



Newsletter Spring, 2020

President's Message

Dear Friends,

It's spring 2020 and Friends of Ostomates Worldwide-USA is coping with the effects of Coronavirus much like you, your family, and your community. Since the first confirmed case in the US on January 21, 2020, the world as we know it has not been the same.

Despite the uncertainty of this pandemic, the certainty of the needs of the ostomates we serve from countries around the world remain. Our warehouse in Louisville, Kentucky, remains open and continues to accept supplies.

Our board continues to pursue additional avenues for supply and/or monetary donations to meet our mission. Since the beginning of the year, a sub-committee has been collaborating with a grant writer on a Grant Seeking Readiness Analysis. We are hopeful that this will provide grant possibilities that will spearhead the growth we are seeking for FOW-USA. At the Annual Planning meeting this year, we identified concepts that were key to our growth. We

have identified groups to begin analysis of the concepts of Communication and Inventory. Working together, we are looking to streamline and improve our processes.

FOW-USA has a wonderful team of volunteers that serve our organization. I would like to highlight the work of two particular volunteers on our board. Dorothy Kent, Communications Director, stepped up last fall to replace an individual who left the board because of her health. Dorothy has done an outstanding job. With amazing organization, she follows up on each of the calls that are made to the warehouse and responds to all internet inquiries. Remarkably, there were 130 such contacts in the months of January and February that Dorothy was able to share with fellow board members. Another volunteer who is doing incredible work is Stephanie Borellis. Stephanie joined the Board in 2017 and since that time she has grown into a valuable board member. Stephanie plays a vital role in the production of this

Newsletter and has been instrumental in the use of the social networking apps that connect FOW-USA to the community we serve. Stephanie has also been praised in her local community for her efforts. She was acknowledged in March with the Excellence in Healthcare Award. An awards ceremony has been rescheduled to later this year. Congratulations to Stephanie!

FOW-USA thanks you for your support. We cannot meet our mission "to provide ostomy supplies and educational resources at no cost to ostomates in need around the world" without you!

Sincerely,

Cindy Barefield



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Inside this issue:

Meet our Board of Directors & Ostomy Pearls	2
Ostomy Pearls cont.	3
The Name is the Same	4
We get emails	5
We get emails cont.	6
Our Newest Board Member & Arizona Students Get an Education	7
Contribution form	8

email us at
info@fowusa.org



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without our
Volunteers and
YOU!

Meet our Officers & Board of Directors

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Shipping Update

As of April, we have
shipped 414,000
lbs. of products!



Ostomy Pearls

Zoe Bishop RN, BSN, CWOCN

There is not a good way to advise a patient that is approaching ostomy surgery, or who has just experienced ostomy surgery with the challenges that they will face. I would like to share some viewpoints of what it is like to have an ostomy, and some hints for dealing with it.

How many people do you know who have completely prepared for the emergence of a new opening for stool or urine elimination on their abdomens? The ostomies behave like your rectum or your bladder. Who really anticipates that happening to them? The ostomies that are stool related actually release gas, and it can be noisy or silent. The best thing about wearing a pouch with a colostomy or ileostomy is that you can "selectfully fart" by choosing your own bathroom, or your own space away from people so that you are not perceived as having no manners. People with urostomies do not have this issue of releasing gas from their stoma, but the tradeoff is that they drip urine all the time into their pouches. So their pouches may fill up faster that if you would have an ostomy that produces stool.

Ostomy Pearls cont.



When talking to my patients before and after their surgeries, I am sure to clarify information that they could have heard from their next door neighbor, or the parishioner that sits beside them in church. One detail that is important is if you are going to be an ostomate with a diversion on your abdomen that releases stool, it is important to tell them that it should not have any effect on their urinary system. It is amazing the sign of relief on some of their faces! They also hear the stories of ostomates that the public seems to think have an odor with their pouching system. "I heard that they leak at least once a day, what do I do then?" This is where they need the information of finding

out why it leaks, and they need to know that this should not be perceived as the norm. Many ostomates have very good wear times, and seals with their wafers, so can be assured that they can go out in public just like other people. It is always good to point out to the ostomate the resources that are available after they leave the health care setting. They should develop a relationship with their WOC and the clinic where they can make an appointment for any issues that they have. Their surgeon may be able to help them, and they would always need to know how to contact him or her for other issues that may arise as well. They also can use the manufacturer's 1-800 number to talk with a clinician who may be able to offer suggestions over the phone. They usually will send a sample or two if they feel that you may benefit from a different pouch. Another resource is a support group.....yes , a support group where they can actually talk with and share some of their anxieties with other people who also wear a pouch! Visit the United Ostomy Association of America (UOAA) website, (www.ostomy.org) for information on support groups in your area. The patients need to know where their resources are, and how to contact them before they leave the hospital.

And lastly, "where do I pick up these bags?" is a common question. There is not a store in the mall. Can they buy them from Amazon The answer is yes they can, but it would be an expense straight from the billfold with no reimbursement. The best way to get their pouches is shared with them, coordinating insurance benefits before they leave the hospital. The patient should have a schedule that the WOC suggests and works out with the patient on the best schedule of changing the pouching system that will make good use of the number of pouches they can receive in a month.

As clinicians, we never know everything and have learned a lot of what we do know from the patients that we care for. Making them feel ready to manage their ostomies themselves is a challenge, but each day at a time is an important way to look at the effective management.

We always are thankful for those that donate their extra supplies, because can you imagine some of the issues I have mentioned WITHOUT a pouch? It is a gift to these patients to get supplies, and a gift to those less fortunate to have that box delivered to their door. Remember that when you have extra pouches DO NOT throw them away. Send them to FOW-USA in Louisville so we can connect with those less fortunate with your gift. We cannot reach out to those without unless you give either products or a tax deductible monetary donation. We appreciate your support.

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The Name is the Same

Shelly Miller PR Committee Chair

What started as a question posed to us by a supporter, “How old is the FOW-USA logo?” became a major yearlong project for the FOW-USA Public Relations Committee. We decided it was time for a facelift, per se, and a new look towards our Mission to GROW FOW-USA.

How fortunate were we that another FOW-USA follower and supporter offered her services to us, gratis.

How fortunate were we that another FOW-USA follower and supporter offered her services to us, gratis. Rachel Frankel, who is a Graphic Designer, artist, musician and author came to the PR Committee with the offer to work with our team and design our new look at no charge. Residing in Portland, Oregon was of no consequence as her work was all able to be shared back and forth in emails and discussed on phone calls with me, committee calls and webinars. After many ideations and committee votes, we finally all agreed to the new logo and brought it to the board for a vote at our annual meeting in Louisville.

I presented a segment on “branding” and the importance of updating our logo to the entire board at our annual face-to-face meeting in Louisville in October, 2019 and our new logo passed the vote with a

100% acceptance. We had already identified all of our collateral materials that would need to be changed to our new logo as well as all of our intellectual property that would need to be changed. It has taken some time rolling into the new logo and slowly but surely you will see it everywhere our old logo had been. A huge shout out goes to our Industry partners at Coloplast who reprinted our tri-fold brochures and our floor and tabletop displays at no charge. Our Facebook and new Instagram account now sports the new logo as does our website.

We hope you like the new logo and we want to again thank Rachel for her patience and hard work in creating our new look. Our mission to provide ostomy supplies at no cost to individuals around the world can only GROW with your continued financial support and product donations; without these we can’t function!

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We get emails

February 2020

From the hard-working President of the Ostomy Association of Guatemala (ASOGUA), Alejandro de la Riva, who distributed supplies donated by Friends of Ostomates Worldwide-USA to the group that he leads.



March 2020 -
Dr. Nirmal Lamichhane, B P Koirala Memorial Cancer Hospital, Chitwan, Nepal

"Greetings from Nepal. With God's grace I am now the chairman of the hospital I served. It's quite nice we may be able to better manage the ostomates needs ...We had a wonderful stoma meet this year as well. Some how we are not very much able to mobilize them fully for their wellbeing. They are still not very open and out going, but still just indrawn."

March 2020

Colostomy Catheter Bag Foundation, Uganda

"Hello we have finally cleared our packages thanks for the [great] support"



March 2020

From a client in Pakistan, who provides the supplies that we send him to needy ostomates:

"Today I received some pics from a cancer patient, his reversal is not possible, so he needs supplies for rest of his life. He is very poor and homeless. He and his daughter send you a special thanks ...He is happy because of you guys. You have given him such comfort.. he said he is very happy to know that he is not alone there are some people who cares for him. The whole family is thankful to you."

We Get Emails

April 2020

From the President of the Guatemala Ostomy Association, Alejandro de la Riva, who has helped a number of individuals in his group. Thank you, Alex, for all of your efforts!



February 2020

The Global Healthcare & Education Initiative

(<https://www.gheiworld.org/>) is a "New York based NGO formed from professionals and volunteers aimed to run healthcare education projects worldwide" for underprivileged communities. FOW-USA sends ostomy

supplies for their efforts in countries in East Africa, through founder Tarek El Shayal in New York. Among others, he works closely with Lameck Odero, Managing Director, Nyanza Kenya Ostomy Association.

On a recent trip to the Bugando Medical Center, Mwanza, Tanzania, Tarek noted: "These kids are attending the weekly surgical outpatient clinic. While the clinic is set on weekly basis not all families come weekly but at monthly intervals or so. They come over for check up and also for stoma bags when they run out. Sometimes we give clothes also to the families whenever available.

The three main channels of stoma bag distribution are surgical ward and surgeons; neonatal unit and premature unit; and weekly surgical outpatient clinic.

See also the Facebook page of GHEI for pictures of their fine work, and pictures of individuals receiving FOW-USA donations.



Our Newest Board Member

Dorothy Kent, from Lower Gwynedd, PA, has an MSW (Masters of Social Work) but has spent her working career in the fields of engineering and IT. Once she became an ostomate in 2012 she changed course. She now volunteers at various organizations as a



way to give back to the community. She finds the FOW-USA mission very dear to her heart. Having a father who fled Europe in the 1930's she often wonders what happened to those who had ostomies during that time period. Today she finds gratification in helping those in developing countries where there is a lack of resources.

Arizona Students Get an Education

FOW-USA Member of our Board, Kathy Mehaffey, WOC nurse at the Banner University Medical Center, Tucson, Arizona, participated in a career day for junior and senior high school students from the state of Arizona. She wore an ostomy bag, and talked about what WOC nurses do such as providing education about stoma care and living with a stoma, as well as pursuing a career in the field. The students were engaged and asked a lot of questions. Thank you Kathy for letting it all hang out!





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



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.