# 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.



Feb 2025

### President's Message

I know the summer feels far away with all this arctic weather, but it will be here before you know it. I'm not just mentioning the summer to give you hope for warmer days, but because the UOAA National Conference is this summer, August 14-16 in Orlando, Florida. It won't be on the east coast for another six years if the UOAA keeps to their pattern.

I went to the national conference in 2017 and had a blast. I recommend the experience to everyone. There will be ostomy seminars, the vendor exhibit hall, socials, and more. I couldn't get to everything I wanted to do. The UOAA has also arranged for the conference rate for the hotels for a few days before and after the conference so you can make it a family holiday! More information and registration information can be found here: https://www.ostomy.org/2025conference/

See you all at our meeting on the 4th,

Regards, Dan Richards President

#### **NEWS AND UPDATES**

- The program for our February meeting is "Getting or Keeping Fit during the Dead of Winter" with a Representative from Rex Wellness.
- 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:

President's Message TAOA Dues Reminder News and Updates American Heart Month Support statement Contact Information WOC Nurse list Peristomal Skin Care Tips Minutes of January meeting Membership Form	Page 1 Page 1 Page 1 Page 1 Page 2 Page 2 Page 2 Page 3 Page 4 Page 5
Membership Form	Page 5



'Reclaim your rhythm' during American Heart Month in February!

Go to <a href="https://www.heart.org/en/around-the-aha/reclaim-your-health-during-american-heart-month-in-february">https://www.heart.org/en/around-the-aha/reclaim-your-health-during-american-heart-month-in-february</a> for details.

Learn about the history, importance, and ways to observe American Heart Month in February. Find out how to prevent heart disease, the number one cause of death in the U.S., and discover some interesting facts and statistics about heart health at <a href="https://nationaltoday.com/american-heart-month/">https://nationaltoday.com/american-heart-month/</a>

#### TRIANGLE AREA OSTOMY ASSOCIATION (TAOA)

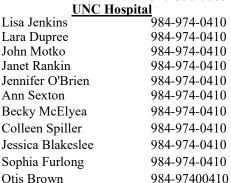
TAOA is a non profit organization dedicated to advancing ostomy health through advocacy, education, and professional interaction. We are an affiliated support group of the The United Ostomy Associations of America, Inc. Membership is open to ostomates, nurses and friends who support our mission. New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

## **Peristomal Skin Care Tips**

(From <a href="https://www.hollister.com/en/ostomycare/ostomylearningcenter/maintaininghealthyskin/essentialhygieneandperistomalskincaretips">https://www.hollister.com/en/ostomycare/ostomylearningcenter/maintaininghealthyskin/essentialhygieneandperistomalskincaretips</a>)

After your ostomy surgery, it is important that you know how to take care of yourself at home. That includes physical hygiene and caring for the skin around your stoma. Explore these essential tips.

#### Peristomal skin care

The skin around the stoma is called the peristomal skin. Here are some practical tips for keeping it healthy:

- Get into the habit of cleaning the peristomal skin each time you change your barrier
- For most people, water is sufficient for cleaning the skin. Less is better when caring for the skin around the stoma. If you prefer to use soap, it is usually best to use one without moisturizers, fragrance and perfumes, since this may interfere with the skin barrier adhesion.
- If you discover red, broken, or moist skin around the stoma, contact your ostomy care nurse or healthcare professional
- Examine your peristomal skin regularly to check for any changesand ensure it looks healthy

The peristomal skin should remain intact without irritation, rash, or redness. It should look like the skin anywhere else on your body.





#### Minutes TAOA Meeting January 7, 2025

President, Dan Richards, called this meeting to order at 7:30 PM. There were 17 in attendance via Zoom. A Happy New Year was extended to all. There were no new announcements.

Dan introduced our speaker, Keagan Lyngard, a UOAA Advocate & Patient Adviser. We were fortunate that Zoom allowed us to have Keagan speak from her home base in California.

As a result of Crohn's disease, Keagan received her Ileostomy at the young age of 17 years old. At that time, there was little teaching following surgery. Nurses were not trained in the specialty of Ostomy care. This led to hardships in her adjustment. Her needs led her to her chosen profession. She strives to provide physical, mental, emotional & spiritual support to Ostomates. Her goal is to enable them in becoming secure in their care & their autonomy. These are the ingredients to bring comfort, security & happiness for personal success. Thank you very much, Keagan, for providing this helpful program.

The next TAOA meeting will be Tuesday, February 4th. The Zoom link will open at 7:00PM.

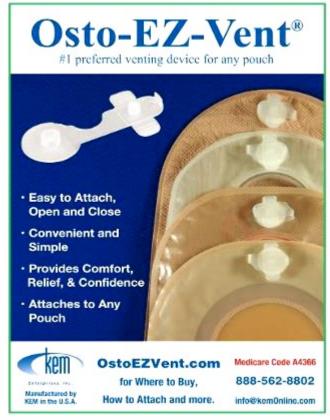
This meeting was adjourned at 8:30 PM.

Respectfully submitted, Ruth Rhodes, Sec,/Treas.









	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	
( )	,	11
I	Mail payment with this	completed form to:
		ess Club Drive/Raleigh, NC, 27615

TAGA MEMBERSHIP FORM

NEXT MEETING: February 4th, 2025 at 7:30pm PROGRAM: "Getting or Keeping Fit during the Dead of Winter" HOST: Representative from Rex Wellness



OUR THANKS TO

HEALTHCARE

FOR PROVIDING THE PRINTING OF
THIS NEWSLETTER

Avin Gul Sesen Club Drive

8703 Cypress Club Drive Raleigh, NC 27615