

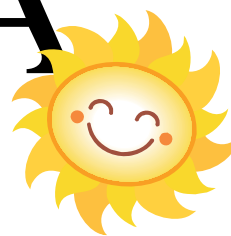
Summer 2009



www.MOCHAllergies.org

MOCHA

Mothers of Children Having Allergies



Founders:

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Children's Memorial Hospital

Sai R. Nimmagadda, MD

Associated Allergists

Christine Szychlinski, APN, CPNP

Children's Memorial Hospital

Meeting Dates:

MOCHA meets on the second Monday of the months of September, November, January, March, and May at Highland Park Hospital, 777 Park Avenue West, Highland Park, IL 60035, Meeting Room 2 in the basement, 7-9 pm. Upcoming meetings:

September 14, 2009

November 9, 2009

January 11, 2010

March 8, 2010

May 10, 2010

Non-Allergic Food for Thought:

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.

Disclaimer:

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.

NEW TO FOOD ALLERGIES? Please call **Children's Memorial Hospital**

at 1-800-KIDS DOC to register for an initial appointment. For specific information about preparing for your first appointment go online to www.childrensmemorial.org/depts/allergy/firstappt.

CHILDREN'S MEMORIAL HOSPITAL FOOD ALLERGY STUDY: Children's Memorial Hospital needs your participation in this study! This study is in response to the rapid rise in childhood food allergy and the lack of effective prevention and treatment. It is designed to find answers to some fundamental questions: What are the causes of food allergy? How can food allergy be predicted and prevented? Are there better or alternative treatments for food allergy? All those participating in the study are actually participating in finding a cure!!

Study visits are conducted in Chicago and suburban locations including Children's Glenbrook facility in Glenview. Each participant will receive a \$25 gift card to Target, free parking, and additional gift cards to cover travel expenses.

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. This is a very time-efficient process. For a family of 3, it should take about two hours. Please ask family and friends to join you in this effort. They could even go with you.

Please call Deanna Caruso toll free at 1-888-573-1833 to sign up for the study, or email her at allergystudy@childrensmemorial.org. Online link for more information is www.childrensmrc.org/allergy/study.

NEWS UPDATES:

HB281: ILLINOIS FOOD ALLERGY MANAGEMENT IN SCHOOLS: www.ilga.gov After two long years of hard work by the Illinois food-allergic community, we are happy to announce that the Illinois Food Allergy Bill HB281 has passed both legislative chambers !!! Hurray! The only step left to finalize the Bill into law is obtaining the Governor's signature. We are hoping that the Governor will agree to a special signing event so that many of us will be able to attend, and we will let you know the details once they are confirmed. In the meantime, we request that you reach out to the Governor's office via phone, fax or email to urge him to support this bill.

Office of the Governor
207 State House
Springfield, IL 62706
Phone: 217-782-0244
Fax: 217-524-4049
Email: governor@illinois.gov

HB281 would provide for the development of a statewide school policy for students with food allergies, and would thereby relieve many food-allergic families from struggling to get the proper attention their children need in order to remain safe at school.

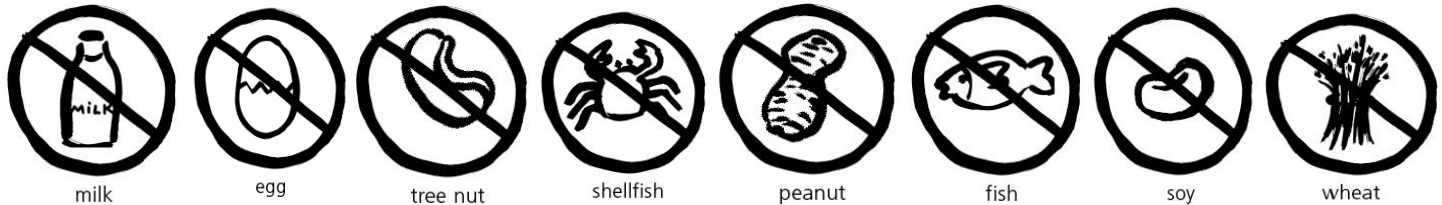
FOOD ALLERGY PROJECT MERGES WITH FOOD ALLERGY INITIATIVE: Food Allergy Project, founded by Denise and David Bunning, is excited to have joined forces with Food Allergy Initiative (FAI), creating the largest source of funding for food allergy research in the nation. This combined organization will focus 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): Planning for the Second Annual FAI Chicago Benefit is currently underway. The benefit is scheduled for Saturday, October 24, 2009. Mark your calendars! FAI Chicago is going to need all the help that it can get this year! If you would like to volunteer, or for more information, please contact Suzanne Friedland at sfriedland@epicrp.com.

FAAN ANNUAL CHICAGO FOOD ALLERGY WALK: Support FAAN's efforts to raise additional funds for food allergy research! The Chicago Walk for Food Allergy: Moving Toward a Cure will be on Saturday, September 26, 2009 at Lincoln Park, 1700 N. Cannon Drive, Chicago 60614. Contact FAAN at 800-929-4040 or at www.foodallergy.org to register and for more information.

Please Turn Over





GETTING MORE INFO:

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

www.FAIUSA.org

www.ChildrensMemorial.org/Depts/Allergy

www.Allergists-Asthma.com

www.AllergyMoms.com

www.MedicAlert.org

www.FoodAllergy.org

www.POCHAofWillCounty.com

www.KidsWithFoodAllergies.org

www.AllergicLiving.com

www.LivingWithout.com

www.IllinoisFAEA.org

www.POCAofDuPage.org

www.ThriveAllergyExpo.com

www.Divvies.com

www.CIFAN.org

www.FoodAllergyWis.com

www.MinnesotaFoodAllergy.org

www.SanDiegoFoodAllergy.org

www.FoodAllergySmart.org

www.AllergicChild.com

www.FoodAllergyAdvocate.com

www.VermontFoodAllergyOrg.org

www.PAKCharlotte.org

www.BestAllergySites.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.

MEMBERSHIP INFORMATION: Membership allows you to receive our email updates and periodic paper mailings. Please email Membership Coordinator, Carmen-Rae Carlson, at carmen-rae@sbcglobal.net for more information.

PREVIOUS MEETINGS:

MONDAY, MAY 11, 2009: Our speaker was **Ruchi Gupta, MD**, pediatric physician at Children's Memorial Hospital of Chicago. She presented results of her research into Food Allergy Knowledge and Beliefs among the General Public, Primary Care Physicians and Parents of Children with Food Allergy. It was a fascinating look at food allergy perceptions from various perspectives. Dr. Gupta has been named one of the 15 most promising physician-scientists in the United States, and this honor will help support the continuation of her research. Notes from her presentation will be included in a future mailing.

MONDAY, MARCH 9, 2009: Our speaker was **Mary Beth Feuling, RD, MS, CNSD**, Registered Dietician at Children's Hospital of Wisconsin. Mary Beth works with food allergy patients and 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 were very encouraged by her presentation. Handouts of her slides will be available in our next mailing.

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.

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 were sent to members.

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

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 the "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. Please send your name/address/phone number to Kristin Miller, Co-Leader of POCA of DuPage, by emailing her at: kamonmiller@sbcglobal.net.

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.

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!

ARTICLES TO SHARE: Please continue to send articles that you'd like to share with the group to Denise at dbunning@comcast.net.

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)