

Friends of Ostomates Worldwide-USA (FOW-USA)



**FRIENDS OF
OSTOMATES
WORLDWIDE - USA**

2024

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WHO WE ARE

Founded in 1985, FOW-USA is a volunteer run, non-profit bringing hope to Ostomates in need, outside of the US, by providing donated ostomy supplies & educational resources at no charge.



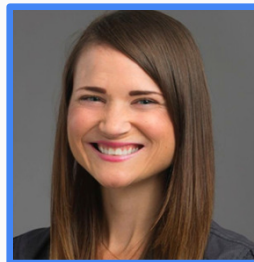
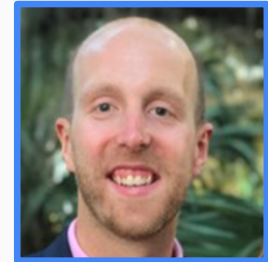
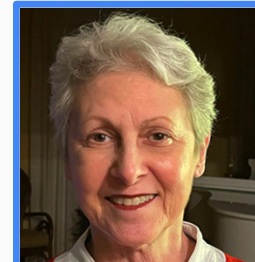
MISSION

- **Collect** new, unused ostomy supplies donated by individuals and organizations *in* the US;
- **Send** supplies and educational resources, at no charge, to ostomates in need *outside* of the US.



FOW-USA is managed by our volunteer Board.

Board members are located
throughout the US. We meet
virtually every quarter, and
once a year at in Louisville, KY.



FOW-USA BY THE NUMBERS

38
YEARS

Of humanitarian
service

\$31+
MILLION

Worth of supplies
sent since 1985

500,000+
LBS

Of supplies shipped
since inception



18 Volunteers who receive, sort, repack, and ship supplies.

1

Unique Mission: To provide ostomy supplies and educational resources, at no cost, to ostomates in need outside of the US.

3

Industry Advisers that provide in-kind and financial support.



102 countries
received donated
ostomy supplies
from FOW-USA

2 newsletters per year



16
volunteer
board members



6 || April 2024

GLOBAL IMPACT

102 countries and counting!



7 || April 2024

WHY IS FOW-USA NEEDED?

Ostomates in developing countries often experience:

- Poor quality of life
- Skin care issues
- Rejection by their families, friends and communities

Without access to affordable supplies, many must manage their ostomy using:

- Plastic bags
- Metal cans
- Rubber gloves or
- Rags or towels



You won't imagine how I have been managing myself ... It is really shameful and disgraceful. I pray for your help."

- A note from a recipient in Nigeria 8 || April 2024

102 countries...and counting



- Afghanistan
- Albania
- Algeria
- American Samoa (USA)
- Angola
- Antigua and Barbuda
- Argentina
- Armenia
- Bahamas
- Belarus
- Belize
- Bolivia
- Bosnia and Herzegovina
- Brazil
- Bulgaria
- Burkina Faso
- Cameroon
- Canada
- Chile
- China
- Croatia
- Colombia
- Congo
- Country
- Croatia
- Cuba
- Czech Republic
- Dominican Republic
- Ecuador
- Egypt
- El Salvador
- Eritrea
- Ethiopia
- Gabon
- Ghana
- Greece
- Grenada
- Guam (USA)
- Guatemala
- Guinea
- Haiti
- Honduras
- Hungary
- Jordan
- India
- Indonesia
- Iran
- Iraq
- Jamaica
- Jordan
- Kazakhstan
- Kenya
- Korea
- Kosovo
- Kyrgyzstan
- Laos
- Latvia
- Lebanon
- Liberia
- Libya
- Malawi
- Malaysia
- Mali
- Mauritius
- Mexico
- Moldova

- Pakistan
- Mongolia
- Montenegro
- Morocco
- Nepal
- Nicaragua
- Nigeria
- Pakistan
- Palestine
- Panama
- Papua New Guinea
- Paraguay
- Peru
- Philippines
- Puerto Rico (USA)
- Qatar
- Romania
- Russia
- Rwanda
- Senegal
- Serbia
- South Africa
- Sri Lanka
- St. Lucia
- St. Vincent and the Grenadines
- Sudan
- Syria
- Tanzania
- Thailand
- Trinidad and Tobago
- Uganda
- Ukraine
- Uruguay
- Uzbekistan
- Venezuela
- Vietnam
- Yemen
- Zambia
- Zimbabwe

**COUNTRIES WHERE
WE HAVE SHIPPED**

10 || April 2024

PARTNERSHIPS + PROCESS

Volunteers and global ambassadors are
at the core of our work.

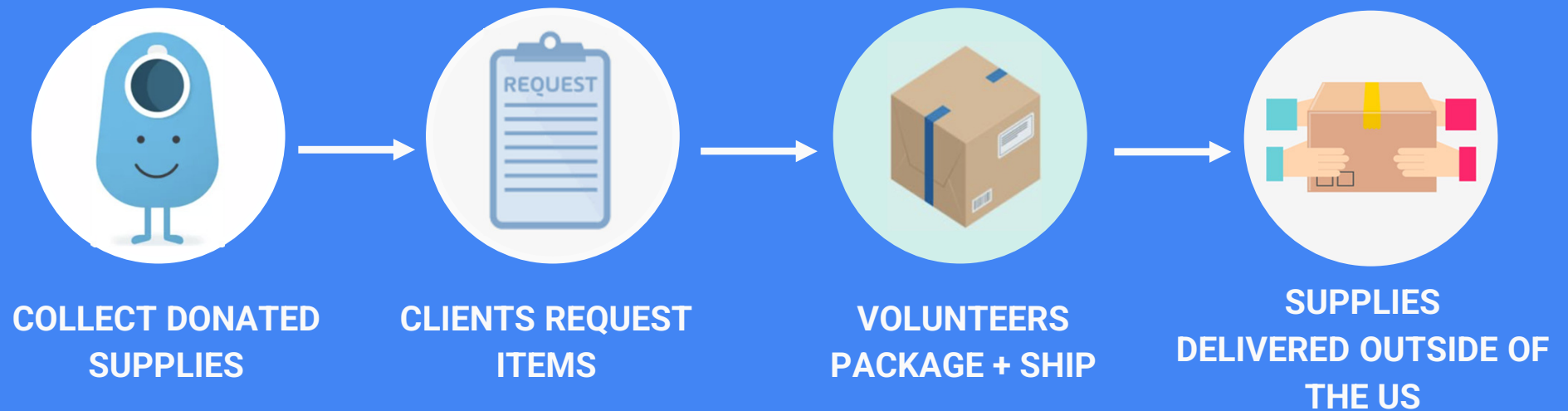


COLLABORATIONS

- We coordinate efforts with:
 - Friends of Ostomates Worldwide Canada
 - International Ostomy Association and its regional organizations
 - Lions for Stoma Care Project - FOW-USA provides them annual funds to support the stoma care education of doctors and nurses in developing countries.



OUR PROCESS



COLLECTING SUPPLIES



- Supply donation sources:
 - People with surplus supplies.
 - Facilities that can no longer use supplies or are changing to other brands; ostomy support groups.
- Donors send supplies at their own expense via UPS Flat Rate Shipping*:
 - \$15/ carton for ostomy supplies
 - 40 lbs per carton and 5 cartons per day maximum.
 - Donors receive an acknowledgement for tax purposes.

**See appendix for more information on our UPS Flat Rate Shipping (FRS) program*

ACCEPTABLE DONATIONS

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

Used supplies are NOT accepted



SUPPLY REQUESTS

Sending supplies worldwide

- Supply requests made via our website
- Product needs identified
- FOW-USA volunteers communicate with trusted individuals or organizations in the receiving country, such as:
 - Hospitals and clinics
 - Doctors
 - Ostomy nurses and associations
- Confirm recipients are able to receive supplies and distribute them free of charge to needy ostomates.

Potential clients answer questions about:

- Supplies needed and how instructions will be provided to ostomates.
- Shipping instructions, such as regulatory documents and consulate stamps.



FROM WAREHOUSE TO RECIPIENT



Our warehouse volunteers sort the supplies, putting the same sizes and brands together.



THE PROCESS WORKS!

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



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



YOU CAN HELP

Financial contributions and
donated ostomy supplies allow us
carry out our mission.



DONATION PROCESS

SUPPLY DONATIONS

- Send unused supplies to: FOW-USA, 4018 Bishop Lane, Louisville, KY 40218-4539 via our UPS Flat Rate Shipping program.*
- Donations should include your name and address on the return label as well as in the shipping box.
- All contributors will receive an acknowledgement letter.
- FOW-USA is registered 501(c)(3) with the IRS, so your financial and supply donations and cost of postage may be tax-deductible on your Federal income tax.

FINANCIAL DONATIONS

- Financial donations can be made via our website: <https://www.fowusa.org/donate-money/>
- Donations of \$1k or more sponsors a full pallet.

**See appendix for more information on our UPS Flat Rate Shipping (FRS) program*

GET INVOLVED



Facebook.com/ [Friends of Ostomates Worldwide-USA - FOW](#).
Connect with our worldwide family.



Follow us on Instagram for the latest updates.



Visit www.fowusa.org to see your contributions at work and find available resources.



E-newsletter - Sign up to stay informed about activities. Plus, E-newsletters help us save on printing and mailing.



Donate unused ostomy supplies.



Financial contributions support shipping costs and warehouse storage.



Volunteer in the warehouse in Louisville, KY or join our board! Board members are located throughout the US, meet virtually every quarter, and once a year in Louisville, KY. Have other skills to contribute? We'd love to hear from you.

Email: info@fowusa.org to get involved.

WE'D LOVE TO HEAR FROM YOU



**FRIENDS OF
OSTOMATES
WORLDWIDE - USA**

Call: 1.502.909.6669

Leave a message and a volunteer will contact you as soon as they are able.

E-mail: info@fowusa.org

Warehouse Hours and Address:

Monday/Wednesday/Friday
8:30 am -12:30 pm EST

FOW-USA

4018 Bishop Lane
Louisville, KY 40218-4539

APPENDIX

FLAT RATE SHIPPING

Instructions



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.