



**Transplant Recipient International Organization  
Pittsburgh Chapter  
March 2012 Newsletter**

**A belated “Happy St. Patrick’s Day” to ye all and a “Happy Spring” too!**

I never saw so many people attend the St. Patrick’s Day Parade like there was this year. I think the unseasonably warm weather got many people to come out and celebrate. It also has made the flowers come out a bit earlier as well. So, please get out, enjoy the sunshine and SMILE! You know, smiling can be contagious. When you smile, others will smile with you. Try it.

**AMERICAN LIVER FOUNDATION 6<sup>TH</sup> ANNUAL TRIBUTE TO EXCELLENCE**

On March 2, 2012, the Allegheny Division of the American Liver Foundation held their 6<sup>th</sup> Annual Tribute to Excellence luncheon at the beautiful Fairmont Hotel in downtown, Pittsburgh. The humorous KDKA radio broadcaster, Larry Richert, held the duties of Master of Ceremonies and the Honorary Chair was Pittsburgh Steeler and Pittsburgh native, Ryan Mundy. The Honorees for this year were Medical Examiner, Dr. Karl Williams and the owner and executive chef of Donoto’s in Fox Chapel, Donoto Coluccio. Mr. Coluccio was the first Culinary Chair for the ALF’s fundraiser, Flavors of Pittsburgh. Other 2012 Honorees included Dr. Mazariegos who specializes in the treatment of pediatric patients with liver disease at Children’s Hospital of Pittsburgh of UPMC and Dr. Paul Lebovitz, who is a founding member of the ALF Allegheny Division as a Board of Director and member of the Advisory Committee. Also honored this year was Richard Zelechowski, Chairperson of the PBCers Support Group. A “Fund-A-Grant” recognition was awarded to a fellow TRIO member, Robert (Bo) Garritano, who is also on the Board of Directors of the ALF Allegheny Division. Congratulations Bo! Barb Hepner took photographs of the event. Thank you, Barb, for giving us permission to use the pictures below. Those mentioned below are TRIO members in attendance at the luncheon.



TRIO Pittsburgh President, Mary Alice King, volunteering at the registration table



Joyce Garritano, Donna Wolfson & Bo Garritano



Pat & Alex Boyer, TRIO Pittsburgh Past President



Mary Alice King, Carole Foglia,  
Paul Armbruster & Nancy Underwood



Donna Wolfson & Rich Wegrzyn



Nancy Underwood & Anna DiPilato



Ryan Mundy & Barb Hepner



Shannon Flynn (2<sup>nd</sup> from right) served on the Tribute to Excellence Committee



Tracie Sabatine (on right) is the Board Vice Chair of the ALF Allegheny Division

### **Transplant Recipients International Organization CELEBRATION OF LIFE DINNER**

The 17<sup>th</sup> Annual Celebration of Life Dinner and the 25<sup>th</sup> Anniversary of TRIO is on April 18, 2012. In this special year for TRIO, we are honoring Dr. Thomas E. Starzl and the late Brian Reames, TRIO's first President. Sally Wiggan of WTAE returns to be the Master of Ceremonies. The dinner will be held at The University Club, 123 University Place in Oakland. Doors open at 6:00 P.M. with a cash bar and basket raffle. Winners for the raffle will be drawn after dinner. The dinner begins at 7:00 P.M. Dinner choices are the following: Pecan Crusted Orange Roughy (w/Mandarin orange & butter sauce) / Chicken Breast Asiago (w/herbs) / Vegetable Napoleon (w/grilled veggies & topped w/roasted red pepper & Asiago Cheese). Tickets to the event are \$25.00 and should be made out to TRIO Pittsburgh. Checks should be mailed to Rich Wegrzyn, TRIO Treasurer / 217 Shasta Drive / Pittsburgh, PA 15239. Deadline to make reservations for the dinner is April 6. All proceeds support the TRIO Mission as a non-profit International Organization committed to improving the quality of lives touched by the miracle of transplantation through support, advocacy, education and awareness. If you received an invitation in the mail, you can use the return form that you received. The Dinner Guest Return Form attached with this email can be completed and mailed to Rich if you did not receive a return form. If you would like an "In Honor of..." or an "In Memoriam..." listed in the program, please complete the attached "In Honor of... / In Memoriam..." Form and mail it to Rich Wegrzyn.

### **WORLD KIDNEY DAY 2012 - Review by Lora Wilson**

If knowledge is power, then the 70 patients, caregivers, healthcare professionals and nursing students at the recent World Kidney Day Patient Forum received a healthy dose of strength to battle chronic kidney disease. Jefferson Regional Medical Center (JRMC) recently hosted the half-day seminar in cooperation with Western PA Kidney Support Groups and DaVita Dialysis.

Since 2006, the World Kidney Day campaign has focused on increasing awareness, encouraging screening and prevention, and educating those at risk for chronic kidney disease. To illustrate the 2012 international theme, "Donate - Kidneys for Life – Receive," Allegheny General Transplant surgeon, Ngoc L. Thai, M.D., Ph.D. shared an intriguing video from a recent living donor kidney transplant. CORE's Colleen Sullivan reiterated this message with her powerful presentation on the facts and myths associated with donation. The program also featured nephrologists Rajni Wallia, M.D. of South Hills Nephrology who addressed concerns of patients in the pre-dialysis stage, and Antonia M. Mendoza, M.D. of Partners in Nephrology & Endocrinology (PINE) who offered advice on dialysis.

Break out sessions focused on Medicare with Bill McKendree, J.D. of Allegheny APPRISE, relaxation techniques with yoga instructor Linda Frost of JRMC's Dean Ornish Program, and Renal Nutrition with clinical dietician Colleen Ignatz of JRMC. Kidney recipient Manu Varma, a student at Lake Erie College of Medicine, gave participants a glimpse of the future in his presentation on research developments.

Additional sponsors and exhibitors included Allegheny General Hospital, Fresenius Medical Care (FMC) the National Kidney Foundation (NKF), the Renal Support Network (RSN), the SHORE Foundation, the Renal Network (TRN), Transplant Recipients International Organization (TRIO) and the UPMC Thomas E. Starzl Transplantation Institute.

Western PA Kidney Support Groups helps kidney patients and transplant recipients to improve their health by learning more about kidney disease. They offer regular small group meetings where patients and caregivers share their stories and offer support to one another in five locations in western Pennsylvania including South Hills, Pittsburgh East, Pittsburgh West, Westmoreland and Cranberry. For more information on upcoming programs or photos and links to sponsors of World Kidney Day 2012, visit [www.wpakidney.org](http://www.wpakidney.org).

### **CURRENT 2012 TRIO-PITTSBURGH CHAPTER BOARD MEMBERS**

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

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

Dr. Kareem Abu-Elmagd, Dr. Thomas Cacciarelli, Dr. Barbara Carpenter, 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. Henkie Tan, Dr. Ngoc Thai, Dr. Kusum Tom and Dr. Steven Webber.

### **MEMBERSHIP**

As of March 23, 2012, we have 58 chapter members.

### **WELCOME NEW MEMBERS**

Patricia Harris: a Health Care Professional

Nancy Pepke: a Health Care Professional

### **HAPPY MARCH ANNIVERSARIES**

Jane Barrett: Kidney recipient on 3-2-88 (That is 24 years!!! Congratulations Jane)

Jeffrey Gill: Heart recipient on 3-3-10

Bonnie Richards: Partial liver recipient from her son, Greg Takacs, on 3-25-10

John Staniszewski: Partial liver recipient from his mother, Kathy, on 3-12-07

Steve Wicks: Heart recipient on 3-18-10

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

Phone: 412-647-7461 or 1-877-647-3439

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

For more information about TRIO Pittsburgh, visit the website at [www.trio-pittsburgh.org](http://www.trio-pittsburgh.org)

### **Passing of a Loved One**

It is with great sadness to inform you that earlier this month, the sister of Kim Krebs, Pamela Caryl Wigren, has passed away. Kim is the former Secretary of the Pittsburgh Chapter of TRIO. Pam's obituary can be found at [www.hilefh.com](http://www.hilefh.com) under online condolences "Pamela Caryl Wigren". Our thoughts and prayers go out to Kim and her family.

### **UPCOMING TRIO SUPPORT GROUP MEETINGS**

TRIO Support Group Meetings are held on the third Sunday of the month, except in the months of August, due to our picnic, and in the month of December, due to our Holiday Party. The meetings begin at 1:30 PM and alternate between Allegheny General Hospital, Snyder Auditorium and UPMC Montefiore Hospital LHAS Auditorium. Flyers are normally sent out before the meetings as well as being posted on the TRIO website.

Upcoming support group meetings will take place on:

Sunday, April 15 at AGH

Sunday, May 20 at UPMC

Sunday, June 17 at AGH

Sunday, July 15 at UPMC

Sunday, September 16 at AGH

Sunday, October 21 at UPMC

Sunday, November 18 at AGH

## WESTERN PA KIDNEY SUPPORT GROUPS MEETINGS FOR APRIL

Sat. 4/14 10:00 AM SOUTH HILLS

Meets at Jefferson Regional Medical Center (James Bibro Pavilion), Jefferson Hills  
Contact Diana Bell 724-292-9318 or [dkbell1981@yahoo.com](mailto:dkbell1981@yahoo.com)

Sun. 4/15 2:00 PM CRANBERRY SUPPORT GROUP MEETING

Meets at Panera Bread, 20111 Route 19, Cranberry Twp, PA  
Contact Nikki McKenna 412-216-0144 or [mckennanr@gmail.com](mailto:mckennanr@gmail.com)

Sun. 4/15 2:30 PM PITTSBURGH WEST SUPPORT GROUP MEETING

Meets at King's Restaurant, 500 Market Place Drive, Oakdale, PA 15071  
Contact Mike Currin: 724-796-1603

Sun. 4/22 1:00 PM WESTMORELAND SUPPORT GROUP MEETING

Meets at King's Restaurant, Route 119, Youngwood, PA  
Contact Jack Silverstein: 412-427-2969 or [silverjacki@yahoo.com](mailto:silverjacki@yahoo.com)

Pediatric Contact: Lori Bible 724-981-0368 or [sbible6@msn.com](mailto:sbible6@msn.com)

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 [antoniaredigan@hotmail.com](mailto:antoniaredigan@hotmail.com)

#### CIRROHOSIS ONLINE SUPPORT GROUP

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/)

#### **In closing:**

*May love and laughter light your days,  
and warm your heart and home.  
May good and faithful friends be yours,  
wherever you may roam.  
May peace and plenty bless your world  
with joy that long endures.  
May all life's passing seasons  
bring the best to you and yours.  
- Irish Blessing*

Respectfully submitted by Paul Armbruster, TRIO Pittsburgh Secretary