The By-Pass

Triangle Area Ostomy Association

<u>OUR MISSION</u>: 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.



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

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.

IN THIS ISSUE:



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 <u>www.ostomy.org/2025conference/</u> regularly for updates.

TRIANGLE AREA OSTOMY ASSOCIATION (TAOA)

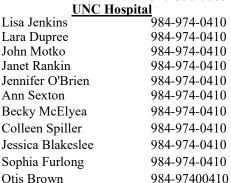
TAOA is a non profit organization dedicated to advancing ostomy health through advocacy, education, and professional interaction. We are an affiliated support group of the The United Ostomy Associations of America, Inc. Membership is open to ostomates, nurses and friends who support our mission. New members are always welcome.

Please refer to the membership form on the last page.

WOC NURSES

WakeMed Raleigh, WakeMedCary,

WakeMed North 919-350-7668 Leigh Ammons 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



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

Duke Raleigh Wound/Ostomy Inpatient Hospital

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



Kayla Santangelo (outpt) 919-862-5573

Duke Health

919-681-2436
919-684-9954
919-681-1785
919-613-5583
919-681-4678
919-681-7743
919-668-7008
919-681-4634
919-681-1648
919-681-8971
919-668-0135
919-681-6694

Maria Parham Hospital

Kathy Thomas 252-436-1700

Durham VA Medical Center

Reba Giles 919-286-0411 X 6177

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 or look for Triangle Area Ostomy Association on Facebook.

CROHN'S & COLITIS 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

TRIANGLE BLADDER CANCER SUPPORT

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



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)



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 Wilso n, 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.

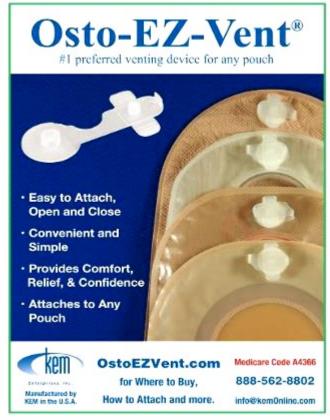




Ostomy Care
Healthy skin. Positive outcomes.







	TAOA MEMBER	
PLEASE PRINT LEGIBLY	, _	Date:
Name:		Spouse:
Address:		
<u> </u>		Zip:
Home Phone:	Cell Phone:	
Email Address:		
Receive Newsletter via: [] E	lmail [] US Mail	
Year of Surgery:		
	omy [] Ileostomy	[] Urostomy (Ileal conduit)
[] Other:		[] Support/No Ostomy
Comments (cont. on reverse	side)	
[] Active Membership: M	Iember for UOAA/TA	AOA. Annual Dues \$20.00.
Courtesy Membership:	Cannot afford dues a	at this time. (Confidential)
Affiliate Membership.	WOCN's & Prof. As	sociates. Dues exempted.
IMPORTANT: ALL CHE		
Enclosed: []\$20.00 Dues Pa	av to TAOA []Cash[]	Check [] Money Order
	onal) \$ For our s	
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I	Mail payment with this	completed form to:
		ess Club Drive/Raleigh, NC, 27615

TAGA MEMBERSHIP FORM



8703 Cypress Club Drive Raleigh, NC 27615

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

OUR THANKS TO

FOR PROVIDING THE PRINTING OF THIS NEWSLETTER