VOLUME XVI NO. 1 JANUARY 2016

GrainWise & GlutenFree

The Newsletter of CSA Nashville – Middle Tennessee Celiac Support Group

Come meet Dr. Dawn Wiese

The Director of the new Celiac Disease Center will be our speaker on Saturday, January 9, 1-3 pm to discuss the new center that aims to provide comprehensive care for patients with celiac disease. The Dept. of Gastroenterology, Hepatology, and Nutrition in the Vanderbilt Medical Center is creating this center to care for the celiac patients.

Meeting Saturday, January 9, 1-3 pm at the MOB Auditorium

Dawn Wiese, MD, received her medical degree from The Clevelend Clinic Lerner College of Medicine of Case Western Reserve University in 2009. During her medical training she also earned a Master of Science in nutrition at Case Western. Dr. Wiese completed her residency and fellowship training at Vanderbilt University Medical Center and joined the faculty in August 2015. Dr. Wiese's research interests include nutritional consequences of gastrointestinal disease, specifically Celiac disease. She will have much to share with us. Let's hope it doesn't snow!

Meeting Location for our Meetings

Our regular meeting place is in the Medical Office Building Auditorium. The entrance is located at **the corner of 22nd Ave N. and Patterson St. (Use 2200 Patterson for your GPS.)** about a block from Centennial Hospital. A few parking places are in the lot facing the entrance. Other medical offices across the street have also granted us permission to park there on Saturdays when they are closed.

Save the Date!

March Meeting

March 12 --1-3 pm

Program still to be determined. Come try samples from Little Mosko's Bakery.

AMOT Eaterly Dinner

We are still working on a Wednesday evening date for a group dinner. Watch your email for details.

May Meeting

May 14 -- 1-3 pm

Ideas for the type of program you'd like to see?? Please share them with us.

Holiday Potluck was Fun!

Make Plans to Come Next Year

We want to thank Whole Foods once again for donating our turkeys as well as Angela Adams, Jack McFadden and Carol Ann Baily for baking them. Then thanks to all the participants who brought tasty potatoes, veggies, salads, and desserts to accompany the turkey for a delicious gluten-free meal.

Silent Auction Brings in Funds

We had some really wonderful Silent Auction baskets/bags available for our members to bid on at the end of our Holiday Potluck. Donated mixes formed the basis of pancake breakfast or pizza dinner baskets. Maureen brought her gourmet Christmas cookie platter. People went home with lots of bargains and our chapter gained needed funds.

Cookie Exchange & Decorating

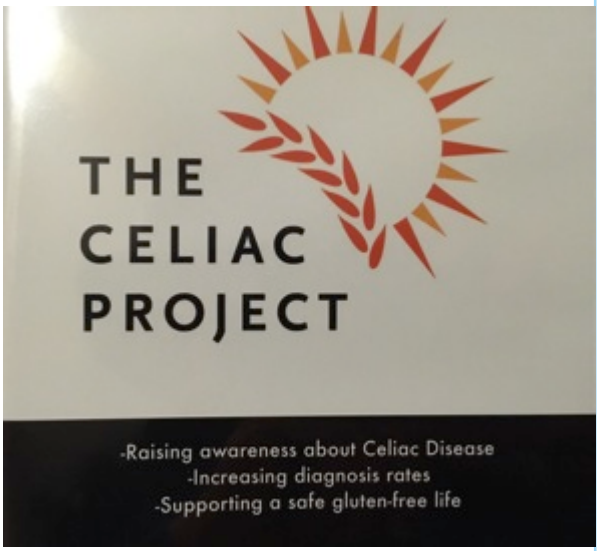
Although our turnout was not great for the Cookie Exchange and Decorating event at Whole Foods Cool Springs on December 13th, those of us who came had a good time. We decorated lots of cookies and we could serve the cookies we exchanged to several groups during the holidays!

March Meeting -- Any Ideas?

We want to plan meeting topics that interest you and your family. So, it is your turn to let us know what you would like to know more about. Cooking or baking? Nutritional advice for celiacs? Latest research on gluten sensitivity? Dealing with specific problems – neurological, dermatological, gastroenterological? Contact Carol Ann Baily at carolannbaily@gmail.com or phone her 615-478-9998 to share your ideas.

The Celiac Project

Follow one man's journey of discovery as celiac disease makes its way into his family. This video traces his own experience in adapting to the disease, as well as the story of his younger cousins and the surprising results of their blood tests and biopsies. Personal lessons learned are supplemented by practical explanations of symptoms and their causes, plus expert commentary from Alessio Fasano, Director, Center for Celiac Research at Massachusetts General Hospital. We have received this video for the Chapter and we can make it available to members to borrow.



Did you know that our national organization, the CSA, provides great information about gluten-free products as well as recipes? You can access some resources on their website. For full access, you might want to join the national organization as well as our local chapter.

For a list of Holiday Candy that are gluten-free:
http://www.csaceliacs.org/glutenfree_holiday_candy.jsp
To download an e-book of holiday recipes, go to:
http://www.csaceliacs.org/files.jsp?file_id=1463

Easy Cream of Potato Soup

Here's the January recipe featured on the CSA website. It looks good and will be great for those cold evenings to come!

We hope you like it.

Ingredients:
2 cups potatoes, peeled and diced
1 medium onion, chopped fine
¼ cup celery, chopped fine
2 cups water
1 teaspoon salt
2 cups milk
2 Tablespoons butter
parsley, minced for garnish

Instructions:
Simmer the potatoes, onion and celery in 2 cups of salted water, until tender, about 18 minutes. Mash vegetables in the water in which they were cooked. Add 2 cups milk, butter and season to taste. Heat to serving temperature. Garnish with parsley.
From Adventures in a Celiac Kitchen

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Check out our website

You can see our Calendar of Events plus medical articles of interest to those with Celiac and non-celiac Gluten Sensitivity. You can also see the contact info for our Board members.

www.nashvilleceliacs.org

We're also on Facebook at
www.facebook.com/pages/CSA-Nashville-Middle-Tennessee-Celiac-Chapter-76/333989989898

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