

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 2015



Asthma and Allergy
Foundation of America®
ST. LOUIS CHAPTER

It's Back! The 2nd Annual Give STL Day is Tuesday, May 5!

Last year, AAFA-STL supporters came together and raised almost \$8,500 during the inaugural Give STL Day - a 24-hour giving event with local impact. Across the area, an astounding \$1.1 million was raised for local agencies. Amazing!

A partnership between the Greater Saint Louis Community Foundation and local non-profits, Give STL Day is an online day of giving where donors can make gifts - large and small - to participating organizations. AAFA-STL is pleased to announce that an agency donor will be **matching our online gifts** and local sponsors will also be boosting donations during certain periods throughout the day! Did we mention there are prizes and incentives for donors and non-profits, including Cardinals tickets? Donations may be made (starting at midnight on May 5!) at GiveSTLDay.org.

give
STL
Day.org™

**Tuesday,
May 5**

Connect with us for
news & updates!



A Message from Our Executive Director

Our home is our refuge from the outside world, is it not? During allergy season, you know to keep your windows closed to keep the pollen from coming inside. Also, you should remove your clothes and shower immediately upon entering the home if you have been exposed to heavy pollen. This can help remove the allergy triggers causing your problems.

We all know that trees, weeds and grass can be challenging for people with allergies, but did you know what's inside your home may be contributing to your allergy symptoms, too? There is movement nationwide to conduct healthy home assessments to determine if indoor triggers (such as mold, pets and smoke) are exacerbating symptoms for asthma and allergy sufferers. Many families throughout Missouri will soon receive home assessments if their child is on Medicaid and has severe asthma/allergies. The Asthma and Allergy Foundation of America, St. Louis Chapter championed this legislation last year and this service will be implemented July of this year.

If you or someone you know would like a healthy home assessment, please let us know! This service is not covered by health insurance (yet), but the cost is within the same range as having your carpets cleaned. The comprehensive assessment will test indoor air quality and measure other factors to determine if your home is a healthy place. In addition, our partner, Stanley Steemer, can also conduct an "allergy friendly" cleaning of upholstery and carpets. If you call Stanley Steemer, and you reference AAFA-STL, you will receive a discount and we receive a donation! Our hope is that each of you will enjoy the spring weather without enduring allergic symptoms.

Thanks for reading, and a big thank you to our many donors for your continued generosity and support throughout the year!

Joy B. Krieger, MA, RN
Executive Director

100^{Plus} PROJECT



Patrick is at it again! On March 21 & 22, he successfully completed 104 miles on the Madison Co. Trail System on a rowbike to raise funds and awareness for AAFA-STL. What a feat! He continues to amaze us with these efforts.

Keep up with Patrick (and his adventures!) on his blog: 100plusproject.com

GO!
St. Louis
AsthmaMD
Track. Control. Live Better.

Thanks to all who supported our 2015 GO! St. Louis Team! Special thanks to our Finish Line Sponsor, AsthmaMD Peak Flow Meter (developed by Inoventions™ - a division of Noble®) and to White Buffalo Massage. Stay tuned for details on our 2016 GO! efforts.



spring AllergyCAPITALS 2015

St. Louis Ranks 25th

The Asthma and Allergy Foundation of America recently released their annual Spring Allergy Capitals report, which ranks the top 100 most challenging U.S.

cities to live in with seasonal allergies. St. Louis has improved five spots - from 20 to 25! Even with this jump, the city continues to rank worse than average with regards to recorded pollen levels and over-the-counter and Rx allergy medications per capita. The #1 most challenging city for those with spring allergies this year? Jackson, MS. For further information on these metrics and to see the report in its entirety, please visit www.AllergyCapitals.com.

Your Opinion Matters!

Do you or someone you know have food allergies? We want your input! AAFA-STL is undergoing a community needs assessment to help direct what services and programs we provide the food allergy community.

Please take this brief, five-minute survey **no later than May 5, 2015**. You can be entered to receive a \$100 gift certificate to Zydeco Blues** restaurant and bar for your participation. (**Please note, this restaurant may or may not accommodate your food allergy needs. Always inform restaurant staff about your allergies and restrictions upfront. Ask questions and remain vigilant).



www.surveymonkey.com/r/STLfoodallergies

AAFA-STL Announces New Program Name & Logos

BREATH

Bridging Resources to Encourage
Asthma Treatment & Health

RESCUE

Resources for Every School Confronting
Unexpected Emergencies

AAFA-STL is pleased to unveil a program name change and brand new program logos. Formerly known as Project Concern, Bridging Resources to Encourage Asthma Treatment and Health, or BREATH, is AAFA-STL's comprehensive asthma and allergy management program for eligible uninsured or underinsured children in our service area. Seeking a name that would better encapsulate all that this flagship program provides, the Board of Directors voted late last year to change Project Concern's name to BREATH.

RESCUE is our school nurse asthma equipment program that provides school nurses with durable medical equipment to be used during asthma emergencies in the school setting. Efforts to trademark both logos are underway! Thank you to our graphic designers, John Marksbury and Melissa Irvin, for your expertise!

How We Are Helping - A Note from a School Nurse

"I've been a school nurse for 29 years and wanted to give you a special thank you for all of the good work you do in the community.

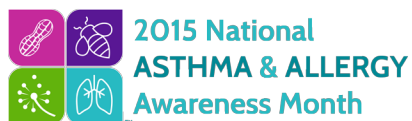
I recently called about a mom of a student of mine with asthma and food allergies, who needed an inhaler and medicine as soon as possible. She had waited to fill out the application and came into the school with expired Rx's and no inhaler. So I called the AAFA-STL office to give this information. The very next day, the mom and student arrived to school with the medicine and equipment. This is another student who is able to stay healthy and stay in school because



of your program. Thank you for all of the support you continue to provide schools and families in the community!"

Jane Sykes, School Nurse
Dewey Elementary
St. Louis Public Schools

Upcoming Events, News & Notes



May is Asthma and Allergy Awareness Month!
Check the insert for local happenings & news.

Landmark Peanut Study - Study may pave way for new prevention strategies
(Kids with Food Allergies Foundation blog: <http://bit.ly/1FQ3ITt>)

Peanut-Controlled Games @ Busch - Sunday, May 17 @ 7:05 vs. Detroit and Sunday, July 26 @ 1:15 vs. Atlanta

Asthma Camp - Camp Catch-Ya-Breath is a free, weekend camp that helps children learn about their asthma and how to control it. This year's camp will be held June 19-21 at the YMCA of the Ozarks in Potosi, MO. Call 573-882-8034.

Board Appointments - Welcome to our newest board members, Zach Clark, Abby Cohen and Michael McMurtrey!

Sustained Giving - Thank you to our most recent "Friend of AAFA-STL" donor, Jennifer Daut! Visit aafastl.org/donate to find out more.



Want to lend a hand? AAFA-STL has volunteer opportunities throughout the year, including assisting with administrative tasks, special events, community programs and more. For further details, please contact Andrea Lebb, 314-645-2422 or alebb@aafastl.org.

Upcoming Volunteer Opportunities:

*Sat., July 18: Redbird Rookies Fair

(assistance needed w/ AAFA-STL table & asthma screenings)

*Mon., July 20: 27th Annual AAFA-STL Golf Classic

(pre-event and day-of event assistance needed)

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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

Save The Date!

**27TH ANNUAL
AAFA-STL GOLF CLASSIC**

Monday, July 20, 2015

Persimmon Woods Golf Club

Weldon Spring, MO

12:30 p.m. - Shotgun Start

6:00 p.m. - Caddyshack & Cocktails Reception
(Open Bar - 5:00 p.m.)

Benefiting the life-saving programs that the
Asthma and Allergy Foundation, St. Louis Chapter
provides to the St. Louis community and beyond.

More info: aafastl.org/golf or 314.645.2422