

Fall 2015



# MOCHA

Mothers of Children Having Allergies

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



**Founders:**

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Associated Allergists  
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Lurie Children's Hospital

**Meeting Dates:**

MOCHA typically meets on the second Monday of the months of September, November, January, March, and April.

Please always check the website for meeting dates and location.

Upcoming Meetings:

- Monday, November 9, 2015
- Monday, January 11, 2016
- Monday, March 14, 2016
- Monday, April 11, 2016

**Non-Allergic Food for Thought:**

The world is not free of Milk, Egg, Peanut, Tree nut, Wheat, Soy, Fish, Shellfish. It is our job as parents to give our children the **Education, Encouragement, Experience** and **Enthusiasm** to get out there and live their lives to the fullest—safely.

**Disclaimer:**

MOCHA is not a professional or medical organization. It is a group of parents sharing information and supporting each other. The discussions, meeting minutes, handouts, speakers, and other products of our support group do not constitute medical and/or legal advice and should not be relied upon as such. Always discuss individual health questions and medical issues with a qualified personal physician.

**NEXT MOCHA MEETING: MONDAY, NOVEMBER 9, 7:00pm**

Join us in our NEW MEETING LOCATION: [FARE Midwest Regional Office, 8707 Skokie Boulevard, Suite 104, Skokie 60077](#)

Dr. Jennifer S. Kim will review selected recent articles to advance our knowledge of food allergies. Topics covered will include anaphylaxis, FPIES, the LEAP study, and Chinese herbal formula trial.

**NEW TO MOCHA?**

MOCHA (Mothers of Children Having Allergies) is a group of parents sharing information and supporting each other. The 400+ Chicagoland members of MOCHA know how frightening it can be to learn that your child has been diagnosed with severe, often life-threatening allergies. Rest assured, you are not alone! We've all been there, and that's why we formed this support group – to give you tips for dealing with the day-to-day aspects of managing food allergies and to help you cope with the stress that goes along with it. MOCHA realizes that every family's situation is unique, but we can offer practical, general, non-medical advice that has worked for us. Through our meetings, speakers, and informal get-togethers, MOCHA offers support, education, and – best of all – friendship, to help make managing your child's food allergies just a little bit easier. Check out [our website](#) for the most current news and resources. And send your email address to [MembershipInfo@mochallergies.org](mailto:MembershipInfo@mochallergies.org) to be added to our MOCHA blast email list.

**SUNDAY, OCTOBER 4: FARE CHICAGO WALK FOR FOOD ALLERGY:**

Lincoln Park, Grove 2 at Clark St. & LaSalle St. Check in 8:00-10:00am, Walk Ceremony 10:00am. Special Guests: "Skates" from the Chicago Wolves, Magical Moments Princesses, Jim Cornelius -singing the national anthem! [JOIN TEAM MOCHA](#) and invite your friends, family and co-workers to help us say FAREwell to food allergies! Check out this heart-warming [video](#) by 3-year-old Clayton who is raising funds for the FARE Walk.

**SATURDAY, NOVEMBER 7: CHICAGO FanFARE:**

Museum of Broadcast Communications  
360 North State Street Chicago, IL  
Join us at this fun filled celebration to enjoy cocktails, party bites, entertainment, silent auction and much more!



**NOVEMBER 13-15: 10th ANNUAL FARE TEEN SUMMIT:**

The FARE Teen Summit has been building new and long-lasting friendships for the last decade. Pre-teens and teens ages 11-22, as well as their parents, are invited to attend. There will be sessions specific to food-allergy related issues faced in middle school, high school, and college, plus fun social events and helpful support groups throughout the weekend. [Click here](#) for details.



**NUMEROUS DATES THIS FALL/WINTER:**

Once again Northwestern University is offering many non-conference football and basketball games that are peanut and tree nut allergy-aware! You can purchase single game tickets or packages. [Click here](#) for more information, or contact: Kevin Kowynia, 888-467-8775 x9001, email: [kevin.kowynia@northwestern.edu](mailto:kevin.kowynia@northwestern.edu).



**SAVE THE DATE:** FARE Chicago 5th Annual Spring Luncheon, Friday, **May 8, 2016**, Four Seasons Chicago.

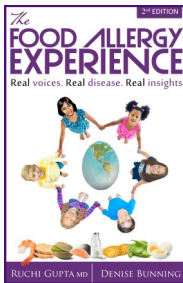
**MOCHA RECOMMENDS:**

Watch this [video by Susan Tatelli](#), recording her self-administration of epinephrine during an actual anaphylactic reaction. 12-year-old Susan made the video for a Girl Scout project, and has since been asked to train a number of school district employees. Also, follow the blog [Eating Peanut](#) by Susan's mother, Caryn Tatelli.

Follow this [blog by 13-year-old Jack Yonover](#) from Wilmette who produced a documentary, "That Bites!" about living with food allergies. Jack has received numerous awards and has been published in Allergic Living Magazine. Watch the [trailer to his video here](#).

**DEERFIELD SCHOOL DISTRICT 109 FOOD ALLERGY MANAGEMENT PLAN:** Check out [this link](#) for the most current Illinois school district food allergy management plan.

**LURIE CHILDREN'S HOSPITAL CHICAGO IS RECRUITING WHEAT-ALLERGY PATIENTS** for a clinical trial using oral immunotherapy to determine if children can be desensitized to wheat and if this treatment can build up tolerance to wheat. This study is led by our very own medical adviser Jacqueline Pongracic, MD. For more information, call 312-227-6153, or email [allergystudy@luriechildrens.org](mailto:allergystudy@luriechildrens.org).



**THE FOOD ALLERGY EXPERIENCE, 2nd Edition:**

Written by Dr. Ruchi Gupta and Denise Bunning, the 2nd Edition of this book is available now! Based on Dr. Gupta's research and her surveys of parents, providers, caregivers and patients, *The Food Allergy Experience: Real voices. Real disease. Real insights.* provides a reliable source of information and advice in simple, easy-to-read terms. For those contending with food allergies, the book offers guidance and invaluable perspective. For friends, relatives, health care providers, teachers, and caregivers, the book will instill a better understanding of how food allergies impact life at home, at school, and in the community, helping them to more effectively assist children with food allergies. Cost is \$29.99. Order at [www.FoodAllergyExperience.com](http://www.FoodAllergyExperience.com).

Dr. Gupta has been featured in several recent media: Story in [Lurie Children's Research Newsletter](http://Lurie Children's Research Newsletter). Video on [WGN Midday News](http://WGN Midday News). And Denise Bunning has been featured in [North Shore Magazine](http://North Shore Magazine).

**NEWS FROM FARE (Food Allergy Research & Education):**

- FARE wants to help diners with food allergies have a safer and more enjoyable time when dining out. They recently launched the **SafeFARE program**, an online resource center and public awareness campaign about dining out with food allergies. The SafeFARE website ([www.safefare.org](http://www.safefare.org)) includes tips for before and during a visit to a restaurant, a customizable "Food Allergy Alert" chef card, and a "Find a Restaurant" feature that will allow diners to find local restaurants with staff that have completed allergen training programs. FARE has also released a national public service announcement (PSA), featuring celebrity chefs Bryan Voltaggio and Mike Isabella, focused on promoting teamwork between people with food allergies and restaurant staff. More information is available at [www.safefare.org](http://www.safefare.org). Visitors to the website can also [download a SafeFARE flyer](#) to send to local restaurants encouraging them to sign up for food allergy training and then get listed in the SafeFARE restaurant database.
- **Food Allergy & Anaphylaxis Emergency Care Plan:** FARE's new written plan outlines recommended treatment in case of an allergic reaction with easy-to-follow graphics. The document was updated with the invaluable assistance of FARE's Education Working Group, which includes support group leaders, FARE Medical Advisory Board members, other health professionals and experienced parents of children with food allergies. The plan has been approved by FARE's Medical Advisory Board.
- FARE teamed up with The Discovery Channel to produce a documentary about food allergies called "[An Emerging Epidemic: Food Allergies in America](#)." The hour-long documentary, narrated by **Steve Carell**, explores what it is like to live with life-threatening food allergies, how families and individuals managing food allergies are working to raise awareness in their communities, and the vital research underway to find effective treatments and a cure.
- **Food Allergy Bullying: It's Not a Joke:** Food allergy bullying is a growing problem in schools across the country. About a third of kids with food allergies report that they have been bullied specifically because of their allergies. FARE's "It's Not a Joke" PSA can help you learn more about food allergies and how you can prevent food allergy bullying.
- FARE works with colleges and universities to develop uniform policies to effectively manage food allergy through the [FARE College Food Allergy Program](#). Currently under development, this program will address all aspects of college life with food allergies including dining services, resident life and social well-being, health services, disability accommodations and emergency services.

**EMERGENCY EPINEPHRINE ACT: PHYSICIAN'S TOOLKIT** is available online, and provides everything your doctor needs to know in order to prescribe a supply of epinephrine auto-injectors to be stocked at your child's school so that the school nurse is allowed to administer epinephrine to any student believed to be having an anaphylactic reaction.

**IS YOUR SCHOOL ALLERGY-READY?** *How to C.A.R.E. for Students with Food Allergies: What Educators Should Know* is an interactive online course that provides an anytime, any place education solution for school personnel. Developed in partnership with leading organizations and critically evaluated by health professionals and educators, this innovative course is designed to help Boards of Education and school personnel prevent and manage emergency situations. Check it out at [www.AllergyReady.com](http://www.AllergyReady.com).

**MEMBERSHIP INFORMATION:** We'd love to have you join MOCHA! You'll be included in our email list and will receive all the communications we distribute throughout the year. Please email our membership coordinator at [MembershipInfo@MOCHAllergies.org](mailto:MembershipInfo@MOCHAllergies.org) with your name and email address to be added to our membership list and to receive our email blasts.

**PREVIOUS MOCHA MEETINGS:** Presentations are available on the [www.MOCHAllergies.org](http://www.MOCHAllergies.org) website under the "Meetings" tab.

**POWER EMAIL:** Thanks to Tom Donovan for helping to keep us all informed. If you are not getting your power emails, your email address is changing, or you wish to be deleted from the email list, please send an email to [MembershipInfo@MOCHAllergies.org](mailto:MembershipInfo@MOCHAllergies.org). Thanks for your patience.

**MOCHA WEBSITE:** We are continually updating the MOCHA website, and we want your suggestions. What should we include that would be most helpful to you? Send your suggestions to Denise at [dbunning@comcast.net](mailto:dbunning@comcast.net).



milk



egg



tree nut



shellfish



peanut



fish



soy



wheat



seeds

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

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

[www.Allergists-Asthma.com](http://www.Allergists-Asthma.com)

<http://FoodAllergies.Stanford.edu/>

[www.med.UMich.edu/FoodAllergy](http://www.med.UMich.edu/FoodAllergy)

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

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

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

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

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

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

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

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

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

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

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

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

[www.foodallergyworks.blogspot.com](http://www.foodallergyworks.blogspot.com)

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

<http://eatingpeanut.blogspot.com/>

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

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

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

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

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

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

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

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

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

<http://thechodosgroup.com/>

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