

# The By-Pass

*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.*

## Triangle Area Ostomy Association



Jan 2025

### President's Message

Happy New Year! I hope everyone's holidays were fantastic and full of joy.

We had a fantastic sharing session in December led by Lilo Wilson, a WOCN from Duke. The biggest takeaway that I had from the meeting is that everyone with an ostomy should know how to reach a WOCN. I speak to many ostomates on the phone and in Crohn's Disease support groups and so many of the issues they are having could be solved by a professional. However due to many issues including the surgery being unplanned, moving to a new state, or any number of other reasons ostomates lose track of how to reach a WOCN, or don't even know they exist!

WOCN are a necessary resource, and we are fortunate to have so many in our area. If you don't know how to reach a WOCN, reach out to your surgical team or ask us at a meeting. We'll help you connect with one.

Regards,  
Dan Richards  
President

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### NEWS AND UPDATES

- The program for our January meeting is "Improving Your Self Care in the New Year" with Keagan Lynggard, UOAA advocate and influencer.
- The TAOA Board needs member support! We are currently looking for a 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.



**Orlando, Florida August 14-16, 2025**

From <https://www.ostomy.org/2025conference/>

Save the date for this highly anticipated social and educational event! Plan a vacation with family or ostomy friends at the fabulous Hyatt Regency Grand Cypress Resort. Registration will open on January 1, 2025.

Visit [www.ostomy.org/2025conference/](https://www.ostomy.org/2025conference/) regularly for updates.

### 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
Kyle Miller	919-350-7668
Vanessa Drake	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 Apt or Support Line

Kelly Smith	919-954-3446
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#### Duke Raleigh Wound/Ostomy Inpatient Hospital

Ronda Bowles	919-954-3089
Janet Jensen	919-954-3725

### Duke Raleigh Wound Center Outpatient

Kayla Santangelo (outpt)	919-862-5573
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#### Duke Health

Michelle Rice	919-681-2436
Angela Richardson	919-684-9954
Stephanie Stokes	919-681-1785
Mary Ann Whaley	919-613-5583
Sarah Britt	919-681-4678
Lily Lane	919-681-7743
Tara Beuscher (outpt)	919-668-7008
Donna Brickman	919-681-4634
Lilo Wilson	919-681-1648
Matt Keirn	919-681-8971
Teri Arp	919-668-0135
Rebecca Elvin (Pediatrics)	919-681-6694

#### 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

### 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: Ruth Rhodes	
Newsletter: Alison Cleary	919-924-3325
Webmaster: Alison Cleary	clearyan@earthlink.net
FOW Coordinator: Jamal Sarsour	252-258-4431
Membership Coordinator: Vacant	
Program Coordinator and	stephaniesyates@gmail.com
Prof. Advisor: Stephanie Yates	

All Officers are available for member support

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](http://www.raleighuoa.org) or look for Triangle Area Ostomy Association on Facebook.

### **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

### **TRIANGLE BLADDER CANCER SUPPORT GROUP**

Date: Second Tuesday of the Month  
Time: 7 pm – 8:30 pm  
Place: Ronald McDonald House Community Room (At the rear of the parking lot)  
101 Old Mason Farm Rd, Chapel Hill, NC 27517  
Contact: Ritchie Briggs 919-493-0551  
trianglebcs@gmail.com  
<https://sites.google.com/site/trianglebcs/>  
These meetings are hybrid and can be attended via Zoom

**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  
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UOAA  
United Ostomy  
Association of America  
ostomy.org



Speakers

LeeAnne Hayden



Ryan Van Voorhis

Reflections  
in the Mirror

Feeling  
Confident with  
Your Ostomy

Wed. JAN 15

8 pm ET  
(5 pm PT)

Kick-off 2025 with Ostomy Academy! From <https://www.ostomy.org/ostomy-academy/>

Body image can be tricky, but it doesn't have to hold you back. In this webinar, we will talk about the ups and downs of body image and how to feel good in your own skin, ostomy and all. We'll share real stories, practical tips, and a few laughs to remind you that you're not alone in this. To help you take what we discuss and put it into action, we'll also be including a 30-day challenge to keep the conversation—and the confidence—going all month long. Join us for a down-to-earth, honest talk about what it really means to show up for yourself.

Register at <https://www.ostomy.org/ostomy-academy/> to submit questions in advance of the live event and get the latest updates. **Wednesday, January 15, 2025 at 8:00 pm ET (7:00 pm CT, 6:00 pm MT, 5:00 pm PT)**

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### Minutes TAOA Meeting December 3, 2024

We had fifteen persons to join via zoom at 7:00pm. After a 30 minute discussion period,, President, Dan Richards opened this meeting at 7:30pm.

Ruth has received three individual donations which will soon be en route to FOW.

Dan introduced Lilo Wilson, CWOCN at Duke, to present our program.

Lilo opened with a question & answer session.

- 1) What have you learned later that would have been helpful if you had known when you first began Ostomy care?
- 2) How do you cope with social situations?
- 3) How do you manage travel?
- 4) Discuss special "tips" you may have learned for skin care & keeping dry when you apply your appliance.
- 5) Other questions, answers & comments with Lilo sharing her professional expertise to answer & add useful information.

Thank you, Lilo, for providing such useful guidance.

We will begin the New Year, 2025, with a Zoom meeting Tuesday, January 7th, at 7:00pm.

This meeting was adjourned at 8:35pm.

HAPPY NEW YEAR & BEST WISHES TO ALL IN 2025!!!

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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888-562-8802

info@kemOnline.com

## 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



FOR PROVIDING THE PRINTING OF  
THIS NEWSLETTER



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**NEXT MEETING:** January 7th, 2025 at 7:30pm  
**PROGRAM:** Improving Your Self Care in the New Year  
**HOST:** Keagan Lynggard, UOAA advocate and influencer