

The By-Pass

Triangle Area Ostomy Association



Jan 2024

OUR MISSION: TAOA strives to provide emotional and educational support for those with an intestinal or urinary diversion or who anticipate the surgery. We support The Friends of Ostomates Worldwide (FOW) by contributing ostomy supplies to be shipped to underprivileged ostomates in foreign countries.

President's Message

2024! I hope everyone had a wonderful and restful holiday. I look forward to hearing all about it at the next meeting!

Not to make this about me, but well, it is the President's Message after all. I will be having another surgery in January, this time to remove my rectum. I am hoping to not miss any meetings, but we'll see how my recovery goes. If you need support outside of our meetings please reach out to Mary, Ruth, Alison, and Stephanie. You'll be in fantastic hands! And if I do miss the February meeting be on your best behavior for Mary!

Regards,
Dan Richards
President

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NEWS AND UPDATES

- The program for our January meeting is a review of products to assist with ostomy pouch changing with Theresa Johnson, COO, Director of Customer Relations at Stomagienics.
- The TAOA Board needs member support! We are currently looking for a Secretary/ Membership Coordinator.
- If you know of an event where you think TAOA would benefit from setting up an information table, please let Dan Richards know.
- If you think of a program that would be suitable for a Zoom meeting, please let Dan Richards or Stephanie Yates know.



TAOA DUES POLICY

Many thanks to all those who have paid dues for 2023-2024! TAOA sincerely appreciates your contributions.

You can still pay dues for this year. Please attach the membership form on page 5 of this Newsletter and mail your \$20 dues to our Treasurer Ruth Rhodes. You may also print a copy from our website at <https://raleighuoa.org/membership-form/> - look for the link at the top of the page.

TRIANGLE AREA OSTOMY ASSOCIATION (TAOA)

TAOA is a non profit organization dedicated to advancing ostomy health through advocacy, education, and professional interaction. We are an affiliated support group of the The United Ostomy Associations of America, Inc. Membership is open to ostomates, nurses and friends who support our mission. New members are always welcome. Please refer to the membership form on the last page.



WOC NURSES

WakeMed Raleigh, WakeMedCary,

WakeMed North

Leigh Ammons	919-350-7668
Varda Barthelemy	919-350-7668
Melanie Johnson	919-350-7668

UNC Hospital

Lisa Jenkins	984-974-0410
Lara Dupree	984-974-0410
John Motko	984-974-0410
Janet Rankin	984-974-0410
Jennifer O'Brien	984-974-0410
Stephanie O'Donnell	984-974-0410
Ann Sexton	984-974-0410
Morgan Womble	984-974-0410
Becky McElyea	984-974-0410
Colleen Spiller	984-974-0410

Duke Regional

Tom Hobbs	919-470-7215
Felicia Street	919-470-6145
Stephanie Greenberg	919-714-3390

Duke Raleigh Ostomy Clinic

Ronda Bowles	919-954-3446
Janet Jensen	919-954-3446
Kayla Santangelo (outpt)	919-862-5573

Duke Health

Jane Fellows	919-681-7743
Kelly Cowell	919-681-1648
Michelle Rice	919-681-2436
Angela Richardson	919-684-9954
Leanne Richbourg	919-681-6694
Katie Smith	919-681-5675
Stephanie Stokes	919-681-1785
Mary Ann Whaley	919-613-5583
Sarah Britt	919-681-4678
Lily Lane	919-681-2035
Tara Beuscher (outpt)	919-668-7008
Donna Brickman	919-525-6267

Maria Parham Hospital

Kathy Thomas	252-436-1700
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Durham VA Medical Center

Reba Giles	919-286-0411 X 6177
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Rex Hospital

Rachel Beth Breazeale	919-784-2048
Maggie Elliott	919-784-2048
Bryan Duttman	919-784-2048
Elsie Murray	919-784-2048
Kristen Cowperthwait	919-784-2048

Group Officers and Contact Info

President: Dan Richards	919-624-3075
Vice President: Mary Brown	919-782-3957
Treasurer: Ruth Rhodes	919-782-3460
Secretary: Vacant	
Newsletter: Alison Cleary	919-924-3325
Webmaster: Alison Cleary	clearyan@earthlink.net
FOW Coordinator: Jamal Sarsour	252-258-4431
Visitor Coordinator: Vacant	
Program Coordinator and Prof. Advisor: Stephanie Yates	stephaniesyates@gmail.com

All Officers are available for member support

**CROHN'S & COLITIS
FOUNDATION OF AMERICA**

CCFA SUPPORT GROUP

Date: Third Monday of the Month
Time: 7:30 pm – 9:00 pm
Place: Rex Healthcare
Contact: Reuben Gradsky
gutcheckrdu@gmail.com

The Triangle Area Ostomy Association provides support for ostomy patients, caregivers, survivors and families. If you or someone you know needs assistance or support, please see the list of officers on page 2 to reach out and we will help you find the appropriate contact.

For more information about the Triangle Area Ostomy Association go to www.raleighuoa.org or look for Triangle Area Ostomy Association on Facebook.

**TRIANGLE BLADDER CANCER
SUPPORT GROUP**

Date: Second Tuesday of the Month
Time: 7 pm – 8:30 pm
Place: SECU Family House,
123 Old Mason Farm Road
Chapel Hill, NC 27517
Contact: Ritchie Briggs
919-493-0551
trianglebcs@gmail.com
www.trianglebcs.com

DISCLAIMER: Articles and information appearing in this newsletter are not necessarily endorsed by the Triangle Ostomy Association and may not be applicable to every individual. Always consult your physician or WOC Nurse for all medical advice.

Why Use Ostomy Accessories? Personalization, Security, and Confidence.

(From <https://www.hollister.com/en/OstomyCare/OstomyLearningCenter/UsingOstomyProducts>)

Using ostomy accessories to create a personalized pouching system can help you prevent leaks and protect your skin. It can also give you an added sense of security, increase your confidence, and even help you sleep better.

Developing an ostomy care routine is part of living with a stoma. But even when you're doing everything right, you may still be concerned about leaks and skin irritation – which can make you feel insecure and less confident.

Integrating ostomy accessories into your daily care routine can provide important physical benefits, such as helping to prevent stoma fluid leakage and protecting your peristomal skin. In addition, accessory usage may also offer “feel-good” benefits. A recent survey revealed top ranking emotional reasons why people with ostomies choose to use accessories*:

- Security – feeling secure, knowing that your pouching system will perform as expected
- Confidence – feeling confident, knowing that you can go about your day without worrying about your pouching system leaking
- Better Sleep – getting better quality rest, with fewer interruptions

Basically, accessories allow you to create a personalized ostomy pouching system. When your pouch fits well and your skin is protected from leakage, you feel more secure, confident, and comfortable. The right ostomy accessories can help you do more of what you love with less worry.

Many people with ostomies are realizing the benefits of accessories. In another recent survey, 78% shared that they consider accessories to be a way to customize their pouching system and achieve a personalized fit.*

*Based on 400 respondents. Hollister data on file, ref-03059, 2022



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Feel the excitement,
not the itch

87% of people experience itchy skin around the stoma.¹ Being distracted by an itch can really get in the way of focusing on life's special moments.

The CeraPlus skin barrier may help. It helps protect against dryness, a possible cause of itching, by working to protect your skin's natural moisture barrier.

To learn more about the ceramide-infused CeraPlus skin barrier, or to request a FREE sample, contact us at 1.888.808.7456 or www.hollister.com/tryCeraPlus

The CeraPlus skin barrier comes in a range of fit options including one-piece, two-piece, flat, firm convex, soft convex, tape border, and tapeless.

Prior to use, be sure to read the Instructions for Use for information regarding Intended Use, Contraindications, Warnings, Precautions, and Instructions.
¹ Consumer Survey of Pruritus, Hollister Incorporated, 2019. Data on file.
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*Based on 400 respondents. Hollister data on file, ref-03059, 2022



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MINUTES TAOA MEETING DECEMBER 5, 2023

Twenty one members & one visitor joined TAOA via Zoom at 7:00 PM. The social time was filled with good discussions, questions, answers & helpful suggestions,

Dan Richards, President, opened the meeting at 7:30 PM.

Sam Bundy, Mary Ann Hardee & Karen Whitley were thanked again for their individual donations to UOAA in honor of the 5K Race in October. TAOA contributed \$200.00 for the same cause.

In the absence of Advisor, Stephanie Yates, WOCN, Rebecca McElyea, WOCN, introduced our speaker. Holly Loos, Marketing Rep. for [Safe N Simple](#). Holly provided an excellent program by providing an overview of this company's products. Contact Holly to request samples: HLoos@sns-medical.com Thank you, Holly, for providing an abundance of helpful information

We will begin the New Year of 2024 with our meeting on Tuesday January 2nd at 7:00 PM. Theresa Johnson, COO, Director of Customer Relations with [Stomagienics](#), will demonstrate the "StomaGenie" & other products. You may order samples in advance by contacting theresa.johnson@stomagienics.com.

Our President, Dan Richards, will have surgery on Jan.5th. Please keep him in your thoughts & prayers with wishes for an uneventful recovery.

May your Holidays bring Peace & Good Will, followed by Good Health & Happiness in the New Year.

This meeting was adjourned at 8:15 PM.

Respectfully submitted,
Ruth Rhodes, Sec./Treas.



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	SNS41408 - Assure C Odor Eliminator

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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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TAOA MEMBERSHIP FORM

PLEASE PRINT LEGIBLY

Name: _____ Date: _____

Address: _____ Spouse: _____

Zip: _____

Home Phone: _____ Cell Phone: _____

Email Address: _____

Receive Newsletter via: Email US Mail

Year of Surgery: _____

Type of Ostomy: Colostomy Ileostomy Urostomy (Ileal conduit)

Other: _____ Support/No Ostomy

Comments (cont. on reverse side) _____

Active Membership: Member for UOAA/TAOA. Annual Dues \$20.00.

Courtesy Membership: Cannot afford dues at this time. (Confidential)

Affiliate Membership. WOCN's & Prof. Associates. Dues exempted.

IMPORTANT: ALL CHECKS MUST BE PAYABLE TO TAOA.

Enclosed: \$20.00 Dues Pay to TAOA Cash Check Money Order

Donation (optional) \$ _____ For our support of FOW.



*Mail payment with this completed form to:
 Ruth Rhodes, Sec./Treas./ 8703 Cypress Club Drive/Raleigh, NC, 27615*

8703 Cypress Club Drive
Raleigh, NC 27615



OUR THANKS TO

FOR PROVIDING THE PRINTING OF
THIS NEWSLETTER

NEXT MEETING: The January meeting program is a review of products to assist with pouch changing.
HOSTED BY: Theresa Johnson, COO, Director of Customer Relations with Stomagenics

