

# INSPIRATION

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



Asthma and Allergy Foundation of America, St. Louis Chapter • Fall/Winter 2013

Mark Your Calendars!

**Wednesday, September 25**

Food Allergies 101 Panel Discussion  
(focus on teens and food allergies)  
@MoBap Medical Center, 6-7:30pm  
Please register at:

[foodallergies-101.eventbrite.com/](http://foodallergies-101.eventbrite.com/)

**Saturday, November 16**

AAFA-STL's 9th Annual Trivia Night  
"REEL HOLLYWOOD TRIVIA"  
@ the Chesterfield JCC  
(more info on back page)

**Sat. & Sun., December 21 & 22**

Gift Wrap Fundraiser @ the St. Louis  
Galleria Mall

2014 At-A-Glance

**Sat. and Sun., April 5 & 6, 2014**

Go! St. Louis Marathon Weekend  
(AAFA-STL is a charity beneficiary)

**Saturday, April 12, 2014**

24th Annual Orchid AAFAir  
@ the Four Seasons Hotel

**Wed. March 12 & Sept. 17, 2014**

Food Allergies 101 Free  
Community Panel Discussions  
@ the Richmond Heights  
Community Center

## A Message from Our Executive Director

Charge! Once again, the Asthma and Allergy Foundation of America, St. Louis Chapter (AAFA-STL) is leading the country in efforts to change the way asthma care is delivered. Propelled by AAFA-STL's concentrated advocacy efforts in 2012, Missouri was the first state in the country to pass legislation for school nurses to stock a rescue medication for "any" child who may suffer an acute asthma episode at school. To date, no other state has passed this bill.

In July 2013, the Centers for Medicare & Medicaid Services (CMS) passed a ruling that beginning in January 2014, asthma education and home assessments will be reimbursable. Prior to this ruling, AAFA-STL was preparing to submit a "Policy Brief" in September to the Missouri Department of Social Services and Medicaid on this very initiative. It is our hope that the legislators will provide a line item in the Missouri budget and pass legislation supporting this effort in 2014. We will be doing our part to encourage this important change in asthma care. This legislation would allow your physician and his/her trained staff to take the time to "teach" you how to manage your asthma and allergies.

These policy and advocacy efforts would not be possible without the generosity of our donors and supporters. We thank you for your continued support of our events, programs and Foundation as a whole.

We wish you a healthy fall and winter season.

Joy B. Krieger, MA, RN  
Executive Director

## How We're Helping - A Client Note

My name is Julia and my son Darren has asthma. When he was diagnosed, I was shocked because he didn't wheeze; the only thing he did was cough. Before I found out about Project Concern, it was so hard on me trying to get his medicine, and I knew I would have to borrow money to fill his prescriptions. AAFA-STL has helped out so much. I don't have to borrow money from anyone to get his medicine and I'm so grateful! Thank you so much for this program!



Asthma and Allergy  
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ST. LOUIS CHAPTER



We are pleased to announce a partnership with AllergyEats, the leading guide to allergy-friendly restaurants in the U.S. A custom version of AllergyEats.com will now appear on the AAFA-STL website, allowing individuals to locate and rate eateries based on their allergy-friendliness, both locally in the St. Louis region and nationwide. The first 25 people that rate a restaurant via our site will receive a complimentary t-shirt from AllergyEats! Check [aafastl.org](http://aafastl.org) soon for the official launch!

Also, AllergyEats is hosting its 2nd Annual Food Allergy Conference for Restaurateurs, November 5 in Boston. [www.allergyeats.com/conference](http://www.allergyeats.com/conference)

# GO! St. Louis.

We are thrilled to be a Go! For A Cause charity during the 2014 Go! St Louis Marathon. Races will take place Saturday, April 5 and Sunday, April 6, 2014. Contact us today to see how you can be a part of Team Asthma and Allergy Foundation! Visit <http://gostlouis.org/community/go-for-a-cause/> for more information.



## Fall Allergy Capitals Report is Here!

AAFA National's 2013 Fall Allergy Capitals Report has arrived -- and St. Louis has improved two spots! Out of 100 metro areas analyzed, St. Louis ranks 29th in the nation. Our area's pollen score comes in worse than the national average (no surprise there), but our Board Certified Allergists per patient rating is well above the national average! Ragweed is one of the most common allergens in our region in the fall, so remember to wipe down pets when they come into the home from outside, shower before bed to prevent pollen from spreading to your bedding and upholstery, and keep doors and windows closed in your home and car!

For the complete report, please visit <http://allergycapitals.com>. Also, visit <http://aafastl.org/resources> for a comprehensive list of allergists in the area, tips for maintaining healthy homes, and other helpful links.

## Want to Lend a Hand? Serve on an AAFA-STL Committee!

Consider lending your time and talents to AAFA-STL by serving on one of our committees! Committees meet various times throughout the year, and help us fine-tune special events, give us expertise on policy, and assist with community partnerships and other resources. Contact Joy Krieger for more information, 314-645-2422 or [jkrieger@aafastl.org](mailto:jkrieger@aafastl.org).

### Current opportunities:

- Special Events (Orchid AAFAir, Golf, Trivia)
- Programs
- Food Allergy
- Public Awareness
- Public Policy

## School Access to Emergency Epinephrine Act

This bill was recently introduced in the U.S. Senate, following the approval of a companion bill in the House of Representatives. Currently, 30 states (inc. MO) have laws in place that allow for an emergency stock of undesignated epinephrine.

Also, be sure to visit <http://www.epipen4schools.com> to see how your school can receive free EpiPens (offered by Mylan Specialty L.P.)

## Life Without Limits Sponsors

Thank you to these sponsors, who made a commitment throughout the year to support the Asthma and Allergy Foundation, St. Louis Chapter!



## Exciting Advocacy & Policy News!

As mentioned in the Executive Director's message, the Centers for Medicare & Medicaid Services (CMS) recently passed a ruling that asthma education and home assessments will be reimbursable, beginning in 2014. As a result, AAFA-STL has taken steps to pursue legislation and a line item in the 2014 Missouri budget to make this ruling enforceable at the state level. Lon Lowrey (who is temporarily stepping down from our Board) will serve as our Government Relations representative during this time, as we undertake this important policy initiative.

Also, we will begin a new partnership with Dr. John Kraemer (Director, Center for Environmental Analysis, Southeast Missouri State University), to offer home assessments and care management for our active client families beginning this year. Our ultimate goal, with both of these efforts, is to improve the lives of those with asthma and allergies, while simultaneously decreasing healthcare costs for the state.

## Upcoming Community Events, Studies and Info

### Investigational Medication Study for Individuals with House Dust Mite Allergy

This study is looking for adolescents and adults with clinically diagnosed House Dust Mite Allergy (with or without asthma), to partake in a one-year, investigational treatment. Please visit [DustMiteAllergyStudy.com](http://DustMiteAllergyStudy.com) or call (618) 624-2060 x104 for more information.

### Additional Research Study Resources

Clinical Research Center (1-866-75-TRIAL)

Washington University Research Participant Registry (<https://vfh.wustl.edu/>)

**Friday, October 18 - Metro East Air & Health Forum** @ Caseyville Community Center (909 Main St., Caseyville, IL). 9 a.m. – 3 p.m. This is a FREE event highlighting the impacts of air quality on health, featuring various speakers and informational resource tables. Lunch is provided. To register, e-mail [pwilliams@mct.org](mailto:pwilliams@mct.org) or call (618) 593-5800 (by October 12).

**Saturday, October 19 - Brave Endeavors (presented by 100+ Project and RunWell).** These are free, continuing community talks featuring local athletes who do extraordinary things! Next: legendary stand up paddle boarder Shane Perrin. Location TBD.

### Sat. and Sun., October 26 & 27 - Asthma Ready® St. Louis Surge Project

This project is geared towards inner-city families/children coping with asthma in St. Louis. Information, games, education, check-ups and various other resources will be available. Please call the AAFA-STL office for more information.

### Sun., October 27 - Gateway FEAST's "Trick or Trinket" Halloween Party

## 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:

- \* October 12 - Sathya Sai Asthma Screening @ Holy Trinity Parish Center in St. Ann
- \* November 16 - Trivia Night @ Chesterfield JCC
- \* December 21 & 22 - Gift Wrap @ the St. Louis Galleria
- \* April 6, 2014 - Go! St. Louis Marathon (AAFA-STL is a charity beneficiary)
- \* April 12, 2014 - 24th Annual Orchid AAFAir @ the Four Seasons

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for life without limits™



The Asthma and Allergy Foundation of America, St. Louis Chapter  
*presents*

# REEL HOLLYWOOD TRIVIA

Get in movie mode and come on out to our 9th Annual Trivia Night, an evening to benefit the life-saving programs that the Asthma and Allergy Foundation of America, St. Louis Chapter provides to the St. Louis community and beyond.



Proud member of



United Way  
of Greater St. Louis

The 2013 United Way of Greater St. Louis Campaign is in full swing! Consider running a campaign within your office to support this effort. 177 member agencies in our area are supported by the United Way of Greater St. Louis, including the Asthma and Allergy Foundation of America, St. Louis Chapter!

Support AAFA-STL by donating via your MO tax form!