



### Welcome Inland Northwest Ostomates!



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## WHAZZ UP

Phil Moyle, Editor

**HAPPY NEW YEAR and Greetings to all of you in the Ostomy Communities of the Inland Northwest!**



In the last "WHAZZ UP" column, I complained a bit about our smoky air caused by all of the wildfires. But now, there is nothing burning up except for critical care staff and space in our hospitals. This isn't the "up-beat" introduction I'd planned for this New Year issue of "InSider," but the reality is that all of our lives continue to be uprooted due to the pandemic. Hopefully, you have all managed to escape the ravages of COVID-19, and if not, that you survived the illness and are fully recovered! My greatest hope now is that the vaccine rollout will reach our communities in time to avoid further losses. Sadly, the Spokane OSG lost a member and dear friend two weeks ago.

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## REGIONAL OSG MEETINGS \*



### Winter –2021 (COVID-19 Time)

The status of in-person OSG meetings remains uncertain and varies for each group. Check with your Ostomy Support Group leader and/or 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:

Regular ostomy support meetings cancelled until further notice

**Lewiston-Clarkston:** Second Monday, January-December, 12:30-1:30 pm at Jollymores Restaurant on Main St. in Lewiston, ID:

Jan. 11: Ostomy Support – Speaker unknown  
 Feb. 8: Ostomy Support – Speaker unknown  
 Mar. 8: Ostomy Support – Speaker unknown

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

Mar. 3: Zoom meet? - Ostomy Support  
 Apr. 7: Zoom meet? - Ostomy Support  
 May 5: Zoom meet? - Ostomy Support

**Spokane:** First Tuesday each month, January – November, 6:30-8:00 pm usually at Sacred Heart Medical Center, Sacred Heart Women's Center, Avista A & B Room, Spokane, WA:

Jan. 10: Zoom meet - Ostomy Support - TBA

Regular ostomy support meetings cancelled until further notice. Meetings are month to month.

**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:

Regular ostomy support meetings cancelled until further notice.

**Wenatchee:** Quarterly, 2:00-4:00 pm at Confluence Health - Central Washington Hospital, Conference Rms. J & K, Wenatchee, WA:

Regular ostomy support meetings cancelled until further notice.

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

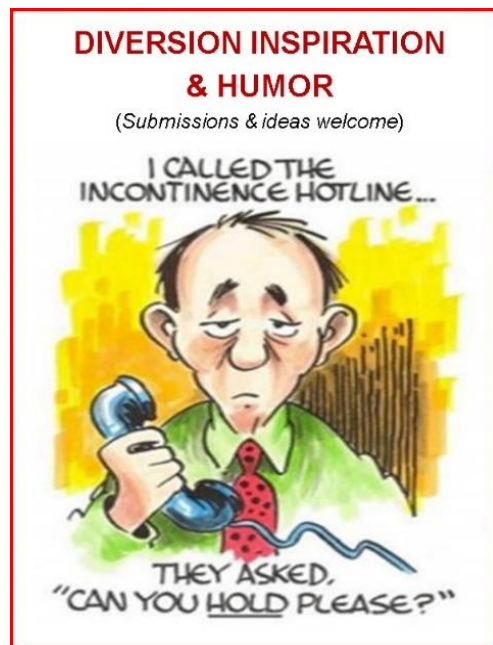
Regular ostomy support meetings cancelled until further notice.

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

So, let's all continue to be there for one another. Now in our tenth month, we pandemic veterans should know that the best way to protect ourselves and our communities is to continue to follow CDC guidelines, specifically - wearing a mask and maintaining a 6-foot or greater distance when in public plus frequently washing our hands! In addition to practicing these common-sense measures, my wife Gisela and I have adjusted over time to living a quieter, less socially active lifestyle, not necessarily a bad thing at our age (70s). At the same time, we have become more creative with our time, especially in the winter season - learning new skills, playing board/table games together, and reducing our footprint by tossing unneeded items – just to name a few. And a great benefit of isolation has been having the time to exercise to stay physically fit and to improve our attitudes!

As usual, this issue of “InSider” Newsletter includes brief updates about our seven ostomy support groups, all of which have either cancelled or limited meetings and social gatherings. Please check with your support group leaders regarding meetings - whether cancelled, conducted via by Zoom, or in person. Also, in this issue, we've added a **National Spotlight** section with information on national level topics such as the 2020 virtual Youth Rally and UOAA-Byram Healthcare collaboration. The **Nurse's Corner** offers a brief article about what is normal in these different times. Our **Quarterly Articles & Tips** section presents pertinent articles on pouch leakage, exercise, and sleeping with an ostomy bag.

**Check out** our updated regional website - [inlandnwostomy.org](http://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!** ■



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## NATIONAL SPOTLIGHT

### UOAA Activities and National Conference

**United Ostomy Associations of America (UOAA)** utilized the Zoom platform to hold a two-day meeting of the Board of Directors, Officers, and Staff on December 9-10 to introduce newly elected officers and Board Directors as well as to conduct regular business. Our sincere thanks to outgoing officers and Directors, especially Susan Burns (President), James “Jimbo” Murry (Vice President), and Georgy Salamy (Treasurer). It is truly noteworthy that the Officers and Directors are all volunteer (unpaid) positions, and these folks spend endless hours/days conducting UOAA activities. All of them will continue their efforts to support the UOAA mission. Elected Officers and Board Directors will assume their official duties on January 1, 2021. Kudos to ALL of them!!

[Continued next page](#)



New 2021 Officers and Board Directors include:

- **President:** ----- James Murry (elected; former Vice President)
- **President Elect:** ----- Cheryl Ory
- **Treasurer:** ----- Diana Kasza (hired)
- **Director at Large:** ----- Dr. Edward Loftspring
- **Director at Large:** ----- LtCol @ Justin Blum
- **Director at Large:** ----- Reverend Anthony Giordano
- **Director of Young Adults Outreach:** ----- Molly Atwater (appointed Director)
- **Director of Affiliated Support Group Affairs:** Brenda Elsagher (appointed Director)



Susan Burns,  
Cover of  
The Phoenix

**The Phoenix** magazine (Winter 2020, see photo) published an excellent article about **Susan Burns'** (out-going UOAA President), focusing on her decades of volunteering for the ostomy community after she had an ileostomy in 1979. Since joining a St. Louis support group in the early 1980s, she served in many different volunteer roles, first locally and later at the national level – in the old UOA and then assuming important positions in the UOAA. Susan served as UOAA President 2015-2020 and will continue to serve through 2021 in an advisory role. THANK YOU, Susan! (see **The Phoenix** magazine special discount ad on page 11)

>> **UOAA** also reaffirmed that the 8th National Conference, originally scheduled for August 2021, has been cancelled due to COVID and rescheduled for August 2022 in Houston, TX. <<

## Youth Rally Goes Virtual for 2020

*By Carol Nelson, Spokane Ostomy Support Group*

This past July, I was honored to serve as a counselor-in-training for the Virtual Youth Rally. The Youth Rally, a camp for young people between the ages of 11-17 age range who are living with conditions of the bowel and bladder, is operated by a group of dedicated volunteers. Each year this group plans and runs a five- day residential camp that lives out their mission--to provide an environment for adolescents living with conditions of the bowel and bladder that encourages self-confidence and independent living.

Then came COVID-19. The on-site rally in San Diego had to be cancelled, and this group of amazing people put together a virtual Youth Rally at the end of July. They were able to offer many of the same programs through Zoom. We met in large and small groups, with the tech group working round the clock to make sure they could move everyone to their correct groups.

I participated in a small 'cabin' group of 11-year-old 'campers'. What a joy! Many of these young people had multiple medical issues that they deal with daily. They are smart, funny, resilient, and a lot of fun to be around. We played games, talked about school, and generally got to know each other during our Zoom meetings. At other times, the kids would be in groups specializing in their particular health challenge, or at a large group meeting with various speakers—all of whom face many of the same medical issues.

While the usual visits to amusement parks and museums were not possible, we made our own fun. There was a craft session, a fashion show, and a talent show that highlighted the amazing abilities of these kids. They sang, played instruments, danced, told jokes, did magic tricks and much more. The traditional going away dance was held on the last night. Again, the kids went all out with costumes and danced their hearts out on



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Zoom. Hopefully, the 2021 summer will be a time of less COVID restrictions so we can all get together on-site in Boulder, Colorado. ■

## UOAA and BYRAM HEALTHCARE Ostomy Presentations

To coincide with **Ostomy Awareness Day** 2020, the UOAA recently collaborated with Byram Healthcare to produce three presentations relevant to ostomates and their medical support community. All three presentations are posted on portions of the UOAA website that best match the content; check the links following presentation titles listed below:

- What to Expect from an Ostomy Medical Supplier  
(<https://www.ostomy.org/product-supply-information/>)
- How to Navigate Insurance and Get Supplies Affordably  
(<https://www.ostomy.org/advocacy/>)
- How to Effectively Refer Patients to an Ostomy Medical Supplier  
(<https://www.ostomy.org/nurse-home-health-information/>)



Byram Healthcare also posted the presentations on their website. The presentations may be found on the bottom of Byram’s Ostomy Education Support page (<https://www.byramhealthcare.com/ostomy-care/ostomy-product-educational-support>) and at the bottom of the Ostomy Healthcare Professionals page (<https://www.byramhealthcare.com/healthcare-professionals/ostomy-for-healthcare-providers>). Feel free to contact our regional Byram Healthcare representative, Rich Judd, if you have questions. ■

### Inspiration

“Success is not final, and failure is not fatal: It is the **COURAGE to CONTINUE** that counts”



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## REGIONAL OSG ACTIVITIES & ANNOUNCEMENTS

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

- **Coeur D’Alene, ID:** 12/16/2020 – Sherron West, President, informed us that they have not been able to hold an in-person support group meeting since last June. They have no plans for a meeting until Covid-19 mitigation measures are lifted and meetings can be safely held. May you all enjoy a Happy and Healthy New Year in 2021!
- **Lewiston-Clarkston United Ostomy Support Group** – 12/11/2020 Update from Tamara Youmans (RN, CWON), and Adrian Wilson, President – We have held a few small gatherings in the meeting room at **Jollymore’s** on Main Street in Lewiston. This is in a private and spacious room where we can meet over delicious food and drink and discuss our topics. At our last meeting (in November), we had the privilege of hearing from Johanna Strehle from Dynamic Physical Therapy who had tips and good info to share with us about the importance of keeping our abdominal muscles toned and about the importance of exercise to keep our bodies strong and functioning well with our ostomies. We did not meet in December due to many people reporting too much going on with holidays, but we hope to resume meeting in January. Of course, we are also following COVID-19 happenings, and being cautious. We want to wish everyone a safe and joyful holiday from us down here in the valley- we are all in this together! May we all focus on our blessings, like that we have this wonderful network of people and support!  
Special Note: St. Joseph’s Regional Medical Center located at 415 6<sup>th</sup> street in Lewiston, ID also operates a Wound Healing/Ostomy Clinic (208-750-7379). Samantha Musser (MSN, FNP-C, CWON, CFCN), a family nurse practitioner, runs the clinic. Her years of experience and specialty focuses on ostomy care.
- **Palouse Ostomy Support Group, Moscow, Idaho** – 12/9/2020 Update from Frances Newcombe BSN RN CWON – We now have flyers that we are distributing to potential new ostomy support group members inviting them to join meetings by Zoom. At our last meeting we discussed B12 deficiency and caught up on how members are doing during COVID. I plan to work on the Ostomy visitor certification program possibly offering it by Zoom. I haven’t had the time yet to do this. Judy is recovering from knee surgery, and she is doing well.
- **Spokane, WA:** 12/22/2020 – Reports from Susie Weller, Facilitator:

### Tribute to Anne Uyehara – Our “MacGyver”

We will miss hearing more travel adventures from Anne Uyehara, and her supportive husband, Bob. Sadly, Anne died on December 17 from the effects of COVID-19. Anne was featured in the June, 2015 issue of the *Phoenix Magazine* as the “MacGyver” of ostomates for her creative responses to ostomy challenges in the midst of her international travels. She rode camels, water buffaloes, elephants and donkeys while exploring new sites throughout Europe, Africa, Middle East, Asia and the Polynesian Islands. In addition to providing practical travel tips, Anne also helped to edit our *InSider* regional newsletter, as well as *The Ostomy Book*. This comprehensive guide continues to be nationally recognized as the “bible” for new ostomates. Despite coping with chronic illnesses and multiple surgeries, Anne maintained her zest for life and delighted in finding

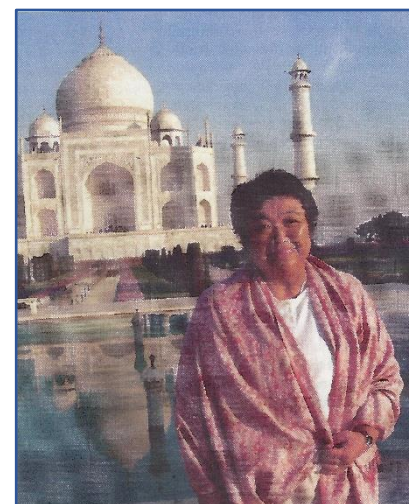


Photo - Anne Uyehara (The Phoenix magazine, June 2015)

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humorous jokes to email. Bob inspired other caregivers, especially husbands, about their important role in supporting a spouse with an ostomy. When we live Anne’s motto, we honor her memory: “Don’t let your ostomy run your life. It’s part of you, but don’t let it be your main focus. Do what you gotta do.”

**Susie’s Reflections on Spokane’s Resiliency Run in Manito Park**

In addition to enjoying gorgeous fall colors and flowers blooming at Manito Park, my highlight for this fun event was walking and talking with fellow ostomates and their support partners on October 3, **Ostomy Awareness Day**. Even though we were masked up and practicing social distancing, it felt delightful to see people in person! After a very long season of only being able to connect by email, phone and Zoom, I felt grateful for these human interactions. Kudos to Phil Moyle for initiating our 1<sup>st</sup> (annual?) Ostomy Resilience Walk in Spokane, and for creating a detailed map and information table. Tom Sperling supplied both a written history of Manito Park, as well as an oral description of the highlights as we traversed the duck pond, the Rose Garden, and Duncan Gardens. Marcia Green, our new Outreach Coordinator, as well as Carol Nelson, our Ostomy Support Coordinator, provided extra peer assistance. Rich Judd, from Byram Healthcare, donated his time to pick up ostomy supplies for those in need—especially locally and regionally. What great teamwork! As Ardyce Pangeryl suggested, “Let’s do this again in the spring.” I’d love to see even more ostomates join us for a walk this May or June!



- **Mid-Columbia Ostomy Support Group, Tri-Cities, WA** – 12/14/2020 Update from Lisa Bartholomew (CWOCA) – We will have a Zoom ostomy support group meeting January 14<sup>th</sup> at noon. Erin Eldridge BSN, CWCN from Coloplast will be our guest speaker. In-person meetings are on hold until further notice; however, [we will be deciding our plan month-to-month depending on the CDC guidelines](#), so stay in touch!
- **Wenatchee, WA:** 12/11/2020 – Tyree Fender, CWOCA – Currently I have no new updates for our group, and we have held no support group meetings over the last few months. Currently, we don’t have any plans for 2021 due to Covid. None of our members want to participate in a Zoom meeting.
- **Yakima, WA:** 12/11/2020 – Kanista Masovero, CWOCA – Lois, Allyson and I continue to do inpatient wound care. It is so hard to see what patients and families go through with Covid. We are not able to have a January 2021 meeting, probably not March as well. I have been signing up new ostomates, and everyone is looking forward to meeting as soon as we can! Thanks, Kanista. ■

**NURSE’S CORNER IS BACK AGAIN IN THIS ISSUE!**

**Is This Normal, Even If It Is Different?**

Modified from *Ostomy Outlook*, Ostomy Assoc. North Oklahoma.

Miami Ostomy Aftercare, The Promise, Ask Mary Lou Boyer, BS Ed, RN, WOC Nurse

Whether you are new to having an ostomy or you have had one for a long period of time, you may sometimes wonder if what is happening is normal. Figuring out your new normal can take some time and even over many years, changes can take place. So, are you now wondering, “*Is this normal even if it is different?*”



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With everything that is happening in our world right now, fear, worry and anxiety are running rampant. Social distancing, lack of everyday groceries, reduced income, or no income, and avoiding the COVID 19 virus doesn't give us our usual outlets. Certain life altering situations, such as a death in the family, divorce, certain diagnoses, or even upcoming health care tests also can cause anxiety.

If you have a urostomy, you may notice more mucus around the stoma or in the urostomy pouch. If you have a colostomy or ileostomy, you may notice more noise and/or gas coming from the stoma and more mucus on the stoma. This is different because it is not your usual normal, but it is normal if you are going through traumatic circumstances. These changes happen when you are anxious because the lining of the intestine produces more mucus, and the intestinal muscles are more active than usual. Remember that with a urostomy, the stoma is created from a piece of the intestine. These changes should improve as your world calms down.

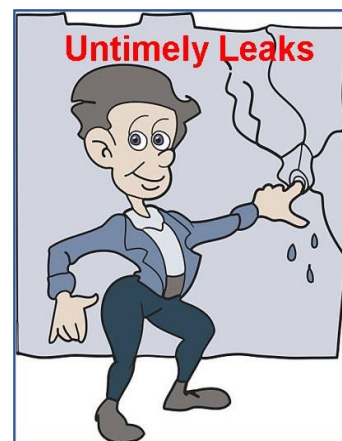
**Note:** Consult with a WOCN or your physician if you have changes that do not resolve. ■

## QUARTERLY ARTICLES & TIPS

### Eight Reasons for Pouch Leakage

From “The Pouch” Northern Virginia Ostomy Support Group

**Editor's Note:** Each of us is unique in how we respond to wearing an external ostomy appliance. Our differences range from the type(s) of ostomy(s) we have, what we eat, our intestinal function and skin condition, our daily activities, the way we sleep, and many other factors. Each of these can affect the performance of our appliances. Please review the following eight causes for pouch leakage and evaluate your own unique situation. What can you do to effectively improve your wear time in a safe and effective manner? Consider wearing an ostomy belt. Please consult with your WOCN advisor if you have questions! (Phil Moyle, Editor)



1. **Poor adherence to peristomal skin** — Apply pouch to dry skin. A warm hand over the pouch for 30 to 60 seconds assures a good seal.
2. **Wrong size of pouch opening** — Be sure that the size of your stoma has not changed. Remeasure and adapt accordingly.
3. **Folds and creases** — Ostomy paste can be used to build up an area in order to avoid leakage. Consult your ostomy nurse for proper methods.
4. **Peristomal skin irritation** — Avoid irritated or denuded skin. If any of these problems develop, consult your ostomy nurse.
5. **Too infrequent emptying** — Pouches should be emptied before they are full. Weight of the effluent may break the seal causing a leak.
6. **Extremely high temperatures** — Wafer melt may cause leakage in warm weather. Change pouch more frequently or try a different wafer.
7. **Pouch wear and tear** — If you are stretching your wear time, leakage may be due to wafer wearing out. Change pouch more frequently.
8. **Improper storage** — Store your ostomy supplies in a cool, dry place. Humidity may affect your pouch adhesive. Appliances don't last forever. Ask your vendor what the recommended shelf life is for your brand of pouch. Thanks to The By-Pass On-line, The Houston Area Ostomy Group. ■

#### Coronavirus Groaners

- So many coronavirus jokes out there, it's a *pun demic*!
- There will be a minor baby boom in 9 months. Then around 2033, we'll witness the rise of the “*quaranteens!*”
- In my day, you would cough to cover up a fart. Now you fart to cover up a cough!



## Five of the Best Exercises You Can Ever Do!

by Harvard Medical School—Healthbeat

From “The Pouch” Northern Virginia Ostomy Support Group

**Editor’s Note:** After nine months of COVID restrictions, what is your physical condition? How about your mood? Isolation and related COVID mitigation measures have led many of us into a sedentary lifestyle which contributes to a deteriorating physical condition and emotional challenges. Lying low during “COVID times” is an opportune time to begin a simple but effective exercise discipline and monitoring program. The following short but authoritative article offers recommendations on five exercises that can improve your physical condition and lift your mood! You may not have access to a swimming pool, but the other exercises can be done in your home environment. Go for it! (*Phil Moyle, Editor*)

If you’re not an athlete or serious exerciser—and you just want to work out for your health or to fit in your clothes better—the gym scene can be intimidating and overwhelming. What are the best exercises for me? How will I find the time? Just having to walk by treadmills, stationary bikes, and weight machines can be enough to make you head straight back home to the couch. Yet some of the best physical activities for your body don’t require the gym or ask you to get fit enough to run a marathon. These “workouts” can do wonders for your health. They’ll help keep your weight under control, improve your balance and range of motion, strengthen your bones, protect your joints, prevent bladder control problems, and even ward off memory loss. No matter your age or fitness level, these activities are some of the best exercises you can do and will help you get in shape and lower your risk for disease:

1. **Swimming:** You might call swimming the perfect workout. The buoyancy of the water supports your body and takes the strain off painful joints so you can move them more fluidly. “Swimming is good for individuals with arthritis because it’s less weight-bearing,” explains Dr. I-Min Lee, professor of medicine at Harvard Medical School. Research has found that swimming can also improve your mental state and put you in a better mood. Water aerobics is another option. These classes help you burn calories and tone up.



2. **Tai Chi:** This Chinese martial art that combines movement and relaxation is good for both body and mind. In fact, it’s been called “meditation in motion.” Tai chi is made up of a series of graceful movements, one transitioning smoothly into the next. Because the classes are offered at various levels, tai chi is accessible—and valuable—for people of all ages and fitness levels. “It’s particularly good for older people because balance is an important component of fitness, and balance is something we lose as we get older,” Dr. Lee says. Take a class to help you get started and learn the proper form. You can find tai chi programs at your local YMCA, health club, community center or senior center. (**Editor’s Note:** Tai Chi is also available online via You Tube!)



3. **Strength training:** If you believe that strength training is a macho, brawny activity, think again. Lifting light weights won’t bulk up your muscles, but it will keep them strong. “If you don’t use muscles, they will lose their strength over time,” Dr. Lee says. Muscle also helps burn calories. “The more muscle you have, the more calories you burn, so it’s easier to maintain your weight,” says Dr. Lee. Like other exercises, strength training may also help preserve brain function in later years. Before starting a weight training program, be sure to learn the proper form. Start light, with just one or two pounds. You should be able to lift the weights 10 times with



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ease. After a couple of weeks, increase that by a pound or two. If you can easily lift the weights through the entire range of motion more than 12 times, move up to slightly heavier weight.

4. **Walking:** Walking is simple, yet powerful. It can help you stay trim, improve cholesterol levels, strengthen bones, keep blood pressure in check, lift your mood, lower your risk for a number of diseases (diabetes and heart disease, for example). A number of studies have shown that walking and other physical activities can even improve memory and resist age-related memory loss. All you need is a well-fitting and supportive pair of shoes. Start with walking for about 10 to 15 minutes at a time. Over time, you can start to walk farther and faster, until you’re walking for 30 to 60 minutes on most days of the week.



## PELVIC FLOOR STRENGTHENING EXERCISES

ASSISTED HEEL DROPS



DEAD BUG



BRIDGE



BIRD DOG



5. **Kegel exercises:** These exercises won’t help you look better, but they do something just as important—strengthen the pelvic floor muscles that support the bladder. Strong pelvic floor muscles can go a long way toward preventing incontinence. While many women are familiar with Kegels, these exercises can benefit men too. To do a Kegel exercise correctly, squeeze the muscles you would use to prevent yourself from passing urine or gas. Hold the contraction for two or three seconds, then release. Make sure to completely relax your pelvic floor muscles after the contraction. Repeat 10 times. Try to do four to five sets a day. Many of the things we do for fun (and work) count as exercise. Raking the yard counts as physical activity. So does ballroom dancing and

playing with your kids or grandkids. As long as you’re doing some form of aerobic exercise for at least 30 minutes a day, and you include two days of strength training a week, you can consider yourself an “active” person.

For doable exercises that will produce results, read **Starting to Exercise**, a Special Health Report from Harvard Medical School: <https://www.health.harvard.edu/exercise-and-fitness/starting-to-exercise> (\$20 print copy; \$18 eBook pdf)

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## Five Tips for Sleeping with an Ostomy Bag

Amber from “Ostomy Diaries”  
<https://www.ostomydiaries.com/>

“**Sleeping with an Ostomy Bag**” is just one of many informational videos produced by Amber that can be accessed on her website [Ostomy Diaries](https://www.ostomydiaries.com/). Amber was diagnosed with Crohn’s Disease at age 9 in 2008 and had a complete colectomy to become an ileostomate in 2016. She now teaches high school sciences – chemistry and physical sciences – and is pursuing a master’s degree in secondary education. Through her struggles with IBD and many hospitalizations, Amber also became a serious advocate for ostomates and those suffering from intestinal diseases such as IBD. To that end, she created and maintains the “**Ostomy Diaries YouTube Channel**” and reaches out through other social media platforms.



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To view the video, “Sleeping with an Ostomy Bag” go to the following link:

<https://www.youtube.com/watch?v=UkL5nH047f8&feature=youtu.be&fbclid=IwAR1VQ2pgvwzKImAHbSrPIBVqjBwui-SbQTa5fho25svDoi8f0d2c8D9j9W0>

For those of you that cannot access the video, following are the five (5) tips Amber recommends for sleeping with an ostomy pouch. These tips are especially valuable for new ostomates who are still adjusting to their new normal.

1. **Schedule your food intake** to avoid having too much stool or urine passing through your system.
2. **Empty your pouch just before going to bed.** You can also set an alarm in case you are concerned about too much intestinal or urinary activity while you are sleeping.
3. **Wear an ostomy belt.** This can stabilize your pouch and offer you an increased sense of security.
4. **Be careful with your pajamas.** Make sure that your night clothes don’t constrict flow into your pouch.
5. **Sleep with pillows on both sides.** Consider using pillows to help you avoid sleeping on your stomach. ■

**POUCH HUMOR**

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## Get Ostomy Answers!

The *Phoenix* magazine provides answers to the many challenges of living with an ostomy. From skin care to nutrition to intimacy, in-depth articles are written by medical professionals, ostomy experts and experienced ostomates. Subscriptions directly fund the services of the United Ostomy Associations of America.

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or call 800-750-9311

### 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](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, at 12 E. Olive, in downtown Spokane. (To verify the status of meeting schedules during the COVID-19 pandemic, first check with Keith Alloway, 509-847-5999, or email him at [KL.alloway@comcast.net](mailto:KL.alloway@comcast.net).)

**Kootenai Health Medical Center – Outpatient Wound/Ostomy Care** – (208-625-6944) - 2003 Kootenai Health Way, Coeur d’Alene, ID.

**Gritman Medical Center – Ostomy Services** - 700 S. Main Street in Moscow, Idaho (208-882-4325); appointment needed.

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

**Ostomy Support Facilities - Lewis-Clark Valley –**

**Tri-State Wound Healing (Ostomy Clinic)**, Clarkston, WA – Call 509-758-1119 – referral not required.

**St. Joseph Wound Care/Ostomy Dept.**, Lewiston, WA - Seeing inpatient and outpatient ostomy patients M-F with appointment - Call 208-750-7379

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

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

**Primary Producers of Ostomy Products:**

**Hollister** 1-888-808-74556

**Coloplast** 1-888-726-7872

**Convatec** 1-800-422-8811



## INLAND NORTHWEST OSTOMY SUPPORT GROUPS & MEETINGS\* EASTERN WASHINGTON & NORTHERN IDAHO

(Regular meeting info shown below. **Due to COVID-19 masking and distancing guidelines** by the CDC and state/local authorities, 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 (January-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.