

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.

September 2016

President's Message:

"Happy New Year" as I always say in September since our new year begins. This year plans to commence with discussion concerning our October 1st event, The Run for Resiliency Ostomy 5k.

Also, due to election day being the same day as our November meeting, we are changing the breakout session from the normal November meeting to October 4th.

Let us make this year's organization the finest with excellent programs and the best attendance. See you all on Tuesday September 6th.

Respectfully,
Sam DeAngelo

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CALENDAR OF EVENTS:

Sept	5	Labor Day
Sept	6	TAOA Meeting, Rex, 7:15 pm
June	13	TBC Meeting Chapel Hill, 7 pm
June	19	CCFA Meeting Rex, 7:30 pm

SEPTEMBER BIRTHDAYS

Bobby Qualls September 11

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

NEWS AND UPDATES

- The September meeting will feature Lara Leininger and Angela Richardson speaking about the Run for Resilience Ostomy 5K on October 1, 2016. Please consider volunteering or attending the event! Even if you don't run or walk you can always show your support for those who are supporting us. www.ostomy5k.org
- If you know of an event that you think TAOA would benefit from setting up a information table, please let Dan Richards know.
- October will be our next breakout session so as to not interfere with election day in November.

ATTENTION!!!

HAVE YOU PAID YOUR DUES???

\$20.00 FOR 2015 - 2016

Thank you to those of you who paid in July. Remaining membership dues are due now! Please notify the treasurer if payment must be deferred.

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 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

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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Reference: 1. Spivey, D. V. M. (2014). "Moldable™, LubriWipe™, and Pouches™." ConvaTec. Moldable Evolution of One-Piece Pouches and Intestinal Bags. Medical Products Division. 327 Park Drive, June 2014. *Medical Products Division of ConvaTec, Inc. © 2014 ConvaTec, Inc. #P01415AM



Duke Raleigh Hospital Ostomy Clinic

Contact Krystyna Dixon, BA, RN, CWCN, 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 June 7, 2016 MEETING

SOCIAL: Members gathered at 7:15 pm, greeting one another and welcoming new friends. Everyone enjoyed delicious refreshments provided by Karen Whitney.

MEETING: At 7:30 pm, President, Sam De Angelo opened the meeting by introducing one new member, welcoming him and twenty two other members, spouses and friends. The floor was opened for the nomination of new officers. None were proposed. The present slate of TAOA Officers will continue in their designated positions. Ruth Rhodes received the combined title of Secretary and Treasurer since she continues to be responsible for both positions. Member, Fred Toms, agreed to consider assisting Ruth if they are able to coordinate the duties.

ANNOUNCEMENTS: 1) A very special thanks to Karen Whitney for providing our refreshments.
2) Stephanie Yates is attending the WOCN Society Conference in Montreal, Quebec, Canada.
3) Members volunteered to provide refreshments for meetings next year. Volunteers are needed for the months of Sept., Oct. and June. Contact Ruth Rhodes if you can provide our refreshments for these months.
4) An accurate list of birthdays is needed for our Newsletter Birthday Wishes. Please provide your birth month and day.
5) The Yearly Statement for Dues (\$20) was issued in the June Newsletter. Thanks to many who paid immediately. We need all members to promptly follow this excellent example.

PROGRAM: Sam introduced our very special WOCN, Joanna Burgess from Wake Med. Cary. Joanna's program was on Tips for Travelers & Summer Heat Survival. A few tips include: 1) Beware of dehydration and troublesome foods for your type of ostomy. 2) Never leave "supplies" in a parked car where heat can become intense. 3) Carry an organizer bag with your Supplier contact #'s/info. and enough supplies for a "change" away from home. 4) Dress for success by taking advantage of new clothing styles for ostomates. 5) Always carry a Health Condition Notification Card in case of emergency and wear a Medi-Alert Bracelet if needed. Product samples were distributed in addition to prizes of useful treasures from Joanna's favorite Dollar Store. Joanna spoke freely about her childhood with an ostomy at age 3yrs. Her parents helped her to be well adjusted but she remembers always wishing to know "someone like me". Her wonderful gift of humor brought hearty laughs throughout her talk! In closing, she left us with this message: "*Life is an Adventure, experience it with an open mind, flexibility, and a strong sense of humor!*" Thank you Joanna!

ADJOURNMENT: This meeting brings our year of 2015-2016 to a close. There is no meeting in July or August. TAOA will begin the new year of 2016-2017 at the meeting on Tues. Sept. 6th at 7:15 pm. Everyone is wished a safe and enjoyable summer. Adjournment at 8:40 pm.

Respectfully submitted,
Ruth Rhodes, Secretary/Treasurer



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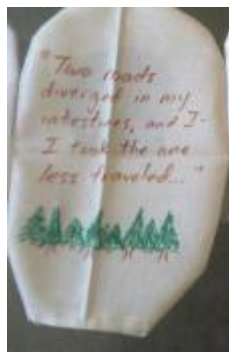
Ostomy Party!

No one is excited about getting an ostomy. While mine wasn't done as an emergency, I only had about a week to get used to the idea before surgery. I struggled with all the normal questions, including how much should I share with my friends and coworkers? Then one of my friends sent me a blog about someone who had an ostomy themed party. My wife and I were sold. About three months after the surgery we invited our friends and family over for one of more enjoyable parties I have ever thrown!



First of all we had ostomy themed snacks. My mother-in-law brought a red velvet bunt cake with chocolate filling. My wife made miniature stoma cookies. The most creative though was our chef friend who brought chocolate mouse that you spooned into Famous Amos snack size cookie bags and ate it out of the bag.

It wasn't just food, we even had activities. We drew my body onto posterboard and played pin the bag on the stoma. The best comedy came out of having my niece sew some bag covers for me and having everyone draw on them with fabric pens. I discovered I have some very creative family and friends!



Everyone had a great time. More importantly it made me feel comfortable. I didn't have to hide anything. My friends and family were there to celebrate this new part of my life.



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.

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Name _____
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Apt/Suite _____
City _____
State _____ Zip _____

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

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

NEXT MEETING: Tuesday, **September 6**, 2016 at 7:15 pm, Rex Hospital
PROGRAM: Run for Resiliency Ostomy 5k

