

The By-Pass

Triangle Area Ostomy Association



Apr 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

The weather is finally warming up and hopefully the great pollening has reached its end. Which means we are running out of excuses to stay inside. Thankfully Lilo has lined up the perfect speaker for us! Jenn Moore is a personal trainer, nutrition and health coach, as well as being an ostomate.

Jenn is going to break down common myths around nutrition and fitness after ostomy surgery and share practical strategies for safely rebuilding strength, energy, and confidence. You don't want to miss this one!

Regards,
Dan Richards
President

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Coach Jenn

Health & Strength Coach
Strength & Nutrition Coaching for Chronic Illness,
Injury Recovery & Burnout
YouGotThisWithCoachJenn.com
jenn@youtgotthiswithcoachjenn.com
Instagram: @coach_jenn_moore

NEWS AND UPDATES

- The program for our April 7th meeting is "Myth Busting Nutrition & Fitness for Ostomates" with Jenn Moore, Certified Personal Trainer, Health Coach, and Nutrition Coach.
- 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.



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
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

**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.

TAOA Minutes March 3rd 2026

Several members and friends joined this Zoom meeting at 7:00pm. There was a lively discussion of the pros and cons of managing an ostomy. Lilo was present to offer advice and support.

The formal meeting was called to order at 7:30pm by Dan Richards, President.

All newsletters will be posted on the TAOA website available for members to download prior to the meeting. A large reduction in requests for printed copies prevents TAOA from relying on Rex Hospital's printing service.

Treasurer's Reports:

Annual UOAA dues for 28 active members—\$140 paid.

TAOA contributed \$60 to the UOAA Nurrse Scholarship fund.

Lilo Wilson WOCN arranged tonight's program and introduced our speaker Tara Beuscher, WOCN at Duke University Hospital. Tara is an experienced teacher and provider of Ostomy care with ongoing support. She presented a review of anatomy and function of the three types of ostomies. Diet and activity influence function. A yearly stoma check is advised.

Our April meeting will be on Tuesday April 7th at 7:00pm. This meeting adjourned and 8:35pm.

Respectfully submitted,
Ruth Rhodes, Sec./Treas.

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*Based on a retrospective study conducted at 2 affiliated university hospitals; n=214 patient charts with surgery dates ranging from February 2022 to June 2023. Patient events were charted by the WOC nurse at each pouch change; review captured up to 5 pouch changes or 7 weeks of data. Statistical analysis controlled for key differences between sites and found predicted probability of leakage for SenSura Mio was 15.1% and Hollister[®] CeraPlus[™] was 25.6%, corresponding to a 40.8% lower risk (p=0.011). Coloplast data on file.
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Speaker for our April Meeting

Jenn Moore is a Certified Personal Trainer, Health Coach, and Nutrition Coach, and the founder of You Got This With Coach Jenn. After being diagnosed with ulcerative colitis at age 29, Jenn spent years navigating chronic illness, multiple surgeries, an ostomy, and a cancer diagnosis. Through that journey, she rebuilt her strength and shifted her career from retail leadership to health and fitness coaching.

Today, Jenn specializes in helping adults living with chronic illness, injury recovery, and burnout rebuild strength, confidence, and trust in their bodies. As an ostomate herself, she understands the unique fears and misinformation that often surround nutrition, movement, and living an active life with a stoma. Her coaching focuses on practical strategies that support energy, function, and long-term resilience rather than unrealistic fitness ideals. Jenn is also an Ambassador with Ostomy Canada Society and actively supports the ostomy community through education, advocacy, and peer connection.

About Jenn's Presentation:

Myth Busting Nutrition & Fitness for Ostomates

Many people living with an ostomy are told to avoid certain foods, limit movement, or be cautious with exercise long after surgery. In this session, ostomate and health coach Jenn Moore will break down common myths around nutrition and fitness after ostomy surgery and share practical strategies for safely rebuilding strength, energy, and confidence. The presentation will be followed by an open Q&A where attendees can ask questions and discuss real-life experiences.

Coach Jenn
Health & Strength Coach
Strength & Nutrition Coaching for Chronic Illness, Injury Recovery & Burnout
YouGotThisWithCoachJenn.com
jenn@yougotthiswithcoachjenn.com
Instagram: @coach_jenn_moore



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Managing Humidity and Pouch Wear Time

(Original article courtesy of [Convatec, Inc.](#), provided by [UOAA](#). See footnote)

For people living with an ostomy, humid climates and certain situations may cause concern in pouch wear time. Don't let concerns about your pouch seal take you away from Summer fun! Feel more confident about facing humidity with these tips:

1) Review your peristomal cleaning routine

Using baby wipes or cleaners that include moisturizers may affect your pouch seal in hot, humid weather. Clean your peristomal skin with warm water and a simple bar of soap.

2) Try a barrier wipe or spray before applying your pouch

ESENTA™ Sting-Free Skin Barrier Wipes create a barrier film that protects the skin from the damaging effects of adhesives, body waste and enzyme attack. Using the barrier wipes in combination with Stomahesive® Powder may help extend overall pouch wear time.

3) If you are in a humid climates or tend to perspire more, try a pouch with an adhesive designed to stand up to moisture, like a Stomahesive® barrier with an acrylic tape collar.

The SUR-FIT Natura® Skin Barrier provides a unique formula that enables the skin barrier to adhere to both dry and moist skin.

4) If you are having an issue with tape collars starting to peel, try adding barrier strips like the ESENTA™ Hydrocolloid Strips around the skin barrier where it meets the skin. This can also add an element of confidence about your pouch seal.

5) Using an Eakin Cohesive® Seal with your pouching system may help absorb additional moisture Eakin Cohesive® Seals can help prevent leaks and skin irritation by forming an absorptive barrier around your stoma. ([Link to learn more or request samples](#))

6) Try using an ostomy belt or wearing an [Ostomysecrets® wrap](#) to help keep your pouch secure and supported against your body, which may help increase wear time.

7) More often, pouch changes may be required

You may find in humid climates and situations that you need to change your pouch more often.

If you are vacationing somewhere tropical, in addition to humidity and wear time, you may have added concerns about swimming with an ostomy. Sarah Biggart from the me+ team has this tip to help you prepare for vacation:

"I tell people who are scared to swim with an ostomy to spend a few hours in the tub on a lazy day. If your pouching system holds up to that, then the pool should be a breeze." ~Sarah B.

Just remember that you don't have to miss out on Summer fun if you are living with an ostomy. Always carry extra supplies in case you are somewhere where supplies may not be available should you need to change your pouch.

Contact your healthcare professional if you have additional concerns about managing humid conditions or Summer water activities with your pouching system.

Editor's note: This article is from UOAA digital sponsor, Convatec. UOAA does not endorse any particular products. Sponsor support along with donations from readers like you help to maintain our website and the free trusted resources of UOAA, a 501(c)(3) nonprofit organization.



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: _____

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