



## Roll out the Welcome Mat

Introducing new FACTS members

Teia Hastings-Rowe	Christine Hetzel	Kevin Infantino
Heather Martin	Karen Nead	Kara Olds
Marlene Payne	Anne Marie Perro	
Eric and Carla Rowe	Kimberly Smith Daly	Amy Woeller

## Social Scene

In the months of February, April, October and December, FACTS hosts a Parents Social Event at a local restaurant.

The next Social "Nite" is Wednesday, October 15<sup>th</sup> at 6:30. The location is yet to be determined. Put the date on your calendar and stay tuned!

## Calendar of Events

- Saturday, June 21st: 3:30 Kyle Dine Concert, at FUMC
- Saturday, July 19th: 10:00 - 12:00 FACTS Meeting at FUMC  
"Getting Your Child's School Ready for a Food Allergy"
- Saturday, Sept. 20th: 10:00 - 12:00 FACTS Meeting here at FUMC
- Wednesday, October 15th: 6:30 Social Night Location TBD
- Saturday, October 25th: Halloween Party (Food-free kids' event)

## Cover to Cover

The FACTS Resource Library consists of food allergy resource books, cookbooks, children's books, magazines, videos and various handbooks/newsletters from FAAN. Check out an item by filling out the book's card and place it in the card box. Please remember to return the library item at the next FACTS meeting so someone else may borrow it. This is a great way to check out a cookbook if you're not sure if you want to buy it. It's also a great way to introduce food allergy awareness books for our kids. If you need a children's book to share at your child's story time at school, we may have an appropriate title.

If you have any library suggestions please feel free to contact Anne Chandler (the FACTS Library volunteer) at 217-9662 or machandler@frontiernet.net

**Library news:** We have two new books!

*The Super Allergy Girl! Gluten Free, Casein-Free, Nut-Free Allergy & Celiac Cookbook from a Mother Who Knows* by Lisa Lundy  
All recipes are: Wheat, Gluten, Milk, Egg, Peanut, Tree Nut, and Coconut Free. This cookbook has a WNY connection, the author is from the Buffalo Food Allergy Support Group.

*A Day at the Playground* by Tracie Mulari-Schrand

This children's book is about food allergy awareness at the park: The target age group 2-3 years old.

## Coming Attractions

### Kyle Dine Concert - Saturday, June 21st at 3:30

The Kyle Dine concert is going to be Saturday, June 21st at 3:30 at Fairport United Methodist Church. Advance tickets are \$10 per family and will be \$12 per family at the door on the day of the concert. You can reserve your seats in two ways:

1. at the May 17th FACTS meeting
2. by emailing Joy at [ejleinenbach@gmail.com](mailto:ejleinenbach@gmail.com) with the number of family members attending and send a \$10 check made out to FACTS to the following address:

Joy Leinenbach  
76 Ross Brook Drive  
Rochester, NY 14625

We will be advertising this concert to the Buffalo food allergy support group at the end of May, so be sure to reserve your family's seats soon.

### July 19<sup>th</sup> FACTS Meeting from 10 - noon

"Getting Your Child's School ready for a Food Allergy" is the topic of next month's meeting. We will be sharing FACTS members checklists and tips for educating your child's school about food allergies.

## Our Hats Off to...

Thanking our FACTS members

- Ron Crandall created this newsletter's template.
- Craig and Alison Dennison organized the apparel order.
- Dawn Kandall created the Babysitter Training Checklist.
- Cynthia Lawton created our New Member FACTS sheet.
- Amy Wagner coordinated the Kyle Dine CD order.



## Advocacy and Awareness

### FAAN's Food Allergy Awareness Week Grant

FACTS was awarded a \$300 grant from FAAN and we have used that money to educate and promote food allergy awareness in the Monroe County public libraries. Posters and brochures, which will be displayed during Food Allergy Awareness Week, have been sent to each of the 35 Monroe County libraries. FACTS is also donating 8 copies of "Alexander the Elephant Who Couldn't Eat Peanuts" to the Monroe County libraries' circulation. A letter explaining who FACTS is and offering to do food allergy education for each libraries' staff and/or community as well as food allergy story hours was sent as well.

Please take the opportunity to volunteer to pick up the posters and remaining brochures from a couple libraries so that they will not be thrown out. There is a sign-up sheet out on the table. As we receive requests for presentations, we will also be needing assistance.

## Volunteer Opportunities

- Make copies of FACTS brochures and handouts
- Join the Decoration Committee for the Kyle Dine Concert
- Assist with clean-up after the Kyle Dine concert
- Help with FACTS presentations
- Support a newly diagnosed food allergic family
- Become the FACTS Social Chairperson – This job involves coordinating the Social Nites.

Contact Joy Leinenbach if you can help with any of these opportunities.

## They are here!

### FACTS Apparel

The FACTS apparel order is here! Check with the Dennisons to pick up your T-shirt, golf shirt, fleece, hat and/or visors. A few extra hats were order and can be purchased for \$13 each.

### Kyle Dine CDs – "You Must Be Nuts!"

Pick up your pre-ordered CD from the table. A few extras were ordered and can be purchased for \$12.

## Recycle the FACTS –

Information from past FACTS minutes

### Suggestions for Living with Food Allergies

1. Manage the pantry by using a permanent marker to put a checkmark over the ingredient label once parent determines that the product is safe. This enables anyone who prepares food for the child in the home to know what is safe and what is not.  
✓ = safe food and (no check) = non safe food
2. Carry wipes every where. Use them at playgrounds, on grocery carts, etc.
3. Role play with child to decline foods offered by adults.
4. When out at a restaurant or social event and there is no safe dessert option, offer your child \$1 instead. Many children would rather have the \$1 and not eat a sweet treat, than have the option to eat something different which is homemade.

## FACTS fund\$

**Finance:** The FACTS bank account has a balance of \$1,310.79. This balance is before shirt order and Kyle Dine concert payments

*The funds in this account accumulate primarily from donations from FACTS members. The money is used for purchasing educational materials, photocopying, ink and other supplies needed for FACTS presentations and for food-free events such as the annual Halloween party.*

## Contact Us

### FACTS Co-Founders:

Joy Leinenbach: 585-264-9033 or [ejleinenbach@gmail.com](mailto:ejleinenbach@gmail.com)  
Sandy Eckdahl: 585-421-9273 or [sleemunson@frontiernet.net](mailto:sleemunson@frontiernet.net)

Please contact us if there is anything that we can do for you