

The By-Pass

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 countries.

June 2016

President's Message:

"Oh hail!" That's what we said when we entered the meeting on May 3. For those of us who were able to make the meeting, the breakout session went very well for all.

Our next meeting will be held on June 7 which will include a program by Joanna Burgess and elections for the 2016-17 year will be held. We really need you to step up and run for an office. See you on the seventh!

Respectfully,
Sam DeAngelo

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CALENDAR OF EVENTS:

June	7	TAOA Meeting, Rex, 7:15 pm
June	14	TBC Meeting Chapel Hill, 7 pm
June	19	Father's Day
June	20	CCFA Meeting Rex, 7:30 pm

NEWS AND UPDATES

- The June meeting will be Joanna Burgess speaking about tips for the summertime!
- Be sure to check out this link <https://www.youtube.com/watch?v=QUEPwYEvbis> to find a link to a video that Lara Leininger and Angela Richardson made for us! It demonstrates the exercises they taught us in the February meeting.
- If you know of an event that you think TAOA would benefit from setting up a information table, please let Dan Richards know.
- Don't forget that we don't meet in July and August!

JUNE BIRTHDAYS

Sam Bundy	June 5
Ruth Rhodes	June 19
Allison Lee	June 30

Let us know your Birthday so we can celebrate it with you!

ATTENTION MEMBERS

THIS IS YOUR ANNUAL TAOA STATEMENT FOR DUES.

PLEASE PAY \$20.00 TO TAOA FOR DUES SEPTEMBER 2016--AUGUST 2017.

PAYMENT IS DUE PRIOR TO AUGUST 15, 2016.

ATTACH PAYMENT TO MEMBERSHIP FORM (pg.5). MAIL TO TREASURER (Address on Form).

PLEASE DO NOT DELAY YOUR RESPONSE TO THIS BILL. THERE WILL BE NO SECOND NOTICES.

THANK YOU FOR YOUR SUPPORT OF TAOA.

For questions, refer to the TAOA DUES POLICY in the Newsletter (pg.2) or contact Treasurer

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.

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: Sandy Everette	
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

All officers are available for member support

Visit www.triangleostomy.org

TAOA ANNUAL DUES POLICY

THE ANNUAL STATEMENT FOR DUES is issued every June in the BY-PASS Newsletter. Payment is Due between June and August 31. Please use TAOA Member form to update information. Please notify the treasurer if payment must be delayed or if Dues are not affordable (Confidential). If no response 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 BLADDER CANCER SUPPORT GROUP

Date: Second Tuesday of the Month
Time: 7 pm – 8:30 pm
Place: Carolina Pointe, Chapel Hill,
NC
Contact: David Langham
919-948-0589
trianglebcs@gmail.com
www.trianglebcs.com

CCFA 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



WOC NURSES

Wake Med

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

Wake Med Cary

Joanna Burgess	919-350-5231
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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	919-470-7215
Felicia Street	919-470-6145

Duke

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

Duke Raleigh

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

Maria Parham Hospital

Kathy Thomas	252-436-1700
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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

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Duke Raleigh Hospital Ostomy Clinic

Contact Krystyna Dixon, BA, RN, CWOEN, CFCN for an appointment. MD referral is required.

Wound Healing Center
Medical Office Building 6
3320 Wake Forest Road
Raleigh, North Carolina 27609

919-954-3446



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TAOA MINUTES OF THE MAY 3, 2016 MEETING

SOCIAL/REFRESHMENTS: Thank you to Dan Richards for delicious refreshments this evening.

MEETING: President, Sam De Angelo welcomed members and recognized four new visitors. Long stem red roses and chocolate candy were given to each of the seven WOC Nurses in honor of Nurses Day on May 6th and in appreciation for their support of TAOA. A special gift was presented to our Advisor, Stephanie Yates, WOCN, to thank her for providing us another good year of guidance and generous support. WOCN's, Angela Richardson and Lara Leininger revealed a new name for the annual race in Durham. RUN FOR RESILLANCE, OSTOMY 5-K. This year the October 1st event will include a Virtual Race and also a Silent Auction. Volunteers are needed. Please refer to the Web Site for more information. www.ostomy5k.org

ANNOUNCEMENTS: 1) TAOA will once again sponsor Tom Rinkcas, FNP as a counselor for the July 2016 Youth Rally in Seattle, Washington. We will provide his \$425.00 registration fee plus \$75.00 to assist with his travel expense. Our total donation is \$500.00. Tom appreciates our assistance and will report on his experiences later this year. 2) A note was read from Rachel Breazeale, WOCN at Rex, thanking TAOA for the newborn baby gift, a silver picture frame for baby boy, Everett Breazeale.

PROGRAM: Ostomates divided into smaller, more private groups according to their type of ostomy. There was also a group for spouses/caregivers. A WOC Nurse led each group and encouraged discussions of any problems or questions. Positive comments and suggestions were helpful for new ostomates and for one anticipating surgery. These "Break Out Sessions" provide an excellent opportunity to learn from others and to share your own experiences.

ADJOURNMENT: The next meeting will be on Tuesday, June 7th. The program will be presented by Joanna Burgess, WOCN at Western Wake Hospital in Cary. Karen Whitney will provide our refreshments. Meeting adjourned at 8:30 PM.

Respectfully submitted.
Ruth Rhodes, Treasurer

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Ostomy 5K

Join the 3rd Annual Run For Resilience Ostomy 5k run/walk on Ostomy Awareness Day, October 1, 2016 at 8:00am at the Omega Sports in Renaissance Village Durham, NC. This race was started by two NC WOC nurses, Lara Leininger of UNC and Angela Richardson of Duke in 2014. The first ostomy awareness 5k in the nation was started right here in NC and has now spread to Alabama, Oregon, Idaho, and England! All proceeds will benefit the United Ostomy Association of America (UOAA). Over the

last 2 years, this race has raised almost \$50,000! If you would like to be a local sponsor or donate an item for the silent auction, contact Lara and Angela at ostomy5kdurham@gmail.com. To sign up to run/walk or volunteer go to <https://runsignup.com/Race/NC/Durham/DurhamNCRunforResilienceOstomy5k>. The race is a family friendly race with kid's activities, DJ, face painter, and silent auction. If you can't make the race, sign up for the Virtual Run on October 1st. Go to www.ostomy5k.org for more information. Sign up today!

The Phoenix
The Official Publication of UOAA

The Phoenix is the leading national magazine for ostomates, their families and caregivers. Each issue contains 72 pages of inspiration, education and information including new products, medical advice, management techniques, personal stories and more.

Half of each subscription funds the nonprofit UOAA. Subscribe Today!

Annual subscriptions: \$25 (4 issues) Money Back Guarantee!

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 Mission Viejo, CA 92690
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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, The BY-PASS. Annual dues support TAOA and UOAA. If dues are not affordable, a courtesy membership can be arranged. (This information is kept confidential.)

TAOA MEMBERSHIP FORM

Please print legibly Date: _____

Name: _____

Address: _____

Spouse: _____

Phone (Home): _____ (Cell): _____

Email: _____

Newsletter () Email () US Mail Year of Surgery: _____

Type of Ostomy: [] Colostomy [] Ileostomy [] Urostomy
 (Ileal conduit) [] Other Type: _____

[] No ostomy/Supporting Member [] 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:

Ruth Rhodes, Treasurer

8703 Cypress Club Drive, Raleigh, N.C. 27615

8703 Cypress Club Drive
Raleigh, NC 27615



OUR THANKS TO



FOR PROVIDING THE PRINTING OF
THIS NEWSLETTER

NEXT MEETING: Tuesday, June 7, 2016 at 7:15 pm, Rex Hospital
PROGRAM: Summertime tips for the Ostomate
Hosted by: Joanna Burgess, WOCN Wake Med Cary

