

The By-Pass

Triangle Area Ostomy Association



May 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:

Thank you everyone for your warm welcome after my extended absence. It was wonderful to see you all again at a meeting.

Our next meeting will feature a talk on intimacy from Dr. Shelby at Duke. This is a great opportunity to learn about a topic that many are too shy to discuss or ask questions about. I look forward to seeing you all there.

Respectfully,
Dan Richards

IN THIS ISSUE:

President's Message	Page 1
May Birthdays	Page 1
News and Updates	Page 1
Member Information	Page 2
WOC Nurses	Page 2
Local Support Group Info	Page 3
May Minutes	Page 4
Hydration	Page 5
TAOA Membership Form	Page 5

CALENDAR OF EVENTS:

May	1	May Day
May	1	TAOA Meeting, Rex, 7:15 pm
May	6	National Nurses Day
May	8	TBC Meeting Chapel Hill, 7 pm
May	13	Mother's Day
May	21	CCFA Meeting Rex, 7:30 pm
May	28	Memorial Day

NEWS AND UPDATES

- Our May meeting is "Intimacy after Ostomy Surgery" by Dr. Rebecca Shelby. Dr. Shelby is a clinical psychologist and Director of Education and Training for the Duke Cancer Patient Support Program in Durham.
- The TAOA Board needs member support! We are currently looking for a Vice President, and Secretary.
- If you know of an event that you think TAOA would benefit from setting up a information table, please let Dan Richards know.

MAY BIRTHDAYS

Blanche Bahamonde May 21
Billy Adams May 30

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

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: Vacant
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

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.

PAYLESS
MEDICAL

CALL NOW
1-844-467-2953



Let us make it easy for you and your family

Caring for loved ones with special health needs can be an overwhelming task for many Americans. Providing the medical supplies they need doesn't have to be. Payless Medical is here to help you make sure loved ones and their families have access to the prescribed supplies and equipment they need.

Diabetes Care Supplies	Enteral Feeding Supplies	Welding & Respiratory Supplies
Incontinence Supplies	Catheters & Urological Supplies	Wax & Wound Supplies
Respiratory Supplies Pump & Supplies	Ostomy Supplies	AND MUCH MORE!

Doctors, Nurses, Case Managers, and DME Referral Coordinators

Simply fax your patient's demographic page to: 1.866.238.2155, or call us at 1.844.467.2953. We will contact the caregiver for supply information and get the prescriptions and authorizations.

Most orders are received within 1-2 days. Bilingual Staff for Spanish-speaking families available. We accept Medicare and Medicaid patient referrals and many health insurance plans.



Visit us online at www.paylessmedical.com



**Leakage protection +
skin protection with ease
of handling you desire.**



To learn more about the new **Brava® Protective Seal** and to receive a **FREE** sample call **1-888-726-7872**

Delivery Only / Conference Only / Mail & Ship Only / Usage Only



Coloplast USA, Inc. 11000 E. 15th Avenue, Denver, CO 80231
©2012 Coloplast USA, Inc. All rights reserved.

PH 11/17 8127

**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



Osto-EZ-Vent®

#1 preferred venting device for any Ostomy pouch



*The classic
Osto-EZ-Vent®
with a refreshed
design!*



Pinch the new **Osto-EZ-Vent® Glides** for easier opening. The Glides push against the OEV™ base to help lift and open the Osto-EZ-Vent®.



- Easy to Attach, Open and Close.
- Convenient and Simple.
- Provides Comfort, Relief, & Confidence.
- Attaches to Any Pouch.



www.kemOnline.com

Visit our website for additional Osto-EZ-Vent®

information, where to buy and more.

Call 888-562-8802

Medicare Reimbursement Code A4385

Manufactured by KEM in the U.S.A.

MINUTES TAOA MEETING April 3, 2018

President, Dan Richards, was welcomed back following a long illness and we wished him continuing good health. Dan welcomed 14 members, 2 visitors and 6 WOCN's who came to lead our group sessions this evening. Appreciation was expressed to Ed Withers for providing our delicious refreshments.

Announcements: 1) A sign up sheet will be passed at the May meeting for refreshment volunteers Sept. 2018 -June 2019. Thank you in advance for offering your service for one meeting. 2) Next month we will vote on our annual, financial contribution to support a young person or counselor for the annual Youth Rally in July. 3) Volunteer Officers/Board Members are needed to support the function of TAOA.

Program: This meeting provided an opportunity for the favorite "Break Out Sessions". Members divided into small groups according to their type of ostomy and interacted with their peers under the experienced guidance of a WOC Nurse. This rewarding event allows participants to share questions, problems, successes and learn new tips to use in their ostomy care. We thank our WOC Nurses Katy Cowell, Krys Dixon, Jane Fellows, Angela Joyner, Mary Ann Whaley and Stephanie Yates for volunteering their time to lead our individual groups.

Closing: Our next meeting will be May 1st with Dr. Rebecca Shelby as our guest speaker. Dr. Shelly, a clinical psychologist, is Director of Education and Training for the Duke Cancer Patient Support Program. Her topic will be, "Intimacy after ostomy surgery". Refreshments will be provided by Jamal Sarsour. This meeting adjourned at 8:30 PM.

Respectively submitted,
Ruth Rhodes, Sec./Treas.



TOUGH on Leaks.
GENTLE on Skin.

Introducing the first-ever one-piece pouch with Moldable Technology™. Combines the convenience of a one-piece with clinically-crowded skin and leak protection - to give you the freedom and confidence to live life to the fullest.

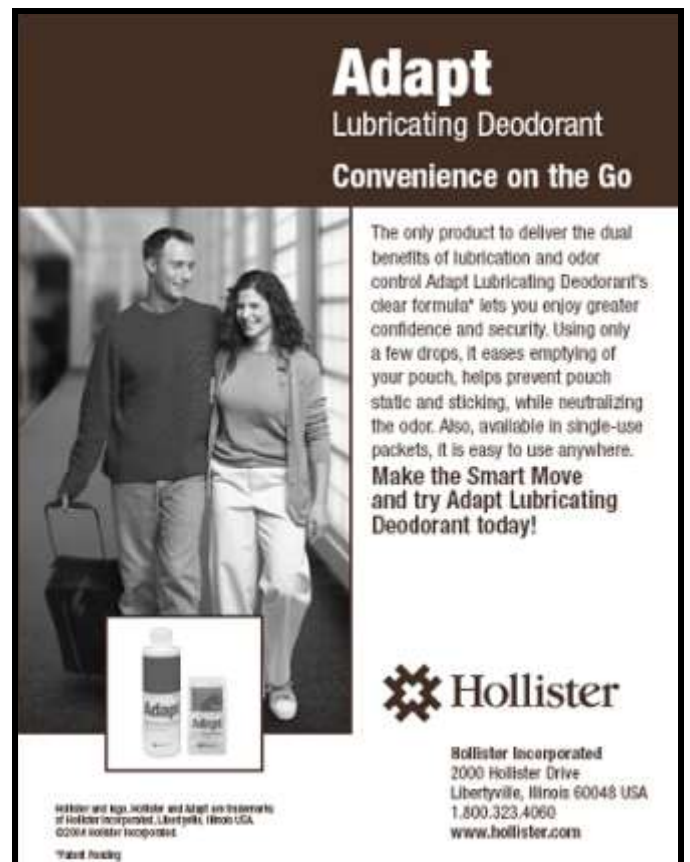
Over 95% of people who started on Moldable Technology™ kept their skin healthy!

Learn more at:
1-800-422-8811
www.Convatec.com

It's time to **Go Moldable.**
No gaps. Fewer leaks. Healthier skin.

©2018 Convatec, Inc. All rights reserved. Convatec, Convatec Moldable Technology, and the Convatec logo are trademarks of Convatec Incorporated, Libertyville, Illinois, USA. All other trademarks are the property of their respective owners.

Convatec



Adapt
Lubricating Deodorant
Convenience on the Go

The only product to deliver the dual benefits of lubrication and odor control Adapt Lubricating Deodorant's clear formula™ lets you enjoy greater confidence and security. Using only a few drops, it eases emptying of your pouch, helps prevent pouch static and sticking, while neutralizing the odor. Also, available in single-use packets, it is easy to use anywhere.

Make the Smart Move and try Adapt Lubricating Deodorant today!

Hollister

Hollister Incorporated
2000 Hollister Drive
Libertyville, Illinois 60048 USA
1.800.323.4060
www.hollister.com

Hollister and Logo, Hollister and Adapt are trademarks of Hollister Incorporated, Libertyville, Illinois, USA. ©2018 Hollister Incorporated. All rights reserved.

Hydration Tips and Recipes

Summarized from “Hydration with an Ostomy” written by Laura Cox on the Shield Healthcare website <http://www.shieldhealthcare.com/community/ostomylife/2015/06/17/tips-and-tricks-to-stay-hydrated>

Summer will be here soon making hydration an important focus for ostomates. Most of us already have issues with hydration that the heat will only exacerbate. To combat this, below are some rehydration solutions that can help. At the diet and nutrition panel at the National Conference, the speaker stressed that water was not enough for most ostomates to stay hydrated. She also pointed out that you need some sugar to help with absorption, so don't eliminate it all together from your drinks this summer, but don't go overboard with it.

Recipes for DIY Hydration Solutions

Check out next month's issue when I do a taste test of these solutions and let you know what I think!

1 ½ cups of water
 1 ½ cups of Gatorade
 ¾ teaspoon salt

6 oz. Pedialyte (unflavored)
 2 oz. chicken broth

4 cups of coconut water or water (or a mix of both)
 1 cup freshly juiced/squeezed orange juice
 1/2 cup of freshly juiced/squeezed lemon juice
 6 – 8 tablespoons of sweetener (raw honey)
 ¼ teaspoon unrefined salt

32 oz. water 1 orange or cucumber sliced
 (both with peel)
 1 lemon sliced (with peel)
 1/4 tsp. Himalayan sea salt or other unrefined
 sea salt, or Trace Mineral Drops
 combine in a glass water bottle, shake and
 cool in the refrigerator



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.

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

Annual subscriptions:
\$25 (4 issues) Money Back Guarantee!

Send check or money order to:
 The Phoenix, P.O. Box 3605,
 Mission Viejo, CA 92690
 Phone/Fax: 949-600-7296

Name _____
 Address _____
 Apt/State _____
 City _____
 State _____ Zip _____

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, **May 1**, 2018 at 7:15 pm, Rex Hospital
PROGRAM: Intimacy After Ostomy Surgery
Hosted by: Dr. Rebecca Shelby

