

February 2009



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

DUES 2009: It's time to renew your membership in MOCHA. Membership allows you to receive our email updates and periodic paper mailings. Please email membership@mochallergies.org for information about where to send your dues.

UPCOMING MEETINGS:

MONDAY, MARCH 9: Our speaker will be Mary Beth Feuling, RD, MS, CNSD, Registered Dietician at Children's Hospital of Wisconsin. Mary Beth works with food allergy patients and other children who have various types of gastrointestinal issues including EE (Eosinophilic Esophagitis). Mary Beth has been instrumental in helping many families navigate the nutritional challenges of our food-allergic children, and we know you will be encouraged by her message. We hope you will be able to attend this informative meeting. Make sure to bring any nutritional questions you may have.

MONDAY, MAY 11: Our speaker will be Ruchi Gupta, MD, pediatric physician at Children's Memorial Hospital of Chicago. She will present results of her research into Food Allergy Knowledge and Beliefs among the General Public, Primary Care Physicians and Parents of Children with Food Allergy.

PREVIOUS MEETINGS:

SEPTEMBER 22, 2008: Our guest speaker was **Dr. Jacqueline Pongracic**, Division Head of the Allergy Department at Children's Memorial Hospital. A copy of her presentation, "Update on Food Allergy Research at CMH and Beyond," is included in this mailing for your information.

NOVEMBER 10, 2008: **Attorney Steven Glink** spoke about special education rights and Section 504 issues as they relate to students with food allergies. Handouts from his presentation are also attached.

JANUARY 12, 2009: Meeting was canceled due to snowstorm! In the future, if the weather is questionable, please check the website before you drive to Highland Park. Don't you just love winter in Chicago?!

FOOD ALLERGY PROJECT MERGES WITH FOOD ALLERGY INITIATIVE: Food Allergy Project, founded by David and Denise Bunning, is excited to have joined forces with Food Allergy Initiative (FAI), creating the largest source of funding for food allergy research in the nation. This new combined organization will focus on directly supporting food allergy research and advocating for greater federal attention to the problem. Please visit the FAI website www.faiusa.org for additional information, and watch for new tools at this site to help families and others impacted by food allergies to advocate for a cure.

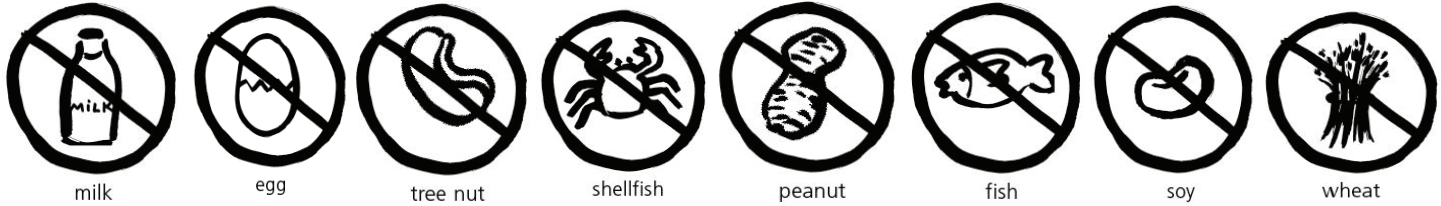
FOOD ALLERGY INITIATIVE (FAI): The annual Spring Benefit Luncheon will be on Wednesday, April 22, 2009 at Cipriani 42nd Street in New York. For more information, contact Jodi Kent at 212-207-8795. Also, planning for the Second Annual FAI Chicago Benefit is currently underway. FAI Chicago is going to need all of the help that it can get this year. Mark your calendars - the first planning meeting will be on Thursday, March 5th at 7:00 p.m. at the Wilmette Community Recreation Center, 3000 Glenview Rd., Wilmette (on Glenview Rd at Skokie Blvd.). For anyone who wants to help with the benefit this year, please make an effort to attend. We will be discussing benefit honorees; venue; committees, 2009 goals and much more. And, there will be pizza! Email Suzanne Friedland to RSVP: friedland@epicrp.com.

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. This is a very time-efficient process. For a family of 4, it should take about an hour. 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. Direct online link is www.childrensmrc.org/allergy/study.

UPDATE HB281/SB152 (Formerly HB5338): www.ilga.gov Two new bills have just recently been introduced in the Illinois legislature replacing our former HB5338 which did not receive final approval during last year's legislative session. HB281/SB152 contains the same language as HB5338, and would provide for the development of a statewide school policy for students with food allergies. While we received unanimous support last year from our Senators and Representatives, we need to continue to contact them to encourage their support. Watch for emails with more information which we will distribute as soon as we get additional marching orders.

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.



GETTING MORE INFO / HAVE YOU CHECKED OUT:

We suggest making sure to spend some time visiting these websites. Especially if you're new to MOCHA!

www.MOCHAllergies.org

www.POCAofDuPage.org

www.Allergists-Asthma.com

www.FAIUSA.org

www.POCHAofWillCounty.com

www.Divvies.com

www.FoodAllergy.org

www.CIFAN.org

www.AllergicLiving.com

www.ChildrensMemorial.org

www.IllinoisFAEA.org

www.LivingWithout.com

www.MedicAlert.org

www.AllergyMoms.com

www.KidsWithFoodAllergies.org

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.

FAAN 16th ANNUAL FOOD ALLERGY CONFERENCE: This year's conference theme is "Food Allergies: Take Action, Prevent Reactions." The Chicago conference will be on April 18, 2009 at the Donald Stephens Convention Center in Rosemont. Contact FAAN at 800-929-4040 or at www.foodallergy.org to register and 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.

WEBSITE/POWER EMAIL: Thanks to Tom and Sherri Donovan for helping to keep us all informed. If you are not getting your power emails, your email address is changing, or you wish to be deleted from the email 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 email 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 email, and MOCHA saves the copying costs. Also, please try to make your emails 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.

MOCHA WEBSITE: We will be updating the MOCHA website soon, and we want your suggestions! What should we include that would be most helpful? Send your suggestions to Denise at dbunning@comcast.net, with "Website Suggestions" in the subject line. Thanks!

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