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!

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 to see the list in its entirety.

Asthma and Allergy Foundation of America®
ST. LOUIS CHAPTER

2013’s Top 5:
1) Jackson, MS
2) Knoxville, TN
3) Chattanooga, TN
4) McAllen, TX
5) Louisville, KY
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.

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.

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

**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

**HVAC**
- Check dehumidifier/AC filters

**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

**Healthy Homes Maintenance Checklist -Spring Edition**
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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, and find out more about our life-saving programs, events and fundraisers, policy and advocacy work, and much, MUCH more!
Donate today to AAFA-STL! Email 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

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 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: Mylan

Stay tuned for more event details...and contact us for ticket and sponsorship info aafa@aafastl.org