



President's Message

Spring. I love this time of year. The birds are singing and the flowers begin to bloom. Spring offers a time for growth and a time for reflection. It gives us the opportunity to look forward to new ideas and to learn from our past.

Bob Kidd, Director of Spiritual Care and Values Integration at my workplace shared an analogy in his weekly message that resonated with me. Bob shared that gardens often have 2 types of flowers, perennials and annuals. Perennials give your garden shape, structure and foundation. They last from year to year. We count on perennials to make it through the hard times. Annuals only last a year and are removed. They have to be replanted every year. Comparing our organization and the work we do to a garden, we are Perennials. We are here for the long haul. FOW-USA Board members work diligently to provide the structure and foundation for our organization despite the challenges of the pandemic. Like perennials, we may have been stressed through the winter, yet FOW-USA will bloom in the Spring!

As we pass a year of looking for the new normal in our day to day lives as we cope with the pandemic, we are reminded to look outside ourselves for inspiration and hope. All around us are examples of people reaching out to help others even as they face challenges in the workplace, with family, friends, and their own well-being. I sincerely appreciate the donors who continued to support FOW-USA this past year.

I would like to welcome new volunteers John Carney and Rachel Hendee to the FOW-USA family. Read more about them in this edition of the Newsletter.

The pandemic has not slowed the progress of this organization toward its mission. We are committed to providing ostomy supplies and educational resources at no cost to ostomates in need around the world! Best wishes for a Spring that renews you!

Sincerely,

Cindy Barefield

Join us in welcoming two new members to our board of directors

Inside this issue:

Board of Directors & Minnesota Girl Scout Improves the Lives of Ostomates	2
Ostomy Pearls	3
The Art of Shipping Ostomy Supplies	4
Planned Giving	5
We Get Emails	6
We Get Emails & Save Us Postage Costs	7
Contribution Form	8



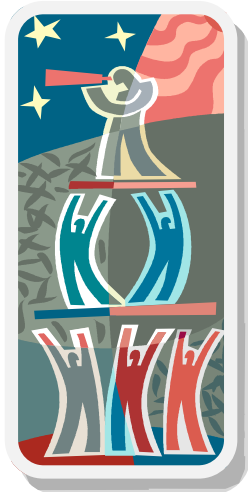
John Carney resides in Dallas, TX and works in consulting and finance at Gauge Capital. His main passions are work, health, and family. After many surgeries (including multiple temporary ileostomies) and his ultimate recovery, he is passionate about both diet and exercise, especially CrossFit. He credits help from his parents, "[They] were my foundation, cheerleaders, and #1 fans throughout my highs and lows. The selflessness and compassion they showed me throughout my health struggles are the main reason I look forward to giving back through work with FOW-USA."

Rachel Hendee has worked for six years as a PA in colon and rectal surgery. She currently practices at Rush University Medical Center in Chicago, IL where she founded the Rush Ostomy Support Group. She volunteers with the Crohn's and Colitis Foundation, among other organizations that support colorectal cancer. In addition to caring for patients with inflammatory bowel disease and ostomies, she also lives with Crohn's disease. After having her colon removed in 2019 she now has a permanent ileostomy: "It was the best decision I could have made and I'm so thankful for my ostomy for giving me my life back." She is excited to become involved with Friends of Ostomates Worldwide-USA and hopes to contribute to the amazing work FOW-USA is doing to help those with ostomies all over the world.



email us at

info@fowusa.org



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

Meet our Officers & Board of Directors

President

Cindy Barefield Mont Belvieu, TX

Vice President

Johnda Conley Shelbyville, KY

Secretary

Shelly Miller Porter Ranch, CA

Treasurer

Mickey Heideman Louisville, KY

Warehouse Coordinator

Carol Heideman Louisville, KY

Immediate Past President

Ann Favreau Venice, FL

Newsletter Editors

Stephanie Borellis Buffalo, NY

Shelly Miller Porter Ranch, CA

Ruth Salinger Bethesda, MD

Google Administrator

Nancy Schuller

Facebook Administrator

Heather Martinek

Directors

Zoe Bishop

Stephanie Borellis

John Carney

Janice Colwell

Craig Glazer

Rachel Hendee

Dorothy Kent

Wendy Kunz

Kathy Mehaffey

Richard Murahata

Zoe Prevette

Ruth Salinger

Highlands Ranch, CO

Buffalo, NY

Dallas, TX

Chicago, IL

Falls Church, VA

Chicago, IL

Lower Gwynedd, PA

West Deptford, NJ

Tucson, AZ

Thornton, CO

Columbia, MO

Bethesda, MD

Industry Advisors

Rachel Kaminski

Maja Ingeman

Ginger Salvadalena



Minnesota Girl Scout Improves Lives of Ostomates

Shelly Miller



Hannah Mongeau is a 9th grade 15-year-old who resides in Zimmerman, MN. This winter, she reached out to FOW-USA with this email:

"My name is Hannah Mongeau. I'm currently finishing up my Girl Scout Silver Award project. About a year ago, my mom, a med-surg/ICU nurse, came home and asked me, as an amateur sewer, to make one of her patients an ostomy cover. Her patient was really struggling coming to terms with her new device and had low self-esteem and lacked confidence.

At the time, I had no idea what an ostomy or stoma was, but after doing some research I began to understand better. I watched a YouTube video about a woman that had colon cancer and received a colostomy, and she was very embarrassed by it.

But she learned how to sew and designed her own ostomy covers for herself and others to feel empowered and confident. I believe everyone deserves to feel confident, so I decided to make this my Silver Award project. I know not everyone feels this way about their ostomy, but for those that do, I wanted to make a difference. I've invested a lot of time into this project and have had so much fun doing it! I worked with a local sewing group to help get this project accomplished. In total, I've accumulated over 60 hours of work into this project, and with the help of the sewing group, we were able to make 102 covers! I was wondering if I would be able to send these for you to distribute and send to stoma patients? Attached below are some photos of the covers we made. Thank you so much for your time!"

As PR Chair, I reached out and I had a delightful meeting with Hannah and learned so much about this amazing young woman. In addition to Girl Scouting, she is also very involved in music and plays the Cello, French Horn and Trumpet. She someday hopes that her avid interest in aviation and flight leads her to the Air Force as a cargo pilot.

These 102 very colorful and fun ostomy bag covers are just the beginning. Hannah hopes to make this an ongoing project and plans to continue providing FOW-USA with additional covers! When I asked how she found FOW-USA she said she reached out to M Health Fairview University of Minnesota and they gave her our information. We are looking forward to receiving them and passing them on to those people who receive supplies from us.

One thing is for sure, this young lady is a gem and will certainly go far in life!



Ostomy Pearls

Rachel Hendee, PA-C, MMS, MPH

To Be Or Not To Be ... Open About Your Ostomy ...That Is The Question?



Every person with an ostomy has their own unique story and journey. Someone may have been suffering from Inflammatory Bowel Disease for many years before finally agreeing to surgery and an ostomy. Someone else may have been blindsided with a new rectal cancer diagnosis and find themselves with an ostomy just a few short weeks later. Others may have lived their entire lives with an ostomy due to trauma or congenital anomaly, and therefore, know no other way of life. No matter the reason for the needing it, every person has a different path to acceptance of their ostomy. Some are immediately open about their ostomy and are happy to discuss their new situation with friends, family or even new acquaintances. Others remain incredibly private and choose only to reveal knowledge of their ostomy to a minimal few. And I think the majority of ostomates fall somewhere on the spectrum between these two extremes. A person's place on this spectrum can also change over time (in both directions), depending on both positive and negative experiences someone might have.

The important thing to remember is that as an ostomate - it's YOUR CHOICE. There is no right or wrong way to live with an ostomy. It can also be comforting to know if a patient is facing an upcoming ostomy surgery or as a new ostomate that there are many things one can do to conceal and hide their ostomy should they choose to do so.

Here are a list of tips:

1. High waisted clothing - Luckily high waisted pants, shorts and swimsuits are currently in fashion, making it easy to find articles of clothing to conceal your ostomy without having to purchase specific items made for ostomates.
2. Clothing that is patterned or loose fitting will help to make a full ostomy bag less noticeable until you are able to empty it. Also, keeping with you a light jacket, sweater or scarf that can be worn or placed around your waist can be useful.
3. Control top underwear or belly band. You don't want anything that is extremely tight that will occlude stoma output but a snug fit will help to conceal any bulges as the bag may fill up.
4. Empty your pouch often. If you empty often output will not accumulate in bag and will be less noticeable.
5. Use an ostomy appliance with a filter. A filter will help to prevent gas build up in the bag even when you have no output. Because the filter uses carbon, gas is able to be released but no odor.
6. Avoiding foods with increased gas production can help to prevent the ballooning that can happen as well. Over-the-counter anti-gas medication can also help to prevent/treat increased gas. However, please discuss with your medical provider before trying this.
7. Remember - you are likely more self conscious of your ostomy than anyone else around you. Even if you may think it is very noticeable, chances are it is not!

No matter how open you choose to be about your ostomy, remember that it is your choice. But also remember all that you have been through with the journey that led you to your ostomy. Your stoma is like a scar or wound, proof of a hard battle you have fought and won.

The Art of Shipping Ostomy Supplies

Dorothy Kent

In my volunteer role with FOW-USA, answering the warehouse phone line and responding to emails, I am often asked, "What is the most economical way to ship?" And although it is a simple question, the answer is complicated. Since there are many factors to consider when shipping a package there is no definitive answer.

The last time I had shipped products to our warehouse I had received donations from a couple of local ostomates and so I had two full boxes. I decided to look on-line for rates. I created a chart with the following fields:

Box	Zip Code Origination	Zip Code Destination	Length	Width	Height	*Weight	USPS	UPS	FedEx
Box 1		40218-4539							
Box 2		40218-4539							

*For determining the weight of the box you can use a travel or bathroom scale. Try the following method: stand on the scale and note your weight and then stand on the scale with the box. Subtract your weight from the combined weight of you and the box to determine the weight of just the box.

Through my research I found that ground transportation is the most economical.

USPS - <https://postcalc.usps.com/>

USPS offers boxes with a flat rate that is shipped Priority Mail 2-Day™. You pick up the USPS box(es) at your local USPS store and take it home without paying for the box. When you bring the box back ready to ship you then pay the shipping fee.

\$21.90 - Large Flat Rate Box, 23-11/16" x 11-3/4" x 3" or 12" x 12" x 5-1/2"

\$15.50 - Medium Flat Rate Box, 13-5/8" x 11-7/8" x 3-3/8" or 11" x 8-1/2" x 5-1/2"

\$8.45 - Small Flat Rate Box, 8-5/8" x 5-3/8" x 1-5/8"

Depending on what I am shipping and how many items I have to donate, I have placed heavy items, such as ostomy deodorant bottles, in the Flat Rate box and then put all the other items in a separate box where I didn't use the flat rate.

UPS - https://wwwapps.ups.com/calTimeCost?loc=en_US

The last time I shipped I found UPS ground offered the best rates based on the box size and weight.

A discount is given to AAA and AARP members.

FedEx - <https://www.fedex.com/en-us/online/rating.html>

Tips:

- Shipping a large box is usually less expensive than shipping several small ones.
- If you want, take the items out of the box and put them in a plastic bag, squeeze out the air, seal and write the quantity on the bag. This will save on the weight and size of the carton. If you have the original product box, please put the end with the product information into the plastic bag.
- We accept all items regardless of dates on packaging.

If you have any suggestions or recommendations for shipping please email me at info@fowusa.org.

Planned Giving to FOW-USA

Janice Colwell RN, MS, CWOCN, FAAN

Friends of Ostomates Worldwide - USA (FOW-USA) is a volunteer, 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 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.

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 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.

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

Your support of the FOW-USA could be as easy as a simple designation in your will. We hope this article gave you some ideas about supporting the mission of FOW-USA.

THE ONLY THING THAT GETS CUT OUT IS THE WORRY.

No cutting or guessing means saying yes to everything else in life.

ConvaTec Moldable Technology™
Skin Barrier

Nothing *Protects* Like ConvaTec.

For a free sample visit convatec.com


*Model portrayal. ©2021 ConvaTec Inc. All trademarks are property of their respective owners. AP-031317-MRL-US.

ConvaTec

We Get Emails!

Friends of Ostomates Worldwide-USA expresses its heartfelt gratitude to Dr. Nirmal Lamichhane, Chairman, B. P. K. Memorial Cancer Hospital, Nepal, for providing a generous donation to us from their ostomy society. The donation is a “goodwill gesture towards your kind help to them.”

They thank FOW-USA “for their generous help for dignified living of fellow ostomates in Nepal.”



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?

Take BodyCheck™ to find out!

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

www.coloplast.us/bodycheck

Coloplast Corp. Minneapolis, MN 55411 / 1-800-533-0464

www.coloplast.us The Coloplast logo is a registered trademark of Coloplast A/S. © 2021 Coloplast Corp. All rights reserved.



PM-12390 03.21

September 2020 Esther from Kenya

Hallo Ruth and colleagues. I received all the items in good order. I may not have the right words to express my gratitude. Thank you for putting a smile on my face. ... Be blessed mightily.

March 2021 Lebanese Ostomy Association

“... thanks to you, the family of the Friends of Ostomates [Worldwide-]USA, for your assistance to us, and for helping poor countries around the world as a whole, without distinguishing between race or religion, but according to the criteria that you set, namely that the aid reaches the people most in need I ask God Almighty to bless you all for the help you give to the whole world. Many thanks and respect from us.”

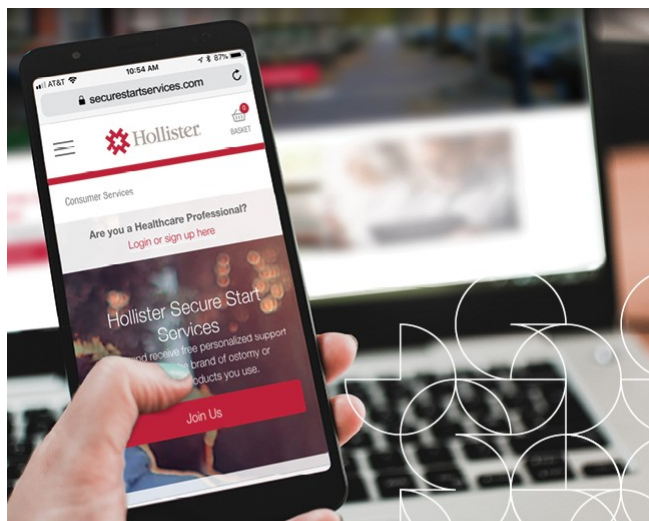
Regards, Abdo Abi Raad (President)



We Get Emails con't.

August 2020 Zambia

Maybin, a 20-year-old male almost dropped out of school because he could not afford ostomy supplies to use when going to school. But the bags give him hope, unfortunately due to the Covid-19 epidemic, schools have been closed. In the picture below he displays some ostomy supplies he received from Friends of Ostomates World Wide through Stomacare Support Zambia.



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.

The Secure Start are trademarks of Hollister Incorporated. ©2020 Hollister Incorporated.

WE NEED YOUR HELP TO SAVE POSTAGE COSTS

We know that many of you like a mailed hard copy of our newsletter. However, what we spend in postage could be used more effectively to ship supplies to needy ostomates. Please consider providing us with your email address. When we send you the newsletter in this format, you can link to the full newsletter and print it if you want. There are several ways to provide us your email.

- Go to our website www.fowusa.org. Click on Contact Us and fill out the quick message.
- Email us at info@fowusa.org

Please help us to save postage costs, to better carry out our mission of serving ostomates worldwide

Join FOW-USA At:



Products or services advertised in this Newsletter do not represent an endorsement by 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



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.