

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



Nov 2025

President's Message

The Run for Resilience Ostomy 5k was fantastic earlier this month, even with a Christmas Tree sized curved ball in set up. It was wonderful to speak with so many of our local WOC nurses. The amount of support we have in this area is amazing.

Speaking of support, I want to thank Mary, Ruth, Lilo, and Alison for covering for me in the last meeting. A couple of busy travel days for work knocked me out! Mackenzie, the speaker from FOW sent us her slides, if you would like a copy of them just let me know.

Regards,
Dan Richards
President

NEWS AND UPDATES

- The program for our November 4th meeting is the StomaGenie with Theresa Johnson, COO and Co-Founder of Stomagienics, Inc.
- 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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* Based on \$12.95 cover price. Canadian subscriptions: \$29.95 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 NURSE OUTPATIENT SUPPORT

UOAA Ostomy Services support

Enter your zip code into the UOAA web site to locate the nearest clinic in your area:
<https://www.ostomy.org/outpatient-ostomy-services-locator/>

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 Wednesday between 12 pm and 4 pm.

UNC Hospital and Rex Hospital

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

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: Lilo Wilson	Lidis89@hotmail.com
Prof. Advisor: Stephanie Yates	stephaniesyates@gmail.com
Social Media Coordinator: Allie Lake	allisonlake27@gmail.com

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.



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.



Tips for Hydration with an Ostomy

From UOAA's Eating with an Ostomy Guide visit www.ostomy.org/diet-nutrition for more detailed information.

- Drink at least 8–10, eight-ounce glasses of fluids a day.
- Drink fluids with electrolytes such as sodium, magnesium and potassium that are also low in sugar. Dilute sports drinks with water to decrease sugar concentration. Look for oral rehydration solutions that taste good to you.
- Include foods in your diet that are high in water content, such as watermelon, tomatoes, peaches, lettuce.
- Avoid excess caffeine, which can act as a diuretic causing increased urination that leads to dehydration. Always carry a water bottle with you and refill it whenever empty.
- Sip liquids slowly. Don't chug! Chugging will make fluid go through your system too fast to hydrate properly.
- Eat before drinking as food will help absorb fluids.
Drink smoothies for an added nutritional bonus, but keep sugar content low.



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MINUTES TAOA MEETING OCTOBER 7, 2025

This Zoom meeting began at 7:00 PM for discussion of Ostomy issues. In the absence of our President, Vice President Mary Brown called the meeting to order at 7:30 PM.

Mary introduced our speaker, Mackenzie Rauch, who serves on the Board of Directors of FOW-USA. There is also an FOW in Canada. Friends of Ostomates Worldwide (FOW) was founded in 1985. Their mission is to serve individuals in need who reside outside of the United States. Volunteers staff the Kentucky warehouse where donated items are sorted & packaged for shipments to 105 different countries. Thank you, Mackenzie, for this program. TAOA receives many donations from generous people who have excess supplies. We will continue to ship these to FOW-USA.

The next TAOA Zoom meeting will be Tuesday, November 4th at 7:00 PM. Stomagenics will be the topic of discussion.

This meeting adjourned at 8:10PM.

Respectfully submitted,
Ruth Rhodes, Sec./Treas.



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Theresa Johnson

COO and Co-Founder of Stomagienics, Inc.

Having more than 25 years of experience in administration, mergers and acquisition and corporate initiatives, Theresa's life course took a turn when her father, Liney Guidry, had urostomy surgery in 2013. Her experience as one of his caregivers exposed the struggles of life with an ostomy. The most severe impact on his quality of life was the inability to control stoma output during a pouch change. As a result, he became severely depressed and a recluse. His refusal to live that way drove him to invent a tool, eventually named StomaGenie, that changed his life drastically.

As a result, she co-created Stomagienics which is dedicated to defining ostomy related challenges and creating reliable, proven solutions. In addition, she is becoming a recognizable advocate for the ostomy community.

Her responsibilities with Stomagienics include education, sales, marketing, and customer and distributor relationships.

Contact: theresa.johnson@stomagienics.com

Stomagienics - clean pouch replacement solutions for ostomates

UOAA Year-End Appeal

Supporting our national network of Affiliated Support Groups through educational events and materials, marketing, consultation, and assistance in creating new groups, is at the heart of our mission. This year a matching donor has stepped up to double all individual donations made as part of our year-end campaign. Thank you for your support!

UOAA United Ostomy Associations of America, Inc. **ostomy.org**

20 YEAR ANNIVERSARY

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Location:
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TAOA MEMBERSHIP FORM

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Name: _____ Date: _____

Spouse: _____

Address: _____

Home Phone: _____ Cell Phone: _____ Zip: _____

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