

# **Triangle Area Ostomy Association**

Affiliated with...



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

# November 2016

## New President's Message:

At our October meeting, Sam DeAngelo announced that he was stepping down from his position as president due to health concerns. Sam has been our president for three years, opening meetings with his welcoming spirit and good humor. I will do my best to carry on his tradition, especially making sure that our meetings end on time!

Sam will still be attending meetings so be sure to thank him for all of his hard work when you see him.

Respectfully, Dan Richards

## **NEWS AND UPDATES**

- Our November meeting will feature a program on diet and nutrition by Shelly Wegman RD entitled, "Eating Healthy Even During the Holidays"
- 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.
- If you know of an event that you think TAOA would benefit from setting up a information table, please let Dan Richards know.

### 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, <a href="https://docs.newsletter.newsletter">The BY-PASS</a>. Annual dues support TAOA and UOAA. If dues are not affordable, a courtesy membership can be arranged. (This information is kept confidential.)

#### IN THIS ISSUE:

President's message	Page 1
November Birthdays	Page 1
News and Updates	Page 1
Member Information	Page 2
WOC Nurses	Page 2
Local Support Group Info	Page 3
Minutes	Page 4
Traveling with an Ostomy	Page 5
TAOA Membership Form	Page 5

#### **CALENDAR OF EVENTS:**

Nov 1 TAOA Meeting, Rex, 7:15 pm

Nov 8 Election Day

Nov 8 TBC Meeting Chapel Hill, 7 pm

Nov 11 Veterans Day

Nov 21 CCFA Meeting Rex, 7:30 pm

Nov 24 Thanksgiving

# **NOVEMBER BIRTHDAYS**

Sandeep Chawla Nov 1
Joanna Burgess Nov 2
Ed Withers Nov 9
Jessica Ormondryod Nov 12
Rajendran Kailasa, Nov 20
Let us know your Birthday so we can

celebrate it with you!

### IN MEMORIAL

With deepest sadness, we announce the death of our faithful member

DOROTHY (DOT) D. HOOVER

July 25, 1922 - October 21, 2016

#### 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.

Vice President: Dan Richards

Vice President: Vacant Treasurer: Ruth Rhodes

Webmaster: Ed Withers

FOW Coordinator: Jeff Burcham

Prof. Advisor: Stephanie Yates

Visitor Coordinator: Stephanie Hughes

Secretary: Vacant Editor: Dan Richards

GROUP OFFICERS AND CONTACT INFO

All officers are available for member support

Visit 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

**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

#### **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	<b>91</b> 29	
	919-350-7668	
Leigh Ammons Melanie Johnson	919-350-7668	
Debbie Orr	919-350-7668	
Wake Med (		
Joanna Burgess	919-350-5231	
UNC Hospi		
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	
<u>Duke</u>		
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 H	<u> Iospital</u>	
Kathy Thomas	252-436-1700	
Durham VA Medical Center		
Reba Giles 919-286	5-0411 X 6177	
Sara Harbison 919-285	5-0411 X 5297	

Rex Hospital

919-784-2048

919-784-2048

919-784-2048

Angela Joyner

Teri Ourada

Rachel Breazeale

# **CROHN'S & COLI**

919-624-3075

919-782-3460

919-624-3075

919-553-9083

919-847-9669

919-480-1172

919-613-2035

### Date: Second Tuesday of the Month

TRIANGLE BLADDER CANCER SUP-**PORT GROUP** 

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

membership will expire.

Nurse for all medical advice.

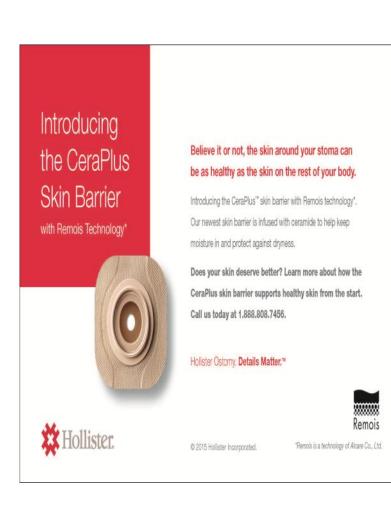
trianglebcs@gmail.com www.trianglebcs.com

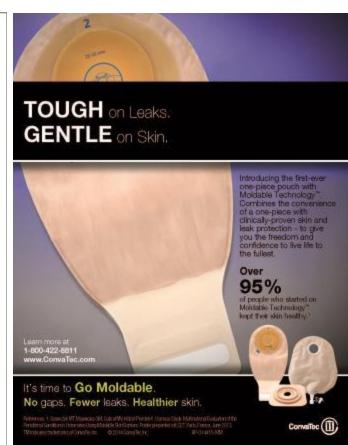
FOUNDATION OF AMERIC CCFA SUPPORT GROUP

Date: Third Monday of the Month

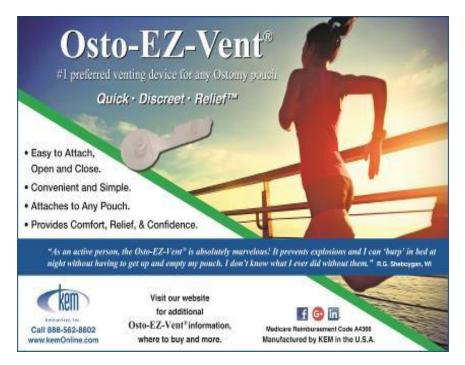
Time: 7:30 pm - 9:00 pmPlace: Rex Healthcare Contact: Reuben Gradsky

gutcheckrdu@gmail.com









#### TAOA MINUTES OF THE OCTOBER 4, 2016 MEETING

**Social:** Thank you to WOCN's, Lara Leininger and Angela Richardson, for providing the delicious refreshments this evening. Everyone enjoyed their large variety of snacks.

**Meeting:** President, Sam De'Angelo called the meeting to order at 7:30 PM. An audience of 24 was welcomed, including two new visitors who anticipate surgical diversion later this month. With regret, Sam submitted his resignation as President of TAOA. Sam feels the need to reduce his many extra responsibilities in order to eliminate excess personal stress and maintain good health. We are fortunate to have experienced Sam's leadership and we extend our sincere appreciation for his service to TAOA. Our understanding and best wishes are with him as he leaves this position. He plans to remain an active member. Vice President, Dan Richards, has agreed to accept the position of TAOA President. A new Vice President will be elected. All members should consider this organization's need for your service.

**Announcements:** 1) As Dan accepts more responsibility, we owe him assistance! He arrives early to set up tables, seating, sound system etc. Please be attentive, offer your helping hands BEFORE & AFTER the meetings. Helpful participants relieve Dan from doing it ALL! 2) Long time member, Dr. Bill Mull and wife Cecilia have moved to be near their son in Lafayette, Indiana. They will be missed following years of faithful attendance. 3) The 3<sup>rd</sup> annual Ostomy 5K run was quite successful with 220 participants and 25 volunteers. The full contribution to UOAA will be tabulated following the completion of additional races in the U.S. and England. 4) Stephanie announced the next programs: Nov.1<sup>st</sup> Rex Wellness Center's Shelly Wegman, RD will present, "Eating Healthy---Even During the Holidays". A Holiday Social, Dec. 6<sup>th</sup>, will include a report by "Great Comeback Award" regional winner, Tom Rinkacs, FNP. Tom will give a review of his experiences as our sponsored adult counselor for the 2016 Youth Rally.

**Program:** Members and guests met in groups designated by their type of Ostomy. Volunteer WOCN's led the groups. Members shared questions and personal experience while benefiting from suggestions and knowledge of their peers. We appreciate the participation of WOCN's: Joanna Burgess, Western Wake; Morgan Womble & Lara Leininger, UNC; Katie Smith & Mary Ann Whaley, Duke; Kris Dixon, Duke-Raleigh and Advisor, Stephanie Yates, Duke.

**Adjournment:** TAOA will meet on Tuesday November 1<sup>st</sup> at 7:15PM. Refreshments will be provided by Ed & Sonya Withers. This meeting adjourned at 8:30 PM.

Respectfully submitted, Ruth Rhodes, Sec./Treas.



# Flying with an Ostomy

As the holidays approach many of us will traveling by air to visit family. One of the biggest concerns is getting through security. The UOAA has a great travel guide on their website - www.ostomy.org/Ostomy\_Travel\_Tips.html. I've included some of their tips below:

- 1. Pre-cut all pouches at home, as you may wish to avoid having scissors in your carry-on luggage. However as of 2005 you are free to carry on scissors less than 4 inches, which should cover your ostomy scissors.
- 2. Pack ostomy supplies in at least 2 places carry-on and checked luggage.
- 3. Take extra supplies in case you are stranded where supplies may not be available.
- 4. A statement from your physician stating your need for ostomy supplies might be helpful. Also a statement advocating a private area be used in case of an extended search.
- 5. If traveling to a foreign country it is a good idea to have critical ostomy information written in their language. One of the 70 member associations of the International Ostomy Association may be of help with this translation as well as with locating supplies while visiting their country.
- 6. The restrictions on liquids and gels does not apply to your ostomy wafers and bags. It does apply to adhesive remover wipes, tubes of paste, and liquid deodorants. Be sure to pack them in a one quart Ziploc bag.
- 7. The TSA have been trained to know what an ostomy is so you should have no issues at the full body scanner. They may ask you to rub your hand over your clothes above your appliance to test for explosive residue. Remember that you can always ask for a private screening if you are uncomfortable.

Phoenix	TAOA MEMBERSHIP FORM
1 neenix	Please print legibly Date:
The Phoenix is the leading national magazine for ostomates, their families and	Name:
caregivers. Each issue contains 72 pages of inspiration, education and informa-	! Address:
tion including new products, medical advice, management techniques,	Spouse:
personal stories and more.	Phone (Home):(Cell):
Half of each subscription funds the nonprofit UOAA. Subscribe Today!	Email:
Annual subscriptions:	!Newsletter ( ) Email ( ) US Mail Year of Surgery:
\$25 (4 issues) Send check or money order to: The Phoenix, P.O. Box 3605,	Type of Ostomy: [ ] Colostomy [ ] Ileostomy [ ] Urostomy (Ileal conduit) [ ] Other Type:
Mission Viejo, CA 92690 Phone/Fax: 949-600-7296	[ ] No ostomy/Supporting Member [ ]Relative [ ]Friend [ ] Other
Name	Payment of dues enclosed: \$20 [ ] CASH [ ] CHECK [ ] M.O.
Address	!(Information is Confidential)
AptSute	! MAIL COMPLETED FORM WITH PAYMENT OF DUES TO:
City	Ruth Rhodes, Treasurer
State Zip	8703 Cypress Club Drive, Raleigh, N.C. 27615

**NEXT MEETING:** Tuesday, **November 1**, 2016 at 7:15 pm, Rex Hospital **PROGRAM:** Eating Healthy - Even During the Holidays



Hosted by: Shelly Wegman, RD



8703 Cypress Club Drive Raleigh, NC 27615