

GRAINWISE & GLUTEN-FREE™

The Newsletter of the soon to be National Celiac Association of Tennessee—see inside for details



Come Celebrate our 25th Anniversary at Our Holiday Potluck 12:30–2:30 Saturday, November 11th

Your whole family is invited to our annual Holiday Potluck. **Just bring a GF side dish to accompany turkey – salad, veggie, dressing, potatoes, or desserts, plus your family's favorite beverage.** We'll provide the turkey, plates, cups, dinnerware, and napkins. Please tag your dish so others will know the ingredients – especially if it contains dairy or nuts. Some of our members are sensitive to other items besides gluten.

This is a really fun event with plenty of gluten-free food and fellowship with others living the gluten-free life. We hope you and your family plan to come celebrate with us.

Meet Lee Graham, Executive Director of NCA

At our September meeting, Lee Graham, the Executive Director of the new National Celiac Association began with the goal of NCA to put celiac on the radar with doctors, so that it is one of the first things tested for. The average time from first symptom to diagnosis is now 6-10 years, down from 11-17 years, but it needs to be faster still.

Physicians trained before the last 15 years were taught that celiac was very rare. Yet the 2017 statistics indicate that celiac is 1in100, so it is very common. It is estimated that 75% are not yet diagnosed. Average age of diagnosis is 7 for children and 40 for adults.

Lee explained that the Celiac Support Association (CSA) sold their assets to the new National Celiac Association (NCA). They are continuing the gluten-free certification program for 5ppm that CSA had been doing. Her graphic of one slice of bread with one tiny blue dot on it was impressive. If you could divide one slice of bread into 7,030 pieces, that one blue dot would represent 20 ppm that still makes some people sick. That is why they are continuing the 5ppm certification program.

NCA has published a restaurant guidelines poster to help restaurants understand what they need to do to safely serve those needing the gluten-free diet. They have also published a college survival guide that we can use with our efforts to reach the college students in the area.

NCA also has a gluten-free food bank initiative. They had already contacted emergency food distributors in Houston to send gluten-free products to food pantries there for disaster relief following the hurricane.

As part of their effort to make a greater number of people aware of celiac disease and gluten-sensitivity and the need for the gluten-free diet, they will have a running public service announcement in Times Square in New York City during November. They are encouraging the former CSA chapters to become NCA chapters. These local organizations such as ours will be the drivers of NCA's outreach to the public so they can learn about the gluten-free life.



In addition to Lee Graham, other speakers at our September meeting included Tori Ross, one of our group's founders who told us about the creation of the group in 1992. Carol Ann Baily, our current chair, told about some of the activities our group had offered over our group's 25 years. Reeves Beller, an MTSU entrepreneurship major, who is doing his internship with our group this fall, introduced himself and talked about the projects that he would be working on.

Later at a Board meeting, we made the decision to become a chapter of the new NCA organization to go by the name of National Celiac Association of Tennessee, NCAT for short.



Our Board decides to Join NCA

Following our September meeting, Dr. Craig Wierum, our medical advisor, invited the Board to his home to continue our conversation with Lee Graham from NCA and to discuss our future. We discussed at length the need to reach newly diagnosed patients. We decided to begin with the Vanderbilt Celiac Center to create a pilot

program to provide materials and, perhaps, even some gluten-free products that we can have donated to our group for a kind of “gift basket”. We also discussed the process of becoming a chapter of NCA. The Board decided that we would begin that process and we have been doing that since the September meeting. We anticipate being the **National Celiac Association of Tennessee (NCAT)** by January 2018. We also proposed some tag lines that we might use to better explain what our group does. *Empowering people for gluten-free living* seemed to get the best response. Do you have other suggestions?

At the Board meeting, we also discussed with our intern Reeves Beller what he could do for us during his internship this semester. He has met with Dr. Dawn Adams and Sarah Ferguson, the director and the dietician of the Vanderbilt Celiac Center to begin discussing how we can get our group’s information to their newly diagnosed patients. He will meet with Valerie Kraft, the new student at Vanderbilt, so they can discuss how to approach college students who need to live gluten-free on campus. He’s going to survey our Meetup group to see what other services we can provide in addition to restaurant events. Also he will survey our members to find out how we can improve the services that they want. He is also planning to help us formatting our restaurant list for our website. He is even setting up his own blog and Facebook page to promote gluten-free living among college students.

Our Outreach at the Path to Independence Expo

Cheryl Chamberlain, our past chair, Cara Richardson, our newly diagnosed coordinator, and Reeves Beller, our intern from MTSU, set up an informational table at Freedom Middle School in Williamson County for their Path to Independence Expo. They showed gluten-free products and explained celiac disease and non-celiac gluten sensitivity to the families in attendance. They found several families dealing with celiac disease or non-celiac gluten sensitivity who did not know about our organization and who needed help with getting used to the gluten-free diet – with understanding food labeling, with finding where they can safely eat with their children.

They made participants more aware of the really serious problems that gluten can cause. Some anxious parents were concerned about their children who might have been treated for symptoms while not ever being tested to determine the real cause of their problems. When 1/100 may have celiac or gluten sensitivity, and only 30% of those have been diagnosed, many more people may need to be tested. They informed the parents about our group’s services and our plans to expand those services in the future.



Save the Date!

Saturday, February 10, 2018 -- 1:00 – 3:00 pm

We are moving our January meeting to the second Saturday in February instead. That gives us more time after Christmas to get the newsletter together to get it out to you in advance with the speaker and other plans.

Please Renew Your Membership

Many of our members have joined at our November meeting, so if your membership needs to be renewed, please go to the website address below where you can download the membership form. Fill it out and bring it with you to the potluck. Or you can mail it in with your \$20 check to the address on the form:

<http://www.nashvilleceliacs.org/membership>
<http://www.nashvilleceliacs.org/membership-2>

OFFICER POSITIONS OPEN TO INTERESTED MEMBERS

Most of our officers have agreed to continue on for 2017. We have two officer positions available to a volunteer. We need a Hospitality Coordinator for our meetings. That person brings the items needed for snacks and drinks to the meetings four times a year. We also need a Publicity Coordinator to promote our meetings. Would you be able to help out with one of these tasks?

If you could fill a position or are interested in other ways to serve, please contact Carol Ann Baily at 615-478-9998 before the potluck to discuss these opportunities.

Elections will be on Nov. 11th, at our potluck.

Our Website includes a Calendar and Medical Articles
www.nashvilleceliacs.org

Check Us Out on Facebook!
www.facebook.com/pages/CSA-Nashville-Middle-Tennessee-Celiac-Chapter-76/333989989898

Nashville Gluten-Free Dinner Club
<https://www.meetup.com/nashvilleceliacs-org/>

