

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.

Winter 2020

Future Events

- | | |
|--------|--|
| Jan 13 | Dr. Guandalini
Univ. of Chicago
Celiac Center |
| Feb 10 | Dr. Amanda Cartee
University of
Michigan & Adult
Gastroenterologist |
| Mar 9 | Lucky's Noble BBQ
GF Food Demo |
| June 6 | Beat the Wheat
2020
Hines Park |

Note from the President

Happy Holidays & Happy New Year to Everyone!!

Our membership is growing – in addition to the programs we are offering, we have a strong impression that more people are being diagnosed. Phone calls used to happen monthly and now they are almost every couple days. If you meet someone with Celiac Disease, be positive, and help us connect up with them. By being positive and giving them hope and tips on how to handle Celiac, you could help someone tremendously. We continue to look for new ideas for events and meetings – if you have some ideas, please let us know. Take a look inside this issue. Due to snow forcing us to cancel our November meeting, we thought we'd surprise you with a GF Chocolate truffle recipe. Also take a look at the fun our kids and Teens had at our annual GF Halloween party. Our Teen Chairperson is working on legislation to ensure Restaurant usage of the term "gluten-free" adheres to the FDA definition of gluten-free. Hope you Enjoy this issue!

– Laura, President



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.



2019-2020 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: Jill Kapp, Katie Herzog,
Annemarie Rompca

Teen Group: Alyssa

Members-At-Large:

Photographer: Angelo Gentilia

Advisory Board:

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

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



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!

Contact us to volunteer:
celiacTCCSG@gmail.com

Help Needed:

Teen Group (general help)

Outreach Group

GET INVOLVED! MAKE A DIFFERENCE!

Stay in Touch with Us!

Email: celiacTCCSG@gmail.com

Website: www.tccsg.net



TriCountyCeliacSupportGroup



Tricountyceliac



tccsg_teen_group

**Stay Connected
With
Us!**

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 (but first you need to choose Tri-County Celiac Support Group as your charity). When you make amazon purchases through 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. (You can even put items in your cart from Amazon.com and then complete your purchase at www.smile.amazon.com). You will see the prices are the same. THANKS for supporting TCCSG.

amazonsmile
You shop. Amazon gives.

Volunteer

Spotlight

Debby Katan

Debby has been our incredible Treasurer for 13 years! Debby handles our accounting and books and ensures that our tax commitments and regulations to keep us a 501(c)3 are fulfilled. This is not an easy job by any means. When you send your renewal check into TCCSG for another year or 3 years, Debby is the one who cashes it!

Debby has made many friends at TCCSG and is there to support every meeting and almost every event. When you come to a meeting, she is usually helping to check people in.

You'll often find Debby reading a book or working in her garden. She especially loves to spend time with her family – her husband, Al, her kids and her grandkids.

When you see Debby, please thank her for all she has done for TCCSG and the Celiac Community. Having someone that is hardworking & smart on our board for 13 years has helped us to grow into the group we've become. We are so thankful to have Debby on our board!



Debby Left with Diane at 2019 Beat the Wheat

Kids' Birthday Party Ideas

Do you struggle to find a location to host your celiac child's birthday party? Here are a few options.

- Host it at home so you can ensure everything is GF. Menus can include:
 - o Frozen pizzas (e.g. Costco, UDI's, Rumi's Passion)
 - o Taco or nacho bar
 - o Pancake bar (e.g. chocolate chip, sprinkle, or blueberry)
 - o Mac n cheese in a crockpot
- Host it at a location that allows you to bring in your own food.
- Local recommendations include:
 - o Funtastic in Canton
 - o Ward Church Playscape in Northville
 - o Kids Gotta Play in South Lyon
- Make sure the goodie bags are safe by offering small toys, coloring books, crayons and bubbles.
- If the expense of GF food for all is too much, allow your child to pick out a special birthday plate, bowl, etc. to eat from during the party.



Would you be interested in more frequent children's events?

- Coffee and donuts at a park?
- Meet up at a kid friendly location such as Airtime or Kids Gotta Play?

The new Children's chairs are trying to come up with some different ideas, so please share your ideas with us!

Gluten Free Michigan Kids Camp 2020

New Location: Camp Copneconic

<https://www.campcopneconic.org/>

10407 North Fenton Rd.

Fenton, MI 48430

810-629-9622

Camp Copneconic has a dedicated gluten-free prep area.

For More Information:

Direct Message Margaret on the camp's Facebook page

OR

Read up on the posts with detailed information on the move

<https://www.facebook.com/glutenfreemichigancamp/>

Dates: Sunday, July 5th through Friday, July 10th

Registration begins: January 1, 2020

Rates:

- On or before March 1st: **\$550**
- On or before May 5th: **\$575**
- May 5th to end of season: **\$600**





5th Annual Celiac Support Group Picnic

Our 5th Annual Celiac Support Group Picnic was held on August 17, 2019. The weather was beautiful, and the kids had so much fun playing in the splash pad. Many new faces and all our regulars were there to eat hot dogs with gluten free buns and have some fun. We provided some new games such as corn hole and hula hoops to play with. We tried a Hawaiian theme this year with some pineapple juice and leis to wear. We will try something different next year. Angelo was our chef who bar-b-qued our hot dogs to perfection. We had watermelon and many, many desserts. Our numbers are increasing every year, can't wait to see you next summer. Thank you to everyone who came and to those who helped me set up and clean up.

Ellen Hechler



Love Bug Oreo Cookies

Ingredients:

- Gluten Free Oreo Cookies
- 1.5 cups of GF red candy melting wafers
- Candy Eyeballs
- GF heart sprinkles

Instructions:

- Line baking sheet with parchment paper.
- In a microwave safe bowl, add red candy wafers. Microwave on medium heat for 30 seconds. Remove and stir slowly. Replace in microwave for 15 second increments until candy wafers are completely melted.
- Dip cookie three-fourths of the way into the melted chocolate. Transfer to parchment paper and immediately add sprinkles.
- Add drop of chocolate to back of candy eyes with a toothpick and place on cookie.
- Allow chocolate to set.
- Enjoy!

Reproduced with permission. Modified to be gluten free.

Hook, Sarah. "Love Bug Oreo Cookies." Sarah's Baking Studio. 17 January 2018.

Accessed on 24 November 2019. <<https://sarahsbakestudio.com/love-bug-oreo-cookies/#wprm-recipe-container-16115>>.



Annual testing

- Be sure to schedule an annual appointment with your child's pediatric gastroenterologist and dietician
- Recommended testing each year includes anti-tissue transglutaminase to monitor antibody levels in your child's blood
- Your physician may recommend additional testing depending on your visit

Homemade Chocolate Truffles Recipe

Total Time: 2 hours, 30 minutes

Yield: 20-24 truffles



Reprinted with permission from Sally McKenney - Sally's Baking Addiction

<https://sallysbakingaddiction.com/homemade-chocolate-truffles/>

Ingredients *(ensure all ingredients are gluten free)*

- two 4-ounce quality chocolate bars (226g), very finely chopped*
- 2/3 cup (160ml) heavy cream*
- optional: 1 Tablespoon unsalted butter, softened to room temperature
- optional: 1/2 teaspoon pure vanilla extract
- toppings: unsweetened cocoa powder, sprinkles, crushed nuts, melted or tempered chocolate

Instructions

1. Place the chocolate in a heat-proof bowl. Set aside.
2. Heat the heavy cream until it is simmering. You can heat it on the stove or in the microwave.
3. Add the butter, if using, to the chocolate and pour the heavy cream evenly on top. Let the warm cream and chocolate sit for 5 minutes. Add the vanilla extract then stir until the chocolate has completely melted. Place a piece of plastic wrap directly on the surface (to avoid condensation) and refrigerate for 1-2 hours. Tip: Pour into a flat shallow dish, such as a 8x8 inch baking pan, so the mixture evenly and quickly sets.
4. Scoop the set truffle mixture into 2 teaspoon-sized mounds. This cookie scoop is the perfect size. For larger truffles, 1 Tablespoon size mounds. Roll each into balls. This gets a little sticky, so see my tips above.
5. Roll each into toppings, if desired. Truffles taste best at room temperature!
6. Cover tightly and store truffles at room temperature for 3-4 days or in the refrigerator for up to 2 weeks.

Truffle Notes

Freezing Instructions: For longer storage, freeze up to 3 months with or without toppings. Thaw in the refrigerator, then bring to room temperature, if desired, before enjoying.

Make Ahead Instructions: Prepare the truffle mixture through step 3. The mixture must chill in the refrigerator for 1-2 hours or up to 3 days. If chilling for longer than 4ish hours, let the mixture sit on the counter for several minutes to soften into scoop-able consistency.

Chocolate: Use pure chocolate, the kind sold in 4 ounce bars in the baking aisle. Do not use chocolate chips. The higher quality chocolate you purchase, the better your truffles will taste. Semi-sweet or dark chocolate make a very intense chocolate truffle and milk chocolate yields a sweeter truffle. If using milk chocolate, reduce the cream to 1/2 cup as milk chocolate is much softer than dark chocolate. Do not use white chocolate in this recipe because it's too thin.

Heavy Cream: Heavy cream or heavy whipping cream is the only liquid that will melt the chocolate into the proper truffle consistency. Do not use half-and-half or milk. The only non-dairy substitute is canned full-fat coconut milk (not the refrigerated kind). Shake it up and use in the recipe as you would heavy cream.

Butter and Vanilla Extract: Both are optional, but butter makes truffles extra creamy and vanilla extract adds wonderful flavor.

Flavors: Instead of vanilla extract, use 1/2 teaspoon raspberry, coconut, orange, peppermint, or strawberry extract. Or leave out the extract and add 1-2 Tablespoons of your favorite gluten-free liqueur.



@tccsg_teen_group

TCCSG Teens!

Update: Gleaners GF Food Drive

The teen group has collected **686 pounds** of food to date and has delivered all of the items to Gleaner's in downtown Detroit. **Remember to bring GF, non-expired, shelf-stable food items to monthly TCCSG meetings!** Gift baskets will be raffled off as a thank you for your donation! **Help someone who can't afford gluten free food!!**



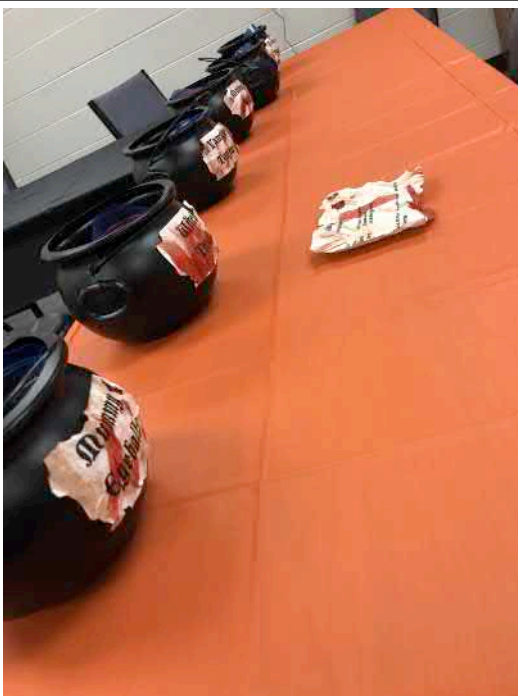
MI Restaurant Legislation Bill Update



Our dietitians and board members met with Mr. Koleszar and Mari (his legislative assistant) to talk over the latest revision of the bill and necessary changes. I (Alyssa) have been working on this bill with Matt and Mari since February 2019. They have now made these changes and both Lana and Maria approved the changes. The Gluten Free bill will be packaged with other bills – Kosher Food, Halal Food and vegetarian food. The purpose of the bill is to ensure that restaurants are complying with the FDA definition of gluten-free in order to call the food gluten-free. Once this bill goes to the floor, we will need your support.

Halloween Party

We had a lit time at our 3rd annual GF Teen Halloween Party! We trunk or treated, had some awesome pizza from Renee's Gourmet Pizza and then we played Jenga, decorated GF cupcakes, made glow in the dark slime, felt creepy things in cauldrons like vampire hearts and enjoyed GF donuts. We hope you all had a great time. For any comments, questions, or suggestions, please feel free to contact tccsgteengroup@gmail.com or @tccsg_teen_group on Instagram.



Dr. Stefano Guandalini
Founder University of Chicago Celiac Center

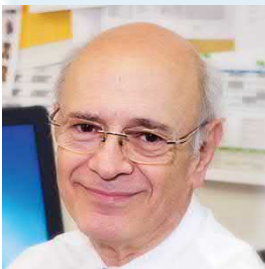
Monday, January 13th 2020

7:00pm – 8:30pm

Networking 6:30pm

First Presbyterian of Farmington Hills
26165 Farmington Road
Farmington Hills, MI

Members: Free Non-members: \$10/Family



Dr. Guandalini is founder and medical director of The University of Chicago Celiac Disease Center. In 1971, Dr. Guandalini received his medical degree from the University of Messina, Italy, where he graduated with high honors. After his pediatric residency at the University of Messina, he completed his fellowship in pediatric gastroenterology at the prestigious University of Naples, where he became an assistant professor. He spent 2 years (1977-1979) as a research associate in the Department of Medicine at The University of Chicago, where he did active bench research on the pathophysiology of diarrheal disease. Shortly after he returned to Italy, he received a promotion to associate professor and then became a full professor at the University of Naples in 1988. From 1990 to 1995, Dr. Guandalini served as the Chairman of Pediatrics at the University of Catanzaro.

Dr. Guandalini's scientific and professional career has focused on diarrheal diseases of children, with a major emphasis on celiac disease. In 1990, he coordinated a national effort in Italy resulting in the publication of the largest series of patients ever published, which resulted in the revision of the 20-year-old European Society for Pediatric Gastroenterology, Hepatology and Nutrition (ESPGHAN) guidelines for diagnosing celiac disease. These new guidelines are currently used worldwide for both pediatric and adult celiac disease patients.

Dr. Guandalini joined The University of Chicago Department of Pediatrics in 1996, where he serves as section chief of the Department of Pediatrics Gastroenterology, Hepatology, and Nutrition.

Dr. Guandalini was president of ESPGHAN from 1998 to 2001, and was selected from a worldwide pool of candidates as the first president of the Federation of International Societies for Pediatric Gastroenterology, Hepatology and Nutrition (FISPGHAN). Dr. Guandalini was born in Rome, and spent his childhood in Messina, Italy, where his mother's family originated. His father's family is from the northern Italian town of Modena.

Dr. Amanda Cartee

University of Michigan

*Celiac Basics, Follow Up Care, What to Do When You are "Glutened,"
Relationship to other Autoimmune Diseases*

Monday, February 10th 2020

7:00pm – 8:30pm

Networking 6:30pm

First Presbyterian of Farmington Hills
26165 Farmington Road
Farmington Hills, MI

Members: Free Non-members: \$10/Family



MICHIGAN MEDICINE
UNIVERSITY OF MICHIGAN



Dr. Amanda Cartee is an adult gastroenterologist specializing in celiac disease at the University of Michigan. She was born and raised in St. Louis, Missouri and completed her medical degree from Saint Louis University in 2013. After graduating from medical school, she moved to Rochester, Minnesota where she completed her Internal Medicine Residency and Gastroenterology and Hepatology Fellowship at the Mayo Clinic. During her training, she was mentored by Dr. Joseph Murray to gain clinical and research expertise in celiac disease. She joined the University of Michigan Gastroenterology Division in August 2019 after completing fellowship. She is excited to be a part of the celiac disease group at Michigan!

Lucky's Noble BBQ **Gluten Free Food Demo**

Monday, March 9th 2020

7:00pm – 8:30pm

Networking 6:30pm

First Presbyterian of Farmington Hills
26165 Farmington Road
Farmington Hills, MI

Members: Free Non-members: \$10/Family



All the food served at Lucky's Noble BBQ is Gluten Free! Lucky started this tasty journey with a deep love of BBQ. The complexity of the slowly developed rich umami flavors, sparked with a lick of fire and a wisp of smoke is nothing short of addictive. Every bite nibbled with a powerful squirt of sauce and crunchy condiment sparks another unique taste, again and again. BBQ is great to share with friends so you can enjoy and explore so many more flavors.

Lucky's BBQ embarks on this flavor exploration with the very best ingredients, Noble Wagyu Beef & Angus Beef, lacing aromatic spices to capture their naturally rich, umami savory-sweet flavors and silky tender texture with our own secret smokey techniques. Lucky broadens BBQ to encompass Noble Fin Fish & Shellfish, along with the best of the Vegetable world, equally elevated by colorful spices, and revolutionary slow cooking techniques. Thanks to nature, these big flavors deliver great nutrition.

SAVE THE DATE



June 6th, 2020

Hines Park

(Near Nankin Mills)

Registration opens in February



TRI COUNTY CELIAC SUPPORT GROUP

BEAT THE WHEAT 5K WALK & RUN

5K WALK/RUN

TROPHIES TO TOP
RUNNERS

RAFFLE PRIZES

GLUTEN FREE
SNACKS

AND MORE!

TCCSG

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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
- Celiac Awareness Night - Member Only Perks
- 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.