

# TCCSG

Tri County Celiac Support Group



*"Learning to Live a **Gluten-Free** Lifestyle."*

What's Inside: Exciting new meeting/event details, information, resources, and meeting re-caps.

## Spring 2019

### Future Events

June 8  
Saturday **Beat the Wheat 2019  
5k Run / Walk**



August 17  
Saturday **TCCSG Picnic**



### Note from the President

We wrapped up another successful meeting season. Thank you to each and every one of you for your support! Now we look forward to our summer season, which means Beat the Wheat 5k Run/Walk and our fun GF Picnic!

If you've never joined us for our 5k run/walk – why not try it this year? Run/Walk all or part – no pressure. To sign up, please see our website – our deadline is soon. Proceeds from the run will be donated to University of Chicago Celiac Center, University of Michigan Celiac Center and a portion of the proceeds will be used by TCCSG to bring programming to all of our members and guests.

In August, we will be hosting our annual GF Picnic in Farmington Hills. Come out and enjoy some GF hot dogs and some special treats. There is a splash pad for the kids.

We are already starting to think about speakers for next fall. If you have any suggestions, please email us at [celiacTCCSG@gmail.com](mailto:celiacTCCSG@gmail.com)

Respectfully, Laura

### Important Note:

The content and resources in this newsletter and meetings are included to help you live a gluten free lifestyle. Please note that it is your responsibility to determine whether or not the resources included within are safe enough for your medical needs. Please read labels, look for GF certifications and ask the appropriate questions from food manufacturers & restaurants to make your own determination.



## 2018-2019 Board Members

President: Laura Budweg

Vice President: Nancy Couch-Nowak

Vice President (Membership): Diane Moon

Treasurer: Debby Katan

Secretary: Victoria Earnest

### Committee Chairs:

Hospitality: Suzanne Gentilia

Picnic & Dinners: Ellen Hechler

Run: Maria Corsi / April Malone

Historian: Marcia Campbell-Gladwell

Newsletter: Pam Talty

Children's Group: Christine Schwartz

Teen Group: Alyssa

### Members-At-Large:

Photographer: Angelo Gentilia

### Advisory Board:

Pediatric Physician Advisor: Dr. Jenny Lee, M.D.

Dietician Advisor: Lana Coxton, MS, RD, CNSC, ACSM EP-C



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## Volunteers

Want to help us make living with Celiac easier and help research to find a cure for Celiac? We cannot bring these events to you without help.

We can find a job for however much time you are willing to give us!

### Contacts to Volunteer:

General – [celiacTCCSG@gmail.com](mailto:celiacTCCSG@gmail.com)

Children's Group – [TCCSGkids@gmail.com](mailto:TCCSGkids@gmail.com)

Teen Group – [TCCSGteengroup@gmail.com](mailto:TCCSGteengroup@gmail.com)

Outreach Group – [celiacTCCSG@gmail.com](mailto:celiacTCCSG@gmail.com)

5k Run/Walk – [TCCSGceliacwalk@gmail.com](mailto:TCCSGceliacwalk@gmail.com)

**GET INVOLVED! MAKE A DIFFERENCE!**

**WE DO HAVE FUN TOO!!**

## Stay in Touch with Us!

**Email:** [celiacTCCSG@gmail.com](mailto:celiacTCCSG@gmail.com)

**Website:** [www.tccsg.net](http://www.tccsg.net)



TriCountyCeliacSupportGroup



Tricountyceliac



tccsg\_teen\_group

**Stay Connected  
With  
Us!**

## Annual GF Summer Picnic Hawaiian Theme

August 17, 2019

Join us on August 17<sup>th</sup> for a GF Picnic! This year there will be a Hawaiian Theme – wear colorful shirts, if you can. We will be meeting at Heritage Park Pavilion on Saturday, August 17<sup>th</sup> from 11:00am to 2:00pm. TCCSG provides the hot dogs, GF rolls, condiments and other surprises. Bring your own sides for you and your family. Free to our members and \$5 for non-members. Come for the food, stay for the splash pad. We look forward to warm weather, greeting old friends and meeting new ones. See you there.



**Please RSVP by August 11<sup>th</sup>** either by filling out the form on our website at:  
<https://www.tccsg.net/2019-gluten-free-picnic> (Click Button on Website that says: "RSVP easier than email RSVP on Flyer") OR email Ellen Hechler at [tccsgfoodfair@gmail.com](mailto:tccsgfoodfair@gmail.com).

This event is fun for the entire family!! New this year there will be games for the kids – big and small.



Volunteer

# Spotlight

## Maria Corsi

Maria Corsi was diagnosed with Celiac Disease in 4<sup>th</sup> grade. Her parents joined TCCSG about 16 years ago. Maria started coming to TCCSG meetings in 2010 and joined our board in 2016. Maria is our Beat the Wheat 5k Run/Walk co-chair along with April Malone. Both Maria and April established our own 5k after the national "Making Tracks for Celiacs" disbanded. Maria and April branded our local TCCSG race as "Beat the Wheat 5k" complete with a logo in 2017. This run was completely successful already in its first year. Each year, both Maria and April bring enhancements that improve the event even more. Maria is a registered dietitian and is currently going to graduate school. She enjoys tennis and traveling. Maria said, "I enjoy travel especially because I love finding the best gluten free restaurants/bakeries a new city has to offer."



Maria (right) with April Malone



TRI COUNTY CELIAC SUPPORT GROUP

# 2019 BEAT THE WHEAT 5K

**3<sup>rd</sup> Annual Beat the Wheat 5k Run/Walk**

June 8, 2019 - Hines Park



**Register Now!!**

Deadline: May 24<sup>th</sup> (to guarantee T-shirt)

[www.tccsg.net](http://www.tccsg.net)



TRI COUNTY CELIAC SUPPORT GROUP

# BEAT THE WHEAT 5K WALK & RUN

**Saturday, June 8, 2019**

**Registration/Check-in begins at 8:30am, run/walk at 9:30am**

\*\*\*Gluten free food samples will be served following event\*\*\*

**Entry Fee:** \$35 for Adults **if pre-registered by May 24<sup>th</sup>**, \$15 for Children under 10 (**includes a t-shirt**)  
\$40 for Adults, \$15 for kids same day registration and does **not guaranteed a t-shirt.**

**Raffle:** **MUST BE PRESENT TO WIN. Winning tickets for baskets will be picked after the awards.**

**Location:** Hines Park – Nankin Mills Recreation Area, 33259 Edward N Hines Dr, Westland, MI 48185  
**(No dogs permitted at this event)**

**Awards for Runners:** Trophy to OVERALL MALE AND FEMALE and to OVERALL MASTER'S (65+) male and female. Medals to the TOP THREE places in each age group.

**Age Groups:** 14 & under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-70, 71+

**Registration:** Online registration is preferred and is available February 2019. If you want to form a team, it **MUST** be done online. Register a team or download more registration forms at [www.tccsg.net](http://www.tccsg.net)

**Make checks payable to TCCSG and Mail to:** PO Box 301 Northville, MI 48167-0301

Unable to attend, you can still give a donation by sending them to TCCSG.

**\*\* Please print clearly and use separate forms for each participant\*\***

(Single check for multiple entries is accepted)

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**5K Runner**\_\_\_\_ **Walker**\_\_\_\_ **Age**\_\_\_\_ **Sex: M**\_\_\_\_ **F**\_\_\_\_ **E-mail** \_\_\_\_\_

**Name of Participant:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**Phone:** \_\_\_\_\_ **Kids T-shirt Size:** S M L XL **Adult T-shirt Size:** S M L XL XXL

**Registration Fee:** \_\_\_\_\_ **Additional Donation:** \_\_\_\_\_

All proceeds go to support the University of Chicago Medicine Celiac Disease Center, University of Michigan Celiac Disease Program and Tri-County Celiac Support Group for programming.

**How did you hear about us?**

Facebook\_\_\_\_ Newsletter\_\_\_\_ TCCSG Meeting\_\_\_\_ Other:\_\_\_\_\_

**DISCLAIMER:** I, the undersigned, agree to indemnify and hold harmless Hines Park and the Tri-County Celiac Support Group and authorized volunteers from and against all claims, damages, losses and expenses, including attorney fees, arising out of the permitted activity or event, if fees, arising out of, if such claims 1) is attributable to personal injury, bodily injury, disease or death, or injury to, or destruction of property, including the loss of use therefrom, and 2) is not caused by the negligent act, or omission, or willful misconduct of Hines Park, or their employees acting within the scope of their environment. Photographs will be taken throughout the Beat the Wheat 5k Run/Walk fundraiser. Attendance at this event is acknowledgment that your image may be used in future communications, social media, and/or our website. Should you wish to opt out of photographs, please alert the photographer. Tri-County Celiac Support Group does not assume liability for adverse reactions to foods consumed, or items one may come into contact with while eating at our Beat the Wheat fundraiser. There is also a possibility that manufacturers of the prepackaged food we provide could change the formulation at any time, without notice. Please read food labels before consumption. **An adult must accompany all children under the age of 12. A parent or legal guardian must sign if applicant is under 18 years of age.**

\_\_\_\_\_  
Authorized Signature (must sign to participate) Any questions contact April and Maria at [tccsgceliacwalk@gmail.com](mailto:tccsgceliacwalk@gmail.com)

# What have we been up to??

## **Dr. Jenny Mancuso**

Dermatitis Herpetiformis and  
Celiac Disease Related  
Conditions  
*January 2019*

Dr. Mancuso gave an enlightening discussion on Dermatitis Herpetiformis and other skin conditions commonly associated with Celiac



Disease. She explained that many patients don't report typical Celiac symptoms which may make DH difficult to diagnose. Only about 20% of patients with DH have GI related symptoms. About 10-15% of people with Celiac Disease also have DH. Dapsone provides immediate relief until the Gluten Free Diet is under control. Long term, the



gluten free diet should be the main course of treatment. Possible Celiac/DH related skin conditions include hives, eczema, psoriasis, canker sores, and rosacea.

## **Lisa Howard**

Understanding Your Ingredients:  
How to Avoid Unhealthy Gluten  
Free Foods  
*March 2019*

Lisa talked about how so many basic food ingredients / natural foods are Gluten Free. Many processed foods contain gluten. Lisa talked about how many foods in our diet are stripped of their nutrients. Many grains that we eat have the "germ" removed from them and only the starch is left. By removing the germ, the shelf life of the product is increased substantially.

She gave us tips to make cooking easier. For example, if you soak brown rice in water for 6 hours, it will cut the cooking time by two-thirds. She also recommends

purchasing whole grains (such as popcorn) and grinding in a Vitamix machine (for example to make polenta, cornmeal and corn flour). Draining whole milk Greek yogurt overnight turns into cream cheese. Lisa talked about oils refined vs. unrefined.

Did you know you could make your own lactose free milk by diluting heavy cream with water using a ration of 3 to 1 or 4 to 1?

You can make your own extracts using gluten free vodka and flavor (for example: coffee beans, vanilla bean, nuts, etc.).





## Simply Scrumptious Valentine's Day GF Food Demo February 2019



Simply Scrumptious put on another FANTASTIC gluten free food demo. We received many compliments with some saying that this meeting was the best meeting ever for our group. Our menu for the evening:

### **Appetizers**

#### **Sweet Italian Sausage with Grapes on Gluten Free Costini**

~sweet italian sausage, shallot, white wine, dijon, seedless grapes, gluten free baguette

#### **Artichoke and Tomato Bruschetta**

~tomato, artichoke hearts, red onion, garlic, balsamic vinegar, olive oil, parmesan cheese, gluten free baguette

### **Salad**

#### **Arugula Lovers Salad**

~arugula, strawberries, toasted pistachios, honey champagne vinaigrette

### **Entrée**

#### **Rosemary Encrusted Filet with Fig Chutney**

~ rosemary, filet, dried figs, dried apricots, onion, cider vinegar, ginger, chili pepper, mustard seed

#### **White Truffel Mashed Potato**

~russet potato, cream, butter, white truffel oil

#### **Roasted Asparagus**

~asparagus, olive oil, salt and pepper

### **Dessert**

#### **Chocolate Dipped Strawberries**

~strawberries, dark chocolate, fun garnishes

#### **Espresso Cream**

~ricotta, cream, honey, finely ground espresso, brandy, toasted almonds

## **Espresso Cream**

*(from Simply Scrumptious Demo)*

### **Ingredients:**

Ricotta Cheese, drained	1 ½ cups
Heavy Cream	¼ cup
Espresso Coffee, finely ground	2 Tbsp
Honey	2 Tbsp
Brandy (optional)	4 tsp
Vanilla	2 tsp
Almond Slices, toasted	2 Tbsp
Chocolate Espresso Beans	2 Tbsp

### **Method:**

After draining ricotta at least 2 hours, combine ricotta with cream and beat until smooth

Stir in ground espresso, honey, brandy and vanilla

Cover and let chill for at least 3 hours

After chilled, put in to cups and garnish with toasted sliced almonds and chocolate espresso beans





tccsg\_teen\_group

## TCCSG Teens!

### Gleaners GF Food Drive

Our teen group has collected 173 pounds of food so far and has delivered all of the items to Gleaners in downtown Detroit. **Remember to bring a GF (Non-Expired) Shelf-Stable food item to Beat the Wheat 5k!!**

Help someone who can't afford Gluten Free Food!!

173 lbs to date!!!



### Donate a GF Item at Beat the Wheat 5k!

Our teen group will be collecting GF food items at Beat the Wheat. For each Non-Expired (at least 1 month until expiration) Shelf Stable food item you bring, you will receive 1 ticket for a chance to win a fabulous prize. Must be present to win.



### Summer Fun!

Y	E	H	W	B	O	Y	S	E	I	A	F	X	T
T	G	J	J	S	U	M	M	E	R	S	D	P	D
K	O	H	W	M	F	U	L	R	U	J	U	R	P
S	U	N	S	C	R	E	E	N	U	O	I	B	M
P	O	O	L	Z	S	X	S	J	R	V	S	A	Z
S	H	D	U	Q	P	H	L	G	E	F	E	E	Z
O	H	S	C	N	I	S	T	I	B	R	C	D	F
X	C	W	I	N	M	R	N	W	C	A	B	G	R
M	A	G	E	X	O	X	A	E	W	M	J	F	I
T	E	S	P	P	E	W	C	N	Z	O	L	P	E
S	B	B	P	W	W	I	A	U	W	V	T	I	N
O	X	U	S	V	F	P	D	F	L	I	V	Z	D
Z	S	W	F	G	R	G	H	G	O	E	W	Z	S
Y	B	L	O	O	H	C	S	O	N	S	V	A	Y

BEACH  
DRIVE IN  
FRIENDS  
FUN  
GF ICE CREAM  
GF PIZZA

MOVIES  
NO SCHOOL  
POOL  
SUMMER  
SUNSCREEN  
SUNSHINE  
SUPPORT GROUP

How many words can  
you find???

### Summer Picnic

Join us on August 17<sup>th</sup> with your families at the TCCSG Picnic.

We'll have some fun teen games!





## Lucky's Noble BBQ

**160 West Fort Street  
Detroit, MI 48226  
(918) 297-8550**

This brand new restaurant is located in Fort Street Galley. Lucky's Noble BBQ is completely gluten free and has its own kitchen space in the building. Fort Street Galley is set up like a fancy food court. There are 3 other restaurants and a separate bar. Lucky's is the ONLY restaurant in the Fort Street Galley that is completely GF. The food was delicious and there was a large crowd on a Saturday night. The Saturday night we were there included a band to enjoy while you were dining. You simply go up to the

register, order and your food will be delivered to your table. Lucky's bakes their own healthier style of gluten free bread. They serve brunch, lunch and dinner. There are several dessert options.



## Help TCCSG – for free!

### Kroger Community Rewards

All you need is to have a Kroger Card (that you probably already have if you shop at Kroger). To support us, you need to:

1. Sign into: <http://www.kroger.com/> (Log into your account / or create one with your Rewards card number).
2. Once logged in, go to "Account" and then select "Community Rewards".
3. Search for charity "PR642" OR "Tri-County Celiac Support Group". That's it!

At NO cost to you, Kroger will donate a portion of the sales that you make back to TCCSG. This will not affect any of your regular savings at Kroger - it is completely cost neutral to you. Please help us so we can continue to support you all!



### Smile Amazon

Help TCCSG by using [www.smile.amazon.com](http://www.smile.amazon.com) (but first you need to choose Tri-County Celiac Support Group as your charity). When you make amazon purchases through [www.smile.amazon.com](http://www.smile.amazon.com) - the only difference to you is that Amazon donates money to TCCSG. This costs you nothing - you just need to remember to shop via [www.smile.amazon.com](http://www.smile.amazon.com). (You can even put items in your cart from [Amazon.com](http://Amazon.com) and then complete your purchase at [www.smile.amazon.com](http://www.smile.amazon.com)). You will see the prices are the same. THANKS for supporting TCCSG.



# TCCSG's Kids Corner

## Information for Celiac & Gluten Free Kids / Parents



### Breakfast Banana Split

Adapted from *Art from My Table: A Celebration of Food and Life Around the Table*

### Ingredients

- 1 banana
- ½ cup Stonyfield strawberry yogurt
- ¼ cup blackberries
- ¼ cup raspberries
- ½ cup Jessica's GF granola
- Enjoy Life mini chocolate chips for garnish

### Instructions

*Prepare yogurt:*

1. Place container of yogurt in the freezer until firm, not frozen solid, just scoop-able.
2. Scoop out two scoops of yogurt and place each scoop in a separate paper muffin liner.
3. Put back in the freezer until ready to use.
4. Split banana in half.
5. Add 2 scoops of frozen yogurt
6. Add berries, granola and chocolate chips.
7. Serve immediately.

Notes: This is a fun and healthy breakfast for the summer and you can change the toppings to suit your tastes/needs.

### What's Going On for TCCSG Kids?

Bring the kids out to participate in the **3<sup>rd</sup> Annual Beat the Wheat** event on **Saturday, June 8, 2019!**

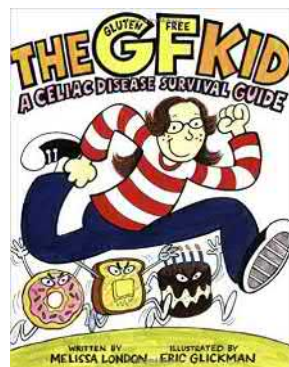
Click here to register:

<https://rfeventservices.redpodium.com/2019-beat-the-wheat-5k-runwalk>

**August 17, 2019** is TCCSG's **Gluten Free Picnic** at Heritage Park (11am-2pm). Bring the kids out for an afternoon of fun with GF food, splash pad, playground and kids' games!

**RSVP here:** [tccsgfoodfair@gmail.com](mailto:tccsgfoodfair@gmail.com)

Here are a couple books to help kids learn about and adjust to their new GF lives:



# Summer Camp

It's time to start thinking about summer activities for the kids!

**Gluten Free Michigan Kids Camp** will be held June 16 - June 22, 2019.

Click here for details about how to register and a description of the camp from MI Gluten Free Gal:

[https://miglutenfreegal.com/2013/02/22/camp-manitou-lin-where-children-on/?fbclid=IwAR0iXqBbjnmd7fJ\\_I4QHF7zhSRrRyx870Blo4-W5gP\\_ojkFwGuR\\_BTUWC3E](https://miglutenfreegal.com/2013/02/22/camp-manitou-lin-where-children-on/?fbclid=IwAR0iXqBbjnmd7fJ_I4QHF7zhSRrRyx870Blo4-W5gP_ojkFwGuR_BTUWC3E)

You can also check out **Free to Be Camp** at Camp Westminster, which is also held June 16 – June 22, 2019.

Click here for more details:

<https://campwestminster.com/summercamp/food-allergies/>

## SUMMER TREATS



As the parent of a kid with Celiac Disease, I make sure I have a stash of GF ice cream necessities on hand all summer. I usually have a couple tubs of Breyers ice cream in my freezer (they have 37 clearly labeled GF flavors, all tested to less than 20ppm!), as well as a couple boxes of GF ice cream cones. I also carry a small container of GF sprinkles in my purse, just in case we find ourselves out and about and need to jazz up a cup of vanilla when it's the only GF option. But we also LOVE Dole Whip at our house and it's super easy to make. Here's a recipe for it from Gluten Free on a Shoestring:

<https://glutenfreeonashoestring.com/homemade-dole-whip-recipe/>

You can also find Dole Whip at Wally's Frozen Custard in St. Clair Shores and Jim's Ice Cream in Royal Oak.



TCCSG  
PO Box 301  
Northville, MI 48167-0301

Newsletter Disclaimer: All recommendations, information, dietary suggestions, menus, shopping guide suggestions, medical updates, miscellaneous articles and recipes in this newsletter are intended for the benefit of our members, readers and the general public. No liability is assumed by the Tri-County Celiac Support Group or any of its members. Information in TCCSG living Gluten Free Newsletter has been reviewed and approved by our physician and dietitian advisors. Individuals should consult with their physicians and dietitian before following any medical or dietary recommendations in the TCCSG living Gluten Free Newsletter. Original material used in the TCCSG living Gluten Free Newsletter is placed in the public domain for the benefit of all celiacs. The information is not copyrighted to facilitate the easy exchange of celiac information. Feel free to reproduce *any* portion of this newsletter, unless it specifically states otherwise. All we ask is that you indicate where information came from

## Membership

We welcome all interested people to share their talents to help provide a support network and new opportunities, and avenues to be a resource in the community.

### Membership benefits

- FREE access to regular informational meetings
- Speakers and topical discussions
- The TCCSG Newsletter
- Gastroenterologist and Registered Dietitian
- Food fair / Taste Fest - vendors of GF products
- Walk/Run to fund research

### New member packet

- Basic information about Celiac Disease and DH
- Getting started gluten-free information
- Articles on Celiac Disease and DH
- The TCCSG newsletter
- Restaurant card

### Membership fees

New 1 Year Membership \$30  
New 3 Year Membership \$65  
1 Year Membership Renewal \$25  
3 Year Membership Renewal \$60

Register on-line at <http://www.tccsg.net> on the "Get Involved" tab or join us at a meeting.