



The Roadrunner



Newsletter of the
Ostomy Association of Albuquerque, NM

Next Meeting

Future meetings remain unknown at this time due to the Pandemic. We'll be back as soon as we can! In the meantime we have started zoom virtual meetings for those able to join.



Still waiting for in-person meetings to resume.

Be patient!

Volume 56 Issue 2
May 2021

Upcoming Meetings:

Return to in-person meetings unknown at this time due to the pandemic.

Virtual Zoom support group meetings as well as board meetings have begun. We need your email to send an invitation to Zoom meetings. Please send info to Brian Leen. Contact info on Page 9.

Support Group Updates and Events

- ◆ Our next general Zoom meetings will be:

Sunday, May 02, 2021 2 p.m. MDT

Sunday, June 06, 2021 2 p.m. MDT

**Sunday, July 11, 2021 2 p.m. MDT (this date has been changed because of the July 4th Holiday)*

- ◆ We plan to have our Annual Luncheon on our first meeting back together, whenever that may be!!
- ◆ As always pay attention to emails from our group about announcements and links to upcoming zoom meetings.
- ◆ At the April meeting our speaker was Pat Camp of Stoma Cloak a flexible opaque pouch which surrounds the Ostomy pouch and helps to prevent leaks and pouch plastics from sticking to the skin if the wearer sweats. Worth looking at their website.
- ◆ For May 2nd, we have Michele Bliszack-Safe and Simple Hernia Prevention and Kourtney Kropp (National Seating and Mobility), see page 2 for a bit more about Safe and Simple.

Kaseman Hospital remains closed to support group meetings.

Inside this issue:

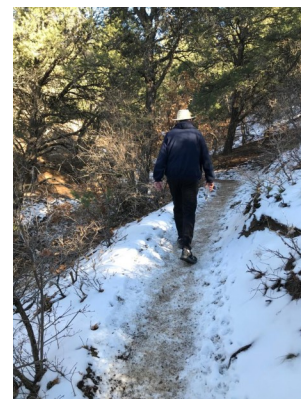
President's Message	2
In Memory of Pat Bryant	3
Vernon Payne's Story	4
Q and A about SBS	5
Celebrating Nurses (WOC)	6
Resources	7
Resources	8
All About OAA	9
Contact Us	10



PRESIDENT'S Message

by Brian Leen, President OAA, NM

Both my wife and I now have our two shots. So, one of these days, life will get back to "normal." Although, I will say we have developed a routine and these weeks are screaming by. Living in the beautiful state of New Mexico we walk every day from 3 to 5 miles. That pretty well eats the morning while it fills the spirit with positive vibes. I am beginning to wonder, how many of the habits we have established over this last year and a half will stay with us. And the same question probably is applicable to our Ostomy Group. At the last board meeting, we discussed the possibility of including Zoom attendees even when we start meeting again at Kasemen Hospital. We are not sure exactly how to do that but think it can be accomplished using the overhead screens. In addition, the Board Meetings moved from once a quarter at 1 pm prior to the regular meeting to a monthly Zoom meeting on the third Thursday evening of the month. We will probably continue these. As I mentioned in the email I sent out, we need some help. We need a tech savvy person to help with the website and we need a secretary. It also looks like Susan Mueller, who has been critical to our success for years, is finally going to fulfil their dream and move east. If that happens before we start meeting in person, we will need someone who is comfortable with Zoom to facilitate our monthly meetings. None of these tasks are overbearing and none would consume a large amount of time. Living with an Ostomy is something we all struggled with and it is a wonderful payback to help other get back to a fulfilling life. I hope you will join me in anticipation of how New Mexico and the world will move forward in the coming months. Brian Leen



Safe N Simple Hernia Prevention Presentation May 2, 2021

Pease attend our May 2nd, Zoom meeting which will be a presentation on Hernia Prevention by Michelle Bliszack from Safe n Simple. While Safe n Simple is well known for ostomy accessory products, they also sell a line of hernia support belts now. Michelle's presentation will cover techniques (including exercises) to help avoid developing parastomal hernias, and will also, of course, discuss Safe n Simple's support belts. Zoom connection details for this meeting will be sent separately by email.



Old Town Albuquerque, NM



Pat Bryant Obituary

by Sue Mueller Nurse Advisor to OAA

We lost one of our senior members on April 14th. Pat Bryant died at 95 years old from advanced colon cancer. She beat bladder cancer by living with a urostomy but the colon cancer was a surprise.

When I first met Pat at the support group she was already a “little old lady” of advanced age but not in the traditional sense. At that time she was driving her van to meetings and would discuss how she coped with her urostomy when she went camping. At her 90th birthday party I met her friends who she would meet at Dunkin Donuts to visit. Her daughter told me a story about Pat learning to drive at age 11 to ferry her parents to Florida for the winter (interesting times...).

Pat attended our meetings regularly and when she was no longer driving hitched a ride with her family. She shared her ostomy experiences and attended the class to be an ostomy visitor. She had a twinkle in her eye and a kind heart, we will miss her company.



In Memoriam

Oct 20, 1925---Apr 14, 2021

A Tip from a Nurse Using Paste as a Waterproof Filler

From “The Pouch” Northern Virginia; Via “Live and Learn” St. Louis, Missouri, Spring 2021

Hi, All — When I had my recent surgery in March, I talked with an ostomy nurse about reducing leakage. My ileostomy was created on a (MACE) scar so the skin dips deeply on both sides of the wafer adhering to my abdomen. I use seals (sometimes rolled, but not always), Stomahesive strips, and even the material itself when I cut out stoma holes on my wafer to buttress the skin on my abdomen and try to make the area flat. The nurse suggested PASTE, and I’d used that before around the hole for the stoma. But this was a new use. If you put a small amount of paste (any kind, I think) and press it down and add a small amount of water to it and press it in place, it acts like a horizontal or vertical (or other shape) kind of material to fill in gaps on your abdomen. Give it a try with a few droplets of water — and let it dry. ■



VERNON PAYNE'S STORY, *from the UOAA April 2021*

I want to tell my story concerning my ileostomy in order for people to understand how it is living with one and how a person can live a normal life and more.

I had my original ostomy surgery 49 years ago in 1972 – you can imagine how surgeries, techniques and medicines have progressed since then. Twenty-five years old at the time, I spent several weeks in the hospital recovering. At age 24, I experienced my most serious bout of ulcerative colitis, and after several months with a tremendous amount of blood loss, it was determined that I would be better off having my colon removed, living with an ileostomy and staying alive, period.



Needless to say, it was a difficult transition from a “normal” body to one with a bag/pouch attached to my abdomen forever. Discharged from the Navy a couple of years before my surgery, I had been enrolled at the Ohio State University, and so decided to finish school and get my teaching degree. After the original colectomy procedure, a few more surgeries were required to correct a protruding ileum, but finally things settled down to where I could get back to a normal life.

Trying to live life to the fullest, I appreciate every day that I’m alive.

Admittedly, life was a little rough for a couple of years after my surgery, especially when it came to dating. I was embarrassed to mention my ileostomy and even today, am reluctant to tell people. It’s probably a personality trait, but I feel I need to get to know people before I tell them about me. However, the day I met my wife-to-be, I told her about my ileostomy and we have been together ever since; go figure.

In the past 49 years, I have graduated from college, gotten married, had a son, worked for the government, taught high school, coached football and tennis, and traveled extensively. I played tennis for many years, as well as golf. I’ve camped in the Rockies, the Grand Canyon and the Grand Tetons, traveled throughout the United States, hiked the Camino di Santiago in Spain and spent many vacations in Italy. I’ve hiked parts of the Appalachian trail and still love hiking to this day. An avid speed walker for the last 10 years, I qualified for the Senior Olympics two years ago and this year.

Working as a personal trainer for 15 years has been a satisfying retirement job. I still play golf and walk four to five miles almost every day. I wrote an exercise manual a few years ago, *The Hotel Motel Workout*, and have filmed and posted exercise videos on the internet.

Trying to live life to the fullest, I appreciate every day that I’m alive. One further surgery was necessary for a revision to my ileostomy a few years ago, but I feel blessed that the doctors talked me into having the original ostomy surgery 49 years ago. Life is good.

Answering Questions about Short Bowel Syndrome Via Ostomy Association of Southern New Jersey; UOA Greater St. Louis, Sept 2020

What is Short Bowel Syndrome? Short bowel syndrome is a group of problems related to poor absorption of nutrients that typically occurs in people who have had half or more of their small intestine removed. The small intestine and the large intestine, also called the colon, make up the bowel. The small intestine is where most digestion of food and absorption of nutrients occur. People with short bowel syndrome have difficulty absorbing enough water, vitamins, and other nutrients from food to maintain nutrition. What Causes Short Bowel Syndrome? The main cause of short bowel syndrome is surgical removal of half or more of the small intestine to treat intestinal diseases, injuries, or defects present at birth. In children and adults, short bowel syndrome may occur fol-

such as: intussusception, intestine folds into another ease, an inflammatory loss of blood flow due to from trauma cancer and cer treatment. Short by disease or injury that functioning as it should the Signs and Symptoms rhea is the main symp- rhea can lead to dehydra-

These problems can be severe and can cause death without proper treatment. Other symptoms may include cramping, bloating, heartburn, weakness and fatigue. Specific nutrient deficiencies may occur depending on what sections of the small intestine were removed or are not functioning properly. Sites of nutrient absorption in the small intestine are: the duodenum, the first section of the small intestine, where iron is absorbed; the jejunum, the middle section of the small intestine, where carbohydrates, proteins, fat, and vitamins are absorbed; the ileum, the last section of the small intestine, where bile acids and vitamin B12 are absorbed. People with short bowel syndrome are also at risk for developing food sensitivities. How Short Bowel Syndrome Treated? The main treatment for short bowel syndrome is nutritional support. Treatment may involve use of oral rehydration solutions, parenteral nutrition, enteral nutrition, and medications. Oral rehydration solutions consist of sugar and salt liquids. Parenteral nutrition delivers fluids, electrolytes, and liquid nutrients into the bloodstream intravenously. Enteral nutrition delivers liquid food to the stomach or small intestine through a feeding tube.



lowing surgery to treat conditions a condition in which part of the in- part of the intestine; Crohn's dis- bowel disease bowel injury from a blocked blood vessel bowel injury damage to the bowel caused by can- bowel syndrome can also be caused prevents the small intestine from despite a normal length. What Are of Short Bowel Syndrome? Diar- tom of short bowel syndrome. Diar- tion, malnutrition, and weight loss.

Is



Celebrating Nurses Who Go Above and Beyond

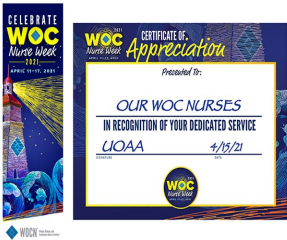
by James Murray President UOAA , April issue 2021

Wound Ostomy and Continence Nurses (WOC nurses) are who we turn to for solutions for almost any. Many go to great lengths to help patients find the right pouching system, but for UOAA they also do so much more. Wound, Ostomy, and Continence Nurses (WOC nurses) are who we turn to for solutions for almost any Ostomy Issue.

Many of our over 310 Affiliated Support Groups around the country are led by or have Ostomy nurse advisors who volunteer their time. They help to meet the needs of the Ostomy community well outside of the clinical setting. We are extremely fortunate to have WOC nurses who are also Ostomates themselves on our Advocacy Committee, leading with exceptional authority. These certified Ostomy nurses are also critical volunteers creating resources on our Education Committee and participating on our Medical Advisory Board. WOC nurses created and volunteer for our annual Run for Resilience Ostomy 5k and are lead allies every Ostomy Awareness Day.

There are also many WOC nurses who are active on social media and those who quietly reach out to those in need. Last week was WOC Nurse Week and UOAA's community shared gratitude online, but I hope we all aim to take the time to thank them every day for the full scope of the support they provide us all.

Thank you for being our shining lights.



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](https://www.facebook.com/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
- ♦ 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 (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

Save the Date

The next UOAA
National Confer-
ence is unknown
at this time.

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.

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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: Sue Mueller (interim)

505-228-1207

Voicemail and Visitation Coordinator:

Brian Leen, 505-856-0203

Telephone Reminder: June Kulow

Ostomy Supply Closet:

(donations & supplies closet)

Eunice Hoeft

Call ahead; 505-889-9705

Programs:

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damorebd@aol.com

Sunshine Committee:

Marjorie Abbott 505-263-5301

sweetcat2008@gmail.com



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About Us

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

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

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

tion or call the association's voice-mail.

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

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

Affiliation: Ostomy Association of Albuquerque (OAA) functions as a

chapter affiliate of the national organization supporting people with ostomies-- the United Ostomy Association of America (UOAA).

The UOAA holds biennial national conferences. They publish the wonderfully informative *Phoenix* magazine four times a year. There is a subscription cost for this publication. 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

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.

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