



# The Roadrunner



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

## Next Meeting

**Sunday, August 7, 2016**

**1 PM**

**Executive Board Meeting, Aspen Room (Open to All)**

**2 PM**

**Support Group Meeting Guest Durel McDonnell of Coloplast**

**Volume 50 Issue 3**

**August 2016**

### Upcoming Meetings:

- August 7, 2016 (quarterly)
- September (to be determined at board meeting)
- October 2, 2016
- November 6, 2016 (quarterly)

## Support Group Updates and Events

Thank you to all those coming to support meetings and offering your support sometimes even on holiday weekends. You are all appreciated so much!!



Please note that the August meeting is as usual on the first Sunday. However the September meeting is to be determined at the upcoming August board meeting. It will either be on Labor Day weekend at Kaseman or the following weekend at a library in the Northeast Heights. Please stay tuned for further information at the August meeting or by email or mail according to your preferences.

We are often trying to obtain speakers for our meetings. Although there are none scheduled at this time, you will be notified when a speaker is due at an upcoming meeting.

Warmer weather continues! Remember to pay attention to your bodies and get enough fluids and electrolytes! Before our next newsletter it will be Fall and hopefully a bit cooler.



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

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## PRESIDENT'S COMMENTS

By Brian Leen, President OAA, NM

The summer is almost over and we are about to enter a new school year. To me the year starts when my teacher wife goes back to work and college football starts again. Thus my thoughts turn to what we as a group want to do in the coming year. Last year we started adding new folks in the last few months. That is probably our primary reason to exist. As we adjust to living with an Ostomy we forget how hard it was at the beginning. Listening to newcomers' issues and helping them is positive for both them and us.

We did collect and, thanks to Mark Warren's son, deliver over \$40,000 worth of extra Ostomy Supplies to Project CURE in Denver where they will be distributed to Ostomates in the third world. Barbara and her group also started reaching out to medical offices to remind them we are here, which may be why the newcomers have recently appeared.

In the coming year we will continue our outreach. We may also look at the current rules regarding Ostomates in Assisted Living and see if there is anything which needs to be done. We are looking for additional input as to what members believe we should be doing. Barbara continues to work with suppliers to have them visit our meetings and let us know what is new. In August we will have the Coloplast representative.

If you haven't been to a meeting for a while, we would like to encourage you to return. You just might be the person who has experiences and solved the problem a newcomer brings.



October 1-9, 2016



*The World's Premier Balloon Event*

## Planning for a Summer with a Stoma

By Diane Kasner, RNET, from Baltimore (MS) *Bulletin*, adapted by Green Bay Area Ostomy Support Group, North Central (OK) *Ostomy Outlook*, Springfield Family Ostomy Group Newsletter June 2015

Don't expect to get the same wear time in the summer as you do in the fall, winter or spring. If your barrier melts out faster, change the pouch more frequently. If wear time is very poor, have your ostomy nurse recommend a different skin barrier or an alternative ostomy system.

If the plastic from the pouch against your skin is uncomfortable or causes a heat rash, purchase or sew a pouch cover, sew a 'pocket' into your under-wear to let the pouch rest in, or secure a cotton handkerchief underneath the pouch.

If you are wearing a two-



piece system and are participating in very active sports, use a 10" strip of 2" or 3" tape to secure the pouch and the barrier.

Be sure to drink plenty of liquids (unless contraindicated because of other health problems) so that you will not become dehydrated or constipated.

For extra security during swimming and water sports, use waterproof or "pink" tape to picture-frame your flange.

Monilia (fungus) is a common summer problem. This raised, itchy red rash on the peristomal skin is uncomfortable and keeps the pouch from holding well. If you suspect a monilial rash, contact your ostomy nurse, pharmacist or physician for a suitable micro-granulated anti-fungal powder as soon as possible.

Skin barriers/flanges should be stored in a cool, dry place to obtain optimal results. Most have a shelf life from manufacture of four to five years.

Often prescribed is Micostatin. Put some directly on your peristomal skin, and pat down with the skin barrier. Do not wipe it down; pat it down in place. Then put on your wafer. In a few application (pouch changes), the rash should disappear. Do not use Micostatin on a constant basis. Use only as needed. Check with your pharmacy to get a bottle with the longest expiration date. Your pharmacist may substitute another micro-granulated anti-fungal powder. There are many excellent brands on the market that can provide excellent results.



## Some Thoughts on Competitive Bidding, Medicare, and Ostomy Supplies.

By Sue Mueller BSN, CWOCN

If traditional Medicare, not a Medicare Advantage Plan pays for your ostomy supplies then the outcome of competitive bidding is important to you. There is a proposal in the President's fiscal year 2017 Budget which requests legislative authority to allow ostomy and urologic prosthetic supplies be included in the competitive bidding program. A quick aside on the term prosthetic. Ostomy supplies are considered prosthetics, i.e. devices that replace missing body parts (rectum, bladder,colon).

Competitive bidding is a program already in place for durable medical equipment ( walkers, hospital beds, CPAP machines, wheelchairs etc.) This is a change from a fee schedule method of billing. Instead of having many Medicare providers of equipment who were paid according to a fee schedule, suppliers in regional areas bid to get the Medicare contract. So if you have traditional Medicare you have to get your supplies from the supplier in your area who got the bid. So, what if your regional supplier decided not to carry your type of product as it was too expensive then you would only have the choices that your provider offers. Its not totally clear what problems would present but there have been unintended consequences when the other competitive bidding enterprises have been rolled out.

The UOAA ,United Ostomy Associations of America has joined other organizations: American Association on Health and Disability, Association of Rehabilitation Nurses, Bladder Cancer Advocacy Network, Christopher and Dana Reeve Foundation, Crohns and Colitis Foundation of America, National Multiple Sclerosis Society, Spina Bifida Association, the ARC of the United States, United Spinal Association, and Wound, Ostomy and Continence

Nursing Society to issue a joint statement opposing competitive bidding for ostomy and urologic prosthetic supplies. (see statement on ostomy.org). Their main point is that these supplies are uniquely matched to each individual's needs, not one size fits all. They assert that ill fitting or inappropriate supplies will cause harm and increase medical costs (ER visits, rehospitalizations)

Another argument against competitive bidding for these products would be that the process already in place is not working, and that the CMS (Centers for Medicare and Medicaid) methodology for measuring success is flawed. ( see Medicare's Competitive Bidding Program Puts Beneficiaries Lives at Risk 3/18/2016 National Minorities Quality Forum <http://www.preneswire.com/news/national+minority+quality+forum>) for one example.)

We all know how difficult it can be in the best of circumstances to get the right appliance and proper medical care for your ostomy problem. I urge you to go to the UOAA site ostomy.org and keep up to date with this challenge; look under news and read the joint letter.

Contacting the senators and representatives addressed in the letter: Orrin Hatch, Patrick Toomey, Ron Wyden and Debbie Stabenow and expressing your thoughts on this topic is a great idea. UOAA is collecting stories of problems getting ostomy supplies to use to illustrate the situation so if you have a story or problems getting the medical assistance you needed to resolve your problems consider sharing your tale ( how to do this is at ostomy.org).

Continued on page 5



Competitive Bidding continued from page 4

The Honorable Orrin Hatch  
 104 Hart Senate Office Building  
 United States Senate  
 Washington DC 20510

The Honorable Patrick Toomey  
 248 Russell Senate Office Building  
 United States Senate  
 Washington DC 20510

The Honorable Ron Wyden  
 211 Dirksen Senate Office Building  
 United States Senate  
 Washington DC 20510

The Honorable Debbie Stabenow  
 731 Hart Senate Office Building  
 United States Senate  
 Washington DC 20510



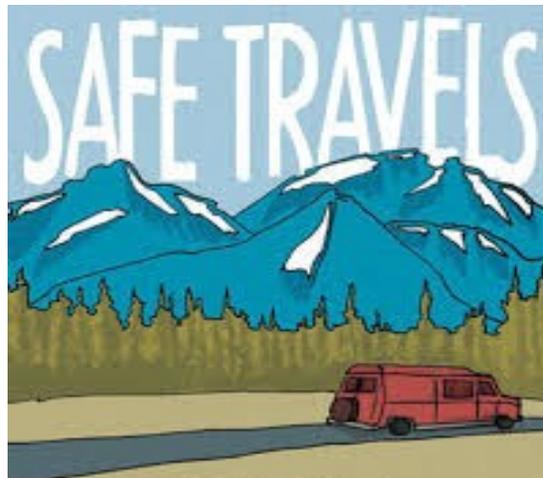
### SAFE TRAVEL TIPS

by Joseph Rundle, Aurora (IL) Ostomy Group; via *Metro Maryland* and *The Ostomy Outlook*, North Central Oklahoma

With the terrorist alert on high and many concerned about safe travel at this difficult time, I thought I would offer you some useful tips:

- Do not ride in an automobile. Autos cause 20% of all fatal accidents.
- Do not stay at home. That is where 17% of all accidents occur.
- Do not walk across the street. Pedestrians are victims of over 14% of all accidents.
- Do not travel by air, rail or water. People have 16% of all accidental deaths because of these activities.

However, only 0.0001% of all fatal accidents occur at our local ostomy support association's meetings. Moreover, virtually none of these happen during the business meetings. Obviously, the safest place to be is at your local ostomy association meeting. You'd better go to the next one, just to play it safe.





## REMEMBERING

*By Sue Mueller*

### **Ruth Sadowski:**

We lost our friend Ruth on April 23, 2016, she was 94 years old. Ruth had been an active member of the Ostomy Association of Albuquerque for many years, actively participating as a visitor, at executive board meetings and running the visitor program.

Ruth was a native New Mexican, born in Monticello NM but saw the world when she worked as a nurse in the Army Nurse Corp. She worked in MASH units in the China, Burma and India Theater.

Locally Ruth worked at Carrie Tingley and Lovelace Hospitals. She met her husband at the University of Pennsylvania where she went for additional education and her husband to be was in dental school. She was a USAF wife for 12 years, settling back in New Mexico in Alamogordo where she managed her husband's dental practice. Ruth was always active in volunteer and charity work including the PEO International ( organization promoting education and advancement for women), Altar

Rosary Society, and Garden Club. She had a passion for bridge and participating in the AM Volkssport Association (fitness, walking sports). She and her husband retired to the Albuquerque area where OAA was the benefactor of her energy. She is survived by her three children Joseph, John and Susan De Guio and 2 grandsons. She had a lovely memorial service at St John XXIII Catholic Church. We will miss her company, and sharp wit.

## REMEMBERING

*By Sue Mueller*

### **Bill Minkoff:**

Its hard to imagine the Ostomy Association without Bill. He was a supportive link for people in the group who have been unable to attend meetings and the person who reminded us all to attend.

He contacted Bernice from the Sunshine Committee when he discovered that someone was under the weather and needed a card.

He served in the caller position for many years, often attended executive board meetings and kept plugging, not letting his stroke slow down his participation. He

only missed meetings when he was in the hospital and was always ready to share his experiences of living with an ostomy.

It is expected that there will be a memorial service at Northdale Baptist Church sometime this summer. Bill, the meetings will just not be the same without your presence.



## Medical and Support Group 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)

**Albuquerque:** VA Ostomy Support Group for military veterans. Meets at the VA Hospital, Albuquerque, NM. For current info call ostomy nurse at VA Medical Hospital voicemail: (505) 265-1711, Ext. 5171

**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

### Other Hospital Contacts in Albuquerque, NM

#### (not having a support group):

Lovelace Medical Center Ostomy Nurses:

(505) 727-8250

Presbyterian Main Hospital Ostomy Nurses:

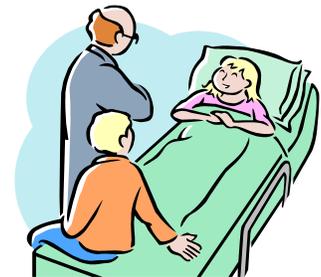
(505) 841-1251

Presbyterian Outpatient Wound Care Clinic:

(505) 823-8870

University Medical Center Hospital Ostomy Nurses:

(505) 272 9098



## Manufacturer Resources

**Coloplast** Ostomy Supply Manufacturer:

Local Representative: Duriel McDonnell

1 (480) 220-9921 [usdmed@coloplast.com](mailto:usdmed@coloplast.com)

**ConvaTec** Ostomy Supply Manufacturer:

Local Representative: Christin Hungerford

1 (720) 412 8203 [christen.hungerford@convatec.com](mailto:christen.hungerford@convatec.com)

**CYMED** Ostomy Supply Manufacturer: (Microskin products) Local Representative: none

[www.cymedostomy.com](http://www.cymedostomy.com) 1 (800) 582 0707

For samples: [samples@cymedostomy.com](mailto:samples@cymedostomy.com)

**EDGE PARK** Medical Supplies:

[www.edgepark.com](http://www.edgepark.com)

Phone 1-888-394-5375

**Hollister** Ostomy Supply Manufacturer:

Local Representative: Randall Boord

1 (405) 819-5635

Cust. Svc: Richard Wysocki 1 (888) 808 7456

**Marlen** Ostomy Supply Manufacturer: [www.marlenmfg.com](http://www.marlenmfg.com)

1 (216) 292 7060

**Nu-Hope** Ostomy Supply Manufacturer:

1 (800) 899 5017 [www.nu-hope.com](http://www.nu-hope.com)

**Stomacur** Ostomy Supply Manufacturer: [www.forlife.info](http://www.forlife.info)

**TORBOT** Ostomy Supply Manufacturer: 1 (800) 545 4254  
[www.torbot.com](http://www.torbot.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 at the  
Hotel Irvine, Irvine,  
California  
Aug. 22-26, 2017

#### 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.

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\* 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: Richard Copeland

505-856-6045

Treasurer: Barbara Regan

703-261-3920

Secretary: (vacant)

Voicemail and Visitation Coordinator:

Diana Wong: 505- 877-4223

Ostomy Supply Closet:

(donations & supplies)

(Vacant)

Meeting Facilitator and Programs:

Barbara D'Amore, BSN, CWOCN

505-797-4388

Sunshine Committee:

Bernice Newman: 505-298-2323

[bernicenewman836@hotmail.com](mailto:bernicenewman836@hotmail.com)

Telephone Reminder:

Bill Minkoff: 505-857-9972

Support Group Nurses: Susan Mueller,

BSN, CWOCN 505-228-1207

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

Barbara D'Amore, BSN, CWOCN

505-797-4388 [damorebd@aol.com](mailto:damorebd@aol.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 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.

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