



## TRIO-PITTSBURGH CHAPTER NEWSLETTER



**JULY 2010**

Hello TRIO-Pittsburgh members. I hope this July newsletter finds all of you in good health and spirit. And just think back to February if you are tired of the hot, humid weather we have been experiencing.

I trust everyone had a great July 4<sup>th</sup> holiday and that you are enjoying your summer. We should have a column on “What I Did During my Summer Vacation.”

This month’s meeting will be held on July 18 from 1:30 – 3:30 at Allegheny General Hospital’s Snyder Auditorium. The speaker will be Brenda Black from the Department of Dermatology at AGH. Her topic will be “Fun in the Sun: Practical tips for the Transplant Patient.”

### **2010 TRIO-PITTSBURGH CHAPTER MEMBERSHIP**

Currently we have 85 TRIO-Pittsburgh Chapter Members, including 13 new members, 22 International Family members and 11 International Individual members.

### **WELCOME NEW 2010 TRIO-PITTSBURGH CHAPTER MEMBERS**

Tom Meshanko, heart recipient on 6-13-09 and Cana Carter, who received a double lung transplant on 1-29-06. (And here is a real “small world” coincidence: TRIO member Tom Wilson, heart and kidney recipient, was Cana’s math teacher!)

### **2010 TRIO-PITTSBURGH CHAPTER BOARD MEMBERS**

Mary Alice King (President), Patty Dippold (Vice President), Rudy Molnar (Treasurer), Paul Armbruster (Corresponding Secretary), Chris Armbruster, Anna DiPilato, Shannon Flynn, Kathy Jacobs, Carol Foglia, Janice Glidewell, Lisa Hoff, Tracie Sabatine, Jo Anne Schwarz, Georgene Thomas, Robb Wilson and Colleen Yost.

### **2010 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.

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

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

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

The office mailing address is:

TRIO-Pittsburgh Chapter  
Falk Building Room 601  
3601 Fifth Avenue  
Pittsburgh, PA 15213

TRIO Members without email addresses can call the TRIO Office at 412-647-7461 or 1-877-647-3439.

## **HAPPY JULY TRANSPLANT ANNIVERSARIES**

Domenic DiPilato: Kidney, 7/29/06; Ellen Kerber: Liver, 7/26/09; Rich Koper: Kidney / Pancreas, 7/29/01; Ted Mains: Kidney / Pancreas, 7/9/99; William McGear: Heart, 7/1/05; Wayne Meyers: Heart, 7/1/04; Josephine Owens: Right Lung, 7/24/03; Barb Talackine: Liver, 7/19/01; Kari Wisniewski: Kidney, 7/25/87 (awaiting another kidney)

## **WESTERN PA KIDNEY SUPPORT GROUPS MEETINGS in JULY**

Sunday, July 11 – Pittsburgh West, King’s Restaurant, Imperial, 2:30-4:30 PM.  
Contact: Rich Koper 724-222-2582

Wednesday, July 21 - Northwestern (Pediatric), Panera Bread, Hermitage, 7:00-9:00 PM.  
Contact: Lori Bible [sbible6@msn.com](mailto:sbible6@msn.com) 724-981-0368

Sunday, July 25 – Westmoreland, King’s Restaurant, South Greensburg (near Youngwood) on Rte 119 South, 2:00-4:00 PM  
Contact: Jack Silverstein [silverjacki@yahoo.com](mailto:silverjacki@yahoo.com) 412-427-2969

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

The Western PA Kidney Support Groups is pleased to announce that it has received its Articles of Incorporation from Pennsylvania and has submitted its application to the IRS for a favorable determination as a 501(3)(c) non-profit organization.

## **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

**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](mailto: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](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/)

**TEAM PITTSBURGH – [www.teampittsburgh.org](http://www.teampittsburgh.org)**

U.S. Transplant Games in Madison, Wisconsin - July 30th through August 4, 2010!!! Less than two weeks to go!!! This year approximately 80 athletes, donor families, donors and supporters will be attending. Team Pittsburgh continues to fundraise all year round, even in “off” years, selling Sarris Candies, shirts, hats, cookbooks, car magnet ribbons, and other goodies. 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 at 412-481-5473.

**UPCOMING ACTIVITIES:**

TRIO’s annual picnic will be on Saturday, August 28, at Cecil Park. Mitch's Barbecue will cater it. More information will be forthcoming.

**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 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](http://www.transplantmedsavings.com) or call 1-866-790-7659.

**In closing:**

In June, my wife, Chris, and I travelled to Denver, Colorado to celebrate our nephew’s high school graduation. We pitched in with my four sisters and two brothers and rented a house in the mountains of a small town called Silverthorn. The house was located on a private road winding up a mountain. At the bottom of the road was a horse ranch. Every day we would see horses as well as a herd of elk, which liked to graze on the slopes. There was no extra charge for the elk. It was beautiful! One morning we woke up to an inch of snow and this was in June. By 10:00 A.M. the snow was melted away. On the morning before the celebration I woke up feeling inspired and wrote a poem to my nephew, Josh. I had taken a beautiful picture of the road that our house sat on and was able to place the poem over the picture. I addressed it to Josh and signed it Uncle Paul. I later renamed it and signed it. Now, I do not write poems, as you will clearly see, but I thought that you might like to read this. Please open the Word Document, “The Road That Lies Ahead”.