

The By-Pass

Triangle Area Ostomy Association



Mar 2026

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 hope you all either enjoyed or survived the recent snow and ice. I for one had to keep reminding myself to be careful when shoveling the ice off my driveway. Getting my car out is not worth a hernia or injury! It's important to do these check ins to make sure you're safe.

And speaking of check-ins and checkups, that will be the program for March. One of our local WOCN, Tara Beushcer, will be speaking to us about when and why we should have an ostomy checkup. This is important information for both new and experienced ostomates. I hope to see you there!

Regards,
Dan Richards
President

NEWS AND UPDATES

- The program for our March 3rd meeting is "Ostomy Checkups: What, When and Why" with Tara Beuscher, WOCN at Duke Cancer Center in Durham.
- 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 Lilo Wilson know.

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Belated Sympathy
Tom Harris
Death Nov.7, 2025
Loyal member since 2005

TAOA regrets the need for the following change:

As of March 2026 all Newsletters will be posted on our web site with a link included in the monthly meeting announcement.

A mild stroke has affected Ruth's vision so she can no longer drive to pick up printed letters at Rex and prepare them for mail. And the recent requests for paper copies has been reduced to too few to trouble Rex for their printing service.

If your address has changed or you prefer not to receive the Newsletter via the web site please notify Ruth.

Thank you for your understanding.

TAOA Board

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 Wednesdays 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

Felicia Street 919-470-6145
Lisa Ellerbe
Grace Abellon

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
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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

**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

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.

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.



Speaker for our March Meeting

Tara Beuscher is an Adult Nurse Practitioner and has been certified in Enterostomal Therapy and Wound Ostomy Continence care for over 30 years. She is the outpatient ostomy provider at the Duke Cancer Center in Durham, seeing all types of ostomies. In addition, she is the director of accredited education for the Wound Ostomy Continence Nurses Society.

[Tara Beuscher, DNP, ANP-BC, RN | Nurse Practitioner - Wound Ostomy | Duke Health](#)

Did you know....

You can view video recordings of past Ostomy Academy presentations online at <https://www.ostomy.org/ostomy-academy/>

To access them go to the above web site and scroll down to the heading “Video Recordings of Past Ostomy Academy Installments”

You can see recorded sessions going back to 2021. These presentations provide valuable information about living with and managing an ostomy!

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National Colorectal Cancer Awareness Month

March is National Colorectal Cancer Awareness Month. Help raise awareness and get more people checked starting at age 45

Colorectal cancer screening saves lives

Colorectal cancer is the second deadliest cancer in the United States. One in 24 people will be diagnosed with colorectal cancer in their lifetime. Yet it's highly preventable with screening. Here's why getting checked matters:

Screening can find the warning signs of colon and rectal cancer, so you can take action to stop the disease.

Screening can also find colorectal cancer early, when treatment is most effective. screening saves lives

How to Celebrate National Colon Cancer Awareness Month

Forget about being embarrassed talking about colons – after all, everybody has one! Instead, get involved with National Colon Cancer Awareness Month by connecting with some of these ideas:

Get a Colon Cancer Screening

Those who are age 45 or older should check with their doctor and begin to have regular screenings for colon cancer. This may be done through various tests provided by the doctor, including a colonoscopy. Anyone who is younger than 45 but has a family history of colon or colorectal cancer should also ask their doctor about getting screened.

Raise Awareness about Colon Cancer

In addition to taking care of your own health, be sure to get others involved in National Colon Cancer Awareness Month through various events, activities and social media. It's time to end the shame that can sometimes come with certain parts of the body and, instead, normalize the conversation about colon cancer prevention. One way to bring up the conversation might be to participate with [Dress in Blue Day](#), held each year on March 1.

Enjoy Dress in Blue Day

Everyone loves a theme day, right? Put on your best blue outfit to show support for colorectal cancer awareness. Encourage friends, family, and coworkers to join in. A sea of blue can spark conversations and spread the word. Snap a photo and share it on social media with relevant hashtags. It's a fun way to unite people for a serious cause.

Attend Activities and Events

The Colon Cancer Coalition is one group that has chapters all throughout the United States that host events and activities for the prevention of colon cancer. In addition to raising awareness, the coalition also raises financial support to fund research for a cure. One of the trademarked slogans this organization uses for their races is *Get Your Rear in Gear!*

Share Your Story

Personal stories can be powerful. Encourage survivors, patients, and caregivers to share their experiences with colorectal cancer. Create a blog, a social media post, or even a short video. These stories can inspire others to get screened and offer hope to those battling the disease.

Content taken from the following sites:

<https://www.daysoftheyear.com/days/national-colon-cancer-awareness-month/#how-to-celebrate-national-colon-cancer-awareness-month>

<https://colorectalcancer.org/get-involved/advocate/colorectal-cancer-awareness-month>



**Duke Raleigh Hospital
Ostomy Clinic**

The Duke Raleigh Hospital Ostomy Clinic offers Information, help, and support for those living with a stoma.

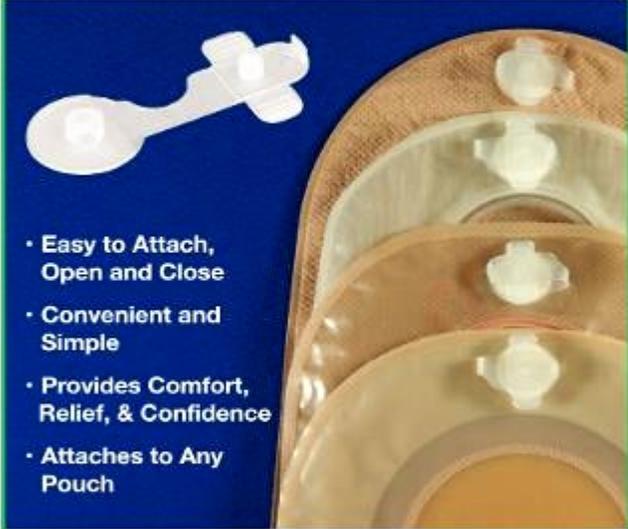
Schedule an appointment with a certified ostomy nurse: 919-954-3446

Location:
3404 Wake Forest Rd. Suite 303
Raleigh, NC 27609



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TAOA MEMBERSHIP FORM

PLEASE PRINT LEGIBLY

Name: _____ Date: _____
 Spouse: _____
 Address: _____
 _____ 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*