



Friends of Ostomates Worldwide-USA

Newsletter Fall, 2017



President's Message

Dear Friends,

I am honored to be able to serve FOW-USA as its President for another term. The Nominating Committee did an excellent job in finding new and talented individuals. In fact, we had so many great candidates that we changed the bylaws to allow up to four Associate Board Members. In July we thanked our retiring board members, Al Maslov who served for 23 years, Nancy Schuller, our former Secretary, Dave Rudzin, Past President of UOAA and Nancy Gutman, who guided us through our data base update. Nancy Schuller has agreed to stay on as our Google Administrator, an important task. You will get to know our new Board members through their bios that appear in this Newsletter.

Fiscal Year 2017 was a banner year for us. We made 106 shipments totaling about 23,000 pounds with a retail value of over \$1,100,000. We were able to accomplish this milestone through your product and financial donations. These were pallets of hope. A 9 year old girl in Nepal can now attend school. Children in Uganda where congenital abnormalities of imperforated anus is on the rise will receive supplies to meet their basic hygiene needs. Adults in many developing countries will be able to return to work and be accepted in social situations due to your contributions. Our education task force saw a need to develop a one page document that would provide information on how to use products and these are now included in every

shipment.

FOW-USA's educational grant to the Lions for Stoma Care Project that provided training to doctors and nurses in Guatemala has resulted in their collaboration with the Asociacion Latino American De Coloproctologia, a scientific society, to bring 13 doctors from Guatemala, Chile, El Salvador, Venezuela, Bolivia, Mexico, Ecuador, Columbia, Paraguay, and Brazil to Modena, Italy where Dr. Carlo Pezcoller will train them as trainers. Our financial support will help with these expenses and assure that ostomy care and maintenance will now be more of a priority in these developing countries.

Our website, www.fowusa.org, has a new look, more content, access to our newsletters and educational resources. It highlights the work of our warehouse and those wonderful volunteers and the stories of grateful recipients from around the world. If you haven't looked at it lately, please do. I know you will be pleased with the results of its modernization.

The efforts of our public relations committee are helping us spread our message to a wide variety of audiences. Our Board members are actively involved in exhibiting at the national conferences of the Wound, Ostomy, and Continence Nurses Society and the United Ostomy Associations of America. They also staffed booths at regional and local meetings to distribute our

brochures and information about donating products to us. We continue to send messages about our work through UOAA to their affiliated support groups. We received free ads in the Phoenix magazine in lieu of compensation for articles written by Jan Colwell and me.

FOW-USA managed its budget effectively leading to a modest surplus this year. On the revenue side we received a generous bequest and some grants. Overall expenses were kept below budget by careful management of costs. At our annual meeting in Louisville, we discussed our challenges and opportunities. We will keep you apprised of our new initiatives and know you will continue to support us with your product and financial donations. With your help we will continue to make a difference in the lives of ostomates around the world and deliver hope with every shipment.

Ann Faurneau

We Broke Our Own Record!

Over 348,000 Pounds of supplies shipped to date

Retail Value: Over \$ 17.4 million

Over 70 Countries have been recipients

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E-mail us at
info@fowusa.org

facebook

Thanks to all who liked us on Facebook helping us reach our goal of 1,000 likes before year end. Please spread the word with your friends to Like us!

We have set a new goal of 1,100 by year end!

Meet our Officers & Board of Directors



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

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Nancy Kunevich

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Jayne Hanson

Ginger Salvadalena

Julie Bauer



Congratulations to Ann Favreau, recipient of the 2017 FOW-USA Service Award presented by Shelly Miller on October 8th at the annual Board meeting in Louisville, KY.

Thanks to those who staffed the FOW-USA Booth at the 2017 UOAA Conference in August in California and all who visited!

2017 Service Award Winner – Ann Favreau



Her list of accomplishments reads like Who's Who!

Find her story on our Website at fowusa.org!



FOW-USA Board Member, Cindy Barefield and fellow WOC Nurse Ann Glosson at our booth at the September 29/30 South Central Regional Conference in Houston, TX



We had warehouse visitors! Former FOW-USA Officers, Lang and Ival Secret stopped in Louisville on recent travels to say "hi"!



2018 Board of Directors

Ostomy Pearls

Stephanie Borellis, RN, BSN, CWOCN

Sports with a Stoma

New ostomates should not allow their stoma to prevent them from returning to the activities they enjoyed prior to surgery. Many patients with whom I have worked, both young and old, have been involved in sports such as hockey, swimming, scuba diving, and more. To address the needs of these patients, I have researched different tools that will allow them to return to the activities they love. Thankfully, there are many options for physically active ostomates and many people can resume their desired activities.

Products such as Stoma Gard, Stoma Dome, Ostomy Armour, and Stoma Shield protect an ostomate's stoma during sports as well as from seatbelts and pets. These firm covers go over a stoma like a hard shell protecting the fragile tissue. Some are attached to a belt that securely wraps around the abdomen and others attach directly to the ostomy pouch. There are also belts and supports, such as Stealth Belt, which support an ostomy and appliance during running.

For many people, swimming is a social event during hot summer days and while vacationing, and for some it's a competitive sport. Many patients to whom I have spoken over the years enjoy swimming and are happy to know they may return to the pool after surgery. Ostomy appliances are waterproof and are perfectly safe for swimming. Hy Tape, Brava Strips, and Sure Seal are a few products that can help reinforce the waterproof ostomy barrier and provide extra protection from water and sweat. Swimwear designed for ostomates helps individuals be more discreet if they desire; Ostomy Secrets is one company that provides swimwear for ostomates. Small pockets in the lining of the swimwear provide a secure place for the ostomy pouch.



There are many products on the market that help ostomates get back to the activities they enjoyed prior to surgery. Having a stoma should not stop someone from sports and exercise. Knowing they can return to their normal life gives individuals peace of mind and gives them confidence to face this change in their lives.



“Return to activities you love”

We get E-mails

8/18/17

Dear friends at Friends of Ostomates [USA],

I recently delivered supplies donated to Friends of Ostomates [USA] to ostomy patients in Uganda. I took some of the supplies to Mulago Hospital in Kampala, the largest hospital in Uganda, and will be used to care for the many ostomy patients there. The remainder of the supplies were donated to a six year old boy, Solomon, who lives in Jinja, Uganda with his loving parents, Mary and David. Solomon was born with a complicated medical condition called cloacal exstrophy. Due to his condition, Solomon has had to undergo multiple major surgeries, including a colostomy. Living in Uganda, where medical resources are few and far between, it is extremely difficult for Solomon and his parents to access the ostomy supplies that he needs to live a comfortable and healthy life. Solomon is an incredibly active little boy and loves to ride his bike, do cartwheels, and play soccer with his friends. Thanks to the supplies donated by Friends of Ostomates [USA], Solomon is able to partake in all of his favorite activities and live life as the playful boy he is. For this, he and his parents are exceedingly grateful. Thanks for all you do!

Sincerely,
Janet Gibson



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Meet Our New Board Members

Shelly Miller

Our 2017 call out for new Board Members proved very successful. As Ann indicated in her President's message, so much so that that we changed the bylaws to allow up to four Associate Board Members. It is my pleasure to introduce our NEW FOW-USA Board members!



Prior to getting into Nursing, our new Secretary, **Kathy Mehaffey**, spent 15 years as a Zookeeper at Central Florida Zoo specializing in primates and as an elephant trainer! Her degrees and positions vary with a BS in Zoology, AS Biological Parks Management, BSN Nursing (1992), and CWOON (Emory) for 6 years but has worked as wound/burn nurse for over 15 years. She is currently working at Banner University Medical Center, Tucson, AZ, as a member of the Burn, Wound, Ostomy and Continence Nursing Service. She is the Past President of Tucson Affiliate of the WOCN, and currently a Board member of the Tucson Ostomy Support Group. Her hobbies include cooking, reading, and working on restoring a 1960 Shasta Compact vintage trailer.

**Yes, even an
elephant trainer!**



Zoe Prevette has worked in various areas of nursing for over 30 years, including 9 years living and working in the Middle East and North Africa. There she learned the value of resources for people that have little. Zoe took that passion and became certified as a WOC Nurse from Emory and now works in a hospital in central Missouri. There she has started an Ostomy Support Group. In her spare time Zoe enjoys time with her husband of 33 years, cooking for family and visiting friends near and far.

Wendy Kunz is a semi-retired architect, living and working part time in South Jersey. Most of her career was spent planning and designing schools, having previously worked as vice president of a large architectural firm in Baltimore, the Maryland Department of Education, and the Camden City Public School District as director of planning and construction. Although she has always had an interest in serving others, her time at the economically and socially depressed Camden school district showed her the absolute need to become more active in working for others who are socially and economically at risk.

Wendy's volunteer work spans most of her adult life. She is an ordained elder and deacon, and has served in various other leadership positions in various Presbyterian Church (USA) churches. She has had numerous adult leadership positions in the Cub Scouts and Boy Scouts, but her most passionate position has been to arrange and lead trips to Cuba to support the growth of personal responsibilities and empowerment of everyday Cubans and the leadership of the Cuban Presbyterian Church. She developed a medicine ministry whereby local New Jersey churches contribute and hand deliver approximately one hundred pounds of OTC medicine every six months, to be distributed to the wider community of Placetas, Cuba by medical professionals associated with the Iglesia Presbiteriana Reformada en Placetas, outside of the government-controlled medical system.



She considers one of her strengths as having the ability to listen to people and analyze the situation. Those skills were perfect for leading our strategic planning session at our board meeting. Her professional training and experience in architecture provides the planning skills; her business degree from Johns Hopkins University keeps her centered on the financial realities; and her Certificate in Theology and Ministry from Princeton Seminary gives her compassion and empathy. She enjoys spending time with her son and daughter-in-law, Matthew and Jessica, and her grandson, Simon.



Nancy Kunevich is a retired X-ray technologist in the Chicago area. She has been an Ostomate since November, 2015. She is married with 3 children and 5 grandchildren. Nancy feels honored for this opportunity to give back to other Ostomates.

Zoe Carter Bishop's journey for her nursing career started exactly one week out of high school, completing her undergraduate BSN at the University of Iowa in 1977. She has worked in acute care as my primary career ever since with her first specialty being orthopedics. She has held many roles in this area from staff nurse to clinical coordinator, educator, and in program development. She credits this career and the flexibility it provided to help her raise her family.

In 2007 she found herself being a student again....30 years later. It was a tough experience, but she states the rewards for her personally and professionally have been remarkable. She is a graduate of WICKS program formally in Harrisburg, PA. Currently a WOC clinician in a 500+ acute care hospital, she has been involved on the state and national level for WOCN, and currently sits as the chair of the national education committee. She has a (very part time) consulting business on the side, assists with an ostomy support group in the Des Moines area, and a content expert reviewer for a few organizations.



She travels whenever she can, and visits Colorado frequently, as her sons live there. Hobbies include biking, golf, watching the Hawkeyes play any sport, and travel outside the US where there is an ocean and a beach.

Finding it important to do what she loves, **Stephanie Borellis** is a Registered Nurse in Buffalo, NY with wound, ostomy, and continence nursing (WOC Nursing) certification earned through Emory University in Atlanta, GA in 2015. Born and raised in the greater Buffalo area, Stephanie has worked in health-related not-for-profits since 2007. She studied abroad in Rome while earning a Bachelor of Arts in Classics then decided to pursue nursing, obtaining her Associate of Science in Nursing from Erie Community College in 2009 and her Bachelor of Science in Nursing from Daemen College in 2014. She has worked at Millard Fillmore Suburban Hospital since 2008, where she was named a Rising Star Nurse in 2013 and implemented a patient education course for prospective ostomates in 2015. Stephanie considers WOC nursing to be her dream job, where she has the opportunity to be not only a compassionate nurse, but also a champion for patient education.



"I am honored for this opportunity to give back to other Ostomates"

Johnda Conley is a volunteer at the FOW-USA warehouse in Louisville. Originally from Ashland, KY, Johnda moved with her husband, Cecil, and three children, Zachary, Emily, and Nicholas, to Louisville in 1999. She is retired after 35 years as a math/science teacher and principal. Johnda began volunteering following Cecil's death from bladder cancer in 2012. She currently resides in Shelbyville, KY to be closer to her children and two grandsons. In addition to FOW-USA, Johnda volunteers in her local retired teachers association, Relay for Life, homemakers groups, and in school.



FOW-USA Board Members Jan Colwell & Julie Bauer represented us at the 2017 WOCN Society's 49th Annual Conference in Salt Lake City, Utah, May 20-22, 2017. Look for us in Philly in 2018!



We mourn the passing of a former Board Member...Sadly, Fred Moore, a former FOW-USA Board Member, has passed. Please go to our website (or [click here](#)) to read a great tribute article written to him by friend, William Etnyre.

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Warehouse Visit, 2017

Shelly Miller

As our tradition continues, we followed our annual FOW-USA Board of Directors meeting in Louisville, KY in October with a warehouse visit and orientation of the warehouse operations for the new board members. Unpacking, staging and repacking supplies is always so gratifying not to mention reading some of the accompanying letters in the packed supplies we receive. Thank you all who stayed an extra day to participate!



“Orientation for new board members”



FOW-USA Breaks Own Record!

2017 Fiscal Year proved to be our biggest ever as we shipped out 23,311 lbs. of products at a cost of \$50,563 with a retail value of \$1.2 million. We were only able to do so thanks to our financial and supply donors! Along with all of the recipients, we thank you!



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We get E-mails (cont'd)

August 2017

Dear Ruth

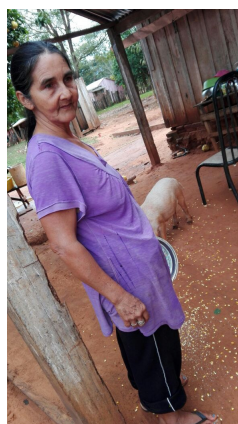
Once again, on behalf of Zimbabwe Ostomates Support Trust and in my personal capacity would like to acknowledge with appreciation the receipt of ostomates bags and accessories from FOWUSA

I am positive that you will be glad to know that the latest consignment has been well received and distributed will go a long way in alleviating the burden to the targeted recipient. in various parts covered by my organization here in Zimbabwe indeed.

I would like to really express my gratitude to warehouse team , Thank you for your continued support....

Mr. J Muchesa , Managing Director

Zimbabwe Ostomates Zimbabwe Support Trust, Harare, Zimbabwe



June 2017

This is Benita Lezcano, she lives in the City of General Aquino, San Pedro district, which is one of the poorest departments in the country. [Such individuals] have no financial resources. She lives in a precarious house where she cooks with embers without a floor and this adds to her health problem.

I'm sure that both you and the other volunteers when they prepare the cargo do with love thinking that that helps many people, but they can not manage ...

For Benita and all of us, I thank you immensely and through you to all the volunteers who make this possible.

Maria Lourdes Cuevas, President
Ostomy Association of Paraguay

**The colostomy bags
and supplies continue
to be helpful ...**

July 2017

Embrace Compassion is a grass roots organization in Oregon that partners with a beautiful rural village in Ethiopia to encourage family preservation, education, job creation and humanitarian relief. <http://embracecompassion.org/about-us/>

Each trip comes together with just the right team at just the right time. This trip was no exception. 5 American team members traveled to work alongside the Ethiopian team. Each medical mission trip serves to bring much needed supplies, training and also encouragement for the hospital staff500 pounds of medical supplies, \$25,000 in value, were taken to the Nekempte Referral Hospital and received by the Hospital CEO, and the head surgeon, Dr. Haileysus The colostomy bags and supplies continue to be helpful as the hospital performs numerous surgeries each year

Beauty, the team's ever dependable vehicle, not only transports the precious supplies and the courageous team members, but it also acts as an ambulance of sorts. Not only was it used to make several house calls, but on this particular trip, Beauty carried 5 patients from the village to Nekempte Having [the doctor] evaluate the children and be able to make referrals is a powerful tool and step towards better health. The access to medical care is so limited. Bringing the doctor to the village is an amazing opportunity. It is a powerful experience for the children, as well as Dr. Haileysus

Thank you to each individual and each organization who played a role in the success of this mission trip. It is crucial that each role is fulfilled in order for the whole picture to be realized.

Jennifer Shugar, Medical Programs Coordinator

Embrace Compassion and Ethiopia

Products or services advertised in this Newsletter do not represent an endorsement by FOW-USA



The Mission of Friends of Ostomates Worldwide-USA (FOW-USA), a volunteer run, non-profit organization, is to provide ostomy supplies and educational materials to ostomates in need around the world.

FOW-USA
4018 Bishop Lane
Louisville, KY 40218
USA
Tel: 502-909-6669

Address Service Requested



Friends of Ostomates Worldwide—USA Contribution Form

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