

# INSPIRATION



a publication of the  
Asthma and Allergy  
Foundation of America,  
St. Louis Chapter

Asthma and Allergy Foundation of America, St. Louis Chapter • Spring/Summer 2014



## A Message from Our Executive Director

Weather is not the only thing changing in Missouri! Once again, our great "Show Me State" is leading the nation in asthma care management. Currently, we have legislation pending that will rock our great state! If all goes through the Missouri budget for 2014, healthy home assessments for high risk children who suffer from asthma will begin, as well as one-on-one telephonic follow-ups and face-to-face asthma education as soon as July of this year.

Studies around the country on the efficacy of home assessments have proven up to an 80% reduction in emergency room visits, less missed school days for children, less missed worked days for parents, decreased Medicaid costs, but most importantly, improved health of those living with asthma!

AAFA continues to work closely with the school nurses in our community and beyond to ensure they are equipped to handle an asthma or food allergy emergency. We continue to find grant support to help those school districts outside our service area in Missouri, too.

Please know that none of this would happen without the generosity of our donors and supporters. We thank you for your continued support of our fundraising events, our programs and the Foundation as a whole!

Joy B. Krieger, MA, RN  
Executive Director

**Spring Allergy Capitals Report**  
AAFA National's 2014 Spring Allergy Capitals Report was recently released, ranking St. Louis as the 20th most difficult place to live with spring allergies (out of 100 metro areas). St. Louis ranked 31st last year. A major attributing factor to this jump is the extremely high pollen counts in our area, and we also rank worse than the national average for medicine utilization per patient. With the longer winter we experienced, there has been a delay in the tree pollen schedule, and grass pollen should be in full effect come May.  
Visit [allergycapitals.com](http://allergycapitals.com) for the complete list!



**Support AAFA on May 6--the first annual giveSTLday!** This localized effort of #GiveLocalAmerica offers donors 24 hours of community giving to over 500 STL non-profits! PLUS, if you donate during the "Power Hours," (8-9am, 10-11am, 12-1pm, 2-3pm, 5-6pm & 8-9pm CST), national matching funds will apply! Visit [www.givestlday.org](http://www.givestlday.org) on May 6 and scroll down the list to find (and fund) AAFA! Donors will also be randomly selected throughout to received Cardinals tickets!

**giveSTLday** WHAT CAN WE DO IN A DAY?

REMEMBER TO VISIT US HERE  
May 6, 2014 [givestlday.org](http://givestlday.org)



## **A New Era Begins AAFA! Healthy Home Assessments and Asthma Education is Here!**

With a generous donation from an agency supporter, AAFA has expanded Project Concern to incorporate a healthy homes component, adding 12 months of asthma education and support along with in-home environmental assessments for clients. AAFA has hired a part-time Asthma Coach to fulfill this role, with the intention of providing our clients and families a more holistic approach to managing asthma and allergies inside the home.

Shawni Jackson-Triggs, PhD is the newest member of AAFA's team and is serving as our Asthma Educator. Welcome Shawni!



---

### **AAFA in the National Spotlight!**

Missouri, St. Louis and The Asthma and Allergy Foundation of America, St. Louis Chapter are in the national news, highlighted in a piece that was published on April 17 from Stateline, the Daily News Service of the Pew Charitable Trust ("State's Battle Asthma as Numbers Grow.") The article points out the triumph of HB 1188, in which Missouri became the first state to permit schools to stock asthma rescue medicine in addition to allowing nurses to administer the medication to students experiencing an asthma attack. It also highlights current legislative activity in the Missouri General Assembly concerning asthma care.



Recently, the Missouri House passed an appropriations bill that would allow Medicaid reimbursement for specialists to perform home assessments of low-income patients with severe asthma. Asthma education would also be covered under the measure, which is currently in the Senate. This measure is the key policy initiative of the Asthma and Allergy Foundation of America, St. Louis Chapter's 2014 Public Policy Committee. The 2014 session of Missouri General Assembly will conclude in May.

Check out the Stateline piece here: <http://bit.ly/1gzbmRi>.



Thank you to ALL who joined or supported Team Asthma and Allergy Foundation in our inaugural year as a GO! St. Louis charity! Over \$5,000 was raised for AAFA, and we had 18 runners-lets GO! big in 2015 and double those numbers! Special thanks to our Race Sponsor, ImmunoCAP®, and to our top fundraisers (our relay team, consisting of Joy Krieger, Maureen Niemeyer, Raj Tailor and Dr. Nathan Ravi.)

**May Events and Info:**  
**May 1-31** - Allergy-free menu @ Modesto Tapas (a portion of the menu sales will benefit AAFA!)

**May 6 - World Asthma Day** (AAFA National's Asthma Capitals list to be released) and **giveSTLday** (donate to AAFA via [givestlday.org](http://givestlday.org))

**May 17 - Children's Safety Day** @ Taubman Prestige Outlets, 11am-1pm (we will have info on food allergies and samples from Nadoz!)

**May 22 - Asthma Management and Education Program**-A free, local continuing education opportunity for allied health professionals. Attendees will learn the latest techniques in asthma care and receive current and reliable patient education information and materials. 4pm-Registration  
4:30pm-7pm - Presentation and dinner from, and a Q&A session from Register at <http://aa-faprograms.hbp.com/>

# How AAFA is Helping--Note from a Client

**I called AAFA** to get my granddaughter enrolled in the Project Concern program. I also have asthma and so does my 22 year-old grandson. After speaking with the AAFA program staff, I found out about a [GSK's] Bridges To Access program and to apply online for insurance at healthcare.gov. He had poor control of his asthma and had to occasionally use some of my medicines--with the resources and tips from AAFA, we are getting him linked to the care he needs and the medicines that will help control his asthma. – Glenda, Rolla, MO

**Clinical Research Study!** Sanofi US is sponsoring a research study at offices across the US. You may qualify if you have moderate to severe, uncontrolled asthma and use daily asthma inhalers. Visit [StudyMyAsthma.com](http://StudyMyAsthma.com) to find out more and to see participating offices.

## Mark Your Calendars--Fundraisers & Community Events

### Thursday, May 29

Circus Flora Peanut Free Preview (presented in partnership with Gateway FEAST) @ the Big Tent in Grand Center, 7pm  
Buy tickets at [www.circusflora.org](http://www.circusflora.org) or [www.metrotix.com](http://www.metrotix.com)

### Wednesday, June 18

"Moor at the Brentmoor" Mah Jong and Bridge Fundraiser, 10am-2pm

### Saturday, July 12

Redbird Rookies Fair @ University of Missouri, St. Louis Millennium Student Center, 9am-5pm

### Monday, July 21

26th Annual AAFA Golf Classic @ Persimmon Woods Golf Club, Noon shotgun start and 6pm dinner/program

### Wednesday, September 17

Food Allergies 101 Panel Discussion @ Richmond Heights Community Center, 6pm-7:30pm

### Saturday, November 15

10th Annual Trivia Night @ the JCC (Baxter Rd.), 7pm-10pm

### Sat. & Sun., December 20 & 21

Gift Wrap Fundraiser @ the St. Louis Galleria Mall

### Peanut-Controlled Days @ Busch Stadium (Section 328)

**Sunday, 6/22**, 1:15pm vs. the Philadelphia Phillies

**Tuesday 7/22**, 7:15pm vs. the Tampa Bay Rays

**Sunday 8/3**, 1:15pm vs. the Milwaukee Brewers

If you are interested in hosting a fundraiser to benefit AAFA, please contact us!

## Volunteer Corner

We LOVE our volunteers! To get involved or for more information, please contact Andrea Lebb ([alebb@aafastl.org](mailto:alebb@aafastl.org)) or call 314-645-2422.

### Upcoming Volunteer Opportunities:

\*July 21– AAFA Golf Classic (and the week of the event!)

\*November 15 – Annual Trivia Night (and the week of the event!)

## Board Officers

H. James Wedner, M.D., *President*  
Jackson D. Glisson, III, *Past President*  
Bill Reichardt, *Vice President*  
Dave Birkenmeier, *2nd Vice President*  
Sue Berdy, M.D., *Secretary*  
Joan Gleich, *Treasurer*

## Board of Directors

Bradley A. Becker, M.D.  
Jeanine Sitek Bermel  
Richelle Clark  
Barbara Corn  
Lisa S. Davidson, PhD  
Akemie Gray, M.D.  
Jim Gwinner  
Lillie Jackson  
Joel H. James  
Brett A. Johnson  
Joyce D. Johnson, M.D., FAAP  
Lisa Lubsch, PharmD, AE-C  
Kathleen McDarby, RN, BSN, MPH  
Lisa Meadows, RN, PNP, BC  
John H. Niemeyer, M.D.  
Hamsa N. Subramanian, M.D.  
Raj Tailor  
Jeff Ward  
Terry Weiss, M.D.

## Advisory Committee

Victoria Babu  
W. Randolph Baker  
Anne Birkenmeier  
Michael Borts, M.D.  
Anita Eftimoff  
Brenda Ernst  
William J. Gleason  
Seth J. Hawkins  
Marilyn Horst  
Pamela P. Kelly  
Alishia S. LaPorte, MSN, ACNP  
Lon D. Lowrey  
Steve Maitland  
Dan McLaughlin  
Ross Palis, M.D.  
Dianna Phares, PhD, DNP  
Jeff Rainford  
Phillip Sowa  
David S. Spewak  
Cathy Steele  
Patricia Schwan Williams

## Emeritus Trustees

Phillip Korenblat, M.D.  
Raymond G. Slaviv, M.D.

## Staff

Joy Krieger, Executive Director  
Alyssa Smith, Office Manager  
Reagan Nelson, Program Director  
Amy Trapp, Director of Development  
Jessica Dunsmore,  
Director of Public Awareness  
Andrea Lebb,  
Program Outcome and Information  
Manager, Certified Asthma Educator  
Shawni Jackson-Triggs, Asthma Coach



Asthma and Allergy  
Foundation of America®  
*ST. LOUIS CHAPTER*

1500 S. Big Bend Blvd.

Suite 1 South

St. Louis, MO 63117

aafa@aafastl.org

www.aafastl.org

314.645.2422 (p)

314.645.2022 (f)



for life without limits™



Asthma and Allergy  
Foundation of America®  
*ST. LOUIS CHAPTER*

# 26th Annual AAFA Golf Classic

**Monday, July 21**  
**Persimmon Woods Golf Club**  
**Weldon Spring, MO**

Benefiting the programs and services of the  
Asthma and Allergy Foundation of America, St. Louis Chapter.  
More details to follow at [aafastl.org/golf](http://aafastl.org/golf)

**SAVE THE DATE!**

AAFA is launching a planned giving program. Planned Giving is a way in which supporters can make a lasting statement and forever support the work and mission of AAFA. Interested parties should contact Amy Trapp, 314-645-2422.