National Celiac Association Tennessee

GrainWise & GlutenFree

November 2024

NCA Tennessee (NCAT) -- serving those living gluten-free in Middle Tennessee

Come Meet Chris Rich, NCA's new Executive Director at our annual Holiday Potluck – Saturday, Nov.16 11:30 – 1:30

Chris Rich will be our special guest at the Holiday Potluck on Saturday, November 16. Chris will be sharing with us the changes that have taken place with the national organization over the past year and how a renewed focus on community support and the relationship between NCA and clinical centers, such as Vanderbilt, will drive NCA's initiatives in 2025.

We will gather at 11:30 to share wonderful gluten-free salads, side dishes, or desserts to accompany the turkey that NCAT will provide. **Please bring a dish that will serve 8-10 people.** Please include a **list of the ingredients or a copy of the recipe** so that those with other allergies can know what dishes that they might need to avoid such as for dairy or nuts**.**

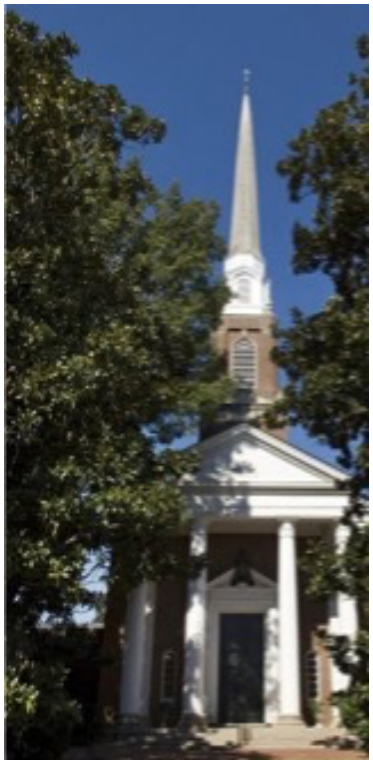
We will also collect donations of gluten-free pastas, crackers, flours or mixes, etc. Please bring your contributions.

Please RSVP by Monday, November 11 to nashvilleceliacs@gmail.com with the number in your party so we can have plenty of turkey and tableware for everyone.

About our Guest, Chris Rich

Chris Rich is the CEO & Executive Director for the National Celiac Association. He has been a member of the celiac community since 2013, when his son was officially diagnosed. At that time, Chris started his work with celiac disease and gluten intolerance focused non-profit organizations. For five years, he was the Vice President of Marketing & Business Development for the Gluten Intolerance Group, during which time he developed and created the Generation GF program for kids, teens, and young adults. His non-profit experience also includes time with Beyond Celiac, where he was the National Director of Corporate Relations.

Chris defines himself as a professional who works with a passion. His experience and specialties include community outreach, program development, business strategic marketing planning, and conceptualization of new business opportunities. The love of his life is one of the best bakers in the Midwest and together they enjoy being around their kids, their friends, and their territorial but irresistible rescue dog.



We will be meeting in our new room within Westminster Presbyterian Church for our potluck. **Turn on Mayfair off of West End Ave at the light.** Continue past the west entrance and parking lot and enter at the **North Entrance. Enter at the portico.** There will be a code to enter the building that we will post.

There are a few steps to the right and a ramp to the left that leads up to the elevator. Take the elevator to the second floor and enter the room across from the elevator, the **Overlook Room**. That's where we will gather for the **NCAT Annual Holiday Potluck at 11:30 – 1:30 on Saturday, November 16, 2024.**

Election of New NCAT Officers

**At our Annual Holiday Potluck,
We will hold our annual elections
for the members who are performing
important roles for the
National Celiac Association Tennessee:**

**If you are interested in becoming involved
in the leadership of NCAT,
look over these volunteer positions
to see if there is one for you, either for 2025 or the future.**

Chair: Sets up the meetings, arranges for the programs, also serves as the newsletter editor at this time -- Carol Ann Baily

Secretary: Keeps the membership records and the mailing lists and corresponds as needed – Jack McFadden

Treasurer: Checks the PO BOX for checks, makes deposits, sends out checks for services, keep financial records, prepares annual tax and other report forms. – Alice Johnson, our current and excellent treasurer is frequently out of town and would welcome someone else taking on this role. **Interested? Please contact** carolannbaily@gmail.com

Newly Diagnosed Coordinator: communicates with the newly diagnosed to provide information about the gluten free diet and to help them make changes to accommodate the new diet, may include a grocery shopping tour -- Melissa Davis

Feeding Gluten Free Initiative Coordinator: develops the relationships with The Store and Second Harvest and coordinates the Gluten Free Food Drives and other efforts to bring more gluten free shelf stable foods to the food pantries in Middle Tennessee – Autumn Kujawa and Aimee Shirk

Parents of Children with Celiac Coordinator: NCAT and VUMC's new joint initiative to host a monthly Zoom call for parents of children recently diagnosed with celiac –Verity Rodrigues and Alison Grisso, peer moderators for the group and Stephanie Chelton (ROCK rep)

Young Adults with Celiac Coordinator: NCAT and VUMC's new joint initiative to host a monthly Zoom call for young adults learning to deal with the gluten free life – Kate Cooper

Facebook Coordinator: – posts current information about gluten free living on the NCAT Facebook page and coordinates with NCA to promote the national programs that support our chapter – Peggy Czyz

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Joint VUMC's Celiac Center and NCAT's New Initiatives

The Vanderbilt University Medical Center's Celiac Disease Center has shared with us that they have been diagnosing both children and young adults with celiac disease.

They told us that the parents of children with celiac would like more support as they transition to a gluten free life. Two of the parents in this group have volunteered to serve as peer coordinators for a monthly Zoom meeting. Verity Rodrigues and Alison Grisso will begin the monthly support meetings in November. They will be meeting via Zoom on the 3rd Wednesday of each month from 5:30 – 6:30 pm, beginning November 20th. Also participating with this group will be an NCAT member, Stephanie Chelton, who wants to share the activities and support services of NCA's R.O.C.K. program (Raising Our Celiac Kids) with this special group. If you are also interested in joining this group, just email nashvilleceliacs@gmail.com so you can be added to this **Parents of Children with Celiac** group.

Another group that VUMC Celiac Center and NCAT are collaborating to form is for young adults who may be struggling with the gluten free life while getting out on their own. Kate Cooper has volunteered to serve as the peer coordinator for this group. If you or someone in your family would benefit from this group, let us know with an email to nashvilleceliacs@gmail.com to be added to the **Young Adults** group.

ROCK
Raising Our Celiac Kids

Tuesday, October 29, 7-8 pm ET
Parent Roundtable Meeting with Speaker, Dr. Deena Abbe

As part of NCA's ROCK program initiative, there will be a series of virtual parent meetings, the first of which will be held Tuesday, October 29th from 7-8 pm ET.
For full details and to register, click below!

Register Now

New NCAT Initiative – Gluten Free Foods for those experiencing food insecurity

Can you imagine losing your job and having to spend the extra grocery money to provide your family with the gluten free food that you need to keep them healthy? We have learned that the local food pantries do not usually have gluten free items such as pasta, bread, canned soups, etc. The National Celiac Association (NCA) has developed relationships with Schars and other manufacturers of gluten free products so that items that are near to their expiration dates can be shipped to food pantries near their locations. Nashville does not have many manufacturers in our area, so we may not have a large quantity of gluten free products that could be donated to our major area food pantry, Second Harvest. We plan to continue to see what NCA can help us provide to Second Harvest in the future.

Autumn Kujawa has agreed to coordinate our NCAT efforts to provide gluten free foods to food pantries. She has also recruited Aimee Shirk to assist her in this project. They have determined that for the time being NCAT will concentrate our efforts to work with The Store, founded by Brad Paisley and his wife, Kimberly Williams-Paisley, to create a community of support to combat food insecurity in Middle Tennessee, with empathy, dignity, and respect. It is located 2009 12th Ave. S. where their customers can shop and select their own choices of produce, meats, dairy, and canned items. They have said that they will be willing to shelve gluten free products so that customers who need gf products can select from those items.

NCAT will continue our collection efforts for The Store at our annual Holiday Potluck on November 16th. Please bring gluten free shelf stable products such as crackers, soups, cereals, pastas, flours and mixes, to contribute to our Gluten Free Food Drive to that event.

Those who attended our Pool Party in August brought enough to fill two boxes and at least 5 grocery bags!! Thanks. Let's keep up the collections.

If you have items in your pantry that you haven't used yet and their expiration is coming soon, you might want to donate them so they will get used rather by those who really need them rather than keeping them in your house where they may not get used.

Begin to gather together items you can donate when you come to our Holiday Potluck on November 16th for NCAT's Gluten Free Food Drive.

National Celiac Association Tennessee

GLUTEN FREE FOOD DRIVE

to support Nashville-area food pantries and people facing gluten free food insecurity

How to donate:

Bring donations to the next NCAT meeting

Drop off or ship food to: Autumn Kujawa

495 Hogan Road, Nashville, TN 37220

Shelf-stable foods labeled gluten free are needed, including:

- pasta and mac & cheese
- cereal and oatmeal
- crackers, cookies, and other snacks
- soups and stews
- flour and baking mixes
- bread

For more information, contact:

Autumn Kujawa

autumn.kujawa@gmail.com

Aimee Shirk

aimeeshirk@gmail.com

News from NCA -- Feeding Gluten Free -- Working with Recent Hurricanes

NCA continues to support many food banks and pantries throughout the nation by providing education and gluten-free food supplies, most recently to locations in VT, MA, and FL.
But when disaster hits, as it did with Hurricane Helene, Feeding Gluten Free also takes on the coordination and purchase of GF food to people in need during those most challenging of times.
And challenges we do face. In order for this to happen, among other things, we must identify:

- A local contact who can accept a delivery of GF food.
- A known need for GF food and an approximate number of people.
- If there are passable roads.
- If there is water and electricity.
- If boxes vs. pallets of food can be accepted.
- What foods are readily available for purchase and to safely deliver.
- What budget do we have to work with.

Thus far, we have been able to overcome all of those above challenges enough for this disaster in certain locations, being able to start sending GF food to locations in Boone and Asheville, NC as well as Inman and Gaffney, SC.
We know we will hear of more need in other states and unfortunately, as other disasters occur. We will continue to do our best within the capabilities of the challenges that happen during these crises. Thank you to all who have helped already in the capacity that you have done.
We are grateful for all of the donations received, and we continue to accept donations to support the Feeding Gluten Free program.

What will 2025 bring?

Upcoming Events for NCAT—

Meetings scheduled for February 8
and April 12
Pool party or Picnic in June or July
Fall meeting on August 16
Holiday Potluck on November 15

We want to provide a variety of informative and fun programs for our local NCA Tennessee chapter (NCAT) for 2025. **We need your input, however. If you have ideas about topics you'd like to see discussed or demonstrations, etc., let us know so we can arrange programs you will enjoy.**

Support Legislation that will make a difference for those living gluten free

Here's the link to the NCA materials about the many different legislative initiatives that will really make a significant difference for those living gluten free. Click on the link to get all the information you need to let your Representatives and Senators know that you support these legislative reforms.

Support Legislation Information

www.nashvilleceliacs.org