



TRIO PITTSBURGH CHAPTER NEWSLETTER



March 2011

Happy St. Patrick's Day! and Good Luck with your March Madness Team

I am beginning this newsletter with a little story:

When I was a boy, I used to sit on my grandfather's knee and we would talk. One day I asked my grandfather, "Pap, how long were you and grandma married? He said, "Oh, we were married a long time, over 50 years." Being a curious child, I then I asked my grandfather, "Pap, was it hard being married that long?" My grandfather chuckled and replied, "No Paul, it was easy. You see, on our 25th Anniversary I took your grandmother to Ireland. Then on our 50th Anniversary, I went back and got her!" There might be a little a little blarney in that story. Just a wee bit.

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.

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 currently have 57 TRIO Pittsburgh Members including 18 National Family Members and 8 National Individual Members.

WELCOME NEW MEMBERS

We have five new TRIO members since the last newsletter in February:

Harold Julian who received a bilateral lung transplant on September 28, 2010.

Karis Joy Kornfield who joined at the last support group meeting. Karis had a multivisceral transplant (stomach, liver, pancreas, duodenum and small bowel) on January 11, 12, 2006.

Julie McCommon who had a heart transplant on November 11, 2006.

Rich Morgan who received a kidney transplant in November of 1999.

Philip Rostek who had a heart transplant on June 25, 2008.

HAPPY MARCH ANNIVERSARIES

Jane Barrett: Kidney - 3/2/1988

John and Kathy Staniszewski: John received part of his mother's (Kathy) liver - 3/12/07

Anthony Pugliese: Heart - 3/26/09

Steve Wicks: Heart - 3/18/10

TO CONTACT TRIO-PITTSBURGH CHAPTER:

Website: 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, March 20 at 1:30 P.M. The meeting will be held at Allegheny General Hospital, Snyder Auditorium.

The speaker will be Marcia Irwin, a registered dietician. Marcia will be talking about proper eating habits for the transplant recipient. You will receive free parking when parking in the James Street Garage.

WESTERN PA KIDNEY SUPPORT GROUPS MEETINGS IN MARCH

Sunday, March 27 – Westmoreland, King's Restaurant, Youngwood, 2:00-4:00 PM

Contact: Jack Silverstein silverjacki@yahoo.com 412-427-2969

For more information about kidney disease and support groups visit 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

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

CIRROHOSIS ONLINE SUPPORT GROUP

New and free online cirrhosis support group at www.mdjunction.com/cirrhosis

For more information go to: AMERICAN LIVER FOUNDATION - WESTERN PENNSYLVANIA CHAPTER

at www.liverfoundation.org/chapters/westernpa/

16th ANNUAL CELEBRATION OF LIFE DINNER

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 Wiggan. This year's honorees are Family House, Ronald McDonald House and VA Housing.

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 or contact Erin Tuladzieck at 412-261- 4115 (ext 17) or at erin.tuladzieck@kidney.org

Saturday, April 9, 7:05 P.M. Organ Donor Awareness Night at the Pirates vs. Colorado Rockies Game at PNC Park. Hosted by the National Kidney Foundation Allegheny Chapter, to spotlight organ donor and transplant awareness. Go out to the ballgame and support the NKF US Transplant Games and Team Pittsburgh. Zambelli Fireworks will take place after the game.

Outfield Box: \$20 / \$5 donated. Left or Right Grandstand: \$12 / \$2 donated.

Contact Chaz Kelleem at 412-325-4731 or at chaz.kelleem@pirates.com

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

Saturday, June 4: Izzie's Dash for Organ Donation Awareness at North Boundry Park in Cranberry Twp. Registration for the walk and other information can be viewed online at www.izziessgifts.org

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 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)

In closing:

*May the leprechauns be near you,
As you walk along your way.
And may all the Irish angels
Smile upon you this St. Patrick's Day.*

