



Friends of Ostomates Worldwide-USA

Newsletter Spring, 2017



President's Message

Dear Friends,

As a writer, I know the power of stories. In this issue of our newsletter you can read the stories that we receive from those who are so thankful for our shipments. The positive changes that occur in a person's life as a result of having ostomy supplies always moves me to compassion and leads me to reevaluate the time I devote to FOW-USA business. I know that it is daily effort well spent in the service to others.

Our board members give of their time willingly with no compensation. The details of a special award to Carol Heide-man, our warehouse coordinator, who was honored for her community service as a Woman of Distinction, can be found in this issue as well as on Facebook.

FOW-USA has found new ways to tell our story. Our new website, www.fowusa.org, has fresh features, pictures, stories and links to information. If you have not checked it out, please do so. Our Facebook page, Friends of Ostomates

Worldwide-USA, is monitored by board member Heather Martinek who updates it on a regular basis with items relayed by board member Ruth Salinger. We hope you will go there and "like" us. We have set a goal of 1,000 likes by the end of 2017.

The United Ostomy Associations of America (UOAA) has featured our message on the front page of their website, www.ostomy.org. Wondering what to do with unused ostomy supplies? **DON'T THROW THEM AWAY!!! Send them to FOW-USA.** UOAA has been very generous in publishing a bi-monthly message from us in their Updates to their Affiliated Support Groups. These ASGs have supported our efforts by encouraging their members to send us their unused products and financial donations.

Our industry advisors are finding ways through their websites and company newsletters to feature our FOW-USA news.

We have found a new collaboration with OSTOMY CONNECTIONS. This is a news and blog site, a place that

connects ostomates with news, stories and events happening in the ostomy community. In January, they featured our article *FOW-USA Is On A Mission To Educate Ostomates Outside The USA*. My book, *It's Okay to Have an Ostomy*, was included in the article *5 Ostomate Authors with Published Books of Their Own*. We will continue to provide them with current material.

Telling our FOW-USA stories in established and new venues is spreading our message of service and hope to those in need. You can join us by telling your friends about our work, sharing this newsletter, encouraging them to like us on Facebook, and helping us to enhance our mission through product and/or financial donations. I appreciate your loyalty and commitment to our cause.

Ann Favreau

Special points of interest:

Over 335,000 Pounds of supplies shipped to date

Retail Value: Over \$ 16.8 million

Over 70 Countries have been recipients

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E-mail us at

info@fowusa.org

Like us on Facebook!

facebook

Our goal is for 1,000 likes by the end of 2017!



**We can't do it
without our
Volunteers and
YOU!**

Meet our Officers & Board of Directors

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FOW-USA Warehouse Manager Honored

Congratulations to Warehouse Manager, Carol Heideman, who was honored on February 17th as the 2017 Woman of Distinction Award winner by the Louisville, KY, Center for Women and Families at their 2017 Celebration of Service & Survival. Women who have spent their time and talents advocating for women and girls in Kentuckiana were honored. An amazing video tribute of her volunteerism was shown and Carol's spotlight was heartwarming. Her video can be viewed on our Facebook Page. FOW-USA congratulates Carol on this spectacular achievement and know we are lucky to have her as a part of our Board of Directors!



2017 Woman of Distinction Award



"I'm not letting my
ostomy keep me
from doing the
things I love..."
-Mary*



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Ostomy Pearls

Nancy Gutman RN, CWOCN

Industry Reps Can be of Vital Help for Patients AND Hospital Staff

In my years of working as an ostomy nurse, I have had many opportunities to work with many industry representatives for ostomy manufacturers. I have to give credit to those, who early in my career, guided me through managing some tough situations. Without their knowledge, I don't know where I would be today. Back then, there were no "how to" books available and everything was just trial and error. As the years have gone by, there is so much more available to those of us who practice ostomy nursing and to those who use the products.

As a consumer of ostomy products, it is not as likely that you would even know the industry representative from the company whose products you are using. It is usually at your local ostomy club meeting (or any UOAA event) where you can personally reach out to them. They are always helpful with suggestions on how to manage difficult ostomies, and will provide you with free samples to try! Today, most manufacturers of ostomy products have toll-free help lines where you are connected directly with an ostomy nurse to guide you if you are having difficulties. They, too, are willing to send samples for you to try, assist with insurance reimbursement and connect you with suppliers. The internet is invaluable for providing you with information too. Each ostomy manufacturer has a web site, where you can gain a wealth of knowledge in caring for your stoma.



For nurses, it is always good to have a nice working relationship to those who serve the ostomy community. Whether you have an ostomy nurse at your facility, or not, most likely there is a contract in place for the ostomy products you use. If so, the decision of what to use has already been narrowed. The major benefit of this is to keep the cost of ostomy supplies to a minimum. With that contract, comes an industry rep. Find out who your rep is by contacting the company. You will have the need to call upon them many times. They not only provide you with knowledge, but "value added services" that will benefit both you and the patients that you serve. For instance, pre-op and post-op kits to help guide you in teaching the patient. These kits usually include sample pouches, DVDs, printed instructions, and booklets. Before the patient is discharged, you can sign them up for a free sample kit tailored to the type of stoma your patient has. Usually health care providers can access additional information on the company's website. Here you will find complete product lists, booklets for teaching (available in several languages), and instructional manuals and videos. Many times, they provide Continuing Education Units (CEUs), too. I know, personally, I have done this many times!

**"Industry Reps
help both patients
and staff"**

We get E-mails

2/19/17

FOW-USA:

I can't begin to thank you on behalf of [the woman] in El Salvador. Her stoma was in bad shape when I arrived. She had a fistula that was causing her skin erosion and she was leaking from several sites around her stoma. I had to fill in her crevices with the stomahesive bars so that we could create one flat surface. The 3M skin protector was a God send as well. The woman is now undergoing radiation and chemo and is suffering from diarrhea. Thankfully, the supplies you sent have been allowing her to have a quality of life that she was unable to have earlier. The 50mm -70mm stoma are the size of the bags and now she no longer needs to use a towel to wrap around her. She can walk down the street with some freedom and security.

Thanks again!!

Blessings,

Lynette Kyle, Mission Coordinator, Handmaids of the Sacred Heart of Jesus, Philadelphia, PA;

www.projectfiat.org

(Handmaids of the Sacred Heart of Jesus are a religious group of women with a mission house in El Salvador. They run a volunteer program called Project FIAT - Faith In Action Together - and at times have had medical personnel work with the people in El Salvador. They are not a medical mission but have provided mission work for medical personnel from the USA.)

**"It's quite a
process, in
paperwork
alone."**

Lions for Stoma Care

Friends of Ostomates Worldwide-USA has an educational mission in addition to sending ostomy supplies to those in need in developing countries. For the last two years we have given donations to Lions for Stoma Care to help in their efforts to teach doctors, nurses and health authorities to change their attitudes regarding stoma patients and provide training in stoma care to health professionals. This initiative began with the work experience and social commitment of Prof. Carlo Pezcoller, a colorectal surgeon, who was a founding member of the Lions Club of Modena, Italy. Lions Clubs International is the largest service organization in the world with 1.4 million members in over 200 countries. In 1999 Dr. Pezcoller encouraged other Lions Clubs in his district to fund the Lions for Stoma Care Project. In subsequent years he was able to obtain substantial grants from the Lions Club International Foundation for projects in India, South America, and Sri Lanka.

What began by training two doctors from Indonesia and two doctors from Pakistan at the University Hospital in Modena, Italy, has grown to teaching stoma care to doctors and nurses in 22 countries. The aim of the Lions for Stoma Care Project is to educate local experienced and motivated nurses with short and intensive courses. It is not meant to be a rigorous program that is offered by the World Council of Enterostomal

Therapists. The first step is to involve the local surgeons and make contact with the health and political authorities to explain the project. Through the surgeons and hospital directors, interested nurses are selected for the training. In countries where there are Lions Clubs, they may also be involved to help fund and develop stoma care clinics for follow-up and rehabilitation of ostomates. Often these efforts result in groups of ostomates agreeing to establish ostomy groups or associations to provide educational and practical support.

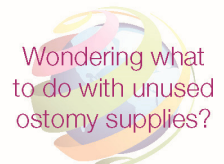


Because a grant from the Lions Club International Foundation may not be forthcoming every year, the contributions from FOW-USA have made a difference. Our donations supported an educational course in Guatemala from August 11-13, 2016, in which 64 participants, doctors, nurses, and 2 ostomates, received this important ostomy care information. At the end of the course, the doctors and nurses agreed to start an ostomy association and work together to organize other courses in hospitals across the nation. FOW-USA is proud that our donation of funds is helping to improve the quality of life of ostomates in Guatemala. We will continue our support of

Ann Favreau

Lions for Stoma Care knowing that it will be used in other areas of the world and help those that receive our shipments to have access to trained health care professionals who have learned about skin care and the proper use of the ostomy products we send them.

You can find out more about Lions for Stoma Care on our website www.fowusa.org by clicking on About and scrolling down to Partners. If you would like to support these international efforts by LFSC, send your donation to FOW-USA by using the Donate button on our website or send a check to FOW-USA, 4018 Bishop Lane, Louisville, KY 40218-4539, mark it for LFSC and we will add it to our yearly grant. You can make a difference in the lives of ostomates by helping to train nurses who will care for them.



Friends of Ostomates Worldwide-USA is a non-profit 501(c)(3) volunteer organization which collects new ostomy supplies from US individuals and groups. FOW-USA donates the supplies to needy ostomates in developing countries around the world.

Please send your new supplies to:
FOW-USA
4018 Bishop Lane
Louisville, KY 40218-4539

Shipping cost and value of supplies may be tax-deductible.



For more information visit us at www.fowusa.org, call us at 502-909-6669 or email us at info@fowusa.org

We get E-mails (cont'd)

Feb. 22, 2017

From Gita Klambu, ET Nurse and Surgical Ward Incharge, Patan Hospital, Nepal:
A story about a 36 years old single man residing at Bhojpur district which lies in eastern part from Kathmandu. But, he was born with congenital incontinence at underprivileged poor family. Since then he has ... faced hindrance to communicate and dominated by neighbor, friends and even with his own family members. As he said, he got urostomy on 2003 due to he had problem of congenital incontinence. [Before then] he got [depressed and felt like he wanted] to die because of bad smell and urinary incontinence. He had been social isolated because of urinary incontinence. Where he is living, there is no hospital; that is why he has ... decided to come Kathmandu for his treatment. He first visited at government hospital Bir Hospital (One of old and largest government run hospital in Nepal) [that did the] operation at free of cost. After operation he was very happy but he was also very sad because of shortage of urostomy bag and urostomy . One day he came in Patan hospital at ostomy clinic. At that time he was very sad due to lifelong urostomy bag need[ed] for him. When he saw many Ostomates like him in ostomy clinic his sadness was gone. Now he is a happy man surviving with his wife and one child. Now he comes at ostomy clinic of Patan hospital once in a month.

**"Now he is a
happy man..."**

March 9, 2017

Dear Ruth Salinger,
Please excuse my lateness. I wanted you to know that the shipment of ostomy supplies was safely received. They were donated to the Milton Cato Memorial Hospital. I am sending you this photo showing me presenting the supplies to the Hospital Administrator - Grace Walters, and her Deputy, Andrew Williams. They have asked me to convey their sincere thanks and appreciation to Friends of Ostomates Worldwide for your kind donation, and to let you know that they were greatly in need of them.

Thanks once again, and we look forward to your continued support.

Best regards,
Fidel Caesar (pictured on far right)



February 25, 2017



After we sent supplies, Dr. Nirmal Lamichhane, of the BP Koirala Memorial Cancer Hospital, in Chitwan, Nepal, wrote us the note below. Please see the words on the banner that they hang at the meeting - "Team effort for dignified living."

"Dear Ruth and friends, We had a Ostomates meeting today in the hospital with 100 participants at the meeting hall of cancer hospital.

Ostomates were very happy and grateful to Fow USA for kind help and supplies. Director of hospital Dr CB Pun was also present and addressed the gathering. Total of 361 colostomy mates, 123 urostomy mates and 74 ileostomy mates are receiving the service via stoma clinic of the hospital run every Wednesday."

Board of Directors Visit FOW-USA Warehouse

Shelly Miller

The FOW-USA Board met in the fall of 2016 in Louisville, KY, and many stayed to roll up our sleeves and work side-by-side with our amazing warehouse volunteers the day after the board meeting.

The day began bright and early with donuts and coffee and introductions. We all got to work pretty



Vice President, Shelly Miller (l) and Warehouse Manager, Carol Heideman thank warehouse volunteers for their hard work at the morning welcome

quickly as we looked at the mountain of donated supplies that had arrived just waiting to be unpacked, staged and put into inventory.

Everyone seemed to just fit right in with their assigned job duties for the day working under the tutelage of Carol and Mickey Heideman!

Having WOC Nurses assist in the unpacking of supplies is priceless when it comes to identifying some of the donated items we receive.

They can eyeball a product and know



L to R: Nancy Guttman, Cindy Barefield, Cheryl Sparks unpacking donations

the size, manufacturer, and ostomy type quicker than anyone!



Cheryl Sparks receiving USPS deliveries

until the UPS and USPS deliveries came and we quickly found out that we had a lot more to unpack.

The old adage many hands make light work sure holds true and we all pitched in and were told by the resident volunteers how much of an asset we were.



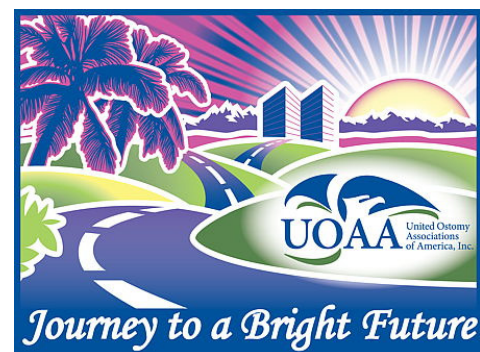
It is certainly wonderful to be able to thank the warehouse staff who

work week after week to accomplish our mission! We stopped long enough to honor them with a luncheon and spend some quality time hearing stories, jokes and sharing our love for FOW-USA.



Pictured above: Holister product intake specialist, Eula Kennedy and Gary Hatfield, warehouse volunteers

Visit the FOW-USA Booth!



6th National Conference

Tues.-Sat., Aug. 22-26, 2017, Hotel Irvine, Irvine, California

We get E-mails (cont'd)

March 2017

From our contact in Pakistan, whose daughter we help, and who also helps other ostomates whom he knows:

Hello..how are you all. i am happy to inform you that today i have delivered 1 carton. his name is KALEEM, age 19. i met him first time and was shocked to see how he is living. ... According to him he was living like hell. ... he was using [plastic] shopping bags was unable to do any kind of activity.HE belongs to a very poor family.he said that he can't even imagine to afford such things. Lots of good wishes from the family.

**...shocked to see
how he is living...**

October 2016

Dr. Aloyce Nuri, Bugando Hospital, Mwanza, Tanzania

FOW-USA supports the group Nyanza Kenya Ostomy Association (NKOA), coordinated by Lameck Odero. He introduced us to Dr. Sister Massenga, Bugando Medical Centre, Mwanza, Tanzania, whose facility needed ostomy supplies.

Lameck has noted that "In East Africa countries, many indigent children born with colorectal conditions are unlikely to receive the treatment they need. For some, a diagnosis is never made, for others, the diagnosis is inaccurate, but for all, the likelihood of receiving consistent care and a life-saving surgery is low.... Waiting lists for an interventional treatment can run many months, if not years. Many children will die waiting...."

We sent supplies to the Tanzania Centre, and have received positive feedback on the use and value of the supplies.

In the fall of 2016, we heard from Dr. Nuri: "I've been so occupied with the kids, makes some difficulty to collect some of the information as I'm only Dr in the unit. Both the beneficiaries (who we're able to talk) and their care givers are so grateful to your organization for the supplies."


Please continue to donate pediatric supplies, as you can see how vital these are.



Shipping Record Set!

We have just passed 600 shipments of ostomy supplies since our warehouse moved in May 2008 from Chicago, IL, to Louisville, KY. Since we started keeping track of shipments in 1988, we have sent over 830 shipments around the world to needy ostomates.

Thank you for your continuing support through financial and product donations. Please visit our new website for information on the work we do and on those we help: www.fowusa.org




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FOW-USA

4018 Bishop Lane

Louisville, KY 40218

USA

Tel: 502-909-6669

The Mission of Friends of Ostomates Worldwide-USA (FOW-USA), a nonprofit volunteer run organization, is to provide ostomy supplies and educational materials to help ostomates in need around the world. We also provide educational support to Healthcare Professionals.

Address Service Requested



Friends of Ostomates Worldwide—USA Contribution Form

Name _____

Address _____

City State Zip _____

Country _____

Telephone (____) _____

E-mail Address _____

Send Newsletter by E-Mail? Yes _____ No _____

Giving Level

Partner-\$50 _____ Corporate-\$300 _____

Sustaining-\$75 _____ Benefactor-\$1,000 _____

Contributing-\$150 _____ Lifetime/Memorial- \$5,000 _____

Supporting-\$300 _____ Other-\$ _____

Chapter/Group/Association \$ _____

Total Amount Enclosed - \$ _____

Make checks payable to FOW-USA and mail with form to:

FOW-USA, Attn: Treasurer, 4018 Bishop Lane, Louisville KY 40218

If your employer has a matching contributions program, please ask them to match your gift.

To Donate On-Line: Go to www.fowusa.org and click on Donate.