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.



Apr 2025

President's Message

I'm excited that some we will be hosting several of our product reps for the next few meetings. The amount of new ostomy products that are coming out is amazing. Make sure you are at the meeting so you can request some samples!

Speaking of new products you can see a bunch in person at the UOAA National Conference in August. Don't forget about applying for the Sandi McBride Scholarship if you want to go.

See you all April 1st!

Regards, Dan Richards President

NEWS AND UPDATES

- The program for our April meeting is a product update with Antoinette Delio-Vecellio, Senior Sales Specialist, Hollister Incorporated.
- 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.

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2025 Sandi McBride Scholarship

This scholarship is for first-time attendees of UOAA's 9th National Conference in Orlando, FL

You can find details about how to apply on the TAOA web site at https://raleighuoa.org/

The Phoenix is the leading national magazine for ostomates, their families and caregivers. Subscriptions directly fund the nonprofit United Ostomy Assoc. of America – the only national organization providing vital information, resources, support and advocacy for ostomates. Subscribe or Renew Today! Phoenix Start or Renew Today! Phoenix 19.95 Please send me FREE product samples, special offers and information.** Name Address Application: The Phoenix magazine, P.O. 15755, North Hollywood, CA 91615 Resed on \$12.05 cover price. Canadian subscriptions \$29.05 one year. U.S. funds only.

TRIANGLE AREA OSTOMY ASSOCIATION (TAOA)

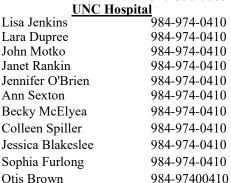
TAOA is a non profit organization dedicated to advancing ostomy health through advocacy, education, and professional interaction. We are an affiliated support group of the The United Ostomy Associations of America, Inc. Membership is open to ostomates, nurses and friends who support our mission. New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

Discarding Pouches Discretely But With Dignity By Lynn Wolfson, UOAA Director

As ostomates, we often feel self-conscious in public but deserve the same respect as anyone else. We don't want to be singled out or face discrimination because of our ostomies. However, we also have a responsibility to leave a positive impression on others and the places we visit.

Recently, while flying, I had an unusual interaction with an airline attendant. Before I entered the restroom, she approached me to ask if I needed anything. Though her inquiry seemed strange, I assured her I was fine. After I left the restroom, she asked if I had disposed of any bodily waste in the trash. I was surprised by the question and said I hadn't.

As a teacher, I saw this as an opportunity for education. I asked the flight attendant why she had asked such a personal question. She explained that she had noticed my ostomy through my clothing and that her grandmother had also had an ostomy, often discarding used bags in the trash without proper disposal. Her concern clarified her question. While the inquiry was inappropriate, it underscored how improper ostomy hygiene can reinforce negative stereotypes.

I explained that her grandmother likely had a colostomy, while I have an ileostomy with a drainable pouch. I suggested that her grandmother should have used a disposable bag, like a grocery or Ziplock bag, to seal or knot before disposal. This practice helps reduce mess and odor and allows ostomates to discreetly dispose of their pouches. It's important for all ostomates to follow this practice at home, in others' homes, and in public spaces. Many manufacturers provide plastic bags with the pouches for this purpose.

For new ostomates, if you find yourself in a public restroom without disposal bags, wrap your used pouching system in toilet paper and place it in the wastebasket. To minimize odors, consider using one of the many deodorizers available from ostomy supply providers. Some deodorizers are drops that can be added to the bottom of the pouch, while others are air freshener sprays.

To minimize splashing when draining a pouch, try sitting backward on the toilet seat and placing toilet paper in the bowl before draining. It's worth noting that at past UOAA conferences, hotels have commented on how clean and hygienic UOAA groups are for their cleaning staff.

Following my experience, I've advocated with the airline to consider adding a universal sign in the lavatories to provide guidance on the proper disposal of medical supplies. It would be beneficial if airplane restrooms included bags for this purpose, which could also be used for baby diapers, sanitary napkins, and tampons.

In summary, it's crucial for us to carry or request a bag for disposing of our ostomy pouches and to knot these bags before discarding them.

Article supplied by UOAA at https://www.ostomy.org/discarding-pouches-discretely-but-with-dignity/





Minutes TAOA Meeting March 4, 2025

This Zoom meeting attracted 20 participants for conversation between 7:00-7:30. President, Dan Richards called the meeting to order at 7:30 PM. He reviewed the information regarding scholarships available for attendance of the UOAA National Conference in August. This is a great opportunity for anyone interested in attending. Contact Dan to apply.

No new announcements.

Our Professional Advisor, Stephanie Yates, WOCN, presented our program entitled "Simply Sick vs Seriously Sick". She discussed signs & symptoms of illness, when to use a "home remedy" or how to recognize the need to seek medical attention. She discussed examples of body symptoms, in depth, & gave us better knowledge of how to respond. Thank you, Stephanie, for another educational program.

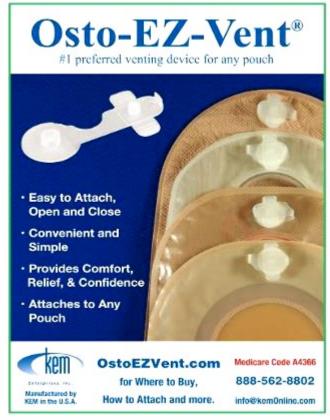
Our next meeting will be at 7:00 PM on Tues., April 1st----NO FOOLING! This meeting was adjourned at 8:45 PM.

Respectfully submitted, Ruth Rhodes, Sec./Treasurer









	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



NEXT MEETING: April 1st, 2025 at 7:30pm **PROGRAM:** Hollister product update **HOSTED BY:** Antoinette Delio-Vecellio, Senior Sales Specialist



8703 Cypress Club Drive Raleigh, NC 27615