

# INSPIRATION

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



## AAFA-STL FUNDRAISERS!

May 11 - "Life Without Limits" 5K  
(see back page)

August 12 - AAFA-STL 25th Annual Golf  
Tournament at Old Hickory Golf  
Club in St. Peters (see back page)

November 16 - 9th Annual Trivia Night  
at JCC Chesterfield

December 21 & 22 - Galleria Gift Wrap

## Other Events & FUNDRAISERS of note...

\*Dine from the special allergy-free  
menu at **Modesto Tapas on the Hill**  
during the **month of May**, and a  
portion of the proceeds will benefit  
AAFA-STL

\*Join us at **Pan D' Olive** (Franz Park  
Neighborhood) on **May 8** for a Prix  
Fixe dinner fundraiser (\$50/person,  
w/ \$25 supporting the chapter)

\***Vida Cantina** (Galleria Mall) is  
offering a special dinner menu on  
**July 17** (margaritas included!)  
(\$40/person, \$20 to AAFA-STL)

\*Purchase a treat from **Orange Leaf  
Frozen Yogurt** (Clayton Rd.) from  
**July 29-Aug 1**, and \$1 is donated to  
us! Look for the promo flyers soon!

\*Check out **100plusproject.com** for  
info on outdoor adventures which  
raise money for AAFA-STL

## A Message from Our Executive Director

This year, St. Louis ranked 31 out of 100 for the most challenging places to live with spring allergies. AAFA's National office provides the data for this report. How did St. Louis improve on this ranking? The rivers have not moved. The number of allergists in St. Louis has not fluctuated.

There are more than 80 board-certified allergists in the St. Louis area who spend a great deal of their time teaching patients/families about managing chronic and/or seasonal allergies. In addition, patients are taking their prescribed and over-the-counter medications more efficiently than in previous years.

There are also more resources available to the consumer to better understand and live with this condition. AAFA St. Louis is here to provide those resources and more if you are in need of our services. We work hard to improve the lives of those individuals who live with asthma and allergies of all types.

We are here for you!

Thank you for supporting our efforts to represent you in our community.

Joy B. Krieger  
Executive Director

Just like the high oak pollen counts in St. Louis, AAFA National's annual Spring Allergy Capitals™ report has arrived! St. Louis went from a 29 ranking to 31 this year...a slight improvement! Stay tuned for AAFA's 2013 Asthma Capitals™, released in May, and the 2013 Fall Allergy Capitals™, released later this year. Visit [allergycapitals.com](http://allergycapitals.com) to see the list in its entirety.

spring   
**AllergyCAPITALS**  
2013

2013's Top 5:

- 1) Jackson, MS
- 2) Knoxville, TN
- 3) Chattanooga, TN
- 4) McAllen, TX
- 5) Louisville, KY



Asthma and Allergy  
Foundation of America®  
ST. LOUIS CHAPTER

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Thank you to our "Life Without Limits"  
sponsors, who made a commitment  
throughout the year to support AAFA-STL!



Allergy, Asthma & Sinus Care Center

## Healthy Homes Maintenance Checklist -Spring Edition

(Developed by National Center for Healthy Housing, nchh.org)



### Yard/Exterior

- Water drains away from house
- Check for signs of rodents, bats, roaches and termites
- Clean window wells/check drainage
- Clean gutters & downspouts, ensure they discharge water away from house



### Exterior Roof/Walls/Windows

- Shingles in good condition
- Check chimney, valley, plumbing vent and skylight flashing
- Check attic, area where deck attaches to house and window/door sills for leaks
- Clean dryer vent
- Look for peeling paint
- Check that exhaust ducts are clear



### Basement & CrawlSpace

- No wet surfaces, puddles
- Sump pump & check valve is working
- Vacuum basement surfaces
- Check for signs of rodents, bats, roaches and termites



### HVAC •Check dehumidifier/AC filters



### Interior Walls/Ceilings/Etc.

- Check operations of windows/doors



### Electrical Equipment

- Check for damaged cords
- Test ground fault interrupters
- Check smoke/CO alarms



### Appliances

- Clean dryer vents/screens
- Clean exhaust fan outlets/screens
- Clean AC coils, drain pans
- Clean dehumidifier coils and check operation



### Plumbing/Fixtures & Appliances

- Check drain and supply line for leaks
- Check bath/kitchen fans



### Garage

- Ensure storage of fuel cans
- Ensure proper operation of garage door safety shut-off
- Check for signs of water damage
- Check for signs of rodents, bats, roaches and termites

## Community Partnerships and Resources:



Get it Done, Inc., a locally-owned home repair and maintenance company, offers a special 65-point home inspection to help identify asthma and allergy triggers in the home. In conjunction with Asthma and Allergy Awareness Month, Get It Done is offering this service for \$90 (a \$50 savings). As an added bonus, for every five inspections performed, Get It Done, Inc. will donate an hour of service to assist AAFA-STL's clients. Owner Steve Cloninger also writes an "Ask the Handyman" column every other week in the St. Louis Post Dispatch's "Home & Away Section," where he answers readers' questions.

[www.getitdoneinc.com](http://www.getitdoneinc.com)



Established in 2004, Rabbit Air offers high-quality HEPA air purifiers. Their mission is to improve the quality of life of their customers through an attractive and advanced air purification system, trapping 99.7% of air-borne allergens/pollutants in the home. Their MinusA2 asthma and allergy friendly™ HEPA Air Purifier model is also an AAFA-certified product. AAFA-STL thanks Rabbit Air for their continued support.

[www.rabbitair.com](http://www.rabbitair.com)



# AAFA-STL: IN THE COMMUNITY

Asthma and Allergy Foundation of America, St. Louis Chapter

The Asthma and Allergy Foundation of America, St. Louis Chapter, serves those affected by asthma and allergies of all types through education, support and medical resources.

## The Facts:

Nationally, 1 in 15 have Asthma

7%

20%

In St. Louis, 1 in 5 have Asthma

#1

Asthma is the #1 Reason Children Visit the ER

#1

Asthma is the #1 Reason Children are Hospitalized



Medication meant to prevent Asthma attacks cost between \$120 and \$270 per month- without insurance

A 2003 study reported that the average annual costs for a person with severe Asthma was \$12,813.

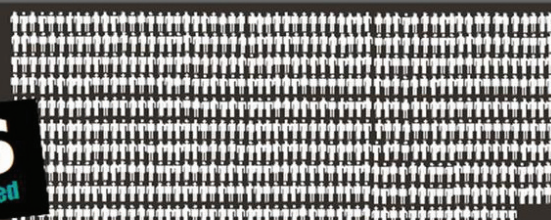
## When AAFA-STL Steps in:

### Project Concern:

AAFA-STL's comprehensive asthma and allergy management program that provides prescription assistance, education, and equipment to eligible children and young adults that are uninsured or underinsured.

2012  
Results

596  
Children served



941

Allergic  
Bedding  
Encasings  
Provided

931

Pieces of Asthma  
Equipment  
Distributed

83

St. Louis Schools  
Received  
Equipment

26

Asthma &  
Allergy Education  
Classes taught

4,261

People reached  
through our  
community  
outreach efforts

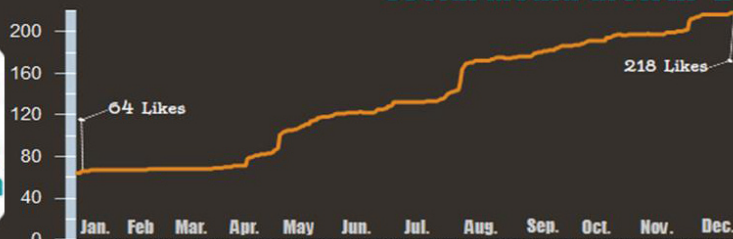
133 Active  
Volunteers

1,670  
Hours!

## COMMUNITY PARTNERS

St. Louis Children's Hospital - Healthy Kids Express -  
Christian Hospital Asthma Management Program -  
Cardinals Care Redbird Rookies - Gateway FEAST - St.  
Stephen ECD & Preschool - St. Louis City Health Dept.

## Social Media Growth- 2012



## Upcoming Program News & Events

Just a reminder that **JUNE 1** is the deadline for co-pay client renewals!

### ABC's of Asthma & Allergies Education Class

**Who:** Parents/guardians and their children who have asthma and/or allergies

**When:** Thursday, May 30th, 5:30-6:30 p.m.

**Where:** Wellston Housing Authority Multipurpose Center

Learn to identify asthma and allergy signs, symptoms and triggers and effective management of these diseases!

Please RSVP to Laura Frick at 314-645-5505 x1014 or lfrick@breathehealthy.org by **May 27, 2013**

## Volunteer Corner

Want to make a difference here in St. Louis and have a fun time in the process? We know just the place! Email alebb@aafastl.org to find out more about our wonderful volunteer program. The next volunteer orientation takes place on **Tuesday, May 14, from 5:30-6:30 p.m.** (RSVP required), so call or email today and get involved!

### Upcoming Opportunities:

- \*July 17 - Redbird Rookies Fair (tentatively at UMSL)
- \*August 12 - AAFA-STL's Annual Golf Tournament
- \*November 16 - AAFA-STL's Trivia Night

SIUE and ALA Present: *Active with Asthma*  
A day camp for kids with asthma (ages 7-14)

Saturday, July 20, 2013 8:30 a.m. - 4 p.m.  
Morris University Center, SIUE, Edwardsville, IL  
Trained medical and program staff will teach children about asthma, physical activity, medications, nutrition, how to avoid triggers, asthma action plans and more

**Register by June 15th** phone: 217-532-4175 or email: amandapayne@hillsboroareahospital.org

Look for our shiny new website in the very near future! Visit [aafastl.org](http://aafastl.org), and find out more about our life-saving programs, events and fundraisers, policy and advocacy work, and much, MUCH more!





Asthma and Allergy  
Foundation of America®

ST. LOUIS CHAPTER

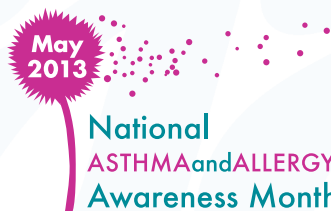
1500 S. Big Bend Blvd., Ste. 1 South

St. Louis, MO 63117

[aafa@aafastl.org](mailto:aafa@aafastl.org)

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

Phone: 314.645.2422



for life without limits™



## Life Without Limits 5K Run/Walk

Join us on Saturday, May 11 at Castlewood  
State Park for our 5K Run/Walk and  
Asthma and Allergy Fair  
All ages welcome!

Healthy snacks, t-shirts and great asthma/  
allergy resources will be provided (t-shirts  
only guaranteed for those  
who register by 8 a.m. on May 6)

Register via the green button at  
[aafastl.org](http://aafastl.org) or call our office  
(until 5 p.m. on Friday, May 10). Registration  
at the event is also available.

Race begins at 9 a.m., registration table opens at  
8 a.m. Come out and support AAFA-STL!

Breath of Life  
Sponsor:



SANOFI

Race  
Sponsor:



Donate today to AAFA-STL!  
Email [aafa@aafastl.org](mailto:aafa@aafastl.org) or call 314-645-2422  
to help support our mission!

*Golfing "Fore" a Great Cause!*

## 25th Annual AAFA-STL Golf Tournament

**Monday, August 12**  
**Old Hickory Golf Club**  
**St. Peters, MO**

*Stay tuned for more event details...and contact  
us for ticket and sponsorship info*  
[aafa@aafastl.org](mailto:aafa@aafastl.org)