

The By-Pass

Triangle Area Ostomy Association



December 2017

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:

Instead of being retrospective on 2017, I'm looking forward to 2018. We have some great upcoming programs for everyone. We are working on marketing to get the word out to even more ostomates and future ostomates.

I look forward to seeing you all at our holiday social. To those who can't make it, I wish you all a wonderful holiday season and we will see you in 2018!

Respectfully,
Dan Richards

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CALENDAR OF EVENTS:

| | | |
|-----|----|-------------------------------|
| Dec | 5 | TAOA Meeting, Rex, 7:15 pm |
| Dec | 12 | TBC Meeting Chapel Hill, 7 pm |
| Dec | 18 | CCFA Meeting Rex, 7:30 pm |
| Dec | 25 | Christmas |
| Dec | 31 | New Year's Eve |

NEWS AND UPDATES

- Our December meeting will be our Holiday Social. Please bring a small snack or dish to share. We will also get a quick update on Youth Rally!
- We will be doing visitor training soon. If you are interested in receiving training or your certification has expired, please speak to Dan or Stephanie.
- 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.

DECEMBER BIRTHDAYS

None in our Records!

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 President: Vacant
Treasurer: Ruth Rhodes 919-782-3460
Secretary: Vacant
Newsletter: 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
Program Coordinator: Stephanie 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 1st. 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
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

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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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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919-954-3446

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Raleigh, NC 27609



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MINUTES TAOA MEETING NOVEMBER 7, 2017

SOCIAL: Our thanks to President, Dan Richards, for providing our refreshments.

MEETING: Dan opened the meeting at 7:30 P.M. Thirteen members and six visitors were welcomed to this November meeting.

ANNOUNCEMENTS: 1) The next meeting on Dec. 5th will be our Holiday Social. Each person is asked to contribute a food to share at our Holiday table. Stephanie will provide tableware, drinks and her traditional hot cider. Please join us so we can have a large turnout for this end of year celebration. 2) A congratulatory card was signed by members to be presented to Stephanie Yates, a recent recipient of the annual Duke Friends of Nursing Award for Excellence in Nursing Practice. This annual award is granted based on nominations from colleagues. If you missed reading about Stephanie's award in our local newspaper, go to:

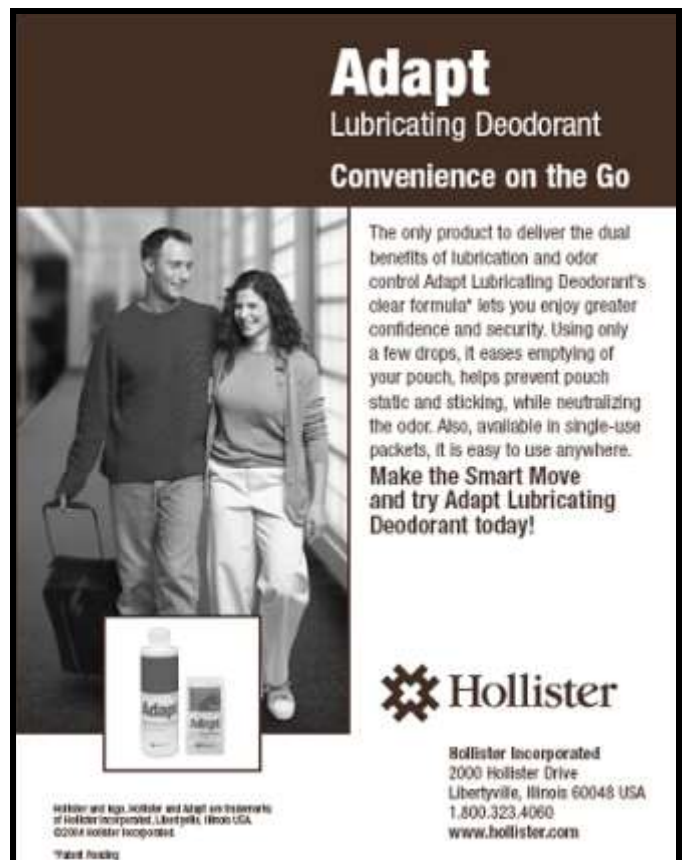
<https://today.duke.edu/2017/10/honoring-excellence-nursingcare>.

3) Volunteers are needed to provide refreshments for our meetings on March 6th & June 5th. Our Convatec Representative, Leann Perry, has graciously offered to bring refreshments for our meeting on Jan.2, 2018. 4) A letter of appreciation has been received from 12 y/o Porter Carlson for our contribution of funds for the Youth Rally, July 2017. Tom Rinkacs will give us a full report on the campers at our December meeting. 5) Thoughts and good wishes will remain with our new member, Lou Spagnardi, who will undergo surgery on November 16th.

PROGRAM: Dan introduced our speaker, Leanne Richbourg, WOCN at Duke. Leanne gave us an educational presentation on Ostomy Accessory Clothing for Pouch Concealment. She provided pictures, samples of supportive & intimate apparel, plus tips on types of clothing, colors, prints, jewelry to attract the eye and draping for camouflaging. We are grateful to Leanne for her time and efforts to prepare us for our next shopping spree.

ADJOURNMENT: This meeting adjourned at 8:30 P.M. Our next meeting will be Tuesday, December 5th at 7:15 P.M. Be sure to bring your favorite snack to share.


Respectfully submitted,
Ruth Rhodes, Sec./Treas.



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7 Tips to Help Ostomates Survive the Holiday Season

From the Editorial Team of ostomyconnection.com

The holidays are fast approaching and that means parties galore! Office get-togethers, family gatherings, and neighborhood celebrations are filling up the calendar now until New Year's Eve. As much fun as the holidays can be, it can also be a time of stress for ostomates. It's important to recognize that this can be a crazy time, and with so much going on it's sometimes easy to forget to take care of yourself and manage your ostomy.

1. Plan ahead and prepare for ordering challenges.— Do you have enough ostomy supplies on hand? Medical suppliers and shipping companies are extra busy during the holidays, you may experience delays due to staff shortages or bad weather.

2. Let family rituals change.—If you're attending a family event, it doesn't mean you need to eat food that you're not comfortable with just to please them. Consider updating holiday meals with some new recipes to go along with the familiar dishes, it's a great opportunity for everyone to try something new.

3. Know what to say.—Relatives and friends who know about your ostomy understand and won't insist you eat everything that's being served. If you encounter a situation where people do not know you're an ostomate, there's no need to go into any long explanations at the dinner table. Saying "no thank you" should work if you're passed a dish that you prefer not to eat.

4. Drink plenty of water.—I know this is probably something you hear every time someone talks to you about an ostomy (especially an ileostomy or urostomy), but it's true that staying well hydrated can help. Water is essential for the proper circulation of nutrients in the body. Make a conscious effort to stay hydrated during the holidays!

5. Wear whatever feels right.—Loose clothing that is not too tight around your belly can help you feel more relaxed about your ostomy. Whether the party is casual or formal, don't stress over your outfit. Be comfortable and remember to pack extra ostomy supplies and clothes if you're taking a road trip somewhere far from home.

6. Slow down and eat for pleasure.—Eating slowly and chewing your food well is important to help prevent blockages when you have an ostomy. It may sound obvious, but enjoying the flavor of food makes it a pleasurable experience. When you savor your food, you're less likely to overindulge which can cause unwanted digestive issues.

7. Make time to express gratitude.—Letting your family and friends know that you are grateful for their support during your ostomy surgery and recovery can actually make celebrations even better. If this is your first holiday with an ostomy, it might be an important thing to do. Sharing love and appreciation with others has such an uplifting effect.



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.

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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Name _____
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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

NEXT MEETING: Tuesday, **December 5**, 2017 at 7:15 pm, Rex Hospital
PROGRAM: Holiday Social & Youth Rally Update
Hosted by: All of our members!

