August 2008

www.mochallergies.org

MOCHA

Mothers of Children Having Allergies

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Meeting Dates:
We meet on the second Monday of the months of September, November, January, March, and May at Highland Park Hospital, Meeting Room 2 in the basement, 7-9 pm.

****September 22, 2008****
November 10, 2008
January 12, 2009
March 9, 2009
May 11, 2009

The world is not
Milk, Egg, Peanut, TreeNut, Wheat, Soy, Fish, Shellfish — FREE.
It is our job as parents to give our children the
Education,
Encouragement,
Experience and
Enthusiasm
to get out there and live their lives to the fullest—safely.

***MOCHA** is not a professional or medical organization. It is a group of parents sharing information and supporting each other. The discussions, meeting minutes, handouts, speakers, and other products of our support group do not constitute medical and/or legal advice and should not be relied upon as such. Always discuss individual health questions and medical issues with a qualified personal physician.*

LOOKING FORWARD TO SEEING YOU ALL AFTER THIS BEAUTIFUL SUMMER!

UPDATE HB5338: ***www.ilga.gov***
We had terrific support from Illinois legislators for HB5338. The bill, which is supported by the State Board of Education and the Department of Public Health, would provide for the development of a statewide school policy for children with food allergies. HB5338 is currently "hibernating" until November. It has been "Placed on the Calendar Order of Concurrence Senate Amendments." The political situation in Springfield between Speaker Madigan and the Governor created the stand-still in June for many bills, including ours. The good news is that our bill passed the House with 106 votes to 0, and passed the Senate with 56 votes to 0. We have been thanked by the representatives and senators for our polite, professional, and thorough manner in which we educated them and enlisted their support. We will continue to keep you updated if there is anything that we can do before November. I would like to thank those of you who took the time to call, email, fax as it did make a difference. Our voices will be heard, and we are confident HB5338 will become a law. Thanks to Kellee Konieczny, Kristin Kamon Miller, Eleanor Garrow-Majka, Julie Campbell, AnneThompson and Denise Bunning for making the trip to Springfield for us all.

SEPTEMBER 22 (MONDAY): MOCHA MEETING 7pm. **SPECIAL DATE CHANGE!** Our guest speaker will be our very own **Dr. Jacqueline Pongracic,** Division Head of the Allergy Department at Children's Memorial Hospital. Her topic is "Update on Food Allergy Research at CMH and Beyond." Please plan to attend, and bring a friend.

SEPTEMBER 27 (SATURDAY): FAAN CHICAGO WALK FOR FOOD ALLERGY 2008: This event is a 3-mile walk through the Lincoln Park Community along Lake Michigan to raise money for food-allergy education, research and advocacy, and to increase awareness. It's also a fun way to connect with other families in your community who are living with food allergies. Last year, there were over 800 Chicago walkers who came to support FAAN's Mission. Across the country, Chicago was ranked 5th for donations out of approximately 21 walk sites, with a total of over $135K raised nationally. FAAN hopes to raise another $2 million in 2008. Please visit ***www.foodallergy.org/support/walk/walk.html*** to sign up and for more information. 2008 Walk Co-Chairs: **Eleanor Garrow-Majka**, Founder of POCHA of Will County, and **Berenice Lagrimas**.

NOVEMBER 1: FOOD ALLERGY INITIATIVE CHICAGO: We're thrilled to announce that the Food Allergy Initiative (FAI) Chicago will hold its 1st Annual Benefit on Saturday, November 1, 2008 at 7:00 pm at the Chicago Illuminating Company. The cocktail party will feature drinks, appetizers, live & silent auctions and a raffle with many amazing prizes! Honorees are **Denise and Dave Bunning** as well as **Dominique Tougne**, Executive Chef of Bistro 110. To become an event sponsor, donate items to the live/silent auctions, join the FAI Chicago mailing list, or volunteer at the event, please email: ***faichicago@faiusa.org*** or call 312.953.7933. To donate to FAI Chicago or for ticket information, please see ***www.faiusa.org/chicago.*** **SAVE THE DATE!!**

FOOD ALLERGY STUDY: Children's Memorial Hospital still needs your participation in this study! The purpose of this study is to determine if there are genetic components to allergies and identify what those components are by looking at family compositions. The information will help us move toward a cure! Don't want to have your child go through two blood draws? Get an order for your child's RAST and have the RAST done at the same time of your participation in the study. We also need non-allergic families to participate. Please ask family and friends to join you in this effort – they could even go with you. Two convenient locations are now available: Children's Memorial Hospital in Chicago and Children's Glenbrook facility in Glenview. Please call Deanna Caruso at 312-573-7755 to sign up. Check out ***www.FoodAllergyProject.org*** for more info and the direct link. This is a very time-efficient process. For a family of 4, it should take about an hour.

PHONE/EMAIL CONTACT LIST: Included in this packet is your copy of the phone and email contact list. Thanks to Carmen-Rae Carlson for taking the time to prepare this list so that people would have the opportunity to connect with others in their community. We encourage you to take advantage of this information, and call or email others with whom you can share support. Remember, though - never share this information without others' consent.

Please Turn Over →

GETTING MORE INFO/HAVE YOU CHECKED OUT: Two online allergy newsletters do a great job of keeping people up to date on what's new. Check out ***www.kidswithfoodallergies.org*** and ***www.allergymoms.com.***

Here is a small list of links that may help you educate yourself:

www.mochallergies.org	***www.pocaofdupage.org***	***www.allergists-asthma.com***
www.FoodAllergyProject.org	***www.pochaofwillcounty.com***	***www.divvies.com***
www.foodallergyinitiative.org	***www.cifan.org***	***www.allergicliving.com***
www.foodallergy.org	***www.illinoisfaea.org***	***www.livingwithout.com***
www.childrensmemorial.org	***www.medicalert.org***	***www.mochanw.6.forumer.com***

EE: Eosinophilic Esophagitis—Check out ***www.apfed.org*** and ***www.curedfoundation.org*** for more info.

REMEMBER: Always check with your own doctor about information you receive on the internet. If it sounds too good to be true, unfortunately it probably is not true.

GOVERNOR AND FIRST LADY BLAGOJEVICH, who have a daughter with food allergies, have helped Illinois to be the first state in the nation to have the FAAN Educational Programs available free to all schools, preschools and daycare centers. To get a school binder for your school or school district go to ***www.foodallergy.org***. The First Lady has also launched a Food Allergy Awareness Campaign. Go to ***www.illinois.gov/firstlady/Food_Allergy*** for more information.

SCHOOL RESOURCE GUIDES: Get a copy of the "District 39 Resource Guide for Supporting Children With Life Threatening Allergies" at ***www.wilmette39.org***. Get a copy of "Lake Forest District 67 Procedures for the Management of Food Allergies/ Anaphylaxis" at ***www.lfelem.lfc.edu***.

504 PLANS: If you are interested in purchasing a CD with Sample 504 plans, POCA of DuPage has a CD they prepared. The cost is $8, which includes shipping. Please send your name/address/phone number to Kristin Miller, Co-Leader of POCA of DuPage, by emailing her at: ***kamonmiller@sbcglobal.net***.

ARE YOU NEW TO MOCHA?: We suggest making sure to spend some time visiting the above websites. If you have specific questions, email us for help.

ELEANOR GARROW-MAJKA: Please join me in congratulating Eleanor on her new position as Project Manager for the Allergy and Asthma Network/Mothers of Asthmatics (AANMA) in Fairfax, VA (***www.aanma.org***). Eleanor is the founder of the POCHA of Will County support group, and has been a terrific asset to the support network of northern Illinois. We will miss her, but are so proud of her accomplishments, and know she will do an awesome job with AANMA. April Pommerantz (***pommie8@comcast.net***) will be leading the daily functions of POCHA, and Eleanor will continue to be involved long-distance. She will be coming back to chair the Walk in September.

SUMMER SAFE BASEBALL: Thank you to the Kane County Cougars minor league baseball team for sponsoring Peanut Free Night at the ballpark in July. This is now an annual event, and we appreciate the support for peanut-allergic families.

WEBSITE/POWER EMAIL: Thanks to Tom and Sherri Donovan for helping to keep us all informed. If you are not getting your power e-mails, your e-mail address is changing, or you wish to be deleted from the e-mail list, please contact Carmen-Rae at ***carmen-rae@sbcglobal.net*** and she will forward your request to Tom.

ARTICLES TO SHARE: Please continue to send articles that you'd like to share with the group via e-mail to Denise at ***dbunning@comcast.net***, or mail the paper version to her. Remember that if you can find the link online it will get to the group faster via e-mail, and MOCHA saves the copying costs. Also, please try to make your e-mails as condensed as possible. If they are too big, they can't be forwarded to the group.

RESTAURANT INFO: Check out ***www.cbel.com/restaurant_chains***.

As always, stay safe . See you soon!
Denise and Anne

A big thank you to Jerry from POSTNET in Lake Forest (the official MOCHA copying and mailing center)