

# March 2022 CROC Newsletter



This month with the Russian invasion of the Ukraine, the massive amount of displaced Ukrainian people, and the disruption of normal supply lines in the Ukraine, we are concerned for the Ukrainian peoples' safety as well as the Ukrainian ostomates' needs and pleas for supplies.



Please also keep the Russian people and ostomates in mind as the war will impact this group of people as sanctions are placed on Russia.

## **Donation of extra ostomy supplies**



Our chapter has periodically donated excess supplies to Friends of Ostomates Worldwide-USA. This is a non-profit group in Louisville, KY that accepts excess supplies and monetary donations for shipping of the supplies within the USA and internationally.

The United Ostomy Association of American (UOAA) has been in contact with the European Ostomy Association and ASTOM Ukraine (Ukraine's Ostomy Association) about the needs of the Ukrainian ostomates. The UOAA has posted that the Germany has shipped supplies to initially assist the Ukrainian ostomates. The UOAA, recommends that if ostomates want to

donate their extra supplies that FOW-USA is a group to send supplies to for dispersal to Ukraine and other countries.

Tips to help pack a box and reduce the shipping costs of the products to FOW-USA can be found at <https://www.fowusa.org/donate-supplies/>. Here is a synopsis of the information from the FOW-USA website:

### **Needed items include:**

- One-piece pouching systems
- Two-piece pouching systems
- Skin barrier pastes, rings, strips
- Belts, powder, tape, wipes, adhesive removers, barrier films, deodorants
- Stoma measuring templates
- Leg & Night Drainage Bags
- Pediatric supplies
- All other accessories

### **A few additional notes:**

- We accept all items regardless of dates on packaging.
- We accept loose flanges and pouches; the number of each do not need to match.
- We accept aerosol and liquid containers.
- **We do not accept used items.**

## **Tips on Packing Supplies**

- Place your name and address on both the outside and the inside of the carton so that we can send a letter of acknowledgment. This letter can be used for tax purposes.
- If you want, take the items out of the box and put them in a plastic bag writing the quantity on the bag. This will save on the weight and size of the carton. If you have the original product box, please put the end with the product information into the plastic bag.
- Shipping a large box is usually less expensive than shipping several small ones.
- UPS (United Parcel Service) gives a discount to AAA and AARP members.
- US POSTAL SERVICE (USPS) sells boxes with preset rates. You can take the box(es) home and see what fits. You do not pay for the box until you are ready to ship so you will not incur a cost taking the box home. You may want to place the heaviest items in that box and then put lighter weight items in a separate box where you are charged per weight.

## **Where to Send Supplies**

Please ship or bring your supply donation to our warehouse facility.

### **FOW-USA**

4018 Bishop Lane  
Louisville, KY 40218-4539

Please check out the FOW-USA website where you will find more information about this group and see the thank you notes from the Ukraine, Nepal, Chile, Zambia, Philippines, Zimbabwe, and other countries. You may also sign up for this group's newsletter.

Please stay safe and check back next month for our next newsletter.

Keep an eye on the meeting page as we hope to have a CROC in-person meeting soon!

