

# The By-Pass

## Triangle Area Ostomy Association



Sep 2025

*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.*

### President's Message

I can't wait to hear about all the trouble everyone got into over our summer break. If you didn't get in any trouble you have a week or so left so get to it!

This will be our only meeting before the Run for Resilience Ostomy 5k on October 4th. I strongly encourage everyone to go. Even if you don't want to run or walk you can come out to cheer on the runners! Plus the silent auction is always full of fantastic items. I hope to see you all there.

Dan Richards  
President

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**Important**

### PLEASE PAY DUES

**UOAA & TAOA membership dues for 2025—2026 are due now. Please pay \$20 promptly. Do not risk forgetting!**

**The Membership form is on Page 6 of this Newsletter.**

**Your cooperation will eliminate our time consuming task of sending reminders.**

**THANK YOU!**

### NEWS AND UPDATES

- The program for our September 2nd meeting is "Run for Resilience - How It Started and How It Has Evolved" with Lara DuPree, WOC at UNC Hospital.
- 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.

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](http://www.raleighuoa.org) or look for Triangle Area Ostomy Association on Facebook.

### 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.

## OUTPATIENT OSTOMY SUPPORT

### **WakeMed Raleigh, WakeMedCary, WakeMed North**

<https://www.wakemed.org/care-and-services/gastroenterology/treatments-and-procedures/colorectal-surgery/ostomy-support>

Please call **919-350-7331** to schedule your appointment. Appointments are available Wednesdays between 12 pm to 4 pm.

### **UNC Hospital**

Outpatient Ostomy phone line is **984-974-0154**. It goes to voicemail but is managed Monday through Friday by our WOCN team.

### **Rex Hospital**

Call for an appointment **919-784-7874**  
Flexible appointments to fit your schedule.

### **Duke Health**

<https://www.dukehealth.org/locations/duke-cancer-center-wound-ostomy-clinic>

Call for an appointment **919-668-6688**

### **Duke Raleigh Outpatient Ostomy Clinic**

<https://www.dukehealth.org/locations/duke-raleigh-outpatient-ostomy-clinic>

Call for an Appointment **919-954-3446**

### **Durham VA Medical Center**

Reba Giles 919-286-0411 X 6177

### **Maria Parham Hospital**

Kathy Thomas 252-436-1700

### **Duke Regional**

Tom Hobbs 919-470-7215  
Felicia Street 919-470-6145  
Stephanie Greenberg 919-714-3390


### **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		
Prof. Advisor:	Stephanie Yates	
	stephaniesyates@gmail.com	

The TAOA Board is pleased to announce 2 new members who have agreed to assist with programming and promotion. Please welcome them in their new roles!

Program Coordinator: Lidette (Lilo) Wilson  
Social Media Coordinator: Allison Lake

All Officers are available for member support.



**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.

*The Phoenix* magazine provides answers to the many challenges of living with an ostomy. From skin care to nutrition to intimacy, in-depth articles are written by medical professionals, ostomy experts and experienced ostomates. Subscriptions directly fund the services of the United Ostomy Associations of America.

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## Minutes TAOA Meeting June 3, 2025

This Zoom meeting began at 7:00 pm with sixteen participants. Dan Richards, President, called the meeting to order at 7:30 pm. Dan announced a new assistant, Allie Lake. Allie is an Ostomate. She has a Master's Degree in Counseling. She has volunteered to assist with the Social Media presence of TAOA. Allie guarantees the personal privacy of all participants.

The June Picnic has been delayed until September. Information will follow. Your June Newsletter included the Dues Statement for 2025-2026. Hopefully all members will pay \$20.00 dues prior to August 1<sup>st</sup>. Ruth requested permission to make a courtesy donation of \$200.00 to both UOAA & FOW. This was approved by those attending. Jamal Sarsour was welcomed to this meeting. TAOA's deep appreciation was expressed to Jamal for his dedicated service of sorting & shipping supplies to FOW. TAOA will reimburse Jamal for his recent storage & shipping expenses.

Dan introduced our guest speaker, Lynn Wolfson. She is a Support Group President from Florida. Lynn also serves as a UOAA Director at Large. This program enlightened us on many helpful ways to travel with an Ostomy. First & foremost, always carry a complete list of supplies with order numbers & Supply Co. contact info. Include a list of your medications, allergies, Physician & Pharmacy. Be prepared for ALL possible circumstances! Carry more than an adequate amount of supplies. Have two changes with you in addition to those in your luggage. Take "Chux" pads for protecting car/airline seats & the hotel mattress. Go to <https://www.ostomy.org/restroom-access-self-advocacy-tools/> to print cards that will identify you as an Ostomate & show the need for Rest Room privileges. Lynn is working to have "Lynn's Law" passed. This will require convenient furnishings (shelving & hooks) in handicap stalls of public restrooms. Thank you, Lynn, for your valuable contributions.

Our next meeting will be on Sept. 2, 2025 at 7:00 pm.

TAOA WILL NOT MEET in JULY or AUGUST...

Officers are always available for anyone in need. See names in Newsletter. pg. 2.

This meeting was adjourned at 8:15 pm.

Respectfully submitted,  
Ruth Rhodes, Sec./Treas.



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 **SATURDAY, OCTOBER 4, 2025**

 **American Tobacco Trail**  
8160 Renaissance Parkway  
Durham, NC US 27713

Register, donate or volunteer for the 11th Annual Run For Resilience Ostomy 5k run/walk on October 4th at 8 am in Durham. We have a fun filled event planned with music, face painting, Ostomy pouch decorating, kids dash, vendors and our famous silent auction! We would love your support with the race. Let me know if you have an item to donate to our auction.

If you would like to register to walk/run go to this site: <https://runsignup.com/Race/NC/Durham/DurhamNCRunforResilienceOstomy5k>

To make a donation go to this site: <https://runsignup.com/Race/Donate/NC/Durham/DurhamNCRunforResilienceOstomy5k>

To volunteer on race day go to this site: <https://runsignup.com/Race/Volunteer/NC/Durham/DurhamNCRunforResilienceOstomy5k>

We would love your support and hope to see you on race day!

Best,  
Lara DuPree  
Race Director and Co-Founder  
Run For Resilience Ostomy 5k NC  
[ostomy5kdurham@gmail.com](mailto:ostomy5kdurham@gmail.com)  
<https://www.ostomy.org/5k/>

#### **RACE DAY SCHEDULE:**

The race will take you from the start/finish area on to the American Tobacco Trail north, crossing over I-40 with the turn around near the Crooked Creek Trailhead on the ATT. This is an out and back course that is certified by the USATF.

- >> 7:00 AM Registration & Packet-Pickup
- >> 8:00 AM 5K Run/Walk
- >> 9:00 AM Kids 50 Meter Dash (Ages 2 - 8)
- >> 9:15 AM Awards Ceremony

To donate and/or fundraise, please visit:  
[RunSignUp.com/NCostomy5k](https://RunSignUp.com/NCostomy5k)

All event registrations and donations benefit UOAA, a 501(C)(3) charitable organization. Contact us at [5kregistration@ostomy.org](mailto:5kregistration@ostomy.org) or 800-826-0826 with questions or for sponsorship information



## 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



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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*