



### Welcome Inland Northwest Ostomates!



# Spring



## CONTENTS

<b>WHAZZ UP</b> .....	1
<b>Diversion Inspiration &amp; Humor</b> .....	2
<b>Regional/Local Ostomy Support Groups</b>	
• Activities & Announcements .....	4
• Honoring Long Serving Leaders .....	5
<b>Nurse's Corner</b>	
• Using Paste as a Waterproof Filler .....	7
<b>Quarterly Articles and Tips</b>	
• New Ostomates Deserve Our Best .....	7
• Fitness and Core Conditioning .....	9
• How Often Do You Change Your Appliance ---	9
<b>Important Support Contacts &amp; Links</b> .....	11
<b>Inland NW Ostomate Support Groups</b> .....	12
• Meeting times & Locations	
• Ostomy Support Group Contacts	

## WHAZZ UP

*Phil Moyle, Editor*

### **HAPPY SPRING** and Greetings to all of you in the Ostomy Communities of the Inland Northwest!

I am hopeful that we are in the final stretch of the health hazards, isolation, and restrictions we have all experienced, so please continue to watch out for each other and just hold on a little longer.

Support meetings have been difficult or in some cases impossible to hold throughout the pandemic. Of our seven Inland Northwest support groups, one meets monthly in person, three host occasional or regular Zoom meetings, and three have been unable to meet for nearly a year. And reflecting a nation-wide trend for ostomy support groups, many Zoom meetings are not well attended. Despite, this, I hope you have reached out to visit with family, friends, and fellow ostomates.

This issue of "InSider" Newsletter is rather crammed, so we'll skip right to an overview of its content. Despite the many challenges, some groups have been active with

[Continued next page.](#)

## REGIONAL OSG MEETINGS \*

### Spring 2021 (COVID-19 Time)

The status of in-person OSG meetings remains uncertain and varies for each group. Check with your Ostomy Support Group leader and/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:

Regular ostomy support meetings cancelled until further notice

**Lewiston-Clarkston:** Second Monday, January-December, 12:30-1:30 pm at Jollymores Restaurant on Main St. in Lewiston, ID:

Apr. 12: Ostomy Support – Speaker unknown  
 May 10: Ostomy Support – Speaker unknown  
 Jun. 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:

Apr. 7: Zoom meet? - Ostomy Support  
 May 5: Zoom meet? - Ostomy Support  
 Jun. 2: Zoom meet? - Ostomy Support

**Spokane:** First Tuesday each month, January – November, 6:30-8:00 pm usually at Sacred Heart Medical Center, Sacred Heart Women's Center, Avista A & B Room, Spokane, WA: (topics pending)

Apr. 6: Emerging from Lockdown Safely  
 May 6: Zoom-Brenda on Living with Laughter  
 Jun. 1: Spring Stroll - Manito Park – in person

**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:

April No meeting planned at this time.  
 May 13: Meet at Kadlec Healthplex - Humor

Meeting schedule subject to change.

**Wenatchee:** Quarterly, 2:00-4:00 pm at Confluence Health - Central Washington Hospital, Conference Rms. J & K, Wenatchee, WA:

Regular ostomy support meetings cancelled until further notice.

**Yakima:** Second Wednesday bimonthly; 10:00-11:00 am at Virginia Mason Memorial in Yakima, WA:


Regular ostomy support meetings cancelled until further notice.

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



several changes occurring, as reflected by the regional reports. Thanks to Keith Alloway who, in addition to sending several cartoons and humorous ideas, also suggested an excellent article, “**New Ostomates Deserve Our Best**” that also appears on the UOAA website. This is a must read for new and recent ostomates, but it is a great read for veteran ostomates as well. I certainly enjoyed it! Carol Nelson, the Spokane OSG Visitor Coordinator, recently gave a presentation “**Keeping Our Bellies Strong**” at a Zoom meeting, so we’ve expanded on the topic with a helpful article “**Fitness and Core Conditioning – Pilates and Other Options.**” Do you track wear time? How often do you change your appliance? Our final article discusses options, “**Record Keeping – How Often Do You Change Your Appliance?**” Our **Nurse’s Corner** column offers “**A Tip from a Nurse - Using Paste as a Waterproof Filler.**” **Next issue,** Wayne Pally from the Mid-Columbia Ostomy Support Group, WA will share travel tips from his seven mission trips to remote areas of Africa and one to Haiti, all since he became a colostomate in 2003.

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



"I had part of my colon removed"

**Check out** our updated regional website - [inlandnwostomy.org](http://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!** ■

## “LIVING WITH LAUGHTER”



Comedian **Brenda Elsagher** is a loud and proud member of the ostomy community, an international keynote speaker, author, and a Certified Humor Professional.

*May 6, 2021 – 12 noon PDT – via Zoom – Link Forthcoming*

Join us for a fun-filled 45-minutes of entertainment followed by Questions and Answers.

Afterall, Brenda is also the *UOAA Director of Affiliated Support Group Affairs*



## THANK A NURSE TODAY!



**WOCN**<sup>®</sup> Wound, Ostomy, and  
Continenence Nurses Society<sup>®</sup>

**WOC NURSE WEEK 2021**

4/11/2021 - 4/17/2021

Say **THANK YOU** to All of Our Dedicated WOC Nurses!

Ostomies Are Life Savers,

and

You Help Make Our Lives!



### WHAT IS A WOC NURSE?

A WOC nurse is a Registered Nurse (RN) who holds a Baccalaureate Degree or higher and completes a formal, accredited WOC full scope or specialty education program. WOC nurses can specialize in wounds, ostomies, or incontinence, and provide acute and rehabilitative needs for individuals with select disorders of the gastrointestinal, genitourinary, and integumentary system. WOC nurses provide direct care to people with abdominal stomas, wounds, fistulas, drains, pressure injuries, and/or continence disorders, and can serve as an educator, consultant, researcher, or administrator.



United Ostomy Associations of America  
**8th NATIONAL CONFERENCE**  
**2022**  
**HUSTON**  
**TEXAS**  
Embracing New Frontiers  
August 11-13

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ostomy humor

I like my ostomy more than I like most people.

MAKE OSTOMY LIFE FUN!

ostomy humor

The only productive part of me today has been my ostomy.

MAKE OSTOMY LIFE FUN!

ostomy humor

If ostomy life came with a GPS, it would mostly just say:  
**REROUTING**

MAKE OSTOMY LIFE FUN!

## REGIONAL-LOCAL OSTOMY SUPPORT GROUPS

### Activities & Announcements

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 Ostomy Association - ID: 03/2021** – The Coeur d’Alene support group is undergoing major changes; to leaders are leaving! This “update” cannot do justice to the enormous contribution each of these dedicated women have made to ostomates wherever they have served, so please see an article below. The support group will resume in-person meetings when the Kootenai Medical Centers returns to normal operations and can host meetings. New contact - Nancy Luckey, WOCN, at the Outpatient Wound Clinic (208) 625-6944.

- Lewiston-Clarkston United Ostomy Support Group - ID / WA – 3/2021** Updates from Tamara Youmans (RN, CWON), and Adrian Wilson, President – Here’s a photo from our most recent meeting, held March 8 at Jollymore’s restaurant in Lewiston, where we still meet every 2nd Monday of the month from 1230-130pm.

Ellen Dekan presented on the wonderful project she organized to get the word out that ostomy support group is available to all who need it. Ellen has devised a systematic way of reaching Doctor’s offices and clinics, hospitals and LTC facilities, so people can know a support group is available. Tamara presented on tips for controlling ostomy pouch odor and Adrian supplemented the presentation with products to pass around and samples for people to take, if they wanted. We all signed a thank you card for Jollymore’s, as they have been so gracious in accommodating our group every month!



We also welcomed newcomers and had open discussion time, something we all treasure in this group. We plan to keep meeting at Jollymore’s until further notice, when the hospital is able to facilitate our meetings again and still be in compliance with their COVID rules. Our guest speaker May 10 will be Michelle from Safe and Simple. We invited the Palouse group to join us. We have 2 large projects going on. We will be sending a letter with patients’ bill of rights, business cards and extending the offer of support to all the surrounding hospitals, nursing homes and home care providers. Ellen Dekan will provide support to keep checking where we place supplies so she can replenish them as needed. Our next project is to gather any expired products from the local pharmacies and members. We are sending these to a group in Kentucky for distribution to third world countries.

**Special Note:** St. Joseph’s Regional Medical Center located at 415 6<sup>th</sup> 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, ID – 03/2021** Update from Frances Newcombe BSN RN CWON – Our Palouse group continues to hold monthly Zoom meetings on the first Wednesday each

Continued next page.



month. Generally, we focus on personal discussions and mutual help. Three members of our group, two ostomates and WOCN Frances Newcombe, completed a Visitor Training program taught by Carol Nelson of the Spokane Ostomy Support Group. On March 2, some of us joined a Zoom meet with the Spokane OSG to hear Carol Nelson’s presentation on Core Conditioning with Pilates.

- **Spokane Ostomy Support Group - Spokane, WA:** 03/22/2021 – Report from Susie Weller, Facilitator: Thanks to a generous donation from Keith Alloway, our Treasurer, we started 2021 by enjoying more relaxed meetings through Zoom Pro. This gift allowed a newer ostomate to have more time to speak with Michelle Best, a WOCN, to explore solutions for fixing a leaking wafer. In February, we shared video resources that addressed sensitive topics, such as sexual intimacy. In March, Carol Nelson, our Peer Mentor Support Coordinator, and Rich Judd from Byram Healthcare, collaborated on a presentation, “*Keeping Our Bellies Strong*,” focused on abdominal exercises to strengthen stomach muscles and wearing ostomy belts with different widths can prevent hernias.
- **Mid-Columbia Ostomy Support Group - Tri-Cities, WA** – 03/03/2021 Update from Lisa Bartholomew (CWOCN) – We will not have a meeting in April. At this point, May will be a zoom meeting. We plan on talking about “*Keeping humor in your life when you have an ostomy*.” I am hoping our ostomates will bring their stories to the meeting. All is subject to change, so please stay in touch!
- **Confluence Health Ostomy Support Group - Wenatchee, WA:** 03/05/2021 – Tyree Fender, CWOCN – There are no new changes for our group since we last chatted. We are not able to meet until the restrictions are improved. Our support group opted to not have a Zoom meeting and only want to meet in person when we can.
- **Yakima Ostomy Support Group - Yakima, WA:** 03/13/2020 – Kanista Masovero, CWOCN – Things are better here in Yakima, but I don’t think we can have our support group meetings until fall. It may not be at the hospital, so I might have to search for an alternative place. Thanks, Kanista. ■

## Honoring Long-Serving Leaders!

### Coeur d’Alene Ostomy Association, Idaho

The Coeur d’Alene support group is undergoing major changes! WOCN **Shari Gabourie**, founder of the support group, announced that she will retire at the end of May, and long-serving President **Sherron West** recently submitted her resignation letter. Both of these dedicated women made significant contributions to the ostomate community during their many years of service! Thank you!

As a new graduate nurse working with a person with a difficult urostomy in 1979, **Shari Gabourie** was drawn to and hooked by treating and improving the lives of ostomates. In 1988 she became an Enterostomal (ET) Nurse Assistant at Kootenai Memorial and had the great privilege of training under Dorothy Thielman, Kootenai Health’s first Enterostomal Nurse. Shari reflected that “*Dorothy changed my life forever and I will also be grateful for having the opportunity to have worked with one of the finest nurses I have ever met.*” Shari says she has enjoyed every year helping individuals with ostomy and wound needs, and notes “*I feel extremely privileged I was given the opportunity to have been a part this growing field of specialty nursing and working for Kootenai Health. The friends and the wonderful patients I have met though the many years will stick with me forever. I am grateful for being able to help each of you because helping you made me grow and become a much better nurse and person.*” She was also blessed when Sherron West entered her life and together they started Ostomy Support



Continued next page.



Group back up again. Shari said “Sherron is one of the most inspiring individuals I have ever met and how fortunate for me and all of you she entered our lives. I am profoundly grateful for all she has done. I will miss my job. It has been a blessing that I was given the opportunity to be Kootenai Health’s Ostomy nurse for so many wonderful years. And now, I plan on more time with my husband Fred of 43 years, and to travel, enjoy my family and play in my garden and yard. Thank all of you for being a part of my life. Every one of you are incredibly special in my heart.”

Following surgery in 1988 that left her with a colostomy, **Sherron West** served ostomy support groups in several communities around the Western US. Sherron benefited significantly from joining a local support group in San Jose, California until moving to Colorado in 1992. And as is her nature, she joined a local support group in Colorado Springs, there serving five years as President. In 1998, the resilient Sherron and her supportive husband Paul moved to Placerville, CA where she again led a local support group for 12 years and helped publish a newsletter for ostomates in the community. Apparently Sherron grew restless since she and Paul then resettled in Coeur d’Alene, Idaho. Surgery in 2014 removed the remainder of her colon leaving her with an ileostomy, and she’s led the CDA Ostomy Association since it was started by Shari Gabourie in 2015. In her resignation letter, Sherron comments



- “Thank you for allowing me to carry that position these last five years. You have blessed my life in so many ways. “I still want to continue my membership and will volunteer to help in any way I can.”
- “Shari is retiring, and we will miss her terribly. She has been such a dear friend who is always willing to help in any way she can.”
- “We are one of around 325 support groups throughout the USA that are Chapters of UOAA.....United Ostomy Associations of America. They have wonderful information on their website about colostomies, ileostomies, urostomies, nutrition, etc., plus chat rooms, activities, and national conferences; go to [uoa.org](http://uoa.org) or [Ostomy.org](http://Ostomy.org). They also have a wonderful magazine, *The Phoenix*. “

Sherron also expressed her deep appreciation to Rich Judd with Byram Healthcare for his many years of support of and service to the members of the Coeur d’Alene Ostomy Association!

Shari Gabourie concluded her comments with “I am passing the torch to another WOCN who has the passion and love for the specialty as I have. **Nancy Luckey** will be the ‘expert’ in outpatient ostomy care. Tanna Moore, Nikki Peters, Cindy Hale and Cindy Radavich are the inpatient WOC nurses. I can leave feeling confident that the needs of ostomy individuals in our community will be met and met with great skill and passion by these extremely skilled nurses and wonderful people. I will miss my job. It has been a blessing that I was given the opportunity to be Kootenai Health’s Ostomy nurse for so many wonderful years.” ■



*This morning I saw a neighbor talking to her dog. It was obvious she thought her dog understood her. I went back into my house and told my cat. We laughed a lot.*



*Never in a million years could I have imagined I would go up to a bank teller wearing a mask and ask for money.*





## NURSE’S CORNER

### A Tip from a Nurse Using Paste as a Waterproof Filler

From “The Pouch” Northern Virginia; Via “Live and Learn” St. Louis, Missouri

Hi, All — When I had my recent surgery in March, I talked with an ostomy nurse about reducing leakage. My ileostomy was created on a (MACE) scar so the skin dips deeply on both sides of the wafer adhering to my abdomen. I use seals (sometimes rolled, but not always), *Stomahesive* strips, and even the material itself when I cut out stoma holes on my wafer to buttress the skin on my abdomen and try to make the area flat. The nurse suggested PASTE, and I’d used that before around the hole for the stoma. But this was a new use. If you put a small amount of paste (any kind, I think) and press it down and add a small amount of water to it and press it in place, it acts like a horizontal or vertical (or other shape) kind of material to fill in gaps on your abdomen. Give it a try with a few droplets of water — and let it dry. ■



## QUARTERY ARTICLES & TIPS

### New Ostomates Deserve Our Best

By Ellyn Mantell\*

Courtesy of UOAA: <https://www.ostomy.org/new-ostomates-deserve-our-best/>

#### Welcome to my fantasy.

We all have our fantasies, so come along with me as I describe one of mine...new ostomates (those with ileostomy, colostomy or urostomy, all having had stoma surgery) would begin their adjustment to their new life with all of their questions answered, they would have knowledge and be welcomed into an [Ostomy Support Group](#), they would have a connection with a Wound, Ostomy, and Continence Nurse (WOCN) and they would recognize what a gift, what a lifesaver an ostomy is.

My concern is that this is not the usual for ostomates, either new or even those who have them for many years. In New Jersey, particularly where I live, there are many resources available, and yet, even in our sophisticated arena, many ostomates leave the hospital uninformed and underserved. Prior to Covid-19, I visited patients in the hospital or in rehab facilities to answer their questions. I brought journals and pens so they could write their emotions, concerns, and observations, and refer back to their notes as they made progress. I am so anxious to return to that important undertaking as soon as it is safe to do so.



When I had my surgery in March of 2014, my surgeon told me I would be in the hospital for 5-7 days. However, I felt so well, so quickly, that I was able to leave 4 days later. That was pushing the envelope, but I was so used to recovering from abdominal surgeries, having had 22 before that, my ability to go into recovery mode was well-entrenched. The majority of patients need so much more time, and now, even 4 days is more than they are offered.

Back to my fantasy, and my pipe dream of a great transition for new ostomates:

#### How can questions be answered, and knowledge gained as needed?

The majority of ostomies, even those performed in an emergent situation, require marking the abdomen for placement of the stoma (opening). That is typically done by the [Wound, Ostomy, and Continence Nurse](#)

Continued next page.



(WOCN) and that is the person who comes to the patient’s room post-op to begin to prepare the ostomate for life at home. In an ideal world, the WOC nurse has written information to share, which once home, will make more sense, and provides contact information for any questions. Additionally, the ostomate is put in touch with the United Ostomy Associations of America to become part of a bigger group of kindred people.

### How do we find Ostomy Support Groups in our area?

I am involved in three [Support Groups](#), becoming president of one already formed when I had my ileostomy, and then worked with WOC nurses at two other hospitals in the area to form new ones. Until Covid hit, these were growing so nicely. But we are meeting virtually now, and staying as close as possible, knowing that the day will come when we are back together. It is wonderful to see “my people” who share my concerns, experiences and fears and accomplishments. We help each other in countless ways. People reach out to me through the WOC nurses in the area, United Ostomy Associations of America, [The Phoenix Magazine](#), the American Cancer Society, three hospitals, and through word of mouth. Because I am so open and revealing about my ileostomy and Lily, my stoma, I believe my name pops into the minds of people when they know someone in need.

### Ostomies are Lifesavers! “Read all about it!”

An ostomy provides the gift of health for many, many medical situations, including cancer, ulcerative colitis, Crohn’s disease, diverticulitis, motility issues and devastating organ injury. We live in good times for our supplies and the ability to try new and innovative appliances and accessories. The *Phoenix Magazine* is a great resource for all and assists in wading through the confusion many feel. Motivational stories and practical guidance round out the offerings.



### A final word about those we call our Angels...the Wound and Ostomy Nurses.

Establish a relationship with one, and if there is an Ostomy Clinic or Ostomy Center in your area, use it! These nurses are your connection to proper fitting of appliances, acquiring the correct supplies and accessories, answering questions and for personal support, as well as the ability to refer to a Support Group. More and more WOCNs are entering the private sector and providing services such as home visits, particularly to those who cannot travel to a clinic or office, and your surgeon may even have one in the office to help navigate the transition to life as an ostomate. We call our WOC nurses our Angels, and that is exactly what they are, ladies and gentlemen, angels with big wings to support us!

*\*Ellyn Mantell is a UOAA advocate and Affiliated Support Group leader from New Jersey. You can follow her personal blog at [morethanmyostomy.com](http://morethanmyostomy.com).*

**Editor’s Note:** The following are just a few of the important resources available for free download through the UOAA that new ostomates should immediately have as a reference library:

- 1) “New Patient Ostomy Guide” - <https://www.ostomy.org/wp-content/uploads/2020/10/UOAA-New-Ostomy-Patient-Guide-2020-10.pdf>
- 2) “Eating with an Ostomy” - [https://www.ostomy.org/wp-content/uploads/2020/07/Eating\\_with\\_an\\_Ostomy\\_2020-07.pdf](https://www.ostomy.org/wp-content/uploads/2020/07/Eating_with_an_Ostomy_2020-07.pdf)
- 3) “Living with an Ostomy” brochure - [https://www.ostomy.org/wp-content/uploads/2018/12/UOAA\\_Living\\_with\\_An\\_Ostomy\\_Pamphlet.pdf](https://www.ostomy.org/wp-content/uploads/2018/12/UOAA_Living_with_An_Ostomy_Pamphlet.pdf)
- 4) “Ostomy 101” - [https://www.ostomy.org/wp-content/uploads/2019/03/ostomy\\_infographic\\_20170812.pdf?direct=1](https://www.ostomy.org/wp-content/uploads/2019/03/ostomy_infographic_20170812.pdf?direct=1)

*I need to practice social distancing from the refrigerator!*





## Fitness and Core Conditioning Pilates and Other Options

By Phil Moyle and Carol Nelson, Spokane Ostomy Support Group, Washington

The Pilates method of exercise can contribute significantly to maintaining your fitness, particularly your vital core, those muscles that support your stomach and back. This can play a role in hernia prevention according to Carol Nelson during a Zoom presentation to the Spokane Ostomy Support Group on March 2. Members of the Palouse Ostomy Support Group also joined the meeting. Diagnosed with ulcerative colitis at age 14, after 9 ½ years of suffering Carol underwent ileostomy surgery, giving her a life free from pain. She and her husband, Bruce, now have three grown children (the first born 13 months after surgery!) and eight grandchildren. Through all of those years, Carol maintained a regimen of exercise to remain fit, finding that Pilates provides her with the best core conditioning.

There are many Pilates DVDs that are widely available everywhere from Amazon to Walmart. If you have internet access, here are a couple of Pilates workouts on YouTube that would be good for beginners. As you progress, you can look for longer and more advanced workouts:

- “Gentle Pilates 15 min workout for beginners” - <https://www.youtube.com/watch?v=CdjRQ6GG8bA>
- “Gentle Pilates 20 min workout for beginners” - [https://www.youtube.com/watch?v=jsn\\_dV1BmWc](https://www.youtube.com/watch?v=jsn_dV1BmWc)

The UOAA recently highlighted a YouTube video by Ryan Hodgkinson, an ostomate and a trained Pilates instructor. Check out his video:

- “Pilates and Core Training for Ostomates” - <https://www.youtube.com/watch?v=fL7yaBiE0Cc>

Frances Newcombe, a WOCN with the Palouse OSG in Moscow, Idaho, recommended yet another exercise website that provides a range of conditioning videos:

- “Senior Fitness with Meredith” - <https://www.seniorfitnesswithmeredith.com/homepage/>

Patrick McNamee, author of “Increasing Core Strength- Using the safety and security of unilateral exercises for success” in the Spring 2021 *Phoenix* magazine (p. 38) uses resistance bands for his workout to increase core strength. While not a Pilates workout, it would help strengthen those all-important core muscles.

★ **Remember** that your stoma is essentially a surgical pathway through which a hernia can form if the musculature is weakened or overstressed. To prevent hernia formation, it is important to maintain a strong abdominal core and to practice safe lifting techniques. ■



## Record Keeping – How Often Do You Change Your Appliance?

By Phil Moyle, Spokane Ostomy Support Group, Washington  
and Karen Barron, Palouse Ostomy Support Group, Moscow, Idaho

How often do you change your ostomy appliance? How about regularity? What causes you to change? Same reason every time? Or does the cause vary – “leakage” or “itch” or “you’re going on a date” or “it’s just time?” Should we keep a record of our appliance changes and the causes for replacing the old one?

While sharing “condition updates” during recent Zoom meetings of the Palouse Ostomy Support Group in Moscow, Idaho, and also during a combined meeting with the Spokane Ostomy Support Group, Karen Barron

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spoke up about “a recent incident” (*don’t we all know what that means*) and how she tracks appliance changes. On a paper sheet, Karen records the date and a code to document the cause, a simple but effective tracking system. Carol Nelson suggested a similar option that many ostomates use which is to simply circle the dates of changes on a calendar, similar to the one shown below that illustrates circled dates of appliance changes. The key is to use whatever system works best for you. For many ostomates, monotonous regularity is a blessing; so “X” days of wear time and change for the same reason. Tracking wear time and the reasons for appliance change can be helpful if you need to assess trends, whether seasonal, health, diet, or simply aging.

Bottom line, I really learned somethings from Karen and Carol. Recording and assessing this information not only provides an ostomate with a long-term record of the condition and performance of an ostomy, but it also gives one confidence that we know what is going on and can recognize a pattern of significant changes. Since each of us is different, consider developing your own unique code that reflects the behavior of your ostomy. Following is a generic coding system similar to what I use: “I” = itching/burning; “L” = leakage; “V” = vent failure; and “W” = worn out, time to change. If some new causes of failure start creeping into your pattern or other changes occur, maybe it’s time to consult with a WOCN. They’re the ones with the technical training and special knowledge to help assess your appliance and changing needs!

My 2021 Ostomy Appliance Tracker																										
January							February							March												
Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su						
					1	2	3	1	2	3	4	5	6	7	1	2	3	4	5	6	7					
4	5	6	7	8	9	10	8	9	10	11	12	13	14	8	9	10	11	12	13	14						
11	12	13	14	15	16	17	15	16	17	18	19	20	21	15	16	17	18	19	20	21						
18	19	20	21	22	23	24	22	23	24	25	26	27	28	22	23	24	25	26	27	28						
25	26	27	28	29	30	31								29	30	31										
April							May							June												
Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su						
					1	2	3	4						1	2						1	2	3	4	5	6
5	6	7	8	9	10	11	3	4	5	6	7	8	9	7	8	9	10	11	12	13						
12	13	14	15	16	17	18	10	11	12	13	14	15	16	14	15	16	17	18	19	20						
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**Editor’s Note:** UOAA’s “New Ostomy Patient Guide” (2020), twice suggests recording wear time in a calendar (pages 30 and 50). ■



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### 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](mailto: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. (To verify the status of meeting schedules during the COVID-19 pandemic, first check with Keith Alloway, 509-847-5999, or email him at [KL.alloway@comcast.net](mailto:KL.alloway@comcast.net).)

**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

(Regular meeting info shown below. **Due to COVID-19 masking and distancing guidelines** by the CDC and state/local authorities, 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.
- Contact: Nancy Luckey RN, BSN, CWON at 208- 625-6944 - Kootenai Outpatient Wound Clinic.

### **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 (January-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.

\* Please let us know if errors need to be corrected or changes made to the ABOVE information: