



Friends of Ostomates Worldwide-USA Newsletter Fall, 2019



President's Message

Dear Friends,

When I answered an ad in 2015 seeking volunteers for FOW-USA, I had no idea what a gratifying affiliation this would be! Serving first as a Director and then Vice President on the Board has given me the opportunity to learn and work with some of the most dynamic people I have met in my career as a Wound Ostomy and Continence (WOC) Nurse.

Working with an accomplished leader such as Ann Favreau has been such a blessing. Visionary, optimistic, adaptable, strong communicator, confident and decisive are all leadership traits that define the way Ann has helped to guide FOW-USA as President for the past 5 years. Under Ann's guidance, our mission to provide ostomy supplies and educational resources has been met with product donations from 150 sources and product shipments at an all-time high.

Currently, my WOC Nurse colleagues help comprise 25% of the FOW-USA board. Another 33% of the board are ostomates and the remaining 33% bring their expertise from the business world. Some members serve in more than one capacity in these groups to equal our 100% volunteer board. Any trepidation I may have to begin this journey as President of FOW-USA is

relieved as I reflect on the nearly 100 years of experience from this devoted group. FOW-USA is pleased to welcome our newest Board member, Cristine Miller-Trolinger. An energetic young woman from San Antonio, Texas, Cristine is actively involved in the ostomy community serving as the President of the Ostomy Association of South Texas and working with Stealth Belt.

At our annual meeting in Louisville in October, we launched a "Grow FOW-USA" campaign. With this theme in mind, we will approach our strategic planning sessions with a focus on creative strategies that inspire continued pursuit of goals not yet met by FOW-USA.

FOW-USA supported Ostomy Awareness Day on Saturday October 5 with an email blast and Facebook post. UOAA reminds us to spread the facts about life saving ostomy surgeries and stop the stigma once and for all!

Cindy Barefield

Many Goals Reached

Product & Financial Donations Up
New Database Software
Strategic Plans Advance

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email us at

info@fowusa.org

FOW-USA can now be found on Instagram!



Follow us on Instagram at #fowusa

We can also still be found on Facebook!

facebook

Watch for announcements of very exciting news!



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

Meet our Officers & Board of Directors

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Thornton, CO

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Bethesda, MD

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Ginger Salvadalena

Julie Bauer



The 2020 Board of Directors

Shipping

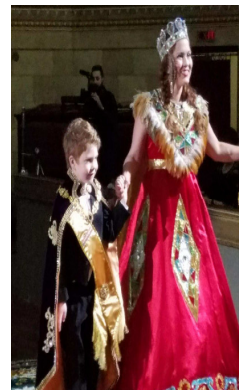
Update



As of **October 2019**, we have
shipped **405,000 lbs.** of products with
a retail value of over **20.2**
million dollars.

Welcome our newest FOW-USA Board Member

Christine Miller-Trolinger from San Antonio, TX, is the newest member of the FOW-USA Board of Directors. She works in accounting and has a background in fashion design and merchandise. Her background made it a perfect fit for her to also join the PR Committee. She also works part-time for an ostomy accessory company. Christine enjoys dancing, attending cultural events, and spending time with her husband and son. She has developed a passion for helping others after living through multiple medical struggles. As a former ostomate resulting from her Ulcerative Colitis (ileostomy at 19 years of age), she is our first board member with a J-Pouch! She is very involved in the world of ostomates at meetings and conferences and looks forward to helping others with ostomies live their best life with her FOW-USA involvement. Cristine is pictured here with her son.



Ostomy Pearls

Zoe Prevette RN, CWOCN

We recently came upon the time of year to change the clocks. We do this every year, twice a year. Changing our oven clocks, wrist watches and even the clock in our cars. We update lots of things in our lives. We upgrade our computers or get a newer car. But sometimes ostomates are reluctant to update their ostomy supplies. Recently I met a man who got his ostomy in 1993 and was still using the same supplies he had used back then. When asked he admitted he wasn't driving the same car he had back then. In fact he had had 5 or 6 different cars since then and his current car had all sorts of bells and whistles. His glasses had been updated a few times. And he even had a smart phone which he could not have imagined back in 1993. "There have been so many useful innovations since you got your ostomy. Wouldn't you like to get some free samples and see if maybe there is a better product for you?" He agreed it was worth a try.



Now that we have changed our clocks, maybe it's the time you want to think about asking your ostomy manufacturer for samples of their most recent products. You might find there is something even better than the great product you are currently using! Go ahead and update!

Coloplast

Pouch leaking?
Sore skin?
*Time to check
your body!*

www.bodycheck.coloplast.us

BodyCheck
Understand your
body profile for a
better product fit

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We Get Emails

Al Raffay Foundation, Pakistan April 2019

Hi, How are you. I hope you'll be fine. I received a shipment of ostomy supplies from you. It was a pleasure for me when I loaded the package on my Small truck.

If we cannot give anything to anyone but we can share happiness towards them it would be enough. If we would like to bear a burden of someone's pain then the purpose of coming to our world is completed. I am thankful to you and your organization that made me able to help those comfortless people And our organization is taking [benefits] from your organization It was a pleasure for me when I loaded the package on my Small truck.

God blessed you
Best Regards

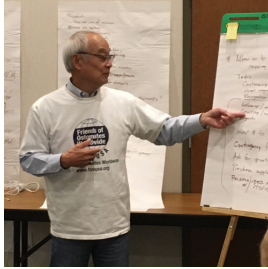
Adeel Anjum, Stoma Care Nurse
Pakistan Al Raffay Foundation



FOW-USA 2019 Annual Meeting in Louisville, KY

Strategic Planning GROW FOW-USA

The board was divided into 4 groups to tackle this year's strategic planning sessions led by Wendy Kunz. Richard Murahata is shown sharing his group's project results.



Bloomerang Sub-committee

A sub-committee worked together on our new Database software program, Bloomerang, and was recognized at the annual board meeting in Louisville. (L to R: Mickey Heideman, Stephanie Borellis, Carol Heideman, Shelly Miller, Johnnda Conley)



Congratulations to our two 2019 Service Award Winners

Nancy Schuller served as Secretary from 2013-2015 and as a Director in 2016. Nancy has also served as our Google Administrator. In that capacity she has set up emails for our board and initiated the Google Drive to store FOW-USA documents. In 2019 she spent a significant amount of time reconfiguring the folders to make them more user friendly. Nancy is a consummate volunteer who has worked quietly in the background to ensure that the FOW-USA board has the ability to communicate with one another and has access to resources and documents.



Wendy Kunz has served as a board member since 2017. She made extraordinary contributions by her preparations and leadership in our Strategic Planning activity at the October, 2017 annual meeting that resulted in a 2017 Interim Report and an updated Strategic Plan in 2018. This year she has been instrumental in chairing the committee that has been investigating grant writers or consultants that can help us find grant funds. She has produced a Request for Qualifications document. Wendy is a humanitarian who has traveled extensively to Cuba to bring and distribute construction equipment and medical supplies including ostomy products. Congratulations to both women on receiving our prestigious annual award.



Volunteering at the Warehouse

Many of the Board of Directors stayed after Sunday's annual board meeting to thank and assist the warehouse volunteers.



Some of the 18 regular warehouse volunteers who were there during the Board visit (L to R: Johnnda Conley, Cheryl Sparks, Ray Allen, Joy Rhodes, & Mickey Heideman)

We get Emails

FOW Nepal– August, 2019



"I would like to express our sincere gratitude for all your supports. I would like to inform you that we were successful to receive the stuff sent from there without any obstructionAs you are already aware that our organization has been serving in the field of cancer & ostomates & we all the volunteers are stoma survivor. Again we are grateful to you...

Regards,
Best, Amrit Gurung, FOW-NEPAL
Kathmandu, Nepal"

August 2019

Benjamin and Kelesia Lungu, Stomacare Support Zambia



"Mr Fred did not have colostomy bags so he used to use plastic bags. That [in the picture] is a plastic carrier bag; we use those to carry vegetables or other foodstuff from the store or market....Most people in the rural areas of the country or even in the capital city who can not manage to find colostomy bags use different things to cover the stoma. Though the situation is changing slowly for those in the capital city, after SSZ [Stomacare Support Zambia] we hope to reach those in the near future."

Benjamin

"Thank you very much for my urostomy bags, it was like a birthday present."

August 2019

"Thank you very much for my urostomy bags, it was like a birthday present . I owe you my life because without you and FOW USA I would have died many years ago."

May God bless FOW USA

With love and appreciation from ZIMBABWE

Yours Sincerely,

Wilson Nyakoko, Zimbabwe

Research Study for Ostomy Product Users

What is the Observational Study of Ostomy Consumers (OSO Study)?

The Observational Study of Ostomy Consumers (OSO Study) is a research study being conducted by Hollister Incorporated but is not limited to Hollister product users. **All ostomy product users are welcome!** This online study is intended to collect information monthly from people living with an ostomy and will run for at least 12 months and up to two years. **Your participation in this study will contribute to creating a better understanding of the lives of people living with an ostomy.**

Who may participate?

You may qualify for the OSO Study if:

- You're 18 years or older and have a colostomy, ileostomy or urostomy
- Have had your stoma for more than 12 weeks
- Have an email address and willing to complete monthly online questionnaires



Benefits of participating:

If you qualify, you may receive:

- Compensation, in the form of a Visa electronic or physical gift card, will be provided for each questionnaire that you complete. Online questionnaires are sent out on a monthly basis.

Are you interested in participating in the OSO Study?

Please email:

Hillary Marhoefer at
researchstudy@hollister.com with "OSO Study" in the subject line of your email

Emails continued



July 2019

"Dear Mrs. Salinger. Your donation is being given to the patients with success. In this photo, I am giving a month supply to a patient. With your donation and my supplies I have enough to last this 2019. For 2020 I won a very substantial award at a local foundation here in El Salvador. The program is called "Helping Those Who Help" and is given by Fundacion Gloria de Kriete this money is exclusively for me to buy ostomy supplies, so I have enough for the year 2020. Thank you again, your donation has been a great help. Best regards, Carlos Emilio Alvarez MD"

FOW-USA congratulates Dr. Alvarez on his award and his generosity!

FOW-USA Happenings

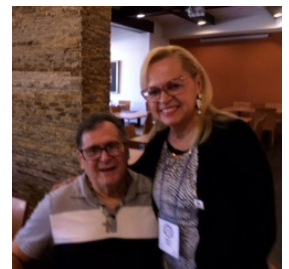
Ruth Salinger, FOW-USA Member of the Board, presented a PowerPoint review of the organization at the Regional meeting of the Ostomy Association of the Americas, part of the International Ostomy Association. The meeting occurred in Vina del Mar, Chile, on October 21, 2019, with representatives from North, Central, and South America and the Caribbean. (Pictured L to R: Alejandro de la Riva, Ostomy Association of Guatemala, Ruth Salinger, and Jorge Morales Colima, Mexico, Ostomy Association)



Johannah S., Roswell, GA, a longtime supporter writes:

"Having needed urinary collection systems since the 1950s, I can testify to the anguish and embarrassment inadequate equipment caused one. I support this organization because I have not forgotten what it was like to not have reliable supplies. I wouldn't want to see anyone without the proper equipment needed for life lived with dignity."

Martha Velez De Nieves, President of the Puerto Rico Ostomy Association, and new President of the Ostomy Association of the Americas region, with her husband Carlos.



Jorge Vargas Morales, President of the Colima, Mexico, Ostomy Association, with his wife Irma, who together manage an ostomy clinic in their city.

2019 UOAA Conference

FOW-USA had a booth at the August 2019 conference of the United Ostomy Associations of America (UOAA), in Philadelphia. We met over 150 individuals who were happy to hear that FOW-USA (www.fowusa.org) will receive their extra ostomy supplies and donate them to ostomates in need around the world. We talked with ostomates, family members, and nurses during the two days that the exhibit hall was open. Thanks to these booth volunteers: Board members Wendy Kunz, Ruth Salinger, and Craig Glazer; former Board member and supporter at regional conferences Lang Secrest; and local ostomate Dorothy Kent. The picture is Lang Secrest helping attendees.



We're proud to launch a new podcast for people living with an ostomy. **me+ Talk** features ostomy real talk from ostomy nurses, product specialists and community members.

Let's Talk!
Listen to Our New Ostomy Podcast

Online at mepluscare.com
or wherever you listen to podcasts

 **ConvaTec** | 

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WOCN National Conference

Members of the FOW-USA were at the Wound, Ostomy, and Continence National Conference June 22-26. We had a booth set up in the vendor hall and talked to so many people about donating their extra ostomy supplies. Most of the visitors to our booth were seeking somewhere to donate their supplies and they were thrilled to be able to give them to others that have none. Some of those who wanted to give were ostomy nurses, but they had so many patients that want to give their supplies back to the needy that they no longer use. We distributed our information to give them information on where to send the supplies, and where they can be donated. Seen here is President, Cindy Barefield staffing the booth and spreading the mission of our organization.





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



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.