



Welcome Inland Northwest Ostomates!



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WHAZZ UP

Phil Moyle, Editor

Greetings to all of you in the Ostomy Communities of the Inland Northwest! I hope each of you has remained healthy and coped well with the many challenges all of us continue to face. We are now approaching four months of living with the COVID-19 threat to our health and the many changes to our societal norms. Knowing that these uncertain conditions may continue for an undetermined time adds additional stress. Even if we remain physically healthy, the many and changing adjustments can take a mental-emotional toll. Therefore, two articles in the current issue of "InSider" Newsletter focus on ways to help us cope – "**Resiliency**" and "**Active Lifestyle!**"

Despite many daily challenges and an uncertain future, it helps me immensely to focus on the positives, the many things in my life for which I am grateful – life, health, shelter, family & friends, and more – the fundamentals of life *in my book!* I hope that each of you can do the same. Remember, if you experience troubled times, there are

Continued next page

REGIONAL OSG MEETINGS*

Summer –2020

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

Coeur d’Alene, ID: Third Thursday, February – November, 6:30-8:30 pm at Kootenai Health Medical Center, Coeur d’Alene, ID:

- July 16: Maranda Helland, Nutritionist
- August 20: Ostomy Support – Status ???
- Sept. 17: Ostomy Support – Status ???

Lewiston-Clarkston: Second Monday, January-December, 12:30-1:30 pm at Tri-State Memorial Hospital, Clarkston, WA:

- July 13: Jennifer Radcovich, Nutritionist
- August 10: Johanna, Physical Therapy
- Sept. 14: Phil Moyle, InSider Newsletter Editor

Palouse: First Wednesday each month, March – December, 5:00-6:00 pm at Gritman Medical Center, 700 S. Main St, Moscow, ID:

- July 1: Ostomy Support – Status ???
- August 5: Ostomy Support – Status ???
- Sept. 2: Ostomy Support – Status ???

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:

- July 7: Manito Park Picnic - CANCELLED
- August 4: Ostomy Support – Status ???
- Sept. 1: Ostomy Support – Status ???

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:

- July 16 - Ice Cream Social - CANCELLED
- Sept. 10 - 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:

- August 13: Ostomy Support – Status ???

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

- Sept 9: Dietician – Status ???

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

people in our lives to whom we can reach out for help – **DO IT!**. Finally, I want to repeat what I wrote in the last issue: “Our sincere appreciation is extended to the medical community, particularly to the **nurses**, all of whom lead the charge, including our very own **WOCNs!**!”

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

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

In this issue, “**I Am an Ostomate . . .**” highlights biking activities of *Carol Nelson*, Co-Facilitator of Spokane Ostomy Support Group. In “*Got Resiliency? Tips for Coping with COVID-19 Stressors*,” Susie Weller provides exceptionally important advice on ways to cope with the unique challenge presented by COVID-19. She tapped into numerous expert sources and offers links to helpful resources. And in a one-two punch, Susie summarizes an excellent PowerPoint presentation, “*Tips for Ostomates to Enjoy Living an Active Life*,” that was given by Michelle Best, CWOCN, to the Spokane Ostomy Support Group during a Zoom meeting in May. View it on our website at <https://inlandnwostomy.org/resources.html>. Last is an interesting article, “*How I Answered the Most Common (and Entertaining) Questions about My Ileostomy*” that discusses in detail how one ostomate responds to questions from family, friends, co-workers, and any other curious person. I got a real kick out of this one!

Check out our updated regional website - inlandnwostomy.org. Visit the website to discover additional local, regional and national resources. Finally, **Please Remember** that we at the “*InSider*” welcome your ideas and input! All ostomates, family & caregivers, and medical staff in our communities are welcome to submit articles, letters, and ideas! **THANK YOU!** ■

**DIVERSION INSPIRATION
& HUMOR**

(Submissions & ideas welcome)



Supporting Each Other

No Matter Our Differences

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



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



REGIONAL-OSG ACTIVITY REPORTS, ANNOUNCEMENTS, & LETTERS

Snapshots on the Status of Inland Northwest Ostomy Support Groups

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

- **Coeur D’Alene, ID:** 6/14/2020 - Sherron West, President, and Shari Gabourie, CWOCN, informed us that no meetings were held since February; however, Sherron has made several outreach calls to check the status of members without email service. The CDA support group held a reuniting and ostomy support meet June 18 and are scheduled to have Maranda Helland, Nutritionist, present at their July 16 meeting.
- **Lewiston-Clarkston (ID/WA):** 6/11/2020 - Adrian Wilson, President - We have been calling our list of members and dropping off needed items. I've met one-on-one during the spring as needed. In July the Tri State nutritionist, Jennifer Radcovich is coming to speak to us. For August we're having JoHanna from Dynamic Physical Therapy as a guest speaker. We have more members joining and moving on, all along.
- **Palouse (Moscow, ID):** The Palouse support group held three fun and informative Zoom virtual meetings since February. Lots of discussion was had, and additional Zoom meetings will be held until the hospital is open to host meetings.
- **Spokane, WA:** 6/30/2020 – Susie Weller, Co-Facilitator – In early April following the state-wide order to shelter-in-place, outreach calls were made by core members of the leadership team to several dozen support group members. Spokane OSG held a Zoom meeting in early May during which Michelle Best, CWOCN, gave an excellent PowerPoint presentation on “*Living Active Lives – Concerns & Considerations for Ostomates*,” (read summary on page 7). Additional outreach calls were made in June. The Manito Park picnic social and tour scheduled for July 7 is cancelled due COVID-19, and meetings in the summer months are TBA on a case-by-case basis.



EVENTS

<p>Run for Resilience Ostomy 5k - Individual (Open)</p> <p>\$17.50</p> <p>8:00AM MDT 11:00PM MDT</p> <p>Price increases after September 11, 2020 at 11:59pm MDT</p> <p>Sign Up</p>	<p>Run for Resilience Ostomy 5k - Ostomate</p> <p>\$17.50</p> <p>8:00AM MDT 11:00PM MDT</p> <p>Price increases after September 11, 2020 at 11:59pm MDT</p> <p>Sign Up</p>
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<https://runsignup.com/Race/Register/?racelid=32782&eventId=387003>

Additional race information can be found at <http://www.ostomy5k.org>

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<https://runsignup.com/Race/Register/?racelid=32782&eventId=387003>



- **Tri-Cities, WA:** 6/9/2020 - Lisa Bartholomew, CWOCN - Nothing new from the Tri-Cities. We have cancelled our summer ice cream social, and our September meeting is pending. We are still in phase 1 down here. Hoping the curve flattens.
- **Wenatchee, WA:** 6/23/2020 - Tyree Fender, CWOCN - we had to cancel our last meeting in May and are unsure about the next meetings as there is so much unknown at this time. Everything is really a mess right now and our county is phase 1.5.
- **Yakima, WA:** 6/22/2020 - Kanista Masovero, CWOCN – Yakima is still in Phase 1. If Sept. 9 meeting is held, Katie St John, Dietician, will present. Rich Judd, Byram Healthcare, is scheduled to speak at the November 11 meeting. However, note the status future meetings this year is uncertain. ■

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

I am an Ostomate . . . and I Ride a Bike

By Carol Nelson, Co-Facilitator, Visitation Coordinator, and UOAA Certified Visitor Trainer - Spokane Ostomy Support Group

Editor’s Note: At age 14 Carol Nelson was diagnosed with Ulcerative Colitis, the same week she started high school. She lived with the pain, side effects from medicine, and frequent trips to the restroom through high school, college, and her early married life. After a flare up, surgery was suggested due to the deterioration of her colon. After 9 ½ years of suffering, her ileostomy gave her a life free from pain. Carol and her husband, Bruce, have three grown children (the first born 13 months after surgery!) and eight grandchildren. They are both still active on the farm they have operated for the entire 45 years of their marriage. Carol enjoys writing, reading, cross stitch, snow skiing, kayaking, biking, walking, and Pilates. But most of all, she loves being able to spend time with her grandchildren!

The past few weeks, my husband and I have been riding our bikes at least once a week. It is a great way to fight the restlessness that comes with staying home or working from home. Plus, it’s a great way to take a break when you are tired of walking the same route around your neighborhood for the umpteenth time! Getting out into the fresh air is revitalizing. It never fails to improve my attitude, and give me the energy to do the things that need to be done — housework anyone?

The gear that is now available for bikers makes it much more comfortable. I especially appreciate the padded shorts, skirts, and long pants that cushion all the right spots. The added bonus is the close fit which does a great job of keeping my pouch in place. I like bike shirts that fit rather long in case my pouch begins to fill while on my ride. We both have bright yellow biking jackets that serve several purposes. For one, we are much more visible when wearing them. They are also wind breakers which keep us warm and come with a hood in case of rain—I’m on a fast track home if the rain starts! If we are going for a longer ride and will be further from home or the car, I tuck a small bag of supplies in the small pack that is attached to the back of my bike. It is reassuring to know that if I



Carol Nelson bike riding in her neighborhood.

Continued next page



need it, I can get to it easily and take care of any issues that arise.

We have also invested in other safety measures, including lights for the front and back of our bikes. My bike is also equipped with a mirror so I can see any cars behind me. An odometer is a fun accessory since we can see the time, speed, and miles ridden at a glance. We prefer riding on bike trails and less travelled country roads as another safety precaution.

So, get that bike out that you have stashed in your garage and get going. It’ll take you back to those carefree days of childhood when, if you were like me, you spent hours on your bike. ■

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

Got Resiliency? Tips for Coping with COVID-19 Stressors

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

How many of you are wondering: “When will this pandemic be over?” However, to successfully cope with the realities of COVID-19, let’s change this mindset. Instead of treating it like a sprint, we need to view it as an endurance marathon. This means learning how to catch our breath while running. Until there’s a vaccine, we need to prepare for the long-haul.

Did you know that the UW School of Medicine has a Well-being Department with a Resiliency Lab? Dr. Anne Browning is their Assistant Dean. She recently partnered with the Spokane Regional Health District and Providence Sacred Heart Hospital, to share insights from her research through a free webinar. To access the recording of her webinar, use this link:

<https://www.tvw.org/watch/?clientID=9375922947&eventID=2020051084>

She defines resiliency as “*thriving in the midst of adversity.*” Her research explores why some people, with the same level of stressors have learned to do well in adversity, while others have struggled. One of her discoveries is we can *learn* to become resilient. It’s never too late for your brain to learn how to adapt to new situations. What you think, do, and pay attention to, can literally change the structure and function of your brain.

You can increase your resiliency by cultivating a positive lens for how you see the world, and yourself, through these “**REFRESHER**” skills, developed by her colleague:

R = Relationships—*strengthen your immune system with healthy relationships*

Those who are more isolated, often experience the impact of COVID-10 more acutely. If you’re a newer ostomate, or would like more peer support, please contact your local UOAA Ostomy Support Group Coordinator listed on the final page of this newsletter.

E = Exercise—*keep moving on a daily basis, and get outside as much as possible*

Although it’s easy to become a couch potato, binge-watching series on TV, do your best to schedule time to stretch your body every day. While practicing physical distancing, walk with a friend.

F = Fun—*find enjoyable recreational activities that give you pleasure and delight*

Explore new outdoor, as well as indoor, hobbies. If you like to play cards, maintain your social connections by playing cards on-line with Zoom.

R = Relax—*soothe your body with restful activities --such as deep breathing and meditation*

Increase your mindfulness to encourage the space that supports you to respond, rather than to react, to stressful situations. This practice supports you to engage with the “hard stuff” without becoming overwhelmed by it.

**Surviving to Thriving:
Overcoming Ostomy Challenges
so you can Live a Fulfilling Life**

CORE EXERCISES WITH AN OSTOMY

Continued next page



E = Eat Well—*strengthen your stamina with a healthy diet and drink enough water*

In addition to being over age 65, the second highest risk factor for getting COVID-19 is being obese. Nutritious eating isn’t just a nicety, it’s become an even more important preventive and protective factor.

S = Sleep—*get sufficient sleep to restore your body, and to release stress*

Even though you can’t always reduce your external stress, you can minimize your internal stress. In a chaotic world, daily routines provide structure, predictability and consistency. Maintain a healthy sleep hygiene by going to bed and getting up around the same time. For a more restful sleep, avoid electronic stimulation just before bedtime.

H = Help Others—*practice even small acts of kindness, especially listening with compassion*

Kristin Neff’s research on compassion concludes that we’re often kinder to others, that we are to ourselves. Thus, begin with self-compassion, and allow this empathy to expand to others.

E = Earth—*spend time in nature, get grounded*

You are an electro-magnetic being. Being in nature—especially walking barefoot on the grass or earth--helps to ground you. Scientists are describing a new phenomenon called “Nature Deficit Disorder.” Enjoy time in nature to soothe your nervous system.

R = Reason for living—*deepen your sense of purpose that inspires you to live fully*

COVID-19 has provided an opportunity to reflect and to clarify what’s most important in life. When you expand your attitude of gratitude, it directly benefits you, too. Why? Because being thankful interrupts negative cycles of rumination. It shifts your brain to focus on, and to notice what is going well.

I’m grateful that the **Washington State Health Care Authority** has recently funded a new COVID-19 Support Telephone Line. It’s called: **Washington Listens**. It’s available from 9 a.m. to 9 p.m. Monday through Friday, and 9 a.m. to 6 p.m. on the weekends. They have two goals: offer supportive listening, and link callers to additional community resources. **To access this FREE service, call: Washington Listens at (833) 681-0211.**

During this unique time in our global history, choose to practice the **REFRESHER** skills to increase your resiliency.

(Note: for an expanded article on tips for resiliency, see Susie’s article in the Fall 2020 issue of the *Phoenix Magazine*.) ■

Tips for Ostomates to Enjoy Living an Active Life


Summarized by Susie Leonard Weller, Spokane Ostomy Support Group Coordinator

In the midst of coping with the COVID-19 Pandemic, it is even more important to make wise choices to remain healthy. During a Zoom Conference Call in May 2020, **Michelle Best**, BSN, RN, CWOCN, at Providence Sacred Heart Hospital in Spokane, used a holistic approach to describe tips for enjoying an active life. She shared many practical ideas for strengthening physical, mental, emotional, and social health.

One of the biggest challenges for ostomates is emotional well-being. Those who have a temporary ostomy, often choose to distance themselves, and to “hide out” for a few months until their ostomy is reversed. In contrast, permanent ostomates require more coping skills. Research demonstrates that the

“The purpose of life is to live it, to taste experience to the utmost, to reach out eagerly and without fear for newer and richer experiences.”

Eleanor Roosevelt



[Continued next page](#)



top two boosters are: social and family support, as well as participating in an Ostomy Support Group, to hear tips from peers. These resources encourage ostomates to transition from fear and depression--to confidence. Reclaiming a quality of life includes learning to successfully manage one’s ostomy by knowing how to solve typical problems, such as leaks, and having adequate supplies on hand.

Remaining physically active, and enjoying favorite activities, are important factors for increasing life satisfaction. With your physician’s approval, new research encourages ostomates to start lightly exercising within four days after their ostomy surgery. Pelvic tilts, knee rolls and light core exercises support recovering more quickly, as well as increasing your flexibility and stamina.

As you are able, start slowly and go at your own pace. Try to increase to 150 minutes of moderate exercise weekly and adding in strength straining twice a

week. Yes, this means walking, biking, gardening, etc., for about 30 minutes, at least 5 times a week! You can exercise solo, inside—perhaps with a video, or outside with a friend. Walking also increases your bone density. There are many types of adaptive equipment to support your interests. These range from camouflaging covers and wraps for your bag to encourage intimate sexual activities, to protective gear for sports, and belts to prevent hernias.

When travelling, plan ahead! If flying, in addition to packing your face mask and personal sanitizers, pack extra ostomy supplies and extra clothing in your carry-on. Murphy’s Law encourages you to take more supplies than you think you’ll need. Pre-cut your wafers—since many airlines will not allow scissors in carry-on bags. Consider mailing ostomy supplies to your destination. Whenever possible, have contact information for an ostomy nurse at your destination... just in case. Modify your diet as needed to avoid triggering foods that cause gas, or too much output. Stay hydrated.

The more you enjoy supportive relationships and healthy outlets, the higher your life satisfaction will be!
(Note: View Michelle’s PowerPoint Presentation on “Living Active Lives” at the www.inlandnwostomy.org website!) ■



Michelle Best, CWOCN

Ostomates in the Inland Northwest



Please consider sharing your own story for our new section,

“I Am an Ostomate and I Can!”

Contact your Support Group leader or the editor at: SOSG.Input@gmail.com



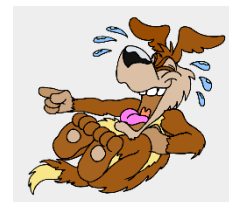
More Humor

Southern Medical Terms – Part 1

Courtesy of “The Pouch” Northern Virginia, 5/6 2020

Benign — What you be, after you be eight
Artery — The study of paintings
Bacteria — Back door to cafeteria
Barium — What doctors do when patients die
Cesarean Section — A neighborhood in Rome
Cat Scan — Searching for Kitty
Cauterize — Made eye contact with her
Colic — A sheep dog

Coma — A punctuation mark
Dilate — To live long
Enema — Not a friend
Fester — Quicker than someone else
Fibula — A small lie
G.I. Series — World Series of military baseball
Hang Nail — What you hang your coat on
Impotent — Distinguished, well known





How I Answered the Most Common (and Entertaining) Questions about My Ileostomy - I am 100% Open

By Leah Nikki Aug 29, 2019; *Ostomy Connection*

People are always so fascinated when they find out I have an ostomy. Sometimes, I get a blank stare that I think means, “Oh man, I have so many questions... I really want to ask, but I don’t want to offend her.” I find that with my friends, one of four things tend to happen:

- 1) They were around when all this went down, so they know the drill.
- 2) They met me after it all went down but have no shame. They will straight up ask me whatever is on their mind.
- 3) They are longtime friends and feel as though they haven’t been in touch enough to ask me such intimate questions.
- 4) They are weirded out by the whole thing and don’t want to know.

I decided to do a little question and answer session, gathering some of the most common and entertaining questions I’ve been asked about my ileostomy. So here goes, in no particular order.

Q: *Can I see your ostomy bag?*

A: Absolutely. I’m more than happy to show it to you. Most people don’t know what it is and have all these ideas built up in their mind of what the bag looks like. Just ask me, then you can rest easy.

Q: *Do you pee normal?*

A: Yes, I pee normally. An ileostomy has nothing to do with the urinary system.

Q: *How does the ostomy bag stay on your stomach?*

A: The ostomy bag (or pouching system) has an adhesive wafer part that adheres to the skin on my belly and it has a hole cut out for the stoma to come through.

Q: *Can you ever take your ostomy bag off?*

A: Yes and no. I take it off in order to replace the system (wafer/bag) about every 3-5 days and occasionally while I shower. Otherwise, no, I cannot take it off since I can’t control when I “go.” An ostomy bag must be worn at all times.

Q: *How do you empty an ostomy bag?*

A: It has an opening at the bottom of the bag, closed using a clip. I remove the clip, empty into the toilet bowl, wipe the end clean and close it. It literally takes me seconds. Guaranteed, when I go into the bathroom, you don’t even know I’m doing it.

Q: *Does ostomy poop smell?*

A: Heck yes, it smells. All poop does. I’ve often thought that it shouldn’t smell as bad as regular poop since it doesn’t sit in your intestines for as long. That’s not the case. It smells as bad, usually worse, than regular poop. But there are products that help reduce or eliminate the odor, and the ostomy bag itself does not smell.

Q: *Do you still feel the urge to poop?*

Continued next page



A: No, that feeling has gone away. And since the stoma has no feeling, I can't feel anything actually coming always. However, I can tell when my bag is filling up.

Q: *Do you miss pooping like a normal person?*

A: Not even a little bit. You need to understand that with active Crohn's disease, I never pooped like a normal person. I was in severe pain every time I sat down. So no, I don't miss that.

Q: *Can you have sex while wearing an ostomy bag?*

A: Yes. This took me a while to learn due to my own hang up – feeling like my bag wasn't sexy. I spent a lot of time and energy trying to cover it up. But trust me, if you're even remotely interested in the sex you're having – you won't even notice the bag.

Q: *Do you still fart? (This is one of my favorite questions.)*

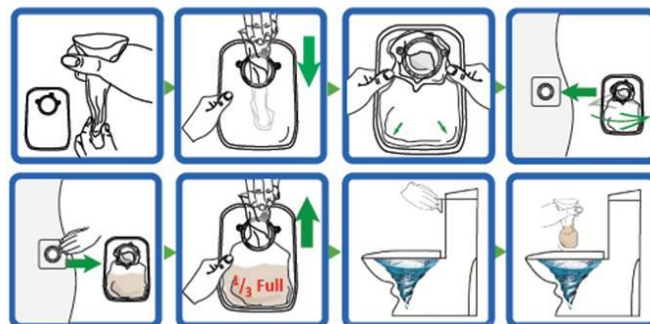
A: Technically, I don't fart the traditional way. Sometimes though, my stoma does release air into the bag (at the most inopportune times) which makes a noise. I have no control over that; it's sometimes embarrassing.

Well, have I answered most of your questions? Have I blown your mind? I hope not. I hope after reading this post, you realize that I am 100% open, and welcome any and all questions you may have about living with an ileostomy. My goal is to help raise ostomy awareness and get rid of negative stigmas. I want people who face this surgery to know that it's not a death sentence. I've literally heard people say they'd rather die than have ostomy surgery. It's so silly!

Yes, it IS an adjustment. Yes, it HAS its challenges. Yes, obviously life without one would be easier (for people who don't suffer from a severe chronic illness). But if this is the hand you are dealt, and surgery is the only answer — I say DO IT! **Life goes on... a very normal life even.** ■



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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, at 12 E. Olive, in downtown Spokane. **During the COVID-19 pandemic, first check with Keith Alloway (509) 847-5999, or email him at KL.alloway@comcast.net. To verify the status of the meeting schedule.**

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.