

NCAT September 2025 Newsletter

Come meet Candice Vaden and learn about
her functional medicine role with the Celiac Center.

Saturday, September 20th 12:30 - 2:30 pm
in the Overlook Room at Westminster Presbyterian

Candice Vaden is a board-certified nurse practitioner in both adult health and women's health, with over a decade of clinical experience. She earned her master's degree from Vanderbilt University and has since expanded her expertise through advanced training with the Institute for Functional Medicine. In addition, she is a certified sound practitioner and trained mindfulness facilitator.



At Vanderbilt, Candice is part of the functional medicine team and leads the Celiac Program, which is dedicated to improving patient outcomes through an individualized, patient-centered approach. Her work emphasizes the five core lifestyle factors—sleep, nutrition, stress resiliency, movement, and relationships—empowering patients to create lasting change and transform their health. **Plus special treats to sample from Chetzel's in Franklin!**

Westminster Presbyterian is located at 3900 West End Ave. Turn onto Mayfair at the light on the left side of the church and go to the rear entrance. Entry door is under the portico. Take elevator to the second floor. Overlook Room is across the hall from the elevator.

CHAPTER BUSINESS

At our September meeting, we have several pieces of business for our NCA chapter to discuss following our program with Candice Vaden. We have **revised our chapter by-laws** and will be voting to approve them at our Annual Meeting and Holiday Potluck on November 15th. So we will pass out copies for the participants to review in advance.

At the Annual Meeting, we will also conduct elections for the next 2-years. We need to select new chapter leaders because several of us have served more than three 2-year terms. We want to encourage you to consider running for one of the open positions. **See the next two pages for more information about joining our Board.**

Also, we will be appointing two current members not currently on the Board to serve as a Nominating Committee chaired by our Secretary, Jack McFadden. The Nominating Committee will talk with those who have volunteered to run for a 2-year term in a leadership position. They will assure their willingness to serve and identify the position they wish to fulfill. They will identify at least one candidate for each opening to be filled in the November election. If you would like to serve in that way, please contact Jack at nashvilleceliacs@gmail.com before the September 20 meeting.

All Board Members and those on the Nominating Committee must have their membership fee to the NCAT paid up to date. All members voting in November must also have paid their dues. Jack can let you know when your membership will be due at the meeting and you can pay him directly that day, if you would prefer.

You can also pay online on our [website](#) or you can mail in a check to **PO Box 159312, Nashville, TN 37215-9312.**

MEMBERSHIP is just \$20 a year. We offer quarterly educational and informative meetings, including the annual Holiday Potluck, plus a picnic and/or swim supper each year. Please join us so we can offer more and more programs for many different groups of people in Middle Tennessee who are dealing with celiac disease.

NCAT IS GROWING-

**AND LOOKING FOR PASSIONATE
PEOPLE TO GROW WITH US!**

**We're currently gauging interest
for open board and leadership
opportunities – and we want to
hear from YOU.**



**EMAIL US AT
NASHVILLECELIACS@GMAIL.COM
OR
FILL OUT OUR QUICK FORM
TO LEARN MORE**



National Celiac Association Tennessee

Leadership Opportunities

Are you interested in getting more involved in NCAT and joining us in a leadership capacity?

Board positions are voted on in November at our annual meeting. Positions begin in Jan 2026 for a 2-year term.

All board members must maintain active membership in NCAT.

If you are interested, send the following info to:

nashvilleceliacs@gmail.com

Your Name, Your Phone Number(s), Your E-mail Address,

Your Preferred Contact Method – Email, Phone Call, or Text

Which Position Interests you at this time?

President (Provide programming ideas, preside at all meetings, serve as spokesperson for the community)

Secretary (Record and distribute meeting minutes, maintain membership and mailing lists)

Treasurer (Maintain bank account, prepare and present financial reports)

Board Members at Large (Participate in board meetings, contribute to decision making, help with special projects and committee work, such as helping the Newly-Diagnosed members and their families, Young Adult members, Parents and Caregivers of children with celiac)

Other Volunteer Jobs to be Filled



Newsletter Editor

In addition to the elected Board positions mentioned above, there are two very important positions that we need to fill. **If you have computer talents and could produce NCAT's quarterly newsletter, we need you!** As you can see from this NCAT newsletter, our current editor, Carol Ann Baily, has suddenly begun to have problems with her computer and/or software to produce our newsletter with the template we have been using now for several years. **It is time for a new look and we really need a new Newsletter Editor to begin in January.** Any volunteers? Contact carolannbaily@gmail.com if you are interested.

Website Administrator

We have wanted to add more services on our website, so a new website administrator could develop some of these new ideas into the NCAT website beginning in 2026. **We need someone who can work on a refreshed look to our website and then continue to maintain the site into the future.** If you have website skills, please let us know if this is a way you can volunteer to serve our chapter. Contact carolannbaily@gmail.com if you are interested.

NCAT OUTREACH

President Carol Ann Baily was invited to make a presentation on *Celiac Disease and Gluten-Free Living* to the Charlotte Heights Church of Christ's Wellness series in August. Secretary Jack McFadden joined her to recruit new members from their participants. We will welcome those new members at our meeting on September 20.

NCA Membership Benefits

Restaurant Cards

The National Celiac Association has Dining Cards that explain to restaurant staff the seriousness of the Gluten Free diet. You can link to the double sided card and print it out on your computer so you can take it with you to restaurants. nationalceliac.org/restaurants-dining-out/



Restaurant Guidelines

NCA also has prepared a Restaurant Guidelines in English, Spanish, and Portuguese. These also can be printed out so that the Chef or Kitchen Manager can post them back in the kitchen of the restaurants you frequent.

GLUTEN-FREE (GF) MEAL PREPARATION RESTAURANT GUIDELINES

In addition to avoiding wheat, barley, rye and oats when serving someone that follows a gluten-free diet, it is essential to avoid all contact with gluten. We hope that the following guidelines will help to ensure that the diner enjoys a gluten-free meal, free from cross-contamination.

- ALERT MANAGER AND ALL STAFF WHEN A GF CUSTOMER PLACES AN ORDER.

- IF POSSIBLE, USE DIFFERENT COLORED OR SHAPED CUSTOMER PLATE FOR GF ORDER.

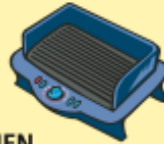


- WHERE POSSIBLE, ESTABLISH A SEPARATE GF STATION IN THE KITCHEN. COOK SHOULD WASH HANDS, RE-GLOVE BEFORE STARTING GF ORDER.



- USE SEPARATE EQUIPMENT, FRYER, UTENSILS and TOOLS FOR GF PREPARATION.

- CLEAN GRILL BEFORE COOKING A GF ORDER.



- PLACE GF ITEMS ON ALUMINUM FOIL WHEN TOASTING.

- KEEP GF ITEMS SEPARATE FROM OTHER FOODS TO PROTECT AGAINST CROSS-CONTAMINATION.



- DON'T STEAM, BATHE OR WARM VEGETABLES IN PASTA WATER OR OVER PASTA POTS. GLUTEN FROM THE WATER WILL CONTAMINATE VEGETABLES.

- FILL CONTAINER WITH GF LEFTOVERS IN FRONT OF CUSTOMER.

- CLEARLY MARK CONTAINERS OR BAGS AS GF ON TAKE-OUT ORDERS.



- TRAIN ALL STAFF IN SPECIAL GF PROCEDURES AND RE-TRAIN WHENEVER THERE IS A CHANGE IN STAFF, CHEF OR MANAGEMENT.

- QUESTIONS? www.nationalceliac.org 1-888-4-CELIAC

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National Celiac
Association

Thanks for being part of the Gluten-free Team!



GLUTEN FREE FOOD DRIVE

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

National Celiac Association of Tennessee (NCAT) is collecting shelf-stable foods labeled gluten free, including: pasta, mac & cheese, cereal, oatmeal, crackers, cookies, soups, stews, flours, baking mixes and bread

To donate:

- bring donations to the next NCAT event
- email Aimee Shirk (aimeeshirk@gmail.com) or Autumn Kujawa (autumn.kujawa@gmail.com) to arrange a meet up



Looking Ahead

The Young Adults Group Zoom meeting co-sponsored with the Vanderbilt Celiac Center meets the second Tuesday of each month from 5:30-6:30 pm CST. The next meeting is September 9. If your sons or daughters are now living on their own, even out of town, they could still join in this monthly Zoom call to share ideas and suggestions about maintaining the gluten free diet. All they have to do is click on the link below where ever they are at that time.

https://us06web.zoom.us/meeting/register/tZYlc-ypqTwGNKSvpiE5VjvM-nwuQA_x6oG#/registration

Saturday, November 15th 11:30 – 2:00 – Annual Holiday Potluck

At the Overlook Room of Westminster Presbyterian Church



NCAT provides the turkey, dressing, and gravy

Delicious all gluten-free meal from all the participants

Families invited to join in the festivities

Elections and Approval of Revised By-laws

2026 meetings in February, April, September and November