

The By-Pass

Triangle Area Ostomy Association



Mar 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

Not much going on with our Board this month as several of us are recovering from surgery and illness! Once I get caught back up, I'm looking forward to a couple new ideas for our group, including a possible end of year picnic in June. If you have a suggestion for a good outside location, let me know!

In ostomy related news, be sure to check out UOAA's new PSA. You can find it on YouTube and I put a link to it on our Facebook page. The UOAA is also hosting a free webinar on hernia repairs, maintenance, and prevention on Monday March 12 from 8:00pm-9:00pm. There is more information on the UOAA homepage, www.ostomy.org

See you all on the 5th!

Regards
Dan Richards
President

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Daylight Savings
Time starts on
March 10th,
2024.



Time to
Spring Ahead

NEWS AND UPDATES

- The program for our February meeting will be a video from the UOAA ostomy academy called "New Mindset: Mental Health, Ostomy and Chronic Illness" by Stephanie Brenner, licensed clinical social worker. Stephanie Yates, WOCN will play the video followed by a discussion.
- 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
Ann Sexton	984-974-0410
Becky McElyea	984-974-0410
Colleen Spiller	984-974-0410
Jessica Blakeslee	984-974-0410
Sophia Furlong	984-974-0410
Otis Brown	984-97400410

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
Kelly Gilleran	919-784-2048
Tanya Duncan (outpt)	919-784-2758

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



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

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

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.

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.

OSTOMY ACADEMY | Education for every ostomate

Presented by UOAA

Parastomal Hernias
Repairs, Prevention and Management Tips

Tues. March. 12
8 pm ET
(5 pm PT)

Speaker: Jenny R. Speranza MD, FACS, FASCRS

Speaker: Ashley Croft MSN, FNP-C, CWON

Dr. Speranza and WOC Nurse Practitioner Ashley Croft will speak about types of repairs, success rates, prevention, and nonsurgical management for people with parastomal hernias.

Register for free at ostomy.org/ostomy-academy

Register and Save the Date! 3/12/24
From <https://www.ostomy.org/ostomy-academy/>

Many people living with an ostomy are either worried about developing a parastomal hernia or already have one. Tune into our next Ostomy Academy on March 12 to hear colorectal surgeon Jenny R. Speranza discuss prevention, types of surgical repairs, and success rates. She'll also be joined by WOC nurse practitioner Ashley Croft to discuss nonsurgical management and share lifestyle and diet suggestions. The speakers will field viewer questions along with Ostomy Academy Co-hosts Steve Vandevender and Amie-Leigh Reece. [Register](#) and watch live 3/12/24 at (8PM ET, 7PM CT, 6PMT, 5PM PT) A recording will be available after the event.

Save the date on your [calendar](#) or [register today](#) for updates and event links.

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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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*The Mio is a SenSura Mio Convex Flip user who provided a testimonial for Coloplast to promote its products.



Ostomy Care
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MINUTES TAOA MEETING FEBRUARY 6, 2024

Sixteen members gathered for conversation on Zoom at 7:00 PM. President, Dan Richards, called the meeting to order at 7:30PM.

Dan announced the presence of a new VIRTUAL OSTOMY CLINIC available, on line, at the UOAA web site. There is a monthly fee, but it may be worthwhile for those who do not have a WOC Nurse available in their area. The UOAA Conference will be held in Orlando, Fla. in August 2024. TAOA members who are interested in attending the Conference may apply for a scholarship, funded by the 5K Race, This will assist with most of the cost. Notify our President, Dan Richards, for more information.

Treasurer, Ruth Rhodes, announced the payment of annual dues to UOAA in the amount of \$200.00. We have 40 paid members as of Jan. 2024. A donation of \$100.00 was made to UOAA for their Ostomy Nurse Scholarship Fund. Ostomy supplies have been received from three generous people. They will be shipped to FOW.

Tonight's speaker, Lisa Ellerbe, was not able to attend this meeting. Our group discussed various issues & helpful tips for Ostomy care under the leadership of WOCN, Rebecca McElyea.

The next TAOA meeting will be on Tuesday March 5th. Join us on Zoom at 7:00PM.

This meeting adjourned at 8:15.PM.

Respectfully submitted,
Ruth Rhodes, Sec./Treas.



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Duke Raleigh Hospital Ostomy Clinic

The Duke Raleigh Hospital Ostomy Clinic offers information, help, and support for those living with a stoma.

Schedule an appointment with a certified ostomy nurse: 919-954-3446

Location:
3404 Wake Forest Rd. Suite 303
Raleigh, NC 27609



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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
REX
HEALTHCARE
FOR PROVIDING THE PRINTING OF
THIS NEWSLETTER

NEXT MEETING: Video: "New Mindset: Mental Health, Oostomy and
Chronic Illness" followed by discussion.
HOSTED BY: Stephanie Yates, WOCN

