



Roll out the Welcome Mat

Introducing new FACTS members

Aileen and Mark Coleman
Charley Kulvanish
Jenna Welch

Holly Luong

Melissa Glastetter
Sarah Satterly

Social Scene

Not so long ago, in the months of February, April, October and December, FACTS hosted a Parents Social Event at a local restaurant. Last year we stopped holding these due to low attendance. Please let us know if there is a renewed interest in the Social Night. Our Social Co-Chairs, Ann Marie Camp and Anette Messer, would be happy to set something up.

Please let us know if you have any new ideas to promote the FACTS Social Scene.

Social Chairs: Anette Messer anette@rochester.rr.com and
Ann Marie Camp adimonda@rochester.rr.com

Calendar of Events

Saturday, October 31st FACTS Food-free Halloween Party at FUMC
Saturday, November 21st: FACTS Meeting here at FUMC at 10:00 AM
Saturday, January 16th: FACTS Meeting here at FUMC at 10:00 AM
Saturday, March 20th: FACTS Meeting here at FUMC at 10:00 AM
Saturday, April 10th: FACTS Spring Fling here at FUMC at 10:00 AM
(Tentative date)

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 rnachandler@frontiernet.net

New to View:

We received several complimentary issues of Allergic Living magazine.

Let's Recycle: If you have back issues of FA magazines that you no longer need, please feel free to donate them to FACTS for our Library. Do you have food allergy books that you no longer refer to or no longer need? Again, please feel free to donate those too. Thanks in advance!

My Favorite Book (If you have a favorite food allergy book, please share your thoughts with Anne so they can be included in a future issue)

Check Out These Events

October 31st, 10:00 – 11:30 am

7th 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! Put the time on your calendar, you will not want to miss this!



Our Hats Off to...

Thanking our FACTS members

Alison and Craig Dennison for working on a new order of FACTS shirts.

Hilary Woodring for learning more about the "Food Should Taste Good" company and getting the assorted samples for members to try



Advocacy and Awareness

• Food Allergy Presentations

A few schools have taken advantage of the opportunity to have FACTS share food allergy information with their staff and students. Those schools are Indian Landing ES in Penfield, Palmyra-Macedon Primary School in Palmyra, Johanna Perrin Middle School in Fairport, and Gates-Chili Middle School.

• FAAN's Back to School Grant

FACTS is once again applying for the FAAN "Back to School Grant". We have discovered a need at the middle school level in the area of Home and Careers. We are putting together information to be given to the Home and Careers teachers so they can educate their students about food allergies and cross contamination in the kitchen as well as offer presentations for the students. We will let you know what happens.

Volunteer Opportunities

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

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

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.

Recycle the FACTS

Information from past FACTS minutes

October 2003:

FACTS invited a panel of speakers including Dr. Robert Schwartz, a retired allergist from the AAIR group. Dr. Schwartz shared the following general information. *People learn by mistakes. Errors are not usually "people issues" but are "process issues". The errors occur because they don't understand the process or because they don't have the track record of errors to learn from*

September 2004:

FACTS invited the parents of a now grown food allergic child to come to the meeting and share their experiences of raising a child with severe food allergies. The Dibbles said their key advice is to help your food-allergic child to become independent (help them solve their own problems, teach them how to read food labels, buy safe foods, eat at restaurants, etc.), main stream their disability and don't scare them. The father said to teach your kids that, *"Being different is good. America thrives on differences."*

FACTS fund\$

Finance: The current FACTS bank account balance is \$247.02. Thanks to all of you 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 and Spring Fling.

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.