



Friends of Ostomates Worldwide-USA Newsletter Fall, 2018



President's Message

Dear Friends,

I have to confess that I do miss Fall and the foliage in New England, where I lived for many years. Now, a permanent resident in Florida, I find that Fall puts me on edge because it is hurricane season. Last year we lost power for 8 days but were able to manage. When I think about the challenges that those in developing countries have as a result of their environments and ostomy surgery, my issues with weather seem insignificant. Serving as President of FOW-USA I know about all the good we do to assist ostomates in need with free supplies. This fiscal year we sent 129 shipments, over 22,000 pounds with a retail value of over \$1.1 million. I appreciate all the effort that goes into packing up your unused supplies and sending them to us and your ongoing financial support. We have instituted a new Shipment Sponsor Program in which we recognize those WOCN Affiliates and Regions and UOAA Affiliated Support Groups that donate \$1,000. We designate these pallets with a message that notes the sponsor and also publicize their outstanding support in many media outlets. Photos, right →

One of these new outlets is the SpokesPouch. Designed by Karen Kiwaczyk, a friend of FOW-USA and a wonderful Chicago artist, it is found at the bottom of the home page of our www.fowusa.org website and gives monthly messages. We highlight where shipments go and our current shipment sponsors, as well as draw atten-

tion to special initiatives such as the Pouch Collection Drives. Board member Zoe Bishop put together a Tool Kit to help individuals and groups host an event to collect pouches and other ostomy accessories. In April 2018, the Iowa WOCN Affiliate held a free ostomy education day and sponsored a pouch drive. They collected 203.5 pounds of unused pouches and accessories. This very successful drive provided supplies for many needy ostomates. You can find this tool kit on our website under the Resources tab. We hope others will hold similar drives since FOW-USA needs an ongoing supply of products in order to fulfill all the requests we receive.

The Public Relations Committee saw the need for a new table-top display for meetings and conferences. We thank Coloplast for their generous design and production of the display. It received such positive attention by nurses at the WOCN national conference that we have remodeled it in poster form. You can obtain free copies by ordering it from the Resources section of our website.

The FOW-USA Board is working diligently to implement the activities and ideas that we identified during our Strategic Planning exercise in the fall of 2017. One of these was to maintain a healthy work environment for our volunteers at the warehouse. To improve the conditions we have installed an air conditioner and gas furnace so that they can sort, re-

pack, and ship supplies in a more comfortable way.

While I am hoping for a lovely Fall without the threat of hurricanes and you are sitting in the comfort of your home or office reading this message, remember that you can help our humanitarian efforts to improve the lives of ostomates around the world through your product and financial donations.

Ann Faurneau

New Initiatives

Shipment Sponsorship Program

SpokesPouch

Tool Kit & Posters Available

Inside this issue:

Board & Warehouse News	2
Come See Us...	
Shipping Update	
Ostomy Pearls	3
Happenings @ FOW-USA	4
We Get E-mails	
E-mails can't	5
E-mails can't	6
2018 Service Awards	7
Mission to Cuba	
Contributions Form	8



Recent Pallet Shipment Sponsors

facebook

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

E-mail us at

info@fowusa.org



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

Meet our Officers & Board of Directors

President

Ann Favreau Venice, FL

Vice President

Cindy Barefield Mont Belvieu, TX

Secretary

Kathy Mehaffey Tucson, AZ

Treasurer

Mickey Heideman Louisville, KY

Warehouse Coordinator

Carol Heideman Louisville, KY

Immediate Past President

Janice Colwell Chicago, IL

Newsletter Editors

Shelly Miller Palatine, IL

Ruth Salinger Bethesda, MD

Google Administrator

Nancy Schuller Brookfield, IL

Directors

Zoe Bishop

Stephanie Borellis

Johnda Conley

Craig Glazer

Nancy Kunevich

Wendy Kunz

Heather Martinek

Shelly Miller

Richard Murahata

Zoe Prevette

Ruth Salinger

Cheryl Sparks

Highlands Ranch, CO

Tonawanda, NY

Shelbyville, KY

Falls Church, VA

Darien, IL

West Deptford, NJ

Marlton, NJ

Palatine, IL

Thornton, CO

Columbia, MO

Bethesda, MD

Louisville, KY

Industry Advisors

Rebecca Wright

Jayne Hanson

Ginger Salvadalena

Julie Bauer



Mark your calendar NOW and plan your
2019 visit to our booth in Philadelphia

August 6-10, 2019



Shipping Update

As of September 30, 2018, we have shipped
over 374,000 lbs. of products with a retail
value of over 18.7 million dollars.

For our Fiscal 2018 year, we shipped
22,883 lbs at a value of \$1,146,978



FOW-USA Warehouse is pretty "cool"



After years of our volunteers working in sweltering heat to unpack, inventory, pick orders and ship out of our warehouse in Louisville, KY, they can finally do so in a more comfortable environment! The A/C system was installed during the dog days of August and our wonderful volunteers can all work without wiping their brows! As the thermostat shows, it was 91 degrees inside and once installed, set to a cool 75! Thank you all for what you do!

Board Meets
and
Warehouse is
"pretty cool"

October 14 marked our annual FOW-USA Board Meeting held in Louisville, KY. In addition to our bi-monthly meetings held via WebEx, this once a year, face to face meeting always produces great returns. Many board members stay an extra day and meet at the warehouse the following Monday to thank the warehouse volunteers and also pitch in to assist (below right).

This year was no exception!



FOW-USA Board of Directors



Ostomy Pearls

Oh, the Places You'll Go!
-Dr. Seuss

Part II

Zoe Prevette, RN, WOC Nurse

Whether a short trip by car, a dream cruise or a long business trip by plane, traveling the first few times with an ostomy can cause some anxious moments. The last newsletter (Spring 2018) contained tips on preparing to travel and packing. Below are some helpful travel tips collected from ostomates who travel regularly in Part II of this Pearl.

Be prepared "like a good Scout. Keep a backpack or carry bag with you with a change of clothing and supplies for at least 2 changes."

For airline travel, let TSA agents know you have an ostomy. "I do this before I go through the personal scanner. If you are wanded or if they want to do a pat-down, let them know that you have an ostomy and indicate where it is. Indicate that it cannot be disturbed. My experience is that they will have you touch the areas of your ostomy, then run a test paper over your hand and test it. If you want, you can have privacy during this process. You never have to show your ostomy equipment."



"Treat this as an educational opportunity for TSA agents".

"Try to sit on an aisle seat".

Whether traveling by train, plane or automobile, make sure you take care of yourself. You may be tempted to reduce the flow from your stoma by reducing your intake of food or fluids. This is not a good idea and can lead to bigger problems that will impact your entire trip. It is especially important to stay hydrated while traveling.

Avoid carbonated drinks, foods that cause you gas and anything that causes you to swallow air.

Use solidifiers in your pouch to thicken output. Folks with ileostomies and urostomies use these at bedtime to reduce leaks.

If staying in the home of friends or relatives plan to use the bathroom in off periods, avoiding times that the bathroom is in high use.

You may want to bring some over-the-counter anti-diarrheal medication to take at the first sign of diarrhea.

"If you are part of a tour group (domestic or international) plan ahead for when you want to change your appliance. The day you might normally change it, for instance, could involve a tour in which you return to your base (hotel, ship) late. I change my appliance a day early in this case."

"Although this may sound strange, especially in foreign countries, I put a certain small amount of supplies in the hotel safe. Hotel maids in third world countries can steal things and locks in general are not necessarily safe. I've been in situations where I'd rather be without money than be without an emergency stash of supplies".

When you get home, share what you have learned from your travel experience with other ostomates. Your experience will challenge and equip others to start traveling. And you can start planning your next trip based on what you learned. Oh, the places you'll go...

"The more you read
the more things you know.
The more that you learn
the more places you'll go."
-Dr. Seuss

Happenings @ FOW-USA

Shelly Miller

Our New SpokesPouch: As you read in Ann's message from the President, we have an all new announcement "logo" called the FOW-USA SpokesPouch which can be found on our website home page. Each month, SpokesPouch will announce something of interest. Be sure to remember to check back every month to hear our latest news. It can be found on the bottom of the home page at www.fowusa.org.

Posters and Tri-fold Brochures are Available: We have designed a poster from our table top display art that we use at booth shows and meetings. These posters are available for use by Affiliated Support Groups (ASGs), WOC Nurses for clinics and waiting rooms and anyone else with the ability to hang them and get the word out that we need new, unused ostomy supplies to provide ostomates in need who can not otherwise get them. Go to the Resources tab of our website and select the dropdown and an on-line order form for both posters and/or tri-fold brochures are there.

Order Your
Posters!

PowerPoint Presentation for ASG meetings: August 8, 2018 was the date of a local Affiliated Support Group meeting run by Ostomy Specialist, Morgan Coconate, RN, held at Advocate Sherman Hospital in Elgin, IL, a suburb of Chicago. Board member Nancy Kunevich made the FOW-USA presentation.



15 ostomates and nurses were in attendance. If you would like to feature FOW-USA at an upcoming meeting, be sure to download the presentation available from our website in English and Spanish versions. Order Tri-fold brochures and posters, too!

State wide pouch drive a huge success: The Iowa WOCN Affiliate sponsors a free ostomy education day for ostomates and their support families every year. This event is held in different parts of the state to offer benefit to the many ostomates statewide. This year marked the 10th year for this event, and was held in Sioux City, Iowa on April 7th. The affiliate sponsored a "pouch drive" where they collected pouches and accessories that are unused from patients and clinicians and were donated to FOW-USA. The WOCN packed the boxes and sent 203.5 pounds of product to the FOW-USA warehouse in Louisville!! The WOCN were so pleased with the number of donations that they received, and it surpassed the 170 pounds that they sent last October after their fall conference. Together we can make a difference!!!



May 9, 2018

We Get E-mail

Hi Ruth how are you doing?
Thanks a lot for the colostomy bags. I got them yesterday. Here is a picture. Thanks a lot Sincerely,
Gregory Constant,
Haiti



We get E-mails

June 2018

We received this email from Jellyyan of Grenada, where we sent supplies: "hi ruth how are you this is jellyyan from grenada its been awhile indeed but i must stop to say thank you i have received the much need packages i have distributed the items one thing thou many folks are a little bit shy to pose for photos so or now i will give you photos of the bravest individual i have ever encountered peyton hyacinth she is my daughter and trust me she walks with her bag out proudly am proud and i know you can use her pics in your campaign. i have also included a piece that she wrote herself we really appreciate it all post operation fishing has become a hobby and a love for her she enjoys it so much sets no limit and continues to blossom thanks a million."

Peyton S. Hyacinth - "That's me! an 8-year-old girl, I have a colostomy, it made me special Because not everybody is in the situation that I'm in, made me realize that I'm different, special and blessed to be alive, they could say things about me but it will not break me, it will not hurt me, because I am who I am.

I have a purpose in this world GOD saved me and I am thankful for that I will inspire people tell them don't turn away from who you are because you're different, that makes you special you can be anything you want because there are people in worse situations than you are in, so don't be afraid to speak to someone.

many people didn't make it, so why hide from who you are people will look at you because your extraordinary, don't think that they are more perfect than you because no one is perfect I may be young but I want to tell people in mine situation and other situations, don't be afraid to stand up for your rights because what you have is a gift it's a blessing and don't be afraid to stand up and tell them just because your different your special"



**"...they could say
things about me...it
will not hurt me"**

July, 2018

... I already received your donation. We are very happy when we saw it because for us, it is already a big help for my baby. Thank you so much for helping my son and for sharing what you have.



To all your staffs, volunteers, donors and everyone behind FOW-USA, thank you so much. thank you for helping the Ostomates with their needs. The supplies that you donated to Ostomates give them a chance to build their selves in order for them to build their self confidence and it also make them live better, easier and more comfortable life. Thank you for helping them to live a normal life. And thank you for making them feel that they are not alone, that they have someone to turn to.

Some might say it is just a small thing, but for me, this small thing, is the greatest thing because it is given from the heart. And I believe, great things start from small things and

Great happiness starts from small things and small efforts

Hazel, Philippines

June, 2018

The parcels have been received by my brother

We will never thank you and your team enough for the support and the availability you provide anytime the need is there

Best regards,

Khady

Senegal



There's a *Mio* for *every body!*



BodyFit Technology®

Coming soon!
SenSura® Mio for adults with outward body profiles, babies, and kids!

www.coloplast.us
1-888-726-7872

Coloplast

Coloplast Corp. Minneapolis, MN 55411 / 1-800-533-0464
www.coloplast.us The Coloplast logo is a registered trademark of Coloplast A/S. © 2018 Coloplast Corp. All rights reserved. PM-05835 09.18

E-mails cont.

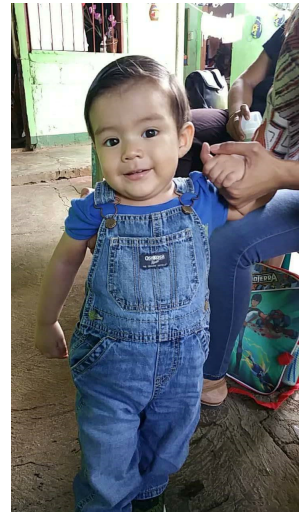
June 2018

Dear Ruth,

Its me again. I was notified that the reconnection did not work on the little boy we have helped in Nicaragua. They are needing more supplies for him. The last time we sent 38mm open ended I believe. can you all help me again with this?

He is one years old and Praise God healthy so growing well despite this obstacle. I will be waiting to hear from you.

God Bless
Roni Wyatt, Secretary
Mustard Seed Global
Evangelistic Ministries



**"Your donation is a
big help to those
poor people (like
us here) "**

**Thomas H., of Omaha, Nebraska,
a long time supporter writes:**

"For over 20 years I have been a frequent contributor to FOW-USA. They have proven to be a totally responsible worthy charity. Complete transparency in informative newsletters, financial reports and reports of activities is a hallmark of this organization. As charities go, I would rank this as one of the best. The good they do is incalculable."

LESS UNCERTAINTY MORE *flexibility*

Change is good.
Find the ostomy product that fits you.



Request a FREE sample

**Visit convatec.com/ostomy
or call 1-800-422-8811.**

AP-018393-US

ConvaTec

2018 Service Award Recipients

Congratulations to FOW-USA Board Members Cheryl Sparks & Heather Martinek who received the 2018 Service Awards for outstanding contributions to our mission.

Cheryl volunteers in our Louisville, KY warehouse at least 3 days a week. She answers the FOW-USA phone line and handles the questions and requests. She has also been a National Board member for two years. In addition to the daily routine of unpacking and packing supplies, she also sends thank you letters to the people who have made product donations, and picks up ostomy supplies within a 25 mile radius of Louisville. She is personally responsible for recruiting 9-10 of our warehouse volunteers. They include members of the local Ostomy support group as well as retired WOC Nurses. Cheryl is currently President of the Kentuckiana Support Group (UOAA). One thing for sure, when she volunteers for something, you know that it will be done with a smile.



Carol Heideman, Cheryl Sparks, Ann Favreau

Heather is also a Board member who dons many hats volunteering in addition to her full time position as Assistant Chief Operations Officer, Wound, Ostomy and Continence Nurses Society™. She is a vital member of the FOW-USA PR Committee and is the face of all of our social media efforts. If it were not for Heather, our FaceBook would not exist. In addition she oversees all of the data entry and is also on our Database Committee. Her insights and contributions to today's marketing needs helps keep us on track and in the 21st century!



Heather Martinek



Board Member Wendy Kunz—Mission to Cuba

FOW-USA has been sending supplies over the past 5 years to John Potter in Delaware. He is part of a consortium of Presbyterian Churches in New Jersey, Delaware, and Maryland who travels to Placetas, Cuba, several times a year to bring medical supplies. Before our donations, ostomates in that community were in dire need of ostomy bags; they were washing and reusing bags and resorting to paper bags.



A member of our Board of Directors, Wendy Kunz, (pictured with 2 Cuban patient recipients) who has been a part of this humanitarian effort, wrote us about their recent trip to Placetas. She said that shortly after they arrived, someone showed up asking for ostomy supplies, as the word traveled fast that assistance from North Americans had come! Pictured here are patients who came the next day for supplies.

She received a thank you note from Olguita Collado, who manages a support group for cancer patients there, most of them children. For \$5 a month, a cancer patient is "adopted" by someone who provides additional caring. The patients receive small tokens including toothpaste and brushes, plus food and hygiene supplies for the family who are hit hard. She helps identify ostomates and makes sure that they get the supplies they need.

Thank you Wendy and John and the others who volunteer their time and effort to those in need.

And a Thank You Arrived from Bolivia!

Bolivia Ostomy Association (ABO)

July 2018

FOW-USA sends a large shipment to the Bolivia Ostomy Association, with the help of Teresa Antequera and Alexander Machaca. The picture is from a meeting of the group in Santa Cruz, Bolivia, in July 2018.



"Gracias 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 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.