



## TRIO PITTSBURGH CHAPTER NEWSLETTER



**January & February 2011**

I wish everyone a belated "Happy & Healthy New Year"! Good news. The infamous groundhog, Punxsutawney Phil did not see his shadow the other day so you know what that means; spring is just around the corner. RRRRIGHT!

### **CONGRATULATIONS TO OUR TRIO PITTSBURGH CHAPTER PRESIDENT**

Mary Alice King was chosen as one of the honorees to receive the "Tribute to Excellence Award" at the American Liver Foundation Allegheny Division's "Tribute to Excellence" luncheon. The luncheon will be on Friday, March 18 at the Duquesne Club. Mary Alice not only dedicates much of her time as the TRIO Pittsburgh Chapter Board President, but she is also a volunteer with the American Liver Foundation (ALF), Center for Organ Recovery & Education (CORE), the Primary Biliary Cirrhosis (PBC) Support Group, as well as with our local hospitals, Allegheny General Hospital and UPMC. Mary Alice is a liver recipient. She received her miracle in 2003 and is a true model for showing her appreciation of a second chance at life by giving back to others with her time and support. Congratulations Mary Alice!

### **CURRENT 2011 TRIO-PITTSBURGH CHAPTER BOARD MEMBERS**

Mary Alice King (President), Patty Dippold (Vice President), Rudy Molnar (Treasurer), Paul Armbruster (Secretary), Chris Armbruster, Anna DiPilato, Shannon Flynn, Kathy Jacobs, Carol Foglia, Tom Meshanko, Tracie Sabatine, Jo Anne Schwarz, DeeAnne Seeger, Georgene Thomas and Colleen Yost.

Robb Wilson's two-year term as a board member expired on December 31, 2010. Due to the many other things that Robb is involved in, he chose not to remain on the board for another two years. TRIO board members serve for two years, not to exceed three consecutive terms. We thank Robb for all his input and the good word that he did as a TRIO board member.

Tom Meshanko has graciously agreed to become a new board member and we look forward to working with him in the coming year.

### **CURRENT 2010-2011 TRIO-PITTSBURGH CHAPTER HONORARY BOARD MEMBERS**

Dr. Kareem Abu-Elmagd, Dr. Thomas Cacciarelli, Dr. Robert Kormos, Dr. George Mazariegos, Dr. Dennis McNamara, Dr. Srinivas Murali, Dr. Obaid Shakil Shaikh, Dr. Ron Shapiro, Dr. Thomas Starzl, Susan Stuart, Dr. Ngoc Thai, Dr. Kusum Tom and Dr. Steven Webber.

### **MEMBERSHIP**

We ended 2010 with a total of 96 members in the Pittsburgh Chapter of TRIO of which 24 were new members. We had 25 National Family members and 13 National Individual members as well.

## **WELCOME NEW MEMBERS**

We have five new TRIO members since the last newsletter:

George Becket, who had a liver transplant on 1-9-10.

Eileen Pistelli, who was a Living Kidney Donor to her godson on 4-19-10. Eileen is also a nurse at AGH.

Anthony Pugliese, who was a heart recipient on 3-26-09.

John Staniszewski, who received part of his mother's liver on 3-12-07. John has twin sisters, Leah and Emily, who are also a recipient and living donor. Leah received part of Emily's liver on 1-6-09.

Manu Varma, who received a kidney from his father on 1-27-2000.

## **HAPPY DECEMBER, JANUARY & FEBRUARY TRANSPLANT ANNIVERSARIES**

Barbara Allen, Liver recipient on 12-16-97

Jeffrey Blattner, Liver recipient on 12-28-05

David Garrison, Heart recipient on 12-16-02

Patrick Mino, Liver recipient on 12-18-87

Nathan Repasky, Kidney recipient from his father, Hal, on 12-28-92

Nancy Underwood, Liver recipient on 12-23-08

George Becket, Liver recipient on 1-9-10

Carole Caleodis, Liver recipient on 1-27-05

Cana Carter, Double Lung recipient on 1-29-06

Helen Dick, Kidney recipient on 1-2-92

Charles Duncan, Heart recipient on 1-31-10

Gavita Durham, Liver recipient on 1-26-09

Yvette Friday, Liver recipient on 1-17-01

Leah Staniszewski, Partial liver recipient from her twin sister, Emily (Living Donor) on 1-16-09

Jo Anne Schwarz, Kidney recipient on 1-28-01

Donald Sweiger, Heart recipient on 1-14-85

Manu Varma, Kidney recipient from his father (Living Donor) on 1-27-00

Michelle Wuyak, Heart recipient on 1-13-99

James Beggs, Liver recipient on 2-1-90

Alex Boyer, Liver recipient on 2-11-94

Patty Dippold, Heart recipient on 2-16-08

Mary Alice King, Liver recipient on 2-17-03

Rudy Molnar, Heart recipient on 2-25-05

Jean Peterson, Liver recipient on 2-7-92

Herbert Wolstoncroft Jr., Kidney recipient on 2-17-05

## **POLL RESULTS FOR SUPPORT GROUP MEETING DAY:**

Due to many concerns about our TRIO Support Group Meeting conflicting with Steeler games on Sundays in the fall, the TRIO Board of Directors discussed moving the monthly meetings to Saturday mornings. An e-mail was sent to the general membership to determine the consensus. For those who do not have e-mail, a letter was mailed and they could cast their vote by calling the TRIO phone line at 412-647-7461 or 1-877-647-3439. Results of the poll resulted in a tie: 14 in favor of leaving the meeting day on Sunday / 14 in favor of moving the meeting day to Saturday / and two votes came in as "don't care". At the board of directors meeting held on January 12, 2011, the board decided to keep the Support Group Meetings on Sundays at 1:30.

## **TO CONTACT TRIO-PITTSBURGH CHAPTER:**

Website: [www.trio-pittsburgh.org](http://www.trio-pittsburgh.org)

TRIO website has a calendar listing of meetings & events. Go to the website and click on "Calendar."

The mailing address is TRIO Pittsburgh, 3601 Fifth Avenue, Room 601, Pittsburgh, PA 15213

### **TRIO Support Group Meeting**

Sunday, February 20 at 1:30 P.M. The meeting will be held at UPMC Montefiore, in the Ladies Hospital Aid Society (LHAS) Auditorium. The speaker will be Dr. Guilherme Costa, MD, FACS from the Intestinal Rehabilitation and Transplantation Center, Thomas E. Starzl Institute. The topic will be "Where do we stand with Intestinal and Multivisceral Transplantation?"

### **WESTERN PA KIDNEY SUPPORT GROUPS MEETINGS IN FEBRUARY**

Sunday, February 13 – Pittsburgh West, King's Restaurant, Imperial, 2:30-4:30 PM.  
Contact: contact Mike Currin 724-796-1603

Wednesday, February 16 - Northwestern (Pediatric), Panera Bread, Hermitage, 7:00-9:00 PM.  
Contact: Lori Bible [sbible6@msn.com](mailto:sbible6@msn.com) 724-981-0368

Sunday, February 27 – Pittsburgh East, Panera Bread. Wilkins Township (Penn Center) 1:00 to 3:00 PM.  
Contact: Robb Wilson [robbw81@yahoo.com](mailto:robbw81@yahoo.com) 412-823-5630

For more information about kidney disease and support groups visit [www.wpakidneysupport.org](http://www.wpakidneysupport.org)

### **LOCAL SUPPORT GROUPS for LIVER DISEASE**

#### **GREATER PITTSBURGH PBC (PRIMARY BILIARY CIRRHOSIS) SUPPORT GROUP**

Meets on the 2nd Tuesday of each month at Panera Bread – Waterworks Mall – Fox Chapel  
For more information contact Ellen Kerber or email at [kerber@kerbers.com](mailto:kerber@kerbers.com)

#### **LIVING WITH HEPATITIS SUPPORT GROUP**

Meets on the 3rd Thursday of each month at  
330 South 9th Street, Main Bldg., Room 182 Pittsburgh, PA 15203  
For more information contact Jen Warner at 412-535-2670

#### **WESTMORELAND COUNTY SUPPORT GROUP**

Meets every other month on the 3rd Monday (Jan, March, May, July, Sept and Nov) at  
Hempfield Church of Christ 144 Hugh Black Rd Greensburg, PA 15601  
For more information contact Antonia or Mike Redigan at 724-423-5948 or email at  
[antoniaredigan@hotmail.com](mailto:antoniaredigan@hotmail.com)

#### **CIRROHOSIS ONLINE SUPPORT GROUP**

New and free online cirrhosis support group at [www.mdjunction.com/cirrhosis](http://www.mdjunction.com/cirrhosis)  
For more information go to: AMERICAN LIVER FOUNDATION - WESTERN PENNSYLVANIA CHAPTER  
at [www.liverfoundation.org/chapters/westernpa/](http://www.liverfoundation.org/chapters/westernpa/)

### **“SAVE THE DATE”**

This year's TRIO Celebration of Life Dinner (COLD) is on Wednesday, April 13, 2011 at the University Club in Oakland. This is the same location we held the dinner last year. Our keynote speaker is Sally Wiggins. More details will be coming soon.

### **UPCOMING EVENTS**

Friday, March 18: The American Liver Foundation Allegheny Division's "Tribute to Excellence" luncheon.

Saturday, March 19, 2011: Kidney Gift of Life Gala at the Circuit Center Ballroom, Pittsburgh, PA at 6:00 P.M. Please join Dr. Kevin and Mrs. Brenda Ho, this year's Gala Event Chairs and the National Kidney Foundation Serving the Alleghenies in bringing the excitement of Las Vegas to Pittsburgh, with a vintage twist! For more

information visit [www.kidneyall.org](http://www.kidneyall.org) or contact Erin Tuladzieck at 412-261- 4115 (ext 17) or at [erin.tuladzieck@kidney.org](mailto:erin.tuladzieck@kidney.org)

Saturday, April 16: “Strike Gold for Team Pittsburgh”: Raising ‘spare’ cash to benefit the National Kidney Foundation Serving the Alleghenies’ TEAM PITTSBURGH at the 2012 U.S. TRANSPLANT GAMES. The fundraiser will be held at NESBIT’S LANES, 3501 Leechburg Road, Pittsburgh, PA 15239 from 3:00 to 5:00 \$15 donation for 2 hours of bowling, shoe rental, pizza and soda pop. There will also be auctions and raffles. Advance tickets are available by calling: 412-823-5630 or 1-800-261-4115

## **MISCELLANEOUS**

UPMC E-CARDS: To send an E-Card to a patient at any UPMC hospital, go to <http://ecards.upmc.com>.

PROGRAF VALUE CARD PROGRAM :Astellas has a Prograf value card program available to you if you qualify. All you have to do is complete the enrollment process in three easy steps. Once activated, this card may be used to instantly save up to \$200 on each of your next 12 prescriptions for a total savings of up to \$2,400. Please note that you are not eligible to participate in the Prograf: Value Card program if your prescriptions are paid for in part or full by any state or federally funded benefit program including but not limited to Medicare or Medicaid, Medigap, VA, DOD or Tricare or where prohibited by law. Visit [www.transplantmedsavings.com](http://www.transplantmedsavings.com) or call 1-866-790-7659.

## **ITNS OFFERS TWO NEW PATIENT BROCHURES**

Pat Folk, TRIO member and In-house Transplant Coordinator at STI at UPMC announces the availability of two new patient education brochures available. *"Sexual Health After Transplant: What Every Patient Should Know"* and *"Making Your Transplant Medicines Work for you After Organ Transplant"* Both brochures are downloadable FREE from the ITNS website ([www.itns.org](http://www.itns.org))

## **In closing:**

There is much excitement in the air all around this wonderful city because the Steelers are in the Super Bowl and going for their seventh Lombardi Trophy. Most are aware that the Greenbay Packers head coach, Mike McCarthy is from Pittsburgh as well. He grew up in Greenfield, the same neighborhood in which I grew up. We both attended Saint Rosalia Grade School, but I was on my way out to go to Central Catholic when Mike was entering the First Grade. I did not know Mike, but from what I have read about him these last two weeks, he is a solid, “stand up” kind of guy. His family is like most families in Greenfield, hard working parents who set a good example for their children. As a kid growing up in Greenfield you have an opportunity to play in many sports and you learn at a young age that nothing is handed to you; you have to work for it. For those who have moved out of Greenfield, there is a saying, “You can take the guy out of Greenfield, but you can’t take Greenfield out of the guy.” Mike has definitely not forgotten where he came from. For the past several years he has made sizeable donations to Saint Rosalia Grade School, the Greenfield Organization and the Greenfield Baseball Association totaling \$100,000. Every student attending Saint Rosalia Grade School, all 179 students, receives a \$500 grant for their tuition thanks to Mike McCarthy. In the windows at Saint Rosalia are black and gold signs, “GO STEELERS”, but there are also green and gold signs saying, “GO PACKERS”. I cannot blame them for that. Mike McCarthy has reached his childhood dream of becoming an NFL coach is now getting ready for the ultimate prize. I wish him luck, but not too much. I still will be rooting for the Steelers and my prediction of the outcome: 24-23 Steelers of course!

Paul Armbruster