

nca

National

Celiac Association Tennessee

GRAINWISE
& GLUTENFREE

January 2025

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

New Leadership, New Initiatives, New Services for NCAT! Come meet the new folks and learn all about the new activities -- Saturday, Feb. 8

Our next NCAT Meeting will be held on Saturday, February 8, from 12:30 -2:30 pm at the Overlook Room on the second floor of the back entrance to Westminster Presbyterian Church. At our Holiday Potluck in November, we elected a new NCAT Leadership Team. We encourage you to come to meet the newly elected leaders and to hear about the various new initiatives that NCAT is expanding in 2025.

Come meet **Melissa Davis**, our **Newly Diagnosed Coordinator** who can consult with persons who are facing a new diagnosis and the changes in their lives to follow the gluten-free diet.

In cooperation with the VUMC Celiac Clinic, NCAT is beginning a new joint initiative, hosting a monthly Zoom call for parents of children recently diagnosed with celiac. **Stephanie Chelton is heading up the ROCK (Raising our Celiac Kids) program.** **Verity Rodrigues and Alison Grisso**, are serving as the peer moderators for the **Parents of Children with Celiac** group. We encourage all the parents within NCAT to come meet these new leaders who are heading up the support services designed for them.

Come meet **Kate Cooper** who is heading up NCAT and VUMC's other new joint initiative by hosting a monthly Zoom call for **Young Adults with Celiac**. We encourage young adults who are dealing with celiac to come meet Kate and share what ideas they have that would meet their needs.

Autumn Kujawa and Aimee Shirk are heading up the Feeding Gluten Free Initiative. During 2024, they developed a relationship with The Store and Second Harvest and coordinated Gluten Free Food Drives to bring more gluten free shelf stable foods to The Store. **Please bring contributions to our meeting. See page 5.**

Share your Ideas and Suggestions

Please plan to come to our NCAT meeting on Saturday, February 8th to discuss the new initiatives and the on-going programs that our celiac support group is making available to our community.

We need to add **your ideas** to those from NCA, the National Celiac Association, and our joint initiatives with the VUMC Celiac Clinic for both parents with children with celiac and for young adults with celiac. We welcome **your suggestions** for expanding our on-going NCAT programs to support those newly diagnosed with celiac as well as to provide gluten-free shelf stable food items for those in need through our food drives to stock The Store.

We also look forward to discussing **new ideas** that you could bring for future programs and initiatives that we should consider taking on to support all those with celiac who need the support we can offer.

This promises to be a exciting meeting, sharing our new initiatives and discussing our programs that could be expanded in the future. You can contribute to the discussion and to **the suggestions of future programs**. We would love you to **share the names of restaurants where you enjoy dining so that we can restart the Meetup Dining Club**.

I urge you to come on February 8th so we can get ideas from everyone to expand NCAT's services.

Carol Ann Baily, Chair



We will be meeting in our new room within Westminster Presbyterian Church for our meeting. **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 lead 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 meeting on Saturday, February 8, 2025, from 12:30 – 2:30 pm.**





Raising Our Celiac Kids (ROCK) Roundtable Parent/Caregiver Virtual Meeting: Highlighting camps! January 27th at 7:00 pm ET

Think summer is too far away? Think again! Most summer camps book early so join NCA staff, Stacey Juhnke and Carla Carter, to explore how to decide on the best summer options for your child or teen. Discussion will be open to other topics during the hour to allow you the chance to connect with other caregivers and answering your general questions.

[Register for ROCK Roundtable](#)

NCA Tennessee/Vanderbilt Celiac Center – Parents & Caregivers of Children with Celiac February 19th at 5:15 pm CT

NCA Tennessee has partnered with our friends at Vanderbilt Celiac Center to create a peer-to-peer support group geared towards helping parents of children diagnosed with celiac disease. These support groups will meet virtually on zoom once a month.

[Register for Parent / Caregiver Meeting](#)

NCA Tennessee/Vanderbilt Celiac Center – Young Adults with Celiac Disease February 11th at 5:30 pm CT

NCA Tennessee has partnered with our friends at Vanderbilt Celiac Center to create a peer-to-peer support group geared towards helping you connect with other young adults over 18 with celiac disease. These support groups will meet virtually on zoom once a month.

[Register for Young Adult Meeting](#)

Heart Health, Body Weight, and Celiac Disease: What We Know, What We Don't Know, and What to Eat February 26th at 1:00 pm ET

Studies show that certain cardiovascular diseases (CVD) are more prevalent in both females and males with celiac disease as compared to individuals without the disease. Peter H. Green, MD, Director of the Celiac Disease Center at Columbia University, and Jacob Hartz, MD, Director of Preventive Cardiology at Levine Children's Hospital, will address several controversial issues in the pediatric and adult celiac populations: What are some risk factors for having both celiac disease and CVD? What role does overweight status or obesity play in our current understanding of CVD and celiac disease? Which CVD issues, if any, appear to resolve on a gluten-free diet? Cristian Costas MSc, RD, coeliac disease dietitian and coordinator of the dietitian-led coeliac service at Bradford Teaching Hospitals in England, will address how adherence to the gluten-free diet affects the risk for CVD, including body weight challenges, and how gluten-free diet modifications and lifestyle interventions can positively influence heart health.

Sharon Weston, MS, RD, LDN, CSP, FAND, Senior Clinical Nutrition Specialist, Celiac Disease Program, Boston Children's Hospital, will serve as moderator for the seminar. Chris Rich, executive director of the National Celiac Association, will open and close the webinar. A Q&A session will follow the presentations; please submit general questions when you register or during the webinar on the Zoom platform.

[Register for Heart Health, Body Weight and Celiac Disease webinar](#)

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

What will 2025 bring?

Upcoming Events for NCAT—

Next Meeting scheduled for April 12

Picnic in May or June

Pool Party in July

Fall meeting on August 16

Holiday Potluck on November 15

MEMBERSHIP

The National Celiac Association Tennessee (NCAT) seeks to be your best local resource for celiac information, support, and gluten-free socializing. Our most important job is to provide a place for people to share their challenges, offer trusted advice, and provide a sense of community for each other so that you no longer feel alone in this journey in gluten-free living.

We know that it is a challenge to adjust to the gluten-free lifestyle. Your membership in NCAT can help you make that transition easier for yourself and then you can also make it easier for others in our community to take that same journey. Join today to help us continue the work that people in Middle Tennessee have grown to count on, including:

- Social events to mingle with others living a gluten-free lifestyle
- Programs offering information on gluten-free living and health
- A bi-monthly newsletter providing regular helpful updates
- Annual gluten-free picnic in a local park
- Annual pool party for family swims and a gluten-free potluck meal
- Annual Holiday potluck

All for just \$20 a year. You can pay online on our website or you can mail in a check to our PO box. So please join us as we offer more and more programs for many different groups of people in Middle Tennessee who are dealing with celiac disease.

www.nashvilleceliacs.org