

TRIO PITTSBURGH CHAPTER NEWS – MARCH 2010



HAPPY ST. PATRICK'S DAY TO ALL TRIO MEMBERS



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. 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 2/26/10, TRIO Pittsburgh Chapter has 20 Individual Members and 29 Family Members.
- ❖ If interested in purchasing a "Be an Organ Donor" magnet for \$5.00, please contact 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 Note: "underscore line" between first and last name.

WELCOME NEW 2010 TRIO MEMBERS:

- ❖ David Cole (Heart Candidate), Maria Costello (Multivisceral Recipient 8-23-2005), Shawn Dugan (Heart Recipient 10-5-2009), Gavita Durham (Liver Recipient 1-26-2009), Diana Headlee-Bell (Kidney Recipient in 1978 & 1981. Waiting for her 3rd Kidney) and Michelle Wuyak (Heart Recipient 1999).

HAPPY MARCH ANNIVERSARIES

- ❖ Jane Barrett (Kidney Recipient 3-2-1988) and Rich Schweiger (Single Lung Recipient 3-3-2002)

TRIO INTERNATIONAL – www.trioweb.org

- ❖ As of 2-26-10 we have 6 Individual TRIO International Members and 17 Family TRIO International Members.
- ❖ Please visit TRIO International's new website which has been updated @ www.trioweb.org.
- ❖ TRIO Lifelines is now available on-line.

CONGRATULATIONS TO TRIO – PITTSBURGH CHAPTER

- ❖ The American Liver Foundation Allegheny Division honored TRIO – Pittsburgh Chapter at their Fourth Annual Tribute to Excellence Event. The luncheon was held on February 26 at the Duquesne Club. On behalf of TRIO-Pittsburgh, Vice President, Mary Alice King accepted a beautiful curved etched glass plaque. The plaque will be at our next Support Group Meeting for all to see. Way to go TRIO! You can see a picture of the honorees including our very own TRIO-Pittsburgh Chapter V.P. Mary Alice King in Tuesday's edition of the Pittsburgh Post Gazette "Seen" section or online at www.post-gazette.com/seen/

TRIO Monthly Support Group for March

- ❖ Will be held on Sunday, March 21, 2010 at Allegheny General Hospital's Synder Auditorium, 1st Floor, South Tower. It will begin at 1:30 pm. The guest speaker will be Michael Leyritz from XDx. The topic will be Allomap monitoring / post heart transplant. Allomap monitoring is clinically used to check for rejection.

CELEBRATION OF LIFE DINNER

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

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 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
- ❖ **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 email 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 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/

WESTERN PA KIDNEY SUPPORT GROUPS – www.wpakidneysupport.org

- ❖ **PITTSBURGH WEST**
Meets at King's Restaurant in Imperial, PA from 2:30 to 4:30 on Sundays once a month.
For more information contact Rich Koper at 412-535-1218 or email at barbsingsgospel@gmail.com
- ❖ **NORTHWESTERN (PEDIATRIC)**
Meets at Panera Bread, Hermitage, PA from 7:00 PM to 9:00 PM on Wednesdays once a month.
For more information contact Lori Bible @ 724-981-0368 or email at sbible6@msn.com
- ❖ **PITTSBURGH EAST SUPPORT GROUP**

Meets at Panera Bread, Wilkins, Twp. from 1:00 PM to 3 PM on Sundays once a month.
For more information contact Robb Wilson @ 412-823-5630 or email 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 at robbw81@yahoo.com
- ❖ Early Registration ends on Friday, March 19th. TRIO – Pittsburgh Chapter will refund the early registration fee to TRIO/Team Pittsburgh members who request financial assistance. This is for the early registration fee only. You must be a 2009 & 2010 TRIO member to qualify. A written request and a copy of your registration form should be sent to Rudy Molnar, TRIO-Pittsburgh Chapter Treasurer, 2 Revere Rd., Natrona Heights PA 15065.

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 \$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.

- ❖ In closing I give this Irish Blessing to all my fellow TRIO members:

*May the leprechauns be near you
To spread luck along your way,
And may all the Irish angels*



Smile upon you on Saint Patrick's Day!

Paul MacArmbuster