



# The Roadrunner



Newsletter of the  
Ostomy Association of Albuquerque, NM

## Next Meeting

Unknown at this time due to the Pandemic.

Volume 55 Issue 2

May 2020

Upcoming Meetings:

Unknown at this time due to the pandemic.

## Support Group Updates and Events

### Past Events

In February we had a normal support group meeting with a Valentine's party. Thank you to all who contributed goodies for us!

In March we had a support group meeting with a guest speaker, Theresa Jaramillo from Sandia Surgical Inc. who was able to answer our many questions about their supplies as well as Medicare and Medicaid considerations.

In April as you know the world was affected by the Corona Virus Pandemic. We have not been able to meet since that time and until further notice.

### Current Events

Dear members please know that we are thinking of you and can't wait until we can talk freely and laugh together again. We especially remember those who live alone or are in the assisted living facilities.

If you have a questions about a problem that we might be able to help with please contact us. We have included the usual resource information in this issue.

We are sorry for delay in this newsletter due to some unforeseen events. Happy trails to you until we meet again! Keep cool!



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

### Inside this issue:

w"Presidents Message"	2
"None	3
"None	4
"None	5
"None	6
Resources	7
Membership Forms	8
All About OAA	9
Contact Us	10



## PRESIDENT'S Message

By Brian Leen, President OAA, NM

Oh my gosh, what trying times. I cannot remember a more difficult time while at home. Obviously, Vietnam during the war might be a bit more stressful but these times seem unique. Some of it might be the fact that with social media, we are bombarded with information. I will say that this has made me appreciate my morning walk. By the way my wife's family in Spain are not able to do this as they are "locked in" and can only have mandatory trips to the grocery store or pharmacy by one person. All of us are at risk but the question comes to mind, "How does this situation affect me, as an ostomate?" I have done some review on the UOAA website and will start with the good news. The virus does not seem to have any special effect for those parts of our bodies that have been compromised during our Ostomy. Basically, it doesn't get that far. It doesn't seem to get past the respiratory system. I must admit, however, that I am not as familiar with urostomies as the other two, so some of the underlying conditions may be mentioned below. The other piece of good news is that it doesn't seem to have affected the supply of the products we need. Notes on the UOAA website indicate that Hollister, Coloplast, ConvaTec and Safe n Simple all feel that they are well stocked and see no disruption due to the virus crisis. (Hey, that rhymes!) However, for one thing most of us are 65 or older which is the age that is thought to present additional risk. In addition, many of us have underlying medical conditions that can complicate the situation. They are especially concerned about those with lung disease or moderate to severe asthma, serious heart conditions, people who are immunocompromised including those under cancer treatment, anyone with severe obesity or those with underlying medical conditions like diabetes, renal failure or liver disease. I won't repeat the recommendations that would lessen the risk because they are everywhere. Just follow those instructions. And if you encounter any serious problems like a fever, chills, body aches, sore throats, headaches, runny nose and/or vomiting contact your health provider by phone and discuss the situation with them. At this point, do not go directly to the emergency room and they might not see you and you are putting yourself at risk of infection by other waiting patients. As to our meetings, you know that we have cancelled the April, May and June meetings. At this time, we do not know what the situation will be for the July meeting. We will keep you informed. And we expect to get back to it with a full house. We just don't know when that will be.

### Message from Nurse Barbara

During this time of pandemic we need strong immune systems, please remember it is so hot again and hydration and electrolytes become paramount for our health!

Important additional needs for immunity:

- ◇ Foods high in Vitamin C and nutritious food.
- ◇ Vitamin D from sunshine in small amounts or supplements
- ◇ Sleep— about 8 hours for most
- ◇ Activity, exercise and good hygiene
- ◇ Fresh air and relaxation. Choose to be happy!
- ◇ Social contacts even if by phone or computer! It's a good time to reconnect with old friends and loved ones!
- ◇ Instead of all-day pajamas or grubbies, get dressed and feel good about yourself!



What's happening? Why are the humans wearing muzzles?



## 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: [albuquerqueostomy.com](http://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

### **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)

### 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

### **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 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](http://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 Confer-  
ence will be held  
August 5 - 7, 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](http://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.phoenixuoa.org](http://www.phoenixuoa.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

**Voicemail and Visitation Coordinator:**

Brian Leen, 505-856-0203

**Telephone Reminder:** June Kulow

**Ostomy Supply Closet:**

(donations & supplies)

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 505-896-9030

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



**Support Group Nurses:**

Susan Mueller,

BSN RN, CWOCN 505-228-1207

[susanmueller@fastmail.fm](mailto:susanmueller@fastmail.fm)

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:** Mark Warren,

505-280-6918

[nmhomes2000@yahoo.com](mailto: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. 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 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. 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](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.

**Thanks to the American Cancer Society for Printing and Postage!**