



Welcome Inland Northwest Ostomates!



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WHAZZ UP

Well, life has sure taken an unexpected pathway since our last newsletter, hasn't it! We are so grateful that our health remains good, that we have safe places to shelter, and we have family and friends for support. And I wish the same for ALL of you in your communities in Eastern Washington and Northern Idaho. There are so many dedicated folks out there keeping our stores stocked with food, making sure we have fuel and supplies available, including ostomy supplies, and especially those wonderful dedicated medical staff who remain on the front lines during the COVID-19 pandemic. Our sincere appreciation is extended particularly to the **nurses**, all of whom lead the charge, including our very own **WOCNs!!**

We are so THANKFUL!

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REGIONAL OSG MEETINGS*

Spring –2020

All in-person OSG meetings have been canceled for April. Check with your Ostomy Support Group Coordinator for updates on future meetings. Regional support groups are exploring ways to provide virtual and phone support.

Coeur d'Alene, ID: Third Thursday, February – November, 6:30-8:30 pm at Kootenai Health Medical Center, Coeur d'Alene, ID:
 April 16: Meeting Canceled – CONVID-19
 May 21: Ostomy Support – Status? ? ?
 June 18: Ostomy Support – Status? ? ?

Lewiston-Clarkston: Second Monday, January-December, 12:30-1:30 pm at Tri-State Memorial Hospital, Clarkston, WA:
 April 13: Meeting Canceled – CONVID-19
 May 11: Physical Therapist Johanna Strehle? ? ?
 June 8: Ostomy Support? ? ?

Palouse: First Wednesday each month; March – December; 5:00-6:00 pm at Gritman Medical Center, 700 S. Main St, Moscow, ID:
 April 1: Meeting Canceled – CONVID-19
 May 6: Meeting Canceled – CONVID-19
 June 3: Meeting Canceled – CONVID-19

Spokane: First Tuesday each month; February – November; 6:30-8:00 pm at Sacred Heart Medical Center, Sacred Heart Women's Center, Avista A & B Room, Spokane, WA:
 April 7: Meeting Canceled – CONVID-19
 May 5: Active Lifestyle – Q&A – WOCN???
 June 2: Appliances, Pouching Systems???

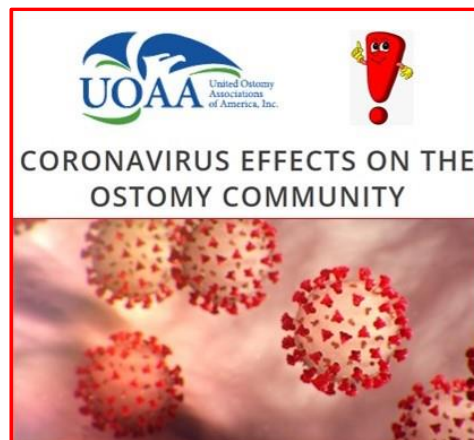
Tri-Cities: Second Thursday five months each year at Kadlec Healthplex, 1268 Lee Blvd; except July 12, Ice Cream Social will be at main Kadlec campus, 888 Swift Blvd, Richland, WA:
 May 14 - 4:30-6:00 pm: Ostomy Support? ? ?
 July 16 - 4:30-6:00 pm: Ostomy Support? ? ?

Wenatchee: Quarterly 2:00-4:00 pm at Confluence Health - Central Washington Hospital, Conference Rms. J & K, Wenatchee, WA:
 May 14: Meeting Canceled – CONVID-19

Yakima: Second Wednesday bimonthly; 10:00-11:00 am at Virginia Mason Memorial in Yakima, WA:
 May 13: Amanda Boden -Hollister. Status? ? ?

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

Rather than dwell too much on the COVID-19 pandemic in this issue of “InSider” Newsletter, we will update our readers about how the various support groups in our region are responding to the situation. Additionally, view the link to a helpful page on the UOAA website that deals with the coronavirus: (*control + click* on the UOAA-Coronavirus image or go to <https://www.ostomy.org/coronavirus-effects-on-the-ostomy-community/>). The UOAA periodically updates this information as new data comes available!



In this issue, “**I Am an Ostomate . . .**” highlights the amazing life of *Earl Silverstein* who required ostomy surgery in the middle of his career as a Secret Service agent! The “*Ostomates Guide to Hospitalization*”

provides a short list of important preparations an ostomate should do for a hospital stay. “*Take Care of Your Behavioral Health*” describes the emotional and physical responses to our anxieties in stressful situations and provides ways to cope. This is certainly important TODAY! “*Caregiver Stress: Tips for Taking Care of Yourself*” overviews the life and demands of caregiving and highlights coping mechanisms.

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!**

REGIONAL-OSG ACTIVITY REPORTS, ANNOUNCEMENTS, & LETTERS

Regional Ostomy Support Groups Respond Locally to COVID-19 Pandemic

Due to their associations with medical centers or clinics, each of the seven ostomy support groups in our Inland Northwest Region is responding differently to the COVID-19 emergency. Furthermore, their responses are varying as new information emerges and additional mitigation measures are implemented. Listed below are some changes that we are aware of that each support group has implemented. Please note that these measures are subject to change on a **daily** basis. So, we recommend that ostomates and family members associated with the groups contact their facilitators or leaders with questions.

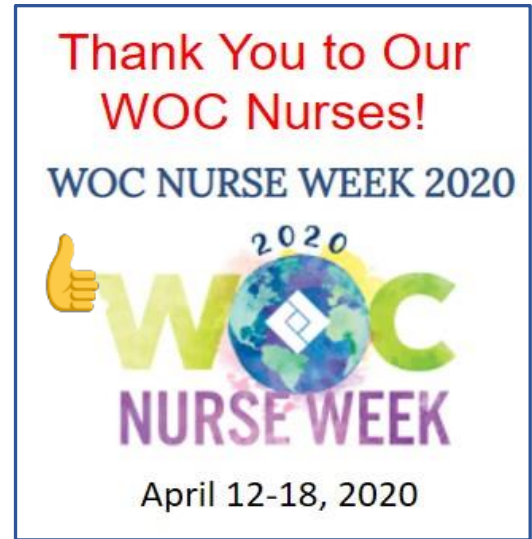
- **Coeur D’Alene, ID:** April 16 meeting at Kootenai Health Medical Center is canceled, and the status of future meetings to be decided on a case-by-case basis.
- **Lewiston-Clarkston (ID/WA):** April 13 meeting at Tri-State Memorial Hospital is canceled, and the status of future meetings to be decided on a case-by-case basis.
- **Palouse (Moscow, ID):** Meetings at Gritman Medical Center canceled until further notice. However, due to the efforts of Patty Smith, Outreach & Communications, and her daughter Nikki, the Palouse group will replace their April 1 and possibly future meetings with a virtual teleconference using ZOOM platform. Details to be provided by the support group leadership.
- **Spokane, WA:** April 7 meeting at Sacred Heart Medical Center is canceled, and the status of future meetings to be decided on a case-by-case basis. The ELT (Executive Leadership Team) held a telephone conference meeting on March 26 using the FreeConferenceCall.com platform. Susie Weller, co-facilitator

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of the Spokane OSG, plans to hold a similar conference meeting sometime in April – details and announcement pending.

- **Tri-Cities, WA:** Status of May 14 and July 16 meetings at Kadlec Health uncertain; to be decided on a case-by-case basis.
- **Wenatchee, WA:** May 14 meeting at Confluence is canceled, and the status of future meetings to be decided on a case-by-case basis.
- **Yakima, WA:** Virginia Mason Memorial Hospital currently closed to meetings, and the status of the May 13 and future meetings to be decided on a case-by-case basis. ■



Confluence Health Ostomy Support Group – Wenatchee, WA

By Tyree Fender, WOCN – Confluence Health

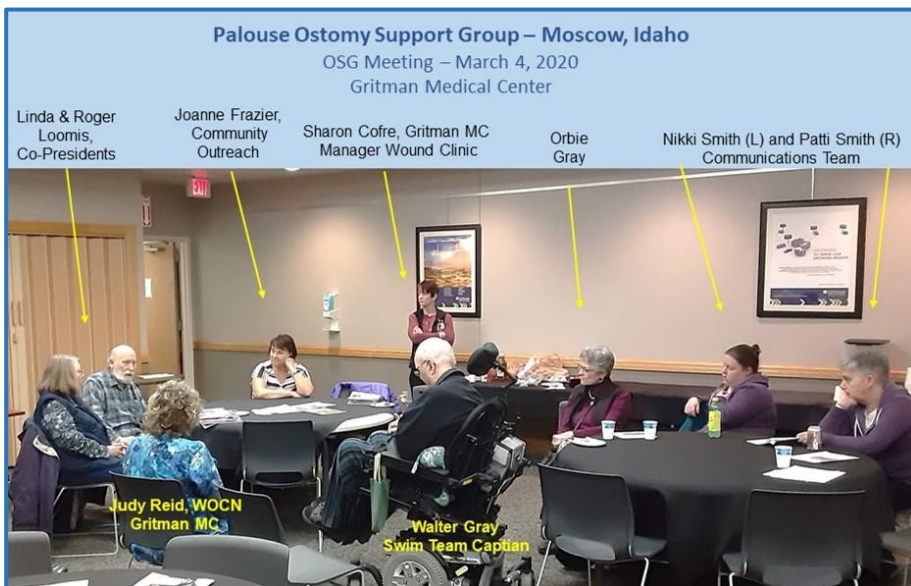
One activity that every support group can do is to donate extra ostomy supplies to organizations that redistribute the supplies to ostomates in need. The Confluence Health Ostomy Support Group has tracked donations of extra ostomy supplies they’ve made to the **Friends of Ostomates Worldwide**. Their donations over the last three years are listed below. Each box contains about 20-25 pounds of all types of ostomy stuff – appliances, accessories, nighttime bags, belts, etc. Their total contributions over three years totals ¾-to-1 ton of supplies.

- 2019 – 32 boxes = 640-800 pounds
- 2018 – 29 boxes = 580-725 pounds
- 2017 – 17 boxes = 340-425 pounds

Wow, that’s amazing!! Kudos to the members and leaders of Confluence Health Ostomy Support Group!! ■

Palouse Ostomy Support Group – Moscow, ID

By Judi Reid, WOCN, and Phil Moyle, Editor



The Palouse OSG (see photo) met on March 4 for friendly camaraderie and to hear Phil Moyle talk about the UOAA National Conference in Philadelphia last August and the UOAA-sponsored Run for Resilience in Boise, ID in October. They, too, must cancel support group meetings at Gritman Medical Center until further notice. However, with the assistance of Patti and Nikki Smith, they are planning a “virtual” meeting on April 1 using the Zoom conferencing platform (<https://zoom.us/>). Pretty cool!?



Disaster Prep and Nutrition at Spokane Ostomy Support Group

The first two meetings of Spokane Ostomy Support Group 2020 season were highly informative educational sessions. On February 4, Barb Stuebing, St. Luke’s Rehab Center, covered how to prepare for disasters – whether they be your home, in your community, or on a national level – emphasizing the impact on ostomates and/or those with limited mobility. In view of the dangerous fire seasons or lengthy summer and winter power outages we’ve experienced in recent years, this was all important information. *The current national emergency associated with the COVID-19 virus emphasizes how we must always be prepared with an adequate quantity of*

ostomy supplies, medications, food and water to weather longer term isolation. Not everyone can be completely prepared so (1) be aware of how to tap into emergency resources, and (2) please remain vigilant about how you can help your neighbors and community!



On March 3 Michele Vickerman (RDN, CNCS), nutrition guru and manager of the Sacred Heart Medical Center’s Food Services gave an outstanding, energetic presentation, “*Nutrition for the Ostomate.*” It was intensely researched and provided an important foundation of knowledge for every person with an ostomy. Michele drew heavily from her own experiences with a family member as well as recognized sources such as the UOAA. ■

Spokane OSG to begin telephone outreach, April1. Contact Susie if you would like a call – 509-499-1423.

***** **I AM AN OSTOMATE AND I CAN!** *****

I Was an Ostomate . . . and a Secret Service Agent

In Memory of Earl Silverstein – Eagle, Idaho

By Phil Moyle, Spokane Ostomy Support Group

With assistance from Barbara Silverstein and Virginia Schumacher

Earl Silverstein, president of the Boise Idaho Area Ostomy Support Group for the last 30 years, passed away January 9, 2020 at the age of 70. Born May 8, 1949, Earl attended Temple University before entering the Secret Service where he served five presidents over 20 years. His favorite was Ronald Reagan. Earl served 12 of those years as an ostomate. After years suffering from Crohn’s Disease, Earl had an ileostomy in 1978, and he had to prove to the Secret Service that he could still do the job! Earl joined the Metro-Maryland Ostomy Association after surgery. Later, after retirement, he joined and became president of the Boise support group in



Ostomates in October 2019 Run for Resilience – Boise, Idaho


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the early 1990’s. Earl and I swapped ostomy support newsletters in recent years, and I had the honor of meeting up with him at the 2018 and 2019 *Runs for Resilience* (see group photo) in Boise and also at *UOAA’s 2019 National Conference* in Philadelphia, the city where he grew up. In fact, last October he agreed to do a writeup for this column but deferred it to the April issue of “InSider” Newsletter as he was ill. After helpful conversations with Earl’s widow, Barbara (Barb), as well as with Virginia Schumacher, secretary/treasurer of the support group, I am writing his story for him. I only wish I could write about all of the fascinating stories they shared!


Barb, who worked for the FBI at the time, reminisced how she met her upbeat neighbor Earl in fall 1970. Despite their very different cultural backgrounds, they married in a small ceremony July 2, 1971. Barb mentioned how optimistic Earl always was and recited one of his favorite sayings, “Loves Life and Wife!” She described how active Earl was throughout his life, especially in outdoor pursuits as well as sports. In the early years, they traveled west from their Maryland home near D.C., camping as they explored the US. Following retirement from the Secret Service, Earl, Barb, and their daughter “Liza” moved to the Boise area settling on a small farm in Eagle, ID. For Liza’s sake, they wanted to exchange bustling D.C. for a more laid back life in Idaho where she excelled in 4-H. Earl then spent another 20 years having a great time working for Boise’s KTVB News where he answered phones, received station visitors, led tours, and briefed all KTVB employees on security and safety (KTVB remembers Earl at <https://www.ktvb.com/article/life/remembering-earl-silverstein/277-86fd8d11-2c0d-4f62-93d6-ae3395fea6c5>). He was also active in so many other ways – adult league softball umpire, junior high school basketball referee. Later he became a timekeeper in those sports as well as for the Eagle High School football program. Earl was a part of the extended Idaho Humane Society family, joining his wife Barb at all their gatherings and playing Santa at Christmas. Finally, for many years Earl and Barb hosted annual summer “farm” picnics for members of the Boise Area Ostomy Support Group.


Editor’s Note: I applaud Earl for the many years of dedicated service to our country, commitment to his family and friends, and active involvement in the ostomate community! Thank you, Earl and Barb!! ■



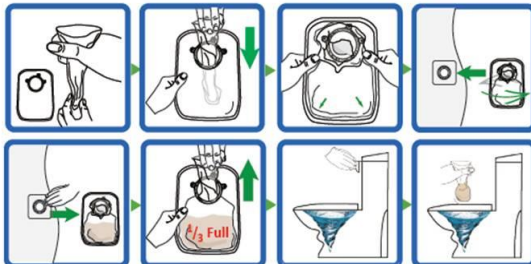








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***** **QUARTERY ARTICLES & TIPS** *****

Ostomates Guide for Hospitalization

Modified from a UOAA Update article by Lindsay Bard, MD

It is very important for a person with an ostomy to know that he/she should prepare for hospitalization, and they should be handled differently than someone without an ostomy. This article is modified to reflect the nature and exigencies of the on-going COVID-19 crisis, the potential strain on our hospitals, and the possible effects on ostomates who may have to be hospitalized for whatever reason. Following are some important tips:

- **Rule 1 – Supplies:** Bring your own ostomy supplies to the hospital. Never assume the hospital will have the exact pouching system or irrigation system you use. Most hospitals have some supplies available, but these are used for emergency situations.
- **Rule 2 – Special Medications:** The same guidance applies to special (life-critical) prescription medications that you regularly take – Bring your own! Sometimes it can take a few days before medical staff can provide you with the same meds. Make sure to inform the staff that you have the meds!!
- **Rule 3 – Instructions:** Bring two copies of instructions for changing and irrigating your pouch.
- **Rule 4 – Communicate:** Again, let me stress that you communicate with the hospital personnel who take care of you. You will have a better hospitalization and they will have an easier time treating you.
- **Rule 5 – The Cardinal Rule:** If you feel something is being done or going to be done to you that might be harmful, refuse the procedure. Then explain why to the medical personnel, especially your physician. They will then decide with you, if the procedure is in your best interest.



Editor’s note: If you have an issue with your ostomy, CWOCNS may be on staff, but they are usually very busy. If you feel you need their help, you must request a visit. As an alert to staff, you can also make a little tent card that says you have an ostomy. ■

Take Care of Your Behavioral Health

By Paula McKee, Oncology Counselor at Cancer Care NW, Spokane, WA

Everyone reacts differently to challenging or stressful situations. Our current state of affairs definitely qualifies as a stressful situation. Thoughts and feelings that you experience during this time may be uncomfortable and may be completely new to you.

Recognize that anxiety caused by a stressful situation can present with both emotional and physical symptoms.

Emotional Symptoms of Anxiety

- *persistent state of apprehension or fear
- *feelings of dread without valid cause
- *concentration problems
- *inner tension and nervousness
- *catastrophic thinking
- *irritability or edginess
- *restlessness and sleeping problems

Physical Symptoms of Anxiety

- *pounding heart/rapid heartbeat
- *excessive sweating
- *stomach cramps
- *frequent urination or diarrhea
- *shortness of breath
- *hyperventilation
- *hot flashes or chills

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- *hyper-vigilance towards signs of danger
- *absentmindedness and mind blanks
- *intense/sudden feelings of panic or doom
- *fear of losing control or going crazy
- *feelings of detachment or unreality
- *muscle tension
- *headaches
- *insomnia
- *nausea
- *tremors or twitches

If you experience symptoms of anxiety you may try the following emotional regulation strategy, **Self-Soothing/Five Senses**. The best strategies for calming are the ones we are willing to try!

*If you are feeling overwhelmed with emotions such as sadness, depression, anxiety, or feel you want to harm yourself or someone else, call 911 or the National Suicide Prevention Lifeline at 1-800-273-TALK (1-800-273-8255)

Self-Soothe by Using All of Your 5 Senses

Use each of your five senses to help you feel better—especially when you feel your "emotional temperature" is rising. They are particularly helpful when you are angry or frustrated, or you feel vulnerable do a dysfunctional behavior. Take a few minutes to really focus on the sense you choose to engage:

Vision: Look at something you really enjoy looking at- A flower or plant, up at the sky, a picture on your wall or computer, a well-decorated section of your home, a photograph of a happy event, or something that you've created, built, or taken care of (a well-polished car, piece of artwork, picture, decoration). Focus as much as you can on that visual image.

Hearing: What do you enjoy listening to? Listen to music that is up-beat, or reminds you of positive times. If you like the sound of nature, find a nearby park or wooded area you can visit when you need to calm yourself. Buying a CD of nature sounds or using a nature sounds app on your smart phone is another option. Focus as much as you can on what you can hear.

Smell: What do you like to smell? When at home you might spray your favorite cologne or perfume and savor the scent. Go to a florist or garden and enjoy the smell of the flowers. Go to a bakery and smell the bread baking, or the produce section and smell the fresh fruit. Try a strongly scented lotion, hand-sanitizer, or candle. You can also use aroma therapy oils or incense, whatever you find pleasing. **Social distancing and quarantine changes some of this but be creative!** Focus as much as you can on the smell.

Taste: Have a small snack of fresh fruit and savor each bite. Enjoy a good meal (keep it within reason). Drink something very flavorful like a cup of good coffee or tea, or fruit juice. Eat a piece of candy or gum and really pay attention to the flavor. Focus as much as you can on the taste.

Touch: Sit in a hot tub or warm bath. Go outside and gently stroke the grass or a plant. Find a comfortable piece of furniture and relax on it. Put some lotion on your body. Lie on or wrap yourself in something luxurious like a comfortable bathrobe or gown, perhaps a clean crisp bed sheet or soft towel. Focus as much as you can on the physical sensations.

10% Happier Hand Washing Meditation While Washing Your Hands for 20 Seconds:

*"May we all be happy." "May we all be safe." "May we all be healthy."
"May we all live with ease."*

10% Happier is a great digital meditation tool! Right now, they are offering a free **Coronavirus Sanity Guide**, providing daily practical, actionable ways of coping with stress, fear, and anxiety. The meditations, podcasts, blog posts, and talks on this page will help you build resilience and find some calm amidst the chaos. Visit **TenPercentHappier.com** or download the app (<https://www.tenpercent.com/>). ■

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Caregiver Stress: Tips for Taking Care of Yourself

Caring for a loved one strains even the most resilient people.

If you're a caregiver, take steps to preserve your own health and well-being

By Mayo Clinic Staff, Mayo Clinic Online

Editor’s Note: This article is particularly relevant to **Ostomate Caregivers and Support People!**

As the population ages, more caregiving is being provided by people who aren’t health care professionals. About 1 in 3 adults in the United States provides care to other adults as informal caregivers. A caregiver is anyone who provides help to another person in need, such as an ill spouse or partner, a disabled child, or an aging relative. However, family members who are actively caring for an older adult often don’t self-identify as a “caregiver.” Recognizing this role can help caregivers receive the support they need. Caregiving is rewarding but stressful

Caregiving can have many rewards.

For most caregivers, being there when a loved one needs you is a core value and something you wish to provide. But a shift in roles and emotions is almost certain. It is natural to feel angry, frustrated, exhausted, alone or sad. Caregiver stress — the emotional and physical stress of caregiving — is common. People who experience caregiver stress can be vulnerable to changes in their own health. Risk factors for caregiver stress include:

- Being female
- Having fewer years of formal education
- Living with the person you are caring for
- Social isolation
- Having depression
- Financial difficulties
- Higher number of hours spent caregiving
- Lack of coping skills and difficulty solving problems
- Lack of choice in being a caregiver

Signs of caregiver stress

As a caregiver, you may be so focused on your loved one that you don’t realize that your own health and well-being are suffering. Watch for these signs of caregiver stress:

- Feeling overwhelmed or constantly worried
- Feeling tired often
- Getting too much sleep or not enough sleep
- Gaining or losing weight
- Becoming easily irritated or angry
- Losing interest in activities you used to enjoy
- Feeling sad
- Having frequent headaches, bodily pain or other



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physical problems

- Abusing alcohol or drugs, including prescription medications

Too much stress, especially over a long time, can harm your health. As a caregiver, you’re more likely to experience symptoms of depression or anxiety. In addition, you may not get enough sleep or physical activity, or eat a balanced diet — which increases your risk of medical problems, such as heart disease and diabetes.

Strategies for dealing with caregiver stress

The emotional and physical demands involved with caregiving can strain even the most resilient person. That’s why it’s so important to take advantage of the many resources and tools available to help you provide care for your loved one. Remember, if you don’t take care of yourself, you won’t be able to care for anyone else. To help manage caregiver stress:

- **Accept help.** Be prepared with a list of ways that others can help you, and let the helper choose what he or she would like to do. For instance, a friend may offer to take the person you care for on a walk a couple of times a week. Or a friend or family member may be able to run an errand, pick up your groceries or cook for you.
- **Focus on what you are able to provide.** It’s normal to feel guilty sometimes, but understand that no one is a “perfect” caregiver. Believe that you are doing the best you can and making the best decisions you can at any given time.
- **Set realistic goals.** Break large tasks into smaller steps that you can do one at a time. Prioritize, make lists and establish a daily routine. Begin to say no to requests that are draining, such as hosting holiday meals.
- **Get connected.** Find out about caregiving resources in your community. Many communities have classes specifically about the disease your loved one is facing. Caregiving services such as transportation, meal delivery or housekeeping may be available.
- **Join a support group.** A support group can provide validation and encouragement, as well as problem solving strategies for difficult situations. People in support groups understand what you may be going through. A support group can also be a good place to create meaningful friendships.
- **Seek social support.** Make an effort to stay well-connected with family and friends who can offer nonjudgmental emotional support. Set aside time each week for connecting, even if it’s just a walk with a friend.
- **Set personal health goals.** For example, set goals to establish a good sleep routine, find time to be physically active on most days of the week, eat a healthy diet and drink plenty of water.

Many caregivers have issues with sleeping. Not getting quality sleep over a long period of time can cause health issues. If you have trouble getting a good night’s sleep, talk to your doctor. Get recommended vaccinations and screenings. Make sure to tell your doctor that you’re a caregiver. Don’t hesitate to mention any concerns or symptoms you have.

Respite care

It may be hard to imagine leaving your loved one in someone else’s care but taking a break can be one of the best things you do for yourself — as well as the person you’re caring for. Most communities have some type of respite care available, such as:

- **In-home respite.** Health care aides come to your home to provide companionship, nursing services or both.

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- **Adult care centers and programs.** Some centers provide care for both older adults and young children, and the two groups may spend time together.
- **Short-term nursing homes.** Some assisted living homes, memory care homes and nursing homes accept people needing care for short stays while caregivers are away.

The caregiver who works outside the home

Nearly 60 percent of caregivers work outside of the home. If you work outside the home and you’re a caregiver, you may begin to feel overwhelmed. If you do, think about taking leave from your job for a period of time. Employees covered under the federal Family and Medical Leave Act may be able to take up to 12 weeks of unpaid leave a year to care for relatives. Ask your human resources office about options for unpaid leave.

You aren’t alone

If you’re like many caregivers, you have a hard time asking for help. Unfortunately, this attitude can lead to feeling isolated, frustrated and even depressed. Rather than struggling on your own, take advantage of local resources for caregivers. To get started, check out the Eldercare Locator or contact your local Area Agency on Aging (AAA) to learn about services in your community. You can find your local AAA online or in the government section of your telephone directory. ■



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Vancouver, WA – October 3, 2020
Boise, ID – October 10, 2020

Upcoming Events!



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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) 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, on 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.**

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

Ostomy Support in 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 <http://www.hollister.com/> Coloplast 1-888-726-7872 <http://www.coloplast.us/Ostomy>
Convatec 1-800-422-8811 <http://www.convatec.com/ostomy/>



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.