# 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.



Mar 2025

## **President's Message**

I hope you all took the information on exercise we learned in the last session to heart and are using what we learned. I for one am sitting up straighter at the computer these days. Or trying at least, old habits are hard to break! If you want more information, Convatec's Me+ Recovery program has a fantastic step by step guide to exercise. You can find it on their website. Lara and Angela, two of our local WOCNs, also did a YouTube video on exercise you can watch.

See you all in March!

Regards, Dan Richards President

#### **NEWS AND UPDATES**

- The program for our March meeting is "Simply Sick or Seriously Sick: How Much Help do I need?" with Stephanie Yates, WOC Nurse Practitioner, consultant.
- 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	Page 1
TAOA Dues Reminder	Page 1
News and Updates	Page 1
Sandi McBride scholarship	Page 1
Support statement	Page 2
Contact Information	Page 2
WOC Nurse list	Page 2
Back from Surgery: Core Bracing	Page 3
Minutes of February meeting	Page 4
Membership Form	Page 5



# **2025 Sandi McBride Scholarship**

This scholarship is for first-time attendees of UOAA's 9th National Conference in Orlando, FL, and is a wonderful opportunity for North Carolina ostomy and continent diversion patients to participate in an enriching experience at the conference.

You can find details about how to apply on the TAOA web site at <a href="https://raleighuoa.org/">https://raleighuoa.org/</a>

## TRIANGLE AREA OSTOMY ASSOCIATION (TAOA)

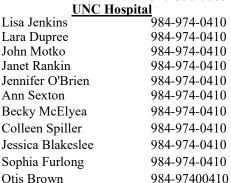
TAOA is a non profit organization dedicated to advancing ostomy health through advocacy, education, and professional interaction. We are an affiliated support group of the The United Ostomy Associations of America, Inc. Membership is open to ostomates, nurses and friends who support our mission. New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

#### **Back from Surgery: Core Bracing**

From the Lincoln (NE) Ostomy Association Sparrow

Jennifer Baehr, PTA, CPT, PCES, CNFC shared some physical activities to enhance lives after ostomy surgery. "Connecting with breath and abdominal muscles is a foundation of managing IAP and a return to exercise," she said. IAP, or Intrabdominal Pressure which refers to the amount and distribution of abdominal (core) pressure at any given time. Proper management and coordination of core muscles - the diaphragm, pelvic floor, multifidi, and transverse abdominis, will help control fecal output and decrease the risk of hernias, prolapse, and other GI related issues.

Connecting with breathing is the foundation of the exercise journey, she said. Once a person masters focused breathing, then exercise will come easier. Baehr listed these steps for core bracing and breathing:

- -360 degree breathing: Inhale: feel your chest and belly expand; ribs expand to both sides; and your back expand (into the floor). Exhale: feel everything return to natural rest.
- -Connecting breath: Feel your diaphragm and pelvic floor move together as you inhale and exhale.
- -Transverse Abdominis Engagement: As you exhale, slowly and softly breathe all your air out, feel your lower abdominals firm.
- -Breathing under a brace: Maintain your brace while you continue to breathe.

Baehr emphasized hydration, especially for those with ostomies. She said fluid balance can be challenging and recommends adding electrolytes to water, especially during workouts.

- "I like to say 'eat your water' meaning choosing food that help hydration...melons, oranges, broccoli or anything that works well for your stoma. Milk is actually one of the best hydration liquids, if you can tolerate."
- 1. Slowly take deep breath in
- 2. Fill your lungs with air
- 3. Your abdomen expands.
- 4. Exhale and your abdomen contracts

Always discuss with a doctor before starting an exercise program.





## **MINUTES TAOA MEETING FEB. 4, 2025**

Twenty members met via Zoom between 7:00 & 7:30PM. President, Dan Richards, called the meeting to order at 7:30 PM.

Dan gave a review of the National UOAA Conference to be held in Orlando, Fla. on August 14<sup>th</sup> -16<sup>th</sup> 2025. Scholarships are available through funding from our annual 5 K Run in October. This covers most all expenses. If a member is interested in attending this Conference, please notify Dan Richards.

Ruth reported having received 5 individual donations of supplies. They have been transferred to Jamal for shipping to FOW.

Stephanie introduced tonight's speaker, Mike Gorman, PT, OT, from the Rex Wellness Center. Mike presented important examples of how to maintain proper alignment, good balance, prevention of hernias & other needs to maintain good posture with protective stability. Thank you, Mike, for this informative session.

Our next meeting will be Tues. March 4<sup>th</sup> at 7:00PM.

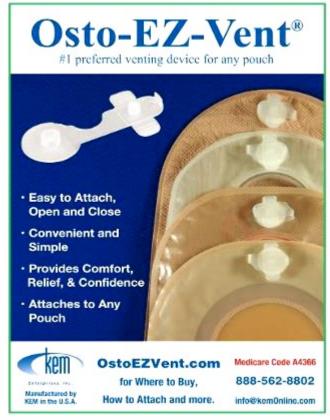
This meeting was adjourned at 8:15PM

Respectfully submitted, Ruth Rhodes, Sec,/Treas.









	TAOA MEMBER	TOTAL
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:** March 4th, 2025 at 7:30pm **PROGRAM:** Simply Sick or Seriously Sick: How Much Help do I need? **HOSTED BY:** Stephanie Yates, WOC Nurse Practitioner, consultant

OUR THANKS TO

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