INLAND NORTHWEST OSTOMY SUPPORT GROUPS

"Insider" Newsletter

Published Quarterly - Editor: Phillip R. Moyle (*SOSG.Input@gmail.com*)

Issue 17 – 3 *http://inlandnwostomy.org* Summer 2017

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WHAZZ UP

Summer Finally Arrives

By Phillip Moyle

Welcome to our third issue of the "***InSider***" Newsletter and a summer season promising opportunities for fun outdoor activities and exciting travel! We continue to expand relationships with ostomates throughout the Inland Northwest. Susie Leonard Weller presented at the April 20th meeting of the Coeur d'Alene Ostomy Association, and Phil Moyle accompanied Rich Judd to the May 8th meeting of the Lewis-Clark Ostomy Support Group. We continue to place more emphasis on this being a REGIONAL newsletter serving the following Ostomy Support Groups: Coeur d'Alene Ostomy Association, ID; Lewis-Clark United Ostomy Association, ID/WA; Spokane Ostomy Support Group, WA; Mid-Columbia (Richland) Ostomy Support Group, WA; Confluence Health Ostomy Support Group, Wenatchee, WA; and Yakima Ostomy Support Group, WA.

INWOS Website: I trust that by now you have checked out our new website, "**Inland Northwest Ostomy Support**" (INWOS) at ***inlandnwostomy.org***, and hope that you find it useful. Please let us know if we need to make corrections or include additional information.

Topics: As you can see in the Contents list, our newsletter contains a variety of interesting info and topics: support group activities; important tips related to travel and medications; questions & answers for urostomates; upcoming national & regional activities, and history of the Spokane Ostomy Support Group.

Healthcare Advocacy! Are you concerned about pending Congressional action on your healthcare? Go to the UOAA Advocacy page to learn and advocate *http://www.ostomy.org/Advocacy_Action.html*.

Runners & Walkers? The UOAA is sponsoring a *Run for Resilience Ostomy 5k* in Boise, Idaho on October 14, 2017 (see announcement p. 4). Contact Phil Moyle, *InSider* Newsletter editor, if you would like to ride share from Spokane to Boise.

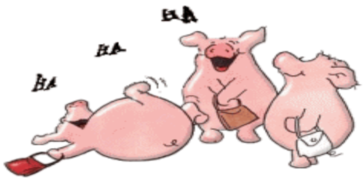
Please Remember that all ostomates, family and caregivers, and medical staff in our communities are welcome to submit articles, letters, & ideas!

Thanks to Rich Judd and Byram Healthcare for their assistance in publishing this newsletter. Contact Rich at *rjudd@byramhealthcare.com* to be added to the mailing list.

NO Spokane OSG Meeting in July!

DIVERSION INSPIRATION & HUMOR

(*Submissions & ideas welcome*)



****** REGIONAL OSG ACTIVITIES REPORTS & ANNOUNCEMENTS *******

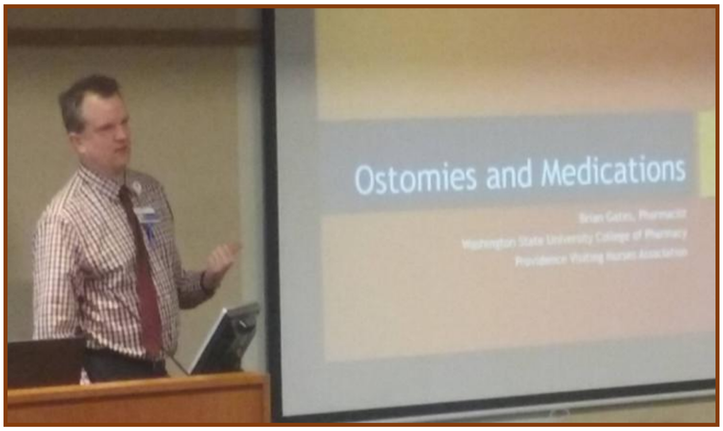
"Practical Reminders Re: Medications from Dr. Brian Gates, Pharmacist"

Summarized by Susie Leonard Weller from Dr. Gates talk
April 4, 2017 at the Spokane Ostomy Support Group Meeting

Dr. Brian Gates, PharmD., Associate Dean for Professional Education at the WSU Spokane College of Pharmacy, generously shared his time to talk with Spokane Ostomates.

Here is a brief summary of his presentation.

1. Each person is different with a unique biochemistry.
2. Ideally, ostomates (and others) will develop an on-going relationship with their local pharmacist so that ALL medications can be easily tracked and to avoid negative interactions.
3. Both prescription and non-prescription medications, as well as nutritional supplements, can have unseen negative interactions. As a result, it is very important to tell your doctor and pharmacists ALL of the medications, as well as supplements, that you take.



Dr. Brian Gates presents, ***"Ostomies & Medications,"*** Spokane Ostomy Support Group meeting April 4, 2017.

4. Notice in your output if the outer shell of a tablet did not fully digest. Seeing the shell might be OK for people with a colostomy because there are some tablets called "ghost tablets" that may normally pass through. However, those with an ileostomy are more vulnerable to having medication pass through too quickly to be effective-- including those that are "ghost tablets." Therefore, if you are seeing tablets in your ostomy pouch, it is important to talk with your doctor or pharmacist.
5. Dr. Gates explained the concept of *bioavailability*, the amount of medication that actually gets absorbed into your body.
    - Ileostomates may have poor bioavailability due to their higher output rate; medication passes through more quickly.
    - As a result, ileostomates might need a higher dose to fully absorb the intended amount of medication. First, get an OK from your doctor before making any changes!
6. Ileostomates should generally not take extended-release medications because they may not be absorbed well. HOWEVER, if an ileostomate has been taking an extended-release medication, often marked with XR or XD, and it is working, there is likely no need to change it. Please ask your doctor or pharmacist if you are not sure.
7. Certain drugs are more irritating to some people. They can cause either diarrhea or constipation depending on how that person responds.
    - Those with an ileostomy are more likely to have problems with diarrhea. If an ileostomate has constipation, he or she should see a doctor right away as this could indicate a blockage (constipation is typically not normal in an ileostomate.)
    - Those with a colostomy may have problems with constipation.

8. It is very important that ostomates stay hydrated and maintain their electrolyte balance. There was a discussion of various products that help avoid dehydration. A generic pedialyte is less expensive and generally more effective than Gatorade. If Gatorade is used it should be mixed with twice the usual amount of water because the usual mix has too much sugar and electrolytes for an ileostomy. Susie Weller also suggested the use of medical grade re-hydrating products, such as Lyte Balance and H2ORS. See their following websites for more information:
   - Lyte Balance liquid is produced in Liberty Lake, WA. Visit *www.lytebalance.com*.
   - H2ORS (ORS = Oral Rehydration Solution) powder is produced in Pinole, CA. Visit *www.h2ors.com*.
9. Tips for managing diarrhea and/or constipation:
   - Use “bulk formers” which absorb water and help form the stool. These are “bowel regulators” that keep output moving smoothly and help to avoid both constipation and diarrhea. An example is methylcellulose (Citrucel).
   - Be aware that certain medications—both prescribed and over the counter-- can worsen diarrhea or constipation.
   - Make sure you talk with your doctor and pharmacist about which medications you are taking. For example, the following medications can cause constipation: opioids, morphine, Benadryl, antihistamines, antidepressants and some sleeping medications.
   - Magnesium can increase diarrhea, but may be very important for some ileostomates to take.
10. Be aware that many medications can have unintended side effects.
   - Even over-the-counter medications such as Tylenol (acetaminophen) can be hard on the liver if people take more than the bottle says or take the maximum amount regularly without a doctor to monitor the impact. In particular, avoid taking acetaminophen with alcohol that can increase harm to the liver.
   - Ibuprofen and Naproxen can irritate the stomach causing ulcers and kidney damage. It is good to check with your doctor or pharmacist before using these medications, especially if you are using them on any kind of regular basis.

The Spokane Ostomy Support Group is very grateful to Dr. Brian Gates and his willingness to donate his time to speak to us!

“Visits between Inland Northwest Ostomy Support Groups”

To enhance the interchange of ideas and support between our ostomate communities, two members of the Spokane Ostomy Support Group participated in meetings of other support groups in our Inland Northwest region. Susie Leonard Weller presented at the April 20th meeting of the Coeur d’Alene Ostomy Association, and Phil Moyle accompanied Rich Judd to the May 8th meeting of the Lewis-Clark Ostomy Support Group in Lewiston, Idaho. It was great to meet others among our communities and to get a feel for how other groups operate. Both resulted in a healthy exchange of ideas and establishing closer relationships. Visitors to Spokane OSG events are always welcome!

Members of the Lewis-Clark Ostomy Support Group meet at the St. Joseph Regional Medical Center, Lewiston, Idaho April 4, 2017.

"Ice Cream Social/Mixer"

For their June meeting, the Spokane Ostomy Support Group held an ice cream social-mixer which was attended by nearly 30 hungry folks. Several types of ice cream along with a wide range of toppings were served. Following the chilly dessert, a unique game of ostomy bingo allowed those in attendance to mix and socialize.

Ostomates, family members & caregivers, guests, and nurses meet and enjoy each other's company at the SOSG June Ice Cream Social & Mixer."

Sixth UOAA National Conference

Aug 22-26, 2017 • • Hotel Irvine, Irvine, CA

(http://www.ostomy.org/2017_National_Conference_Page.html**)**

A local ASG facilitator, Susie Leonard Weller, will attend and present at the 6th UOAA National Conference this year, August 22-26 in Irvine, California. If you are interested in joining Susie at what promises to be a very exciting event, please call the UOAA at 1-800-826-0826 or **c**heck out the UOAA website (see above)!

Boise, ID Run for Resilience Ostomy 5k

October 14, 2017

(https://runsignup.com/Race/ID/Boise/BoiseRunForResilienceOstomy5k)

RUN FOR RESILIENCE OSTOMY5K™

The UOAA sponsors ***Run for Resilience*** **Ostomy 5-k** events in various cities around the U.S. Held annually in early October beginning in 2010, these events coincide with **National Ostomy Awareness Day,** the first Saturday in October. The Run for Resilience events nearest to our region are in Boise, ID, and Portland, OR. At this time, only the Boise event has been scheduled October 14, 2017 for adults and children!.

Young participants charge across the start line accompanied by Tutu-clad guides during the youth portion of the 2016 Run for Resilience in Boise, Idaho.

**************************** NURSE'S CORNER ******************************

"Urostomy Questions and Answers"

By Juliane Eldridge, RN, CETN

(Extracted from The Pacesetter, Winter 2015/16 newsletter of the St. Paul Ostomy Association,
St. Paul, MN; via Tri-State Ostomate, Keokuk, IA)

Q: Why do urostomates occasionally notice blue discoloration in a urostomy pouch or overnight drainage bag?

A: Be assured there is nothing wrong with the appliance. In recent laboratory tests conducted by ConvaTec, the blue color was found to be the result of normal bacterial decomposition of an essential amino acid called tryptophan. There is no clinical evidence, according to the article in the American Journal of Nursing, to indicate that the production of indigo blue is harmful or that dietary tryptophan should be limited. If you are concerned, please talk with your doctor. Tryptophan is part of the regular intake of dietary protein. As it passes through your system, it changes to a blue color when it finally oxidizes in the urostomy pouch.

Q: Why are fluids so important for the urostomates?

A: People with urinary diversion no longer have a storage area (bladder) for urine. Therefore, urine should flow from the stoma as fast as the kidneys can make it. In fact, if your urinary stoma has no drainage for even an hour during the day, it is time for concern. The distance from the stoma to the kidney is markedly reduced after urinary diversion surgery. Any external bacteria have a short route to the kidney. As kidney infections can occur rapidly, and be devastating, prevention is essential. Wearing clean appliances and frequent pouch emptying are vital. Equally important is adequate fluid intake, particularly fluids that acidify the urine and decrease problems of odor. In warm weather, with increased activity or with a fever, fluids should be increased even more to make up for body losses due to perspiration and increased metabolism. It is important that you be aware of the symptoms of a kidney infection: elevated temperature; chills; low back pain; decreased urine output; and cloudy, bloody urine. Ileal conduits normally product mucous threads in urine, which give a cloudy appearance, but bloody urine is a danger sign.

Thirst is a great index of fluid needs. If you are thirsty, drink up! Also, develop the habit of sampling every time you see a water fountain!

***Editors Note**: Please consult with an ostomy nurse regarding this issue and suggested treatment.*

****************** QUARTERLY ARTICLE(S) & TIP(S) *****************

"10 Travel Tips for Ostomates"

By Susie Leonard Weller (509) 499-1423, or email weller.susie@gmail.com

Hope for the best, but prepare for the worst. The more prepared you are, the more confidence and peace of mind you will enjoy while traveling.

Before Leaving On Your Trip:

1. *When making your reservation, ask for an aisle seat closest to the bathroom.*
2. *Call your healthcare provider's national & International Travel Nurse Consultant before leaving home. Know what to do in case of a medical emergency, who to contact for support and which services will be covered through your health insurance.*

3. *In case your luggage is lost or stolen, have extra ostomy supplies available in a clearly marked box at home so that family or friends can ship them to you by air freight.* In an emergency, the staff at Bryam Healthcare can help by air-freighting ostomy supplies within the United States.
4. *If you have additional concerns about getting through the screening, you can request passenger support through TSA Cares at least 72 hours before traveling. Call (855)787-2227.*
5. *Consider getting a TSA Pre-Check card. It's an $85 fee that lasts for 5 years.* The lines are shorter and faster. Although you will still go through screening, you typically don't need to remove your shoes, laptop, 3-1-1 liquids, belts or light jackets.TSA agents will still swab your hands for any trace of explosives and/or do a pat down.

Packing Tips:

6. *Bring documentation from your doctor about your ostomy and your Ostomy Travel Card with you. You can download this special card at www.ostomy.org/Ostomy_Travel_tips.html*

TSA staff have received extra training from the UOAA. If needed, show your travel card when going through security. If you're getting "patted down" by a TSA agent, tell him/her you have an ostomy. Documentation from your doctor can give you permission to bring your ostomy scissors in your carryon luggage for *USA domestic* flights only. (Check with TSA—carryon restrictions can change.)

7. *Bring your ostomy supplies in your carryon luggage. If traveling with a friend, split up other ostomy supplies into their carryon on luggage, too. Bring almost double the amount of supplies that you think you'll need. Make sure you have a few pre-cut wafers in case of an accident while in route.*

Clothes and other travel equipment can be easily replaced; ostomy materials are more expensive and challenging to get—especially internationally.

8. *Bring an article of clothing that you can tie around your waist in case of an accident to help disguise it. Always have a change of clothes with you.*

Women: consider bringing a pareo wrap as a light blanket for plane and bus rides travels with chilly air conditioning. And, in an emergency, a scarf can be used to hide an accident.
Men: consider bringing an extra dark-colored, long-sleeved shirt with you. It could be tied around your waist in case of an accident.

9. *Pack a few extra conveniences to make traveling with an ostomy easier.*
   - Carry a small bottle of hand-sanitizer.
   - Handi-wipes™ dry much faster than regular washcloths and are strong enough to clean up any accidents.
   - Consider using a dedicated travel toothbrush as a small toilet bowl scrubber.
   - Bring deodorizer drops such as Poopourri™
   - Carry small change for pay toilets (internationally) and pack extra toilet paper.
   - Bring a small, LED flashlight and a night-lite for the bathroom.
   - When enjoying sport activities, such as snorkeling or body surfing, wear a stoma protector guard to protect your stoma from abrasions.
10. *Pack your smile and a good attitude.* Although it takes preparation and it can be a hassle to bring all the necessary ostomy supplies, you CAN enjoy travelling nationally and internationally with an ostomy!

"Hand Warmer Packs Useful for Ostomates"

Written by Adrian Wilson – Asotin, WA - Lewis-Clark United Ostomy Association # 134

Each experience with your own pouching system is unique to you. Many and various options contribute to a successful outcome. I have found that a willingness to try different products can positively affect my outcome. For example, I have very sensitive skin and a low body temperature of 97° F. Sometimes I could not get my pouches to adhere to my skin, which occasionally caused a huge mess.

My caregiver, Teresa Pruessler, realized when I was at home and used a heating pad, my pouches stuck and stayed. Without a heat source, the pouch leaked and broke. So she found little hand and foot warmer packs like hunters use to keep warm. They are small, the right temperature to put in heat to your pouch, and only cost around $1.00 each.

I highly recommend going to the ostomy website and local support group. This is where we presented our idea. You can get a lot of helpful tips and suggestions in the group.

Respectfully,
Adrian Wilson of Asotin, WA

"Visitor Training"

By Carol Nelson - SOSG Visitation Program (509) 443-1242

After a training workshop on May 22nd, we now have six new ostomy visitors. It was especially nice to have a variety of ostomy types and ages represented. We attempt to match patients with visitors who are the same gender, ostomy type and age range. This tends to put the patient at ease knowing that someone similar to them is living a full life after ostomy surgery. Most of our visitations are done by phone with follow up at support group meetings.

The group reviewed the UOAA's guidelines for visits. Some of the topics we discussed included privacy issues, types of visits, types and causes of ostomies, active listening, instilling confidence, the individual nature of ostomy care, being careful not to damage the patient/doctor relationship, and how to approach patients who are considering or have just had surgery.

Robin helped us out by talking about the different types of ostomies and the most common reasons for the surgeries. It was so helpful to have a Wound/Ostomy nurse there to give us detailed information and answer our questions. Thank you, Robin!

Since Susie has a background in counseling, she led the section on psychological and social issues. An overview of the stages patients often go through, how patients may react to these stages, and how to respond as a visitor was very helpful. A special thank you to Susie who did this despite being asked at the last minute!
We also took time to review scenario's that visitors may encounter and talked about how to respond to each case presented. The UOAA has provided us with two training DVDs that the participants are now viewing at home. It reviews our topics and presents staged visitations to show new visitors how to do effective visitation.

Thank you to all of the participants who took the time to be trained and have volunteered to conduct visitations, as they are needed.

History & Evolution of the Spokane Ostomy Support Group

Compiled by Susie Leonard Weller, with help from Rich Judd

The Spokane Ostomy Support Group (SOSG) first met at Sacred Heart Medical Center in the mid-1970's as an affiliate of the United Ostomy Association (UOA). Ostomy nurses Mary Kelly and Marge Bettinger co-founded the support group. Later, other ostomy nurses such as Linda Kemnitz and Jill Lay began facilitating the meetings. When these nurses moved to Deaconess Hospital, they brought the ostomy group with them. Our own Carol Nelson remembers attending a meeting at Deaconess in fall 1977, modeling maternity clothing in a fashion show held at a larger regional(?) meeting in 1978, and then occasionally attending vendor meetings while raising her children. Phil Moyle, our current newsletter editor, joined the support group at Deaconess following surgery in 1985. He remembers attending a UOA Northwest Regional meeting in Portland circa 1986 and then dropping out due to extensive work-related travel. Since about 1990, Rich Judd, Byram Healthcare's Account Manager Spokane/Eastern Washington, witnessed many changes within the Spokane SOSG during his 27 years of service to the group. This included transition of the UOA to the United Ostomy Association of America (UOAA) in 2005. By the mid-2000's the support group returned to Sacred Heart. Robin Knaff, Michelle Best, Beth Wrigley, and Teresa Patterson from the Ostomy and Wound Clinic rotated leadership to provide ostomates with practical information as well as emotional support.

In the fall of 2009, Susie Leonard Weller, then a new colostomate, began co-facilitating the meetings with Carol Nelson, a veteran ileostomate. This began a new era of ostomates leading the group and the ostomy nurses volunteering to provide technical support. The SOSG continues to be very grateful for all the ostomy nurses from acute care and home visiting services who donate their time to provide medical information as well as to meet individually with ostomates during the social part of our monthly gathering. To illustrate their dedication, as many as seven nurses from local institutions, including Providence Visiting Nurses Association (**VNA** Home Health) and Rockwood Home Health, have been available during meetings!

Two years ago, Phil Moyle, an ileostomate with 32 years of experience, initiated our first quarterly newsletter. This provided an effective way to keep our members informed and to offer support for those living in the region but unable to attend a local meeting. In addition, the newsletter became a resource that Rich, ostomy nurses and other medical providers could share with new ostomates. Susie, listed in the *Phoenix* Magazine as the UOAA contact for the Spokane area, regularly receives calls from new and potential ostomates requesting more information. Those inquiring are provided a copy of our newsletter with current resources.

In January 2017, SOSG took another leap forward by expanding the newsletter to include six support groups in Eastern Washington and Northern Idaho and launching the first regional ostomy-support website at www.inlandnwostomy.org. As a result, the SOSG is communicating and collaborating with other ostomy support groups throughout the Inland Northwest.

Rich has been our wonderful connector throughout this "inclusion" process. He is unique across the United States for his 15+ year history of regularly visiting the six ostomy support groups - Spokane, Yakima, Tri-

Cities, Wenatchee, Coeur d’Alene and Lewiston/Clarkston – in our region. Similar to a busy bee, he “pollinates” and shares ideas and tips from one support group to another. Rich believes: *If you reach out to touch and help one person, it was worthwhile.*

The Byram Healthcare office in Spokane invites and hosts ostomy nurses in the region to meet quarterly for professional development. This consistent outreach strengthens networking, communication and educational services. Local ostomates reap the benefits of having nationally and internationally respected ostomy nurses staff our ostomy clinics, provide home visiting services and attend our meetings!

This summer, the SOSG will receive national attention for our partnerships with ostomy professionals and vendors. Susie will speak at the National UOAA Conference in Irvine, CA as part of the Affiliated Support Group (ASG) Academy. Other group facilitators around the country will be learning tips from the Spokane group for effective networking.

Throughout our nearly 40-year history, the SOSG has continued to grow and evolve. In May, Carol Nelson hosted another Ostomy Visitor Outreach and Phone Support training workshop. New, as well as experienced ostomates, volunteered to “pay it forward” to support others. Kathryn Spurgetis, an ileostomate in the SOSG as well as being an RN, is unique link between the medical and the ostomate community. The Fall 2017 issue of the *Phoenix* Magazine will feature Kathryn as an incredible bridge builder. Our local *Insider* Newsletter will also include the highlights of her interview in the next (fall) publication.

Together, we are making a positive difference in our region. During the last 40 years, the SOSG has reached out to hundreds of ostomates, and their loved ones, to live full lives. The contributions of new and existing members will empower us to expand our outreach even further. It will be exciting to see what unfolds next!

All are welcome to attend meetings of the Spokane Ostomy Support Group!

IMPORTANT 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. Contact Alan Roecks (509) 269-8026, or email him at *BladderCancerGroup@gmail.com*.

United Ostomy Association 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/

Byram Healthcare
a Medline Direct company

OSTOMY SUPPORT GROUPS & MEETINGS*
EASTERN WASHINGTON & NORTHERN IDAHO

(We recommend that you call the support group contacts to verify meeting times, agendas, & locations)
(Also, check the “Inland Northwest Ostomy Support” website: *http://inlandnwostomy.org*)

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

- Meetings are held from 6:30—8:30 p.m. on the 3rd Thursday of the month (January-November);
- Kootenai Health & Medical Center, 2003 Kootenai Health Way, Coeur d'Alene, ID. Classroom #2, near the cafeteria.
- Contacts: Shari Gabourie RN, BSN, CWON at (208) 625-6627 or Sherron West, CDA OSG President, at 208-719-0776 for more information.

Lewis-Clark United Ostomy Association, Lewiston, ID (# 134):

- Meetings are held bimonthly at 12:30 p.m. on the 2nd Monday in odd months;
- St. Joseph Regional Medical Center, 415 6th Street., Lewiston, ID; Conference room on 2nd floor by cafeteria, generally Conference Rm. B.
- Contacts: Janet Scheelke, President at 509-305-1723; or Samantha Musser, RN-CWOCN-CFCN, Judy Reid, RN, MSN, CWON, CFCN, Jolene Tucker RN-WOC & Crystal Dewey at (208) 799-5294.

Spokane Ostomy Support Group, WA (# 349):

- Meetings are held from 6:30-8:00 p.m. on the first Tuesday each month (February-November);
- Providence Sacred Heart Medical Center, 101 W 8th Ave, Spokane, WA; in the Mother Joseph Room or Leahy Room, both next to the cafeteria on L-3.
- 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 are held periodically from 12 noon to 1:30 p.m.
- Kadlec Healthplex,1268 Lee Blvd, Richland WA; room varies.
- Contacts: Wayne Pelly (Visitation Chairperson) at 509-943-3223, or Lisa Bartholomew, RN, BSN, CWOCN at 509- 946-4611 Ext 5562.

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

- Meetings are held quarterly at 2:00 to 4:00 p.m. (see contacts for meeting schedules and agendas.
- Confluence Health Central Washington Hospital 1201 S. Miller St., Wenatchee, WA, Conference rooms F & G.
- Contacts: Tyree Fender, RN, BSN, CWOCN at 509-665-6156, or Dr. Katharine Jackson at 509-663-8711, ext. 5430.

Yakima Ostomy Support Group, WA:

- Meetings are held bimonthly at 10:00 to 11:00 a.m., generally on the third Tuesday of January, March, May, September, & November (check with the inpatient wound 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 – Karen Aal, RN, MS, CWON; Lois Engel, RN; or Allyson Uhlman, RN, CWOCN, at 509-575-8266.

***** *Editor’s Note:*** Please let us know if errors need to be corrected or changes made to the information reported above (*SOSG.Input@gmail.com*).

inspiration