



# The Roadrunner



Newsletter of the  
Ostomy Association of Albuquerque, NM

## Next Meeting

### Support Group Updates and Events Recent Events

Our May meeting was a general support group meeting. Chuckie McHenry demonstrated how to apply a gas air vent accessory to an ostomy bag. Thank you for the demo Chuckie! Many found it to be useful and practical information.

In June we were fortunate to have a guest speaker from UNM’s new ostomy clinic, Nurse Era. She explained how the new clinic can be accessed and which insurance plans are covered. Everyone found it to be a useful presentation and Q & A. Contact information can be found in this issue in resources section under “Ostomy Care in Albuquerque.”.

July’s meeting was a normal support group meeting with many lively discussions. We talked about swimming and hot tubbing and “pink tape”. Time allowed us to have a detailed travel report from Brian Leen of his wonderful trip to Alaska. He is fearless about travel with his ostomy and is indeed a wealth of information! Thank you Brian. You can read about some of his exploits in this issue under “Presidents Message” on the next page.

### Upcoming Events

No speakers are scheduled at this time for the upcoming quarter. As usual be alert to emails that may indicate changes or added speakers, nurse presentations, etc.

Thank you to all those who come to the meetings to help others with questions they have about living and caring for an ostomy. Without you the support group could not exist!!

#### Advice from our Nurse Barbara

Remember all the heat precautions for prevention of heat illnesses as we head into another two hot months here in Albuquerque. Be Safe so we can see your happy faces at our meetings!

Volume 57 Issue 3  
August 2022

### Upcoming Meetings:

Cherry Hills Library

- August 7, 2022

Cherry Hills Library

- September 4, 2022

Cherry Hills Library

- October 2, 2022

Cherry Hills Library

- November 6, 2022

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



### Inside this issue:

President’s Message	2
Cont. Ostomy and Alaska	3
Barrier Considerations	4
Belt vs Tape	5
Your in Good Company	6
Resources	7
Resources	8
All About OAA	9
Contact Us	10



**PRESIDENT'S Message**  
**by Brian Leen, President OAA, NM**

One of the often-heard questions is “Can you travel with an Ostomy?” How about a ten-day trip to Alaska on our own? We decided we wanted to go about a week and a half before we left and put it all together in a day or so. Before we move to the details of the trip, we should answer the question of how much we should take in the way of Ostomy supplies. In this case, I took 4 full kits which included: pouch, rings, Bravo strips, cleaning wipes and a plastic bag for disposal. I kept two sets in a small nylon bag in the backpack I wore on the plane and while touring and the other two in a similar bag in my checked luggage. I also carried an emergency change of clothes consisting of jogging pants and a pull over in the backpack. The backpack was also used in Alaska to carry the layers of clothes needed to adjust to the weather.

Not getting into too much detail we flew to Seattle on June 16, spending the night across from the airport before taking Alaska Airlines to Fairbanks. We had a day and a half there and stayed in Pike's Waterfront Lodge on the Chena River, one of two that passes through Fairbanks. We visited the Visitor Center Museum, University of Alaska-Fairbanks Museum of the North, the UAF Botanical Garden and Pioneer Park. We used Uber and the city bus to get around town. By the way, on June 17, the sun supposedly set in Fairbanks at 15 minutes after midnight. The next day we took the Denali Star dome train to Anchorage. The all-day trip, which covers 359 miles leaving at 8:20 am and arriving at 8 pm, passed through varied beautiful terrain including tundra, mountains, deep evergreen forests and a few small towns . It also included three meals with each dome car having its own dining area below.

Anchorage was very expensive with the Hilton and Marriott costing from \$350 to \$415 a night, so we stayed in a Studio Hotel a little bit out of the center of town. On the 20<sup>th</sup>, we took a bus downtown for breakfast and then to the airport where we had lucked out and found a rental car. We drove 61 miles up a fjord to Portage Glacier where we took a boat on the lake to see the glacier. On the way home we stopped at Alaska Wildlife Conservation Center where they rescue animals and had a bear, wolves, coyotes, deer, elk, caribou, bison, musk ox, moose and more. The next day we dropped the car at Anchorage airport and flew to Juneau. We stayed in a wonderful hotel in the airport neighborhood called Best Western Grandma's Feather Bed. Despite being close to the airport, it was in a wooded area, and you couldn't hear planes. We took the bus downtown to wander and see the sights. There were four huge cruise ships including such giants as Nieuw Amsterdam, in port, so we were hardly alone but with many passengers on tours or on-board for meals it wasn't overwhelming. We had a day and a half





## President's message cont.

*(Continued from page 2)*

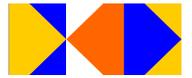
in Juneau and visited the City Museum, the Russian Orthodox Church and generally wandered around. We were scheduled to leave on the ferry which was also closer to our hotel than downtown at 45 minutes after midnight. So, we took the hotel shuttle back and relaxed there until 10 when we caught their shuttle to the ferry dock. We were actually able to board early and go to our cabin and so we were asleep before the ferry pulled out.

Back to Ostomy. That morning I hit seven days on my pouch. It was perfect and I could have gone longer but our room in Grandma's had one of the nicest bathrooms we have ever seen in a hotel and the following night we were going to be in a ferry cabin so changing was a no-brainer.

On June 23<sup>rd</sup> the ferry from Juneau to Ketchikan passed through the Inland Passage and had stops at Petersburg and Wrangell. We had three meals on the ferry. We arrived in Ketchikan around 7:45 pm and took a shuttle to our hotel which was right downtown. It was an historic hotel that was remodeled but for example there was no elevator to the third floor. But the location was great. In Ketchikan there were only three cruise ships. We wandered around in the morning and in the afternoon took a trolley tour up the inlet where we visited the sights and saw a bear in the wild looking for salmon in a river below where we were standing. Ketchikan's airport is across the inlet from the town, and you have to take a passenger and car ferry over. So, we left early and had breakfast at the airport before heading home via Seattle and Phoenix.

Wonderful trip and the only thing I did for my pouch was empty when it was convenient like in a museum or restaurant, whether I needed it or not. If you are going to do something similar you have to decide what supplies to take and how often to change based on your normal usage and adding in the worst case. The summation is an Alaskan trip is a great place to go and an Ostomate should not be afraid to travel on ships and ferries and cars in a strange place?





## Barrier Considerations to Obtain Your Fit

(courtesy of UOAA, ostomy.org)

What is more important: fit, flexibility, stretch capability, or adhesion? If you cannot decide, or there are two or more that are just as important, you are not wrong. Why not have all in one for your barrier selection? You can have fit, flexibility, stretch capability, and adhesion in one pouching system!

### Fit

When selecting a barrier, many considerations can come into play. When considering fit, proper application and sizing is important to help reduce leakage and create a seal around the stoma. Utilizing a stoma measuring guide or template with each pouch change is beneficial to help obtain the proper fit. Stoma size can change after surgery, so measuring is key. Deciding between a precut or a cut-to-fit barrier is also important to consider, as it depends on which option provides the best fit to your body.

### Flexibility

A flexible barrier will move, bend, and stretch with your body allowing you to be comfortable as you go about your daily activities. Flexibility with stability helps achieve a seal around the stoma along with the proper fit. In day-to-day movements like, getting in and out of your car, vacuuming, getting a spice off the top shelf, or even a sport you enjoy playing, flexibility is important to move with your body.

### Stretch capability

Can you have flexibility without stretch capability and vice versa? What if these two worked hand in hand to create the best seal and optimal comfort to help you with your daily activities? Think back to reaching to get a spice off the top shelf in the kitchen. You need to have flexibility in the barrier to obtain the stretch, but then when back in a normal standing position the ability for the barrier to go back to the original shape after completing the stretch—how is that obtained?

### Teamwork!

Adhesion Lastly the ability for the barrier to have adhesion to the skin. This can be a challenge outside of the barrier itself. For example, what if there is a small area of irritation, moisture, or the landscape is not perfectly flat (which is very common)? The adhesion is important to provide the tact to the skin so that the barrier has all the capabilities: fit, flexibility and stretch! Good adhesive security is obtained by gentle warmth using the body heat of your hands, and a nice gentle pressure with application from the inside (near the stoma) all the way to the edges of the barrier. This helps activate the adhesive into those small nooks and crannies that our skin has even if we can't see them with the naked eye. Essentially, there are many questions that may come up when deciding on the best barrier fit for you. Let's go back to the original question that was posed: What is more important: fit, flexibility, stretch capability, or adhesion? The answer can be any of the above, and it all depends on your own lifestyle and personal needs. Things to keep in mind when you are considering your barrier options are, "Does this barrier have a good fit to my body?", "Does the barrier allow me to stretch without compromising the seal?", and lastly, "Does this barrier give me the security to enjoy my activities?". There are options available for many body types and challenges. Reach out to your WOC nurse so they can help you answer the questions that are important to you!



## Belts vs Tape

It's sometimes necessary to use extra measures to make sure that an appliance stays firmly in place. Many factors can dictate a need for further measures to ensure a worry-free fit—body shape, skin type, sports played, job demands or quantity of waste. Tape and/or ostomy belts are sometimes a solution. Each has its advantages depending on the individual. In some instances, a combination of both may be recommended. Ostomy belts are a frequent first choice because they are reusable, washable, adjustable, and don't have to be peeled off the skin. But a belt that is too tight can cause its own problems. Wearing the belt too tight will cause the elastic to become overextended which allows the elastic to curl, forming a rope-like fit instead of a flat fit around the waist. This could get mighty uncomfortable in a hurry. You want the belt to be snug, but not so snug it's digging into you. You also want to keep the belt from 'riding up,' which will create an off-center pull on the appliance. Try to keep the belt level with your flange. Wider ostomy belts might be more comfortable if one has rolls of fat around the midsection. Most belts are about an inch wide but wider types are available. You might want to allow your pouch to fill up and then test how effective an ostomy belt might be under different tensions and body movements. Choose cloth rather than rubber or elasticized fiber. Cloth will be cooler. Always empty a full pouch as soon as possible, or better yet, don't let it get that full in the first place. Some times belts are just not practical. They may be too uncomfortable for the wearer, or spoil the look of some clothes. Tape can be a good solution in such cases. Tapes come in a variety of materials, paper porous tape, all plastic tape or a combination of both. Some appliances come with a tape perimeter 'built-in' but you may still need to apply another layer over the top of this. Tape is relatively inexpensive so give different materials and brands a try. To properly apply tape, it should encircle the entire flange, with one half on the flange and the other half on the skin. In time you'll get skilled at applying this. A gentle pressing-on with the finger tips will ensure that it's stuck. Most problems with tape arise from poor application technique, impatient removal or allergies to the material. Prepare the skin with careful removal of the old flange and thorough cleaning and drying of the skin. When removing the tape, use the 'two hand' method—one to gently pull the tape off and the other to hold the skin down. Too frequent or rushed tape removal can cause irritation. Either method or even both methods—tape or belt—can greatly increase your confidence and comfort. Give both a try if you have concerns about your appliance staying in place.

### **Albuquerque International Balloon Fiesta**

**October 1st through the 9th, 2022.**

**This year we celebrate the 50th annual Balloon event in**

**Albuquerque. I hope many of you will come and enjoy our unique event. If you plan on coming let me know and I will tell you how to find me on the field.**





## *You're in Good Company*

*Tulsa Ostomy Life Newsletter*

This we know: The Queen "Mum" had one, Senator Hubert Humphrey, Pope John Paul II, Emperor of France Napoleon Bonaparte, Politician Tip O'Neill, Actress Barbara Barrie, Actress Loretta Young, Ann Sothern, Actress, Dwight Eisenhower, Fred Astaire Actor and Dancer, Babe Zaharias Olympic Gold Medalist, along with President George W. Bush's brother Marvin. Yet after more than 50 years and despite the bravery of these previously mentioned well-known people, the demographics of the American ostomy population and the number and types of new surgeries performed each year remain elusive. The United Ostomy Association estimates that slightly more than 500,000 Americans now have some type of stoma.

This is where we come in. Our goal is to let you know that you're not alone. We know you're out there, and we're here for YOU. Our group is available to provide support, information, and some great tips. Our meetings offer you a safe place to speak openly about your personal circumstances, fears, hopes, frustrations, and future. Also, your spouse, partner, family and friends are welcome! If distance prohibits your attendance at our meetings, help is still available. OSTOMY ASSOCIATION OF ALBUQUERQUE

### **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](http://ostomysupplies.ostomy211.org) (emergency supplies, donation requested)

Kindred Box- Resource on Facebook, [kindredbox.org](http://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](mailto:oa.albuquerque@gmail.com)  
Website: [ostomyalbuquerque.com](http://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](http://www.coloplast.us)
- ◆ ConvaTec Ostomy Supply Manufacturer:  
(800) 422-8811  
Web: [www.convatec.com/ostomy](http://www.convatec.com/ostomy)
- ◆ Cymed Ostomy Supply Manufacturer:  
(800) 582-0707 W: [www.cymed.ostomy.com](http://www.cymed.ostomy.com)
- ◆ Hollister Ostomy Supply Manufacturer:  
(888) 808-7456 Web: [www.hollister.com](http://www.hollister.com)
- ◆ Marlen Ostomy Supply Manufacturer:  
(216) 292-7060 Web: [www.marlenmfg.com](http://www.marlenmfg.com)
- ◆ Nu-Hope Labs Ostomy Supply Manufacturer:  
(800) 899-5017 Web: [www.nu-hope.com](http://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](http://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](http://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

Save the Date and Start Your Vacation Fund!



### 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.

**38% OFF\***



Subscribe Today!



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.

Note\* there is a less expensive e-version available.



## 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](mailto:sweetscat2008@gmail.com)

**Ostomy Supply Closet:**

(donations & supplies closet)

Eunice Hoeft

Call ahead; 505-889-9705

**Programs:**

Barbara D'Amore BSN RN, CWOCN

[damorebd@aol.com](mailto:damorebd@aol.com)

**Sunshine Committee:**

Marjorie Abbott 505-263-5301

[sweetscat2008@gmail.com](mailto:sweetscat2008@gmail.com)



**Support Group Nurses:**

Barbara D'Amore, BSN RN,  
CWOCN

[damorebd@aol.com](mailto:damorebd@aol.com)

Haley Wills, WOCN RN,

[hlwillsrn@gmail.com](mailto:hlwillsrn@gmail.com)

**the Roadrunner Newsletter Staff:**

**Editor:** Ben Palmer

505-828-0936

[benhpalmer@gmail.com](mailto:benhpalmer@gmail.com)

**Mailing:** Brian Leen, (interim)

505-856-0203

[bleen68@aol.com](mailto:bleen68@aol.com)

## 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](http://www.ostomy.org)

Find them on Facebook and Twitter.



---

Postmaster: Contains Dated Material.  
Please do not delay.

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.

Permissions: Permission is given to reprint articles or excerpts from this publication provided credit is given to the author and /or *The Roadrunner*, Albuquerque, New Mexico.

Disclaimers: Check with your doctor before taking any medication or before heeding any advice given in this newsletter. The Ostomy Association of Albuquerque does not endorse any product or medication and takes no responsibility for any product, medication or advice.

---