

Friends of Ostomates Worldwide-USA (FOW-USA)



***FRIENDS OF
OSTOMATES
WORLDWIDE - USA***

**Thirty-eight years of bringing hope to
ostomates worldwide by providing
donated ostomy supplies &
educational resources at no charge**

What is FOW-USA?

FOW-USA is a volunteer run, non-profit founded in 1985

- Our primary mission is to:
 - collect new, unused ostomy supplies donated by individuals and organizations in the United States, and
 - send the supplies and educational resources, at no charge, to ostomates in need around the world.



What is FOW-USA?

FOW-USA is an ALL-Volunteer organization



April 2023

FOW-USA is managed by an ALL-volunteer Board who work on issues related to our mission.



2023 Board

April 2023



Why is FOW-USA needed?

- Ostomates in developing countries may not be able to get affordable supplies, and may have to manage their ostomy using:
 - plastic bags
 - metal cans
 - rubber gloves or
 - rags or towels
- The quality of life is poor.
- Skin care is a major issue
- Ostomates may be rejected by their families, friends and people in their communities.



Why is FOW-USA needed?

A Nigerian man said “You won’t imagine how I have been managing myself ... It is really shameful and disgraceful. I pray for your help.” We sent supplies to Dr. Brian Camazine, a US surgeon who works in Nigeria.



Where have we helped?

100 Countries Around the World



Where We Help- 100 Countries



Afghanistan	Congo	Indonesia	Moldova	Serbia
Albania	Croatia	Iran	Mongolia	South Africa
Algeria	Cuba	Iraq	Montenegro	Sri Lanka
American Samoa (USA)	Czech Republic	Jamaica	Morocco	St. Lucia
Angola	Dominican Republic	Jordan	Nepal	St. Vincent and the Grenadines
Antigua and Barbuda	Ecuador	Kazakhstan	Nicaragua	Sudan
Argentina	Egypt	Kenya	Nigeria	Syria
Armenia	El Salvador	Korea	Pakistan	Tanzania
Bahamas	Eritrea	Kosovo	Palestine	Thailand
Belize	Ethiopia	Kyrgyzstan	Panama	Trinidad and Tobago
Bolivia	Gabon	Laos	Papua New Guinea	Uganda
Bosnia and Herzegovina	Ghana	Latvia	Paraguay	Ukraine
Brazil	Greece	Lebanon	Peru	Uruguay
Bulgaria	Grenada	Liberia	Philippines	USA
Burkina Faso	Guam (USA)	Libya	Puerto Rico (USA)	Uzbekistan
Cameroon	Guatemala	Malawi	Qatar	Venezuela
Canada	Haiti	Malaysia	Romania	Vietnam
Chile	Honduras	Mali	Russia	Yemen
China	Hungary	Mauritius	Rwanda	Zambia
Colombia	India	Mexico	Senegal	Zimbabwe

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Requirements of recipients



- Recipients must have the ability to receive the materials and distribute them free of charge to needy ostomates.

Our partners

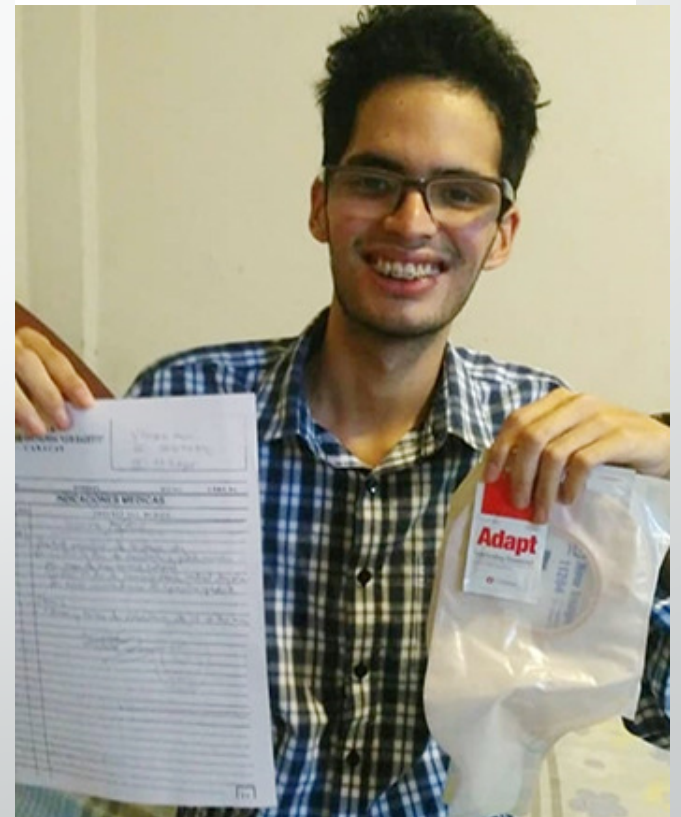


We coordinate efforts with the Friends of Ostomates Worldwide Canada, as well as the International Ostomy Association and its regional organizations as well as others.



FOW-USA

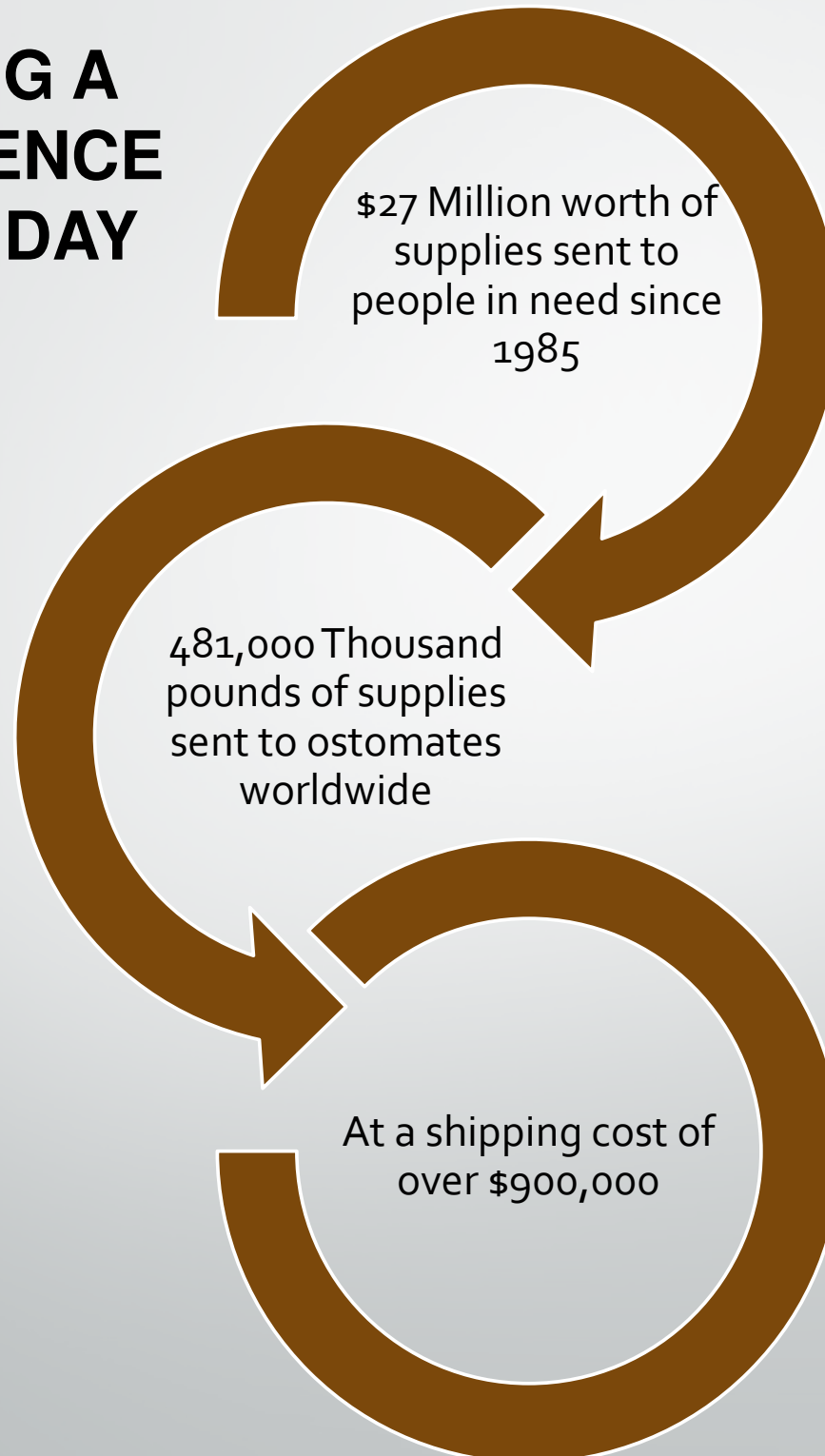
Provides funds annually to the Lions for Stoma Care Project to support the stoma care education of doctors and nurses in developing countries.



April 2023



MAKING A DIFFERENCE EVERY DAY



April 2023





Collecting supplies

Supplies are sent to a central warehouse in Louisville, Kentucky, USA.

- ▶ Sources for supplies include:
 - people with surplus supplies no longer needed;
 - facilities that can no longer use supplies or are changing to other brands;
 - ostomy support groups that may have supplies donated by members.
- ▶ Donors send supplies at their own expense and receive an acknowledgement for tax purposes.



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Products ready for repacking



- At the warehouse, volunteers sort the supplies, putting the same sizes and brands together.
- Used supplies are not accepted



What supplies are acceptable?

- Pouches
- Flanges
- Skin barriers
- Skin wipes
- Paste
- Tape
- Belts
- Pouch covers
- Scissors
- Pediatric products



Sending supplies worldwide - process

- Requests for supplies are received through the internet and other sources and from previous clients.
- A volunteer communicates with trusted individuals and organizations in the receiving country, such as
 - hospitals,
 - clinics,
 - doctors,
 - ostomy nurses,
 - and ostomy associations.
- Product needs are identified.
- Plans are made to ensure that the supplies will be distributed free of charge to needy ostomates.



Sending supplies worldwide

- Potential clients answer questions about:
 - The specific supplies needed
 - How we should ship supplies, including regulatory documents, such as consulate stamps
 - How instruction will be provided to the ostomates.



ET nurse Mrs. Shanti Bajracharya speaking with the Nepal Ostomy Association

Repacking supplies for shipment



The process works!

- We received the bags today. Thank you very much... We are in the process of letting our clients know that our stocks have arrived and they are relieved. – *St. Lucia Cancer Society*



- The appliances will be a big help... I plan to have the distribution of supplies printed in the local newspaper to further promote the advocacy. Thank you very much. - **Ronaldo Lora, Philippines**
- It was indeed kind of you for us to be recipient of your continued support by the supplies. On behalf of Nepalese ostomates, I would like to express our sincere gratitude to you and the entire FOW members for the generosity.- **Shanti Bajracharya, ET Nepal Ostomy Association**

YOU CAN HELP

Donate your unused ostomy supplies, volunteer time, or give much needed funds to help us ship supplies all over the world to those who need it most. Every contribution makes a huge difference.

We rely on financial contributions from individuals, corporations, foundations, and ostomy support groups to help us carry out our mission.

The funding covers expenses, such as shipping costs, and the rental of warehouse space.

Contributions can be made on-line at our website,
www.fowusa.org

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Get Involved by



Visit us on our Facebook page: [Facebook.com/The Friends of Ostomates Worldwide - USA \(FOW\)](https://www.facebook.com/TheFriendsOfOstomatesWorldwide-USA-FOW) and connect with our worldwide family.



Follow us on Instagram



Visit our website: www.fowusa.org and read stories about how your contribution can make a difference, shipping history and available resources.



To receive our e-newsletter, sign up via the website: www.fowusa.org and stay informed about activities. Sign up to help us save \$\$\$ printing and mailing



Donate ostomy supplies by shipping to our warehouse. Use UPS Flat Rate Progeam. Send the products to: FOW-USA, 4018 Bishop Lane, Louisville, KY 40218-4539.



Make a financial contribution to support shipping costs and warehouse storage. Send to: FOW-USA, 4018 Bishop Lane, Louisville, KY 40218-4539.



FOW-USA By the Numbers

- 1** Unique Mission - to provide ostomy supplies and educational resources at no cost to ostomates in need around the world.
- 2** Outstanding Newsletters per year
- 3** Industry Advisers that provide in-kind and financial support
- 16** Warehouse Volunteers who receive, sort, repack, and ship supplies, (plus 18 additional 'special event' Warehouse Volunteers this year)
- 19** Board Members who volunteer to do the work of FOW-USA
- 27** Million worth of supplies sent to people in need since 1985
- 38** Years of humanitarian service
- 100** Countries that receive donated ostomy supplies
- 150** Different sources of product donors
- 478,900+** Pounds of supplies shipped to ostomates in need since 1985

- 1** YOU, for making a difference in so many lives, through your financial and product support

Donation process

- Send supplies and financial contributions to: FOW-USA, 4018 Bishop Lane, Louisville, KY 40218-4539.
- Include in supply shipment
Your name and address on the return label as well as in the shipping box.
- Use the **UPS Flat Rate Shipping Program**
- All contributors will receive an acknowledgement letter.
- We are a registered 501(c)(3) corporation with the Internal Revenue Service. This means that your financial and supply donations and cost of postage may be tax-deductible on your Federal income tax.





Flat Rate Shipping

Donation Program

Cost-effective, easy-to-use method for shipping donation materials.

\$15.00 per carton of Ostomy supplies

Visit WWW.FOWUSA.ORG and click on the "DONATE" tab

Maximum

40 lbs per Carton

5 Cartons each Day



FLAT RATE SHIPPING

Instructions



FRIENDS OF
OSTOMATES
WORLDWIDE - USA



Excess **OSTOMY** supplies
Just \$15 per shipping box

(Maximum 5 boxes per day up to 40 pounds per box)

IT'S EASY!



1. Go to WWW.FOWUSA.ORG
 2. Select DONATE > Donate Supplies (from the menu)
 3. Click UPS FLAT RATE SHIPPING LABEL
 4. Donate \$15.00 for each shipping box
 5. Click "continue as guest"
 6. Enter your "ship from" information
 7. Enter the weight for each carton. *Determining accurate weight is critical ***
 8. Click "Process Shipment" button
 9. Print and attach the UPS label(s) to the carton(s)
 10. Drop-off carton(s) at an authorized UPS location
- An email confirmation is sent upon receiving carton(s).



Make a difference in the lives of
ostomates worldwide with your
product and financial donations.

**To determine accurate package weight:

- Put carton on scale, OR
- Hold carton, get on scale, and deduct your body weight
- Do not just enter 40 pounds





FLAT RATE SHIPPING



Frequently Asked Questions

When do the UPS labels print?
After completing your donation, entering your name, address, and the weight of the box, then selecting "Submit" generates the labels. Use your printer to create the UPS label.

How do I accurately weigh a carton?
Put carton on scale or hold carton, get on scale then deduct body weight. Do not just enter 40 pounds.

Do I have to re-pack everything?

Your choice. You can put everything you have into the shipping carton. OR put like product into a plastic bag (squeeze out the air + write quantity on the bag) and put into carton. This increases the capacity of the carton and requires fewer cartons to be shipped.

What box can be used for shipping?

Use a clean LARGE carton up to 20 inches in any dimension (length, width or height). Cross off any stray marks from prior use with a black marker or pen.

Can I donate without having a PayPal account?

YES - select Donate with Debit or Credit Card. The email confirmation for your donation comes from PayPal. Check the SPAM or JUNK folder if confirmation isn't in your inbox.

What's your shipping address?
FOW-USA 4018 Bishop Lane,
Louisville, KY 40218. This address prints automatically on the UPS labels when using the Flat Rate Shipping program.

I need help with the UPS link and/or printing the UPS labels?
Send an email to flatrateshipping@fowusa.org for help.

How do I enter more than one box?
Click the ADD button after entering the weight of the first box.