

# The By-Pass

Triangle Area Ostomy Association

Affiliated  
with...



*OUR MISSION: To provide emotional support and educational opportunities for persons who have had an intestinal or urinary diversion or who anticipate the surgery. We support The Friends of Ostomates Worldwide (FOW) by donating supplies to underprivileged ostomates in foreign countries.*

January 2017

## President's Message:

Thanks to everyone who attended our December holiday celebration. We ate delicious food and enjoyed each other's company.

I am excited about TAOA in 2017. We will be exploring several different avenues to add to our membership as well as make TAOA a well oiled machine. We have several board membership opportunities if you are interested in helping out.

See you in January!

Respectfully,  
Dan Richards

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## CALENDAR OF EVENTS:

Jan	1	New Year's Day
Jan	3	TAOA Meeting, Rex, 7:15 pm
Jan	11	TBC Meeting Chapel Hill, 7 pm
Jan	16	Martin Luther King, Jr. Birthday
Jan	16	CCFA Meeting Rex, 7:30 pm

## NEWS AND UPDATES

- Our January meeting will feature our own Stephanie Yates talking about "Long Term Changes to Stomas"
- The February meeting will be the Vendor Fair!
- Dan Richards has become our new President, leaving the Vice President position open. If you would be interested in taking on either that role or that of Secretary, please let him know at a meeting. We are also looking for help with the newsletter.
- If you know of an event that you think TAOA would benefit from setting up a information table, please let Dan Richards know.

## JANUARY BIRTHDAYS

Tom Rinkas	Jan 26
Tom Hemma	Jan 27

Let us know your Birthday so we can celebrate it with you!

## TRIANGLE AREA OSTOMY ASSOCIATION (TAOA)

TAOA is a local chapter affiliated with The United Ostomy Associations of America, Inc. Membership includes ostomates, nurses and friends who support our mission. New members are always welcome. Members receive a subscription to our monthly newsletter, The BY-PASS. Annual dues support TAOA and UOAA. If dues are not affordable, a courtesy membership can be arranged. (This information is kept confidential.)



## TAOA MEETING INFO:

### MEETING:

The first Tuesday of the month, September – June.  
Time: 7:15pm NO meeting in July or August.

### LOCATION:

Rex Hospital, 4420 Lake Boone Tr., Raleigh, 27607.  
From the parking deck use the Main Entrance.  
The meeting is in the main waiting room on the left.

## INCLEMENT WEATHER POLICY:

If the Wake Co. Schools are closed due to weather conditions, there will be NO meeting that evening.

To verify a cancellation call Rex Hospital at 919-784-3100.

### GROUP OFFICERS AND CONTACT INFO

Vice President: Dan Richards	919-624-3075
Vice President: Vacant	
Treasurer: Ruth Rhodes	919-782-3460
Secretary: Vacant	
Editor: Dan Richards	919-624-3075
Webmaster: Ed Withers	919-553-9083
FOW Coordinator: Jeff Burcham	919-847-9669
Visitor Coordinator: Stephanie Hughes	919-480-1172
Prof. Advisor: Stephanie Yates	919-613-2035

All officers are available for member support

Visit [www.triangleostomy.org](http://www.triangleostomy.org)

### TAOA ANNUAL DUES POLICY

THE ANNUAL STATEMENT FOR DUES is issued every June in the BY-PASS Newsletter. Payment is Due between June and August 31. Please use TAOA Member form to update information. Please notify the treasurer if payment must be delayed or if Dues are not affordable (Confidential). If no response by the September meeting, your membership will expire.

**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.

#### 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: David Langham  
919-948-0589  
[trianglebcs@gmail.com](mailto:trianglebcs@gmail.com)  
[www.trianglebcs.com](http://www.trianglebcs.com)

#### **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](mailto:gutcheckrdu@gmail.com)



## WOC NURSES

### Wake Med

Leigh Ammons	919-350-7668
Melanie Johnson	919-350-7668
Debbie Orr	919-350-7668

### Wake Med Cary

Joanna Burgess	919-350-5231
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### UNC Hospital

Donna Brickman	919-843-9234
Juliet Idiabonya	919-843-9234
Lisa Jenkins	919-843-9234
Barbara Koruda	919-843-9234
Lara Leininger	919-843-9234
John Maotko	919-843-9234
Donna Partin (outpt)	919-966-9344
Janet Rankin	919-843-9234

### Duke Regional

Tom Hobbs	919-470-7215
Felicia Street	919-470-6145

### Duke

Ronda Bowles	919-681-4678
Jane Fellows	919-681-7743
Penny Jones	919-688-0125
Michelle Rice	919-681-2436
Angela Richardson	919-684-9954
Leanne Richbourg	919-681-6694
Stepahnie Stokes	919-681-1785
Stephanie Yates (outpt)	919-613-2035
Mary Ann Whaley	919-613-5583

### Duke Raleigh

Amanda Eltz	919-954-3725
Krys Dixon	919-954-3446

### Maria Parham Hospital

Kathy Thomas	252-436-1700
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### Durham VA Medical Center

Reba Giles	919-286-0411 X 6177
Sara Harbison	919-285-0411 X 5297

### Rex Hospital

Angela Joyner	919-784-2048
Rachel Breazeale	919-784-2048
Teri Ourada	919-784-2048

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\*Remois is a technology of Alcare Co., Ltd.

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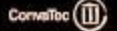
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Reference: 1. Shewchuk JT, Mawardi MH, Gub et al. *Holistic Practice*. ConvaTec. *Moldable Technology: Evolution of the Personal Care with Ostomy*. *Top Medical Skin Care*. *Practical Solutions*. 2013. *July 2*. *Page 1*. *June 2013*.  
\*WoundSource/ConvaTec Inc. © 2014 ConvaTec Inc. #104115-001



**Duke Raleigh Hospital  
Ostomy Clinic**

Contact Krystyna Dixon, BA, RN, CWOCN, CFCN for an appointment. MD referral is required.

Wound Healing Center  
Medical Office Building 6  
3320 Wake Forest Road  
Raleigh, North Carolina 27609

**919-954-3446**



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## MINUTES for the TAOA MEETING DEC. 6, 2016

**SOCIAL:** The Holiday table was filled with snacks provided by attending members. Stephanie Yates provided Christmas décor, drinks and hot cider. Although our group was very small, we enjoyed the delicious treats and the friendship.

**MEETING:** Dan began the meeting with an apology for being unable to provide a December Newsletter. Nine (9) members were present for the Holiday Party.

**ANNOUNCEMENTS:** 1) Full payment has been issued to UOAA, bringing our ASG Membership up to date. Local chapters pay UOAA a portion of every member's dues as their annual affiliation fee. 2) It was agreed that we will give a Memorial Contribution to Meals on Wheels in memory of member, Dot Hoover and to Hillyer Memorial Christin Church in memory of past Treasurer, Don Myers. An annual, charitable donation of \$100.00 will be made to FOW. 3) Our next meeting is Jan. 3, 2017. Program is "Long Term Changes to Stomas" given by Stephanie Yates, MSN, ANP, BC, CWOCN. Refreshments will be provided by Fred Toms and Jeff Burcham. Plan to attend our Vendor Fair, Feb. 7, 2017.

**PROGRAM:** Tom Rinkacs, FNP, of Laurinburg, NC was our guest of honor. Tom shared pictures and told of his experiences as an adult counselor for the 2016 Youth Rally, Seattle, Wash. Kids in attendance, ages 11-17 yrs., have various bowel and bladder disorders and other medical complications. They experience entertainment and education throughout the week of camp. Each is encouraged to gain self-confidence, set goals and live independently in preparation for future advancements. No child is denied due to financial hardship.

**ADJOURNMENT:** The meeting adjourned at 8:45 PM with Good Wishes to all for the Holidays and a Healthy, Happy New Year.

Respectfully submitted,  
Ruth Rhodes, Secretary/Treasurer



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## Friends of Ostomates Worldwide (FOW)

**Have extra supplies you don't know what to do with?** Bring them to a meeting so we can send them on to Friends of Ostomates Worldwide (FOW). FOW is a non-profit organization that collects donated ostomy supplies from individuals and organizations in the United States and sends them to ostomates in need worldwide. Since 1986 they have sent three hundred twenty-two thousand pounds of supplies to over seventy countries! That is over sixteen million dollars worth of supplies!



In an average year, TAOA sends 300 pounds of supplies to FOW. These supplies are donated by our members and local ostomates. Each year we make a monetary contribution as well.

If you would like to donate new and unopened supplies we can forward them to FOW for you. Supplies that have been opened or used in anyway will not qualify for shipment as the supplies must go through Customs and meet their guidelines. Can't make it to a meeting? Contact us and our FOW Coordinator, Jeff Burcham will arrange to meet you at a central location for pick up. You can also ship them directly to:

FOW-USA  
4018 Bishop Lane  
Louisville, KY 40218-4539

For more information check out their website at [www.fowusa.org](http://www.fowusa.org). You can read about many of the people they have helped!

**The Phoenix**  
The Official Publication of UOAA

*The Phoenix* is the leading national magazine for ostomates, their families and caregivers. Each issue contains 72 pages of inspiration, education and information including new products, medical advice, management techniques, personal stories and more.

Half of each subscription funds the nonprofit UOAA. Subscribe Today!

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City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

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**TAOA MEMBERSHIP FORM**

Please print legibly Date: \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Spouse: \_\_\_\_\_

Phone (Home): \_\_\_\_\_ (Cell): \_\_\_\_\_

Email: \_\_\_\_\_

Newsletter ( ) Email ( ) US Mail Year of Surgery: \_\_\_\_\_

**Type of Ostomy:** [ ] Colostomy [ ] Ileostomy [ ] Urostomy (Ileal conduit) [ ] Other Type: \_\_\_\_\_

[ ] No ostomy/Supporting Member [ ] Relative [ ] Friend [ ] Other

Payment of dues enclosed: \$20 [ ] CASH [ ] CHECK [ ] M.O.

[ ] I request Courtesy Membership. I cannot pay dues at this time.

(Information is Confidential)

**MAIL COMPLETED FORM WITH PAYMENT OF DUES TO:**

Ruth Rhodes, Treasurer

8703 Cypress Club Drive, Raleigh, N.C. 27615

8703 Cypress Club Drive  
Raleigh, NC 27615



OUR THANKS TO  
  
FOR PROVIDING THE PRINTING OF  
THIS NEWSLETTER

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**NEXT MEETING:** Tuesday, **January 3,** 2017 at 7:15 pm, Rex Hospital  
**PROGRAM:** Long Term Changes in Stomas  
**Hosted by:** Stephanie Yates, WOCN

