



The Roadrunner



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

Next Meeting

Sunday, February 2, 2020

1 PM

Executive Board Meeting (All welcome)

2 PM

Support Group Meeting

Support Group Updates and Events

Recap of Last Quarter:

In November we discussed and passed around some of the ostomy products that are made to protect the stoma from trauma. This included light duty to heavy duty products made for heavy work or contact sports.

In December we had a good turnout for our ugly sweater and cookie meeting. Thank you to all who brought goodies! Among other things we discussed the article in the *Phoenix* ostomy magazine concerning Vitamin B12 Deficiency.

In January we had our annual luncheon at Tomasita's restaurant. We hope you all had a good time and got to know each other better!

Upcoming Meetings:

February 2: We will have a normal support group meeting and since it is Valentine's month, we will discuss emotional adjustments you and your loved ones have now or experienced in adjusting to your becoming an ostomate. If you have Valentine's cookies to share, that would be great! A meeting of the hearts!

March 1: Normal support group meeting followed by Ms. Theresa Jaramillo from Sandia Surgical Inc. who will discuss their ostomy products and resource information about funding supplies under Medicare laws, etc. Last year she provided great information. Bring your questions.

April 5: Normal support group meeting. Speakers may be added. Please pay attention to email updates. Spring is on the way! Yayyyy!



Volume 55 Issue 1

February 2020

Upcoming Meetings:

- February 2, 2020 (quarterly)
- March 1, 2020
- April 5, 2020
- May 3, 2020 (quarterly)
- June 7, 2020

*Meetings are at 2 PM
in Aspen room
at Kaseman Hospital
unless otherwise stated.*

Inside this issue:

"Presidents Message"	2
"Facilities in Japan"	3
"Sleep Myths"	4
"The Spouses Role"	5
"Tomasita's Photo's"	6
Resources	7
Membership Forms	8
All About OAA	9
Contact Us	10

PRESIDENT'S Message

By Brian Leen, President OAA, NM

Can you travel with an Ostomy?

How about this? How about around the world! First, I am an ileostomate of 7 years. We planned to spend Thanksgiving with our son and his family who are stationed in Korea. Then we were off Christmas with my wife's family in Spain. It seemed silly to fly back to the US only to head off to Spain in a few days. So, we added ten days in Japan (5 in Kyoto and 5 in Tokyo.) The next leg in our journey took us from Tokyo to Spain via Moscow. And then home on Dec. 30, 2019

I took 24 wafers and pouches for the 36 days. This is far more than I usually use but have seen usage time shrink on past trips. Four went in my backpack in two emergency kits carried on the plane and the rest in their normal boxes in the check luggage. I used only 5 sets over the entire 36 days, averaging 7 days per change. It could have been longer but changed early before heading home because I wanted a new set on for the last trip.

We upgraded using miles for the trip to South Korea and stayed in our son's apartment in Pyeongtaek. We had two Thanksgiving dinners, one at my son's unit and the other, on Thanksgiving Day, in the Camp Humphreys Club. We also visited some local sites including a honey farm and temple and the Independence Hall of Korea.

Then on December 3, we took two trains from his town to Incheon airport, followed by a flight to KIX, Kansai Osaka airport and another train to Kyoto. During five-day visit there we toured each day with one day trip via train to Nara. Then took a bullet train to Tokyo where we stayed in a military recreation hotel. Tokyo was more spread out and it took longer to get places. One day before we figured out the transport

system, my wife and I walked almost 14 miles. It turned out that on touring days I only emptied at lunch and then in the late afternoon when we returned to our hotel to rest before going back out for dinner. We ate all sorts of oriental food although I went easy on vegetables. We took a daylong bus tour to Mt. Fuji and Hakone.

We discovered a Business Class ticket to Madrid from Tokyo on Aeroflot Russian Airline, changing planes in Moscow, was cheaper than an economy trip on a nonstop carrier. This flight was 12 hours long with two hours in Moscow followed by a 5-hour flight to Madrid. After an overnight stay in Madrid we took a train to my wife's hometown in the north, Tudela del Ebro, Navarra. We spent the rest of the time with her family including many family events including Noche Buena and Christmas Day. Returning home began with a train to Madrid on December 29 followed by an overnight near the airport. The long flight home on December 20 was a bargain in coach, way back in the American Airlines 787 cabin but was actually a very good trip. As far as Ostomy care, the bathrooms up front and not much different than the ones in back.

I did not have a single problem associated with my Ostomy over these five weeks. The only issue was the first of two bottles of DEVKO deodorant pills ran out before the midpoint of the trip. So, I stopped using them after going to bed for several nights with no ill affects and had plenty for the rest of the trip. Who said an Ostomy will cut down your travels?



Facilities in Japan



Sign in train station in Tokyo showing special bathrooms, including one for Ostomies



Actual Facility in Edo Museum. You empty into that sink and then can wash it down with a spray hose.



Ostomy bathrooms sign in Edo Musuem in Tokyo



Sign for Ostomy bathroom at top of Observation Tower in Tokyo Government Building.



Sleep Myths from TODAY Health

Thanks to The New Outlook, Ostomy Association of Greater Chicago, IL

We know sleep is important. But most of us understand little about it, clinging to myths. Sometimes there is a nugget of truth in the misperceptions. But when we're wrong, the result can be exhausting, wakeful nights. These are six of the most common myths: □ Naps make it harder to sleep at night — actually, a short daytime nap can restore your brain power and performance. "If you are really failing during the day...take a nap," says Dr. W. Christopher Winter, a sleep medicine expert at Charlottesville Neurology & Sleep Medicine in Virginia. "It's amazing how good that short little nap will make you feel and that makes a difference in how [you] sleep." Napping for 15 to 30 minutes can refresh people, allowing them to continue with their day and help people snooze better at night. But make sure that nap is short and sweet. A two-hour nap, for example, will definitely make it tough to sleep later. □ We need eight hours of sleep a night — Doctors frequently recommend that people get 8 hours of sleep to feel their best. Try 7. "Seven and a half is probably a good average," says Dr. Winter. "It's a unique number. You need as much [sleep] as you need." Recent research even found that people who sleep between 6.5 and 7.5 hours a night live longer than those who sleep for 8 hours or more. We need to let go of "the idea that people need to get eight hours of sleep," Dr. Winter says. □ No eating after 8 PM — that popcorn at 9 PM won't stop the Sandman from visiting. Eating later at night doesn't always lead to bad sleep. "It probably relates more to what you are eating. Desserts, caffeine, sugar are probably destructive. If you think about Thanksgiving...that big carbohydrate meal is sleep promoting. In fact, a recent study showed that when mice received the right amount of insulin it sparked drowsiness. The results indicate that eating carbs might reset a person's circadian clock, the mechanism responsible for telling our bodies when to wake and when to sleep. When noshing at night is okay, people still need to be careful what they eat late at night. Some foods cause indigestion,

which might cause people to wake throughout the night. □ You can bank sleep — Got big sleep debt? Many try to make up the deficit by sleeping late over the weekend. "You probably can't catch up on it," says Dr. Winter. But there is a caveat. If the busy schedule meant less sleep, but the sleep was restful and efficient, you probably are fine. Resting up before a long night can help, but not if the deprivation is chronic, studies suggest. Overall, it's better to nap on sleep-deprived days instead of waiting for the weekend to sleep until noon. □ The older you are, the less sleep you need — "There is this notion, this myth that older people don't need as much sleep as younger people," says Dr. Alon Avidan, director of the UCLA Sleep Disorders Center. "Older adults need as much sleep as a younger person." Many older adults struggle to stay asleep, perhaps getting 4 or 5 hours of sleep a night. They think they are functioning well and their doctors might even agree that they don't need as much sleep. But if they needed 7 hours of sleep in their 30's, they needed 7 hours of sleep in their 70's. Poor sleep could be sign of another problem, such as sleep apnea, Parkinson's disease, rheumatoid arthritis, congestive heart disease, or restless legs syndrome. Don't simply accept poor sleep as normal. □ Exercise cures insomnia — People plagued with insomnia often try anything to fix their sleeping problems. Many believe a good workout will cure their inability to sleep. While working out certainly increases the body's sleep need, it isn't the panacea many hope it is. "I think it would be rare that exercise can cure insomnia," says Dr. Timothy Morgenthaler, president of the American Academy of Sleep Medicine and a professor at Mayo Clinic. "If what we are talking about is being active for 30 to 60 minutes a day [then] there's measurable improvement in the quality of sleep." Exercise won't cure the medical reason behind the poor sleep. □ The bottom line— See a doctor after several days of poor sleep. There might be something else causing your wakeful nights.



The Spouse's Role

Reprinted from The New Outlook, Ostomy Association of Greater Chicago via Greater Seattle (WA) "The Ostomist"

Your role as a spouse (or significant other) is one of support and encouragement. These elements are vital to any relationship and provide a basis for an emotional recovery and acceptance of the ostomy. This lifesaving, body altering procedure can affect people in different ways. How you react to the physical changes from surgery will be conveyed to the ostomate in many ways. Watch your body language. If you were a person who liked to cuddle before the surgery, then continue to reach out to your spouse. Couples have a tendency to "protect" each other and not be truthful about their feelings. Initiate open communications with your spouse and discuss any concerns either of you may have about the surgery (i.e., fear, anger, resentment, relief). Ask questions about changes you do not understand. It is likely that you and your spouse may have anxieties about becoming intimate. Talk to your spouse about any physical limitations, pain (if present), fears about being naked, leakage, odor and rejection. Body image is one of the major issues after ostomy surgery. A good sense of humor is an important factor that will be very beneficial during the adjustment phase. It helps you and your spouse deal with some of the unexpected events during this time. Ostomates should have instructions about self-care from an ostomy nurse prior to leaving the hospital. Be supportive in providing assistance in caring for the ostomy, but remember it is their ostomy! If the ostomy patient is physically capable, do not take on the role of total caregiver. Encourage independence in taking care of the ostomy, it can be the first step toward regaining self-esteem. Remember...The person with an ostomy has not changed, only their anatomy has. How you and your spouse accept that change will influence your quality of life. Armed with adequate information and a positive outlook, you may find that having a family member who has survived body-altering surgery often leads the entire family to a greater appreciation of life.

* * * * *

One of the Pictures our OAA President Brian Leen took of Kyoto an ancient Japanese city known for it's great beauty. Brian is known for his have "pouch will travel" attitude.



OAA Roadrunner Newsletter

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.



2020 OAA Fiesta Luncheon at Tomasita's Restaurant in Albuquerque first fiesta I have missed since 2013 I hope all of you had a great time.



Brian's Trip around the globe pouches in the overhead. He and his wife spent some time in Japan Mt. Fuji is the first picture.





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: albuquerqueostomy.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 Memorial Medical Center voicemail:
(575) 640-5242 or (575) 521-5038

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
- ♦ University Medical Center Hospital Ostomy Nurses: (505) 272-9098
- ♦ 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 purchase
-5510 Lomas Blvd NE Albuquerque, NM 87110
Cust Svc.: (505)-265-6868
- ♦ Sandia Surgical, Inc.: carry Coloplast, ConvaTec, and Hollister supplies for ongoing or OTC purchases
4431 Anaheim Ave. NE, Ste. A, Albuquerque, NM
Cust Svc.: (505) 883-2817 or Toll free: (800) 753-1589
Web: www.sandiawheelchairs.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
August 2021
Houston, TX

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

Website: 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.

Subscribe Today!

**38%
OFF***



The Phoenix

Accepted at www.phoenixuoaas.org
or by calling 800-750-9311

☐ 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: Ben Palmer

505-828-0936

Treasurer: Barbara Regan

703-261-3920

Secretary: June Kulow

666-706-7118

Voicemail and Visitation Coordinator:

Brian Leen, 505-856-0203

Telephone Reminder:

June Kulow <jckklk@hotmail.com>

Ostomy Supply Closet:

(donations & supplies)

Eunice Hoeft

Call ahead; 505-889-9705

Programs:

Barbara D'Amore, BSN, CWOCN

damorebd@aol.com

Sunshine Committee:

Marjorie Abbott 505-896-9030

sweetscat2008@gmail.com



Support Group Nurses:

Susan Mueller,

BSN, RN, CWOCN 505-228-1207

susanmueller@fastmail.fm

Barbara D'Amore, BSN RN, CWOCN

damorebd@aol.com

The Roadrunner Newsletter Staff:

Editor: Ben Palmer

505-828-0936 benhpalmer@gmail.com

Mailing: Mark Warren,

505-280-6918

nmhomes2000@yahoo.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 Aspen Conference Room at Presbyterian Kaseman Hospital. Meetings are usually held on the first Sunday of every month. There are occasional changes due to holidays so please re-

fer to *The Roadrunner* for information or call the association's voicemail.

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 Asso-

ciation 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

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

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.

Thanks to the American Cancer Society for Printing and Postage!