



Friends of Ostomates Worldwide-USA

Newsletter Spring, 2018



President's Message

Dear Friends,

It's Spring, a time of growth and renewal. That is exactly what FOW-USA is doing. We are planting seeds of progress to ensure our future. At our annual meeting in October, 2017, Board Member Wendy Kunz led us in strategic planning. It involved discussions about where our organization is now, our strengths, weaknesses, threats and opportunities. Wendy produced an Interim Report that included the responses. We are now in the process of fleshing out specific plans that will address these two questions: Where Do We See Ourselves in 2022? and What Do We Need to Do to Get There? An important part of this evolution is YOU. Our continued success in this humanitarian mission depends on receiving donated products that we can send to those in need in over 80 countries and the funds to support our warehouse operations and shipping costs. Your support is as necessary to our growth as water is to seedlings.

Our Fundraising Committee headed by Past President Jan Colwell is busy writing grants, seeking ads for our newsletter, and encouraging donors to suggest to their family, friends, and colleagues to consider contributions to FOW-USA. Each year we discover that our supporters have left significant bequests that enhance our budget.

Carol Heideman, our Warehouse Coordinator, has been able to secure more volunteers for the warehouse so that the

unpacking, sorting and repacking of supplies is even more efficient.

The United Ostomy Associations of America (UOAA) Affiliated Support Groups and WOCN Affiliates continue to send us products and financial donations. We are reaching out to visiting nurses, home health care and hospice nurses. We know that they have clients that may have unused products. Board member Stephanie Borelis developed an eye-catching information piece that will be distributed to these groups with the basic information of who we are, what we do, and how to send products to our warehouse. Board member Zoe Bishop is chairing a committee that is developing materials to engage Wound Ostomy Continence Nurses in hosting Pouch Collection Days.

We hope to reach a new audience through an article that appeared in the March issue of the Hollister Secure Start Newsletter. It highlighted the results of 2017, our banner year. However, as I see it, every year is a banner year because we are making a difference in the lives of those with an ostomy. Their letters to us are testimony that we are doing important work. Our board is toiling tirelessly in this garden of opportunity to help them. YOU play an important role by telling others about FOW-USA and through your product and financial support. Thank you!

Ann Fairreau



facebook

Like Us on Facebook; shooting for 2018 likes this year!

Strategic Planning

Where do we see us in 2022?

What do we need to do to get there?

We Need YOU!

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E-mail us at

info@fowusa.org



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

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We have a full itinerary of meetings and shows in which we plan to participate.

Visit us at our booth:

May 4-6 UOAA Mid Atlantic Region
Ostomy Conference
Dulles Airport

May 23 Ostomy Support Group of
DuPage County Illinois

June 3-6 National WOCN Society 50th
Anniversary Conference Phila., PA

September 13-14 WOCN Iowa Affiliate Fall
Conference Sioux City, IA

Mark your calendar NOW and plan your
2019 visit to our booth in Philadelphia
August 6-10, 2019



Kathy Mehaffey staffed our booth on 2/20 at the Dependable Home Health Conference in Tucson, AZ. Pictured above from l to r is Kathy, former FOW-USA President Ival Secrest and Sandee Pretchtel, President of the Tucson Ostomy Support Group.

2018
FOW-USA is
on the move



Cindy Barefield presenting at the Wound Care Institute Advancing Evidence Based Guidelines for Wound Ostomies and Continence in Branson, MO, March 18-20, 2018



Congratulations to Isabella Grosu (far rt) of Romania on becoming the new president of the EOA (European Ostomy Association), part of the International Ostomy Association.



Ostomy Pearls

On the Places You'll Go!
-Dr. Seuss

Part 1

Zoe Prevette, RN, WOCN

An ostomy creates challenges with every first – first time to see the stoma, first appliance change on your own, and the first time you travel. Travel is a part of our culture and allows us to work, see friends and family and experience new places. But the first few times traveling, whether a short trip by car, a dream cruise or a long business trip by plane can cause some anxious moments. Below are some helpful tips collected from experts (ostomates who have “been there – done that”) to help as you prepare for your first of many adventures!

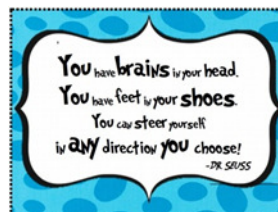
Before you Travel:

- ◆ “Make a list of everything you need for a ‘change’ well in advance of the trip and then put ALL of those items aside so you don’t forget anything.”
- ◆ “You can never be too prepared to travel. No matter what your method of travel, always think of the ‘oh no!’ moments and develop a plan to handle the moment.”
- ◆ If travelling internationally “learn the phrase. ‘I have an ostomy’ in the language of the country you are going.”
- ◆ If you are flying, contact TSA Cares toll free at (855) 787-2227 or email TSA-ContactCenter@tsa.dhs.gov about what to expect during screening
- ◆ Download a TSA travel notification card from www.ostomy.org to communicate discreetly if needed to airline personnel that you have an ostomy
- ◆ One seasoned traveler recommends fellow ostomates sign up for the TSA trusted traveler program
- ◆ Find a local WOCN in the areas you are travelling to as a resource
- ◆ If you are going out of the country:
Go to <http://www.ostomyinternational.org/> to find groups in the intended country
Let the contact know you are coming and ask about emergency supplies
Look up contact numbers, including international phone number for the major ostomy suppliers



Packing:

- ◆ Most ostomates suggest distributing your packed supplies between the carry-on and more than one other piece of luggage. However, one ostomate who travels frequently with business always carries all her supplies in the carry-on only
- ◆ Pack a change of clothes in the carry on
- ◆ “I also take the stuff out of the boxes and use a zip lock food storage bag and have the bags, wafers, paste, adapt rings, and everything I use in a zip lock in my carry on. Less room and weight.”
- ◆ “Have a list of the supplies and their numbers you use (especially if you have taken them out of manufacturer’s box) in case you need to purchase elsewhere while away.”
- ◆ “Take 2-3 times more supplies than you would normally use during the period of time you are traveling.”
- ◆ “When heat and Swimming is involved, I have 4 times my normal just in case!”
- ◆ “Pre-cut your pouches before packing. Scissors may or may not be allowed in carry-on luggage.”



The next Newsletter issue will contain Part II of this great Pearl!

February 25, 2018

Good afternoon, dear Mrs. Ruth!

The cargo that you sent before the New Year, we got, laid out on the shelves and successfully distributed to the ostomy, members of our organization. for 2 months to Kiev, and for 3 months to those who live in other areas ... now I have sent you a photo of the first lesson of Scandinavian walking for participants of the training, which was conducted by our organization. In group shots, all the ostomy patients. And now we are doing, who wants and can, I have a forest nearby.

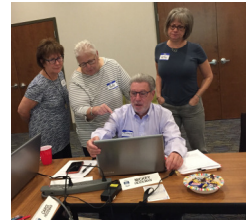
With respect and gratitude, Shcherbina Valentina Ukraine Astom-Ilko



Happenings @ FOW-USA

Shelly Miller

Strategic Planning Update: As first reported in the Fall 2017 edition and mentioned in the President's report, Wendy Kunz continues to lead the charge in helping us put our visionary glasses on to plan for our future. She along with other board members have been hard at work organizing our next steps. Color coded sticky notes was the beginning of this endeavor! Pictured right is warehouse manager, Carol Heideman, organizing our stickies, Wendy Kunz, left, leading the discussion, and Executive Committee Members Jan Colwell, past President, Shelly Miller, Vice President, Mickey Heideman, Treasurer and Kathy Me-haffey, Secretary, conferring.



**Bring a Pouch
Collection Day to
your local area**

Pouch Collection Day: Part of the Strategic Planning session led us to the idea of conducting Pouch Collection Days Drives across the United States! Zoe Bishop, a WOCN on our board, is heading up a Task Force to create these drives. They have created a Pouch Collection Day Toolkit and the hope is that many of these take place throughout the United States and they serve as collection sites for friends to donate no longer needed, new Ostomy supplies. Plan to participate if one come to a city near you! Visit our website at www.fowusa.org to download the flier and kit to hold an event near you.

PowerPoint: If you haven't visited the FOW-USA website recently, be sure to check out the all new PowerPoint presentation that has been updated. Both the English and Spanish versions are all new! A special shout out to Martha Velez De Nieves, President of the Puerto Rico Ostomy Association, who despite the trials and tribulations of dealing with no electricity and post-hurricane devastation, as soon as she was back up and running, translated the new version for us. Thank you Martha for all you do! Also to FOW-USA friend, Susan Lamparter, for all of your assistance in improving our presentation!

Industry Advisors and their Companies: We are blessed to have 4 great Industry advisors sit on our Board and they bring to us so many benefits and extras! Each a leader in their own right in their fields, their knowledge helps us move the needle in our PR challenges, fundraising, marketing, database, shipping, meeting organization and so much more. Jayme, Julie, Ginger, and Rebecca...THANK YOU and your companies for all you do for FOW-USA!

10/10/17

Greetings to FOW USA

I am Yondon from Mongolia. I would like to extend my warm hearted greetings to FOW USA. I have been an ostomate for more than 12 years. One can not predict what will happen while he/she lives on this Earth. I had to survive colon cancer surgery all the suddenly and my life has changed completely. Ostomy appliances supply has become an overwhelming issue for my family and me... But our friends'from over-see (FOW USA) help was a crucial thing for our daily life in remote areas of Mongolia. I can not describe my emotions, thankfulness to FOW USA....

There is a Mongolian saying which sounds like It would be a big thing to give a troubled human " a sewing needle" rather than offering a camel to a rich, healthy human...

I always think that our Earth is huge and there are plenty of warm hearted friends across the Globe. We say that America is a very far place but with your help, now, America is very close to Mongols. I have been thinking more and more cancer disease is associated with city life... We, Mongols who are nomads, need to learn from our friends from America. Human life is short compared to endless life of our Earth.

As a member of Mongolian Ostomy Association, I wish more cooperation with FOW USA in the future. Thank you and best wishes to you All,

Yondon from MOA



Planned Giving to FOW-USA

Craig Glazer, Jan Colwell, Stephanie Borellis

Friends of Ostomates Worldwide USA (FOW-USA) is a volunteer run, non-profit organization that relies upon monetary donations to support our warehouse and to pay for shipping supplies to those in need around the world. One potential method that can support our mission is planned giving. A planned gift is a form of charitable giving that involves contributing ones' assets through a will or an estate plan. The planned gift is a future gift that will be given upon the donor's death via bequest. Planned gifts are often called legacy gifts because they are created to make an impact for future generations. The easiest way to include FOW-USA in an estate gift is through a will, also referred to as "a bequest."

Planned gifts can come in many forms including:

- ◆ Charitable bequests: monetary gifts made by naming FOW-USA as a beneficiary in a person's will. This is a simple method and the number one way of making a planned gift. The donor can also bequeath a particular asset or a percentage of their estate rather than a dollar amount.

- ◆ There are various forms of bequests:

A general bequest is one of the most popular ways to make a charitable gift by will. The donor simply leaves a specific dollar amount to FOW-USA.

A residuary bequest is given to the FOW-USA after all (or a portion) of an estate owner's property (after all debts, taxes, expenses and other bequests) have been paid.

A percentage bequest is expressed as a percentage of the estate or of the residuary estate.

A restricted bequest restricts the bequest for a specific purpose. This can include setting up an endowment. This type of a bequest could be earmarked for shipping costs only, warehouse support only, etc.

- ◆ Other potential gifts could include:

Life insurance gifts: Donors can contribute all or part of a policy to FOW-USA. The donor retains policy ownership of the policy and has access to the policy's cash value. Once the donor passes away the proceeds are paid to FOW-USA. Donors need to work with their insurance provider to designate FOW-USA as the beneficiary.

Retirement plans: Through the retirement plan provider, a donor can designate FOW-USA as a full or partial beneficiary and the donor can name a specific amount or percentage.

Your support of FOW-USA could be as easy as a simple designation in your will. It won't affect your cash flow during your lifetime and can be revoked or amended if your situation changes. You will need to consult with your attorney or financial planner to determine the best kind of planned gifts. We hope this article gave you some ideas about supporting the mission of FOW-USA.

**Planned Legacy
Giving is a Future
Gift to FOW-USA**

February 2018

"...this is the photo from annual general meeting of stoma society called "ostomate society of Chitwan" which is a patient support group/patient survivor group. This was formed in my initiation back in 2005. AGM occurs in 11/11 of every year as per Nepali calendar. They meet, talk and encourage. Some local and national media also cover the issue. The society works in close collaborations to run stoma care clinic in hospital. In photo ...the old man in cap is Devidutta who is a cancer of urinary bladder survivor 10 years of operation, urostomy patient, president of stoma society. The man in white coat is Dr Bijaychandra, present director of hospital [BP Koirala Memorial Cancer Hospital]. Meeting acknowledge the contribution of fow USA for their kind help towards them.

Thank you for your kind shipment this time.

Kind regards

Dr. Nirmal Lamichhane



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"Others don't
have the same
resources as me"



Shipping Update

As of March, 2018 we have shipped a total of
360,488 lbs. of products with a retail value
of over 18 billion dollars.

For our Fiscal 2018 year we have shipped
13,000 lbs at a value of \$617,378



Generosity from a patient

Jan Colwell

A University of Chicago Medicine patient with Crohn's disease resulting in needing an ostomy found out about FOW-USA and the fact that children and adults in other countries do not have the same resources he was fortunate to have. Knowing he was scheduled to have a reversal in mid February, Jeff planned on sending FOW-USA all of his unused supplies. But he took his generosity a huge leap further and created a GoFundMe page to benefit FOW-USA with a goal of raising \$2000 and he, himself, matching the first \$500! Jeff raised \$4,565 for FOW-USA! For more information on his story, go to his donation page at <https://www.gofundme.com/ostomy-supplies-for-kids-worldwide> It's the generosity and thoughtfulness of people like this that make our work so rewarding and enable us to carry out our mission. Pictured below is Jeff and his wife Nicole.



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We get E-mails (cont'd)

"A Big Thank you Friends of Ostomates USA for the Donation"

October 2017

My name of Hellen Acola and I'm 67 years old from Uganda, East Africa. In May 2014, I had intestinal obstruction ... Following a 14 hours of the surgery ... I realized stoma was on my right side of my stomach ... I was very stigmatized, worried and scared on how I will live but I was consoled that this condition is temporal and reversible ...

In October 2015 I went back to the hospital to have my condition reversed. I prayed that everything will be normal again and without stoma or using the unsafe materials like polythene bags, ragged clothes or old newspaper was very comforting ... Again after the 14 hours of surgery and days afterwards, I was told my condition [could not be] reversed ... Between May 2014 to August 2017 I have used all kinds of unsafe materials ... when my family failed to get the medical supplies. I have been much traumatized, stigmatized by the community around because my body would smell bad before meeting Nichola-Jane Weir who sought for me help from Friends of Ostomates USA.

I am very grateful to the Friends of Ostomates USA and sponsor for changing my life. I don't need to worry about any smell nor sore of my skin around the stoma because of the use of glue anymore because of the donation you have given. Thank you for this life relieve, may the Almighty God bless you.

Hellen Acola Uganda, East Africa

October 2017

Prince McGod Akowuah, President of the Royal City Charity Foundation in Ghana, wrote that he has received the ostomy supplies that we sent:

I hope all is well with you all right and on [behalf] of my entire team I will like to let you and your team to know that we received the supplies you send to us ... this morning and the happiest thing is that, we didn't pay anything to received them and they just brought it to our door step and all that we can say for now is thank you all so much and may the good Lord bless you all. And we will be donating them to the hospitals soon and I will be certain to send you more pictures after donating them.

[In the picture, Prince is on the left and his assistant is on the right]

Nov 15, 2017

Dear Carol, Ruth and Team of Angels,

We are very grateful for the box of gifts you sent for my cousin. Thank you so much from all of us and on behalf of my cousin Martha and her children.

All of the supplies are great, the powders, creams, patches and all are perfect. I called her to let her know and she was in tears just crying and grateful for your incredible generosity.

You help us so much make her life better.

God bless all of you.

All the best. Elvira (in New York) for her cousin Martha in Ecuador



**Traumatized and
stigmatized no more...**

December 2017

Abdul Rafay Foundation, Lahore, Pakistan

Please accept our sincere gratitude for your help during our ostomate family crisis. Thank you very much for the extra help you gave us. We really wanted to help the people of our community. It became possible just for your support. I really appreciate that you've taken such an interest in our mission I would like to thank you from the bottom of my heart for your generous caring. We wish you all the best and are thankful for your support. Hope so you can carry on your kindness for our organization. And hope so you can continue the donation for us in the future as well.

Regards, Anam Khalid, General Secretary Al Rafay Foundation.



The Mission of Friends of Ostomates Worldwide-USA (FOW-USA), a volunteer-run, non-profit organization, is to provide ostomy supplies and educational resources at no cost to ostomates in need around the world.

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

Address Service
Requested

www.fowusa.org

facebook

Friends of Ostomates Worldwide—USA Contribution Form

Name _____

Giving Level

Address _____

Partner-\$50_____

Corporate-\$300_____

City State Zip _____

Sustaining-\$75_____

Benefactor-\$1,000_____

Country _____

Contributing-\$150_____

Lifetime/Memorial- \$5,000_____

Telephone (____) _____

Supporting-\$300_____

Other-\$_____

E-mail Address _____

Chapter/Group/Association \$ _____

Send Newsletter by E-Mail? Yes_____ No_____

Total Amount Enclosed - \$ _____

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

FOW-USA, Attn: Treasurer, 4018 Bishop Lane, Louisville KY 40218-4539

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.