



# The Roadrunner



Newsletter of the  
Ostomy Association of Albuquerque, NM

## Next Meeting

**Sunday, August 2, 2015**

**1 PM**

**Executive Board Meeting, Aspen Room (Open to All)**

**2 PM**

**Support Group Meeting**

**One of our nurses, Barbara D'Amore, went to the National Wound, Ostomy, and Continence Nurse Convention. She will give a report and show some new products.**

## Support Group Updates and Events

As you may know, the May speaker from ConvaTec was unable to make the meeting due to an acute illness. Ms. Christin Hungerford is tentatively rescheduled for February 2016.



We are looking forward to Ms. Caroline Smatana with Hollister ostomy products for the November meeting.



**URGENT:** If anyone would like to assume care and storage of the ostomy supply closet please contact, President, Brian Leen, at a meeting or by email at: [bleen68@aol.com](mailto:bleen68@aol.com)



Some of us will be attending the United Ostomy Assoc. of America (UOAA) conference in St. Louis from Sept 1 to 6. Join us and you will learn and have fun!! We will share knowledge, ideas, and products at the October meeting.

Volume 49 Issue 3

August 2015

### Upcoming Meetings:

- August 2, 2015 (quarterly)
- September 6, 2015
- October 4, 2015
- November 1, 2015 (quarterly)
- December 6, 2015

*Meetings are at 2 PM  
in Aspen room*

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**EARLIER THIS YEAR WE LOST A VERY SPECIAL OSTOMY ASSOCIATION OF ALBUQUERQUE MEMBER. HE WAS FOR MANY YEARS THE EDITOR OF THIS NEWSLETTER.**

Reprinted from the Albuquerque Journal

*Dr. Lothar "Bud" Hoeft died April 26, 2015 in Albuquerque, NM, following complications of pneumonia. He was 83.*

*Bud was born on September 17, 1931 in Antigo, WI to Otto and Ella Hoeft. Bud's career in government service began after his entry into the United States Air Force following receipt of his Bachelor's Degree from the University of Wisconsin in 1953. He received his Master's Degree from the University of Wisconsin in 1954, and a Ph.D. Degree from the Pennsylvania State University in 1961.*

*He married Mary Elizabeth Knese in 1955, and they were blessed with four children. During his service with the Air Force, the Hoefts lived in Dayton, OH; Bellefonte, PA; Montgomery, AL; Albuquerque, NM and London, England--finally settling in Albuquerque. Following Mary's death, he married Eunice Cochran who has been a devoted wife and friend in his later years.*

*During the twenty five years he served on active duty in the Air Force, he made significant contributions to research and development with the Air Force European Office of Aerospace Research and Development and the USAF Weapons Laboratory where he was the Chief of Simulation and Laboratory Support and, subsequently, the Scientific and Technical Coordinator of the Chief Scientist's Office. After his retirement from the Air Force as a Lieutenant Colonel, he was a Senior Scientist with BDM International and worked as a private consultant in the area of electromagnetic effects.*

*Bud's work influenced the development of more effective cable and connector shielding and influenced the*

*manner in which the Air Force monitors the shielding of aircraft. He was a prolific author of technical papers related to his work and an active member of various professional societies including the IEEE EMC Society, which recognized him as an Honorary Life Member in 2005 and a Society Fellow in 2008. He was preceded in death by his first wife, Mary; and his son, Paul. He is survived by his wife, Eunice; his son and daughter-in-law, Mark and Cathy Hoeft of Santa Clara, CA; his son and daughter-in-law, John and Barbara Hoeft, of Alexandria, VA; daughter and son-in-law, Christine and Sean McCarthy of Alexandria, VA; step-son, Andy Cochran of Olympia, WA; and grandchildren, Joseph, Mary Catherine, Christopher, Jack, Will and Maggie.*

*Bud was a wonderful father and husband, great friend, hard worker and kind soul who made the world a better place because of his generosity and spirit. His love of life, music, science, travel, history and nature helped the rest of us appreciate the beauty in the world. He knew Jesus as his savior and was sure of Heaven.*



## Eulogy Given at the service for Dr. Lothar “Bud” Hoefft by Susan Mueller, BSN, CWOCN

Bud meant a lot to the Ostomy Association of Albuquerque. Yes, he was a world renowned scientist, PHD and a retired Lieutenant Colonel, but to us he was a cancer survivor, an ostomate and traveled the same road with us. He had a big heart and was there to support others and *always* there when work was to be done. He kept the group going during its waning years and continued his support when the group was picking up. He served as president, program presenter and arranger, produced the newsletter, maintained the supply closet, transported people to meetings, provided financial support, and did all this to the end of his life.

Occasionally we would see Bud the scientist. He presented a program about managing odor where he broke down the composition of odor into its chemical elements and informed us that the average person can perceive something as small as 1/23 billionth of a mg per cc of air, certainly a PHD perspective...Are you familiar with the expression “herding cats” ? We saw the military man when he herded our group of cats to maintain order and keep us on the straight and narrow.

As newsletter editor of the Roadrunner he made sure to include useful information as well as upbeat articles and jokes. He worried about each newsletter because he cared as much about the newsletter as he would a scientific presentation. Everyone looked forward to receiving each edition. His positive attitude was important to people coping with all the challenges of cancer, or inflammatory bowel disease and living with an ostomy.

Maintaining the ostomy supply closet is not just about storing boxes in your garage. He met with

people who fell between the cracks of the health care system- the homeless, the people with no insurance, or insufficient insurance. Sometimes these visitors would come to his door at odd hours. He could never say no to donations and also accepted bandages and supplies which were later donated to Friends of Ostomates Worldwide and charity clinics.

He lived his life fully and was a great example to cancer survivors and ostomates. He traveled around the world and would share his experiences candidly. He spoke to people in a way that put them at ease. He was warm and friendly and genuine when he welcomed new people to the group. His voice remains on the OAA voice mail because it is so reassuring. He avidly supported the empowerment of ostomates through knowledge and the support of other ostomates.

BUD SHOWED UP...

We loved him and will miss him.



## PROPER CARE AND STORAGE OF OSTOMY SUPPLIES

By Teresa Murphy-Stower, UOAA Update, 10/2014

Ostomy supplies are not inexpensive, to say the least. So, it is important to understand how to apply them properly with the fewest errors possible and equally important to know how to take care of and store supplies until use. Proper care may avert the need to discard unused supplies and thus be as economical as possible.

Be sure to read carefully the instruction sheet included in the box or guidelines on the container for specific recommendations for a given product.

Generally, all ostomy supplies should be stored in a cool, dry location. Too much heat can melt or weaken many of the materials used in ostomy wafers, pouches, and accessory items. Avoid leaving supplies in a hot car or in direct sunlight. Review instructions periodically to refresh your memory and to see if any recommendations have changed over time. Keep supplies such as wafers and pouches in their original box. By doing so, you save the brand name, product identification number, and the lot and date information for those items. Perhaps you will never need this information, but in the event you do, the box you have saved will provide the information you (or someone helping you) will need for reorder or to report any quality control problems.

Some ostomy supplies do have a "shelf-life." Be sure to check for dated that may be recorded on their containers. If you find you have a box with an expired date, check with the manufacturer, your local

supplier, or an ostomy nurse for advice on usage.

While you do want to keep a "stock" of supplies so you are always prepared to change out your system, avoid the practice of stockpiling too much so your reserve will be as fresh as possible. Of course, this depends on factors such as availability, proximity to a local supply house, or shipping issues. Purchase supplies from a trusted vendor, one you know will provide good service as well as stock/ship current stock. Reporting defective supplies: If you determine your supplies are defective in spite of proper use and storage, contact the manufacturer at their toll free number to report the problem and receive product replacement or adjustment. Let your supply source know of your report to the manufacturer. They need to be aware of problems; however, the complaint needs to be directed to the manufacturer to ensure the defect can be addressed.



## The WOCN Conference and Short Historical Review of Ostomy Advocacy

by Barbara D'Amore, BSN RN CWOCN, Albuquerque, New Mexico, July 2015

This June, I was fortunate to attend the National WOCN or Wound, Ostomy, Continence Nurse Conference in San Antonio, Texas. Over 2,000 WOC nurses attended-- mostly American, but some international. I met some from Puerto Rico and Canada. General Sessions filled an enormous hall. Ostomates should know how much these specialty nurses strive to improve care and outcomes for people with ostomies.

The conference started off with the Great Comebacks National Awards Dinner which honors amazing people with ostomies who tell their ostomy stories. During conference sessions, ostomy topics were given equal time with wound, continence and professional topics. Doctors and expert nurses gave talks on the following ostomy topics this year: advanced therapies for Inflammatory Bowel Disease; small bowel transplant; transition of care for teen to adult with Irritable Bowel Disease; impact of colorectal surgery on sexuality; peristomal skin complications; fistulas; challenging newborn and infant ostomy cases; acute and long term complications of radiation therapy for colon rectal cancers; and, measuring and adaptations of hernia belts.

In the exhibit hall were over a hundred and fifty vendors and informational groups. The national United Ostomy Association of America (UOAA) had a table there and the current President herself, Ms. Susan Burns was there when I came by the booth. The ostomy product manufacturers were all represented.

You might, by now, wonder why this particular group of nurses takes so much interest in ostomy care. First of all, I guess you could say it is a "calling" because they "see the needs". Secondly, to understand how it became a nursing specialty, you need to know that it had humble beginnings in 1958 when a struggling new ostomy patient and a caring doctor decided to make the world a better place. Ms. Norma Gill, the ostomate, knew that there had to be better ways to pouch around stomas and discussed this with surgeon, Dr. Rupert B. Turnbull, Jr. Being a kind, compassionate man, he agreed to help in whatever ways he could and so it began. Norma helped in his clinic to educate patients and caregivers, and eventually nurses and doctors. They worked with medical product companies, developed courses, and a nursing specialty evolved called Enterostomal Therapy, or ET Nursing. Canadian nurses still go by this title. In 1976 American nurses started the *ET Journal*. By 1985 the nursing specialty had become known as the International Association for Enterostomal Therapy (IAET). In 1993 the name was changed to the current WOCN which added wound care and continence care to the nursing specialty.

The American laypersons ostomy organization also first organized under Ms. Norma Gill and Archie Vinitzky as they founded the United Ostomy Association (UOA) in 1962. The UOA and the nurses IAET met concurrently until they both grew much larger and began separate meetings in 1976. Ms. Norma Gill was also involved in starting ostomy societies in Europe. Her impact and determination remind me very much of what Clara Barton did during the Civil War timeframe for wartime and disaster nursing care in the United States and Europe and Clara's founding of the American Red Cross. Ms. Norma Gill had the passion for the cause. Ostomates today benefit from her work! In 2005, the UOA was reorganized into the current United Ostomy Association of America (UOAA). Our little Albuquerque ostomy support group is an affiliate of the UOAA! We're part of history!

## BABY BOOMERS WITH OSTOMIES

Reprinted from Greater Seattle "The Optomist"

As the millions of baby boomers in the United States age. There are a greater number of illness just waiting for them. Years of fast food and stress make a breeding ground for intestinal problems. When they can no longer deny that their fast-paced lifestyle, poor eating habits and lack of exercise have caught up to them, they seek medical help.

When medical tests confirm intestinal problems that require surgery their whole world seems to explode around them. Their doctor

has just told his/her patient that he/she needs an ostomy. If the patient is fortunate enough to have a doctor who is aware of the local ostomy support group, he/she will advise the patient to visit them. In addition the doctor will ask the WOC nurse managing the pre-surgery examination to make an appointment to see the patient.

Experience has shown that it is only when a person with an ostomy talks to another person with an ostomy that the problems that initially seemed insurmount-

able are gradually chipped away. This is what the UOAA and the local ostomy support groups embrace as their primary mission—people with ostomies. We want everyone to know that one of the best places to find this type of information and assistance is with your local ostomy support group. Bring someone with an ostomy to a meeting.



## RESOLUTIONS OF AN OSTOMATE

Reprinted from Greater Seattle "The Optomist"

1. To remember my own early days and realize that no question by a new ostomate is silly.
2. To not begrudge the time necessary for my personal care.
3. To keep myself neat and presentable at all times.
4. To keep my bathroom sharable.
5. To value the cooperation of my family.

6. To appreciate the fact that I am one of the lucky ones.
7. To try to do the things I want to do but think I can not.
8. To be patient.
9. To LIVE all day, every day.
10. To help others whenever I can.



11. To urge my fellow ostomates to see people, go places, and do things.
12. To give full credit to modern medicine.
13. To be grateful for my present good health.
14. To be of good cheer.
15. To renew my pledge the first of every month.

## Medical and Support Group Resources

### New Mexico Ostomy Support Groups:

**Albuquerque:** Ostomy Association of Albuquerque meets monthly in Albuquerque, NM. For current info call voicemail: (505) 830-2135 Email: [oa.albuquerque@gmail.com](mailto:oa.albuquerque@gmail.com)

**Albuquerque:** VA Ostomy Support Group for military veterans. Meets at the VA Hospital, Albuquerque, NM. For current info call ostomy nurse at VA Medical Hospital voicemail: (505) 265-1711, Ext. 5171

**Las Cruces:** Ostomy Support Group of Southern NM. Meets in Las Cruces, NM. For current info call ostomy nurse at Memorial Medical Center voicemail: (575) 640-5242 or (575) 521-5038

### Other Hospital Contacts in Albuquerque, NM

#### (not having a support group):

Lovelace Medical Center Ostomy Nurses:  
(505) 727-8250

Presbyterian Main Hospital Ostomy Nurses:  
(505) 841-1251

University Medical Center Hospital Ostomy Nurses:  
(505) 272 9098



## Manufacturer Resources

### **Coloplast** Ostomy Supply Manufacturer:

Local Representative: Nikki Maring  
1 (602) 881 0625 [usnmar@coloplast.com](mailto:usnmar@coloplast.com)

### **ConvaTec** Ostomy Supply Manufacturer:

Local Representative: Christin Hungerford  
1 (720) 412 8203 [christen.hungerford@convatec.com](mailto:christen.hungerford@convatec.com)

**CYMED** Ostomy Supply Manufacturer: (Microskin products) Local Representative: none  
[www.cymedostomy.com](http://www.cymedostomy.com) 1 (800) 582 0707

For samples: [samples@cymedostomy.com](http://samples@cymedostomy.com)

### **Hollister** Ostomy Supply Manufacturer:

Local Representative: Caroline Smatana  
1 (800) 624 5369 Ext- 1285  
Cust. Svc: Richard Wysocki 1 (888) 808 7456

**Marlen** Ostomy Supply Manufacturer: [www.marlenmfg.com](http://www.marlenmfg.com)  
1 (216) 292 7060

### **Nu-Hope** Ostomy Supply Manufacturer:

1 (800) 899 5017 [www.nu-hope.com](http://www.nu-hope.com)

**Stomacur** Ostomy Supply Manufacturer: [www.forlife.info](http://www.forlife.info)

**TORBOT** Ostomy Supply Manufacturer: 1 (800) 545 4254  
[www.torbot.com](http://www.torbot.com)

## Join Our Albuquerque Ostomy Support Group

### OSTOMY ASSOCIATION OF ALBUQUERQUE MEMBER APPLICATION

The Ostomy Association of Albuquerque (OAA) is a member of the national American Ostomy Association. This allows us to have access to all the latest ostomy information available for our use. The OAA annual membership fee is \$20.00 and can be paid by check or cash. If being paid by check, make the check payable to Ostomy Assn. Of Albuquerque. Your payment can be mailed to OAA, PO Box 35598, Albuquerque, NM 87176-35598 or at any monthly meeting. If you are financially unable to pay this fee, please call 505-275-2470 and leave a message with your name and telephone number and someone will contact you. Please complete the form below as best as you can and all information will be used for our records and be kept confidential.

NAME: \_\_\_\_\_ DATE OF BIRTH: \_\_\_\_\_

STREET ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

E-MAIL: \_\_\_\_\_ PHONE NUMBER: \_\_\_\_\_

OCCUPATION (If retired, enter former occupation): \_\_\_\_\_

HOBBIES: \_\_\_\_\_

CHECK ALL THAT APPLY:

Colostomy  Ileostomy  Urinary Diversion  Continent Ileostomy  Continent Urostomy  Pull-Through  
 Parent with Child Procedure  Spouse/Family Member  Physician  Nurse  Other \_\_\_\_\_

Year of Surgery: \_\_\_\_\_ Reason for Surgery:  Crohn's  Ulcerative Colitis  Cancer  Birth Defects

I have enclosed an additional \$ \_\_\_\_\_ as a donation to support the ongoing work of the OAA

**Join United  
Ostomy  
Association  
of America**

**Save the Date**

The next UOAA National Conference will be held at the Hyatt Regency St. Louis at the Arch on September 1-6, 2015



**UOAA's Mission**

UOAA is an association of affiliated, nonprofit, support groups who are committed to the improvement of the quality of life of people who have, or will have, an intestinal or urinary diversion.

- It is dedicated to the provision of information, advocacy and service to, and for, its affiliated support groups, their members and the intestinal/urinary diversion community at large.
- It is organized to grow and develop while remaining independent and financially viable.

Membership in UOAA is open to any nonprofit ostomy support group that meets UOAA's affiliation requirements. UOAA has an IRS Group 501(c)(3) charity status that its affiliated support groups can use.

UOAA contact:

Mail: United Ostomy Association of America

2489 Rice Street, Suite 275

Roseville, MN 55113

Ph: 1-800-826-0826

Website: [www.ostomy.org](http://www.ostomy.org)



## Get Ostomy Answers!

The Phoenix is the leading national magazine for ostomates, their families and caregivers. Subscriptions directly fund the nonprofit United Ostomy Assoc. of America – the only national organization providing vital information, resources, support and advocacy for ostomates.



Start or  Renew  
 One-year: \$29.95  Two-years: \$49.95

Payable to: The Phoenix magazine, P.O. Box 3605, Mission Viejo, CA 92690

Name \_\_\_\_\_

Address \_\_\_\_\_ Apt/Suite \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

\* Based on \$9.95 cover price. Canadian subscriptions: \$35 one-year, \$60 two-year. U.S. funds only.

## Officers and Chairpersons of OAA Chapter

President: Brian Leen

505-856-0203

Vice President: (vacant)

Treasurer: Barbara Regan

703-261-3920

Secretary:

Helen "Chuckie" McHenry,

505-268-8640

Voicemail and Visitation Coordinator:

Diana Wong: 505- 877-4223

Ostomy Supply Closet:

(donations & supplies)

(Vacant)

Meeting Facilitator and Programs:

Barbara D'Amore, BSN, CWOCN

505-797-4388

Sunshine Committee:

Bernice Newman: 505-298-2323

[bernicenewman836@hotmail.com](mailto:bernicenewman836@hotmail.com)

Telephone Reminder:

Bill Minkoff: 505-857-9972

Support Group Nurses: Susan Mueller,

BSN, CWOCN 505-228-1207

[susanmueller@fastmail.fm](mailto:susanmueller@fastmail.fm)

Barbara D'Amore, BSN, CWOCN

505-797-4388 [damorebd@aol.com](mailto:damorebd@aol.com)

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## About Us

Ostomy Association of Albuquerque (OAA) is organized to support people with ostomies and their caregivers in the New Mexico region. OAA publishes *The Roadrunner* newsletter quarterly to inform and update its members.

Membership is \$20.00 a year and includes the Roadrunner newsletter and monthly informative meetings. This money is used for promotional purposes and expenses of the OAA. Although chapter membership is encouraged, anyone with financial hardship, should see the Treasurer or President for help in this matter. No one is denied based on ability to pay.

Meetings are monthly at 2:00 PM in the Aspen Conference Room at Presbyterian Kaseman Hospital. Meetings are usually held on the first Sunday of every month. Since there are occasional changes due to holidays, please

refer to *The Roadrunner* for information or call the association's voice-mail.

Executive Board Meetings are held at 1 PM prior to the Quarterly meetings (Feb, May, Aug, and Nov.) in the Aspen Room. Everyone is welcome to attend and participate.

Directions: Address: Kaseman Hospital, 8300 Constitution Pl., NE; Albuquerque, NM. Kaseman Hospital is one block North of I-40 and Wyoming Blvd. Then it is about one block West of Wyoming on Constitution. Drive to West end of parking lot and enter the Emergency Room entrance. Take an immediate left, go through double doors and find Aspen room on the right side.

Affiliation: Ostomy Association of Albuquerque (OAA) functions as a chapter affiliate of the national organization supporting people with

ostomies-- the United Ostomy Association of America (UOAA).

The UOAA holds biennial national conferences. They publish the wonderfully informative *Phoenix* magazine four times a year. There is a subscription cost for this publication. They have a great website with all kinds of information available for free. Much of it is available in any language on earth!

Contact Information:

United Ostomy Association of America  
P.O. Box 525

Kennebunk, ME 04043-0525

1-800-826-0826

Web: [www.ostomy.org](http://www.ostomy.org)

Find them on Facebook and Twitter.

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Postmaster: Contains Dated Material.  
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P.O. Box 35598  
Albuquerque, NM 87176

Ostomy Association of Albuquerque



*Helping each other to live well and do the things we love!*

## How to Keep in Touch with Us

Contact us: For info please call voicemail 505-830-2135 or Email us at [oa.albuquerque@gmail.com](mailto:oa.albuquerque@gmail.com)

Unsubscribe or Change to Mailing Address or Email: For any of these changes, please notify the sender by return Email. If your change concerns mailed copies, please call person in charge of mailing or send back cover page with your address and changes requested to return address. Thank You.

Supplies: If you have new and unused supplies you no longer need, please bring them to a support group meeting to be given to those who need them.

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**Thanks to the American Cancer Society for Printing and Postage!**