

# Western PA Kidney Support Groups

You don't have to face kidney disease alone!

[www.wpakidneysupport.org](http://www.wpakidneysupport.org)

We're expanding in a new direction! The Western PA Kidney Support Groups are headed to the South Hills.

We're thrilled to be launching this new group with help from Jefferson Regional Medical Center and DaVita Dialysis.

The inaugural meeting will be held on **Saturday, May 7<sup>th</sup> from 9:30AM to noon** on the campus of **Jefferson Regional Medical Center** in the **Jefferson Room** of the **James Bibro Pavilion**. There is ample, free parking and light refreshments will be served.

The program will feature short talks by various speakers followed by open support discussion.

Speakers include:

- **Antonia Mendoza, M.D.** a member of **PINE (Partners in Nephrology and Endocrinology)** who will speak on dialysis options and transplants;
- **Linda Dindak** from **DaVita Dialysis** with information on the Pennsylvania Chronic Renal Disease Program and insurance issues for renal patients. Linda will also offer a demonstration of the NxStage home hemodialysis system.
- **Diana Bell** from the **Renal Support Network** will share information on their national support program;
- **Jack Silverstein** from the **Western PA Kidney Support Groups** will speak on local support for renal patients and their caregivers.

Please join us for this very special meeting!



## WHO:

The Western PA Kidney Support Groups along with Jefferson Regional Medical Center, DaVita Dialysis, Renal Support Network and Partners in Nephrology and Endocrinology

## WHAT:

1<sup>st</sup> meeting of South Hills Support Group

## WHEN:

**Saturday, May 7<sup>th</sup> from 9:30AM to noon**

## WHERE:

Jefferson Room – James Bibro Pavilion at Jefferson Regional Medical Center, Coal Valley Road, Jefferson Hills, PA

facebook

*Did you know that we're now on facebook? Search for western pa kidney to find us and click to LIKE our page!*

## Who We Are What We Do



*Great turnout at the February Wilkins meeting!*



*Learn from our experiences—you are not alone!*

**Are you getting our e-mails??**

**Help us to save the costs of postage!!**

Send an e-mail to  
[robbw81@yahoo.com](mailto:robbw81@yahoo.com)  
to be added to our list for  
regular e-mail updates on the WPKSG

We are kidney patients, transplant recipients, living donors and caregivers. We have experienced the trials and tribulations of kidney disease and want to empower others to face those challenges with courage, determination and confidence.

If you have kidney disease, are on dialysis or are awaiting a transplant, we can help!

Sharing experiences and networking with others in small group settings can improve your health by providing companionship, understanding, information and peace of mind. Know that you are not alone.

We currently have groups meeting at the following locations:

**PITTSBURGH East** – Panera Bread, Route 22,  
Wilkins Twp (Penn Center near Sears)  
**Contact Robb Wilson – 412-823-5630**  
[robbw81@yahoo.com](mailto:robbw81@yahoo.com)

**PITTSBURGH West** – King’s Restaurant,  
Market Place Drive, Oakdale/Imperial  
**Contact Mike Currin – 724-796-1603**

**WESTMORELAND** – King’s Restaurant,  
Route 119, Youngwood  
**Contact Jack Silverstein – 412-427-2969**  
[silverjacki@yahoo.com](mailto:silverjacki@yahoo.com)

**NORTHWESTERN** (Pediatric)  
Phone or email support only at this time  
**Contact Lori Bible at 724-981-0368**  
[sbible6@msn.com](mailto:sbible6@msn.com)

## Do You Have What It Takes To Be A Mentor?

DCI is establishing the patient mentoring program to pair experienced patients who have ESRD (End Stage Renal Disease, also known as kidney failure) with newer or struggling patients in order to provide them with support and guidance. The program is also designed to support caregivers by matching them with other caregivers or family members who have loved ones with ESRD.

The required characteristics of a mentor include:

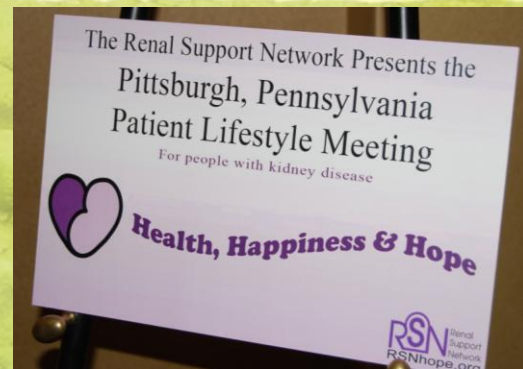
1. At least one year on dialysis or post-transplant (or one year as a caregiver).
2. Positive, optimistic outlook.
3. General adherence to medical restrictions—for example, not missing dialysis treatments, taking medications as they are prescribed, etc.
4. Willingness to help others.
5. Willingness to participate in training and adhere to the rules of the program.
6. Ability to spend some time out of each month calling and/or meeting with mentee (the person(s) you are mentoring).
7. Recommendation of 2 people, preferably 1 renal professional (social worker, nurse, dietitian, doctor, transplant coordinator) and 1 other person.

Please take a few minutes to complete the enclosed application. If reading or writing is difficult for you, it is ok to have someone help you complete it.

DCI is sponsoring a mentor training session at the Monroeville Holiday Inn on Sunday, June 26<sup>th</sup>, 2011. There is no cost for the training, and lunch is included.

DCI will notify the applicants who are accepted for the initial training session of this exciting new program!

Diana Bell will host the upcoming RSN Patient Lifestyle Meeting coming to Monroeville on Sunday, June 5<sup>th</sup>. Register online at [www.rsnhope.org](http://www.rsnhope.org).



Another Patient Lifestyle Meeting is coming to Monroeville on Sunday, June 5<sup>th</sup>!

### ***SUPPORT GROUP LEADERS NEEDED!***

*Would you like a way to give back to others who are challenged by kidney disease or transplants?*

*Do you live in an area that is not currently served by our group?*

*Talk to Jack about*

*becoming a support group leader.*

*412-427-2969 or e-mail [silverjacki@yahoo.com](mailto:silverjacki@yahoo.com)*

# MARK YOUR CALENDARS!

SUN, May 1	Pgh West – 2:30 PM	SUN, Aug 14	Pgh West – 2:30 PM
SAT, May 7	South Hills – 9:30AM	SUN, Aug 28	PICNIC TBA
SUN, May 22	Westmoreland– 2 PM	SUN, Sept 11	Pgh West – 2:30 PM
SUN, June 5	RSN Patient Lifestyle Meeting	SUN, Sept 25	Westmoreland – 2 PM
SUN, June 12	With TRIO	SUN, Oct 9	Pgh West – 2:30 PM
SUN, June 26	Pgh East – 1 PM	SUN, Oct 23	Pgh East – 1PM
SUN, June 26	DCI Mentor Training	SUN, Nov 13	Westmoreland –2 PM Pgh West – 2:30 PM
SUN, July 10	Pgh West – 2:30 PM		Pgh East –1 PM
SUN, July 24	Westmoreland– 2 PM	SUN, Dec 11	Pgh West – 2:30 PM

## WESTERN PA KIDNEY SUPPORT GROUPS (WPKSG)

c/o Robb Wilson  
1130 Gilchrest Drive  
Pittsburgh, PA 15235-5223

WPKSG, in cooperation with TRIO (Transplant Recipients International Organization) is reaching out to support transplant patients and their families who are staying at Family House.

Groups are meeting on a regular basis at University Place, and rotating to other Family House locations around the city.

This is an excellent way for transplant recipients to “pay it forward” by supporting those who are just beginning their transplant journeys or are experiencing bumps in the road.

Contact Robb at [robbw81@yahoo.com](mailto:robbw81@yahoo.com) or 412-823-5630 if you’d like to help with this important outreach program.