



# The Roadrunner



Newsletter of the  
Ostomy Association of Albuquerque, NM

## Next Meeting

### Support Group Updates and Events Recent Events

On January 8, 2023 many of you attended the OAA’s Annual Fiesta Luncheon at Tomasita’s New Mexico Restaurant in Albuquerque. The company was excellent and the food delicious. A very special part of this years Fiesta was our recognizing Eunice Hoeft who has for many years managed our Supply Pantry out of the home she shared with Bud Hoeft one of our earliest members. When he passed away, Eunice offered to continue the supply closet he maintained for the OAA, in their garage. The information for the new supply closet and the member who has volunteer to manage it, is on page 3 of this issue.

### Upcoming Events

February 5, is our first group support meeting of 2023, we meet at The Cherry Hills Library at Harper and Barstow NE. at 2 P.M., MST.

In March our meeting coordinator, Barbara D’Amore RN, has arranged a guest speaker, Cassandra Wunschel, Territory Manager - Ostomy (AZ/NM/Las Vegas, NV,/El Paso) Ostomy Field Sales Trainer, North America. Ms. Wunschel, going just by her job titles, should be a font of information about her products and new things coming on the market.



Photos from our annual Fiesta Luncheon January 8th, 2023

Volume 58 Issue 1  
February 2023

### Upcoming Meetings:

Cherry Hills Library

- February 5, 2023

Cherry Hills Library

- March 5, 2023

Cherry Hills Library

- April 2, 2023

Cherry Hills Library

- May 7, 2023

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**

First, I would like to say we appreciate all our members who come to the monthly meetings and participate in the conversations that lead to support for new arrivals and members who are facing a new issue.

However, I am going to ask you to think about doing a little bit more. Some of our members are actively involved in "outreach" and again I greatly appreciate all that is being done under Barbara D'Amore as committee lead. But we strongly need a few of you to step up and help the group to continue. It is way past time to hold our annual election of officers. The Covid epidemic and months of being unable to meet resulted in our having the current officers volunteer to stay long past the time for an election. The OAA bylaws require there be an executive committee comprised of a President, Vice President, Secretary, and Treasurer. As well as at large members. A quorum is required for the board to vote. Barbara Regan our Treasurer has agreed to stand for reelection. Marjorie Abbott and Ben Palmer are also willing to stand for a position. As I write this message I understand another member has agreed to run for the open position of secretary.

The OAA is in need of members willing to accept nomination for at least two more positions, President and Vice-President and any member who is interested in running for another position that is certainly an option. Please understand without a board as required we cannot continue as a group. We ask only that Board Members attend a board meeting on "Zoom", currently the third Thursday of the month, from 7-8 pm. Clearly some positions require additional work. The President has to organize the Board Meetings and make any decisions required along with Boards support. The Secretary has to write up the minutes of the Board Meeting to document what decisions were made. Currently the Vice-President is also Membership Chair but that has in the past been a separate Committee Chair and could be again if the VP desires it.

Our support group consists of each and every one of you who come to our meetings to listen to others successes and problems and sometimes offer a comment or a fix for another's problem. Thank you, for that is what we do best. We offer support, so please come to the meetings even when you have nothing to share, because that could be the day you have the answer another member needs to hear.

I plan on continuing to provide whatever support the new President needs, in the position of "President Emeritus". I will say that some groups affiliated with UOAA do more than we do and some do less. Regardless of what we decide to take on, the monthly meeting is an absolutely critical event. I am quite happy with our meetings, both those where we have an outside speaker and general support meetings where we share our experiences. Any member who has ideas or suggestions that will help the group with our goals, please do not hesitate to tell us. Your input is valuable to the group, might have some additional ideas of what we use within our community.

Sincerely,

Brian Leen,

OAA, President





## Ostomy Association of Albuquerque “Emergency” Supply Closet

By Pam Groff

Eunice Hoeft RN, after many years of volunteering to run our supply closet, asked to retire from this responsibility. Those of you who attended our annual Fiesta Luncheon January 8<sup>th</sup>, took part in our recognition of her good and generous work.

The Supply Closet responsibility has been taken over by Pam Groff and moved to the Westside. The new location is now open in the Northwest, just east of Unser and South of Paseo del Norte.

Should any of our members have an emergency need, please contact me at 941-587-4601. We stock colostomy and ileostomy products primarily, but also have a small inventory of urostomy pouches. The entire inventory comes from generous contributions by Ostomates. Most bags are from the major manufactures i.e. Hollister and Convatec, but we do have limited supplies of other brands. Our assortment of accessories is extensive, from belts paste, deodorants, barriers, skin prep wipes and adhesive removers etc.

Excess stock is donated by us to Friends of Ostomates Worldwide and Kindred Box. When we ship the product overage must be sent by parcel carriers paid for by membership dues as well as donations. More good work to support Ostomates your membership supports. Exceptions to these organizations would be expired goods we donate for wound care nurse training. Additionally, recently we received a large supply of sterile wound care items such as gauze rolls. The East Side Alb. Animal Care Center gladly accepted these for their clinic.

In closing, I would like to mention that small amounts of excess accessories will be made available at our monthly meetings. Also, if you are under the care of a gastrointestinal doctor, please make sure he/she is aware of our support group and our web site “ostomyalbuquerque.com” and all the information we provide there.

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## Advice from Adam, From Illness and Pain

The Phoenix spring 2023

Adam Katz, has undergone six ostomy related surgeries and now has a permanent ileostomy.

Advice From Adam an appreciation for my family's love for me, and I finally started to appreciate them: My mom giving me - her oldest son - agonizing injections that caused severe nausea, in hopes that they would help heal me; my dad driving me back and forth and back and forth to endless gastroenterologists appointments; my youngest brother helping me walk up the stairs when I was in too much pain to do so myself; my other brother, despite a terrible aversion to hospitals and blood, sitting with me in an ER hallway when all the rooms were full; and my sister, making me a homemade bookmark in the hospital just to make my stay a little easier. I painstakingly built up stamina, patience, and resilience. Day in and day out of pain, waiting, recovering, handling side-effects, hoping, trying medicines and diets, dashed hopes, surgery after surgery, and even boredom. These experiences that I had to trudge through, however, secretly built and refined powerful skills within me that have since helped me overcome and accomplish so much more than just illness.

### **Time Well Spent**

I spent time with my parents and brother that otherwise I never would have had. One of my favorite memories while sick was with my youngest brother. He would spend time in the living room with me while I laid on the couch watching tv, and he would sit on the floor near me and organize his penny collection. Had I been out of the house and not sick, I would never have experienced this and had these treasured memories. I developed compassion. Through my illness, I realized that everyone is fighting their own battle. I will never know the full extent of what they are going through, but From Illness and Pain "Sometimes I think about how much I missed out on over the years while I was sick, before my ostomy surgery. It makes me sad to think about all the things I didn't get to do. How can I not focus on this anymore?" Honestly? You did miss things. You missed out on a lot of life experiences while you were sick. So did I. I missed out on dating. I missed out on traveling. I missed out on job opportunities. I couldn't regularly go to the mall, on a hike, or really even leave the house. I watched all my friends have children. I watched them move around the country. I watched them grow in their careers and make money. I watched people who were healthy doing healthy people things. At the time, it was painful.

### **Positive Change**

What's the truth about those things? I wasn't meant to do them then...and neither were you. We were both meant to watch those activities from the sidelines, but at the same time, live life the best we could. We were meant to live through a painful and challenging time and grow and gain from it, and to do so in a way that would positively change us forever. Yes, I believe what I went through was for the best; it's something that I needed to go through to force me to grow as a person and give me certain experiences and skills. Whether

*(Continued on page 5)*





Continued from page 4

you believe your illness has been for the best or not, it’s undeniable – even if you don’t yet realize or want to admit it – that much good came from your illness. If you truly reflect, I guarantee you will begin to find and appreciate at least some positives that came from those years of pain. I’ll share some of what I gained. I gained “So, I used what I went through in the past to help build the life I want now and for the future. The past is the past. I don’t have time to worry about what could have been, now I know everyone is in their own world and has painful issues they are dealing with. I try to remember this and be compassionate to others, especially when it’s any sort of illness. Oddly enough, watching so much tv while I was sick was also positive for me. Now when I find myself wasting time on Netflix, Hulu, or YouTube, I can much more easily say to myself, “I got to relax and watch enough tv in my life. Now it’s time to do something real and finish writing my book, start my business, go for a run, etc.” I am able to write this column to help others. Nothing makes me feel as good as directly helping others, motivating and empowering them, and guiding them to solve their problems. This would be impossible without going through what I went through, at least to an audience of people with health issues.

**Gaining Skills**

Yes, I did miss out on a lot, but look at what I gained. I cannot imagine that I would have cultivated these particular skills and abilities – at least to this depth – and had certain experiences had I never gone through such incredible, prolonged pain and illness. So, I used what I went through in the past to help build the life I want now and for the future. The past is the past. I don’t have time to worry about what could have been. I will never truly know. Would I have a different career? Would I have been married five years earlier? Would I have had the chance to spend so much time with family? Would I have been a millionaire? Or, conversely, would I have gotten into a major car accident? Would I have gotten a different illness? It could have been that those years – had I not gotten sick – would have been terrible anyway. No one knows.

**Appreciate the Result**

Don’t worry about what could have been or what others did that you couldn’t do. Be happy with your lot in life and with what you have. You’ll never be happy if you think about what you could have done, could have had, or could have been. Enjoy the present by appreciating what you’ve accomplished, appreciating what you gained while sick, and appreciating who you’ve become. Then hope for the future and recognize that you can now – armed with the unexpected lessons you learned from your illness – hit the ground running and lead the life you want.

\* \* \* \* \*



## Mathew Perry's Ostomy Surgery Ostomy, Outlook nov-dec 2022

Excerpts from Matthew Perry's new memoir show that even TV stars are vulnerable to poor ostomy care and stigmas UOAA is working to erase. In a preview of his new memoir, Friends star Matthew Perry reveals to People that in 2019 his colon burst from opioid abuse and that he spent two weeks in a coma before waking up unaware that he had emergency ostomy surgery to save his life. He reveals that "It was pretty hellish having one because they break all the time" which, as President of United Ostomy Associations of America (UOAA), shows me that even a Hollywood star is susceptible to poor quality of care and the ostomy stigmas our organization is fighting to end.

I had lifesaving ostomy surgery as a result of colon cancer and I am among the 725,000 to 1 million people in the United States we estimate are living with an ostomy or continent diversion. Many of us live healthy and active lives thanks to follow-up care by certified ostomy nurses, education, emotional support, and the fact that a properly fitted ostomy pouch should not break, smell or restrict your desired lifestyle. The book also reveals that Perry's ostomy was temporary and that his therapist said "The next time you think about taking OxyContin, just think about having a colostomy bag for the rest of your life." Perry says this was the catalyst for wanting to break his long pattern of addiction. While it's wonderful that Perry has fought to end his addiction, these words sting for those of us who deal with the consequences of ostomy stigmas in our society.

We wonder if Perry would have come to see the ostomy differently if given the chance to attend an ostomy support group or talk with another person living with an ostomy during his 9-month recovery. Did he receive information about organizations that support ostomy patients prior to discharge? Research shows that these and other UOAA standards of care can make all the difference in a patient's outcome. Despite the fact that ostomy surgery saves or improves lives, there are still people who believe that death is a better choice than having this surgical procedure. People of all ages struggle with body image issues and acceptance in life with an ostomy and perpetrating these stigmas can leave deep scars. Perry also mentions looking at the scars from his 14 abdominal surgeries as motivation for ending a cycle of addiction. Perry and those interviewing him are rightly celebrating and supporting addiction recovery efforts. We ask that they also give a moment to help raise positive ostomy awareness and share our resources available to all those in need. James Murray is President of United Ostomy Associations of America Inc. (UOAA) a national 501(c)(3) nonprofit organization that promotes quality of life for people with ostomies and continent diversions through information, support, advocacy and collaboration. Educational resources, advocacy tools, support groups and more can be found at [www.ostomy.org](http://www.ostomy.org) Donate today to help the next ostomate in need.

\* \* \* \* \*

## 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 try 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

### 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\***



**The Phoenix**



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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

**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)  
Pam Groff  
Call ahead: 941-587-4601

**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)

**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.



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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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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.

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