

## November Meeting Notes November 1, 2010

We had a guest speaker, food allergy therapist Jennifer Leeson.

She wrote a very nice blog about meeting with our group. Check it out at the following:

<http://foodallergytherapist.wordpress.com/>

**2305 E. Arapahoe Rd. Suite 123Centennial, CO 80121  
(303) 223-0250**

[jennifer.leeson@hmboftherockies.com](mailto:jennifer.leeson@hmboftherockies.com)[www.hmboftherockies.com](http://www.hmboftherockies.com)

**\*Free 15 Minute Phone Consult!\***

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### Meeting Notes:

A copy of the hand-outs from the meeting should be posted on the website soon - [www.mosaickids.org](http://www.mosaickids.org).

A member had a wonderful, safe time at the Atlantis in the Bahamas. They cooked for her food allergic child (except breakfast) and they were very accommodating.

Another member had a wonderful, safe time at Disney World in Florida. They called ahead and the chef came to the table and prepared safe foods in a clean part of the kitchen. They have a several life threatening allergies and the chefs were able to handle it at the Park and at their Disney hotel.

Check out Amanda's Own Chocolates, Divvie's, Chocolate Emporium

Watch out at Beau Jo's if you are highly sensitive or allergic. Some members have had allergic reactions after eating their allergy free pizzas. Some members have had good experiences too.

Check out "Flourishing with Food Allergies" - good book. MOSAIC does have it in their library. Checked out right now, but should be available to borrow soon.

Thank you to the member who works at HealthOne and reported our allergy members experiences at Skyridge and Swedish Hospitals!! Hopefully through education, these experiences will not happen any more.