



March 2023

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

Join Us on Saturday, March 11th, 12:30 - 2:30 for a presentation for families dealing with children and teens diagnosed with CeD

We are pleased to welcome back to our NCA Tennessee family Valerie Kraft, who was diagnosed with CeD as a teenager. She brings her own experiences that she can share with families about dealing with the gluten-free diet and even how to look for a college that can provide students with gluten-free food services. Of course, she will be presenting via Zoom to our meeting at Westminster Presbyterian's Goodpasture Hall, because she is now living in Dallas, TX. We hope you will bring your children or teens to the meeting so that they can hear directly from Valerie. If you can't come, join us on Zoom, The link will be in the email.

After being diagnosed with CeD in 2015, Valerie started a career of advocacy that included creating an international network for newly diagnosed celiac teens, revolutionizing Vanderbilt's special diet program, designing the Nima College Ambassador Program, and working individually to help students navigate collegiate life with Celiac Disease. During her time at Vanderbilt, Valerie was a member of NCAT and shared with us about the work she did on campus. Now, Valerie is the Director of Community Engagement at Beyond Celiac and is back to share about her experience dealing with celiac disease as a teen, as well as sharing advice for managing celiac in school and college..



Valerie Kraft, now Director of Community Engagement at Beyond Celiac, will speak to us at our March meeting about kids, teens, and college.



One of the programs of the National Celiac Association (NCA) is ROCK or Raising Our Celiac Kids. This program offers support for families when their children have been diagnosed with CeD. They host monthly virtual meetings for suggestions and answers to questions for three different age groups. Select the one that suits your child or participate in several for your children.

Elementary Meet-Up, 2nd Wednesdays/month, 6:30-7:30 ET

Register [Here](#)

Middle School Meet-Up, 3rd Wednesdays/month, 6:15-7:15 CT

Register [Here](#)

High School Meet-Up, 3rd Tuesdays/month, 6:30-7:30 CT

Register [Here](#)

Another NCA program is



NCA has encountered much progress and some setbacks in this program over the past year. They are grateful to still be able to offer the core of what this program aims to provide: education for all, food access for individuals and food assistance organizations, and coordinated efforts with retailers of gluten-free food suppliers to get their products to the people who need them most.

Unfortunately, the gluten-free community is faced with what everyone else is faced with during difficult economic times, only magnified by disease burden and the higher cost of its treatment. NCA is already hearing from some of our more successful pantry partners that, this year, funding is being cut for their steady stream of clientele who need gluten-free and allergen-friendly food. For one pantry alone, that will exclude upwards of 200 people a month from specialized food access. NCA has asked if we can reach out to Second Harvest here in the Middle Tennessee area to see if they could expand their offerings to include services for those needing gluten-free.

Would you like to volunteer to meet with Second Harvest to begin those discussions? We could certainly use help from some of our members to work with Second Harvest to advise them on the needs for gluten free foods and to coordinate with NCA to have food suppliers contribute products to be distributed.

NCA helps sponsor Ukraine boy diagnosed with CeD to come to US for medical attention



A young boy from Ukraine is improving after getting life-changing medical treatment in Boston. Kateryna Kozin can finally relax.

Her son Daniel is now healthy, safe and thriving. It's a big change from just a few months ago.

When Russian troops attacked Ukraine last spring, the young family was living in an apartment building near the capital Kiev.



"In one moment, our world was destroyed around us," Kozin said. Some days, she would have to take cover with Daniel in the basement. It was cold and dark — no place for a young child. Kozin also worried that her son was getting sick. "This period was very difficult because we have a war and we have a problem with his health," she said.

Daniel seemed to be in pain whenever he ate. "He was very slim with a very big stomach," Kozin said. "And he cried all the time." Daniel's symptoms pointed to [celiac disease](#), a serious genetic condition with a simple treatment that requires patients to avoid eating gluten. The protein is found in any product containing wheat, barley and rye.

But in the war zone, Kozin found few gluten-free options available. "In our stores and supermarkets, it's very difficult," she said. "He was eating a simple food like potatoes because potatoes are without gluten." Kozin also struggled to find a pediatrician who could examine Daniel. "In this situation, it's very difficult to speak face-to-face," she said. "It's only, maybe, by phone." Kozin reached out online, looking for help. She said she never expected to find it in the United States.

"It's amazing because you're speaking with people who've never seen you before," she said. "It's another part of the world — between oceans! It's amazing." The [National Celiac Association](#) in Needham offered to coordinate care for Daniel at the [Center for Celiac Research and Treatment](#) at Mass General for Children. Dr. Alessio Fasano is the director. "I think this was the best-case scenario," said [Dr. Alessio Fasano](#), the center's director. "And the community came together."

But now that Kozin can change Daniel's diet, his digestive problems are improving and he's starting to gain weight. "He's going to do all right," Fasano said. Instead of worrying, Kozin and Daniel are now playing — and feeling better. Their host in a Boston suburb has already seen a change. "Things that we would consider very basic here just weren't available there," said Courtenay Cabot Venton. "That she can get him the help he needs to be healthy is just huge."

The National Celiac Association is raising money to support Daniel and his family. To donate, copy this link:
<https://nationalceliac.org/donations/ukraine/>

Flourless Olive-Oil Chocolate Torte

Great for real chocolate lovers. It is so rich, all you need is a sliver.

13 Tbsp [sugar](#)

1/4 cup [steaming hot water](#)

1 cup [olive oil](#)

12 oz [dark chocolate \(60-70%\), chopped](#)

5 [eggs](#)

[raspberries, for garnish](#)



1. Have on hand a 9-inch spring-form pan and a roasting pan. Cut a sheet of foil and cover the bottom and sides of the spring-form pan. In a bowl, combine 6 Tbsp of the sugar and the hot water. Stir well.
2. In a saucepan, combine the olive oil and chocolate. Cook over low heat, stirring occasionally until the chocolate melts. Turn off the heat. Stir the sugar mixture, then stir it into the chocolate mixture until smooth. Set aside to cool slightly.
3. Set the oven at 300 degrees.
4. In an electric mixer, beat the eggs. Gradually beat in the remaining 7 Tbsp sugar and continue beating for 10 minutes or until lemon-colored.
5. Add the chocolate mixture and beat until smooth. Pour the batter into the spring-form pan and set it in the roasting pan. Place in the middle of the oven. Pour very hot water into the roasting pan to come 1/4 inch up the sides of the spring-form.
6. Bake the cake for 40-45 minutes or until it is just set in the center. Lift out the spring-form. Cool to room temperature. Refrigerate until cold.
7. Un-latch the spring-form. Slice with a warm knife, cleaning the blade after each slice. Makes 16 slices. Garnish with raspberries.

New Abbreviation -- CeD

You may notice that we are transitioning to the use of **CeD** instead of CD as an abbreviation for celiac disease. This is to distinguish between other diseases including Castleman and Crohn's that use CD.

Definition -- Cross Contact

Cross contact is the correct term to use when gluten-free food has had contact with gluten-containing food. **Cross contamination** should be used when bacteria is transferred to food, making it unsafe to consume.

Upcoming Events for NCAT—

May 13th – Picnic at River Park in Brentwood ?

May 16th International Celiac Awareness Day

Watch for a Summer Cookout!

September 19th Meeting;

Holiday Potluck on November 11th !

We are trying to provide a variety of informative and fun programs for our local NCA Tennessee chapter (NCAT). **We need your input, however.**

We have set a date for the September meeting, but we need some ideas for a program. **What would you like to hear about or learn from this program? Give us your ideas. We'll find a speaker.**

Put November 11th on your calendar now so you won't miss our annual Holiday Potluck, always the best attended and most delicious meeting of the year! We will let you know the details in future newsletters.