



Roll out the Welcome Mat

Introducing new FACTS members

Elsie Antonowicz	Stephanie Campanelli	Melissa Miller
Amy Oechsle	Keisha Seymore	Abby Trafton

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 15th at 6:30. The location is yet to be determined. Put the date on your calendar and stay tuned!

Calendar of Events

Wednesday, October 15th: 6:30 Social Night Location TBD
Saturday, October 25th: Halloween Party (Food-free kids' event)
More details will be coming in future FACTS emails.
Saturday, November 15th: 10:00 - 12:00 FACTS Meeting here at FUMC
"Getting Ready for the Holidays"
Thursday, December 18th: 6:30 Social Night at P.F. Changs

Coming Attractions

October 25th, 10:00 – 11:30 am

6th Annual FACTS Halloween Party

FACTS children and their siblings can come to this Halloween party dressed in their costumes. At this fun-filled, food-free event they will enjoy non-scary games, allergy-safe crafts and food-free trick-or-treating.

The Seniors from FUMC's youth group organize this party as part of their Service Project requirements for high school.

Specific details regarding this year's party will be coming soon!



Our Hats Off to...

Thanking our FACTS members

*Anne Marie Camp and Anette Messer have volunteered to be Social Night Co-Chairs

*Amy Wagner and Hilary Woodring planned our children's food allergy workshop

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 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

We have another new FA cookbook in the FACTS Library. Linda Marienhof Coss the author of What's to Eat has a brand new cookbook out: What Else is to Eat? The Dairy-Egg, and Nut-Free Food Allergy Cookbook.

If you like What's to Eat, I'm sure What Else will provide more easy, classic go to recipes for your family.

Kids Books: We have a lot of kids books, so if you are looking for a book to bring to your child's story time at school, feel free to check out our borrowing library.



Advocacy and Awareness

FAAN's Back to School Grant 2008

FAAN is once again offering a \$300 grant to food allergy support groups to support their efforts with Food Allergy Education and Schools. FACTS is submitting a grant very similar to last years. We will propose to send letters to principals of local schools which would explain what FACTS is and describe the food allergy presentations which we offer. The money would be used to purchase FAAN books to donate to the schools, stickers to give the students, and postage. We will keep you updated on our progress.

Upcoming Presentations:

October 13th - Bates-Rich Beginnings Child Care

Recycle the FACTS

Information from past FACTS minutes

Halloween Safety Tips

- Be sure your child eats before going out to trick-or-treat so that she will not be tempted to eat the candy.
- Carry your medication with you while you are trick-or-treating.
- After trick-or-treating, have your child trade the candy for a special treat bag you created just for him.
- Hold a food allergy safe Halloween party at your home with your child's friends rather than going out.

Volunteer Opportunities

- Make copies of FACTS brochures and handouts
- Help with FACTS presentations
- Support a newly diagnosed food allergic family

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

FACTS fund\$

Finance: The current FACTS bank account balance is \$615.49. Thank you all for your contributions.

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.

Check Out the Next FACTS Meeting!

At November 15th's FACTS meeting we will be discussing all of things we need to do to get ready for the holidays:

- Talk to family about keeping your food allergic child safe and in some cases convince them that cross-contamination is a real issue
- Plan menus with family members
- Choose safe recipes for holiday baking
- Pack up pots and pans, food and drink
- Figure out how you will travel with everything you need to bring (medication, food, cookware, dishes, utensils, etc...)

Join us at the meeting to share your concerns and get new ideas!

Contact Us

FACTS Co-Founders:

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

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

The information shared in this "Just the FACTS" newsletter does not constitute medical/legal advice and should not be relied upon as such. Always discuss individual health questions and medical issues with a qualified personal physician.