



The Roadrunner



**Newsletter of the
Ostomy Association of Albuquerque, NM**

Next Meeting

Support Group Updates and Events Recent Events

We had some very nice general support group meetings in August, September, and October with some newcomers attending. They were encouraged by our wonderful regular members that add so much depth of knowledge and experience to our meetings.

Thank you to all who take time out of your busy lives to help others!!

We added a new capability to show videos on the big screen at the library. Our Nurse Advisor Barbara D'Amore brought a projector which works quite well. She showed an emotional support video at the October meeting which was well received and prompted much discussion.

Upcoming Events

- Please note that this issues Calendar shows the January meeting will be on Sunday the 8th, 2023.

- At the November 6th meeting we will be discussing if the members would like to have our annual "OAA Fiesta at Tomasita's Restaurant instead of our regular meeting at the Cherry Hills Library.

- Election of Officers for the OAA will be held a bit later in 2023. Please consider volunteering to serve as a member of the Board. The community needs your support and just a little bit of your time, please let Brian Leen or Ben Palmer know if you are willing to help.

- Some of you may have heard our Supply Closet will be moving in January 2023, the information about the new location should go out by email / snail mail in January when the move occurs. Until then the contact information will be the same and is listed in the Roadrunner.

Editors note, In case any of you missed me at the October meeting. This picture will show you where I was. With my head in the clouds.



**Volume 57 Issue 4
November 2022**

Upcoming Meetings:

Cherry Hills Library

- November 6, 2022

Cherry Hills Library

- December 4, 2022

Cherry Hills Library

- January 8, 2022

Cherry Hills Library

- February 5, 2022

Meetings start at 2 p.m. and end approximately at 3 p.m.



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PRESIDENT’S Message

by Brian Leen, President OAA, NM

I want to thank Pam Groff for volunteering to pick up the emergency supply pantry. She and her husband have met with Eunice and a target for January was set. She and Barbara D’Amore are meeting to work on what the new cabinet should contain. Any excess is either sent to Kindred Box for current supplies or Project CURE for outdated supplies. Project CURE sends medical supplies overseas where the choice is often an outdated item or nothing. Very soon, the holidays will be upon us. And that will be followed by our usual January Fiesta. I think we need to look toward the future and more of our members need to step forward and get involved. Our mission is important. Some of it is as simple as attending the meetings and getting involved in the discussions. But the potential is much greater than that. We have the ability to reach out into the community and encourage our providers to better serve our Ostomy community. And through contacts with other groups through media we can learn what others are doing beyond this and perhaps also do it here. It seems like a long way away but one thing to consider is to plan on attending the National UOAA conference in Houston, August 10-12, 2023. We can use every one of you reading this to step forward and do what you can. I believe the rewards, both to the community and personally, are great.





Traveling with an Ostomy or Brians seasoned travelers perspective.

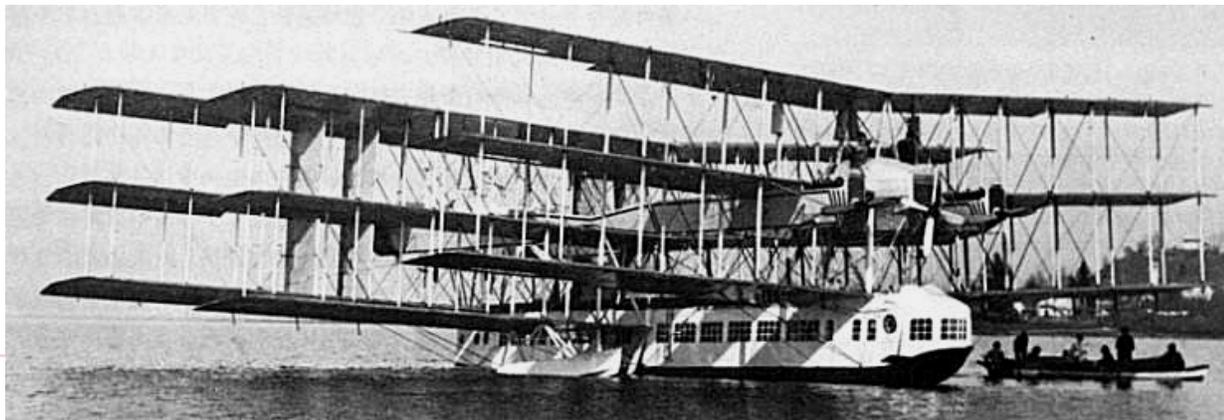
At a recent meeting one of our members was taking her first flight since getting her ostomy and wanted to know what suggestions we had for a successful flight. There were a number of suggestions from various people and at the end of the discussion, another member suggested we write these up and add them to the next Roadrunner newsletter. This is an attempt to do that.

The first item is also the first time your Ostomy will have an effect on travel. That is the TSA Security line. What should you do? There is a card in the UOAA website that you can hand to the agent which tells them that you have an ostomy. That has little effect other than explain what is going to happen. The walk-through X-Ray is going to show something where your ostomy is. That will result in a pat down. Before that starts let the agent know that you have an ostomy and where it is. Then you will be passed on to your flight.

If you plan on flying a lot, it might be useful to sign up for a TSA Known Traveler number. This allows you to pass through a special line which only has a metal detector and does not point out the ostomy. The lines are also shorter, and you do not need to take off your shoes. Also, it is very important that you empty your pouch before you pass through security. If your trip to the airport was very long this might mean that you empty in the airport after check-in but before entering security. If possible, always try to get an aisle seat on the plane, which allows you easy access to the restrooms if necessary. If the flight is a short one, you can wait until you arrive at your destination but for longer flights you can expect to visit the restroom.

Restrooms differ greatly depending on the type of plane and the airline. In some larger planes the rest rooms may vary in size on the same plane. Some toilets have liquid for flushing, and some use a blast of air. In the latter case, it is important to line the toilet with paper before emptying your bag. Otherwise you will find yourself wiping the toilet down when you are finished. The size of the toilet also varies. Some are so small that it is necessary to keep the seat up to get enough space. In some cases, they are too small to sit and empty and you either have to stand and let it drop in or kneel on the floor and empty directly. In the later case you might want to put paper towels on the floor because they can get bad. If you have an ileostomy, you might find it easiest to empty directly while leaning over the toilet. Whether this is possible varies with the different toilets.

Even though changing a bag is the last thing you want to do, you should still carry an emergency kit with everything needed to change if the unthinkable happens. In over 200 flights since I have had my Ostomy, I have only had to change in an airplane restroom once and that was early in my existence as an Ostomate. It wasn't fun but it can be done. The emergency kit should have set of light weight clothes to change into in case a leak occurs. The closer you get to landing the busier the restrooms are. So, on longer flights, it is a good idea to hit the restroom about an hour to 45 minutes before landing. Once at your destination, think about your trip to the hotel or wherever your trip takes you. It is often useful to empty before you leave because airport restrooms are often more usable than what you might find outside. Travel can be worrying at first but as you travel more and are prepared, the ostomy becomes the least of your worries. * * * * *





“Life Plans vs Life Events: A Desperate Search in Western Washington”

by Marcia Green, Spokane Ostomy Support Group - Spokane, WA

Plans were in place. My fella and I would head over the Cascades on Thursday to my sister’s on the Issaquah Plateau and stay there Thursday, Friday and Saturday and head to the ocean on Sunday for a day or two. We planned on being gone 5-6 days. I generally have a 3-day ostomy appliance change schedule and since I would have done that on the day we were leaving I really only needed supplies for one change. But just in case, I decided to take three “kits.”

The family reunion picnic was planned for Saturday at a cousin’s house in Edmonds. My sister and I offered to provide the condiments and paper goods. Friday morning we headed to Target then decided we had lots of time, so “let’s browse around” for a few hours and pick the stuff up later. So, we shopped and lunched and looked some more and headed back across the bridge to pick up the picnic goods and go home. Best laid plans, right? About 10 minutes into the drive back, I felt a familiar unwelcome warmth. I had leaked all through my clothes. Although I had an emergency kit with me, there was nowhere convenient to change, so I waited until getting back to my sister’s. I quickly went through that wafer. Now I had one kit left for the rest of the time we planned on being gone.

We started searching the Internet for who carried emergency ostomy supplies. Ah ha – Walgreen’s website said they carried ostomy goods and their pharmacy was open 24/7. We called. Huh? “We don’t carry ostomy supplies.” Back to square one. Nothing! We called the Swedish Hospital branch on the Plateau; sorry, unless you’re already a patient we can’t help you. We finally took a chance and went to emergency at Evergreen Hospital in Kirkland where I explained my situation. They immediately got me three wafers, rings and pouches. I said I could hug you to one of the nurses. She opened her arms and said we accept hugs here. Whew! Relief, , , or so I thought. Not long after getting back to the house, another leak. In all, between Friday afternoon and Saturday morning I had gone through 6 wafers, rings, and pouches. All I had brought and borrowed, and the only one remaining was the one I was wearing. I decided Saturday morning we would have to miss the reunion and head back to Spokane with fingers crossed that I could get home without an incident.

In the meantime, we continued searching the Internet. The search found Byram Healthcare I called Byram Healthcare and talked to a wonderful young man named Aaron who did everything in his power to help locate a facility that might be open that had had ostomy supplies. With jubilation he announced he found an outlet in the U district, not far from where we’d been on Friday. They were open until 1:00 p.m. Since it was already 11:00 a.m. we would have to hurry. As I was talking to Aaron, I noticed the website for the Greater Eastside Ostomy Group. I thought, well it’s probably just their newsletter and bits and pieces and would not be very helpful. Scrolling down I noticed a paragraph about extra supplies donated to them by patients who no longer required them, and if one was in need, to please call Laura Vadman. I called Laura, not expecting her to answer. After all, it was Saturday at 11:00 a.m. and she was volunteering and, and, and, and. She answered on the second ring. I explained who I was, that we were in town from Spokane and that I was desperate with seemingly nowhere to turn. Laura asked, “Can you meet in 45 minutes?” Can I!! We met at a storage unit facility in Kirkland and life got better from there. Not only did she promise they had supplies for all ostomy needs, she’s also an ostomy nurse. Could that have been sweeter? Laura had me follow her to a climate-controlled unit and lifted the garage style door to reveal the most beautiful sight imaginable. Stacked high within the walls were wafers, rings, pouches, wipes, powders – oh my. She gave me 2 boxes of wafers and rings, wipe packets, and six pouches; enough to get me through the reunion, our jaunt to the ocean. And home again. For the second time that day I wept; the first time in frustration, the second in gratitude. I spent more than a little time thanking God for the angel He sent in the form of Laura, and her support group.



Diet and Digestion with an Ostomy

This article is sponsored by Convotec and provided courtesy of UOAA, October E-news

Twelve years ago, Sarah had ileostomy surgery after living for years with ulcerative colitis. Ostomy surgery has allowed Sarah to get back to eating foods she loves, and she says “it has been the best thing for me.” Sarah now eats many of the same things she did before her ileostomy and enjoys them more than ever.

Here are some tips that Sarah has learned over the years for eating, digestion and activity. Drink up. Hydration will always be an issue, so drink lots of water. I like to toss in a slice of lemon for a little extra flavor. And chew some more. If it looks the same coming out as it did going in, you need to chew those foods better. Start slow and build up. If you’re right out of surgery, you might be more sensitive to foods than you will be six months down the road. Use trial and error to see how foods work for you and be sure to track the results. If you’ve had ileostomy surgery, add highfiber foods back into your diet gradually to make sure you can digest them well. These include raw fruits and veggies (especially with skins), nuts, seeds and popcorn. Input always makes output. With an ileostomy, your stoma is going pretty much all the time, so it’s important to track and manage your input and output. For example, if I was going on a job interview, I would not eat a big meal right before, because my stoma may create output and my pouch would fill up—and you don’t want that during an interview!

Do what you love! I go on bike rides, I go boogie boarding. It may take a little time and tracking to know what works best for your body, but you can do all those things and keep your stoma safe. Sarah, with the help of the My Ostomy Journey App, now has the ability to track everything digitally. She can also use the app to contact someone for additional support, or if she has any questions. Sarah says, “The My Ostomy Journey app makes it easy for us to keep track of whether we’ve had enough water or what foods we eat. I wish I’d had this resource right after surgery, especially when I was first figuring out what does and doesn’t work for my body!” You can find the My Ostomy Journey app on Apple Play or the Google Store , search Convatec.com and click on the My Ostomy Journey app.



Cool Weather advise for Ostomates

Nurse Barbara D'Amore

Nurse Barbara reminds Ostomates that cooler weather can be deceiving when it comes to feeling dehydration. Our climate is dry and winter heating is so dehydrating. Our sweating becomes imperceptible! You know this from dry skin and lips. Listen to your body in all the usual ways. Urine output and color is a quite reliable measure of hydration. Ileostomates remember to include your electrolytes. Another thing to remember is that colder weather can cause our houses to be cooler, you may need to pay more attention to warming up your barriers so they can adhere better. Enjoy the coming holidays and come to the meetings if you can!



Ostomy Supply Resources — for low-cost options

Local Resources: The Ostomy Association of Albuquerque (OAA) maintains a supply closet of donated supplies at no cost to people who need them. Since the supplies are donated the available supplies vary. These supplies are helpful to people who have emergency needs, or who want to trial a different product and are flexible. It is not a good source to fill regular long term needs. To make an appointment and get directions contact the OAA by voicemail or email.

Manufacturer's Assistance Programs: All the major manufacturers sponsor programs for people without insurance coverage. They vary in the amount and length of time they offer assistance and you must complete a form to qualify.

Convatec 800-422-8811

Coloplast 877-781-2656

Hollister 800-323-4060

National Groups (Provide supplies but require shipping and handling costs)

Osto Group 877-678-6690

Ostomy 211 ostomysupplies.ostomy211.org (emergency supplies, donation requested)

Kindred Box- Resource on Facebook, kindredbox.org

Lower Cost Options

Best Buy Ostomy Supplies 866-940-4555

Mercy Supply Collaborative 888-637-2912

Ostomy4less 877-678-6694

Parthenon Ostomy Supplies 800-453-8898

Stomabags: 855-828-1444



Support Group and Medical 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
Website: ostomyalbuquerque.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 Center Hospital voicemail: (505) 265-1711, Ext. 5171 or 5232 or 4411
- ♦ Las Cruces: Ostomy Support Group of Southern NM. Meets in Las Cruces, NM. For current info call ostomy nurse at wound care center: (575) -532-4399 or Rebecca Kroll, ostomy nurse, at C: 575-649-8249

Ostomy Care in Albuquerque, NM

- ♦ Lovelace Medical Center Ostomy Nurses:
(505) 727-8250
- ♦ Lovelace Medical Group—General Surgery — Ostomy Outpatient Clinic— Savanna Noel
(505) 727-7096
- ♦ Presbyterian Main Hospital Ostomy Nurses:
(505) 841-1251
- ♦ Presbyterian Outpatient Wound and Ostomy Care Clinic: (505) 823-8870
- ♦ UNM Hospital Inpatient Ostomy Nurses:
(505) 272-9098
- ♦ UNM Outpatient Ostomy Clinic M-F need referral sent to Fax (505) 935-1191
ph: (505) 272-2336
- ♦ Veteran’s Administration Hospital Ostomy Nurses:
(505) 265-1711 Ext: 5232 or 5171 or 4411

Manufacturer Resources:

- ♦ Coloplast Ostomy Supply Manufacturer:
(855) 385-3991 Web: www.coloplast.us
- ♦ ConvaTec Ostomy Supply Manufacturer:
(800) 422-8811
Web: www.convatec.com/ostomy
- ♦ Cymed Ostomy Supply Manufacturer:
(800) 582-0707 W: www.cymed.ostomy.com
- ♦ Hollister Ostomy Supply Manufacturer:
(888) 808-7456 Web: www.hollister.com
- ♦ Marlen Ostomy Supply Manufacturer:
(216) 292-7060 Web: www.marlenmfg.com
- ♦ Nu-Hope Labs Ostomy Supply Manufacturer:
(800) 899-5017 Web: www.nu-hope.com

Local Supply Resources:

- ♦ HME: (Home Medical Equipment) 2 Locations:
611 Osuna Rd. NE Albuquerque, NM
10801 Golf Course Rd., NW Albuquerque, NM
Web: www.hmespecialists.com
Cust. Svc. for both locations: (505) 888-6500
Toll free: (866) 690-6500
- ♦ Phillip’s Pharmacy: carry some ConvaTec supplies for over-the-counter (OTC) purchase
5510 Lomas Blvd NE Albuquerque, NM 87110
Cust Svc.: (505)-265-6868
- ♦ National Seating and Mobility: (formerly Sandia Surgical, Inc.) carry Coloplast, ConvaTec, and Hollister supplies for ongoing orders or OTC purchases
4431 Anaheim Ave. NE, Ste. A, Albuquerque, NM
Cust Svc.: (505) 883-2817 Toll free: (800) 753-1589
FAX : (505) 355 6691 Web: www.nsm-seating.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

UOAA's Mission

UOAA is an association of affiliated, non-profit, 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 non-profit 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.

1-800-826-0826

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Officers and Chairpersons of OAA Chapter

President: Brian Leen

505-856-0203

Vice President: Ben Palmer

505-828-0936

Treasurer: Barbara Regan

703-261-3920

Secretary: Vacant (interim)

Voicemail and Visitation Coordinator:

Brian Leen, 505-856-0203

Telephone Reminder:

Marjorie Abbott 505-263-5301

sweetscat2008@gmail.com

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(donations & supplies closet)

Eunice Hoeft

Call ahead; 505-889-9705

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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 meeting room of the Cherry Hills Library 6901 Barstow St NE 87111. 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 voicemail.

Executive Board Meetings are held the 3rd Thursday of each month at 7p.m.on Zoom, All members are welcome contact Brian Leen at least one day prior to the meeting for log in information

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. UOAA has 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 (UOAA)

P.O. Box 525

Kennebunk, ME 04043-0525

1-800-826-0826

Web: www.ostomy.org

Find them on Facebook and Twitter.



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Ostomy Association of Albuquerque



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

How to Keep in Touch with Us

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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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