Triangle Area Ostomy Association

Affiliated with...

OUR MISSION: To provide emotional support and educational opportunities for persons who have had an intestinal or urinary diversion or who anticipate the surgery. We support The Friends of Ostomates Worldwide (FOW) by donating supplies to underprivileged ostomates in foreign

February 2016

President's Message:

I was very impressed with the job the five vendors did at our last meeting. Our members seemed to learn a great deal about various products that can be purchased. Our thanks to Stephanie Yates for setting this up.

At our next meeting, February 2, I will be discussing some important news from the UOAA. See you then.

Respectfully, Sam DeAngelo

CALENDAR OF EVENTS:

NEWS AND UPDATES Upcoming Programs

- The February meeting will be exercise for ostomates by Lara Leininger and Angela Richardson. Come ready to get up and move!
- If you know of an event that you think TAOA would benefit from setting up a information table, please let Dan Richards know.

THANK YOU VERY MUCH TO THE FOLLOWING REPRESENTATIVES FOR PARTICIPATING IN OUR JANUARY **VENDOR FAIR**

RYAN COLLINS, COLOPLAST MYRA HOUSER, CONVATEC ANTOINETTE DELIO, HOLLISTER MICHELLE BROCK, BYRAM HEALTHCARE SHELIA SPAYDE, EDGEPARK MEDICAL SUPPLIES

YOUR VALUABLE INFORMATION WAS HELPFUL TO EVERY-ONE!

IN THIS ISSUE:

President's message	Page 1
February Birthdays	Page 1
News and Updates	Page 1
Member Information	Page 2
WOC Nurses	Page 2
Local Support Group Info	Page 3
Minutes	Page 4
Ostomy Tips	Page 5
TAOA Membership Form	Page 5

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Feb	2	TAOA	Meeting,	Rex,	7:15	pm

Feb 7 Superbowl

9 TBC Meeting Chapel Hill, 7 pm Feb

Feb 14 Valentine's Day

15 CCFA Meeting Rex, 7:30 pm Feb

Feb 15 President's Day

FEBRUARY BIRTHDAYS

Cliff Voehrine	Feb 2
Bonnie Sessums	Feb 9
Stephanie Yates	Feb 9
Chuck Urwin	Feb 12
Jeff Burcham	Feb 18



TAOA MEETING INFO:

MEETING:

The first Tuesday of the month, September – June. Time: 7:15pm NO meeting in July or August.

LOCATION:

Rex Hospital, 4420 Lake Boone Tr., Raleigh, 27607. From the parking deck use the Main Entrance. The meeting is in the main waiting room on the left.

INCLEMENT WEATHER POLICY:

If the Wake Co. Schools are closed due to weather conditions, there will be NO meeting that evening.

To verify a cancellation call Rex Hospital at 919-784-3100.

Joanna Burgess

WOC Nurses

Wake Med

Leigh Ammons	919-350-7668
Melanie Johnson	919-350-7668
Debbie Orr	919-350-7668

Wake Med Cary

919-350-5231

UNC Hospital		
Donna Brickman	919-843-9234	
Juliet Idiabonya	919-843-9234	
Lisa Jenkins	919-843-9234	
Barbara Koruda	919-843-9234	
Lara Leininger	919-843-9234	
John Maotko	919-843-9234	
Donna Partin (outpt)	919-966-9344	
Janet Rankin	919-843-9234	

Duke Regional

Tom Hobbs 919	-4/0-/215
Felicia Street 919	-470-6145

<u>Duke</u>

Ronda Bowles	919-681-4678	
Jane Fellows	919-681-7743	
Penny Jones	919-688-0125	
Michelle Rice	919-681-2436	
Angela Richardson	919-684-9954	
Leanne Richbourg	919-681-6694	
Stepahnie Stokes	919-681-1785	
Stephanie Yates (outpt)	919-613-2035	
Mary Ann Whaley	919-613-5583	
<u>Duke Raleigh</u>		

Amanda Eltz 919-954-3725 Krys Dixon 919-954-3446

Maria Parham Hospital

Kathy Thomas 252-436-1700 Durham VA Medical Center

Reba Giles 919-286-0411 X 6177 Sara Harbison 919-285-0411 X 5297 Rex Hospital

Angela Joyner	919-784-2048
Rachel Breazeale	919-784-2048
Teri Ourada	919-784-2048

GROUP OFFICERS AND CONTACT INFO President: Sam DeAngelo 919-608-5581 or 716-640-3975 Vice President: Dan Richards 919-624-3075 Treasurer: Ruth Rhodes 919-782-3460 Secretary: Open Editor: Dan Richards 919-624-3075 Webmaster: Ed Withers 919-553-9083 FOW Coordinator: Jeff Burcham 919-847-9669 Visitor Coordinator: Stephanie Hughes 919-480-1172 Prof. Advisor: Stephanie Yates 919-613-2035

TAOA ANNUAL DUES POLICY

All officers are available for member support

Visit www.triangleostomy.org

THE ANNUAL STATEMENT FOR DUES is issued every June in the BY-PASS Newsletter.

<u>PAYMNENT IS DUE</u> between June and August 31. Please use TAOA Member form to update information.

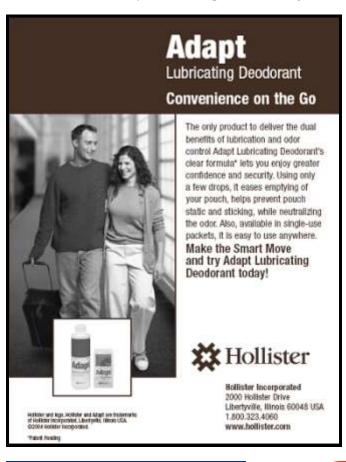
<u>NOTIFY TREASURER</u> if payment must be delayed or if Dues are not affordable (Confidential).

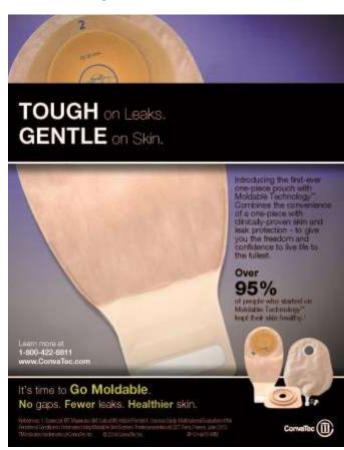
<u>IF NO RESPONSE</u> by the September meeting, your membership will expire.

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.

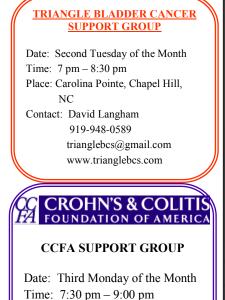
TRIANGLE AREA OSTOMY ASSOCIATION (TAOA)

TAOA is a local chapter affiliated with The United Ostomy Associations of America, Inc. Membership includes ostomates, nurses and friends who support our mission. New members are always welcome. Members receive a subscription to our monthly newsletter, <u>The BY-PASS</u>. Annual dues support TAOA and UOAA. If dues are not affordable, a courtesy membership can be arranged. (This information is kept confidential.)









Place: Rex Healthcare

Contact: Reuben Gradsky

gutcheckrdu@gmail.com



MINUTES OF THE TAOA Meeting, JANUARY 5, 2016

SOCIAL/REFRESHMENTS: 7:15PM. Thank you to Travis and Sandy Everette for the refreshments.

<u>MEETING CALLED TO ORDER:</u> 7:30PM President Sam DeAngelo welcomed 39 attendees. There were 24 members, 10 visitors with 2 becoming new members, and our 5 guest representatives from Coloplast, Convatec, Hollister, Byram Healthcare and Edgepark Medical Supplies.

ANNOUNCEMENTS:

- 1) Ruth Rhodes announced the TAOA contribution of \$200.00 to FOW in Dec. A Board decision was made to contribute the same amount as in previous years.
- 2) Stephanie Yates announced the upcoming February program which will be a discussion and demonstration of exercise for ostomates. It will be presented by our WOC Nurses, Lara Leininger and Angela Richardson.
- 3) Bruce and Sandra Curtis will provide refreshments for the February meeting.

PROGRAM:

Stephanie Yates introduced the five representatives who were present to provide our Vendor Fair. They were asked to briefly introduce themselves and describe their products/services. Following the introductions, everyone visited the individual vendor stations to view products, receive samples and discuss personal issues with the representatives. We extend a special thank you to Coloplast, Convatec, Hollister, Byram Healthcare, and Edgepark Medical Supplies for their presence this evening and for the beneficial support they so generously provide.

MEETING ADJOURNED: 8:30PM

Respectfully submitted, Sandy Everette, Secretary

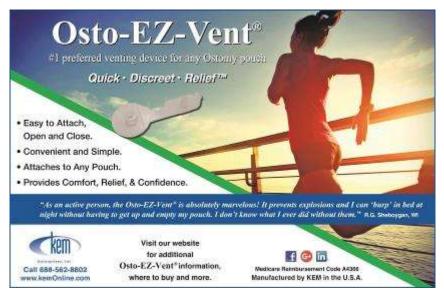


What to drink when taking pills:

I found this gem in an older issue of the newsletter. It is credited to the UOAA website. What to drink and what to avoid is a great question to ask your pharmacist when picking up a prescription, and one I would never have thought of.

How many times have you received a prescription with the instruction to take as needed or take before meals? Pretty vague, but many people do not stop to question further, assuming the medication will work, no matter what they use to swallow it.

Acidic drinks, such as fruit juice or soda pop, may chemically destroy certain kinds of antibiotics, including penicillin, ampicillin, or erythromycin. Citrus fruit juice may reduce the effect of antidepressants, antihistamines or major tranquilizers by speeding their urinary excretion. Even something as simple as tea, hot or cold, may cause problems. You would probably be surprised to learn that the tannin in tea can undo the benefits of iron pills.



Milk can interfere with a number of medicines. The laxative Ducolax, for example, has a coating designed to ensure that the drug will dissolve slowly within the intestine. But if the medication is taken with milk, which is alkaline, it may dissolve prematurely within the stomach, lose its cathartic action and irritate the sensitive stomach lining. Milk can also block the action of tetracycline, a popular antiboitic.

To play it safe, you can always rely on good old water! Water will not interact with drugs or reduce their effectiveness.

TAOA MEMBE	RSHIP FORM	
Please print legibly	Date:	
Name:		
Address:		
! ·	_Spouse:	
Phone (Home):	_(Cell):	
Email:		
i Newsletter()Email ()US Mail	Year of Surgery:	
Type of Ostomy: [] Colostomy (lleal conduit) [] Other Type:	, ,	
![] No ostomy/Supporting Membe	r []Relative []Friend [] Other	
Payment of dues enclosed: \$20 [] CASH [] CHECK [] M.O. [] I request Courtesy Membership. I cannot pay dues at this time. (Information is Confidential) MAIL COMPLETED FORM WITH PAYMENT OF DUES TO:		
I	1 PAYMENT OF DUES TO:	
Ruth Rhodes, Treasurer		
8703 Cypress Club Drive, Raleig	jn, N.C. 2/615	

NEXT MEETING: Tuesday, February 2, 2016 at 7:15 pm, Rex Hospital

PROGRAM: Exercise for Ostomates!

Hosted by: Lara Leininger, WOCN and Angela Richardson, WOCN





8703 Cypress Club Drive Raleigh, NC 27615