

TRIO PITTSBURGH CHAPTER NEWS – JANUARY / FEBRUARY 2010

TRIO PITTSBURGH CHAPTER – www.trio-pittsburgh.org

- ❖ Office - Falk Building, Room 601, 200 Lothrop Street, Pittsburgh, PA 15213, 412-647-7461 or 1-877-647-3439.
- ❖ TRIO 2010 Officers: Richard Koper - President; Mary Alice King - Vice President; Rudy Molnar - Treasurer; Donna Wolfson - Recording Secretary, Paul Armbruster - Corresponding Secretary, and Kathy Jacobs - Past President.
- ❖ TRIO 2010 Board Members: Richard Koper, Mary Alice King, Rudy Molnar, Donna Wolfson, Kathy Jacobs, Paul Armbruster, Michele Barnes, Anna DiPilato, Shannon Flynn, Carol Foglia, Janice Glidewell, Lisa Hoff, Tracie Sabatine, JoAnne Schwarz, Georgene Thomas, Robb Wilson, and Colleen Yost.
- ❖ TRIO 2010 Honorary Board Members: Dr. Kareem Abu-Elmagd, Dr. Barbara Carpenter, 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.
- ❖ TRIO Support Group Meetings for 2010: 1/17/10, 2/21/10, 3/21/10, 4/18/10, 5/16/10, 6/13/10, 7/18/10, 9/19/10, 10/17/10, 11/21/10. There will be no Support Group Meeting in August (Annual Picnic) or December (Holiday Party).
- ❖ Free parking is available for support group meetings held at Allegheny General Hospital (James Street Garage) & UPMC Montefiore (Montefiore Parking Garage). Bring ticket with you for validation.
- ❖ As of 1/30/10, TRIO Pittsburgh Chapter has 24 Family and 15 Individual Membership Applications.
- ❖ If interested in purchasing a "Be an Organ Donor" magnet for \$5.00, please see Rudy Molnar.
- ❖ TRIO website has a calendar listing of meetings & events. Go to www.trio-pittsburgh.org and click on Calendar.
- ❖ TRIO Members without email addresses call the TRIO Office (1-877-647-3439) about Support Group Meetings.
- ❖ Please note that as of 1/1/2010, Paul Armbruster is the new Corresponding Secretary. Should you have any questions relating to TRIO, please email him at paul_armbruster@yahoo.com

HAPPY BELATED JANUARY ANNIVERSARIES

- ❖ Carole Caleodis – Liver - 1/27/2005; Helen Dick – Kidney – 1/2/1992; Yvette Friday – Liver – 1/17/2001; Ricki Goepfert – Liver – 1/15/1995; Warren Hulnick – Liver – 1/4/1987; Joan Such Lockhart – Kidney – 1/8/2009; Jo Anne Schwarz – Kidney – 1/28/2001; Donald Sweiger – Heart – 1/14/1985

HAPPY FEBRUARY ANNIVERSARIES

- ❖ Jim Beggs – Liver – 2/1/1990; Stephanie Berardi – Liver – 1986; Alex Boyer – Liver- 2/11/1994; Patty Dippold – Heart – 2/16/2008; Mary Alice King – Liver – 2/17/2003; Rudy Molnar – Heart – 2/25/2005; Jean Peterson – Liver – 2/7/1992; Herbert Wolstoncroft, Jr. – Kidney – 2/17/2005

TRIO INTERNATIONAL – www.trioweb.org

- ❖ As of 1-30-10 we have 15 Family and 5 Individual TRIO International Memberships.
- ❖ Please visit TRIO International's new website which has been updated @ www.trioweb.org.
- ❖ TRIO Lifelines is now available on-line.

OUR DEEPEST SYMPATHY

- ❖ TRIO extends its deepest sympathy to the family of Stephanie Page. Stephanie had a kidney and islet transplant in 1990 and then a kidney and pancreas transplant in 1996. She passed away on 1/23/2010. Stephanie was a very active volunteer with the National Kidney Foundation, the American Diabetes Association and TRIO. She led the Western PA Kidney Support Group. She will be dearly missed by many. Stephanie's mother, Mary Polink, passed away just days before Stephanie. Please keep them and their family in your prayers.

CONGRATULATIONS TO TRIO – PITTSBURGH CHAPTER

- ❖ The American Liver Foundation Allegheny Division is honoring TRIO – Pittsburgh Chapter at their Fifth Annual Tribute to Excellence Event. The luncheon will be held on February 26 at the Duquesne Club. Way to go TRIO!

CELEBRATION OF LIFE DINNER

- ❖ This year's Celebration of Life Dinner (COLD) will be on Monday April 19th at a new location than previous years. It will take place at the University Club next to the Soldiers & Sailors Memorial Hall in Oakland. More information of this great night will be coming.

TRIO Monthly Support Group for February

- ❖ Will be held on Sunday, February 21, 2010 at UPMC Montefiore-LHAS Auditorium. It will begin at 1:30 pm. The guest speaker will be Laura E. Matarese, PhD, RD, LDN, FADA, CNSD. Laura is the Director of Nutrition at the Intestinal Rehabilitation and Transplantation Center at the Thomas E. Starzl Transplantation Institute. The topic will be "Nutrition, Transplantation & You".

LOCAL SUPPORT GROUPS for LIVER DISEASE SUPPORT

- ❖ 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 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
- ❖ PITTSBURGH AREA SUPPORT GROUP
Meets on the 3rd Sunday of each month at St. Catherine of Sweden Church
2554 Wildwood Rd. Allison Park, PA 15101
For more information contact Adele Breen at 412-992-1633 or at Adele711@msn.com
- ❖ 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 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/

WESTERN PA KIDNEY SUPPORT GROUPS – www.wpakidneysupport.org

- ❖ PITTSBURGH WEST
Meeting on Sunday, Feb 14th at King's Restaurant Imperial, PA from 2:30 to 4:30
For more information contact Rich Koper at 412-535-1218 or at barbsingsgospel@gmail.com
- ❖ NORTHWESTERN (PEDIATRIC)
Meeting on Wednesday Feb 17th at Panera Bread, Hermitage, PA from 7:00 PM to 9:00 PM
For more information contact Lori Bible @ 724-981-0368 or at sbible6@msn.com
- ❖ PITTSBURGH EAST SUPPORT GROUP
Meeting on Sunday, Feb 28th at Panera Bread, Wilkins, Twp. from 1:00 PM to 3 PM
For more information contact Robb Wilson @ 412-823-5630 or at robbw81@yahoo.com

TEAM PITTSBURGH – www.teampittsburgh.org

- ❖ U.S. Transplant Games in Madison, Wisconsin - July 30th through August 4, 2010!!!
- ❖ Team Pittsburgh is starting off the fundraising for 2010. If you can donate 4 to 5 hours on either Thursday (UPMC Presbyterian) or Friday (UPMC Montefiore) to help with this fundraising event, please call Georgene Thomas @ 412-481-5473.
- ❖ Bowling practice has begun in preparation for the 2010 games. If interested in becoming a member of the team, please email Robb Wilson @ robbw81@yahoo.com
- ❖ TRIO will provide financial aid to any TRIO/Team Pittsburgh member who is financially unable to pay the early bird registration fee for the 2010 Transplant Games. You must be a 2009 & 2010 TRIO member to qualify. Since this is an upfront fee, and is somewhere around \$100, this can help those who wouldn't otherwise have the funds to pay this fee. This is for early registration fee only. Anyone who is interested, should contact TRIO President, Rich Koper @ 412-535-1218 or email barbsingsgospel@gmail.com

UPMC E-CARDS

- ❖ Go to: <http://ecards.upmc.com> . Choose a category - Select a design - Get Well, New Baby, Birthday & Holidays. Fill in the blanks and send it electronically. This includes the UPMC facilities - Bedford, Horizon, Montefiore, Passavant, Presbyterian, Shadyside, and St. Margaret.

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 3 easy steps. Once activated, this card may be used to instantly save up to \$100 on each of your next 12 prescriptions for a total savings of up to \$1,200. 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.