



### Welcome Inland Northwest Ostomates!



### CONTENTS

- WHAZZ UP.....1
- Diversion Inspiration & Humor.....2
- Regional OSG Activities Report.....3
  - "Healthier Gut" presentation at Spokane OSG...3
  - TSA Speaker at Spokane OSG .....3
  - L-C OSG to host "Ostomy Education Day".....3
- Check Out These Websites.....6
- Ostomy Awareness Day and Runs for Resilience.....4
- Nurse's Corner – Protect from Stoma Injuries.....5
- Quarterly Article(s) .....6
  - "For a Healthier Gut, , ,". .....6
  - "TSA and Travel Tips from the UOAA" .....8
  - Book Review – "Courage Takes Guts" .....8
- Important Support Contacts & Links.....9
- Inland NW Ostomate Support Groups.....10
  - Meeting times & locations
  - Ostomy Support Group contacts

### WHAZZ UP

Summer is finally upon us, but I'll miss some of those awesome thunderstorms we experienced with all of the erratic weather we had in June! First off, please check the Regional Ostomy Support Group Meetings box on the front page so you remain up-to-date about activities of your local OSG. Also, please keep us informed about your support group activities so that we can list them on the quarterly calendar! Remember that you are welcome to attend meetings of other OSGs, especially when they host guest speakers.

Many thanks to Vicki Jo Henry and her daughter DarrylAnn for providing samples of probiotic-rich fermented beverages

(Continued on page 2)

### REGIONAL OSG MEETINGS <sup>1/</sup> Summer-Fall - 2018

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

- July 19: TBA
- August 16: Coloplast
- September 20: TBA
- October 18: TBA



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

- July 10: Ostomate support
- August 13: Ostomate support
- September 10: Ostomate support
- October 18: Ostomate support

**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 3: Ice Cream Social + Ostomy Bingo
- August 7: Group Meetings by Surgery Type
- September 4: Youth Rally & Run for Resilience
- October 2: Review of WOCN Conference

**Tri-Cities:** Third 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:

- July 12: 6:30-8:00 pm– Ice Cream Social
- September 20: 4:30-6:00 pm - TBA
- November 15: 12:00-1:30 pm - TBA

**Wenatchee:** Quarterly 2:00-4:00 pm at Confluence Health - Central Washington Hospital, Wenatchee, WA:

- Quarterly: TBA

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

- September 19: TBA
- November 28: TBA

1/ **NOTE:** See page 10 for additional info about support group meetings & contacts.



## INLAND NORTHWEST OSTOMY SUPPORT GROUPS

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

### Issue 18 – 3

<http://inlandnwostomy.org>

Summer 2018

and foods at the Spokane OSG May meeting. Try out her recipe on page 6 to making your own Kombucha.

Travel Tips for ostomates and others going through TSA Security were featured in the June 21 issue of the *Spokesman Review* in the Health Section. See the important travel tips on page 8. We would love to hear **your** suggestions for easier traveling with an ostomy. Please email them to [SOSG.Input@gmail.com](mailto:SOSG.Input@gmail.com) to be included in the Fall Newsletter!

Mark your calendar for the Youth Rally Fundraiser Banquet and Auction on Friday, September 21 during the NW Regional WOCN Conference at the Doubletree Hilton in Spokane, WA (*see notice below*). Proceeds from the banquet and auction support the annual Youth Rally, a 5-night camp for youth who have had, or who may one day face, ostomy surgery.

Remember that Ostomy Awareness Day will be October 6 2018. Run for Resilience Ostomy 5k events will be held in several US cities, including Portland, OR on Oct. 6 and Boise, ID Oct 13. To learn more about these events or to register, see page 6 and go to <https://www.ostomy.org/events/category/uoa-events/>.

Finally, Susie Weller reviews the book "*Courage Takes Guts*," a story of the difficult, 19-year journey of a young woman, Lois Fink, from undiagnosed intestinal disease to a life-saving ileostomy and advocacy.

Check our updated regional website: [inlandnwostomy.org](http://inlandnwostomy.org). Visit the website to discover additional local, regional and national resources. Please note that we do incur annual domain and maintenance fees, so contact Phil Moyle if your support group would like to support our website and outreach efforts! Also, the newly revised UOAA national website at: [www.ostomy.org](http://www.ostomy.org) is packed with new educational materials and great tips!

**Please Remember** that we at the "*InSider*" welcome your ideas & input! All ostomates, family & caregivers, and medical staff in our communities are welcome to submit articles, letters, & ideas! **THANK YOU!**

## DIVERSION INSPIRATION & HUMOR

(Submissions & ideas welcome)



## You Are Invited!

**YOUTH RALLY  
FUNDRAISER BANQUET & AUCTION**

\$40



\$40

Friday, September 21<sup>st</sup>, 2018

6:30 – 9:00 P.M.

Double Tree by Hilton  
322 N. Spokane Falls Ct.,  
Spokane, WA

**RSVP to Pam: 509-999-7067**



## REGIONAL-OSG ACTIVITY REPORTS, ANNOUNCEMENTS, & LETTERS

### “Healthier Gut” Presentation at Spokane OSG Meeting

Vicki Jo Henry and her daughter, DarrylAnn, provided insights, recipes and samples of probiotic foods and beverages at the May 1 Spokane Ostomy Support Group. This important concept “Adding Fermented Foods and Beverages to Your Diet” is discussed in detail in Quarterly Articles & Tips section that begins on pages 6-7 of this issue.

### Spokane OSG Hosts TSA Speaker

The Spokane OSG hosted TSA’s Patricia L. Mundy, Customer Support/Transportation Security Manager for Seattle-Tacoma International Airport, at their June 5 support group meeting. Pat provided a great overview of TSA (Transportation Security Administration) responsibilities. She focused on security screening, rights and responsibilities of travelers, and what you can do to improve your experience. In a follow-up to Pat Mundy’s TSA presentation, Spokane OSG co-facilitator Susie Leonard Weller, a frequent traveler, was featured in a Spokesman Review newspaper article “Simplifying Screening” published on June 21 (<http://www.spokesman.com/stories/2018/jun/21/simplify-screening/>). Included in the article was a list of travel tips. An expanded list of travel tips with focus on ostomates is included in an article on page 8 of this issue.

### Lewiston-Clarkston Ostomy Support Group to Host “Ostomy Education Day”

To recognize and enhance *Ostomy Awareness* in our communities, the Lewiston-Clarkston Ostomy Support Group (OSG) will hold an “**Ostomy Education Day**” event on October 13 in Lewiston, ID. The Lewiston-Clarkston OSG meets the 2<sup>nd</sup> Monday each month from 12:30-1:30 PM at Tri-State Memorial Hospital located at 1221 Highland Ave, Clarkston, WA. Ostomy Education Day is important educational opportunity and will run from 9:00 AM to 3:00 PM on Saturday Oct. 13<sup>th</sup> in the Lewiston Community Center located at 1424 Main St., Lewiston, ID. It will include demonstrations, question and answer sessions with doctors and nurses, and vendors such as Hollister, Convatec, and Coloplast. The suggested \$10 donation includes lunch and access to all activities. What a Great Idea!!

#### CHECK OUT THESE WEBSITES!

Canadian Ostomy Society: <https://www.ostomycanada.ca/>

Ostomy Help: <https://www.exmed.net/blog/ostomyhelp/>

Convatec me+: <https://www.convatec.com/forms/enroll-in-meplus/>





**Oostomy Awareness Day** - Saturday, October 6, 2018 – will see the first of two weekends of *Run for Resilience Ostomy 5k* events in nine US cities:

- **Oct. 6, 2018** - Durham, NC; E. Stroudsburg, PA; Mesa/Phoenix, AZ; Birmingham, AL; Harrison Township, MI; Nashville, TN; Pennsauken, NJ; and Portland, OR; and
- **Oct. 13, 2018** – Boise, ID.

*Run for Resilience* events are sponsored annually by UOAA to raise awareness of this life-saving surgery, empower those living with an ostomy or continent diversion, and raise funds to support UOAA’s programs and services. If you are interested in participating in a Run for Resilience Ostomy 5k near our region – Portland, OR or Boise, ID –register as an individual participant or as a team by going to the following links:

- **4th Annual Portland, OR Run for Resilience Ostomy 5K** (October 6) - <https://www.ostomy.org/event/4th-annual-portland-or-run-for-resilience-ostomy-5k/>
- **3rd Annual Boise, ID Run for Resilience Ostomy 5K** (October 13) - <https://www.ostomy.org/event/3rd-annual-boise-id-run-for-resilience-ostomy-5k/>

Alternatively, if you are interested in participating in the Run for Resilience Ostomy 5k but are unable to physically attend the live events, try a virtual run:

- **Virtual Run for Resilience Ostomy 5K** (October 6) – <https://www.ostomy.org/event/virtual-run-for-resilience-ostomy-5k/>

Participants may also sign up to be a Fund Raiser. Phil Moyle, a Spokane OSG member as well as a regular participant in the **Boise Run for Resilience Ostomy 5k**, signed up as a Fund Raiser for the 2018 event by seeking sponsors (<https://runsignup.com/PHILMOYLE-SPOKANE>). Phil challenges other ostomates, family members, and members of our regional ostomy community, including medical staff and suppliers, to sign up as participants and Fund Raisers! For more information on the Boise event and the organizers, the Herrett family, please go to the UOAA website at <https://www.ostomy.org/herrett-family-story/> and/or check out the January 2017 issue (17-1) of the Inland Northwest Ostomy Support Groups “*InSider*” Newsletter: at <http://inlandnorthwestosg.com/Newsletters/Insider/Insider-2017-1%20Winter.pdf>.





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



**Editor's Note:** Ostomates in our Inland NW community are invited to submit suggestions and/or recommendations to ostomy nurses on how to better deal with ostomates during examinations. Please send your ideas to [SOSG.Input@gmail.com](mailto:SOSG.Input@gmail.com).

**“Protecting Yourself from Stoma Injuries”**

Modified from “*Vancouver Ostomy High Life*”

(vol. 50, issue 3, May-June 2018, p. 1 & 4)

Stomas are surprisingly hardy organs but they can be injured if you are careless or if you play contact sports. Everyday activities don't usually pose any danger to your stoma, nor do most sports, but common sense is required before you resume previous physical activity. It goes without saying that you need to give yourself time after surgery to heal and recover, and when you do resume physical activities you enjoyed before, you can't jump back in at the same level you left. Work slowly back into former routines. Stomas will show spots of blood if accidentally scratched while you are performing an appliance change, but this is minor and should stop in a minute or so. More serious damage can occur with incorrect pouching techniques, tight belts, external blunt force (like getting hit with a ball or foot) or just bumping into something hard. Rigid objects like belt buckles overtop or too close to the stoma can hurt it, too. An injury usually looks like bleeding from the stoma surface and should also stop after a short time. There could be bruising of the skin around the stoma if you were hit hard. If the stoma has been given such a hard knock that the peristomal skin has separated from the stoma itself, you need to go to emergency at once.

Tips to avoid or treat an injured stoma

- 1) Avoid activities with a lot of friction and impact: Combat sports (martial arts, karate, and wrestling) are not advisable. That said, sports that may involve body contact are not completely out of the question -- professional footballers have played in the NFL with an ostomy. Weight lifting and strenuous exercise are possible, but should be discussed with your doctor and/or ET nurse before you resume these activities. (We recommend including an ET's opinion in this matter because they are far more likely to fully understand the risks of ostomy injury than a GP.) Strenuous exercise and/or heavy lifting is more likely to cause a hernia, which is a whole other kind of situation you want to avoid.
- 2) Be sure to use your ostomy products correctly: Using your products incorrectly increases risk of injury. Are you cutting the hole too small, or is the wafer off centered? Is your barrier too rigid for your lifestyle? Irregular shaped stomas can be harder to fit and can be more prone to getting pinched or crowded by the barrier. If you have questions about how to use your ostomy supplies or a new product, ask an ET nurse for instruction.
- 3) Consider ostomy protectors: You can buy ostomy protectors that you use over a stoma to protect both your stoma and the appliance. These are similar in function to an athletic cup that men and boys wear when playing rough sports and are useful if you play sports where external force is possible. Another option for protecting the stoma are seatbelt protectors that help cushion the stoma when you ride in a car.

(Continued on page 6)




4) Keep the area clean: If you do experience an injury, keep the stoma and the area around it clean. Plain warm water and mild plain soap are best but you can also irrigate [rinse] the area with saline solution. You can purchase this or make it yourself (*see recipe below*). Pat the area completely dry with a sterile pad or tissue. Using disinfectants or antibacterial products on the peristomal skin is something you should discuss with your ET.

While most injuries can heal on their own, if a cut does not close or if you are seeing blood in the pouch, it’s best to see your ET as soon as possible.

**Homemade Saline Solution:**

1 cup water  
1 tsp salt

1. Bring water to a boil. Boil for 10 minutes to get rid of any impurities.
2. Mix salt into the water and stir until dissolved.



> **Editors Note:** Please consult with an ostomy nurse with additional questions regarding these issues.

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

**“For a Healthier Gut,  
Try Adding Fermented Foods and Beverages to Your Diet”**

By Susie Leonard Weller

Vicki Jo Henry and her daughter, DarrylAnn, provided insights, recipes and samples of probiotic foods and beverages at the May 1 Spokane Ostomy Support Group. This dynamic duo inspired many to taste fermented foods and to consider including them in our daily diet. Vicki Jo shared her story as an ileostomate who endured 27 surgeries, mostly abdominal. In 2015, she hit bottom due to throwing up almost everything she ate. She lost 100 pounds and was slowly starving to death. Both her daughter, and her parents who also attended the meeting, confirmed how close they came to losing her. Vicki Jo credits her transformed health by including probiotics, or healthy bacteria, from fermented foods and beverages into her daily diet.



According to Dr. Beck’s article “Clostridium Difficile” in the Summer, 2018 issue of *The Phoenix Magazine*: “One of the most frequent hospital-acquired bowel diseases encountered by surgeons is due to the widespread use of antibiotics to prevent or treat disease. Most of the toxic effects of *C. difficile* target the colon. . . Those with an ileostomy, multiple surgeries or an impaired immune system are at a higher risk.” Dr. Beck confirms Vicki Jo’s experience that the most successful approach has been restoring the normal fecal flora with healthy bacteria.

Vicki Jo Henry (R) with daughter, DarrylAnn, during their May 1st presentations on probiotics

(Continued on page 7)



If you choose to buy probiotic supplements or fermented foods, such as sauerkraut or kimchi—make sure that they are refrigerated. Heat destroys any benefits. Alternatively, a less expensive option is to make your own. Consider reading Donna Schwenk’s books on *Cultured Foods for Health* or *Cultured Food in a Jar with 100+ Probiotic Recipes*.

In thanksgiving for her restored health, Vicki Jo has started a “Probiotic Ministry.” She is willing to assist you with “scooby’s” the fermented starter, recipes, and advice. **For more information contact Vicki Jo at (509) 991-1145 or e-mail her at: [periwinkle1989@hotmail.com](mailto:periwinkle1989@hotmail.com)**

**Listed below is Vicki Jo’s Recipe for Making 1 Gallon of Kombucha**

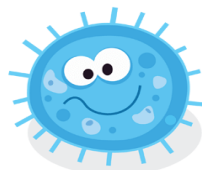
**Supplies**

- 1 gallon glass jar
- 1 coffee filter
- 1 rubber band

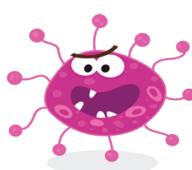
**Ingredients**

- 1 gallon of chlorine-free water
- 1 cup of sugar
- 4-6 bags of black tea
- 2 cups of “starter tea”
- 1 SCOBY (Symbiotic Culture Of Bacteria & Yeast)

**Tummy Buddy**



**Tummy Baddy**



**Vs**

**Directions:**

Boil 1 quart (4 cups) of water. Add the black tea bags. Let this steep for 15-20 minutes. Remove the tea bags and add the 1 cup of sugar while the water is still hot. Stir until it is dissolved. Add the rest of the water to your 1-gallon jar. Once the sweet tea has cooled to a warm room temperature (75-80 degrees), pour the tea water into the gallon glass jar. Gently place the SCOBY on top. Pour your starter tea on top of the SCOBY. Cover the jar with a coffee filter and secure it with a rubber band. Place your 1-gallon container out of direct sunlight for 5-7 days. The optimal temperature is 75-80 degrees.

A new SCOBY will grow across the top of your jar and it will become attached to the “mother” SCOBY. The good news is that you can continue to re-use the SCOBY for future batches of Kombucha or other fermented foods and beverages. Use a straw to taste your batch after 4 days. When it tastes like apple cider vinegar, bottle and refrigerate it. If it is too sweet, let it ferment longer. Your Kombucha is good for 9 months if refrigerated.

You can do a second ferment with any flavor you like by adding about 1 cup (+ or -) of fruit, drops of essential oils or juice, etc. to your bottle. Leave it out for a few more days with the hard lid on it. The flavor changes over time. Continue to taste, and refrigerate it once you like it. Your SCOBY can also be used as a face mask, applied to bug bites or bee stings!

*(Warning: Make sure your SCOBY looks, smells and tastes right— with no patches of white, green or black floaty bits (may be yeast or pieces of tea that made it into the brew)— which are signs of mold or contamination. If in doubt, throw it out! Start over with a fresh SCOBY).*



**“FAILURE isn’t falling down,  
It’s remaining where you’ve fallen”**



## “TSA & Travel Tips from the UOAA”

(Visit [www.ostomy.org](http://www.ostomy.org) for your Travel Card)

UOAA communicates directly with the Transportation Security Administration (TSA) for easier air travel.



**1. Be Prepared:** Pack ostomy supplies in at least two places: your carry-on and checked luggage. Take extra (double your normal amount) supplies in case you are stranded where supplies may not be available. For domestic flights, scissors are allowed in your carry-on luggage as long as the cutting edge is no longer than 4 inches (2.4 inches within Canada, check other foreign nation rules). Consider having pre-cut pouches for convenience and international travel. Contact the [International Ostomy Association \(IOA\)](http://www.ioa.org) if needed. Take a photo of any prescriptions and other documentation of any medical conditions impacting your air travel.

**2. Follow the [3-1-1 Liquids Rule](#)** (also see [TSA Video](#)) requires that items classified as liquid, gel, aerosol, cream or paste must be carried in containers no larger than 100 ml (3.4 oz.) If your medical condition requires larger quantities of liquids which must be carried on board the plane, (ie pedialyte in the original container to avoid dehydration) they are [allowable](#)—even if they exceed 3.4 oz. However, you should carry medical documentation for them and declare them at the security checkpoint. This might require additional screening.

**3. Request Passenger Support:** Travelers with disabilities and those with medical conditions such as an ostomy who have concerns about airport screening should contact **TSA Cares** at least 72 hours before travel: toll-free at **(855) 787-2227 (Federal Relay 711)** or email [TSA-ContactCenter@tsa.dhs.gov](mailto:TSA-ContactCenter@tsa.dhs.gov). TSA Cares agents provide callers with information about what to expect during screening so that travelers may better prepare. They can also provide a flight itinerary and will coordinate assistance available from a **Passenger Support Specialist (PSS)** and/or customer service manager at the airport. Airports differ on the level of assistance offered.

**4. Get a Notification Card:** Download our printable travel communication card. Print it in the identifying **BLUE COLOR!** This is NOT a special security pass but it is a way to communicate discreetly to agents that you have an ostomy. You can also show a note from your physician explaining any of your medical conditions.

**5. Consider TSA Pre-Check:** You may find shorter lines and wait times by enrolling (for a fee) in TSA Pre✓®. Passengers still undergo screening at the checkpoint, but they do not need to remove shoes, laptops, 3-1-1 liquids, belts, or light jackets during the screening process at participating airports. TSA Officers may still swab your hands for explosives or do a pat-down.

**6. Arrive Early:** All travelers should arrive at least two hours early for domestic and three hours early for international flights. Allow plenty of time to empty your pouch before your flight. Sea-Tac has already seen a 20% increase in passengers this summer.

**7. Communicate at the Start:** Inform the TSA officer that you have an ostomy pouch and where it is located. If needed, provide a TSA notification card or other medical documentation to describe your condition.

**8. Understand Protocol & Expect a Pat Down:** TSA agents are professionals tasked with keeping you and fellow passengers safe. Be cooperative and respectful. You should expect to be screened without having to empty or expose your ostomy bag through the advanced imaging technology, metal detector, or a pat-down. If your ostomy pouch is subject to additional screening, you may be required to conduct a self pat-down of the ostomy pouch outside of your clothing, followed by a test of your hands for any trace of explosives.

(Continued on page 9)



**9. Know Your Rights:** Remember that you can request a private screening (along with a travel companion) and a chair, anytime during the process. You can also always request to speak with a Supervisory TSA Officer about any concerns. You should not be asked to expose your ostomy or remove clothing in sensitive areas—this is not allowed. If an incident occurs, report it to the TSA and follow up with UOAA to ensure proper action is taken to resolve the issue after TSA reviews the security footage.

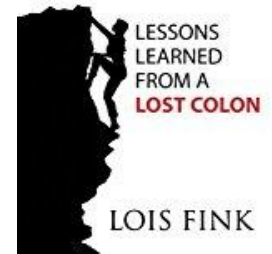
## Book Summary for “*Courage Takes Guts*”

By Susie Leonard Weller, Spokane OSG

*Courage Takes Guts*, published in 2017, shares Lois’ battle with Crohn's Disease as a teenager and young adult. She was seventeen, sick, and no one was listening. Unfortunately, her symptoms of severe diarrhea, alarming weight loss, crippling abdominal pain, fevers, and arrested physical development were dismissed as just being a “nervous” girl. Finally, after emergency surgery, the doctor diagnosed her with Crohn’s disease. She coped by knowing the exact location of a bathroom wherever she went, and carrying spare underwear due to daily bouts of bowel incontinence. Her world narrowed until the only place she felt secure was her bathroom.

At age thirty-four, her doctor recommended a permanent ileostomy. For the first time in 19 years Lois experienced a life free of pain. No longer did she worry about finding a bathroom. Her world widened up in new ways. Although it can be difficult in the middle of a crisis to ask what benefits this situation might ultimately bring, you can receive new gifts if you are willing to see the situation in a new light. Learning to be grateful changed her life from a journey of illness and victimhood to one of possibilities. Since then, Lois communicates these life lessons on national TV and advocates on behalf of other ostomates to medical professionals and legislators. Her life demonstrates the courage and power of learning lessons from a lost colon.

**COURAGE  
TAKES GUTS**



### 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](mailto:carol@nelsonwheat.com)) to arrange contact with or a visit from an experienced and trained Ostomate Visitor.

Inland Northwest Bladder Cancer Support Group - A support group for urostomates and bladder cancer patients. Members meet the first Tuesday of the month at 5:00 p.m., Perkins Restaurant, on 12 E. Olive, in downtown Spokane. Contact Keith Alloway (509) 847-5999, or email him at [KI.alloway@comcast.net](mailto:KI.alloway@comcast.net).

United Ostomy Associations of America (UOAA) - (800-826-0826); P.O. Box 525, Kennebunk, ME 04043-0525; Link: <http://www.ostomy.org/Home.html>.

Phoenix Magazine - (800-750-9311); The Phoenix Magazine, P.O. Box 3605, Mission Viejo, CA 92690; Link: <http://www.phoenixuoaa.org/> (get a free sample copy).

Primary Producers of Ostomy Products:

Hollister 1-888-808-74556

Coloplast 1-888-726-7872

Convatec 1-800-422-8811

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

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

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



## 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 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.  
Heart Center Classroom, 3<sup>rd</sup> floor, south wing above ER.
- Contacts: Shari Gabourie RN, BSN, CWON at 208- 625-6627 or Sherron West, CDA OSG President, at 208-719-0776 for more information.

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

- Meetings held monthly at 12:30-1:30 pm on the 2nd Monday each month (January-February);
- Tri-State Memorial Hospital, 1221 Highland Ave, Clarkston, WA; hospital conference room on main floor.
- Contact: Janet Scheelke, President at 208-305-1723.

### 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. In 2018, we will 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 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 5562; or Wayne Pelly (Visitation Chairperson) at 509-943-3223.

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

- Meetings held quarterly at 2:00 to 4:00 pm (see contacts for meeting schedules and agendas).
- Confluence Health Central Washington Hospital 1201 S. Miller St., Wenatchee, WA; Conference rooms F & G.
- Contact: Tyree Fender, RN, BSN, CWOCN at 509-665-6156.

### Yakima Ostomy Support Group, WA:

- Meetings held bimonthly at 10:00 to 11:00 am, generally on the third Wednesday 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](mailto:SOSG.Input@gmail.com)).

