



Welcome Inland Northwest Ostomates!



AUTUMN



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WHAZZ UP

Phil Moyle, Editor

Greetings to all of you smoky folks in the Ostomy Communities of the Inland Northwest! More often now, I see references to 2020 as a year to forget! It certainly has been a year of challenges, but hold your horses, as we still have three months to go. I prefer to think of 2020 as the year I developed a more resilient character, the year that helped me realize just how good life can be even under increasingly stressful conditions. I guess it was the wildfire smoke that helped me realize that, indeed, it could be even worse, so how about I genuinely appreciate the positives in my life!! I do hope each of you has remained healthy and coped well with the many life challenges all of us continue to face. And although we are now seven months into the COVID-19 crisis and associated precautions that we must continue taking, we should strive to be thankful for our lives, family, and friends.

Continued next page

REGIONAL OSG MEETINGS *

Fall –2020 (COVID Time)



The status of in-person OSG meetings is still uncertain and varies for each group. Check with your Ostomy Support Group leader or WOCN for updates on upcoming meetings.

Coeur d'Alene, ID: Third Thursday, February – November, 6:30-8:30 pm at Kootenai Health Medical Center, Coeur d'Alene, ID:
 Oct. 15: **No in-person meetings.**
 Nov. 19: **No in-person meetings.**
 Feb. 18: **No in-person meetings.**

Lewiston-Clarkston: Second Monday, January-December, 12:30-1:30 pm at Jollymores Restaurant on Main St. in Lewiston, ID:
 Oct. 12: Ostomy Support – Speaker unknown
 Nov. 9: Johanna Strehle, Physical Therapy
 Dec. 14: Ostomy Support – Speaker unknown

Palouse: First Wednesday each month, March – December, 5:00-6:00 pm at Gritman Medical Center, 700 S. Main St, Moscow, ID:
 Oct. 7: Zoom meet - Ostomy Support
 Nov. 4: Zoom meet - Ostomy Support
 Dec. 2: Zoom meet - Ostomy Support

Spokane: First Tuesday each month, February – November, 6:30-8:00 pm usually at Sacred Heart Medical Center, Sacred Heart Women's Center, Avista A & B Room, Spokane, WA:
 Oct. 3: Run for Resilience, 10 am Manito Pk.
Ostomy support meetings cancelled until further notice

Tri-Cities: Second Thursday five months each year at Kadlec Healthplex, 1268 Lee Blvd; except July 16, Ice Cream Social will be at main Kadlec campus, 888 Swift Blvd, Richland, WA:
Ostomy support meetings cancelled until further notice

Wenatchee: Quarterly, 2:00-4:00 pm at Confluence Health - Central Washington Hospital, Conference Rms. J & K, Wenatchee, WA:
 Nov. 12: Ostomy Support – **Status ???**

Yakima: Second Wednesday bimonthly; 10:00-11:00 am at Virginia Mason Memorial in Yakima, WA:
 Jan. 13: Ostomy Support – **Status ???**

NOTE: See page 12 for additional info about support group meetings & contacts.



Also, it is important that each of us extend “Our sincere appreciation to the medical community, particularly to the **nurses**, all of whom lead the charge, including our very own **WOCNs!**”

This issue of “**InSider**” Newsletter includes brief updates about our seven ostomy support groups, all of which have limitations on social gatherings. Due to COVID-19, each of the support groups and their leaders face unique challenges. Meeting and activity plans of each group and their host facilities are subject to unexpected changes. As a result, information in this newsletter and on the website (<http://inlandnwostomy.org>) may not be current. Please check in with your support group leadership regarding meeting and activity plans. Be sure to reach out to your ostomate friends, caregivers, and WOCNs if you **NEED HELP**. . . or to **OFFER HELP** to others!

And in case you missed it in the last issue, the UOAA provides helpful information for ostomates about COVID-19 (<https://www.ostomy.org/coronavirus-effects-on-the-ostomy-community/>). The information is periodically updated as new data comes available!


In this issue, we revert back to **Nurse’s Corner** with an excellent article about a hazard any of us can face, “**Tips to Avoid Urinary Tract Infections (UTIs)**.” On a related topic of special concern to all ostomies with continuous output, “**Urolithiasis**.” And talk about relevance, Susie Weller, Spokane OSGs Co-Facilitator, hits two home runs with “**Are You Grieving the Loss of ‘Normalcy’ or Is It Depression?**” and “**Exercise Your Right & Responsibility to Vote!**,” both are must reads! How many of you read **The Phoenix** magazine? I find it to be a valuable tool in my life journey and give you a few reasons to subscribe to this important quarterly. Special Note: **The Phoenix** significantly reduced one- and two-year subscriptions rates! (see ad on page 11).

>> Unfortunately, the **UOAA National Conference**, scheduled for August 5-7, 2021 in Houston, TX has been cancelled by the **UOAA**. They hope to see you in Houston, Texas in August of 2022.



Check out our updated regional website - inlandnwostomy.org. 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 articles, letters, and ideas! **THANK YOU!** ■

**DIVERSION INSPIRATION
& HUMOR**
(Submissions & ideas welcome)

I'm never lonely because,
I have four men in my life.
I get up with
CHARLIE HORSE.
I spend the day with
ARTHUR ITIS.
I dine with
WILL POWER.
and I go
to bed with
BEN GAY.



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**The 2020 Events are Going Virtual and Coming to You! Join us on
Ostomy Awareness Day Saturday, October 3, 2020 wherever you live.**

Spokane OSG -- Run for Resilience -- October 3, 2020 -- 10:00 A.M. -- Manito Park



REGIONAL-OSG ACTIVITY REPORTS, ANNOUNCEMENTS, & LETTERS

Following are brief reports from each of the seven ostomy support groups in our Inland Northwest Region. Feedback from some groups may be limited depending on their individual circumstance with respect to COVID-19. Remember, please contact your support group coordinator/leader for up-to-date information!

- **Coeur D’Alene, ID:** 9/17/2020 - Sherron West, President, informed us that no support group meetings will be held until February 2021.
- **Lewiston-Clarkston United Ostomy Support Group** – 9/14-15/2020 Update from Tamara Youmans (RN, CWON), and Adrian Wilson, President: We are meeting, although taking it month by month as things change rapidly. We are not meeting at Tri-State Memorial Hospital yet (due to COVID), but for those who are comfortable coming out in public, we have had some meetings in the back room at a local restaurant. Adrian Wilson personally calls all our group members to check up on them and keep them in the loop as to where our next meeting will be! This woman works tirelessly, enthusiastically, and without ever a complaint for this ostomy group and it is so inspiring to see! We met on Tuesday, Sept. 9th, (to avoid Labor Day) in the back of Antonio's Restaurant and had a good time catching up with each other and discussing general tips and how foods affect us differently. We are planning on an October board meeting at Ellen Deakons home in Clarkston. She has been so gracious and helpful printing off the Ostomy Guide to Nutrition that Jennifer Raykovich, nutritionist for TriState Hospital, presented to us in our August meeting. On Monday, October 12, at 12:30 we will meet in the back room of Jollymores Restaurant on Main street in Lewiston. We also plan to hold our November and December meeting at Jollymores. Hopefully, after December we can start meeting in the hospital again. Donations of supplies are still coming in for Adrian's Attic, so we happily offer those to anyone in need of free supplies, depending on what is available. If we feel we have enough extra supplies, we have also shipped them back to Kentucky for overseas distribution.

>> **A recent tip we all liked was putting a tic tac in the pouch for odor control- some swear by it. Who knew?!**

Special Note: St. Joseph's Regional Medical Center located at 415 6th street in Lewiston, ID also operates a Wound Healing/Ostomy Clinic (208-750-7379). Samantha Musser (MSN, FNP-C, CWON, CFCN), a family nurse practitioner, runs the clinic. Her years of experience and specialty focuses on ostomy care.

- **Palouse Ostomy Support Group, Moscow, Idaho** – 9/15/2020 Update from Frances Newcombe (BSN RN CWON): We continue to meet via Zoom on the first Wednesday of each month. We are seeing ostomates through our new **Ostomy Services/Clinic** at Gritman Medical Center. Frances Newcombe and Sharon Cofre (RN) - Director of the Wound Healing Center - signed up for the 5K Ostomy Run for Resilience. We are hoping that Judy Reid recovers and is able to return to work sometime soon. We are coordinating with Carol Nelson, Spokane OSG, about assisting us in training ostomates for home visitation.



- **Spokane, WA:** 9/20/2020 – Susie Weller, Co-Facilitator – On our September Zoom call, we enjoyed two special guests: Amanda Boden, our Regional Rep from Hollister, and Samantha Possehl, the Secure Start Coordinator from Hollister. Both of them shared new resources, such as the recent two-piece soft convex

[Continued next page](#)



CeraPlus skin barrier with Remois Technology. It has a soft and flexible convexity that is designed for a better fit, and to help prevent leakage. You can call Samantha to get free samples of this new product, as well as request a Secure Start Starter Kit. New ostomates will particularly enjoy this handy travel bag with ostomy scissors and other supplies. Call Samantha at the Hollister Customer Service Line at 1-888-808-7456 to request these FREE resources.

Phil Moyle has been instrumental in initiating and organizing our 1st **Spokane Ostomy Run for Resilience** on October 3 at Manito Park. After a long season of not seeing other ostomates, we are looking forward to getting together and practicing safe distancing as we run/walk around Manito Park.



Due to COVID-19 quarantine restrictions, the local Byram store in Spokane has not been able to accept donations of unused supplies. However, Rich Judd, the Byram Account Manager for Spokane/ Eastern Washington, has graciously agreed to pick up any supplies that you would like to donate for our local supply closet, and quarantine them in his garage. **Meet Rich at his truck at 9:45 a.m. at the parking lot closest to the North Picnic Shelter at Manito Park on Saturday, October 3.** Enjoy cleaning out your closet knowing you are donating to those in greatest need AND participate in our Resilience Event!

- **Mid-Columbia Ostomy Support Group, Tri-Cities, WA** - 9/15/2020 Update from Lisa Bartholomew (CWOCN): Nothing new from the Tri-Cities. All meetings are on hold until further notice.
- **Wenatchee, WA:** 9/25/2020 - Tyree Fender, CWOCN - We had to cancel our September meeting and will probably have to cancel the November meeting as well.
- **Yakima, WA:** 9/17/2020 - Kanista Masovero, CWOCN – We had to cancel our Sept. meeting, and I am sure we will not have a November one either. I have still signed up new ostomy clients in hopes we will meet again! I miss seeing our regulars! ■

***** **NURSE’S CORNER IS BACK FOR THIS ISSUE!** *****

Tips for Avoiding Urinary Tract Infections (UTI’s)

Modified from Green Bay Area Ostomy Support Group via Live and Learn, St. Louis

To help prevent UTIs, follow these guidelines:

- Drink at least 6 to 8 glasses of water each day. Drinking plenty of fluids is a key way to keep UTIs at bay.
- Avoid consuming large amounts of caffeine and alcohol. These can dehydrate you and make you more susceptible to UTIs.
- If you use a night drainage system, make sure to thoroughly clean the leg bag or container. Empty your pouch when it is one-third to half full

UTI symptoms to look out for:

- Dark, cloudy urine
- Loss of appetite

[Continued next page](#)



- Strong-smelling urine
- Nausea
- Back pain (mid-to-lower back where your kidneys are located)
- Vomiting
- Fever

Important: If you notice any of these symptoms, contact your healthcare professional or your stoma care nurse right away.

Note from Susie Weller, Co-Facilitator, Spokane Ostomy Support Group: “I was getting UTI’s so often that I became anti-biotic resistant. However, since I started using a supplement called **D-Mannose**, which supports urinary tract health, I have not had a UTI in the last four years.” ■

***** **QUARTERY ARTICLES & TIPS** *****

Exercise Your Right & Responsibility to Vote!

By Susie Leonard Weller, M.A. Spokane Ostomy Support Group Coordinator

The UOAA advocates legislatively on behalf of ostomates regarding a wide variety of political issues. Although no one can tell you how to vote, you are encouraged to research the candidate’s positions on the following topics which are supported by the UOAA:**

- Maintaining public and private health insurance options, including those under the Affordable Care Act;
- Funding for Medicare, Children’s Health Programs, and Medicaid;
- Supporting the Americans with Disabilities Act (ADA), Rehabilitation Act of 1973, the Fair Housing Act, and Ally’s Law (aka The Restroom Access Act);
- Providing affordable coverage and access to high quality healthcare services, technology, and products to meet the needs of people living with an ostomy or continent diversion, so that they may participate fully in society.

Be the best advocate you can be! If you need additional information or clarification on UOAA Legislative Agenda issues, please contact UOAA at 1-800-826-0826. Or reach out to the UOAA Advocacy Manager at advocacy@ostomy.org.

According to Dr. Seuss, in *The Lorax*: “Unless someone like you cares a whole awful lot, nothing is going to get better!” Enhance the impact of **National Ostomy Awareness Day** on October 3rd and your vote



by writing to your legislative leaders, and by voting for candidates who support issues endorsed by the UOAA. Make your vote and voice heard by informing candidates about the healthcare policies and rules that directly impact your well-being. For example, work with your employer or insurer to cover your ostomy supplies. Educate the decisionmakers by sharing your story.

**For more information on the UOAA Legislative Advocacy Agenda, visit: https://www.ostomy.org/wp-content/uploads/2019/03/UOAA_AdvocacyToolkit_2017c.pdf ■

After winning the game I decided to throw the ball into the crowd like they do on TV... but apparently that’s unacceptable in Bowling.





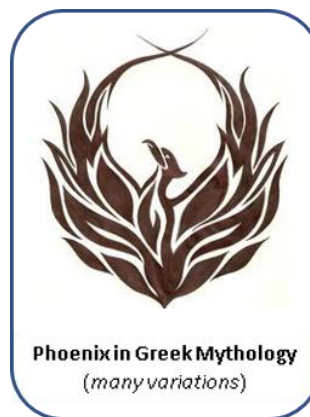
“The Phoenix” – Not Just a Magazine

By Phillip Moyle, Spokane Ostomy Support Group



The Phoenix magazine, the official quarterly publication of **United Ostomy Associations of America**, has been continuously published - Spring, Summer, Fall and Winter - since Winter 2005. It began during the transition from the closure of UOA (United Ostomy Association) in September 2005 as Ken Aukett, his wife Linda, and others worked to start our current UOAA (United Ostomy Associations of America) 15 years ago - October 1, 2005 (Ken Aukett, 9/7/2020). From its launch, the magazine’s dedicated publisher, Ian Settlemire, has worked to provide the ostomy and medical communities with state-of-the-art medical information on a human level that is easily understood by and relevant to all readers. The content of each issue includes information and advice on the following topics, and more:

- Advice from medical professionals
- New ostomy products
- Skin care and treatment
- Odor control
- Sex and intimacy
- Emotional and psychological issues
- Diet and exercise
- Surgery techniques and advancements
- Personal stories of recovery



Before we go on though, perhaps we should briefly discuss its name, **Phoenix**. What is a **phoenix**, and what does it represent? *In ancient Greek history, a phoenix is a mythological bird that cyclically regenerates or is otherwise born again. Associated with fire and the sun, a phoenix obtains new life by arising from the ashes of its predecessor.* Thus, the phoenix is clearly a symbol of rebirth, a regeneration, similar to the new life for each of us who have received life-saving ostomy surgery! We can certainly identify with a phoenix, and like the fascinating history of its name, **The Phoenix** magazine offers beneficial information and advice that help its readers live a full, healthy new life.

I decided to write this article while reading the latest issue of **The Phoenix** magazine (Fall 2020, volume 15, issue 4), an excellent illustration of the benefits offered by the relevance and diversity of topics covered. For instance, each issue includes multiple “question and answer” columns with professional respondents (e.g. “Ask Dr. Beck;” “Ask Nurse Coutler;” “Ask Nurse Anita;” and “Ask the Ostomate”); many of the answers to which are relevant to each of us. Following are the titles/subtitles of just some of the main articles in this issue:

- **Building Immunity** – How to strengthen your defenses after ostomy surgery.
- **Thriving in Adversity** – Four keys to being resilient during the COVID-19 pandemic.
- **Strange Noises** – Tips and techniques to quiet a noisy stoma and system.
- **Vitamin B12 Deficiency** – Why some ostomates are at risk for deficiency of this vital nutrient.
- **Sports and an Ostomy** – A personal journey and four professional ostomy athletes.
- **Urinary Diversion Effects** – Understanding the effects of using bowel in the urinary system.
- **Fiber and an Ostomy** – Is fiber friend or foe for those with a fecal or urinary diversion.
- **Drugs with an Ileostomy** – How medications interact for those without a colon.

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- **Life with a BCIR** – The benefits and drawbacks of life with an internal reservoir.
- **Challenging Landscapes** – How to seal a pouch to skin that has “hills and valleys.”
- **Relationship Rejection** – What to do when a loved one offers no support after surgery.
- **Discounted Ostomy Supplies** – Ostomates in the U.S. have a resource for affordable supplies.

Indeed, **The Phoenix** magazine is a critical tool for every one of us on our journeys to recovery and a full life. Subscriptions to The Phoenix are a major source of revenue for the UOAA. Please consider subscribing by calling 800-750-9311 or go to www.phoenixuoaa.org." Currently (October 2020), two types of subscriptions are available: print and digital. In the U.S., a one-year subscription (4-issues) costs \$19.95 and two years is only \$29.95 (**Best Deal!**). The digital/mobile subscription costs \$4.99 for three months or \$9.95 for a year.

Editor’s Note: The Spokane Ostomy Support Group maintains an informal loan library for its members that includes many issues dating to back to December 2011. Issues are available for “**loan**” to our members. ■

Are You Grieving the Loss of “Normalcy” or Is It Depression?

By Susie Leonard Weller, M.A. Spokane Ostomy Support Group Coordinator

Mental health providers are predicting this October through December to be the season with the highest risk of depression, substance abuse and suicide as we collectively enter the “Disillusionment” phase in coping with the pandemic. It’s a “perfect storm” for depression due to a deepening fatigue as the recovery from COVID-19 is taking longer than expected, holiday stresses, and decreased sunlight—especially for those affected by Seasonal Affective Disorder or SAD. Health problems, whether you’re a new or an experienced ostomate, compound these challenges.

Sometimes it’s difficult to tell the difference between grief and depression. In these challenging times, many are grieving the life they previously enjoyed before experiencing the realities of COVID-19 or needing ostomy surgery. Although grief and depression share commonalities, there are distinct differences.

Grief is a reaction to a specific circumstance. It is a normal and natural reaction to any type of loss. Many during the pandemic have experienced a series of losses: deaths of loved ones, impaired health, financial distress, and social isolation. It is natural to feel anxious about the future.

Even though surgery for an ostomy is lifesaving, it can also be traumatic. New ostomates often grieve this major physical change to their body. In addition, they are coping with whatever caused their need for surgery. This might include a life-threatening diagnosis or a serious circumstance—such as an accident.

So, what are the differences between healthy grieving and depression?

Depression is a set of symptoms with a *consistent low mood that does not get better over time*. It includes the following symptoms:

- Hopelessness
- Receiving little pleasure when doing activities that previously brought you joy
- Being isolated and lonely with little, or no support
- Feeling overwhelmed and unable to cope
- Inability to complete daily tasks that interfere with maintaining a healthy lifestyle



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- Believing you are unlovable or a failure
- Excessively numbing yourself with drugs, alcohol, food, binge-watching TV, etc.
- Considering harming yourself

If you believe that you have crossed the line from grieving to being depressed, it’s time to seek professional support. Sometimes, you might need a family member or friend to give you some “tough love feedback” to inspire you to get extra help.

Thankfully, we have wonderful community resources in Spokane, as well as in WA State. There are two main numbers to call in Spokane/Eastern Washington. The **24/7 Regional CRISIS Line** is **211** or 1-877-266-1818. For **Community RESOURCES**, call **The First Call for Help** at (509) 838-4428. The Washington State Department of Behavioral Health has also created a “Behavioral Tool Box” of resources to support families and groups. You can download these resources at: www.doh.wa.gov/Portals/1/Documents/1600/coronavirus/BHG-COVID19-Familytoolbox.pdf. In addition, the Fig Tree publishes a **Community Resource Directory** which is

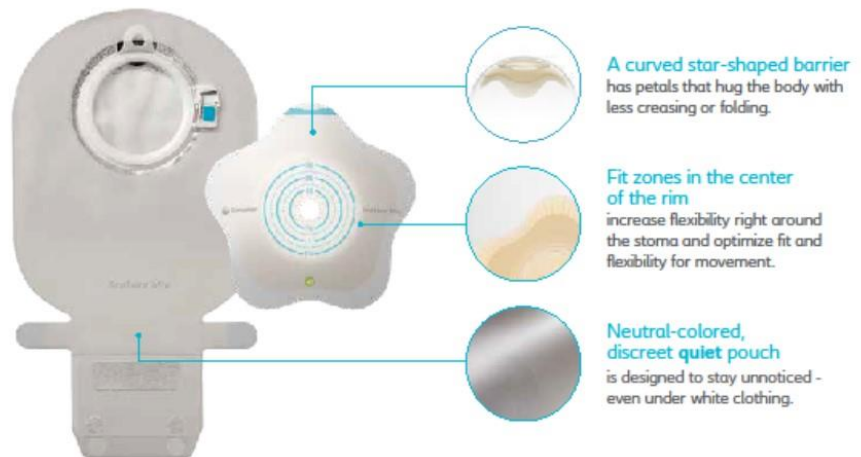
updated annually with 200 pages of resources supporting those in Spokane County, NE Washington and North Idaho. They also have resources listed online at: www.thefigtree.org.

WA State also added a Telephone Support Number to provide extra support during COVID-19. This program is called **Washington Listens**. It’s available from 9 a.m. to 9 p.m. Monday through Friday, and 9 a.m. to 6 p.m. on the weekends. They have two goals: offer supportive listening, and link callers additional community resources. **To access this FREE service, call: Washington Listens at (833) 681-0211.**

The point is—whether you’re grieving or feeling depressed--there are volunteers and other community resources available to support you! Call to get the help you need. You don’t have to do this on your own! For your well-being, take the necessary steps to successfully cope with your feelings of grief or depression. ■



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Urolithiasis


By A. Trudeh, RN, ET (via Live and Learn, United Ostomy Association, St. Louis)

Urostomates, ileostomates, and transverse colostomates have one thing in common: continuous output with a loss of fluids. If the liquid intake does not exceed the output, these ostomates may be dehydrating their bodies, making themselves prone to a condition called “urolithiasis,” which refers to the presence of stones in the urinary system. These stones may be found anywhere from the kidneys to the bladder. They vary in size from mere granular deposits, called sand or gravel, to bladder stones the size of an orange. In the majority of stones, 90% are composed of calcium, with 5-8% uric acid and 1-3% cystine accounting for the rest.


Conditions which predispose to stone formation are: 1) infection; 2) periods of immobility; 3) concentrated urine; 4) abnormally high concentrations of calcium in the blood; 5) hereditary; and 6) dehydration. If you were to develop urolithiasis, the symptoms you might experience are: 1) low back pain and/or severe, sharp pain in the lower back radiating to the groin; 2) chills, fever; 3) difficulty or burning with urination; 4) blood in the urine; and 5) nausea, vomiting and diarrhea. See your physician as soon as possible if any of the above symptoms appear.


Measures to prevent stone formation: drink 2-3 liters (quarts) of fluid daily – preferably water and juices. Include acidic juices such as cranberry to maintain acid urine which helps prevent infection. Urinate during the night, if necessary. Exercise daily. Use caution with foods containing calcium. Since a certain level of calcium is required for good health, restrict your diet only on the advice of a physician. ■







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Mythbusters!

Facts and Truth to Fight Ostomy Stigma




MYTH:
Everyone will know that a person is wearing an ostomy pouch.

FACT:
No one will ever know unless an ostomate chooses to tell someone. Clothing rarely reveals an ostomy.

MYTH:
Only older people have ostomies.

FACT:
People of all ages have this life-saving surgery, even infants.



MYTH:
Ostomates are disabled and can't work.

FACT:
People living with an ostomy work every type of job imaginable. They lead active lives, play sports, swim and socialize.

You have likely met a person with an ostomy and never knew it.

MYTH:
People with an ostomy can only eat certain foods.

FACT:
Ostomates are not on a restricted diet. But they should be aware of the effects that various foods will have on stool output such as gas, color or blockage.

MYTH:
People wearing an ostomy pouch smell.

FACT:
Modern ostomy pouching application systems are **made to be odor-proof**. For added confidence some ostomates also use odor-control filters and deodorants.

MYTH:
People with an ostomy aren't physically intimate.

FACT:
People with ostomies live full and meaningful lives that include dating, having relationships and children/grandchildren.

MYTH: People with an ostomy are homebound because their pouch leaks. A properly fitted pouching system with a secure seal will not leak. There are many types of pouches and accessories on the market. Specialty nurses such as Certified Wound Ostomy Continence nurses can evaluate stomas and find the proper pouching system to prevent leakage. It is possible on rare occasions an accident may occur.

FACT:



MYTH: Ostomies are permanent for everyone. For some they are, but many ostomies are temporary to help the digestive system heal after surgeries or conditions such as diverticulitis and then they are reversed.

FACT:

For more information or support, visit www.ostomy.org

* Statistic calculated from researched UOAA population estimates and census data





Get Ostomy Answers!

The Phoenix magazine provides answers to the many challenges of living with an ostomy. From skin care to nutrition to intimacy, in-depth articles are written by medical professionals, ostomy experts and experienced ostomates. Subscriptions directly fund the services of the United Ostomy Associations of America.

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\$19.95



www.phoenixuoaa.org
or call 800-750-9311

IMPORTANT OSTOMATE SUPPORT CONTACTS & LINKS

Providence Sacred Heart Outpatient Ostomy Clinic - M-F 8:00-2:30 (509-474-4950), leave a message if you don't reach someone live); appointments & MD referral required; No walk ins; Can be seen for follow up, checkup, questions, problems.

Deaconess Medical Center - Wound Center - M-F 9:00-3:00 (509- 473-7290); appointments & MD referral required.

Spokane Ostomy Visitor Program - Those who have an ostomy or face potential ostomy surgery should contact Carol Nelson (509-443-1242; carol@nelsonwheat.com) to arrange contact with or a visit from an experienced and trained Ostomate Visitor.

Inland Northwest Bladder Cancer Support Group - A support group for urostomates and bladder cancer patients. Members meet the first Tuesday of the month at 5:00 p.m., Perkins Restaurant, at 12 E. Olive, in downtown Spokane. (During the COVID-19 pandemic, first check with Keith Alloway (509) 847-5999, or email him at KL.alloway@comcast.net, to verify the status of the meeting schedule.)

Kootenai Health Medical Center – Outpatient Wound/Ostomy Care – (208-625-6944) - 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.

Ostomy Support Facilities - Lewis-Clark Valley –

Tri-State Wound Healing (Ostomy Clinic), Clarkston, WA – Call 509-758-1119 – referral not required.

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

United Ostomy Associations of America (UOAA) - (800-826-0826); P.O. Box 525, Kennebunk, ME 04043-0525; Link: <http://www.ostomy.org/Home.html>.

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).

Primary Producers of Ostomy Products:

Hollister 1-888-808-74556

Coloplast 1-888-726-7872

Convatec 1-800-422-8811



INLAND NORTHWEST OSTOMY SUPPORT GROUPS & MEETINGS* EASTERN WASHINGTON & NORTHERN IDAHO

(Due to COVID-19 safe distancing guidelines, we recommend that you call your support group contacts to verify meeting times, agendas, & locations)

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

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

- Meetings held from 6:30—8:30 pm on the 3rd Thursday of each month (February-November);
- Kootenai Health Medical Center, 2003 Kootenai Health Way, Coeur d'Alene, ID.
- Resource Center / Cedar Room.
- Contacts: Shari Gabourie RN, BSN, CWON at 208- 625-6944 or Sherron West, CDA OSG President, at 208-719-0776 for more information.

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

- Meetings held monthly at 12:30-1:30 pm on the 2nd Monday each month (January-December);
- Tri-State Memorial Hospital, 1221 Highland Ave, Clarkston, WA; hospital conference room on main floor.
- Contact: Adrian Wilson, President at 509-254-3404.

Spokane Ostomy Support Group, WA (# 349):

- Meetings held from 6:30-8:00 pm on the first Tuesday each month (February-November);
- Providence Sacred Heart Medical Center, 101 W 8th Ave, Spokane, WA. We meet in the Avista A & B Room in the SHMC Women’s Center (west end of complex).
- Contacts: Susie Leonard Weller at 509-499-1423 or Carol Nelson (Visitation Program) at 509-443-1242.

Mid-Columbia (Richland) Ostomy Support Group, (TriCities), WA (# 278):

- Meetings currently held the second Thursday in January & March at 12:00-1:30 pm, May & September at 4:30-6:00 pm, and November at 12:00-1:30 pm (<https://education.kadlec.org/registration/11-wellness/94-support-group-ostomy>).
- Kadlec Healthplex, 1268 Lee Blvd, or main Kadlec Campus 888 Swift Blvd. Richland WA; room varies.
- Contacts: Lisa Bartholomew, RN, BSN, CWOCN at 509- 946-4611 Ext 1365562; or Wayne Pelly (Visitation Chairperson) at 509-943-3223.

Palouse (Moscow) Ostomy Support Group, ID (# 462):

- First Wednesday each month; February – December; 5:00-6:00 pm (scheduling in progress).
- Gritman Medical Center, 700 S. Main St, Moscow, ID.
- Contact: Judith (Judy) Reid, RN, MS, CWON at 509-330-1265.

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

- Meetings held quarterly at 2:00 to 4:00 pm (see meeting announcements or contact Tyree Fender.)
- Confluence Health Central Washington Hospital, 1201 S. Miller St., Wenatchee, WA; Conference rooms J & K.
- Contact: Tyree Fender, RN, BSN, CWOCN at 509-433-3212.

Yakima Ostomy Support Group, WA:

- Meetings held bimonthly at 10:00 to 11:00 am, generally on the second Wednesday of January, March, May, September, & November (check with the inpatient Wound/Ostomy Care Department for details);
- Virginia Mason Memorial, 2811 Tieton Drive, Yakima, WA, usually in basement – Classroom C;
- Contacts: Virginia Mason Memorial Ostomy/Wound Care Services – Kanista Masovero, RN, CWOCN; Lois Engel, RN; or Allyson Uhlman, RN, CWOCN, at 509-575-8266.