



**FRIENDS OF
OSTOMATES
WORLDWIDE - USA**

Newsletter
Fall 2022

October ushers in one of my favorite times of the year. Living in Texas, there is not always a big change from one season to another. I envy this for those of you living in parts of the country where autumn is a spectacular array of color across the countryside. Networking with colleagues across the country, I see that ostomy support groups continue to gather – some virtually and others returning to in person meetings. FOW-USA found a niche during the past year to help provide information to groups meeting virtually with the Speaker's Bureau. Since May 2021, 23 presentations have been accomplished by FOW-USA board volunteers at virtual support group meetings across the country and more are pending. These presentations help to bring awareness of our mission and to facilitate donations of much needed ostomy supplies. Kudos to volunteers Shelly Miller, Mackenzie Rauch-Pucher, Ashley Mann, Rachel Hendee, Jan Colwell, Heather Budorick, Ann Favreau and Craig Glazer for taking part in this worthwhile outreach.

Despite the challenging environment of the past fiscal year, FOW-USA volunteers managed to distribute the highest number of shipments ever recorded. Last year's record of 167 shipments was surpassed with a stunning 175 for this fiscal year. Hats off to everyone involved in making this happen; the Warehouse volunteers, Ruth Salinger (Shipping Coordinator), PR Committee and our faithful supporters! Seeing is believing; the chart below illustrates the cumulative total pounds of supplies shipped to countries with ostomates in need for the past 3 fiscal years.

There is much effort spent on social media outreach with volunteers dedicated to Instagram, E-Blasts, Facebook and newsletters. Thanks to the efforts of Ashley Mann, Instagram has increased to almost 300 followers. The database for our newsletter has grown to over 8,060 households and more than 3,000 of these have an Email address.

FOW-USA volunteers continue to seek to meet the mission of our organization which is to provide ostomy supplies and educational resources at no cost to ostomates in need around the world. Your gracious support is critically needed and humbly appreciated!

Sincerely,

Cindy Barefield

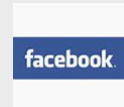
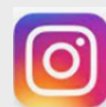
FOW-USA PRESIDENT



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STOMA AND PERISTOMAL INVESTIGATION: WHAT SHOULD I LOOK FOR?

JAN COLWELL, MS, RN, CWOCN, FAAN

For the person with a stoma, it is important to examine the stoma and the skin around the stoma (called peristomal skin) on a frequent basis. Why? Because finding subtle changes can allow you to determine if these changes need attention. Let's look at what should be included in your stoma and peristomal investigation.

Stoma: all stomas should be red. The color red can vary: the stoma is made of moist red tissue that lines our GI tract from top to bottom (mouth to anus). The mouth is lined with a red moist tissue that is very similar in appearance to our small and large intestine lining. (Remember your stoma is either the small or large intestine) If the stoma has any areas that appear to have a bump, an ulcer (scooped out) or a laceration (small linear line of white tissue) this could indicate a problem and a consultation with your ostomy nurse or physician is warranted. Stomas can be harmed by a snug fitting hard pouching system, or by a belt and an evaluation by your health care provider can help you determine what activity might be causing your stoma harm. Stoma injury is not common, but it is smart to examine your stoma on a routine basis.

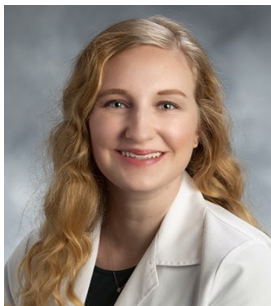
Peristomal skin: the skin around the stoma should have no open areas, should not burn or feel itchy and should look like skin on other sections of your abdomen. Of course, when you first remove your pouching system the skin around your stoma can be pink from the pouch adhesive removal. This pink area should slowly fade. If there are any openings on your skin, you will see moisture in the area that is not intact. Remember our skin is dry and once you

have moisture on your skin, it means the first layer of the skin has been injured. If you notice red, discolored, or moist skin, think about the cause of this injury to your skin. Did the skin get pulled as the pouch was removed? This is called an adhesive injury and can be prevented with a slow removal of the adhesive by gently pulling up with one hand and with the other hand pushing the skin downward to release the tape. You can also consider using an adhesive remover product, either a spray or a fabric wipe that can help to release the skin from the pouch adhesive. Is the cause of the skin injury from stool or urine getting under the seal? You should always look at the back of the skin barrier (adhesive) to see if urine or stool is under the seal and on your skin at pouch change, this finding is called undermining and the treatment can be one of many interventions. Things you can check for a cause of undermining include: is the opening in the skin barrier too large and stool or urine is contacting the skin and getting under the barrier? Is the skin next to the stoma uneven with creases (you can check this out in a sitting position with no pouch on)? If so, you might need a convex (rounded on the adhesive side) skin barrier. Or your wear time (the amount of time between application and removal) may be too long: average wear time is 3-4 days and extending beyond might mean that the skin barrier adhesive eroded (washed out) and allowed urine or stool to be on your skin.

It is advisable that you see your ostomy nurse on a routine basis and in between those visits you can be the investigator and check out your stoma and peristomal skin health.

MEET OUR NEWEST BOARD MEMBER

FOW-USA is delighted to introduce our newly appointed Director, from Livonia, MI. Mackenzie Rauch-Pucher has worked as a Wound, Ostomy and Continence Nurse for the past five years. She started her career as a WOC nurse at an inpatient rehabilitation hospital in Chicago, before moving three years ago to work at an acute care hospital in Dearborn, Michigan. She is currently working on a proposal to open an outpatient ostomy clinic at her hospital, to better serve her ostomy patients throughout the continuum of care. Dr. Rauch-Pucher finished her Doctor of Nursing Practice degree at Michigan State University in May of 2022 and is a board-certified Adult Gerontology Clinical Nurse Specialist. She completed her undergraduate degree at Loyola University Chicago. She resides in Michigan with her husband Andy and their two dogs, Winston and Ruby, and their cat, Lola. She enjoys traveling, reading, and live music. Mackenzie is passionate about the mission of FOW-USA and is looking forward to expanding her role within the organization after volunteering with the Speakers Bureau for the last year.



WE GET EMAILS

Sr. Lourdes Fernandez Reyes, ESEH
Eudist Servants, Mexico
May 2022

We have finally been able to pass through the Border [from the US to Mexico] all the supplies. Thank you again so much.
[Here is a] photo of Sr. Viola Ramirez, General Leader.



We serve at the La Mesa prison in Tijuana. The colostomy and urostomy bags are for the men and women inmates.

Blessings and prayers,
Sr. Lourdes Fernandez Reyes, ESEH

Kenya October 2022

I want to express my gratitude for your quick response to my request. I received the supplies yesterday and I highly appreciate it. Thanks to you and your colleagues, the package arrived safely and timely. It was delivered right at my door step at no cost. I am really grateful.

May God bless you all.

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NEW FLAT RATE SHIPPING WITH UPS

Mickey Heideman, Treasurer

Do you have excess ostomy products you would like to donate to FOW-USA? If the cost of shipping is standing in your way, consider our new Flat Rate Shipping program. With generous support from our donors, FOW-USA is partnering with UPS to offer this low-cost shipping alternative for our product donors who live in the U.S. You're now able to label and ship a box of products to our Louisville, KY warehouse (up to 40 pounds) for a \$15 donation to FOW-USA. What a great way to clean out those storage areas and closets and get the products into the hands of those who need them. For more information about flat rate shipping with UPS, visit our website, www.fowusa.org.

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WE GET EMAILS


Tanzania 2022

Tarek ElShayal, Global Healthcare & Education Initiative

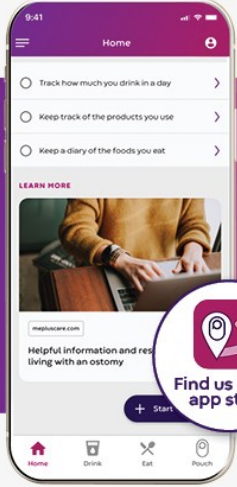
"A few months ago we started working on an effort to sponsor two kids with Cloaca in Tanzania to be operated on in Uganda at a local surgery center we were able to send [them for surgery] and now they are at a stage of colostomy closure. We are thankful for the donation of stoma bags to Uganda, one that has taken place last year and has proved so helpful to all patients.

[The photos show] the day the families were leaving by bus to go back to Tanzania."






An app designed just for you



Learn More

about the
My Ostomy Journey App



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ANNUAL BOARD MEETING HIGHLIGHTS SHELLY MILLER, SECRETARY

The Board of Directors held their annual October Board Meeting virtually through a Zoom meeting instead of in Louisville, KY, to safeguard against Covid-19 issues. Hopefully in 2023, we can reconvene in person for our traditional 3-day event.

Despite not meeting “in person”, much was tackled and projects that have been in progress over the past few months were buttoned up and we set in motion one of our biggest game changers to date: the official rollout of our new Flat Rate UPS Shipping program. Please see the full page insert that came inside this newsletter for details on the procedure as well as the Frequently Asked Question Sheet.

Some other noteworthy meeting highlights include the announcement that we shipped more in 2022 than ever before; a whopping 175 shipments in our fiscal year! Costs to ship continue to rise and airfreight continues to be our largest expense. This is why we need financial donors just as much as supply donors. Speaking of supplies, the warehouse is reporting being at one of our lowest inventory levels ever. PLEASE check your closets for new, unused ostomy supplies and get them sent to Louisville. We can't send people what they need without your supply donations!

Our Speaker's Bureau continues to make presentations all across the United States through participation in UOAA Affiliated Support Group Virtual Meetings. We have now presented at 23 meetings since offering this service last year. If you are interested in having FOW-USA be a guest speaker at one of your 2023 Support Group meetings, please reach out to us at info@fowusa.org.

Our annual Service Award winner was announced and you can read all about Dorothy Kent's magnificent contributions to FOW-USA earning her the designation as this year's recipient in an article on page 7.

Our warehouse reported having the most volunteers we have ever had and it is now operating three days a week (Monday, Wednesday, Friday). The men and women who staff the warehouse are priceless to us and were honored not long ago at an appreciation luncheon at Red Lobster in Louisville.

We reviewed our ongoing Strategic Plans and are on track with all of our goals. Both former and current board members collaborated on updating our history and we now have additional information we are sharing on our website that covers the recent years (2009-2022).

Lastly, our meeting schedule was laid out for 2023 and in addition to our 4 planned virtual meetings we do hope to reconvene in October, 2023 in Louisville!

WE GET EMAILS

Zimbabwe - Ileostomy and Colostomy Zimbabwe
(ILCO Zimbabwe) Trust September 2022
Lizzie Moyo

From the Report of July 2021 - 2022 ILCO Zimbabwe Trust

“During the reporting period, ILCOZIM received a total of 48 boxes of ostomy appliances from FOW USA and we managed to distribute 37 boxes to a total of 856 patients. The ongoing distribution of ostomy appliances, has greatly improved the health and living standards of Ostomates in Zimbabwe in a situation whereby many stoma operations are being done and the majority of the patients being unable to acquire the necessary ostomy appliances in the local markets, either the bags are unavailable or expensive.

As Covid 19 was a world pandemic, most stoma organizations in Africa , pharmacies and hospitals did not have adequate stocks of stoma supplies , we got so many requests from other neighboring countries for assistances with bags especially from South Africa , Zambia and Namibia. ILCO Zimbabwe was well stocked with ostomy appliances though as the pandemic period stretched we started running out on the most basic ostomy appliances needed and as more emergency surgeries were being done the more the stocks became less and less. We ran out on big sizes for new patients and those who use big sizes colostomies such as size 64mm to size 76mm and as they could not find some locally they moved to use big sizes urostomy bags that were available. It was a very huge change and challenge and difficult for patients to get used to the adjustment, however that was the only option available other than using pieces of clothes and plastic bags shipment of ostomy appliances received from FOW Worldwide.”

[One story] 3 years with 5 bags

“[A man] ... was operated on the 3rd of May 2019 at Harare Hospital, he was discharged with 5 bags and wasn't fortunate enough to find any assistance on stoma care and where to get bags. ... since 2019 to 2022 January he had used 5 bags which are the one piece drainable bags he got from the hospital when he was discharged when he came through to ILCO ZIM offices he had the last bag on and it was secured with a shoe lace and had clothes pegs and reinforced inside with plastic bags, the bag was in a terrible state and the odor was unbearable. ... After the operation, he sought after the bags from the Harare hospital and every time he was told there were not available he even tried from his local pharmacy but couldn't find them. He was then referred to our offices from Harare Hospital for Assistance where he was assisted by a change of bag and powdered and cleaning appliances, belt and bags as his peristomal skin was severely irritated.”



REPUBLIC OF MAURITIUS



Dear All,

I just received the box. I am very grateful and thankful to all of you. There are products that I have never seen in my whole life. I will now relax and take life easy as it was a big stress since my last surgery when I woke up with an ileostomy bag. I can consider myself lucky now. Thank you, thank you.
Regards, Francesca



FOW-USA 2022 SERVICE AWARD WINNER

DOROTHY KENT

The Service Award for 2022 goes to a Board member who has served in many capacities to help move FOW-USA forward. Dorothy has been willing to fill any opening, always going above and beyond what is required. As chair of the Communications committee, she has served as the “voice” of FOW-USA, dealing with clients in a prompt, kind, yet diplomatic manner. She has revamped and developed numerous processes to streamline communication and overcome website challenges. In addition to all this, in her free time, our award winner inspired, helped develop, and participated in the popular Speakers Bureau, and also served as a back up to the shipping coordinator.

In fiscal year 2022, FOW-USA shipped 25,800 pounds of product to people in need around the world. We couldn't do it without your help!

Coloplast® Care Live!

Join our support group webinar series to hear inspiring stories and learn product and lifestyle tips from other ostomates and the Coloplast® Care advising team.

On-demand recordings are available!

Be inspired by others with similar situations

Feel empowered in your journey to learn more about your condition

Help others by sharing within the ostomy community

Gain confidence by hearing from others with similar experiences

Stay connected!

Scan the QR code to view upcoming webinars and register in advance for **Coloplast Care Live!** or log on to Ostomy.ColoplastCare.us and search “Live!”



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DOMINICAN REPUBLIC

Today we had an activity with some of our patients, we did a conference on how to take care of their ostomy and how they can make the pouches last longer. We also gave them supplies. All this would not have been able without your help and support.



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FOW-USA, Attn: Treasurer, 4018 Bishop Lane, Louisville KY 40218-4539

Or donate online at: www.fowusa.org