

*Empowering parents, through support and education, to keep their children safe*

## Medical Advisor

**Tina Zecca D.O.**  
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## Co-Leaders

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**Ginny Smith**  
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## Treasurer

**Ann Houdalis**  
[PANHOUD@aol.com](mailto:PANHOUD@aol.com)

## The Leaders' Corner

Spring has sprung and with it comes rebirth, including the rebirth of our support group meetings. While the email list for FASGMC has been active, the group has not had regularly scheduled meetings for some time. That has changed with our most recent meeting in March and with the scheduling of meetings for April and May. Thank you to Dr. Zecca for hosting our meetings.

At our March 15 meeting, we set some goals for the year, the most important of which is getting back to the core purpose of the group: support for parents with food allergic children. We are a group of parents supporting each other through the challenges of raising food-allergic children.

Other goals include obtaining a tax ID number for the group and expanding the leadership and committee roles to ensure the continuing success of meetings and programs.

A letter went out from the leaders in March, requesting volunteers to help move the group forward. We are happy to say that many people stepped up to volunteer their time. We thank everyone who has volunteered and encourage all members to get involved. Not only does it help the group, but getting involved will help you get more from the group as well.

We do still need volunteers and the following positions are still open:

*(Continued on page 2)*

## Schedule of FASGMC Meetings & Activities

### APRIL

**Informal Day Meeting**  
**Tuesday, April 13, 2010**  
9:30-10:30am  
Meet in the café at  
Whole Foods  
471 Rte 35, Red Bank  
RSVP to  
[loldenski@yahoo.com](mailto:loldenski@yahoo.com)

**\*Support Group Meeting**  
**\*Tuesday, April 27, 2010**  
7: 30 p.m.  
Topics: Food Allergy  
Awareness Week; Discuss

whatever food allergy issues are on your mind

### MAY

**\*Support Group Meeting**  
**Tuesday, May 25, 2010**  
7: 30 p.m.  
Play Food Allergy Jeopardy with Dr. Tina Zecca, Allergy & Asthma Associates of Monmouth County. Additional topic: Registering food allergic children for school

### AUGUST

**Mom's Night Out/ Back to School**  
Date/Time/Location TBD

### FALL 2010

Regularly scheduled meetings will resume in September. Schedule and topics TBD. ***If you have ideas for speakers or topics, contact*** [njfoodallergy@hotmail.com](mailto:njfoodallergy@hotmail.com)

**OCTOBER 2010**  
**Annual Halloween Party**

Contact Chris Gauss  
[chrisandted@gmail.com](mailto:chrisandted@gmail.com) if you are interested in helping to plan the party

\*Tuesday evening meetings are held at Allergy & Asthma Associates of Monmouth County  
200 White Road,  
Suite 205  
Little Silver, NJ

List of non-FASGMC events on page 2

## What's Happening?

**M**uch has been going on behind the scenes at FASGMC and many of our members have taken on new responsibilities.

### Nonprofit Status

We are moving forward on our goal of making the support group a tax exempt 501(c) (3) organization. This will give our organization more stability, allow us to make tax-free purchases and make fund-raising easier. Carol Sama and Jodi Guagliardo are working on the non-profit status.

### Children's Activities

Chris Gauss is planning the annual food free **Halloween party**. Details are forthcoming. If you are interested in helping to plan the party, contact Chris at [chrisandted@gmail.com](mailto:chrisandted@gmail.com).

Christina Frasca has volunteered to help set up **play dates**.

If you are interested in planning any other children's activities, please contact [njfoodallergy@hotmail.com](mailto:njfoodallergy@hotmail.com).

### Local Restaurants

Finding a restaurant that caters to food allergies can be difficult. Michele Donnelly is creating a **database** with information on local restaurants so our members can gain access to information that can help them choose a restaurant. If you would like to recommend a restaurant as allergy friendly or

unfriendly, contact Michele at [donnely34@verizon.net](mailto:donnely34@verizon.net)

### Recipes/Cooking Classes

Finding allergy-friendly recipes can also be difficult, which is why Laura Oldenski is working on a **database of allergy-friendly** recipes.

Laura is also working to schedule an allergy friendly cooking class at Young Chef's Academy of Marlboro in April or May.

### Mom's Activities

Laura Oldenski is also looking into the

possibility of some daytime **meetings** for moms who are not available in the evenings.

Contact Laura at [ldenski@yahoo.com](mailto:ldenski@yahoo.com)

The leaders of FASGMC were not looking for anyone to compile this information. Michele and Laura mentioned what they felt were good ideas and were encouraged to pursue them. **Let us know your ideas!**

### Internet

We are now active on **Facebook**. Go to [www.facebook.com](http://www.facebook.com) and search for FASGMC to become a fan.

Cecilia DiTaranto [cecilia.ditaranto@gmail.com](mailto:cecilia.ditaranto@gmail.com) has offered to manage our Web page at <http://fasgmc.tripod.com/>.

(Continued on page 3)

## Events of interest to our members

**May 8**

**FAAN Food Allergy Conference**

Tarrytown, N.Y

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

**May 15 – 19, 2010**

**Food Allergy Awareness Week**

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

**June 6, 2010**

**Lakewood BlueClaws Second Annual Nut-Free Game** in honor of those with food allergies. Tickets are \$10. For more information or to purchase tickets, contact Cheri Golub at 732-

-239-8374 or [ckgol@optonline.net](mailto:ckgol@optonline.net).

**September 11, 2010**

**The Food Allergy & Anaphylaxis Network's Walk for Food Allergy: Moving Toward a Cure**, Long Branch

[ckgol@optonline.net](mailto:ckgol@optonline.net)

<http://www.foodallergywalk.org/>

[longbranch.nj10](http://longbranch.nj10).

## Leaders' Corner

(Continued from page 1)

**Meeting Planning:** When we stopped the regularly scheduled meetings for a time, they were sorely missed. Meetings are a vital part of our group, enabling people to discuss concerns in person with others facing the same issues, as well as to learn from knowledgeable guest speakers. We need two people to schedule and plan the monthly meetings and arrange guest speakers.

**Library:** We need one person to inventory what we have and help grow the library so that our members have access to accurate, relevant and timely information about food allergies

If you are interested in helping in any way, please let us know during our next meeting or send an email to

[njfoodallergy@hotmail.com](mailto:njfoodallergy@hotmail.com).



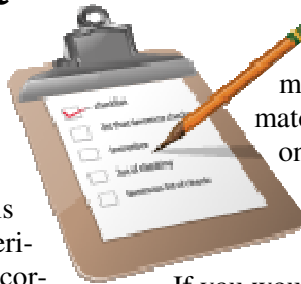
*Thank you to  
all our  
volunteers!*

## What's Happening?

(Continued from page 2)

### Member List

Winnie Chan has taken over the **member list**, which includes more than 180 names. To better serve our members, Winnie is updating the list and verifying that we have the correct information for all members. If you haven't given updated information to Winnie, please take the time to fill out the information below to ensure that you continue to receive our newslet-



ters and meeting information. In an effort to provide better support, we are asking if you would like to be part of a phone support system. If a member

would like to speak with other members, we will match them up based on their children's allergies and provide a contact name and number.

If you would like to help, please answer "yes" for question number 10. **Please take a few minutes to complete the following and email your answers to [wsquared@comcast.net](mailto:wsquared@comcast.net)**

1. Contact's Last Name
2. Contact's First Name
3. Email Address
4. Mailing Address
5. Daytime Phone Number
6. Evening Phone Number
7. Child/ren's First Name
8. Child/ren's birth year
9. Type(s) of allergies?
10. Would you like to be part of the phone support system? If yes, please specify when is a good time to call.

Please be advised that if you answer yes for No. 10 we will share your phone number only to the member who requests help.

## In the News



### Public Comment Sought On Draft Guidelines for the Diagnosis and Management of Food Allergy

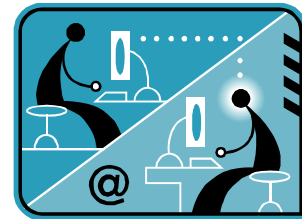
The National Institute of Allergy and Infectious Diseases (NIAID), part of the National Institutes of Health, is seeking public comment on a draft of "Guidelines for the Diagnosis and Management of Food Allergy." The public comment period is open for 60 days beginning March 5 and ending May 3. Health care professionals and interested members of the public are encouraged to review the guidelines and participate in the open comment period by visiting the NIAID Food Allergy Clinical Guidelines public comment site at <http://www3.niaid.nih.gov/topics/foodAllergy/clinical/Who/comments.htm>.

## What our members are saying

### Recent topics of conversation on FASGMC's

#### Yahoo Groups email list:

- Summer Camp for Kids with Food Allergies
- Sites for Allergen Free Food
- Starbucks-Lucy's Cookies
- Kindergarten Registration
- Hershey and Cadbury
- Need to Vent
- Disney



To join, e-mail

[FASGMC-subscribe@yahoogroups.com](mailto:FASGMC-subscribe@yahoogroups.com) or [njfoodallergy@hotmail.com](mailto:njfoodallergy@hotmail.com)