



Welcome Inland Northwest Ostomates!



AUTUMN



CONTENTS

WHAZZ UP ----- 1

Regional OSG Meetings ----- 1

Diversion Inspiration & Humor -----2

National Spotlight

- Selected Highlights -----3

Regional/Local Ostomy Support Groups

- Activities & Announcements ----- 4

Quarterly Articles and Tips

- How to Burp an Ostomy Bag----- -- 6
- New Research – Decline in New Ostomates--7
- Having an Ostomy Can Be Exhausting----- 9

Important Support Contacts & Links -----11

Inland NW Ostomate Support Groups ----- 12

- Ostomy Support Group Contacts

WHAZZ UP

Greetings again to all of you in the Ostomy Communities of the Inland Northwest!

A delightful chill now greets us each morning as the heat of summer 2022 fades. I for one welcome the relief. Our seven ostomy support groups continue in different directions due to the long-term lingering effects of Covid plus other challenges. This may be a good time for ostomates who have benefited from association with support groups to step up into leadership roles, continuing to assist other ostomates transitioning from the shock and trauma of surgery to a new life norm. A support group need NOT meet every month nor arrange speakers for each meeting. Their supporting role can be effectively accomplished in just three or four meetings a year. And since hospitals and some clinics cannot host support meetings for the foreseeable future, alternative meeting rooms can be reserved free of charge at a local library or community center. And your agenda need only be to provide a safe haven for ostomates to share their journey with others and to mentor new ostomates!

Continued next page.

REGIONAL OSG MEETINGS *



Fall 2022 (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 lead WOCN for updates on upcoming meetings.

Coeur d'Alene, ID: >> Regular ostomy support meetings canceled until further notice. Seeking volunteers for support group leadership.

Lewiston, ID-Clarkston, WA: Second Monday, January-November, 12:30-1:30 pm, now at Canyon's Church, 717 15th St. in Clarkston, WA:

- Oct. 10: Meet in person - Ostomy Support.
- Nov. 14: Meet in person - Ostomy Support.
- Dec. 12: Meet in person - Ostomy Support.

Palouse - Moscow, ID: Zoom meetings are usually held at 5:30 pm the first Wednesday each month until further notice. Invitations will be sent out monthly:

- Oct. 5: Zoom meet - Ostomy Support.
- Nov. 2: Zoom meet - Ostomy Support.
- Dec. 7: Zoom meet - Ostomy Support.

Spokane: First Tuesday each month, January – December, 6:30-8:00 pm via Zoom. Invitations sent prior to each meeting. Call 509-601-3892 with questions:

- Oct. 1: Run for Resilience – Manito Park
- Nov. 1: Zoom – Ostomy Buzz-Joy Hopper.
- Dec. 6: Zoom - Etiquette Away from Home

Tri-Cities: Second Thursday five months each year. Meet 4:30-6:00 pm in Sycamore Rm at the Health Plex:
>> No meetings scheduled at this time.

Wenatchee: >> Regular ostomy support meetings canceled until further notice.

Yakima: >> Meetings held third Wednesday bimonthly; 10:00-11:00 am in the Cascade Community Room at North Star Lodge, 808 N 39th Ave, Yakima, WA:
Nov. 9: Speaker TBA - Ostomy Support.

NOTE: Details about each support group's leaders and locations are listed on page 12. However, due to Covid, some groups are not meeting in person.



This fall issue of “InSider” Newsletter highlights recent and planned activities and opportunities sponsored by the United Ostomy Associations of America (UOAA), especially **Ostomy Awareness Day** and the **2022 Run for Resilience Ostomy 5k** to be held on October 1. We also offer support group activity reports with updates on leadership, contacts, etc. Finally, **Quarterly Articles and Tips** offers helpful info on **How to Burp an Ostomy Bag**, **Research on the Decline in New Ostomates**, and **Having an Ostomy Can Be Exhausting**.

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! ■

NATIONAL SPOTLIGHT Selected Highlights

The UOAA continues its efforts to inform and advocate for the ostomate community in the U.S. and beyond! Following are reports on two important UOAA activities!!

2022 Youth Rally: By Carol Nelson

In July, I attended the **2022 Virtual Youth Rally** for the third year. The Youth Rally is more than 30 years old and has provided 11-17-year-old youth who live with conditions of the bowel and/or bladder the opportunity to meet others with the same condition. For many first-time attendees it is the first time they have met anyone else with their particular condition.



Once a part of the former UOA, the youth rally is now run by The Youth Rally Committee a non-profit organization. The board, counselors, WOCNs and others who make the program possible are all volunteers. Most of the volunteers also live with conditions of the bowel and bladder. The mission of the Youth Rally, “To provide an environment for adolescents living with conditions of the bowel and bladder that encourages self-confidence and independent living,” is what unites this large group of volunteers.

During July’s session, attendees participated in virtual Escape Room, Geo Quest, and Trivia. These activities required the campers to work together to solve various problems. The enthusiasm of all participants, campers and volunteers during these activities was amazing. And of course, the camper groups beat the counselor groups each time! Educational sessions were also available and were arranged by diagnosis and/or age groups. These sessions allowed campers to learn more about their condition and ask questions. This was just the type of camp I would have benefited from when I was first diagnosed at 14.

If you are interested in learning more about the group or making a donation visit www.youthrally.org.



Many thanks to Lynn Brink and Carol Nelson for their helpful editorial reviews of this newsletter!



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

It is literally true
that you can succeed
best and quickest by helping
others to succeed.

-Napoleon Hill

We Appreciate Our Sponsors



Coloplast



COLO-MAJIC
THE LINER PEOPLE

Run for Resilience Ostomy 5K: In-person **Run for Resilience Ostomy 5k** events will take place at several cities in the United States including Boise, Idaho and Vancouver, Washington. You can still participate in person at locations nationwide this **Ostomy Awareness Day, Saturday, Oct. 1, 2022, IF** you register by September 23, 2022! Or you can participate virtually by registering. Use hyperlink on RfR image. >>

The **SPOKANE Ostomy Support Group** will hold an in-person social and activity event by the North Shelter in Manito Park at 10 AM on Saturday, October 1 to recognize **Ostomy Awareness Day**. Participants do NOT need to be registered. Activities include a walk through the park gardens followed by a raffle, bag lunch, and socializing. ■




StomaGenie®

(844) 696-7866
info@stomagenics.com
www.stomagenics.com



What is the purpose for StomaGenie?

To cover a stoma during a pouch change, contain output and cleanly dispose of once change is complete.



Is StomaGenie covered by insurance?

YES! You are allowed up to 30 cartridges per month and is available through all major ostomy supply distributors.



Is StomaGenie for me?

StomaGenie can be used with any manufactured pouch. Urostomies, ileostomies and fluid colostomies can all benefit.



How do I order StomaGenie?

You can order it through your ostomy supply distributor, Amazon or Medical Monks.

Please call us with any questions!



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 and group leadership. *Remember, please contact your support group coordinator/leader for up-to-date information!*

- **Coeur D’Alene Ostomy Association, ID:** 9/6/2022 - Update from Nancy Luckey, RN, BSN, WOCN – The Coeur d’Alene chapter meetings remain on hold due to COVID. [We are currently seeking an ostomy support group leader.](#) If anyone is interested in volunteering to lead the support group, or if ostomates have questions, please reach out to Nancy Luckey RN, BSN, CWON. Nancy can be reached at 208-625-6944, Mondays and Tuesdays 8-4:30.
- **Lewiston, ID-Clarkston, WA United Ostomy Support Group:** 9/6/2022 - Update from Samantha Musser, WOCN, and Adrian Wilson, President – Now meeting at Canyon’s Church, 717 15th St. in Clarkston, WA in Clarkston, 12:30 to 1:30 pm every 2nd Monday of the month.
- **Palouse Ostomy Support Group - Moscow, ID:** 9/6/2022 Update from Linda Loomis, President – Palouse Support Group has enjoyed meeting monthly via Zoom. We plan to continue via Zoom; meetings are usually held at 5:30 pm the first Wednesday each month until further notice. Invitations with specific date and time will be sent out monthly.
- **Spokane Ostomy Support Group - Spokane, WA:** 9/19/2022 - Report by Carol Nelson, Facilitator ([509-601-3892](tel:509-601-3892)) – What a wonderful time we had at our meetings this summer. Gathering in person is so good for us in so many ways! We were able to catch up on each other, ask and answer questions as a group, get together by surgery. And we can’t forget our guest speaker, Teresa Patterson, the first in-person presentation we’ve had since March 2020! Everyone in attendance learned a lot about hernias and thoroughly enjoyed being able to ask questions to a live person.



[Spokane OSG Meeting,](#)
Sept. 6, in Manito Park:
Teresa Patterson, CWOCN,
Sacred Heart Ostomy Clinic,
leads discussion about stoma
hernias.

Summer 2022: Our first meeting at the Manito Park North Shelter this summer was on July 5, where we all enjoyed ice cream treats and seeing each other in person for the first time in a year. Much of the time was dedicated to reintroducing ourselves and sharing things that went well and things we have learned. The one-on-one visiting was a chance to share tips and tricks that help us live well with ostomies. August 2nd found us again at Manito Park. After introducing ourselves, we had more time to meet in surgery type groups. With several new members in attendance, this helped us connect with them on a personal level. The idea for a presentation on hernias came out of these discussions. It was so nice to renew friendships during these more informal meetings. We welcomed our first in-person presentation in two years on September 6th. Teresa Patterson gave us lots of information about hernias, including prevention, what to look for, how to manage, and products available. A thanks to Rich Judd who brought samples of different types of hernia belts to show the group.

[Continued next page.](#)



Fall 2022: Our first fall meeting will be on **Saturday October 1st**, instead of the following Tuesday. October 1st is **Ostomy Awareness Day** and the **Run for Resilience**. We plan to meet up at 10:00 am by the North Shelter in Manito Park. Those who would like to stroll around the park’s many flower gardens and picnic areas will head out from there. Feel free to walk, run, or jog as long as you like. Bring a sack lunch and join us back at the picnic tables by the North Shelter for socializing and a raffle with several prizes. Come celebrate Ostomates!! See you in **Manito Park!!** **Tuesday November 1st** we will meet via Zoom. Joy Hopper, WOCN, a professional speaker and inventor of the Anatomical Apron, will talk about what’s new in the ostomy world. The advances in products and appliances are moving so quickly, it’s hard to keep up. Joy will highlight new products and appliances that we may not have heard about yet. And our next meeting will also be via Zoom be on **Tuesday December 6th**, just in time for holiday shopping and all those get gatherings with friends and family, our topic will be **bathroom etiquette away from home**. This will be helpful for all of those who hesitate to use a public bathroom or a bathroom at a friend’s home.

- **Mid-Columbia Ostomy Support Group - Tri-Cities, WA:** No response was received by our publication date. Local WOCN are working to restore a meeting schedule. Volunteers? Call [509- 942-2266](tel:509-942-2266).
- **Confluence Health Ostomy Support Group - Wenatchee, WA:** 9/6/2022 – Tyree Fender, CWOCN – Right now we still can’t hold support group meetings at the hospital. Our group members do not want to use Zoom or meet at another place. I hope we can get back into the support group meetings soon.
- **Yakima Ostomy Support Group - Yakima, WA:** 9/6/2022 – Kanista Masovero, CWOCN – Meetings held third Wednesday bimonthly; 10:00-11:00 am in the Cascade Community Room at North Star Lodge in Yakima. Our guest speaker on September 14 was Rich Judd from Byram Healthcare. Our next meeting will be held on Nov. 9; speaker and topic **To Be Arranged**. Thanks, , , Kanista. ■

In case you’re interested, here are some thoughts about growing older:

- **My doctor asked if anyone in my family suffered from mental illness and I said, “No, we all seem to enjoy it.”**
- **Just once, I want a username and password prompt to say, “Close enough.”**
- **I’m a multitasker. I can listen, ignore and forget all at the same time!**
- **Retirement to-do list: Wake up. — I Nailed it!**
- **Sometimes it takes me all day to get nothing done.**
- **I don’t trip, I do random gravity checks.** 😊



HELPFUL HINTS FROM HERE AND THERE

SOURCE: *Ostomy Oracles – Crouse Hospital, Syracuse*

- Why not empty your pouch each time you urinate? No need to wait until you are full. While in the "neighborhood" just do it.
- Two or three tablespoons of plain baking soda in water when washing around the stoma will not only help heal the skin but relieve itching too.
- Watch your appliance if you are beginning any new medications. Contact your doctor immediately if you suspect the medicine is going straight in and straight out. (Editor’s note: I once found undigested iron pills in the toilet bowl. Digestive acids had removed the coating, but the rest of the pill still went through.)
- Carry an extra *tail closure* with you in case one goes "down the drain" or slides across the public restroom floor. (Or use the pouches with the Velcro closures.) It could prove critical to your entire program as well as your morale.
- Wash reusable plastic pouches in COLD water. Hot water does not get them cleaner, but it does weaken the pouch and can destroy the odor-proofing. Hot water locks color and odor into the pores of the plastic.

QUARTERLY ARTICLES & TIPS

How to Burp an Ostomy Bag



Modified from Vegan Ostomy and Vancouver Ostomy HighLife, Vancouver, Canada

What Does it Mean to “Burp” an Ostomy Bag? “Burping” means to manually remove gas from an ostomy pouch either through the outlet on the bottom or by a small gap between the flange on a two-piece appliance.

“But shouldn’t the filter on an ostomy pouch already do that?”

In an ideal world, yes. Unfortunately, we don’t live in an ideal world! Most ostomates find that the filter on their appliance tends to either not work at all or clog up quickly and stops working soon after. When this happens, gas builds up in the bag and that can cause “ballooning”, which can lead to lead to leaks and/or a very noticeable bulge under clothing. Usually, an ostomate who has a ballooned pouch often has to visit the bathroom and empty their appliance, oftentimes when it has no solid output in it. This can be annoying and time-consuming, which is why burping your appliance can be a great little shortcut to use.

A Few Warnings Like most shortcuts, burping an appliance isn’t without risks. I’ll highlight some important ones below.

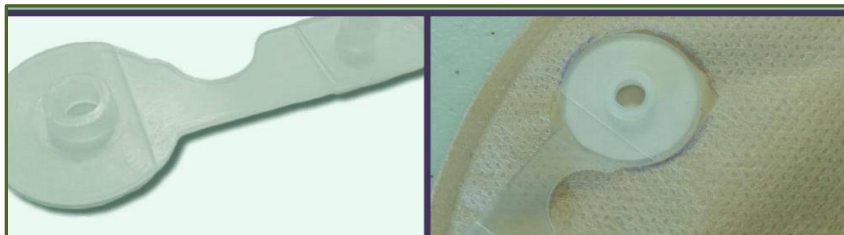
- **Smell.** There’s no escaping this one, although some pouch deodorants can help. When you release gas from your ostomy pouch, it’s pretty much like farting out in the open. There will be an odor, often times quite strong, so be mindful of where you do this. I recommend heading for a bathroom.
- **Leaks.** Burping your appliance may cause output to escape your bag. If done correctly, this should never happen.
- **Messy coupling.** You may not get a leak but opening up the coupling of your two-piece appliance may cause stool to get between the plastic rings of both your bag and wafer. Sometimes this can lead to odors or even stain your clothes.
- **Projectile poop!** When the velocity of gas escaping your pouch meets with a soiled bag, you can sometimes get poop splatter. I’m being serious. If you plan to burp your appliance and it’s really full of gas, take toilet paper and place it right on top of where you’re opening the coupling to catch anything that flies out.
- **Full pouch ejection!** Some two-piece systems work better than others, and the ones that don’t work well with burping often cause this catastrophic failure. If your two-piece coupling uses stiff plastic (i.e. Coloplast Sensura Click or Sensura Mio), then you won’t be able to easily open just a small crack for gas to escape. I would strongly recommend against burping if you’re using an appliance like that.
- **How to Burp an Ostomy Bag** There are two main techniques for burping an ostomy bag, which I will explain below:
 - **Two-Piece with Mechanical Coupling** My preferred method of burping involves a two-piece system with a mechanical coupling. I find that the Hollister New Image two-piece is one of the best for this, but you can experiment with other brands to see which work best for you. The idea is to just slightly open the top part of your two-piece coupling enough to allow gas to escape.
 - **Burping a 2pc ostomy pouch** If done carefully, burping a 2pc appliance can be easy. This works best while standing and you can also apply gentle pressure to your pouch to help move the gas along. If you plan to do this while on your back, I highly suggest making sure that no output has collected around your stoma, or you’ll have a leak.



Continued next page.

Tip: I do not recommend using this technique with adhesive coupling systems as they are more prone to getting leaks and the adhesive weakens every time you reapply it. An example of an adhesive coupling system would be the Cymed 2pc.

- One-Piece Systems** While this technique is geared towards ostomates who don't wear two-piece systems, it can also be used when the two-piece system isn't ideal (i.e., adhesive coupling or stiff plastic coupling). This technique involves opening the outlet at the bottom of your drainable bag to release gas. Gas can easily escape from the outlet of any drainable bag. The only easy way to do this is to lay on your back and lift the tail of your appliance up so that any stool will fall towards the top of your appliance (and away from the outlet). When you are sure that no output is near the outlet, you can carefully open the outlet and allow gas to escape.
- Burping an ostomy bag laying down** While on your back, point the outlet upwards to allow gas to rise up and output to slide down. You may apply gentle pressure to your pouch to direct gas outwards but use caution as this may cause stool to escape. Once that's done, you can close the outlet and stand back up. If neither technique works for you, but you still want to burp your appliance, consider looking into the **Osto EZ-Vent**.



Osto EZ-Vent -- for more detailed review on use and application, <https://www.veganostomy.ca/osto-ez-vent-review/>.

- Osto EZ-Vent** is a product that you can apply to the pouch of just about any ostomy appliance, and it allows you to vent gas easily. The Osto EZ-Vent allows for an easier way to burp your ostomy pouch. Some people might like the convenience of using the Osto EZ-Vent over burping the usual way, but the device must be installed on your ostomy pouch BEFORE you wear it.

Closing Thoughts Burping your ostomy appliance can be a convenient way to relieve your pouch of ballooning. While you can burp just about any appliance using various techniques, you'll still want to be mindful of the smell it can produce and the risks of leaks (or worse). ■

New Research Explains Why There's a Decline in New Ostomates



By R. S. Elvey, Ostomy Association of Greater Chicago, Member
(The Pouch – Ostomy Support Group of Northern Virginia, May 2022)
(Condensed by Susie Leonard Weller)

Thanks to an increase in early testing and advanced surgical techniques, “Colorectal cancers have more hope than most cancers--and if caught early, it is curable.” says Dr. Kelly Tyler, MD. and member of UOAA's Medical Advisory Board. In the past, a diagnosis of colon cancer or Irritable Bowel Disease (IBD) often led to surgery involving partial or complete removal of the colon, a colectomy, and the creation of an ostomy. But in today's medical environment, if you are diagnosed with Ulcerative Colitis (UC), or Colorectal Cancer, there's a greater possibility that you might not need to have a colectomy or a partial colon removal surgery.

For many years, the only option for survival for people with severe UC who didn't respond to Steraped or Prednisone was to completely remove their colon. UC patients received either permanent ileostomies or j-pouches. Likewise, colon cancer surgery often resulted in portions of the colon being removed for a permanent or temporary colostomy.

Continued next page.



However, in the last 20 years, the advance of **biologic therapies*** for UC, and advanced surgical techniques for colon cancers show a paradigm shift in treatment options. *Biological therapies use portions of the body’s natural immune system to treat a disease. These new types of therapies also protect the body from the side effects of some of the treatments. For more details visit:

https://www.medicinenet.com/biological_therapy/article.htm.

A recent study by George Khoudari, MD, an internist at The Cleveland Clinic, has tracked the increase of biologics being initiated earlier in the treatment of Inflammatory Bowel Disease (IBD). The study showed: the **prevalence of colectomies declined by 10.8% from 2000 to 2019**. At the same time, there was an associated linear increase in the prevalence of biologic usage from 0.05% to 12.8%.”

Similar to treatment for UC, colon removal is also in decline in colorectal cancer surgery. If surgery is necessary, it can now be performed employing advanced surgical techniques that are minimally invasive, such as advanced robotic technology and laparoscopic resection surgery.

According to Dr. Tyler, advanced techniques are not only sphincter sparing, but also have fewer side effects on bladder function, bowel frequency, and sexual function. She’s able to do minimally invasive surgeries well over 80% of the time. With sphincter sparing surgeries, doctors are preserving everything they can. As a result, the rate of those needing a colostomy is much less than it used to be, and the rate of ostomy reversal is higher.

However, even with all the advances in treating UC and Colon Cancer, there will still be a percentage of patients that require permanent ileostomies or colostomies. Thankfully, with the assistance of the UOAA, local support groups, and Wound, Ostomy, and Continence Nurses, (WOCN’s), patients can lead enjoyable and meaningful lives with an ostomy. ■



GREAT OSTOMY ACCESSORIES

designed to
**Cleanse, Protect,
Secure and Assure**



Our Most Popular Products:

- SNS00525 - Peri-Stoma Cleanser & Adhesive Remover Wipes
- SNS00807 - No-Sting Skin Barrier Wipes
- SNS684U2 - Conforming Adhesive Seals
- SNS21130 - X-Tra Wide Skin Barrier Arcs
- SNS41408 - Assure C Odor Eliminator

A Cost Effective Brand to Enhance Your Life with An Ostomy!

- Available thru your valued product suppliers
- Covered by Medicare and most insurances



Clear. Comfortable. Confident.

844-767-6334
www.sns-medical.com

For more information or to request a sample please call our toll-free number or visit our website

Safe n Simple™ is a registered trademark of Safe n Simple, Inc.

4 Reasons Why Having an Ostomy Can Be Exhausting - Feeling Tired All the Time after Ostomy Surgery?

Via Ostomy Connection: <https://ostomyconnection.com/lifestyle/4-reasons-why-having-an-ostomy-can-be-exhausting>

Being an ostomate simply means your body works differently. In the case of a colostomy or ileostomy, you're functioning with little or no colon. That alone is truly remarkable, but before the applause, it can also be exhausting. Watch out for these four common energy zappers.

1. Trips to the Bathroom

While non-ostomates probably have one bowel movement per day, you might be in the bathroom several times per day emptying your ostomy pouch. This can happen more with an ileostomy or urostomy versus a colostomy. It's unavoidable, so just know that this ongoing need can leave you feeling pooped, especially for ostomates dealing with high output. And on days where you're changing your system, don't forget that this task also takes extra time and energy.

Quick tip: Drink fluids after each restroom trip. Rehydrating your body can help restore some lost energy.

Continued next page.

THE SOLUTION YOU'VE BEEN LOOKING FOR:

- 

BIODEGRADABLE
Convenience doesn't come at a cost to the environment.
- 

SAVE MONEY
Replace the liners not your pouches, saving you serious money.
- 

EASY TO FLUSH AWAY
Avoid mess, smells, and other challenges by using liners that you simply flush away!
- 

COVERED BY MOST PRIVATE INSURANCE
Our pouch liners are covered by most insurance plans, creating further cost savings.
- 

FREEDOM · CONFIDENCE · SECURITY
Leave home without fear. These liners will revolutionize your experience.
- 

SATISFACTION GUARANTEED
If you're not happy with our liners, let us know and we'll make it right.



COLO-MAJIC® the liner people



RECLAIM YOUR FREEDOM

Flushable pouch liners open up a world of possibility.

Visit us at www.ColoMajic.com
For more information please call 1-866-611-6028

Visit us at www.ColoMajic.com
For more information please call 1-866-611-6028

2. Lack of Sleep

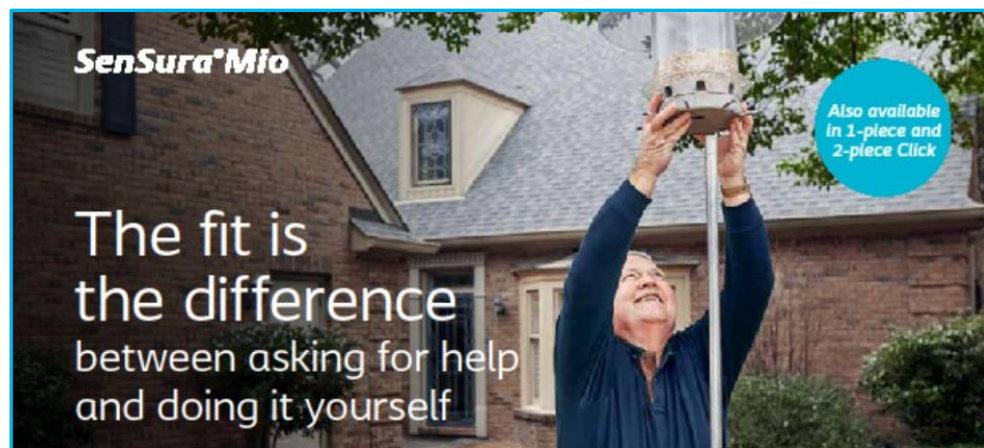
In the weeks following surgery, you may wake at least three times per night to empty the ostomy pouch. For some ostomates, it takes months for their bodies to heal or for output to slow down. Plus, if you were a stomach sleeper prior to surgery, adjusting to a side or back sleep position can be challenging. If days of broken sleep are turning into weeks or months, it’s no wonder why you’re feeling exhausted.

Quick Tip: Avoid eating large meals at night and know which foods run through the system faster. Don’t lean on caffeine drinks, Red Bull, etc. – take a power nap to help boost your energy. Get the best quality sleep possible to reduce fatigue.

3. Nutritional Deficiencies

Lack of proper nutrients can directly affect our bodies energy levels. If we don’t get enough nutrition from food, we tend to feel tired and sluggish. Vitamins, such as B-12, for ileostomy patients is highly recommended because much of your body’s essential nutrients are absorbed through the large intestine and ileum, body parts that you are missing or are reduced in size.

Quick tip: Eating healthy is important to getting proper nourishment for energy. Talk to your doctor about blood tests for deficiency of specific nutrients, such as vitamin B6, vitamin B12, folic acid, thiamine, and niacin.

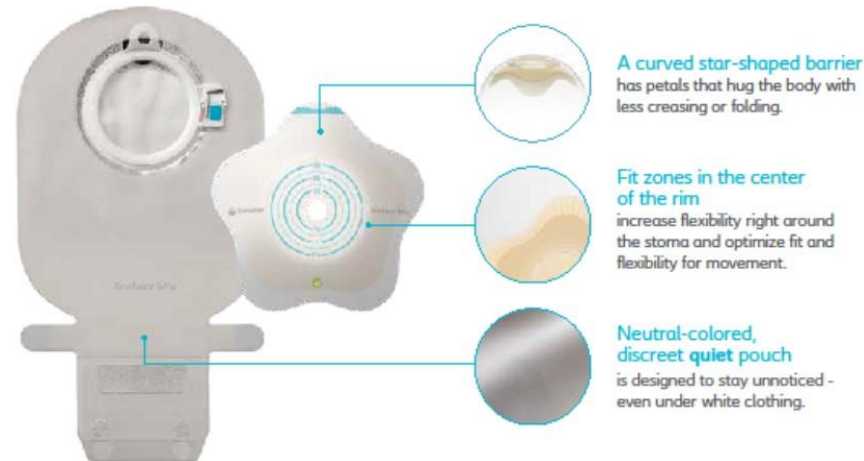


SenSura[®] Mio

The fit is the difference between asking for help and doing it yourself

Also available in 1-piece and 2-piece Click

SenSura[®] Mio Convex Flip has a star shaped barrier to provide a secure fit over curved areas, even when bending and stretching.



 Visit www.coloplast.com/bestfit
 Call us toll free at **1-833-679-0801**

Ostomy Care / Continence Care / Wound & Skin Care / Interventional Urology



Coloplast Corp. Minneapolis, MN 55411 / 1-800-533-0464

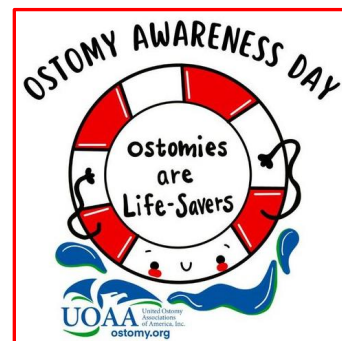
www.coloplast.us The Coloplast logo is a registered trademark of Coloplast A/S. © 2020 Coloplast Corp. All rights reserved.

PM-11979 07.20

4. Endless To-Do Lists

Engaging in too many daily activities—even fun activities—can sometimes leave ostomates feeling completely drained. Know your limits. Remember to reserve some energy for completing daily responsibilities. Over-scheduling yourself can equal over-exhausting yourself and may leave you feeling guilty or inadequate because you can’t keep up.

Quick Tip: Ask for help. Every ostomate should have an extra set of helping hands around for times when life gets crazy busy. Having an ostomy comes with a huge responsibility – always taking care of yourself. This may seem like a full-time job at first, but it’s an important step to creating a happier and healthier life. Remember that you’re absolutely unique; learn what works best for you. ■





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.

- One-year subscription \$19.95 Two-years: \$29.95
 Send FREE product samples, special offers and information.**

Payable to: The Phoenix, P.O. Box 15755, North Hollywood, CA 91615

Name _____

Email _____

Address _____ Apt/Suite _____

City _____ State _____ Zip _____

Now \$19.95



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

*Based on cover price of \$9.95. \$29.95 for Canadian one-year subscription. U.S. funds only. **Your contact information will be disclosed to third party companies to fulfill the request. Published March, June, September and December. If you are not satisfied for any reason, we will gladly refund your subscription.

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 (509-601-3892; 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.)

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

<http://www.hollister.com/>

<http://www.coloplast.us/Ostomy>

<http://www.convatec.com/ostomy/>



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

(* **Due to COVID-19** precautions, hospitals have been unable to host regular support group meetings.
Current schedules are listed on page 1.

Call your support group contacts to verify meeting times, agendas, locations, or via Zoom)

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

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

- Contact: Nancy Luckey RN, BSN, CWON at 208- 625-6944 - Kootenai Outpatient Wound Clinic.

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

- Contacts: Adrian Wilson, President at 509-254-3404; or Tri-State Memorial Hospital, Wound Healing (Ostomy Clinic), 1221 Highland Ave, Clarkston, WA.
- Meetings: Held monthly, January-November, 12:30 to 1:30 every 2nd Monday of the month, at Canyon’s Church, 717 15th St. in Clarkston, WA.

Spokane Ostomy Support Group, WA (# 349):

- Contacts: Carol Nelson - Facilitator, Visitation Program at 509-601-3892, carol@nelsonwheat.com.
- Meetings: Currently held via Zoom from 6:30-8:00 pm on the first Tuesday each month (October-June), and in person in Manito Park from 6:30-8:00 pm (July-September).

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

- Contacts: Lindsey Lewis, RN at 509- 942-2266, Nancy Serna, CWON, or Sara Koontz CWON; or Wayne Pelly (Visitation Chairperson) at 509-943-3223.
- Meetings: None planned at this time. Check online at <https://education.kadlec.org/registration/11-wellness/94-support-group-ostomy>.

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

- Contacts: Linda Loomis, President at 509-998-1309, Judith (Judy) Reid, RN, MS, CWON at 509-330-1265; Frances Newcombe, BSN, RN, CWON at 208-301-4981 or 208-882-4325.
- Meetings: Currently held first Wednesday each month via Zoom; February – December; 5:00-6:00 pm.

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.

Yakima Ostomy Support Group, WA:

- Contact: Kanista Masovero, RN, CWOCN at 509-575-8266 Virginia Mason Memorial Ostomy/Wound Care Services.
- Virginia Mason Memorial, 2811 Tieton Drive, Yakima, WA, usually in basement – Classroom C.

>> 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).