



**FRIENDS OF
OSTOMATES
WORLDWIDE - USA**

**Newsletter
Fall, 2020**

President's Message

Dear Friends,

As difficult as social distancing has been, it has allowed more time at home and browsing social media for many of us. One of the online newsletters I enjoy is from Diversity Keynote Speaker Jessica Pettit. An idea that she shared recently in her online publication in regards to the pandemic resonated with me, "Who will you be through this?" I have seen optimism and generosity in the ostomy community. Despite the fact that our local ostomy support group has been unable to meet in person due to social distancing restrictions, I have had several people contact me to donate supplies. A daughter whose mother had recently passed away reached out to see how she could help others by donating unused supplies. She thought of how to help others in the midst of grieving her own loss. A local woman who was fortunate enough to have her ostomy reversed, donated supplies and sent well wishes to those who are thriving with ostomies or are in recovery. These people were willing to take the extra steps necessary to donate ostomy products to those in need despite their own busy lives and obligations. This generosity and selflessness are one of the

upsides to the way life has changed over the course of 2020.

The global pandemic has created challenges for FOW-USA as well. Challenges include shipping delays, increased cost of shipping, and restrictions on postal services. To ensure the organization can continue to ship ostomy supplies to countries around the world, our volunteers have responded in innovative ways demonstrating the resilience of this organization. FOW-USA achieved its' 35th year of serving ostomates in need around the world with 418,000 pounds of ostomy supplies sent to 96 countries. One can truly appreciate the growth when you consider that our earliest statistics revealed 30,000 pounds shipped to 17 countries! Stories of inspiration, resilience and optimism are shared on the FOW-USA Facebook and Instagram accounts from some of the individual lives that are touched in the countries we serve.

FOW-USA continues to grow with the focus on streamlining the process for donation on our website. Our volunteers were able to adapt to the virtual format for the National WOC Nursing Conference. The FOW-USA booth was

able to operate and network with our target audience and promote our mission. Our organization's adaptability is evident with growth of social media presence. Email distribution of this newsletter increased by 70% this past year while distribution by regular mail decreased 50%. FOW-USA has increased the connection with our supporters by growing our (membership) database 17%.

It's true that the pandemic has been challenging to each and every one of us. Our communities are looking to medical professionals and researchers hoping to bring an end soon. It is my hope that in the meantime, we are resilient, compassionate, and adaptable during these challenging times. Let's use these trials to continue to push forward and even innovate so that we can continue to touch lives and deliver our message of hope for the future.

Sincerely,

Cindy Barefield

Be sure to check out SpokesPouch on our website for monthly updates!



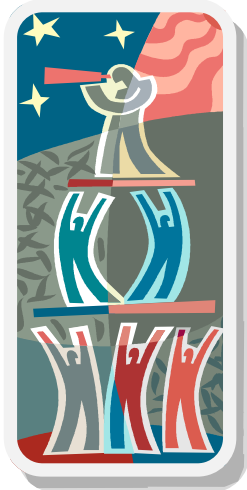
"Stories of inspiration, resilience and optimism are shared on the FOW-USA Facebook and Instagram accounts..."

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email us at

info@fowusa.org



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

Meet our Officers & Board of Directors

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Newsletter Editors

Stephanie Borellis Buffalo, NY

Shelly Miller Porter Ranch, CA

Ruth Salinger Bethesda, MD

Shipping Update

In fiscal year 2020,
we shipped 418,000 lbs. of
supplies!



FOW-USA Service Award



Friends of Ostomates Worldwide-USA is proud to announce our FOW-USA Service Award recipient for 2020!

Stephanie Borellis has been a board member since 2017. She is a practicing CWOCN in her home state of New York. She

contributed to our strategic planning and initiated an outreach to home health care workers in New York. Her graphic skills helped produce the flyer for the Pouch Collection Drive.

Stephanie has worked with the Public Relations Committee to develop messages for email blasts, Instagram, and the use of our database for fundraising and information messaging. She was responsible for our involvement with Guidestar to assist the Grant Committee. Our newsletter publication has her stamp of "editor," a task that she has embraced with regular publications to the friends and family of FOW-USA.

She is our gentle giant that volunteers willingly to make our organization run smoothly. We are proud to award her this honor for 2020.

Ostomy Pearls

Zoe Bishop RN, BSN, CWOCN

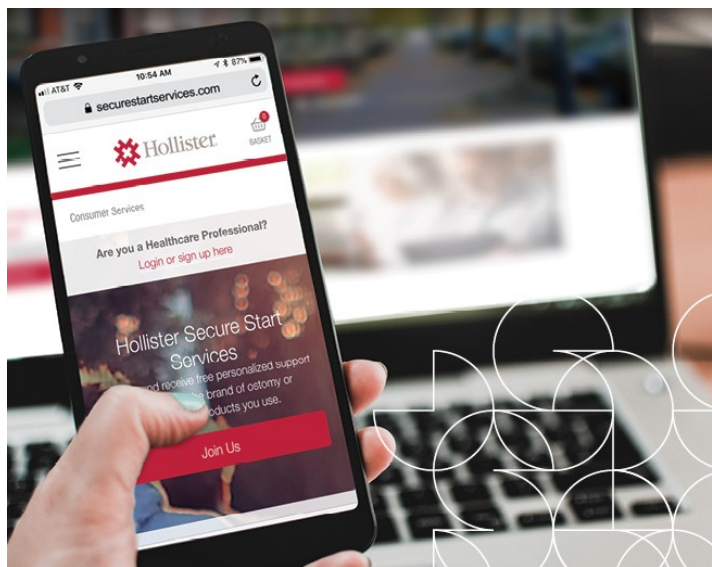


Everyone is looking forward to going back to the way it was beforepredictability with health, friends, travel, and family. It really makes you feel passionate about what you consider important in your life. What do you do when you discover that there is a close friend who is sick, and you cannot visit them? How can we make sense of difficult scenarios?

I had a patient who is surviving some unexpected complications with ulcerative colitis. This disease took her colon from her in 2016, and she thought that she would not survive. She suffered depression with episodes of sadness and tears. She felt lucky to have the support of a loving husband and a teenage son who gave her a reason to keep fighting through the experiences she had. They helped her navigate answers to her questions like, "how will I ever climb into our hot tub again?"

She talked very candidly about this experience, and her husband was sitting on the couch with her, arm around her shoulders. She struggles with her current situation of bowel blockages and a fistula development that requires her to wear multiple pouches. She gets sad when reality hits her that she may not be able to travel in retirement like she and her spouse have talked about with dreams leading their hopes.

We have developed a professional friendship throughout her illness. She had talked about all of the supplies that she has that have carried her through her illnesses the last few years. I shared information with her about FOW-USA and what our mission is for ostomates who have limited access to supplies and other resources. She asked me questions about the organization and wanted to know, "how that works". She felt fortunate and happy that she would be able to donate "zillions" of supplies that she had at home.



Last week, I was surprised by five boxes of supplies from my patient with a note saying that she felt so fortunate to be able to give back to the people with nothing. She was happy that she had something that others could find useful. She wanted to give back to the health professionals that have helped her with her disease and the family and friends that supported her. She was so happy to help others.....pearls you never forget, stories you will always tell. You can make a difference in someone's life and find the pearl that make them feel hope and happiness! Thank you so much for your donations, and your generosity for the people who are in need!

Hollister Secure Start Services Personalized Ostomy Support

Create an online profile today at www.securestartservices.com to track product samples and stay in the know or call us at **1.888.808.7456** to learn more.



DONATION



Friends of Ostomates Worldwide-USA has received almost \$1,000 through donations from those using **Amazon Smile**, designating us as their charity. Please make us a recipient if you have not yet done so. The contributions to date let us ship an entire pallet to needy ostomates around the world.

We now accept financial donations through **Credit Card, PayPal, or eCheck**, in addition to a paper check sent directly to our warehouse address. If you choose our PayPal option, a PayPal account is not required. Please see the link on the website under Donate, then Donate Money. We hope that these options make your online giving that much easier!

Consider adding a donation to FOW-USA as a part of your estate plan.



Introducing **me+ support**
virtual

The ConvaTec me+™ team now offers complimentary virtual telehealth services to provide visual support and live demonstrations through our telehealth partner, Corstrata.™*

- ✓ Virtual Video Consultation
- ✓ Board-Certified Ostomy Nurses
- ✓ Available in all 50 states
- ✓ HIPAA Compliant Private & Secure

*Learn more about our telehealth offering at mepluscare.com.

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ConvaTec

Ostomy Care



Thank you to the Southeast Region of the Wound, Ostomy and Continence Nurses Society for sponsoring the shipment of a pallet of supplies to Bolivia. You are providing help to so many needy ostomates through your generous support.

Annual Board Meeting Update

Shelly Miller, Public Relations Chair



(Above is a picture of our annual meeting, the board members not pictured are: Craig Glazer, Heather Martinek, & Zoe Prevette.)

As with so many face to face meetings that were planned for 2020, the annual Friends of Ostomates Worldwide-USA board meeting had to take place as a virtual meeting on October 4. Fortunately we have all gotten pretty savvy at this new way of conducting business and the meeting was flawless.

Led by President, Cindy Barefield, the group got right down to business approving and accepting the minutes from our last meeting and reviewing the set agenda. All committee chairs reviewed their reports and our main focus then became a review of our strategic plan accomplishments as well as an open discussion on moving forward on the two areas of concentration: communications and inventory. The group has done quite a bit on the goals set a year ago and continue to come up with new ideas and areas we can change and improve. The biggest challenge that we faced during the pandemic is our inventory. Demand has not decreased but supply donations has. Assuming donors are making less trips out and not going to the post office or to shipping companies could be a factor. Another challenge out of our control has been that some countries to which we ship have temporarily stopped receiving incoming shipments during Covid. We just have to hope that restrictions will ease up and we can begin shipping again.

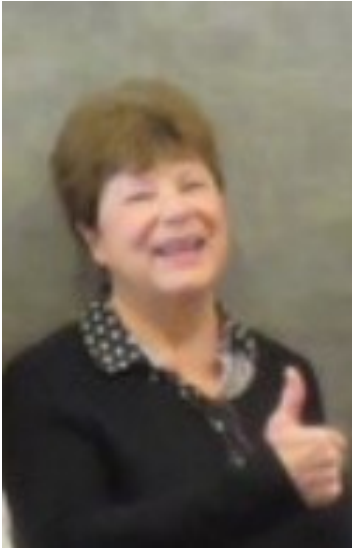
The group also was presented an update to our contingency planning that has been taking place at the warehouse. Many volunteers have now been cross trained in areas that will ensure we have back-up plans for all of the functions we do.

Another highlight of our annual meeting has always been to announce the winner of that year's service award. You can read all about this year's recipient, Stephanie Borellis, on page 2 of this Newsletter.

We are a resilient bunch and since we are all spread all over the country, we are used to meeting all year virtually but all were sad to not be able to gather for our face to face meeting and to spend time at the warehouse with our volunteers on the Monday following the board meeting. We also were unable to sit for our annual Board of Director's photo shoot.

We are full steam ahead, open for business and accepting much needed supply donations.

Our meeting schedule for 2021 has been laid out and our annual 2021 "in person" meeting will take place in Louisville on October 2 & 3. Those who can will stay and work with our warehouse volunteers on Monday October 4.



Thank you Cheryl!

Our heartfelt thanks goes out to former FOW-USA Board member, Cheryl Sparks, who volunteered in our Louisville, KY, warehouse and also served as our warehouse volunteer coordinator.

Cheryl regrettably had to recently step down due to health issues. Cheryl was a co-recipient of the 2019 FOW-USA Service Award as she was recognized for her years of involvement! Thank you Cheryl, for your years of service!

We Get Emails!

June 2020
Nigeria

I want to let you know that there is nothing any one has done or can do for me that is greater or can be greater than what you guys are doing for me.

I am saying a big THANK YOU to FOW-USA and I am appreciating everyone who has contributed in one way or the other to reach out to me for me to be able to care for my colostomy.

FOW-USA gave me hope and a reason to keep living. You really turned my life around for better.

30% of ostomates have an outward body shape - but many are not using a barrier designed just for them.

Are you using the best fitting barrier for your body?

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Walton uses SenSura® Mio Convex Flip - the first pouching system for outward bodies.

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We Get Emails cont.

2020 - The Beginning of the Pandemic

Friends of Ostomates Worldwide-USA donates ostomy supplies to those in need around the world. We ship them to both individuals and groups. During the coronavirus pandemic, the US Postal Service, which we use to send supplies to individuals, has not been able to ship cartons to certain countries.

The following groups, who have received large shipments from us in the past, have provided supplies to individuals in need who live near them. We acknowledge and thank them for their generosity: Gita Kilambu, ET Nurse, Patan Hospital, Nepal; Dr. Nirmal Lamicchane, Chairman, BP Koirala Memorial Cancer Hospital, Nepal; Hassan Yaqoob, Medcare Appeal, Pakistan; Dr. Brian Camazine, Earthwide Surgical Foundation, Texas, working in Nigeria; Benjamin and Kelesia Lungu, Zambia Stomacare; Lizzie Moyo, Zimbabwe ILCO Trust; and Joseph Muchesa, Managing Director, Zimbabwe Ostomates Support Trust.

FOW-USA is able to continue its mission, thanks to our wonderful supporters, both in the US and around the world!

Kenya, August 2020

Monicah Ndegwa is the Founder and Executive Director for Project Afya, a non-profit in Houston, Texas. Their mission is to improve public health in Kenya and across the world. She requested ostomy supplies for a teenager in Kenya, who had been separated from her conjoined twin sister, who did not survive.

After receiving the supplies, the father noted in a video: *"I want to urge you to continue with the spirit of giving. Do not see this as an everyday thing - I live on the far end of Meru County and things have come all the way from America and reached a place like this. ...Glory is doing well. She has had 6 surgeries and her health continues to be good....Glory's story has touched a lot of people...."*

Solomon Tsige, Ethiopia - September 2020

As you know FOW-USA has been helping my mom, by sending ostomy supplies, for more than ten years. Those ten years wouldn't be easy for the whole family and especially to my mom. It really help her to live a life to its fullest.

Through the journey of my mom I have been learn a lot; all the painful and psychological difficulties related with living as ostomate. I have also recognized the impact ... within the ostomates life ... but ... also ... to families and friends around. I learn this from ostomates I visited each time to let you know that they need your help.

Dear Ruth, my mom has gone (pass away) few months ago. I and my family is always remembering the help your team has done to mom. You are always remembered for this in the family. Even if my mom is gone there are a lot of ostomates in Ethiopia. Recently a doctor working in hospital told me that two youths committed suicide after they done their surgery for permanent ostomy. This is heart breaking. Now I am deciding to establish a foundation that works in helping ostomates. Till then I will continue sending the address of ostomates who are in need of your help for ostomy supply. I have strong belief that your help to others will continue as it was to my mom. I am really thankful for this.



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.