

TRIO PITTSBURGH CHAPTER NEWSLETTER



SEPTEMBER & OCTOBER, 2010



Hello TRIO-Pittsburgh members: Happy Oktoberfest and Happy Halloween too! I mean Boo!

It seems like only last week that we held our annual TRIO picnic at Cecil Township Municipal Park, but it was actually back on August 28 when we indulged in friendship, food, games and glorious weather. Over 60 people, including TRIO members, family and friends attended the picnic. Many pictures were taken by Colleen Yost and can be viewed at the TRIO website at www.trio-pittsburgh.org (Will be on the website on Saturday, October 16)

However, I am showing one picture, which stands out above all the others, the infamous sundae bar:



Now, we must look to the future

UPCOMING ELECTIONS FOR PRESIDENT and SECRETARY

The TRIO Pittsburgh Chapter Board offices of President and Secretary are up for election. The voting for these offices will take place at the Annual Meeting, which will be held in conjunction with the TRIO Pittsburgh Chapter Support Group Meeting on Sunday, November 21, at UPMC Montefiore, LHAS Auditorium. The meeting will begin at 1:30 P.M.

Anyone interested in running for President or Secretary can nominate him or herself, or can be nominated by a fellow TRIO member. **Nominations must be postmarked no later than 12:00 A.M. October 25, 2010 in order to be valid.**

Nominations can be emailed to TRIO Pittsburgh Chapter Past President, Kathy Jacobs, at jacobskr@upmc.edu or mailed via USPS to Kathy at:

Kathy Jacobs
2 Revere Road
Natrona Heights, PA 15065

Current President, Mary Alice King, and current Secretary, Paul Armbruster, are running for their respective offices. They are not running for “re-election” since Mary Alice moved up to the Presidency from her Vice-President position when Rich Koper resigned as President; and Paul was appointed Secretary when Kim Krebs resigned as Secretary on 12-31-09.

All TRIO Pittsburgh Chapter members are entitled to one vote. Family membership members are entitled to two vote’s maximum/family.

A ballot will be mailed to all TRIO members at the end of the nomination period. Completed ballots can be mailed to Past President, Kathy Jacobs at the above address. A vote will be taken at the Annual Meeting for any TRIO member who has not voted yet. The “mailed-in” votes and the votes taken at the Annual Meeting will then be tabulated and the winner announced. This process insures that all TRIO members will have a chance to cast their vote.

2010 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, Tracie Sabatine, Jo Anne Schwarz, Georgene Thomas, Robb Wilson and Colleen Yost.

Lisa Hoff and Janice Glidewell have resigned from the board due to personal reasons. We wish them well.

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.

2010 TRIO PITTSBURGH CHAPTER MEMBERSHIP

Currently TRIO-Pittsburgh Chapter membership is at 89 with 12 International Individual members and 23 International Family members.

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." **Please note new official address of our Falk Building office:** the official address is TRIO-Pittsburgh, 3601 Fifth Avenue, Room 601, Pittsburgh, PA 15213; 412-647-7461 or 1-877-647-3439.

TRIO Members without email addresses can call the TRIO Office (1-877-647-3439) about Support Group Meetings.

HAPPY SEPTEMBER AND OCTOBER TRANSPLANT ANNIVERSARIES TO:

Donna Bias	Liver - 9/11/1994
Bill Connelly	Heart 9/5/08
Norman Dinardo	Heart - 9/1995
Debra Ann Schmeider	Kidney - 9/27/2005
Jack Silverstein	Pancreas/Kidney/Bone Marrow - 9/1-2/2002
Paul Armbruster	Liver - 10/5/2002
Darla Chiodo	Double Lung - 10/13/2007
Shawn Dugan	Heart - 10/5/09
Robert Garritano	Liver - 10/9/2007
Jeffrey George	Liver - 10/20/1990
Mary Gonzalez	Liver - 10/26/2000
Diana Headlee-Bell	Kidney - 10/18/78
Paul Jewell	Heart - 10/6/1993
John Polczynski	Heart - 10/23/2006
Pamela Shaffer	Kidney - 10/22/2005
Georgene Thomas	Kidney - 10-21-2005
Richard Wegrzyn	Heart - 10/23/2005

WESTERN PA KIDNEY SUPPORT GROUPS MEETINGS IN OCTOBER

Sunday, October 10 – Pittsburgh West, King’s Restaurant, Imperial, 2:30-4:30 PM.
Contact: Rich Koper; contact Mike Curren 724-796-1603

Wednesday, October 20 - Northwestern (Pediatric), Panera Bread, Hermitage, 7:00-9:00 PM.
Contact: Lori Bible sbible6@msn.com 724-981-0368

Sunday, October 24 – Pittsburgh East, Panera Bread, Wilkins Township (Penn Center)
Contact: Robb Wilson robbw81@yahoo.com 412-823-5630

For more information about kidney disease and support groups visit www.wpakidneysupport.org

The Western PA Kidney Support Groups is holding its first seminar on “What You Don’t Know About Kidney Disease May Save Your Life.” Speakers will be Michelle Christianson from CORE; Greg Tomko, Living Donor; and Bob Schrall, dialysis patient. Renal friendly refreshments will be served. Please RSVP to Jack Silverstein, 412-427-2969.

**OCTOBER IS LIVER AWARENESS MONTH
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

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/

UPCOMING EVENTS and ACTIVITIES:

Sunday, October 17

TRIO Pittsburgh Chapter Support Group Meeting at Allegheny General Hospital
Meeting starts at **1:00** in Synder Auditorium
Guest Speaker will be Shelly Shadrick, PA-C. Shelly will be speaking about the effects of stress and stress management.

Sunday, November 7

9th Annual National Kidney Foundation 2010 Kidney Walk, 9 am - noon at Pittsburgh Zoo and PPG Aquarium, Pittsburgh, PA.

The National Kidney Foundation 2010 Kidney Walk is an annual event held at the Pittsburgh Zoo & PPG Aquarium. 78 cents of every dollar raised goes directly to fighting kidney disease. Registration begins at 7:30 am and the walk starts at 9:00 am. All walkers must be in Zoo Gates by 9:00AM to qualify for free admission to the Zoo.

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 or call 1-866-790-7659.

ITNS offers 2 NEW Patient Education 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 \(www.itns.org\)](http://www.itns.org)

In closing:

The Secret of Happiness

Be satisfied.

Be grateful.

For what you have.

For the love you receive.

And for what God has given you.

Rabbi Albert Lewis

From "have a little faith" by Mitch Album