

nca

National

Celiac Association Tennessee

GRAINWISE  
& GLUTENFREE

March 2025

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

## Living with Celiac Disease – How to Deal with Anxiety about the Diet and Social Situations -- Saturday, April 12 -- 12:30 – 2:30

**Our next NCAT Meeting will be held on Saturday, April 12th, from 12:30 -2:30 pm at the Overlook Room on the second floor of the back entrance to Westminster Presbyterian Church.** Several people in our group have requested a program about dealing with the anxiety that comes along with the diagnosis of celiac disease and the realization of the necessity to follow a gluten-free diet and the problems that arise in various social settings.

**Our speaker in April will be Deena Abbe, a Ph.D. and Licensed Psychologist who serves as a member of the Board of the National Celiac Association (NCA).** She co-founded the NYSPA, Division of Cognitive Behavior Therapy and served as the Deputy Chair of the NYSPA Legislative Committee. She also served as Past-President of the Suffolk County Psychological Association from 2015-2017 and then as their Secretary from 2019-2021.

**Deena Abbe will speak about Living with Celiac Disease.** She will discuss how to deal with the anxiety that can occur in a social setting for those who need to follow a gluten-free diet. She will look at the anxiety that may occur throughout the lifespan, whether the diagnosis comes as a child, young adult, or an older adult. She will talk about how to eat comfortably and healthy when you are with friends, family, or any social group. She will include how to tackle anxiety when you need to eat with others in a business setting, a cafeteria, or the homes of your friends. She will present ways to overcome your food anxiety and make your own nutritious and flavorful meals. **Come prepared to ask her your questions and share your concerns about your adjustment to the gluten-free life. This meeting will be available via Zoom. If you want to join in, please let us know at [nashvilleceliacs@gmail.com](mailto:nashvilleceliacs@gmail.com) so we may send you the link to the Zoom meeting on the 12th.**

**We will also collect donations of gluten-free pastas, crackers, flours or mixes, etc. Please bring your contributions to our meeting on April 12th.**

# Come Meet Deena Abbe, our April Speaker

Please plan to come to our NCAT meeting on Saturday, April 12th to see the presentation about

## Living with Celiac - How to Deal with the Anxiety about the Diet and Social Situations

### Deena Abbe, Ph.D., Licensed Psychologist

Since Deena is in New York, our meeting will be using Zoom for Deena Abbe's presentation. That means that you can join the meeting using Zoom as well. This will be great for those of you who live farther from Nashville or who have other activities that day and do not have time to travel to the meeting, but who can catch it on Zoom!

**Want to join on Zoom?**

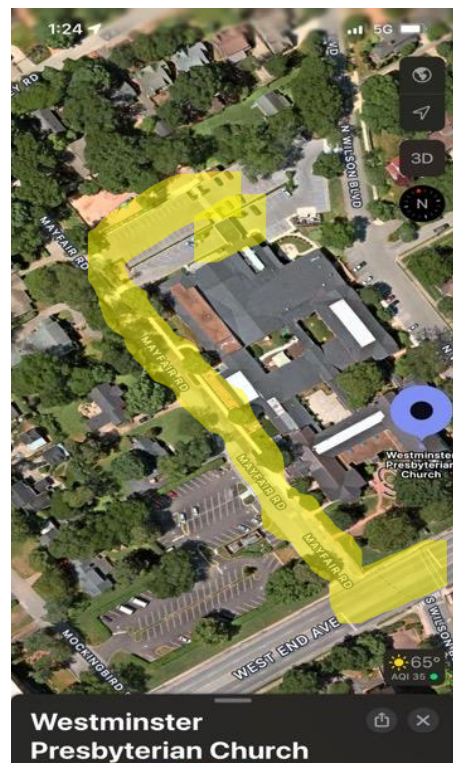
**Email us at [nashvilleceliacs@gmail.com](mailto:nashvilleceliacs@gmail.com) to let us know so we can send you the Zoom link for the meeting.**

**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, April 12, 2025, from 12:30 – 2:30 pm.**





**Raising Our Celiac Kids (ROCK) and  
NCAT's Parents & Caregivers of Children with  
Celiac  
Next Meeting April 16th at 5:15 pm CT**

On Tuesday, March 18, there was a ROCK Elementary Meeting with a Virtual Scavenger Hunt. On Wednesday, March 19, the Virtual Support Meeting for Caregivers met. They are planning an ice cream outing for April. The April Virtual Support Meeting will be April 16th at 5:15 pm.

[https://us06web.zoom.us/meeting/register/tZAscOmsqjwiGdAL5IXLKpcup8zj\\_9SM5uRB#/registration](https://us06web.zoom.us/join/9SM5uRB#?from=addon)

**NCA Tennessee/Vanderbilt Celiac Center's next  
Virtual Support Meeting for  
Young Adults with Celiac Disease  
Next Meeting April 8th at 5:30 pm CT**

Some suggestions from the discussion at the March meeting include:

Base Culture Bread, Rudi's Bread, and Canyon Bakehouse, especially their Hawaiian Sweet Bread and their Ancient Grain Bread

The Larabar bars – including Banana Bread, Peanut and Chocolate Chip, and Cherry Pie. Often on sale for 10 for \$10!

[Register for Young Adult Meeting](#)

# Interested in Cruising?

## For a truly worry-free cruising experience, try Celiac Cruise.



Celiac Cruise provides a gluten-free cruise vacation experience and an educational, cohesive community of togetherness for their guests. Celiac Cruise offers sailings around the world with Royal Caribbean, International, AMAWaterways, and Oceania Cruises.

The 2025 cruises are nearly sold out, but they have just announced that some openings are still available for Bordeaux and southern France – May 1, 2025

Independence from Southampton (London) – June 21, 2025

Symphony from New York – July 13, 2025

Holiday Markets on the Danube – December 6, 2025

For details, go to [CeliacCruise.com](https://www.CeliacCruise.com)

The Celiac Cruise Team has served over 50,000 guests safely in recent years. Two of our NCAT members have cruised more than once on these cruises. Tori Ross, one of our celiac support group's founders, has traveled on several different cruises. Her sister who does not have CeD, said that she loved the food and thought these were the best cruises she had ever been on. Tori reports that on the small river cruises in Europe, the captain of the ship cannot even bring food containing gluten on the ship. On the larger ships, the Celiac Cruise team takes over one of the restaurants so they can supervise the cleaning and preparation of the kitchen, train the staff, and assure that all the meals, breads, and desserts provided in that restaurant are gluten free.

The 2026 Cruises include a roundtrip from Barcelona featuring Spain and Italy – July 12- July 19, 2026 and a tour of The Bahamas leaving from Miami, FL – July 27 – July 31, 2026. To safely cruise, try one of these opportunities!

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 is NCAT doing in 2025 ?

## Upcoming Events for NCAT—

Next Meeting on April 12 in person or via Zoom

Brunch Picnic 10:30 – 12:30 on May 17

Pool Party in late June or July

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 address below or you can mail in a check to **PO Box 159312, Nashville, TN 37215-9312.** 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.

[nashvilleceliacs.org](http://nashvilleceliacs.org)