



# Family Conference

## *Knowledge for Living*

*with Anaphylaxis, Asthma and Allergies*

Saturday, October 3<sup>rd</sup>, 2009

8:00 a.m. – 5:00 p.m.

At Bethany Community Church  
1388 3<sup>rd</sup> Street  
St. Catharines, Ontario

Includes a full-day Children's Program, combining fun and learning! Supervised and allergy aware.

**REGISTRATION FORM ENCLOSED**

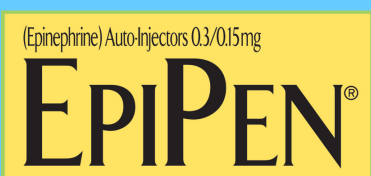


Brought to you by the  
**Allergy/Asthma  
Information Association**  
**AAIA** in partnership with  
**NASK** and **AaN**.

[www.aaia.ca](http://www.aaia.ca)



Health Canada / Santé Canada



# Morning Program

**8:00 – 8:45**     **Registration, Displays and Allergy Aware Marketplace**

**All children participating in children's program should be registered and in classroom.**

**8:45 – 9:00**     **Introductions** – Cindy Paskey, President, NASK

**9:00 – 9:45**     **Research Update: What's new and promising in the world of allergies**  
Dr. M. Jordana, MD, PhD, Allergist & Researcher at McMaster University

**9:45 – 10:15**     **Break** – Adults with children. Allergy aware refreshments and snacks provided compliments of Guardian Angel Foods. [www.guardianangelfoods.com](http://www.guardianangelfoods.com)

**10:15 – 11:00**     **Update - Food Allergen Labelling in Canada**  
Learn about current initiatives by Health Canada to improve labelling of food allergens in Canada. Topics will include new labelling regulations for food allergens, allergen precautionary labelling and other initiatives.

Michael Abbott, Food Allergen Program Manager  
Bureau of Chemical Safety, Food Directorate, Health Canada

**11:00 – 11:30**     **Anaphylaxis and Human Rights in Ontario**  
Gain a deeper understanding of the challenges faced by children with anaphylaxis, their options and rights, and the role of the community in addressing anaphylaxis.

Maurice Brenner, Human Rights Advocate, Ontario

**11:30 – 1:00**     **Allergy Aware Lunch – full ingredient disclosure.** Provided or bring your own food.

## CHILDREN'S PROGRAM

**Family attendance encouraged! Children welcome at no extra charge!**

A full day children's program will be offered to kids with anaphylaxis, allergies and asthma and their siblings aged 3 to 12. The program features an educational component, lots of fun and peer interaction! Children will be amazed by and benefit from meeting other children who share their health conditions and also carry life-saving medications.

All program staff are trained in anaphylaxis and asthma symptom awareness and emergency procedures, including the use of epinephrine auto-injectors.

**The Children's program is completely food free.** Children will be allowed to eat only with their parents during lunch and breaks. Parents and children will be encouraged to wash up before entering the program and after meals.

After lunch, children may choose to attend: A one-hour reptile show OR an art program.

# Afternoon Workshops

## Choose from one of three concurrent workshops:

### 1. **ANAPHYLAXIS: Best strategies for coping with the diagnosis**

An interactive workshop, participants will clarify their understanding of the signs and symptoms of anaphylaxis and practice giving an auto-injector, correctly and in a safe environment. Positive strategies for coping at home, daycare, school and in the wider community, gained through years of parent experience, will be shared.

**1:00 – 2:15**

Sherri Raso, NASK Executive/Parent & Barbara Ally, M.Sc., Professor, Niagara College/NASK Parent

### 2. **ABC's of Asthma and Allergic Rhinitis**

Diane Michaud, Asthma Educator, Niagara Health Services

### 3. **Safe Air Travel with Food Allergies**

A look at anaphylaxis risks in the air, steps to minimize those risks, the current state of airline allergy accommodations, and advocacy.  
Gwen Smith, Editor, Allergic Living Magazine

**2:15 – 2:45**

**Break** – Adults with children. Allergy aware refreshments and snacks are provided compliments of Guardian Angel Foods. [www.guardianangelfoods.com](http://www.guardianangelfoods.com)

## Choose from one of three concurrent workshops:

### 1. **Living with Anaphylaxis: Managing Risk**

This interactive workshop will help participants understand how children and adolescents manage anaphylactic risk. Using children's illustrations and narratives, environmental factors (physical, social, etc.) emerge as key determinants of risk and risk management. What we learn from the children helps us to distinguish between coping and adaptation strategies; this will help both parents [caregivers] and allergic children enhance their skills in assessing, managing and responding to risk.

**2:45 – 4:15**

Susan J. Elliot, Professor, McMaster University  
Co-Program Leader, Program C, AllerGen

Nancy E. Fenton, PhD, RD, McMaster University

### 2. **Emergency Response**

Be prepared – learn from the experts what you can do to positively impact an emergency situation.

Niagara Emergency Medical Services

### 3. **Allergy Testing, Immunotherapy and Other Treatment Options**

Dr. Michael Cyr and Dr. Mary Messieh, Allergists

**4:15 – 5:00**

### **"Everyday Heroes" – Living Well and Fully!**

Parents and kids will enjoy this panel discussion featuring role models who share their day-to-day strategies and experiences.

Moderator: Sandi Mansfield, NASK member and adult living with anaphylaxis.

Door Prizes

## Accommodations

Hotel accommodations are available for Friday and/or Saturday nights at the:

### **Quality Parkway Hotel and Conference Centre – Exit 47 QEW**

327 Ontario St.  
St. Catharines, Ontario, Canada L2R 5L3

Phone: (905) 688-2324

A full service hotel, the property features a full service restaurant, lounge, billiards, video games, 40-lane bowling centre, fitness center and is adjacent to a bank and Timothy's World Coffee Cafe. Central location, conveniently located 7 minutes from Bethany Community Church. Close to all area attractions including the Welland Canals Viewing Centre, Niagara Falls, Niagara-on-the-Lake, and the many wonderful wineries of the Niagara region.

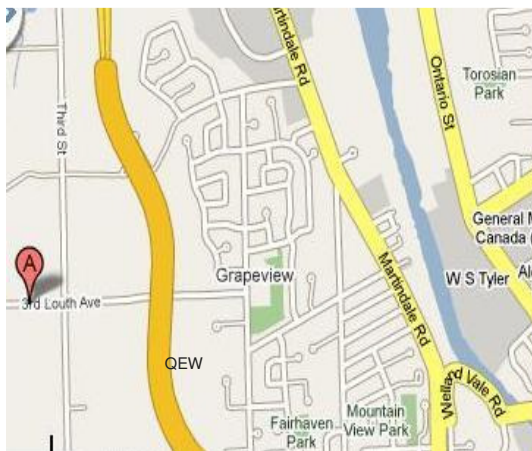
To reserve, please call the hotel directly. State that you are booking with the AAIA to ensure room availability at a cost of \$100 per night. Fridge and microwave based on availability. Room windows can open.

## Directions to Hotel

From Toronto/Hamilton, follow the QEW to St. Catharines, to Exit 47, Ontario St. It is the **third** Ontario St. you will encounter past Hamilton. From Exit 47, turn right (south) onto Ontario St. The hotel will appear on your right hand side, approximately 2 blocks from Exit 47.

From Buffalo, cross over at the Peace Bridge and follow the QEW to St. Catharines. Take exit 47, Ontario St.

## Conference Location

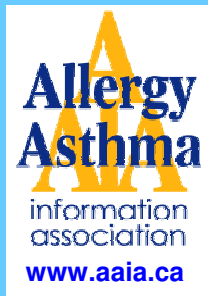


### **Bethany Community Church – Exit 49, QEW**

1388 Third St.  
St. Catharines, ON, L2R 6P9, Canada  
Phone: 905-937-5300



## FAMILY CONFERENCE



*Knowledge for Living*  
with Anaphylaxis, Asthma and Allergies

Saturday, October 3<sup>rd</sup>, 2009  
8:00 a.m. – 5:00 p.m.

Bethany Community Church  
1388 Third Street, St. Catharines, Ontario



### ADULT REGISTRATION

Name: \_\_\_\_\_ Name: \_\_\_\_\_

Food restrictions, if any: \_\_\_\_\_ Food restrictions, if any: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

Prov.: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Daytime Tel.: \_\_\_\_\_ Evening Tel.: \_\_\_\_\_

Fax: \_\_\_\_\_ Email (required): \_\_\_\_\_

### CHILDREN'S PROGRAM REGISTRATION

*Please note: The fully supervised Children's Program is available to children age 3 and up. **No additional fee – included in the family registration fee.***

Name: \_\_\_\_\_ Age: \_\_\_\_\_

Health requirements (allergy, asthma, other): \_\_\_\_\_

Name: \_\_\_\_\_ Age: \_\_\_\_\_

Health requirements (allergy, asthma, other): \_\_\_\_\_

Name: \_\_\_\_\_ Age: \_\_\_\_\_

Health requirements (allergy, asthma, other): \_\_\_\_\_

Signature \_\_\_\_\_

CONFERENCE FEES		Payment by September 23, 2009	Payment after September 23, 2009
AAIA and NASK members	Adult	\$50	\$65
	Family (max. 2 adults, 3 children)	\$100	\$125
	Additional child	\$15	\$20
Non-members	Adult	\$60	\$75
	Family (max. 2 adults, 3 children)	\$115	\$135
	Additional child	\$20	\$30

**\*If bringing your own food, please avoid peanut, nuts, liquid milk and practice safe food handling hygiene to help reduce risks. Thank you!**

*All fees include the one-day conference with allergy aware lunch and snacks, a one year AAIA membership (new or renewal), an amazing allergy and asthma aware marketplace, end-of-day prizes, and of course, the excellent opportunity to **gain knowledge for safe living!***

TOTAL AMOUNT ENCLOSED: \$\_\_\_\_\_ Please return this form with your payment to AAIA Ontario.  
By mail: 30 Patton Street, Collingwood, ON L9Y 0E4 By fax: 705 444-5705

**Method of payment:**

Cheque – payable to AAIA Ontario

Money order – payable to AAIA Ontario

VISA  MasterCard

American Express

Card number: \_\_\_\_\_ Expiry date: \_\_\_\_\_

Cardholder name: \_\_\_\_\_ Signature: \_\_\_\_\_

Early registration payment must be postmarked by Sept 23, 2009 to receive the early registration discount.

Your registration will be confirmed by phone or email. Registration on the day of the conference may be limited, so pre-registration is advised.

**PLEASE NOTE:** We will try to accommodate all allergens identified before September 23, 2009. You may bring your own food - please avoid peanuts, nuts, liquid milk.

A conference fee subsidy may be available. For more information contact Monika Gibson at AAIA Ontario: 1-888-250-2298 or Ontario@aaia.ca.

