ensures that the food transits throughout the digestive system. Not always predictable, but you surely know that the output is coming and that you can manage it.

For ostomates, understanding peristalsis is crucial because it directly affects stoma function. Stoma movement is often a result of peristalsis, as muscles close and open. It pushes intestinal contents towards and through the stoma opening. This rhythm helps maintain a healthy, functioning ostomy.

“Ostomates are the only ones who see their peristalsis happen outside their bodies,” said Rhonda Soucek, RN BSN CWOCA. “That’s pretty cool. If we don’t have the movement of that smooth muscle, there is no way to propel stool through the colon.” By understanding peristaltic patterns, ostomates can better anticipate active output periods. This knowledge aids in planning optimal times for appliance changes and emptying, reducing the risk of leaks or skin irritation.

Peristalsis affects the speed at which food and fluids move through the digestive system. For ostomates, who may have shorter digestive tracts, this can significantly impact nutrient absorption and hydration levels, according to UOAA. Proper peristalsis ensures that the body has enough time to extract necessary nutrients and water from ingested food and drinks.

Awareness of normal peristaltic patterns helps ostomates recognize changes that indicate problems. Alterations in output consistency or frequency could signal potential blockages or obstructions, allowing for early intervention. The rate of peristalsis influences how effectively medications are absorbed in the body. This is particularly important for ostomates who rely on certain medications to manage their health conditions.

Understanding and working with the body’s natural rhythm can significantly improve an ostomate’s quality of life. It allows for better planning of daily activities and can reduce anxiety related to ostomy management.

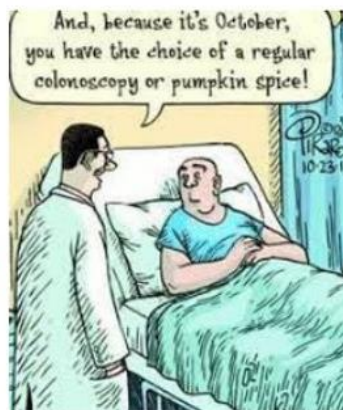
Various factors can affect peristalsis, including diet, hydration, stress levels, and medications. Some medicines can slow down peristalsis, while others can speed it up. It’s crucial for ostomates to discuss medications with a doctor and/or ostomy nurse, as changes in peristalsis can affect ostomy management.

Beyond medications, ostomates can influence their peristalsis through lifestyle choices. Staying well hydrated, eating a balanced diet rich in fiber, appropriate to your situation, eating regularly, engaging in regular physical activity, and managing stress can all contribute to healthy peristaltic function.

**Foods to Slow Peristalsis:** Meat, milk, hard cheese, refined carbohydrates, and white rice can slow peristalsis because they move slowly through the digestive tract. Red meat, which is high in fat and iron, can also make you constipated.

**Foods to Stimulate Peristalsis:** Fiber-rich foods like fruits, vegetables, and whole grains can stimulate peristalsis by adding bulk to the digestive tract. Fiber also absorbs water and lubricates the large intestine, which can soften stools and make it easier to defecate.

Ostomy shape can vary with the wave-like muscular contractions of the intestines, AKA peristaltic movement. Sometimes peristaltic movement stops (particularly after surgery). This is called Ileus. According to the Cleveland Clinic, it may be due to excessive handling of the intestine during surgery, anesthesia, pain medication and other causes. ■



**WOCNs, We Thank You!**

Like the sun that rises each morning, WOC Nurses bring hope, comfort, and expert care to those in need. Your unwavering commitment, compassionate spirit, and clinical excellence brighten the path to healing for countless individuals. With every wound you heal, every ostomy you manage, and every continence challenge you navigate, you restore confidence, inspire resilience, and empower lives.



**We Appreciate Our Sponsors**





**COLO-MAJIC**  
THE LINER PEOPLE

New to the  
**World of Ostomy?**

- ✓ Don't let emptying your pouch overwhelm you.
- ✓ Colo-Majic Liners will turn this into a stress, and odor free task.



For additional information and complimentary samples, visit our website at [www.colomajic.com](http://www.colomajic.com)




**COLO-MAJIC**  
THE LINER PEOPLE

100  
Medium Size  
Liners

eco  
VID

For more information call **1-866-611-6028**





## Get Ostomy Answers!

The Phoenix magazine provides answers to the many challenges of living with an ostomy. From skin care to nutrition to intimacy, in-depth articles are written by medical professionals, ostomy experts and experienced ostomates. Subscriptions directly fund the services of the United Ostomy Associations of America.

- One-year subscription \$19.95     Two-years: \$29.95  
 Send FREE product samples, special offers and information.\*\*

**Payable to:** The Phoenix, P.O. Box 15755, North Hollywood, CA 91615

Name \_\_\_\_\_

Email \_\_\_\_\_

Address \_\_\_\_\_ Apt/Suite \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

**Now \$19.95**



[www.phoenixuoaa.org](http://www.phoenixuoaa.org)  
 or call 800-750-9311

\*Based on cover price of \$9.95. \$29.95 for Canadian one-year subscription. U.S. funds only. \*\*Your contact information will be disclosed to third party companies to fulfill the request. Published March, June, September and December. If you are not satisfied for any reason, we will gladly refund your subscription.

### IMPORTANT OSTOMATE SUPPORT CONTACTS & LINKS

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

**MultiCare Deaconess Hospital - Wound & Ostomy Clinic** – Ostomy patients seen Wednesdays & Thursdays 11:00 am-3:45 pm (509-603-7005). Appointments & MD referral required. Located on 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 (509-601-3892); [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/>.

**Phoenix Magazine** - (800-750-9311); The Phoenix Magazine, P.O. Box 3605, Mission Viejo, CA 92690.

Link: <http://www.phoenixuoaa.org/> (get a free sample copy).

#### **Ostomy Appliance Producer Assist Programs:**

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

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

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



## INLAND NORTHWEST OSTOMY SUPPORT GROUPS Contacts and Regular Support Group Meeting Schedules\* Eastern Washington & Northern Idaho

(Also, check the “Inland Northwest Ostomy Support Groups” website: <http://inlandnwostomy.org>)

### Coeur d'Alene Ostomy Association, ID (# 409):

- Contact: Nancy Luckey or Sarah Jenicek BSN, RN, CWOCN at 208-625-3582 - Kootenai Outpatient Wound Clinic.
- Meetings: Support group meetings are held in person on the 3rd Wednesday each month at 3 pm in the basement conference room in Kootenai Clinic Interlake Medical Building, 700 Ironwood Dr., Coeur d'Alene, ID

### Lewiston-Clarkston Ostomy Support Group, WA/ID (# 134):

- Contacts: Adrian Wilson, President at 509-254-3404;
- Meetings: Held monthly in person, January-December, 12:30 to 1:30 every 2nd Monday of the month, at Canyon's Church, 717 15<sup>th</sup> St. in Clarkston, WA.

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

- Contact: Carol Nelson - Facilitator, Visitation Program at 509-601-3892, [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-March via Zoom; April-June in-person in the Mother Joseph Room off the east end of the cafeteria dining area at Sacred Heart Hospital; and July-October\* in-person at Manito Park. \*The October meet will be held on *Ostomy Awareness Day*, the first Saturday in October, time TBD. Monthly meeting announcements are sent via email a week prior to each meeting. Call 509-601-3892 with questions.

### Mid-Columbia (Richland) Ostomy Support Group, (TriCities), WA:

- Contacts: Nancy Serna, CWON at 509-942-2266 or Wayne Pelly (Visitation Chairperson) at 509-943-3223.
- Meetings: Quarterly meetings (Feb., May, Aug., Nov.) on the last Monday of the month excluding holidays; 3:30-4:30 pm, at Healthplex at 1268 Lee Blvd Richland WA Check online at <https://education.kadlec.org/registration/11-wellness/94-support-group-ostomy>.

### Confluence Health (Wenatchee) Ostomy Support Group, WA (# 398):

- Contact: Tyree Fender, RN, BSN, CWOCN at 509-433-3212.
- Confluence Health Central Washington Hospital, 1201 S. Miller St., Wenatchee, WA. Currently no meetings.

### Yakima Ostomy Support Group, WA:

- Contact: Kanista Masovero, RN, CWOCN at 509-575-8266 Virginia Mason Memorial Ostomy/Wound Care Services.
- Meetings: Usually held second Wednesday bimonthly; 10:00-11:00 am. Now held in the Wellness House 6606 Summitview Ave., Yakima, WA.

>> Please let us know of errors that need to be corrected or of changes need to be made to the ABOVE information:  
([SOSG.Input@gmail.com](mailto:SOSG.Input@gmail.com)).