

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



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

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



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.

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 <https://raleighuoa.org/>

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 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.

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.

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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 14th -16th 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 4th at 7:00PM.

This meeting was adjourned at 8:15PM

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



Duke Raleigh Hospital

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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

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

