



AFFILIATED SUPPORT GROUP

"InSider" Newsletter

INLAND NORTHWEST OSTOMY SUPPORT GROUPS

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Winter 2026

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Welcome Inland Northwest



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WHAZZ UP

HAPPY NEW YEAR! Crazy weather! Not-So-White **Winter Greetings** to all of you in our Eastern Washington, Northern Idaho, and Western Montana Communities – Ostomates, Family Members & Caretakers, our Healthcare Professionals, and our friends. There is a lot of news to share from local to national perspectives, so I'll get right to it. The federal government has initiated a new, impactful policy for access to ostomy supplies by ostomates on Medicare and Medicaid beginning in 2028. Also, **Phoenix Magazine** has ceased publication. Articles about both issues can be found in **National Spotlight** on page 2. Also presented is a list of UOAA Award recipients from the 2025 National Conference. Finally, Joy Hopper will present to Spokane OSG's Zoom meeting on January 6. Join us to learn the latest in the ostomy world! This issue of **"InSider" Newsletter** includes important reports on local and national ostomy-related activities plus articles of importance to your life needs and growth. Posts about each of our regional support groups are also presented. In particular, we have an exciting, first-hand summary of Prof. Michael Gerald's Zoom presentation, "Tips for Adjusting to Life with an Ostomy."

Continued next page.

REGIONAL OSG MEETINGS

Winter 2026

See Page 12 for Support Group Contacts and Meeting Dates, Times, & Places

Coeur d'Alene Ostomy Association, ID

January and February meetings canceled due to conflicts.

Mar. 18 UOAA National Conference & Spokane's Run for Resilience – Phil Moyle

Lewiston-Clarkston Ostomy Support Group, ID-WA

Jan. 12: Topic/Speaker - TBD

Feb. 09: Topic/Speaker - TBD

Mar. 09: Topic/Speaker - TBD

Missoula Ostomy Support Group, MT (P. 12)

Jan. 14: Topic TBD

Feb. 11: Topic TBD

Mar. 11: Topic TBD

Spokane Ostomy Support Group, WA

Jan. 06: Joy Hopper – Latest in Ostomy Products

Feb. 03: Ostomy Tips & Tricks – Group Discussion

Mar. 03: Shop & Ship – Bring extra supplies – Extras to Friends of Ostomates Worldwide

Tri-Cities / Mid-Columbia Ostomy Support Group, WA

Feb. 23: Topic TBD

Wenatchee/Confluence Ostomy Support Group, WA

>> Regular ostomy support meetings cancelled until further notice.

Yakima Ostomy Support Group, WA

Jan. 12: Dr. Matt Uhlman, local urologist.



Many Thanks to Lynn Brink and Dani Mercer for Their Helpful Contributions to and Editorial Reviews of This Newsletter




Also check the article “How Soon Should You Resume Social Activities?” Finally, we include a “Mini Guide to Ostomy Supplies: Wafer Extenders.” Also note the GLO+ announcement on page 9 about an LGBTQ+ virtual support group. Lastly I added a few cartoons on pages 9 and 11!

Our regional website - inlandnwostomy.org – continues to be updated with additional information and photos added. Please visit the website to discover additional local, regional, and national resources. Finally, please remember that we at the “InSider” welcome your ideas and input! All ostomates, family & caregivers, and medical staff in our communities are welcome to submit suggestions, questions, articles, and letters! ■

**DIVERSION INSPIRATION
& HUMOR**

(Submissions & ideas welcome)

Laughter is the best medicine...
except for
treating diarrhea.



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NATIONAL SPOTLIGHT

Selected Highlights

UOAA has important news of interest to share with all U.S. ostomates!

Ostomy Supplies via Medicare/Medicaid to Go Low Bid in 2028: Despite heavy opposition from **UOAA** throughout 2025, the Centers for Medicare and Medicaid Services (CMS) quietly released the CY 2026 Home Health and Durable Medical Equipment, Prosthetics, Orthotics, and Supplies (“DMEPOS”) Competitive Bidding Program (CBP) Final Rule in the Federal Register on November 28, 2025. It will take a while for this change to take place. CMS has outlined a “targeted” schedule in the [CMS Fact Sheet](#), which includes some initial preparation including supplier contracts being awarded and Medicare Beneficiary education in the late summer/early Fall of 2027, and a 6-month transition period for changing to contract suppliers beginning January 1, 2028. **So, the actual change that affects how you order supplies will not begin until January 1, 2028.** This info from Jeanine Gleba, UOAA Advocacy Manager, 12/01/2025.

Phoenix Magazine Ceasing Publication: Sadly, after careful consideration, Ian Settlemire, publisher of Phoenix Magazine, decided to cease publication of this wonderful quarterly magazine. Please know that UOAA had no say in Ian's decision to stop publication, and they are just as disappointed as the ostomy community is. This was not an easy choice, but it reflects the changing ways our society seeks information. UOAA is exploring new platforms and opportunities to ensure we continue to inform, support, and reach out to the ostomy community in meaningful ways. Please continue to consult **UOAA** via its website (<https://www.ostomy.org/>) or call us toll-free at 1-800-826-0826.

UOAA Awards Presented at 2025 National Conference: On a positive note, several individuals were recognized at UOAA's 2025 National Conference for their contributions to our ostomy communities. Some of the awards and recipients are listed as follows:

<u>Award</u>	<u>Recipient</u>	<u>Recognized Accomplishments</u>
Founders Award	Joy Hopper, CWOCN	Many years treating & advocating for ostomates; inventor of Anatomical Apron; maintains knowledge of current & updated ostomy supplies and shares with support groups.
Distinguished Volunteer	Keagan Lynggard-Hysell	Advocacy for ostomates; working with young ostomates.
Distinguished Volunteer	Phillip Moyle	Heavily involved with Spokane and several regional ostomy support groups; mentored many ostomates locally, regionally, and nationally; organizes local Run for Resilience and top fund raiser; 10 years published quarterly newsletter for regional support groups.
Mighty Advocate	Stanley Cooper	Super advocate for ostomates; conducted extensive research on ostomy clinics



REGIONAL-LOCAL OSTOMY SUPPORT GROUPS

Activities & Announcements

Following are brief reports from each of the ostomy support groups in our Inland Northwest Region. Feedback from some groups may be limited depending on their individual circumstance and group leadership.

Contact your support group coordinator/leader for up-to-date information!

- **Coeur D’Alene Ostomy Association, ID:** 12/17/2025 – Reported by Nancy Lucky, RN BSN CWON - We hold meetings at regularly scheduled dates and times, on the 3rd Wednesday each month at 3 pm. Note, however, that our January and February 2026, meetings are canceled due to conflicts. Our December 2025, meeting was canceled due to a terrible windstorm, however, Phil Moyle with the Spokane OSG has agreed to return in March with a presentation about *UOAA’s 2025 National Conference & Spokane’s Run/Walk/Stroll for Resilience Ostomy 5k*. Please note that our meeting place has changed. We now meet in the Kootenai Health Resource Center 2003 Kootenai Health Way Coeur D’Alene ID. Feel free to call if you have questions - Nancy Luckey, RN CWON at 208-625-3582.
- **Lewiston, ID-Clarkston, WA United Ostomy Support Group:** 12/16/2025 – Reported by Adrian Wilson, President, - Our support group continues to hold monthly in-person meetings, January-December, 12:30 to 1:30 on the 2nd Monday of every month, at Canyon’s Church, 717 15th St. in Clarkston, WA. Several new ostomates have joined our support group. Recent topics included: November – “Dealing with an ostomy when you have the flu or a cold”; December – “Ostomies for older people, changes, etc.” Future topics include “Gastroenterology” by Dr. Jennifer Kaufman and “Being old” by Adrian Wilson. Schedule TBA.
- **Spokane Ostomy Support Group - Spokane, WA:** 12/15/2025 - Report by Carol Nelson, Coordinator/Facilitator ([509-601-3892](tel:509-601-3892)) – **Happy Holidays** to you and your family! **Spokane Ostomy Support Group** began the fall quarter with an entertaining **Run/Walk/Stroll for Resilience Ostomy 5k** event on October 4, **World Ostomy Day**. Well over 30 participants enjoyed companionship and hot drinks & snacks while warming themselves around burning grills. After that, most folks strolled, walked, or ran trails winding through Manito Park’s beautiful gardens, and many stayed for a fun picnic social. Thanks to all who attended! Since then, **Spokane OSG** has held Zoom meetings which will continue through February.
 1. **November** welcomed pharmacist Professor Brian Gates, WSU College of Pharmacology, who gave an illuminating presentation, “**Ostomies and Medications**”, and answered member’s questions about the interaction between prescribed medication and ostomies. This meeting was recorded. If you would like to view the recording, contact Phil Moyle.
 2. **December’s** topic was “**Adjusting to Life with an Ostomy**” by Professor Michael Gerald, Utah State University, a Licensed Clinical Mental Health Counselor. He discussed the psychological impact of ostomy surgery and gave ideas for how to deal with it. This was an excellent presentation that everyone appreciated. Tackling a subject that isn’t often addressed was helpful for everyone. This session was also recorded.
 3. **January 6th** Joy Hopper, CWOCN, the creator of the Ostomy Apron, will do a “**Show and Tell on New and Updated Ostomy Products**” that are now available. Bring a pencil and some paper to write down all the new products you want to check out! Note that Joy received UOAA’s Founder’s Award at the 2025 National Conference.
 4. **February 3rd** we will gather via Zoom to do our famous “**Tips and Tricks**” meeting where we all share the things we have found that make our lives a little bit easier! Helpful ideas abound!!
 5. **March 3rd** we return to meeting in person at Sacred Heart Medical Center. We’ll have a “**Shop & Ship**” meeting in which those who attend bring extra, unneeded ostomy supplies to share with others, and we’ll ship remaining supplies to **Friends of Ostomates Worldwide**.

Continued



- **Mid-Columbia Ostomy Support Group - Tri-Cities, WA:** 12/31/2025 – Update report not received. Meetings held Quarterly (Feb., May, Aug., Nov.) on the last Monday of the month, excluding holidays; at 3:15 PM -4:30 PM in the Maple Conference Room at the Healthplex 1268 Lee Blvd, Richland WA 99352.
- **Missoula Ostomy Support Group – Missoula, MT:** 12/17/2025 - Reported by Hannah Peterson, BSN, RN, CWON (406)-327-4347) -Thank you for checking in. Our monthly ostomy support group continues on the 2nd Wednesday for the month from 1530-1630 at the main Community Medical Center hospital. We are most frequently in Conference Room J and I always place signs with cartoon ostomy pouches to lead the way! Unfortunately, we did not meet in October as I was out of town. However, we had a large turnout at our November and December meetings! In November, we discussed complications that can crop up long after the post-operative period like allergic and irritant contact dermatitis and granulomas. Other topics discussed included the merits of one-piece and two-piece appliances as well as how having an ostomy can impact Activities of Daily Living. In December, we had an extensive conversation regarding odor management strategies- from foods that can improve odor, foods that cause odor, oral medications, and pouching strategies like the use of lubricating deodorants, disposable pouches, etc.
Our next meeting is scheduled for January 14th from 1530-1630. As always, low-fiber snacks will be provided by the hospital's nutrition team!
I do not have speakers or definite topics lined up. Because our group is most often less than 10 folks, I have enjoyed tailoring the discussion topics to the concerns of the attendees. I am very open to suggestions from ostomates and encourage folks to email me with their specific needs! Best contact information for me is my work email at hpeter@communitymed.org and my desk phone (406) 327-4347.
- **Confluence Health Ostomy Support Group - Wenatchee, WA:** 12/19/2025 – Report by Tyree Fender, CWOCN –The support group is still not meeting. I don't know if it will ever start again. We don't have a primary person to run it. Thanks to all, Tyree.
- **Yakima Ostomy Support Group - Yakima, WA:** 12/19/2025 – Kanista Masovero, CWOCN – We have Monday Jan. 12 with Dr. Matt Uhlman, local urologist. Wednesday, March 11, London Tasker from Sound Health, and May 13, Michelle Montgomery from Coloplast. All meetings are from 10-11 at Wellness House 6006 Summitview Ave. Thanks to all, Kanista and Nicole. ■

QUARTERLY ARTICLES & TIPS

Tips for Adjusting to Life with an Ostomy

Summarized by Susie Leonard Weller, Spokane Ostomate

Professor Michael Gerald, Ph.D., knows firsthand the challenges of adjusting to an ostomy. He had surgery for his first ostomy at 18 months old. After coping with a transverse colostomy with two stomas, he received a sigmoid colostomy at age 12, which continues to serve him as an adult. He credits participating in the Youth Rally as the first time he could easily relate to peers about his ostomy. Since then, Michael has volunteered to be a counselor at the Youth Rally for 15 years.

He identifies himself as a Person with a Disability (PWD) and has integrated his experiences to serve others as a **licensed clinical mental health and certified rehabilitation counselor**. As a faculty member at **Utah State University**, Michael provides support for adolescents and adults experiencing psychosocial and psychological issues related to chronic illness and disability.

Michael reminds ostomates that accepting and adjusting to living with an ostomy is a highly individualized, gradual, and lifelong journey. During his December presentation

[Continued](#)

Professor Gerald speaks to audience about “Overcoming Medical PTSD Panel” at UOAA 2025 National Conference.





to **Spokane Ostomy Support Group** via Zoom, Michael emphasized that adjustment to any significant life change has two major components: the *practical/behavioral* and the *emotional/social/psychological*.

Participants in Ostomy Support Groups are encouraged to try practical tips for managing their ostomy and to receive emotional support. Both the ostomate and their support person(s) are invited to expand their understanding of how chronic health issues can affect different parts of their lives. This includes exploring suggestions for managing physical discomfort and addressing concerns about maintaining independence, privacy, autonomy, self-image, and financial stability.

Most of Michael’s presentation focused on the psychological aspects of adapting to life with an ostomy. Although there are no “right” or “wrong” ways to adjust, he described five common reactions.

- Initially, people might deny or downplay the impact of their surgery.
- Some regress emotionally to an earlier developmental stage by becoming more passive, over-relying on others, or experiencing increased emotional ups and downs.
- Others compensate for their feelings of inferiority by exclusively focusing on developing other skills.
- Another type of response is to rationalize inappropriate behavior by making excuses, such as “I have to, or I can’t do that, because . . .”
- A fifth approach might be to divert and avoid feelings through humor and seek distractions to manage their stress.

He also outlined four stages of adapting to life as an ostomate. Adjustment is not about conquering or overcoming; it involves responding to changes in functioning. These stages include:

- Surviving,
- Recovering,
- Living, and
- Thriving.



Four Stages of Adapting to Life as an Ostomate

Depending on the situation, these phases can be very fluid. Those who thrive are able to find personal meaning and purpose in their experiences as ostomates. They work through common grief reactions such as grief, loss, or questioning, “Why me?” It’s normal to feel fear, anger, depression, and to probe why this health condition has happened. However, those who flourish can more easily move through a wide range of emotions rather than remain stuck. They neither deny nor minimize what has happened. Instead, they seek meaning and purpose from their experience.

Thriviers can identify the positive sides of their health condition, such as becoming more compassionate toward themselves and others. Many find new personal strengths as they learn to live with their new physical reality. Instead of feeling limited, they take pride in managing their health conditions and exploring new experiences. They make a conscious choice to live as fully as possible with their ostomy, rather than just surviving or giving up. Even if they say, “This sucks!” they affirm: “My ostomy gives me a second chance, and it’s keeping me alive. I wish I didn’t have an ostomy, but I see it as a bag of life. I’d rather have a bag than be in a box.” Acceptance does not mean resignation; it means integrating the ostomy into one’s sense of self.

People who thrive often find purpose and meaning by volunteering to support other ostomates. When individuals experience trauma, they often feel disconnected. As a result, there is a greater need for healing connections. **UOAA** offers peer training on practical ways to provide respectful support. Volunteers demonstrate unconditional regard by accepting people as they are, listening with compassion, and respecting others’ perspectives and experiences. A typical comment from those who feel fully listened to is, “They really get me.” Experienced ostomates can give a special gift by helping newer ostomates face new challenges in healthy ways and sharing practical tips for managing their ostomy. In return, volunteers also feel valued, knowing that their service to others contributes to their sense of purpose and meaning.

We’re very grateful to Professor Gerald for sharing his insights into experiencing traumatic events and learning to cope with his ostomy as a very young child. He is an inspiring role model who encourages others to live fully with their physical challenges and disabilities. Michael has generously offered to serve as a resource for other

Continued



ostomates. At the December 2, 2025, SOSG meeting, he provided his contact information. For additional support and resources, you can call him at (435) 797-3478 or email him at: michael.gerald@usu.edu.

Editor’s Note: **Spokane Ostomy Support Group** recorded the December 2, 2025, Zoom meeting with Professor Michael Gerald. The recording can be accessed at the following

Link: https://us02web.zoom.us/rec/share/eaT1LYnwK_O_DKp251BI14Ge9jSi7eTKfciWh7n1oNOfL_o-zZULRsikahaj7vYB.rCCBZF7trOo_bgP7. Access Passcode: **6Cz@5UK**. (Note: Include the leading dot)

Professor Gerald also participated in a **UOAA Ostomy Academy** interview on YouTube, November 19, 2024, titled, **“Mental Health for Ostomates – Adjusting to Life with an Ostomy: A How-To Guide:** <https://www.youtube.com/watch?v=ebV4cyvYnbw&t=22s>. This too is an excellent presentation! ■

Resuming Social Activities After Surgery

Vancouver Ostomy HighLife, November / December 2025

Socializing

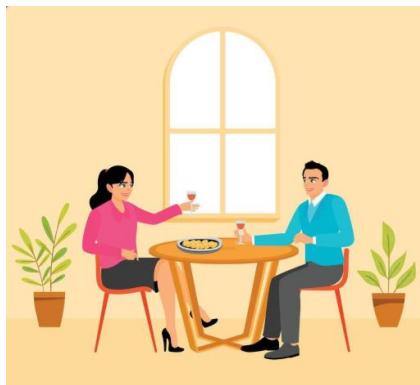
Once you are discharged from hospital, you’ll need time at home to begin adjusting to the stoma and learn how to care for your body. How long this period lasts will vary greatly from patient to patient depending on how well their surgical wounds have healed and whether or not there are other factors affecting recovery. Work on building up your strength by gentle walking and putting around the home and practice your stoma management skills. Build up your stamina a little each day.

Set yourself small targets when resuming socializing. You should be able to handle being out of the house for an hour or two -- a trip to the dog park, or to the grocery store are simple excursions that reinforce a feeling of getting back into the swing of things. Such small outings that let you be around people without a major social commitment can help restore a feeling of normalcy. You’ll soon realize that although you feel different, to others, you are the same. You can add more ambitious events as your strength and confidence grow. It might be preferable to keep those first social outings low key, as a lot of noise and activity may be tiring in the beginning. On the other hand, maybe the anonymity of a loud crowd focused on something else might be what you need -- we’re all different!

Don’t forget, if you are meeting new people, you don’t have to tell them about your condition unless you want to. Just do whatever makes you feel most comfortable.

Dining Out

While you are recovering at home, you should begin to eat the foods you enjoyed before but with some precautions if your surgery resulted in an ileostomy. Nuts, raw vegetables, meat gristle, and popcorn are just a few of the foods you must be wary of eating because of the danger of blockages. Ask your ET nurse for a list of foods you need to be careful about. Introduce different foods in small amounts at a time and chew well. Those with a colostomy don’t need to be as vigilant, but common sense should be your guide. Urostomates can pretty much eat what they ate before. Once you have had a chance to test different types of food and have a better idea of what foods suit you, there’s no reason why you shouldn’t be able to enjoy a meal out in a restaurant.



Start with a familiar restaurant and keep it simple. You can order what you used to like but be aware that rich foods and sauces may cause some upset -- it may have been a long time since you ate such things!. Also, pub and restaurant food portions can be larger than what you have been used to so don’t stuff yourself. If you don’t want to wait around to be served, go earlier when it’s likely to be less busy. On the other hand, if you would rather blend in with the crowd, family times are usually busier.

If you’re concerned about particular types of food, such as ethnic dishes, try them out at home first so you know how you’re going to react.

Continued



If you normally have a drink at home, it's best to start with a smaller quantity of your choice of drink. For example, drink a small beer rather than a large one. This will help your body build up your tolerance to alcohol again.

It might be wise to check out the availability of bathrooms in advance -- if a restaurant requires a key to use the facilities, or if the facilities are one stall in the back through the kitchen, you might want to eat out elsewhere until you feel confident about managing your ostomy.

And last, don't worry about your stoma making noises. Pubs and restaurants have a lot of background noise. Nobody will hear anything your body does.

Movies, Plays and Concerts

Movies are pretty easy -- go early and choose an aisle seat if you're a little anxious the first time. A lot of movies are so loud these days nobody could possibly hear any noise the stoma might make anyway. With an aisle seat if you need to visit the bathroom you won't have to step over others. Plays and concerts that have less convenient assigned seats might be more of a challenge so let your confidence level be your guide. In time you'll get to know your body and what to expect from it in social situations.

Weddings, Birthdays and Celebrations

Don't you dare miss out on special occasions because you have an ostomy!! If you are strong enough to attend, please do so. Be aware that you may tire more easily and should exercise some restraint if there's a lot of food and alcohol being served, but otherwise don't deny yourself the fun and pleasure of joining friends and loved ones on their special days. No one is going to be staring at you; they'll just be glad you came. ■



A Mini Guide to Ostomy Supplies: Wafer Extenders

via: Vegan Ostomy, August 2023

What Are Wafer Extenders?

Wafer extenders (which are also referred to as flange extenders) can be a handy tool for an ostomate. They can be used for a variety of reasons, and they are available in many different styles. Wafer extenders can provide the following benefits:

- Helps to keep your ostomy appliance secure during physical activity.
- Can be used to protect the wafer from water.
- Can be used to protect the edges of your wafer from peeling.

How Wafer Extenders Are Usually Sold

There are many different styles and types of wafer extenders, but I'll break down the most popular options to simplify it.

I've seen wafer extenders sold in three distinct categories: Films, tape and "elastic tape". They are also sold in either full extenders, which would cover the entire wafer, or segments, which you can apply to a specific trouble spot on your wafer.

Most wafers are waterproof, but some do not handle water well, so their edges will peel or become sticky and annoying, which defeats their purpose!

You can see from the photos that each type is very different from the next.

[Continued](#)

How to Use Wafer Extenders

Each brand and style of wafer extender comes with its own special instructions, but they are all applied over the wafer so that the product extends beyond the edge of the wafer enough to create a good seal.

While you can apply a wafer extender at any time, most ostomates will prefer to use them with each appliance change, and they’ll leave them on until the next appliance change.

I’ve found that films work best for this, as some tapes and flexible “tape” tend to start peeling or even dry up after several days of use.

If you are careful, you might be able to remove the film or tape before you need to change your appliance, but it’s not recommended that you do (it’ll leave residue that’s hard to clean without compromising the wafer).

Tips When Using Wafer Extenders

- Sample these products from as many different suppliers as possible, since you may find that some are too difficult to use or may not even work very well.
- For products that come in smaller sections, use as few or as many as you like. If there’s a single spot on your wafer that tends to be problematic, you don’t need to cover the entire circumference of your wafer for the extenders to be of use.
- If you don’t have a wafer extender handy, you can use medical tape in a pinch. It would be used in the same way, but it’s not as convenient to apply.

Are Wafer Extenders Vegan-Friendly?

Most wafer extenders are free of animal ingredients, but some still do contain gelatin, so either check with your manufacturer or refer to my vegan/non-vegan ostomy supplies list [HERE](#).

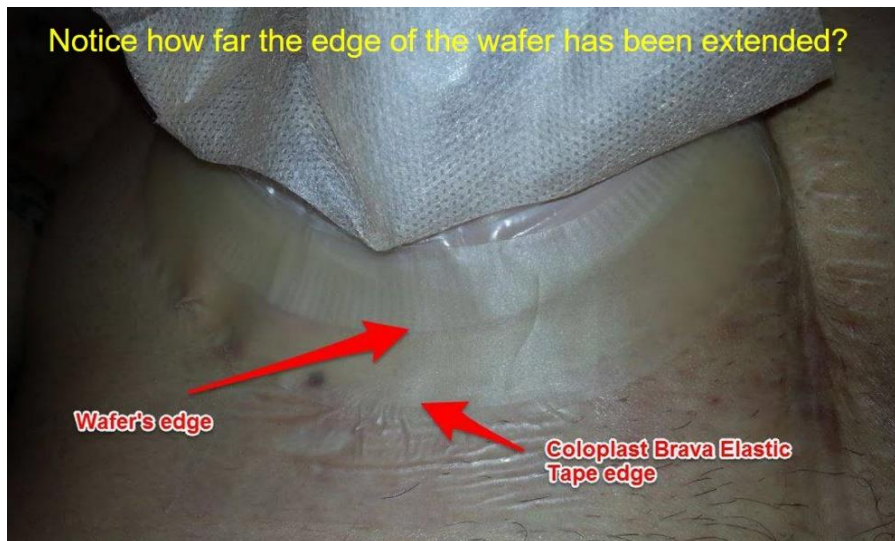
Source of article: <https://www.veganostomy.ca/guide-to-ostomy-wafer-extend-ers/> ■



Aqua Seal Wafer Extender (with release liner)



Flange Seal Ring by OstomyEssentials on top of a Coloplast Xpro wafer (with release liner)



Nu-Hope wafer extender tape



Coloplast Brava Elastic Tape, which is an elastic tape product (with release liner)

GLO+

A support group for LGBTQ+ ostomates

- A safe, affirming, and supportive space for LGBTQ+ individuals living with ostomies
- Meetings will have dedicated topics and guest speakers
- Wound Ostomy Continence Nurses will be present based on availability to address clinical topics



DATES

Third Tuesday of January, March, May, July, September, & November



TIME

8:00PM EST

For more info:



@glo.support.group



facebook.com/glosupportgroup

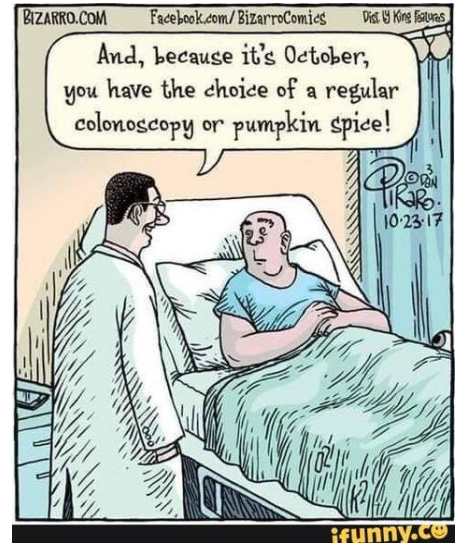


GLOofUOAA@gmail.com



www.ostomy.org/glo-network

HUMOR COLUMN



Spokane Ostomy

For Emergency Assistance, Call **509-601-3892**
 and Leave a Message
(Limited Supplies)
This is NOT a Substitute for Good Planning!



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Ostomy Care
 Healthy Skin. Positive Outcomes.



IMPORTANT OSTOMATE SUPPORT CONTACTS & LINKS

Providence Sacred Heart Outpatient Ostomy Clinic - M-F 8:00-2:00 (509-474-4950). Appointments and MD referral is required; no walk ins. Patients can be seen for follow up, checkup, questions, problems. Leave a message if you don't reach someone live. Sacred Heart MC located at 101 W Eighth Ave, Spokane, WA. New clinic location – report to radiology on L-1 and a nurse will walk you to the ostomy clinic on L-2 East.

MultiCare Deaconess Hospital - Wound & Ostomy Clinic – Ostomy patients seen Wednesdays & Thursdays 11:00 am-3:45 pm (509-603-7005). MD referral preferred for appointments, although patients can self-refer and/or call for urgent needs. Help received depends on staff availability. Located on 1st floor of the hospital located at 800 W. 5th Ave., Spokane, WA.

Spokane Ostomy Visitor Program - If you would like to speak to someone who has lived experience as an ostomate, contact Carol Nelson (509-601-3892); carol@nelsonwheat.com) to arrange a call or visit.

Kootenai Health Medical Center – Outpatient Wound/Ostomy Care – (208-625-3582) - 2003 Kootenai Health Way, Coeur d'Alene, ID.

Gritman Medical Center – Ostomy Services - 700 S. Main Street in Moscow, Idaho (208-882-4325); appointment needed.

Kadlec Medical Center - Outpatient Ostomy Clinic- M-Th 8:00-4:00 (509-946-4611 ext.: 1365562); appointments & MD/provider referral required.

Lewis-Clark Valley - Ostomy Support Facilities –

St. Joseph Wound Care/Ostomy Dept., Lewiston, ID - Seeing inpatient and outpatient ostomates, M-F with appointment - Call 208-750-7379

United Ostomy Associations of America (UOAA) - (800-826-0826); P.O. Box 2293, Biddeford, ME 04005-2293.

Link: <https://www.ostomy.org/>.

Phoenix Magazine - (800-750-9311); The Phoenix Magazine, P.O. Box 3605, Mission Viejo, CA 92690.

Link: <http://www.phoenixuoaa.org/> (get a free sample copy).

Ostomy Appliance Producer Customer Assist Programs:

> **Coloplast Care Program** 1-855-430-9500 <https://www.coloplastcare.com/en-US/ostomy/>

> **ConvaTec Me+ Program** 1-800-422-8811 <https://www.convatec.com/ostomy-care/>

> **Hollister Secure Start Services** 1-888-808-7456 <https://www.hollister.com/en/consumerservices>



INLAND NORTHWEST OSTOMY SUPPORT GROUPS
Contacts and Regular Support Group Meeting Schedules*
Eastern Washington & Northern Idaho

(Also, check the “Inland Northwest Ostomy Support Groups” website: <http://inlandnwostomy.org>)

Coeur d'Alene Ostomy Association, ID (# 409):

- **Contact:** Nancy Luckey or Sarah Jenicek BSN, RN, CWOCN at 208-625-6944 - Kootenai Outpatient Wound Clinic.
- **Meetings:** Support group meetings are held in person on the 3rd Wednesday each month at 3 pm . They are now held in the Kootenai Health Resource Center 2003 Kootenai Health Way Coeur D’Alene ID.

Lewiston-Clarkston Ostomy Support Group, WA/ID (# 134):

- **Contacts:** Adrian Wilson, President at 509-254-3404.
- **Meetings:** Held monthly in person, January-December, 12:30 to 1:30 on the 2nd Monday of every month, at Canyon’s Church, 717 15th St. in Clarkston, WA.

Spokane Ostomy Support Group, WA (# 349):

- **Contact:** Carol Nelson - Facilitator, Visitation Program at 509-601-3892, carol@nelsonwheat.com.
- **Meetings:** Spokane OSG meets on the first Tuesday of each month; the new meeting time will be 6:00-7:30 pm. Meeting schedule: November-February via Zoom; March-June in-person in the Mother Joseph Room off the east end of the cafeteria dining area at Sacred Heart Hospital; and July-October* in-person at Manito Park. *The October meet will be held on *Ostomy Awareness Day*, the first Saturday in October, time TBD. Monthly meeting announcements are sent via email a week prior to each meeting. Call 509-601-3892 with questions.

Mid-Columbia (Richland) Ostomy Support Group, (TriCities), WA:

- **Contacts:** Nancy Serna, CWON at 509-942-2660 (ext. 6).
- **Meetings:** Quarterly meetings (Feb., May, Aug., Nov.) on the last Monday of the month excluding holidays; 3:30-4:30 pm, at Healthplex at 1268 Lee Blvd Richland WA Check online at <https://education.kadlec.org/registration/11-wellness/94-support-group-ostomy>.

Missoula, Montana: **NEW SUPPORT GROUP**

- **Contact:** Hannah Peterson, BSN, RN, CWOCN at 406-327-4347; hpeterson@communitymed.org
- **Meetings:** Community Medical Center, 2835 Fort Missoula Road Building - 3 Suite 101 conference room I; monthly on Wednesday from 3:30-4:30 pm, refreshments served.

Confluence Health (Wenatchee) Ostomy Support Group, WA (# 398):

- **Contact:** Tyree Fender, RN, BSN, CWOCN at 509-433-3212.
- Confluence Health Central Washington Hospital, 1201 S. Miller St., Wenatchee, WA. Currently no meetings.

Yakima Ostomy Support Group, WA:

- **Contact:** Kanista Masovero, RN, CWOCN at 509-575-8266, MultiCare Yakima Memorial Ostomy/Wound Care Services.
- **Meetings:** Usually held second Wednesday bimonthly; 10:00-11:00 am. Now held in the Wellness House 6006 Summitview Ave., Yakima, WA.

>> Please let us know of errors that need to be corrected or of changes need to be made to the ABOVE information:
(SOSG.Input@gmail.com).

