



AFFILIATED SUPPORT GROUP

# "InSider" Newsletter

## INLAND NORTHWEST OSTOMY SUPPORT GROUPS

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<http://inlandnwostomy.org>



Winter 2024

Issue 24-1

Welcome Inland Northwest Ostomates!



# WINTER WONDERLAND



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## WHAZZ UP

**Holiday Season Greetings to all of you in the Ostomy Communities of the Inland Northwest!**

We hope you are enjoying the Holiday Season and that the New Year brings you Peace, Good Health, Happiness, and Success! Please remember that despite the negatives our daily news may bring, we have many reasons to be grateful – **Ostomies are Lifesavers!** And although Covid continues to pop up, its impacts on ostomy support group meetings in our region are slowly being overcome. In 2024, another hospital will open its doors to host meetings, and thankfully, groups that lost leadership and closed are beginning to reemerge. Consider stepping up to help your fellow ostomates and WOCN; split the work and share the joy by forming a team! **Ostomy Awareness Day** was celebrated by some local groups in October; members of Spokane's support group gathered in Manito Park for camaraderie and the **Run (walk, stroll) for Resilience Ostomy** event.

Continued next page.

## REGIONAL OSG MEETINGS \*



Winter 2024

The status of OSG meetings remains uncertain and varies for each group. Check with your Ostomy Support Group leader and/or lead WOCN for updates on upcoming meetings.

**Coeur d'Alene, ID:** Support group meetings held in person on the 3rd Wednesday each month at 3 pm in the basement conference room in Kootenai Clinic Interlake Medical Building, 700 Ironwood Dr., Coeur d'Alene, ID:

- Jan. 17: Stomagenie.
- Feb. 21: Occupational Therapy.
- Mar. 20: TBD.

**Lewiston, ID-Clarkston, WA:** Second Monday, January-November, 12:30-1:30 pm, now at Canyon's Church, 717 15<sup>th</sup> St. in Clarkston, WA:

- Jan. 8: Peristomal Care & Ostomy Support.
- Feb. 12: Ostomy Support.
- Mar. 11: Ostomy Support.

**Palouse - Moscow, ID:** Zoom meetings are usually held at 5:00 pm the first Wednesday each month until further notice. Invitations will be sent out monthly:

- Jan. 3: Zoom meet – Ostomy Support.
- Feb. 7: Zoom meet – Ostomy Support.
- Mar. 6: Zoom meet – Ostomy Support.

**Spokane:** First Tuesday each month, January – December, 6:30-8:00 pm via Zoom. Invitations sent prior to each meeting. Call 509-601-3892 with questions:

- Jan. 2: Disaster Preparedness.
- Feb. 6: Probiotics & Health – Vicki Jo Henry.
- Mar. 5: Hollister – New Products.

**Tri-Cities:** The Mid-Columbia (TriCities) Ostomy Support Group is not active at this time:

>> Meetings may be scheduled in 2024.

**Wenatchee:** >> Regular ostomy support meetings canceled until further notice.

**Yakima:** >> Meetings held second Monday or Wednesday bimonthly; 10:00-11:00 am in the Cascade Community Room at North Star Lodge, 808 N 39<sup>th</sup> Ave, Yakima, WA:

- Jan. 8: Dr. Matt Uhlman, Urologist.
- Mar. 13: Speaker/topic TBD.

**NOTE:** Details about each support group's leaders and locations are listed on page 12.



This issue of the “**InSider**” Newsletter includes several excellent articles: “*The Role of Occupational Therapy in Ostomy Care*,” a real eye-opener for me, “*Avoid Caregiver Burnout*,” “*Home Remedies to Treat Stoma Itch*,” and more “*Q&A Advice for Ileostomates*.”

Our regional website - [inlandnwostomy.org](http://inlandnwostomy.org) - is still undergoing changes and updates. 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 suggestions, questions, articles, and letters! ■

## NATIONAL SPOTLIGHT

### Selected Highlights

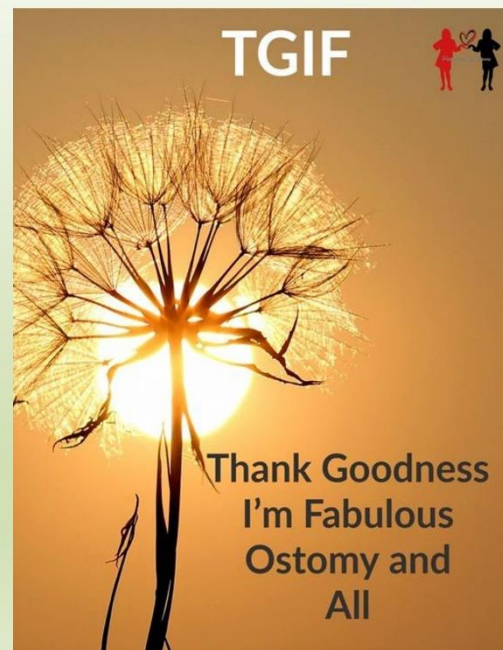
#### New UOAA Resource

The UOAA recently developed a wonderful new resource for ostomates, families and caregivers, support group leaders, and clinicians. To take advantage of this wonderful tool go to the following UOAA page: [https://www.ostomy.org/uoa-resources-library/?fbclid=IwAR02FNJjocEVutuD5tV2sJL0YDHPnswTxxH-rjR8MSUtRZTUXutNSV\\_eRXw](https://www.ostomy.org/uoa-resources-library/?fbclid=IwAR02FNJjocEVutuD5tV2sJL0YDHPnswTxxH-rjR8MSUtRZTUXutNSV_eRXw). ■

### DIVERSION INSPIRATION & HUMOR

(Submissions & ideas welcome)

TGIF 



Thank Goodness  
I'm Fabulous  
Ostomy and  
All



[HOME](#) | [OSTOMY INFORMATION](#) | [SUPPORT](#) | [ADVOCACY](#) | [WHO WE ARE](#) | [LATEST](#) | [EVENTS](#) | [GIVE NOW](#) | [SEARCH](#)

## UOAA RESOURCES LIBRARY

Documents that are available as PDFs to download and print.

[https://www.ostomy.org/uoa-resources-library/?fbclid=IwAR02FNJjocEVutuD5tV2sJL0YDHPnswTxxH-rjR8MSUtRZTUXutNSV\\_eRXw](https://www.ostomy.org/uoa-resources-library/?fbclid=IwAR02FNJjocEVutuD5tV2sJL0YDHPnswTxxH-rjR8MSUtRZTUXutNSV_eRXw)

**AFFILIATED SUPPORT GROUP (ASG)**

**ADVOCACY**

- SELF-ADVOCACY TOOLS
- POLICY PAPERS
- UOAA POSITION STATEMENTS

**BASIC INFORMATION**

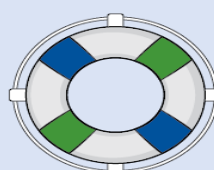
**DIET & NUTRITION, SKIN CARE AND SEXUALITY**

**SPANISH RESOURCES**

**SURGERY-SPECIFIC**

- COLOSTOMY
- ILEOSTOMY
- UROSTOMY
- CONTINENT DIVERSIONS

**UOAA EDUCATIONAL ORDER FORMS, INFORMATION AND IMAGES**



## STOMIES

Are Life-Savers



Many thanks to Lynn Brink and Carol Nelson for their helpful editorial reviews of this newsletter!





## **REGIONAL-LOCAL OSTOMY SUPPORT GROUPS**

### **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 and group leadership. *Remember, please contact your support group coordinator/leader for up-to-date information!*

- **Coeur D’Alene Ostomy Association, ID:** 12/12/2023 - Update from Stefanie Nissen, RN, BSN, CWOCN – The Coeur d’Alene Ostomy Association holds in-person meetings on the third Wednesday of each month from 3-4:30pm, at the Kootenai service building in the Bear Lake Basement Conference Room, 700 Ironwood Dr., Coeur d’Alene, ID. **Colin Jarvis** with Stealth Belt gave an inspirational message and presented the different belt options at our October 18 meeting, and Alex Harrison with Convatec presented at our November 15 meet with an emphasis on the *Esenta* line of products and moldable skin barriers. We plan a Christmas celebration for our December 20 meeting. Due to conference room limitations, our meeting will be at 4 pm, at 1919 Lincoln – 1<sup>st</sup> Floor Conference Room. We will have a Christmas party with games, prizes, and goodies. In January, we will have a presentation by Stomagenie, and Jessica Wallace, Occupational Therapist and Ostomy Management Specialist, will present in February. Our March meet topic/presenter is to be determined. If you have any questions, please reach out to Stefanie Nissen BSN, RN, CWOCN at [208-625-3582](tel:208-625-3582), Tuesdays through Fridays 8-4:30. *Note the new dedicated telephone number!*
- **Lewiston, ID-Clarkston, WA United Ostomy Support Group:** 12/14/2023 - Update from Adrian Wilson, President – Our support group still meets at Canyon’s Church, 717 15<sup>th</sup> St. in Clarkston, WA, 12:30 to 1:30 pm every 2nd Monday of the month. In September we shared samples of our products. We also collected 16 boxes of products donated this last quarter and shipped them to Friends of Ostomates Worldwide, a job that took several hours. In October’s Elsa Goodwin did a marvelous demonstration of Coloplast products, in November we met Brian Moriniti, our new Byram rep., and in December, Adrian Wilson did a presentation on odor control and making Poo-Pourri. We will discuss peristomal care in January. We still go to house calls and the hospital for new ostomates. Adrian also expressed appreciation to Waseem’s Pharmacy in downtown Clarkston for working closely with and assisting the support group.
- **Palouse Ostomy Support Group - Moscow, ID:** 12/11/2023 – Update from Linda Loomis – The Palouse Support Group has enjoyed meeting monthly via Zoom. We plan to continue via Zoom; meetings are usually held at 5:00 pm the first Wednesday of each month until further notice. Invitations with a specific date and time will be sent out monthly. **Frances Newcombe**, a WOCN at Gritman since October 2000 retired on October 13, 2023, the 23<sup>rd</sup> anniversary date of her start at Gritman. Our sincere appreciation, Frances, for your many years of dedicated service to our ostomy community!! Her replacement is **Corinda Schembri** RN, BScN, CWON, a dedicated nurse with 20 years of experience in medical/surgical ICUs. **Welcome Corinda!**
- **Spokane Ostomy Support Group - Spokane, WA:** 12/15/2023 - Report by Carol Nelson, Facilitator ([509-601-3892](tel:509-601-3892)) – Happy Holidays! The Spokane Ostomy Group had a full lineup of activities and topics this fall. In October we met at Manito Park for our annual **Run/Walk/Stroll for Resilience** - enjoying the fall weather and a roaring fire in the shelter fireplace and sipping hot coffee, cocoa, & hot cider (see photo page 4). Many of us meandered through the park, some even walking 4-5 km, and returned for some fellowship time and a brownbag lunch. At our November Zoom meeting, **Occupational Therapist** Jessica Wallace gave a talk on **‘The Importance and Application of Occupational Therapy in Recovery from Abdominal Surgery, such as for an Ostomy.’** She also answered questions from the group. December’s meeting started with **Glow and Grows** from the attendees, always a chance to share the ups and downs of life with an ostomy. It was a great meeting with lots of interaction.

[Continued next page.](#)



There are some wonderful changes afoot for our group. Sacred Heart is allowing us to use the Mother Joseph room beginning in March (THANK YOU Terasa). **Upcoming meetings:** January 2, 2024 - Emergency Preparation with Barb Stubbing on Zoom; February 6, 2024 - Vickie Jo Henry on Probiotics & Health on Zoom; and March 5, 2024 - Amanda Boden, Hollister rep. – IN PERSON!! We will meet in the Mother Joseph room that is located on L3 at the east end of the cafeteria. The east parking garage is just steps away with an elevator to whisk you to the appropriate level.



- **Mid-Columbia Ostomy Support Group - Tri-Cities, WA:** 12/11/2023 – Reported by Nancy Serna, CWON - We are currently talking about ostomy support group start up. I will keep you posted and if all goes well, we hope to resume meetings in 2024. In the meantime, feel free to join Spokane’s Zoom meets.
- **Confluence Health Ostomy Support Group - Wenatchee, WA:** 12/11/2023 – Reported by Tyree Fender, CWOCN - Our group is still dormant and I'm not sure when we will have any meetings. Our group is changing with a nurse retiring so not sure when we will restart them.
- **Yakima Ostomy Support Group - Yakima, WA:** 12/18/2023 – Kanista Masovero, CWOCN – Meetings usually held second Wednesday bimonthly; 10:00-11:00 am in the Cascade Community Room at North Star Lodge in Yakima. Dr. Matt Uhlman, a local urologist, will be our guest speaker on Monday, January 8<sup>th</sup>. In March we will go back to meetings on Wednesdays, March 13, and May 8. Guest speakers TBA. Happy Holidays! Kanista ■

## QUARTERLY ARTICLES & TIPS

### Role of Occupational Therapy in Ostomy Care

By Jessica Wallace, OT, OMS - Denton Texas

**“What is occupational therapy?”** Occupational therapy (OT) is a holistic therapy discipline that addresses the meaningful daily occupations that a person needs or wants to do. Working across the lifespan, OTs can be found in neonatal intensive care units, schools, hospitals, rehab facilities, home health, outpatient therapy, and many other settings. What therapy looks like for each person is as broad as the people themselves.



I’ve been working as part of a hospital rehab team for almost six years. In the hospital setting, my job is essentially to assess a person’s self-care abilities and safety for home. In essence, can a person, dress/bathe/toilet, etc... or do they have the needed support in place to assist them? I then provide interventions to either aid in the progression of that person to their home, or to facilitate their discharge from the hospital to further rehabilitation.



Jessica Wallace & Family.

While treating patients in the hospital who had undergone abdominal surgery, I became severely dissatisfied with the education and support (or lack thereof) available to these patients. I didn’t know much about ostomy care in those early years, but I knew that it wasn’t fair to set a person on this path without adequate training and only minimal resources. After 2 years of educating myself and engaging in the care of ostomy patients, I received the necessary training to be certified as an **ostomy management specialist (OMS)**. From there I was able to build a hospital-wide protocol, provide nurse training for competent bedside ostomy care, and train our team of OTs to provide education and hands-on training to our patients.

#### Pre-Operative Interventions

Seeing a qualified ostomy professional such as an OMS or WOCN prior to surgery is consistently shown in research to significantly improve post-operative outcomes.

An OT who is proficient in ostomy care offers the added benefit of a comprehensive and functional stoma marking. One that accounts for a variety of positions, clothing consideration, and accounting for other potential disability impacts to ostomy care prior to the surgery. It also offers the opportunity for pre-operative exercise programs and education on topics like breathwork and mobility.

“One 30-minute therapy session prior to abdominal surgery can reduce the risk of complications by up to 50%” (Borden et al., 2018).

#### Acute Care Interventions

It is common practice to receive a physical therapist evaluation in the hospital after surgery as the surgeon often prioritizes mobility after surgery. Physicians may not consider the daily activities that can be affected after surgery that would benefit from an OT.

Any OT, whether trained in ostomy care or not, should be able to advise on basic tasks like lower body dressing, bed mobility, showering, and access to a bathroom.

Occupational therapists who are trained in ostomy care can provide further training including practice in appliance changes, voiding and closure management, functional toileting in a bathroom rather than a basin, troubleshooting leaks and accessibility challenges, and family training.

Unfortunately, in today’s for-profit healthcare environment, patients are often sent home before they feel ready. The goal of care in this setting is to provide patient and family training, facilitate transition to competent

Continued next page.



ongoing care, provide education on suitable(?) products and equipment that may be needed in later phases of care, and to emphasize advocacy.

## Post Acute Interventions

Ideally, patients should be discharged to their home with a competent ostomy care nurse in the home health setting, home health therapy, enough supplies for at least 1-2 weeks (?) and a reliable 2–3-day wear schedule, contact information about who to call for additional support and a source of new ostomy supplies, and communication from a hospital care team on products and course of care.

In reality, most patients will discharge home with a lack of knowledge, resources, support, and supplies.

Occupational therapy can help bridge the gap in training and skills by working with home health nursing to address new toileting routines and accessibility.

OT can also address goals for eventual return to work or other meaningful roles/responsibilities by covering topics like products for discretion, activity tolerance, hernia support belts, work modifications, and pelvic health therapy.

## Common Associated Conditions and Accessibility

No matter the setting, OTs are trained medical professionals who apply a holistic approach to facilitate independence. This means that OTs can help problem solve ways to be independent in ostomy care even when limited by medical complexity or comorbidities like cancer, arthritis, low vision, obesity, cognitive deficits, and much more. We are experts of adaptability and have a large tool box of adaptive equipment and creative solutions to help facilitate independence.

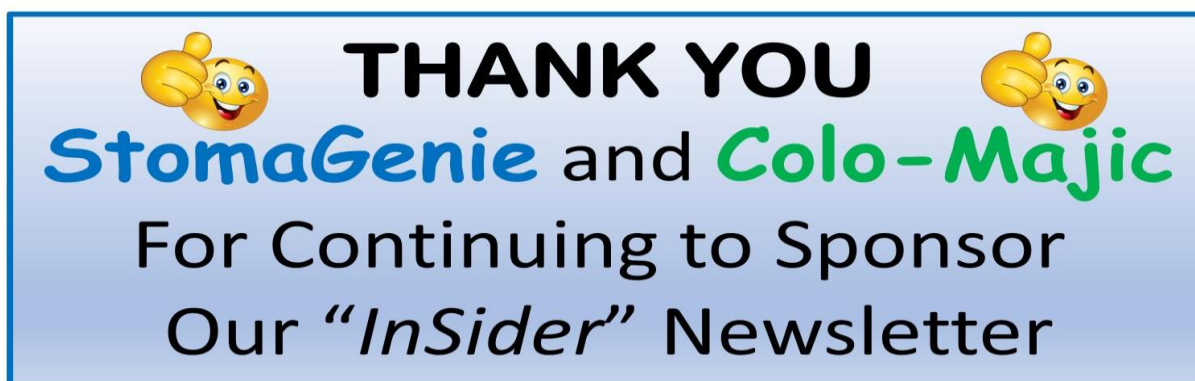
## Accessing Occupational Therapy

OT requires a doctor’s order but can be provided in any of the settings mentioned before. In the hospital setting, there may be multiple doctors involved in your care. Your surgeon or hospitalist would be most appropriate to request an OT consultation. You may also discuss it with your bedside nurse. In the home health setting, state laws vary, and it may be required that a nurse or PT initiate your care first before OT can be initiated. In the outpatient/clinic setting, you are more likely to encounter a WOCN for ostomy care than an OT.

Keywords to remember when requesting access to OT services include, “*Activities of daily living*”, or be specific about difficulties with dressing, bathing, toileting, etc...

**In summary**, occupational therapy offers a comprehensive, holistic approach to ostomy care that facilitates long-term confidence and health for ostomates.

- Boden, I., Skinner, E., Browning, L., Reeve, J., Anderson, L., Hill, C., Robertson, I., Story, D., & Denehy, L. (2018). Preoperative physiotherapy for the prevention of respiratory complications after upper abdominal surgery: pragmatic, double blinded, multicentre randomised controlled trial. *British Medical Journal*, 360:j5916. <http://dx.doi.org/10.1136/bmj.j5916>. ■



## Avoid Caregiver Burnout

via [Double Baggin It](#) on Facebook, 11/28/2023

**Caregiving** can be a rewarding and beautiful honor and ... and at the same time, it can be physically taxing and emotionally draining.

### Eleven Tips to Avoid Caregiver Burnout:

- 1) **Little Jobs!** Complete a few small tasks on your to-do list. It's so satisfying and encouraging to see a job completed. Even if it was just folding one small basket of laundry.
- 2) **Stay hydrated** and eat well! Your body deserves the proper fuel.
- 3) Try for 7-9 hours of sleep a night.
- 4) **Exercise Daily!** Try for 30 minutes of exercise - even if it means 10 three-minute walks around a hospital floor.
- 5) **Relaxation!** Need to relax your mind and body? Of course, you do! Reading, coloring, journaling, and meditating can help put you in a more relaxed state.
- 6) **Laughter** is the best medicine, right? Find it where you can. Laughter can truly lighten your emotional load.
- 7) **Socialize!** Time spent with family and friends can help lift your mood and strengthen your immune system! Score!
- 8) **JUST SAY NO!!!!** This one is my absolute favorite. There is a lot of power in that little two letter word. Learn to prioritize your yes answers and say no to anything else. ... and do so without guilt.
- 9) **Be Yourself!** Remember not to lose your own identity! You're more than a caregiver. It's important for caregivers to find time to do the things they love.
- 10) **Your Needs!** Prioritize your own mental and physical health needs. This is a reminder... in order to care for others - you must care for yourself first. Just like the flight attendants tell us on each flight. You must put on your own oxygen mask before helping others put on theirs.
- 11) **ASK FOR AND ACCEPT HELP!**

[#nationalcaregiversmonth](#) [#caregivinglife](#) [#nationalfamilycaregiversmonth](#) [#carer](#) [#caregiver](#) [#caregiving](#) [#caregivers](#) [#caregivingtips](#) [#caregivingsupport](#) [#caregiverssupport](#) [#familycaregiver](#) [#ostomy](#) ■



## Some Home Remedies to Treat Bad Itch Around the Stoma

from Northern VA *The Pouch*; via Hartford (CT) *Ostomy Update*

**Cold applications:** Because cold and itch travel along the same nerve fibers, the use of cold can “jam the circuits” and deaden itch. If the itch is directly under the wafer, remove the wafer and apply a cold cloth over the affected area. You'll need to keep reapplying the cloth to maintain its coldness or put some ice inside the cloth. If you have an ostomy that emits waste frequently, you'll need several cold clothes. If you can handle the overall chill, standing in a shower with a cold hand spray over the affected area can help, too. If neither of these options is possible for you, try a cold pack placed overtop the appliance where the itchy spot is. (Don't overdo it – you don't want to ‘freeze’ the stoma itself.) Thoroughly dry the area once done and reapply your usual gear. A hot shower can feel good temporarily but can leave you feeling even itchier later.

**Oatmeal:** If cold showers give you the shivers, soaking the stoma area with an oatmeal bag might help. It sounds a bit sticky but getting in a tub with an oatmeal bag can soothe skin all over. How do you make an oatmeal bag? Put a cup of uncooked



[Continued next page.](#)



oatmeal in a sock and tie it shut with a rubber band. Keep it in the water with you. The polysaccharides – basically complex sugars – in the oats leave a “gelatinous” residue in bathwater and on your skin, also combating dryness. Oatmeal proteins work to protect your skin in general. A 2010 study, published in the “Journal of Drugs in Dermatology,” found substances called avenanthramides block inflammatory compounds and histamines, thus helping to soothe skin that’s become itchy.

**Vinegar:** Mix 50% white vinegar and 50% water, wet a clean sponge in this and soak the skin for 5 to 10 minutes when changing your appliance. Be sure the skin is washed and rinsed well to remove the vinegar before applying the new appliance.

**Baking soda:** Mix two tablespoons of plain baking soda in water to wash around the stoma. Again, make sure the skin is completely dry before applying the wafer.



**Over the Counter Remedies or Medications. Anti-itch creams and lotions:** Look for over-the-counter (OTC) remedies with these ingredients: Camphor, Menthol, Pramoxine, Diphenhydramine, Benzocaine (or one of the other “caine” anesthetics). If the itchy area lies outside of the wafer, you can apply these products over and over, every few minutes, if needed. These preparations help numb the nerve endings and stop you from a frenzy of scratching. Unfortunately, if the itchy spot is under your wafer, putting any kind of cream or lotion on that area is going to interfere with adhesion. In some cases, if you have a colostomy that doesn’t emit waste very quickly, you can put a topical anti-itch product directly on the affected spot and leave your appliance off until the cream is absorbed, then re-apply your pouch. For high output ostomies, however, you really need to see an ostomy nurse who can assess the situation and coach you on applying different coatings of products that will a) relieve the itch and b) allow your pouch to stay on. If OTC anti-itch products aren’t helping, or can’t be applied, you need to see your WOC Nurse. ■

## THE SOLUTION YOU’VE BEEN LOOKING FOR:

- 

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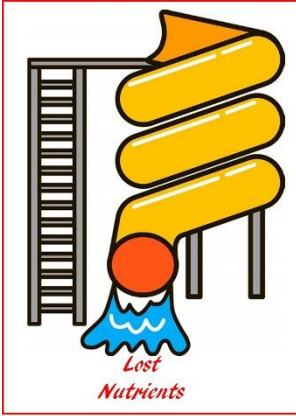
Visit us at [www.ColoMajic.com](http://www.ColoMajic.com)  
For more information please call 1-866-611-6028

Visit us at [www.ColoMajic.com](http://www.ColoMajic.com)  
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## Q & A Advice for Ileostomates

Vancouver Ostomy High Life, Sept.-Oct. 2023

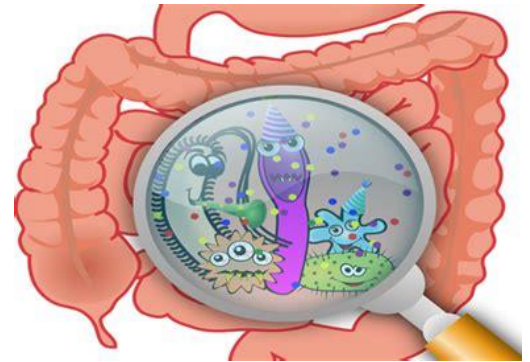


**Q.** My ileostomy runs like water, and I have to wake up in the night to empty. Is this normal?

**A.** Anyone who’s had an ileostomy knows there can be a real variety in stool consistency, especially at the beginning. However, it is very important to thicken things up. An “applesauce” or “toothpaste” consistency is the goal. If stools are too watery, the body doesn’t have time to absorb important things your body needs. Your food, your fluids or even your medications might just go flying by, kind of like they were shooting down a waterslide! This can be a serious problem. You might become dehydrated, feel weak, tired, or dizzy, or have *dry mouth*. Also, your appliance may not last as long as it should. If your stools are liquid, it may be time to reach out to your local Ostomy Nurse for some advice. There are foods and medications that can help to get things back on track!

**Q.** Can I drink alcohol with my ostomy?

**A.** This may depend on what type of ostomy you have. With a colostomy, you may be able to return to the foods and drinks you enjoyed before your surgery, especially if your doctor says it’s okay. With an ileostomy, things may work a little differently now. Bubbly beer could cause gas. Hard alcohols may be absorbed differently. Cocktails that are high in sugar can make stools watery. Also, if you already having liquid stools, alcohol could make you even more dehydrated. That said, life with an ostomy is meant to be lived. If raising a glass to the newly married couple or having the odd “cold one” on the back deck feels right for you, Cheers! ■

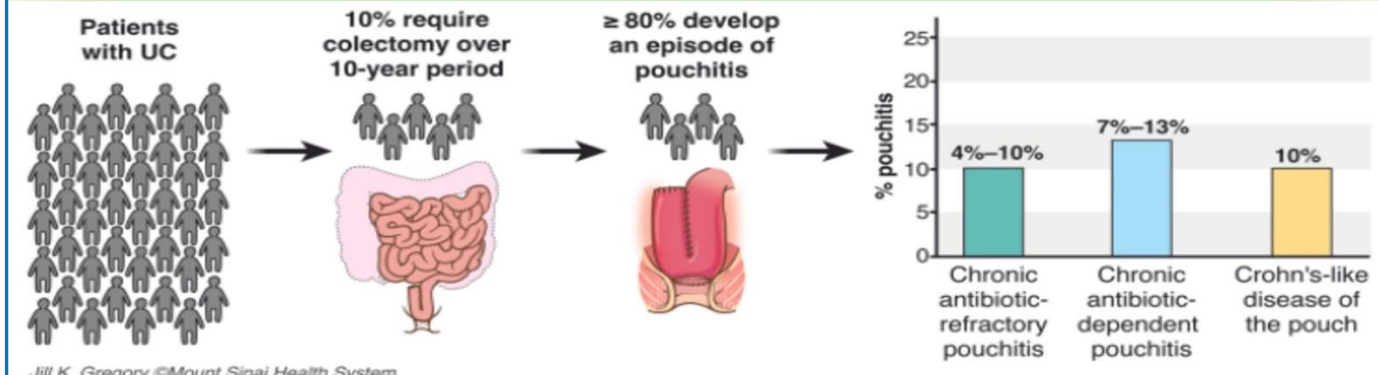


## American Gastroenterological Association just released a pouchitis guideline

### First of its kind comprehensive pouchitis guideline

New AGA guideline provides the first evidence-based comprehensive guideline on the management of pouchitis and inflammatory pouch disorders.

#### Increasing burden of pouchitis



**Go To AGA Website – Pouchitis Guideline:** [https://gastro.org/news/first-comprehensive-guideline-pouchitis/?fbclid=IwAR1EGqAh5MM49qwP\\_Ek8wWoDLBRmUEjPFE\\_HgulxskAD3E0QqAuoavF95Vw](https://gastro.org/news/first-comprehensive-guideline-pouchitis/?fbclid=IwAR1EGqAh5MM49qwP_Ek8wWoDLBRmUEjPFE_HgulxskAD3E0QqAuoavF95Vw)

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**Let he who has not called  
his stoma by his child's  
name cast the first stone.**

MAKE OSTOMY LIFE FUN!





## 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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[www.phoenixuoaa.org](http://www.phoenixuoaa.org)  
 or call 800-750-9311

\*Based on cover price of \$9.95. \$29.95 for Canadian one-year subscription. U.S. funds only. \*\*Your contact information will be disclosed to third party companies to fulfill the request. Published March, June, September and December. If you are not satisfied for any reason, we will gladly refund your subscription.

### IMPORTANT OSTOMATE SUPPORT CONTACTS & LINKS

**Providence Sacred Heart Outpatient Ostomy Clinic** - M-F 8:00-2:00 (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.

**MultiCare Deaconess Hospital - Wound Center** – Outpatient Ostomy Patients seen on Thursdays and Fridays, time slots at 1100, 1300, and 1415 (509- 473-7290); appointments & MD referral required.

**Spokane Ostomy Visitor Program** - If you would like to speak to someone who has an ostomy contact Carol Nelson (509-601-3892; [carol@nelsonwheat.com](mailto:carol@nelsonwheat.com)) to arrange a call or visit.

**Kootenai Health Medical Center – Outpatient Wound/Ostomy Care** – (208-625-3582) - 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 ostomates, 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: <https://www.ostomy.org/>.

**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** 1-888-808-7456

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

> **ConvaTec** 1-800-422-8811

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

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

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



## INLAND NORTHWEST OSTOMY SUPPORT GROUPS Regular Support Group Meeting Schedules\* and Contacts Eastern Washington & Northern Idaho

(\* **Due to COVID-19** precautions, some hospitals are still unable to host regular support group meetings.  
Current schedules are listed on page 1.

Call your support group contacts to verify meeting times, agendas, locations, or via Zoom)

(Also, check the “Inland Northwest Ostomy Support Groups” website: <http://inlandnwostomy.org>)

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

- Contact: Stefanie Pettit BSN, RN, CWOCN at 208-625-3582 - Kootenai Outpatient Wound Clinic.
- Meetings: Support group meetings are held in person on the 3rd Wednesday each month at 3 pm in the basement conference room in Kootenai Clinic Interlake Medical Building, 700 Ironwood Dr., Coeur d'Alene, ID

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

- Contacts: Adrian Wilson, President at 509-254-3404; or Tri-State Memorial Hospital, Wound Healing (Ostomy Clinic), 1221 Highland Ave, Clarkston, WA.
- Meetings: Held monthly in person, January-November, 12:30 to 1:30 every 2nd Monday of the month, at Canyon's Church, 717 15<sup>th</sup> St. in Clarkston, WA.

### Spokane Ostomy Support Group, WA (# 349):

- Contact: Carol Nelson - Facilitator, Visitation Program at 509-601-3892, [carol@nelsonwheat.com](mailto:carol@nelsonwheat.com).
- Meetings: Held via Zoom from 6:30-8:00 pm on the first Tuesday each month (November-June), and in person in Manito Park from 6:30-8:00 pm (July-October).

### Mid-Columbia (Richland) Ostomy Support Group, (TriCities), WA:

- Contacts: Nancy Serna, CWON at 509-942-2266 or Wayne Pelly (Visitation Chairperson) at 509-943-3223.
- Meetings: This support group is currently dormant, and no meetings are planned at this time. Check online at <https://education.kadlec.org/registration/11-wellness/94-support-group-ostomy>.

### Palouse (Moscow) Ostomy Support Group, ID (# 462):

- Contacts: Judith (Judy) Reid, RN, MS, CWON, President at 509-330-1265; Linda Loomis, at 509-998-1309; or Frances Newcombe, volunteer, BSN, RN, CWON at 208-301-4981 or 208-882-4325.
- Meetings: Currently held first Wednesday each month via Zoom; February – December; 5:00-6:00 pm.

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

- Contact: Tyree Fender, RN, BSN, CWOCN at 509-433-3212.
- Confluence Health Central Washington Hospital, 1201 S. Miller St., Wenatchee, WA.

### Yakima Ostomy Support Group, WA:

- Contact: Kanista Masovero, RN, CWOCN at 509-575-8266 Virginia Mason Memorial Ostomy/Wound Care Services.
- Meetings: Usually held second Wednesday bimonthly; 10:00-11:00 am in the Cascade Community Room at North Star Lodge, 808 N 39<sup>th</sup> Ave, Yakima, WA:

>> Please let us know of errors that need to be corrected or of changes need to be made to the ABOVE information:  
([SOSG.Input@gmail.com](mailto:SOSG.Input@gmail.com)).