

# The By-Pass

Triangle Area Ostomy Association

*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.*



September 2017

## President's Message:

I'm writing this the week before the UOAA National Conference in Irvine, CA. I'm excited about the seminars, the exhibitor hall, and getting to meet and network with ostomates from all over the country. On top of what is on the schedule I'm going to be in a Coloplast focus group and a patient panel for one of Joanna Burgess' seminars. I can't wait to share it all with you when I return.

Thanks again to the Sandi McBride Scholarship for giving me the opportunity to attend the National Conference.

Respectfully,  
Dan Richards

### NEWS AND UPDATES

- Our September meeting will feature a presentation from Dan Richards and many of the WOCN's who attended the National Conference in August.
- Dan Richards has become our new President, leaving the Vice President position open. If you would be interested in taking on either that role or that of Secretary, please let him know. A volunteer is also needed to assist with newsletter publication.
- If you know of an event that you think TAOA would benefit from setting up a information table, please let Dan Richards know.

### IN THIS ISSUE:

President's Message	Page 1
September 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 5k	Page 5
TAOA Membership Form	Page 5

### CALENDAR OF EVENTS:

Sept	4	Labor Day
Sept	5	TAOA Meeting, Rex, 7:15 pm
Sept	12	TBC Meeting Chapel Hill, 7 pm
Sept	18	CCFA Meeting Rex, 7:30 pm
Oct	7	Run for Resilience 5k Durham

## SEPTEMBER BIRTHDAYS

Bobby Qualls September 11

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

IF YOU HAVE FORGOTTEN TO PAY  
2017-2018 MEMBERSHIP DUES,  
PLEASE PAY \$20.00 DUES TO TAOA  
WITHOUT FURTHER DELAY!

THANK YOU!!!

### 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.



## 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.



## 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

### 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  
Katie Smith 919-681-5675  
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  
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

### Group Officers and Contact Info

President: Dan Richards 919-624-3075  
Vice Preident: Vacant  
Treasurer: Ruth Rhodes 919-782-3460  
Secretary: Vacant  
Newsletter: Dan Richards 919-624-3075  
Webmaster: Ed Withers 919-553-9083  
FOW Coordinator: Jeff Burcahm 919-847-9669  
Visitor Coordinator. Setphanie Hughes 919-480-1172  
Program Coordinator: Stepahnie Yates 919-613-2035  
Prof. Advisor: Stephanie Yates 919-613-2035

All Officers are available for member support

### TAOA DUES POLICY

Annual Dues provide membership in TAOA & UOAA, INC. Annual Dues Statement appears in the JUNE Newsletter requesting payment. Pay \$20 Dues PRIOR TO AUGUST 1<sup>st</sup>. See Member Form for details (last page). In appreciation for their support of TAOA, WOCN's & Professional Associates are given courtesy Memberships. (No Dues).

### TRIANGLE BLADDER CANCER SUPPORT GROUP

Date: Second Tuesday of the Month  
Time: 7 pm – 8:30 pm  
Place: SECU Family House,  
123 Old Mason Farm Road  
Chapel Hill, NC 27517  
Contact: David Langham  
919-948-0589  
trianglebcbs@gmail.com  
www.trianglebcbs.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

**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.

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988-9127-8717

**Duke Raleigh Hospital Ostomy Clinic**

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

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## MINUTES for the TAOA MEETING June 6, 2017

SOCIAL: Members enjoyed delicious refreshments provided by our member, Kevin Rosemond.

MEETING: President, Dan Richards, opened the meeting at 7:30 PM. He welcomed eleven (11) members and thanked Kevin Rosemond for the refreshments. Dan expressed regrets for the absence of a June Newsletter due to his ongoing therapy for a broken arm. Dan has the good fortune to be a recipient of a Sandi McBride Scholarship which will enable him to attend the UOAA National Conference in August. He looks forward to returning with new ideas for TAOA.

ANNOUNCEMENTS: 1) Dues Statements have been issued for 2017-2018. **Pay \$20.00 to TAOA prior to Aug,1, 2017.** 2) Ruth Rhodes, Treas. requested financial support for Tom Rinkacs, FNP, to be a counselor at the July Youth Rally in San Diego. There was a motion by B. Adams for a TAOA donation of \$250.00. It was seconded by D. Richards and passed. 3) Member, Asa Manning, suffered a fall at home and died a few days later on May 18th. A sympathy card was sent to his wife & family. 4) An appreciative acknowledgement, was received from FOW for our Nurses Day donation in honor of our area WOCN's. 5) TAOA votes were submitted for the National Election of UOAA Board Members. Thanks to Joanna for extra info. about candidates. 6) TAOA presented Stephanie a Visa Gift Card with appreciation for another year of program planning and dependable, advisory service. 7) Some volunteers agreed to bring refreshments for next year's meetings. Please notify Ruth if you can volunteer for the months of Sept., Oct., Jan., March or June.

**A FULL SLATE OF OFFICERS ENABLES YOUR TAOA BOARD TO FUNCTION EFFICIENTLY!  
YOUR PRESIDENT & TREASURER NEED RELIEF FROM THE FULL RESPONSIBILITIES!  
THE POSITIONS OF VICE PRESIDENT & SECRETARY NEED TO BE FILLED FOR 2017-2018!**

PROGRAM: Congratulations to Stephanie Yates, CWOCN who was recently elected the new President Elect of the National WOCN Association of UOAA. For this evening's program, Stephanie shared her recent experiences at the National WOCN Conference in Salt Lake City and the Oncology Nurses Society Meeting in Denver. She discussed new, "cutting edge" products, advanced technology and numerous companies who presented their products at the conferences. Thank you, Stephanie, for another good year of interesting programs which have kept us well informed.

ADJOURNMENT: The meeting adjourned at 8:20 PM. Our new year of 2017-2018 will begin with the meeting on Tuesday, September 5, 2017 at 7:15 PM.

Respectfully submitted,  
Ruth Rhodes,  
Sec./Treas.

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**Abbreviated MINUTES for the TAOA  
MEETING May 2, 2017**

**Run for Resilience 5k!**

MEETING: President, Dan Richards, called the meeting to order at 7:30 PM. Dan welcomed nine members, two visitors and two family members. We welcomed first time visitor, Phil Rea, as a new member. Dan introduced the WOC Nurses present as volunteer leaders for the individual ostomy group sessions. Rhonda Bowles and Katie Smith came from Duke. Kris Dixon and Amanda Eltz came from Duke-Raleigh. Thanks to each nurse for participating in our program this evening.

ANNOUNCEMENTS: 1) NATIONAL NURSES DAY is MAY 6<sup>th</sup>. TAOA is HONORING OUR TRIANGLE AREA WOC Nurses on NURSES DAY by contributing a special donation to FOW. 2) Please be prepared to sign the refreshment volunteer sheet at our June meeting. We need refreshments for each meeting, next year, Sept. through June. 3) YOUR STATEMENT for DUES will appear in our June Newsletter. Please plan to pay dues (\$20.00) at the June 6<sup>th</sup> meeting or mail early so you do not risk a delay. When DUES are paid promptly our budget for the coming year can be planned on schedule. That is a helpful accomplishment for your Board.

PROGRAM: Ostomates divided into groups according to their type of ostomy. Each group held their discussions with individual questions and comments under the leadership of a WOCN. These groups provide a helpful review for both old and new ostomates.

The Run for Resilience Ostomy 5k is coming up soon! This will be the fourth year for this event and each year it gets bigger and better.

Please consider running, attending, or volunteering the day of the race. Even if you don't run or volunteer, you can help just by cheering on the runners and possibly placing a bid at the silent auction!

There are runs in Boise, Portland OR, Birmingham AL, Mesa AZ, and Cookeville TN. Spread the word locally and to anyone you many know in those states.

Go to [www.ostomy5k.org](http://www.ostomy5k.org) for more information.



**The Phoenix**  
The Official Magazine 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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Address: \_\_\_\_\_

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City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_

**TAOA MEMBERSHIP FORM**

**Please print legibly** Date: \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Spouse: \_\_\_\_\_

Phone (Home): \_\_\_\_\_ (Cell): \_\_\_\_\_

Email: \_\_\_\_\_

Newsletter ( ) Email ( ) US Mail Birthday: Month: \_\_\_ Day: \_\_\_

**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

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**NEXT MEETING:** Tuesday, **September 5**, 2017 at 7:15 pm, Rex Hospital  
**PROGRAM:** Report from the UOA National Conference  
**Hosted by:** Dan Richards and other attendees

