



**FRIENDS OF
OSTOMATES
WORLDWIDE - USA**

PRESIDENT'S MESSAGE

Spring marks the season of change: the time change, changes in the weather and changes in our organization. In response to our requests for volunteers, two multi-talented individuals stepped forward to offer their services as new board members.

Julia Valente - Julia spent the majority of her career at a venture capital firm in NYC running all things administrative and operational while supporting high profile individuals and projects. During the pandemic she relocated back home to the Bay Area and started an executive/personal assistant concierge service supporting CEOs. Julia lives in Berkeley, CA with her husband and 8-year-old daughter. Julia holds an M.A. in Psychology. Julia's health journey involved the diagnosis of Ulcerative Colitis as a teenager and ultimately the creation of a J pouch. These serve as a source of wisdom for her. It has taught her patience and the understanding that appearances can be deceiving. This inspired her college thesis on 'invisible illnesses', and helps her to truly celebrate moments of good health.

Andy Pucher - Andy is a Practice Lead at R&M Consulting based out of Chicago where he manages a team preparing and filing corporate sales tax returns and reconciles millions of dollars of bank assets monthly. He has extensive knowledge in Excel and task automation, which helps to create a seamless process in data analytics. Andy attended Carthage College in Kenosha, WI where he received majors in accounting and finance. He has been an accredited Certified Public Accountant (CPA) since 2017. Andy resides in Livonia, MI, with his wife, two dogs, and cat. He became passionate about the mission of FOW-USA after watching his wife practice as an ostomy nurse and he is excited to help contribute to the great work that FOW-USA does on a daily basis.

During my five years as President of FOW-USA, we have faced many challenges and opportunities. Moving forward, we are on a clear trajectory to capitalize on strengths, overcome weaknesses, endorse opportunities and mitigate threats to our mission. I am pleased to transition the Presidency to my colleague Jan Colwell at the end of this Fiscal Year. Jan will bring her depth of experience and wisdom to lead the board.

Cindy Baufield

FOW-USA President

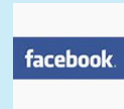
Newsletter
Spring 2024



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Ostomy Pearls by Rachel Hendee, PA-C

Life Hacks with an Ostomy

The word “hack” was originally used only by computer programmers to describe an inelegant but effective solution to a computing program. These days the internet is full of “life hacks” for doing every day tasks. A “life hack” is a strategy or technique adopted in order to manage one’s time and daily activities in a more efficient way. The American Dialect Society even voted lifehack as the runner-up for “most useful word of 2005,” only behind the word podcast. And the word was also been added to the Oxford Dictionaries Online.

There are many great resources out there that help ostomates learn how to live and manage their new lives with an ostomy. People often come up with new creative ideas they have learned on their own and incorporated into their regular ostomy routine. Some of these are compiled, below. **Please note, this list is not intended to be medical information or recommendations that people should try on their own.* You should always check with your ostomy nurse or medical provider before trying some of these options as they may not be recommended for your specific ostomy/condition.

Hate the dreaded “splash back” when emptying your pouch? Place a layer of toilet paper down over the water to prevent it, or try flushing while emptying.

Run out of deodorizing lubricant drops? Use a small amount of olive oil to coat the inside of your pouch to prevent pancaking.

Having difficulty opening the end of your pouch because it’s stuck together? You can either put a large crease down the center or cut a small diamond out of the middle so it will open up very easily.

Problems with watery output overnight? Eat a bowl of Lucky Charms before bed, as some say the marshmallows help thicken up the output!

Ever had your favorite scissors taken away at airport security because your forgot they were in your ostomy supply bag? Pre-cut the barriers and leave the scissors at home.

Concerned about your pouch showing underneath tight clothes? Buy high waisted control top or shape-wear one size above your usual. It will still hold the pouch in and prevent bulging but won’t be too tight or restrictive.

Worried about the Velcro seal leaking? A mini binder clip might help you feel more secure.

Concerned about odor? Place an Altoid or mint in the bottom of your bag!

Worried about setting off the sensor when going through airport security scanner (it detects heat!)? Put a new bag on right before going through security and it won’t set it off. Or better yet, if you get TSA Pre-check you can go through the metal detector instead.



DONOR SPOTLIGHT—JULIE NASH

Julie Nash is accustomed to being in the limelight. Julie's husband, Charles "Cotton" Nash, was an athlete who played college basketball for the University of Kentucky, professional basketball for the Lakers and the Golden State Warriors, and also baseball for the Chicago White Sox and the Minnesota Twins. Cotton was one of only thirteen players ever to play in both the MLB and the NBA.

After resettling in Lexington, famous for horseracing, Julie and Cotton established a successful venture into the equine industry, breeding horses for harness racing. Sadly, Julie lost her beloved husband of 59 years in May 2023.



In November 2022, Cotton was very sick and admitted to the hospital. The doctors found he had a perforated bowel and required an ostomy. Julie and Cotton went home in May, but he soon passed away from other complications. Julie had to learn very quickly how to care for him during his time at home, and how to tend to his ostomy. She then contacted the FOW-USA's Help Line to find out how she could donate the leftover ostomy supplies. After speaking to our volunteer, Julie decided she wanted all of the extra supplies to go to our organization. Julie had a large amount of supplies and FOW-USA was able to help coordinate

their delivery to our warehouse in Louisville, KY.

Distance prevents Julie from volunteering at our warehouse, but she is so appreciative of the work done by the organization. If you have supplies to share, she recommends going to www.fowusa.org to learn about guidelines and procedures for shipping, how to donate financially, and how to contact us for questions.

We thank Julie Nash, for helping to support and promote FOW-USA! It is caring people like her that keep our organization going forward.

WE GET EMAILS

Iraq by way of Romania, 2024

Words cannot express how much your donation means to us, thank you so much for your donation and your support. Your generosity means everything to us. We are very proud that we have known people like you, who love goodness and have mercy in their hearts. Your contribution has made a significant difference.



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THANK YOU, DONORS!

January 2024

Philippines

LN4 Hand Project



The LN4 Hand Project donates prosthetic hands to individuals in over 90 countries around the world. We received a request from a US-based ambassador for the foundation who travels to the Philippines. She had encountered people with an ostomy, and carried your donated supplies to the country.

"I was able to give bags to a child with double barrel colostomy on January 7th. The mother's face was indescribable. She was holding back her tears."



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Notify us at: info@fowusa.org*



THANK YOU FOR GIVING TO THOSE IN NEED

Our address is :

FOW-USA

4018 Bishop Lane

Louisville, KY 40218-4539

www.fowusa.org

(502)909-6669

Your **monetary donations** make it possible to ship
ostomy products to people in need.

Your **product donations** fill the boxes with the items that
bring joy and appreciation from around the world.

VOLUNTEER SPOTLIGHT EULA KENNEDY



The Volunteer Spotlight in this edition shines on one of the longest-serving volunteers for FOW-USA, Eula Kennedy. As the spotlight shines on her, Eula shines right back!

A Louisville native, Eula was volunteering in the kitchen at Meals on Wheels when she saw an ad which piqued her interest. The ad called for volunteers for an organization called Friends of Ostomates Worldwide-USA, based in Louisville. In 2012, Eula arranged a meeting with Carol Heideman, warehouse manager, and immediately decided to change her volunteer opportunity to FOW-USA.

Eula worked for two days in the old warehouse location, then joined the FOW-USA team in their new location on Bishop Lane. She has been a steady, reliable volunteer for twelve years, volunteering one or two days a week during this time.

When asked about her experience at FOW-USA, Eula said, "I like working with my hands and I like the fact that I'm doing something good for somebody." She has three beautiful grandchildren, and the flexibility of the schedule at FOW-USA has allowed her to help with the girls while continuing to volunteer.

As a senior volunteer, Eula noted her volunteering at FOW-USA encourages her to get out of the house and be useful. She said some people think you are taking a job from someone else, but this job is totally volunteer. In her words, "It's a nice place to work. The people are really nice, and you are helping someone else. That's the main thing. If you are looking for a place to volunteer, this is a good place."



WE GET EMAILS

Mongolian Ostomy Association
Executive Director Amarsanaa Yadamtsoo

[We are] delivering the Ostomy products. Some of our members are coming from the countryside. Every time we are informed of the guidance which is how to use it. Our members really appreciate your great help.

Trinidad & Tobago 2024

Good day. Just wanted to let you know that my dad received his package. Thank you so much for always assisting when we reach out. I appreciate all that you do for us and other people in need.





WE GET EMAILS

Albania 2024

Ms. Ruth, the package, after many attempts, the package arrived at me today. I opened it with my parents and we are very happy for the main products I was looking for. You are fantastic and we wish you blessings from our family and obviously dad who feels very good when he sees kindness from strangers across the ocean. Once again, thank you very much!

Mexico 2024

It was a moment of joy and relief to see the huge amount of "help" coming from FOW-USA. There is no proper way to say THANK YOU to you and the organization behind you for such a gift to the people in my situation (Ostomy). I greatly appreciate your disposition and caring towards this old man. May the Good Lord allow you to continue this endeavor.

WE GET EMAILS

I have received my donation and I sit here in tears .Words cannot explain how much I appreciate this. Thank you so very much. Having this colostomy is very hard but this donation makes the situation so much more manageable. The help you give people enables them to use the correct bags and the supporting products help to keep your skin from blisters and other problems. Thank you from the bottom of my heart for the piece of mind that you have given me. God bless you all. South Africa, 2024



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WE GET EMAILS

November 2023

Stoma World Kenya

"We rise by lifting others"

T.S. Devgun, Chairman, and Mary Thuo,

Vice-Chairperson

FOW-USA provides ostomy supplies to the organization Stoma World Kenya

"I'm thrilled to share that we established an ostomates support group at Nakuru Hospice yesterday. Twelve individuals attended, unanimously deciding to meet monthly. Two attendees were on the brink of giving up – one, a driver terminated because of his ostomy, and the other, avoiding gatherings due to fears of odor and bag-related concerns. After sharing my [Mary Thuo] 23-year journey with a permanent colostomy and giving them ostomy supplies, they left the support group with smiles. Here is a picture of the people in the newly formed support group."



In fiscal year 2023, FOW-USA shipped 29,198 pounds of product to people in need around the world. We couldn't do it without your help!

The advertisement features a close-up of a person's midsection with a large, grey, oval-shaped ostomy bag attached. The person's hands are resting on their hips. The Convatec logo is in the top left corner. Below the image, the text reads "Introducing EsteemBody™ with Leak Defense™". At the bottom left is a QR code, and to its right is the text "SCAN HERE to learn more". At the very bottom, in small print, it says "© 2024 Convatec. ® / ™ indicate trademarks of the Convatec group of companies. AP-64343-GBL-ENG".

WE GET EMAILS

"Thank you so much for the colostomy supplies that you give it to my baby Chloe.

This last few months ago we struggled the financially that can't afford to buy colostomy suppliesThis was a big help for us especially now that life is not easy here.

We are so thankful and honored to be one of the recipients. More power and blessing to all of you."

May-Ann



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4018 Bishop Lane
Louisville, KY 40218
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Tel: 502-909-6669

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Newsletter



**FRIENDS OF
OSTOMATES
WORLDWIDE - USA**

Friends of Ostomates Worldwide - USA is a nonprofit charitable organization with 501(c)(3) tax-exempt status from the Internal Revenue Service (EIN 34-1705116).

Remember FOW-USA when considering how to use your required minimum distribution (RMD) from qualifying retirement accounts.

FOW-USA CONTRIBUTION FORM

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Address _____

City State Zip _____

Country _____

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Email Address _____

Send Newsletter by Email? Yes _____ No _____

Giving Level

Partner-\$50_____ Corporate-\$300_____

Sustaining-\$75_____ Benefactor-\$1,000_____

Contributing-\$150_____ Lifetime/Memorial-\$5000_____

Supporting-\$300_____ Other-\$_____

Chapter/Group/Association \$ _____

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

Or donate online at: www.fowusa.org