

The By-Pass

Triangle Area Ostomy Association



January 2018

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:

It was great seeing many of you at the Holiday Social. It was also wonderful to speak with many of our new members. We have some great programs coming in 2018 as well visitor training coming up in March. I'm also looking forward to the Regional Conference in May in Virginia. You can read more about it on page 5 of the newsletter. I hope to see many of you there!

Respectfully,
Dan Richards

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NEWS AND UPDATES

- Our January meeting will feature Stephanie Yates discussing the different ostomy types. Ever wondered about the difference between an ileostomy and a colostomy? How does a urostomy differ? Come to the meeting and find out!
- We will be doing visitor training soon. If you are interested in receiving training or your certification has expired, please speak to Dan or Stephanie.
- The TAOA Board needs member support! We are currently looking for a Vice President, Secretary, and a volunteer to assist with newsletter publication.
- If you know of an event that you think TAOA would benefit from setting up a information table, please let Dan Richards know.

CALENDAR OF EVENTS:

Jan	1	New Year's Day
Jan	2	TAOA Meeting, Rex, 7:15 pm
Jan	9	TBC Meeting Chapel Hill, 7 pm
Jan	10	Houseplant Appreciation Day
Jan	15	CCFA Meeting Rex, 7:30 pm
Jan	15	Martin Luther King Birthday

JANUARY BIRTHDAYS

Tom Rinkas	January 26
Tom Hemma	January 27

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

Happy
New Year!

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.

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.



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

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
Katie Smith 919-681-5675
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
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

Group Officers and Contact Info

President: Dan Richards 919-624-3075
Vice President: Vacant
Treasurer: Ruth Rhodes 919-782-3460
Secretary: Vacant
Newsletter: 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
Program Coordinator: Stephanie Yates 919-613-2035
Prof. Advisor: Stephanie Yates 919-613-2035

All Officers are available for member support

TAOA DUES POLICY

Annual Membership Dues support TAOA & UOAA. Statements appears in June Newsletter. Pay \$20 prior to Aug. 1st. WOCN's & Prof. Associates receive a Courtesy Membership in appreciation for their support. See Form on last page.

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
trianglebcbs@gmail.com
www.trianglebcbs.com

CCFA 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

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.

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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

3320 Wake Forest Rd, Suite 100
Raleigh, NC 27609



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MINUTES TAOA MEETING DECEMBER 5, 2017

SOCIAL: Stephanie Yates provided a festive Holiday table with beverages and members brought Holiday treats to share. Our social hour was filled with the enjoyment of delicious foods and greetings for new visitors and old friends.

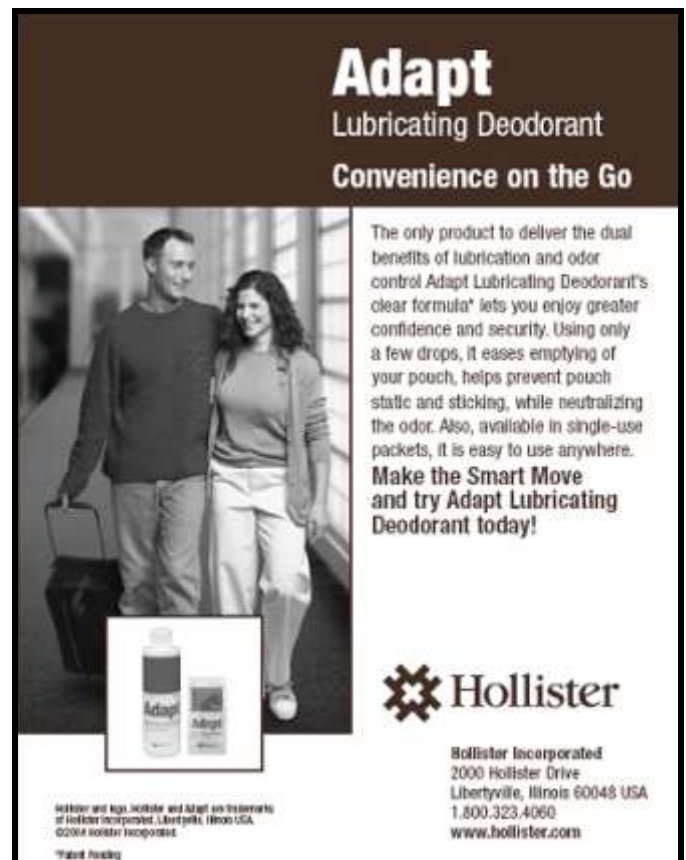
MEETING: Called to order by President, Dan Richards who thanked everyone, Stephanie in particular, for the festive social hour. He welcomed twelve members and five visitors while extending Best Holiday Wishes to all in TAOA.

ANNOUNCEMENTS: 1) Our next meeting will be Jan.2, 2018. Stephanie Yates, WOCN, will provide an educational program titled "Difference in Ostomies". She will discuss the anatomical & functional differences & similarities of our ostomies. 2) Joanna Burgess is asking for volunteers to purchase soft, furry bears to be given to children with ostomies. "Ollie Bear" also wears an ostomy pouch. He becomes a consoling, "best friend" for a child with an ostomy pouch who feels so different. Please support a child, or several, by contributing **\$20.00 per "Bear" to Joanna Burgess, 308 Chapel Valley Lane, Apex, N.C., 27502.** Each child thanks you in advance for your helpful generosity! 3) A Visitor Training Program will be held in March. Date & time to be announced. This will take a few hours of your time on a Sat. to qualify as a certified UAOA visitor. Plan to attend to prepare yourself for helping new ostomates who may welcome a visitor with first hand experience.

PROGRAM: Joanna Burgess, WOCN at Wake Med., Cary Hospital, presented our program, "Kids with Ostomies". We saw pictures and heard medical histories of children who, with their parents, deal with the delicate situation of life with an ostomy. Remember your personal adjustment to your ostomy and visualize the situation through the eyes of a child/parent. The program was enlightening and offered an incentive to provide an "OLLIE BEAR" for every child with an ostomy.

ADJOURNMENT: Dan extended Best Wishes for the Holidays and New Year as the meeting adjourned at 8:30 PM. We are grateful to Convatec Representative, Leann Perry, who will provide refreshments for our next meeting on Jan. 2, 2018.


Respectfully submitted,
Ruth Rhodes, Sec./Treas.



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2018 Regional Conference May 4-6, 2018 Sterling, VA

While the national UOAA conference isn't until 2019 in Philadelphia, our northern neighbors, The Ostomy Support Group of Northern Virginia and Mary Washington Healthcare Ostomy Connections Support Group are hosting one in May!

Registration should be on their website, www.osgnv.org in early January. Registration is \$50 and the hotel will be \$90 per night. They will have more information about the hotel on their website soon.

There will a stoma clinic, social activities, a product exhibit hall, and several workshops. The tentative list of workshops include:

1. Exercise with an ostomy
2. So you have an ostomy...Now what?
3. Effects of chemo and radiation on an ostomate
4. Caregivers, family and friends open discussion
5. What can go wrong with your Ostomy
6. How to pick your appliance and stoma protection
7. TSA and ostomy travel tips
8. Skin Care
9. Psychological concerns for Ostomates
10. Ostomate rap session

These conferences are a wonderful opportunity to meet other ostomates and learn even more about your ostomy. If you would like more information you can view the preliminary flyer here : http://www.ostomy.org/Conferences_and_Events.html

The Phoenix
The Official Magazine 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.

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Mission Viejo, CA 92690
Phone/Fax: 949-600-7296

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TAOA MEMBERSHIP FORM

Please print legibly Date: _____

Name: _____

Address: _____

Spouse: _____

Phone (Home): _____ (Cell): _____

Email: _____

Newsletter () Email () US Mail Birthday: Month: ___ Day: ___

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

NEXT MEETING: Tuesday, **January 2**, 2017 at 7:15 pm, Rex Hospital
PROGRAM: Ostomy Differences
Hosted by: Stephanie Yates, WOCN

