

TAMING OF THE SPRUE



Denver Metro • Chapter #17 of CSA/USA, Inc. • Celiac Sprue Association/United States of America, Inc. • www.denverceliacs.org

May 2013

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We're going **GREEN!**

Please email

database@denverceliacs.org to
receive your newsletter via email.

Thanks!

NO OATS AT MEETINGS, PLEASE.

"Ask the Nutritionist"

Write to Patty today with your
nutrition questions

at: patty.nachazel@me.

Gluten Free Family Potluck Picnic Saturday June 8th, 11:00 am - 2:00pm Clement Park, Shelters D & E 7306 W. Bowles Ave. Littleton, CO 80123

You are cordially invited to our chapter's annual Gluten Free Family Potluck Picnic. There will be amazing food and drinks, a bouncy castle for the kids, and fun for all! We will be providing BBQ and beverages for everyone.

Please bring your favorite gluten free side dish or dessert to share with the crowd. Be sure to bring copies of your recipe so that everyone can add your dish to their own summer picnics.

Newly diagnosed or horrible in the kitchen? Make it easy on yourself - bring your favorite store bought GF cookies or prepared food, or just come anyway. Just be sure to come hungry!

We are excited to have the New Planet Beer Company (www.newplanetbeer.com) join us at the picnic. They are supplying a keg of their brand new Belgian Ale just for our event. This is a rare specialty keg being provided to us exclusively.

For a map of Clement park, please visit the Foothills Park & Recreation District website (www.ifoohills.org).

Directions: From Bowles go south on Pierce past the park entrance on the right, into the parking lot by Columbine High School. Shelters D & E are north of the lot and are visible from the street.

Please visit www.denverceliacs.org for more information.

Celebrate Celiac Awareness Month!

May is National Celiac Awareness Month! Or is it October? Once upon a time, October was designated Celiac Awareness Month. But then some celiac groups decided that it would be best to align with Canada and several European cities whom celebrate in May. CSA celebrates it in May; Colorado recognizes October. Regardless of the month, let's continue to do our best to increase awareness and support those living the gluten free lifestyle. This months newsletter is packed full of great events happening in honor of Celiac Awareness.

CSA's Cel-Kids Network™

Cel-Kids Network provides children and youth opportunities to meet and share experiences with others of their age-group who are also living with celiac disease and/or dermatitis herpetiformis.

Being a part of CSA's Cel-Kids Network allows kids to meet others who know how they feel. Along with get-togethers, they learn important things about staying healthy and living confidently every day. It's nice to know that they are not alone in the world!

An Easter Success!!!

EGG HUNT & MAKE - YOUR - OWN GF PIZZA PARTY

Our annual Egg Hunt at Pizza Doodle this past March in Centennial was an absolute blast! That day we had one of the snow storms but attendance was great - we had 50 people attending. The children had fun making their own GF pizza and decorating a bag to pick up the hidden eggs they'd found.

Pizza Doodle also offers dairy free cheese, lactose free ice creams, egg and corn free crusts which made accommodating multiple allergies much easier.



UPCOMING EVENTS

Gluten Free Picnic Saturday, June 8th

Clement Park: We will have a BIG Hummer Bounce House, games, face painter, balloon artist, clown, raffle, and lots of GF food.



Gluten Free Fair Sunday, August 18th Denver Merchandise Mart

Family Spaghetti/movie party July- More info to come

Celiac Walk October- More info to come

NON-CELIAC GLUTEN SENSITIVITY – IS IT ON ANYONE’S RADAR YET?

By Patty Nachazel, CNE “Ask the Nutritionist”

Although a good deal of research has been done on the gluten-celiac disease connection, much less has been done on non-celiac gluten sensitivity. In fact, some may even say that it has barely made it on the medical radar screen.

When a customer in a restaurant hints that he or she can’t order a particular dish because of gluten, many wait staff will clarify this with something like, “Do you just have a gluten sensitivity or celiac disease?”

So, why might a waitress or waiter be more willing to differentiate between the two before some in the medical field? Fear of someone going into a seizure in their restaurant during their shift? Perhaps. But, for most, the problem lies in the line between celiac and non-celiac gluten intolerance being blurry at best.

Celiac disease (CD) produces a T-cell autoimmune response, mediated by Immunoglobulins A and G (IgA, IgG), whereas, in a wheat allergy, the autoimmune response is mediated by the Immunoglobulin E (IgE).

If a patient is non-celiac, they may fall into two categories: Gluten intolerant and gluten allergy. Those who are allergic to gluten are most likely allergic to any one (or more) of the different types of protein in wheat rather than gluten. Wheat contains over 100 different proteins. This gluten allergic reaction is an IgE mediated reaction to these proteins and can have a range of symptoms associated with it. Reactions range from a life threatening situation to skin hives or eczema, gastrointestinal distress, or respiratory symptoms. A gluten allergy can be present with or without a family history, compared to celiac disease which is known to be genetically inherited.

An intolerance to wheat, or gluten intolerance, does not elicit an immune response. It may be caused by an enzyme deficiency or by undigested food particles that create bacterial fermentation in the colon. (Steinman, H. MBChB, DCh, *Adverse Reactions to Wheat and Gluten*, Science in Africa, 7/2005)

There are some people who will have the antibodies against gluten but not the autoimmune antibodies that characterize CD. Non-celiac gluten sensitivity will appear very much like CD in its symptoms, and the healing of both are treated in much the same way. Abstaining from gluten-containing grains, eating a nutrient-dense diet, and supplementing to replace deficiencies begins the process. Many will suggest adding small amounts of gluten back into the diet if you are non-celiac gluten sensitive, but to soak, sprout and/or ferment the grains prior to eating them. Unfortunately, for those with CD, it is a life-long affliction and only certain people may be able to add those grains if they are naturally fermented.

Gluten is inflammatory and has been shown to damage internal organs and tissues. Non-celiac gluten sensitivity may cause the same serious damage when left untreated as celiac disease, but it is unclear how severe the long-term damage could be.

There is still much to learn about the varied circumstances associated with all forms of gluten sensitivity, intolerance, allergy and celiac disease. One thing that seems to precede every one of these issues is found in history books rather than laboratories. Primitive cultures did not have any known digestive problems. Maybe if today’s flours did not have anti-fungals, bromides and bleaching agents, we wouldn’t have the rapidly rising problem we do today. Maybe if we look upstream at our gluten problems as a society, we can better change how it looks downstream and into the future.

NOTE: The opinions of this article as well as all others are of the opinion of the authors, not the CSA.



HOME RUN AT THE ROCKIES GAME

Everything was a success for the Rockies baseball event on April 20. Our pre-game event at Casselman's was a blast, as everyone got to enjoy hot dogs, pizza, cookies, and beer before heading over to Coors Field to watch our Colorado Rockies as they defeated the Diamondbacks.

A big thanks goes out to Omission Beer and Udi's for generously donating their products for the event. In only a few short hours, we managed to take down all 50 hot dogs, 40 cookies, 18 pizzas, and 4 cases of beer – not a single item was spared.

Next year, we hope to build on the success of this event and bring even more people out to the ballpark.



Update on Denver CSA Activities

As part of our goal to raise awareness about Celiac Disease, the Denver CSA had a booth at nine of the 9News Health Fairs this year! Our sites covered much of the metro area, from Parker to Boulder. Our volunteers spoke with many people educating about possible symptoms and treatment of CD, and sharing their experiences living gluten-free. For the first time, the 9News Health Fair offered screening for CD (the tTG IgA test) at a select number of sites. If the pilot program went well, they plan to expand this for next year. All of the sites were very appreciative of the presence of Denver CSA, and we spoke with many participants showing symptoms suspicious of CD and who were grateful to learn about a possible answer. Thanks to all of our volunteers: Mary A, Bonnie A, Janis D, Barbara H, Carol K, Gina M, Michelle M, Carol M, Kim R, Guinivere S and Tyrelle W. A special thanks to Barbara Sanford, Susan and members of the Boulder neighborhood group for running the Niwot site.

The Denver CSA often gets requests to have an educational booth at various events. If anyone would like to volunteer to help at our booth, please contact Diane Moyer, Chapter Dietitian at dietitian@denverceliacs.org or 720-560-3734.



The 7th Annual Incredible, Edible Gluten free Food Fair™ Sunday August 18th at the Denver Mart.

Do not miss out on sampling tons of amazing gluten free products. We are working hard to make this the biggest and best gluten free food fair Denver has seen. The event will be open to the public from 10am-4pm. This free event is brought to you by the Denver Metro Chapter of CSA and sponsored by: Udi's Gluten Free, Glutino, King Soopers, Rudi's Bakery, St. Bons Cafe, Savory Palate, Canino's Sausage Company, and 303 Chiropractic.

COMMUNITY ANNOUNCEMENTS

The Last Crumb is in King Soopers!

The Last Crumb Bakery Cheatin' Wheat Gluten Free Dry Mixes are now available in 59 King Soopers throughout Colorado. The Cheatin' Wheat Gluten Free flour mix is a great substitute for wheat flour. Check out the mixes at your local King Soopers.

New Gluten Free Menu at the WALNUT ROOM

3131 Walnut Street OR 2 N. Broadway
www.thewalnutroom.com

The Walnut Room's two locations have expanded their gluten-free offerings to provide more options for customers avoiding gluten. In addition to offering individual, gluten-free pizzas (made from Udi's Gluten Free Pizza crust), the pizzerias have added gluten-free bread for its wide array of sandwiches and a flourless torte.

The Walnut Room restaurants have also expanded their gluten-free beverages to include Strongbow Cider at the Broadway location (2 N. Broadway) and Magners at the Walnut Street eatery (3131 Walnut St.)

Gluten Free Lecture & Tasting Fair - Saturday, May 11th

10-11am Lecture

11-2pm Tasting Fair

East Denver Vitamin Cottage
5231 Leetsdale Drive Denver, CO

[303.399.0164](tel:303.399.0164)

Come and learn how to live a healthy gluten free lifestyle. Ned McCrum, Nutritional Health Coach, will discuss shopping tips, meal planning, beneficial supplements and more! Immediately following the lecture will be a tasting fair that will feature some of our favorite gluten free foods, supplement and skincare companies.

It is free to attend and all ages are welcome!



LOCAL TITLEHOLDERS COMPETE FOR MRS. US UNIVERSAL 2013

We met these two women at our first annual Gluten Free Gallop last year. You can see each of them compete in separate national pageants in Ft. Collins on June 13th. Never been to a pageant before? Now's your chance to cheer on someone you know!

On the right is Kristy Butterfield, Mrs. Louisiana US Universal 2013. She and her husband live in Colorado Springs after moving there in 2008 for business. She will compete for Mrs. US Universal and that winner represents the US in the Mrs. Universe Pageant in Aruba.

Stephanie Alberti (left) is Ms. Colorado US Universal. She will compete for Ms. US Universal. Both of these women have been affected by gluten intolerance or celiac disease and use their titles to promote awareness. The pageant takes place at 7:30pm June 13th at the Ft. Collins Colorado Lincoln Center. Tickets are \$20.00 for seniors and military members, \$10/\$15 for kids and \$35/\$40 for adults depending on seating. You may never get the chance to attend a national pageant in this area again... the show alone is worth it!

For tickets, while they last, go to www.fcgov.com/lctix/show.php?id=462.

Ask the Dietitian – Research Update – Continued Symptoms?

Submitted by Diane Moyer, M.S.,R.D.N.

After writing last issue's column, I read an interesting article related to that same topic. This was a study from Johns Hopkins on people with celiac disease who were not improving, yet who were following a "strict gluten-free diet"¹. Although there can be many possible reasons why people do not improve, including refractory celiac disease, the number one reason to investigate, in all cases, is continued ingestion of gluten, either intentional or inadvertent. That was the focus of this study.

The study participants had followed a gluten-free diet on average 3 years, and all had met with a dietitian expert in CD prior to this study. 17 people completed the study. All had shown severe intestinal damage at diagnosis. Of those who had repeat biopsies, most still showed major intestinal damage, although four people had improved since diagnosis, two with complete mucosal healing. 13 of the 17 people still had elevated blood celiac antibodies, and all, except one, were continuing to experience symptoms.

What the authors did was to place these individuals on a "Gluten Contamination Elimination Diet" (GCED). The GCED included only fresh, whole, non-processed foods: fresh fruits, vegetables, and herbs, plain, fresh meats (all types), plain oils, vinegar, honey and salt. The only grain that was included was rice. No dairy foods were included until after the fourth week. The only other beverages allowed were 100% fruit or vegetable juices, Gatorade, water or gluten-free nutritional supplements (Boost, Ensure). No foods processed in any way were included. This would have excluded all processed meats, cheeses, and most products labeled "gluten-free" in the stores (baked goods, soups, frozen meals, cereals, side dishes, etc.) The participants followed the GCED for 3 – 6 months.

Results showed that 14 of the 17 people responded to the GCED, with resolution of their symptoms. Four of those had a repeat biopsy, all of which showed improvement. Almost all of these individuals showed improvement in their blood celiac antibody levels. Upon returning to their previous "strict gluten-free diet", 11 people were fine. Two others experienced worsening of their symptoms and needed to continue with the GCED. The other person did not continue with the study.

So, what can we learn from this study? First, as discussed in the last issue, everyone has different sensitivities to gluten. However, what this study seems to show is that after a period of time allowing the gut to heal, many people's bodies may be better able to deal with small amounts of gluten contamination. Taking the time to allow their body to heal can be very difficult for many people. Everyone likes to eat out: at restaurants and at friends' houses. All of the new food products are very enticing. It may be difficult to take the time to prepare one's own food, if someone was used to a lot of quick and convenient options. Unfortunately, all of these areas have potential risks of contamination. Probably everyone has had the experience of reacting to something that was supposedly gluten-free. What this study seems to show is that it is very important to take the time to allow the body to heal very well, focusing as much as possible on whole, natural foods, before expanding into other areas.

Finally, what about the people in this study who did not improve on the GCED, or who could not resume a less restrictive diet? There were also several more people who started the study, but did not finish it. What happened to them? It is known that some did improve and left the study early, some did not feel they could follow the GCED. Some of the people who did not improve were then treated with steroids for refractory celiac disease.

So, what is our take-away message? For people newly diagnosed, take the time to allow your body to heal well. As discussed many times in past newsletters, focus on whole natural foods. Avoid eating out as much as possible. Although it may initially be hard, in the long run, it may allow you to enjoy a more full life.

¹ Hollon, JR, et. al., Trace gluten contamination may play a role in mucosal and clinical recovery in a subgroup of diet-adherent non-responsive celiac disease patients. BMC Gastroenterology 2013, 13:40.

For questions or to suggest topics for future articles, contact Diane Moyer, M.S.,R.D.N. at dietitian@denverceliacs.org.

Join Us for Neighborhood Nosh!

Would you like to spend more time with gluten free friends? Would you like to improve your restaurant experience? Come and share a meal and your restaurant experiences with someone who understands you! Reservations are required as space is limited. Each person is responsible for their own tab.

June 8th

We will not be scheduling a Neighborhood Nosh due to the Annual Gluten Free Family Potluck Picnic on June 8th. See page one for details.

July 24th

BeauJo's Restaurant in Arvada

www.beaujos.com

Time is TBD

Join us for happy hour (gluten free beers on tap) and delicious gluten free pizza!

Contact Donna or MaryAnn at nosh@denverceliacs.org to RSVP.

Please check our website, denverceliacs.org, for more details.

Note: Restaurants are selected based upon gluten free availability and previous dining experience. Please use your own best judgment when ordering from any restaurant.

Here are some scrumptious photos of the GF dishes we enjoyed at last month's Nosh at the Viet Pho Restaurant -Lone Tree



LONG-TERM OAT CONSUMPTION SAFE FOR CELIAC DISEASE PATIENTS(1)

SUMMARY: The effects of long-term gluten-free oat exposure on patients with celiac disease were recently studied by British clinicians. In the study, 46 patients (16 male, 30 female) positively diagnosed with celiac disease ingested an average of 10 ounces of gluten-free rolled oats per week for one year. The patients enrolled in the study maintained a symptom diary as well as underwent blood testing every three months and a duodenal biopsy before and at the conclusion of the study. None of the patients exhibited adverse effects from the oat challenge.

CONCLUSION: Conflicting results from previous studies suggested that long-term oat consumption at a sufficient quantity may activate celiac disease in some individuals. This study adds to the growing body of literature that uncontaminated oats are safe for celiac disease patients and that the immune response caused by gluten exposure is fundamentally different than that caused by oats.

(1) "Immunological indicators of celiac disease activity are not altered by long-term oats challenge", Cooper SE, Kennedy NP, Mohamed BM, Abuzakouk M, Dunne J, Byrne G, McDonald G, Davies A, Edwards C, Kelly J, Feghery CF, *Clinical and Experimental Immunology* 2013 Mar;171(3):313-8.

NOTE: CSA recommends that newly diagnosed celiac patients give themselves a year of intestinal healing before trying gluten free oats. Remember... some celiac patients cannot tolerate oats because the protein in oats is so close to the protein in wheat, rye and barley. For more information on oats refer to May 2006 and Jan 2007 CSA Newsletters at www.denverceliacs.org

Maple Coconut Cookies *provided by Terry Taylor*

Makes 40-50 cookies

- 1&1/2 cups unrefined coconut oil (at room temperature)
 - 1 cup organic Grade B maple syrup (cold from the fridge)
 - 1/2 cup honey (at room temperature)
 - 1&1/2 cups coconut flour
 - 4 eggs, preferably from pastured hens
 - 1 Tb plus 2 tsp organic vanilla extract, or use homemade
 - 1/2 tsp almond extract
 - 1 tsp celtic sea salt
 - 1/2 tsp baking soda
 - 1/2 cup chopped crispy pecans (optional)
1. Set your oven racks so that none are in the bottom third of the oven. Preheat the oven to 325 F.
 2. In a medium bowl, combine the salt, baking soda, and coconut flour. Whisk well to combine and break up any lumps of coconut flour.
 3. In another bowl (or stand-mixer), beat the coconut oil, maple syrup, and honey together for a few minutes, until the mixture is light and fluffy. If you are using a stand-mixer, make sure you scrape the sides and bottom a couple times with a spatula to get everything incorporated well.
 4. In a small bowl or pourable glass measuring cup, combine the eggs, vanilla extract, and almond extract. Don't worry about stirring this up.
 5. Pour the eggs into the sweet coconut oil mixture one at a time while the mixer is running. Let each egg get incorporated before adding another one. (Note: the batter may look curdled during this process, but don't worry about it!)
 6. While the mixer is running, add the dry ingredients a little at a time. Since coconut flour does not contain gluten, there is no worry of over-mixing it.
 7. Stir in the optional pecans.
 8. Scoop the cookies onto greased cookie sheets (or line the cookie sheets with silpats, which are wonderful since the cookies never stick and are less likely to burn). I like to use a 1-Tb scoop for consistently pretty cookies, but you could just use a spoon. Do not press/flatten the cookies, as they will spread enough in the oven.
 9. Bake the cookies at 325 F for about 16-20 minutes (or a few minutes longer if you are cooking them on stoneware). They are done when they are golden brown on top and a little darker brown on the edges.
 10. Remove from oven and allow to cool for about 5-10 minutes. Then use a spatula to move them to a cooling rack.
 11. Once cool, store these cookies in an airtight container. They can be stored in the refrigerator or freezer if you won't be eating them all in the next few days. They are nice and chewy straight from the fridge, and even soft enough to eat straight out of the freezer! Storing them in the freezer will also remove the pressure of having to eat them all in a week or so, as they will last for months in the freezer.

SPA NIGHT GLUTEN FREE FACIALS WITH LOVELY LADY PRODUCTS

In honor of Celiac Awareness Month, please join Lovely Lady Products and our Licensed Esthetician for a Gluten-Free Spa Event featuring our USDA Certified Organic, Laboratory Tested Gluten-Free and Fair Trade Certified Body Care Line.

Saturday, May 31

4:00 p.m – 7:00 pm

**Appointments available every
30 minutes**

Whole Foods - Southglenn

To register, stop by or call the Body Care Department. Appointments are necessary. 303.996.3660

Lovely Lady Products, a Celiac Owned and Operated Company, is hosting several events. They offer USDA Certified Organic, Fair Trade, Gluten Free body care that enhances beauty for sensitive skin without compromising your health or the well-being of our planet. In 2012 they were recognized as Innovator/ Entrepreneur of the Year by the Center for Resource Conservation for environmental stewardship by avoiding the use of water in the formulations of its product line while educating its users about the importance of water conservation. Sign Up Today!

Also, all members of the Denver Celiac Chapter Celiac Support Group will receive 15% off all products at Lovely Lady Products online store, plus a lovely gift inside a promotional recycled carrying bag while quantities last. Just visit www.lovelyladyproducts.com and use the following coupon code when placing your order. CSChapter17

NEW GLUTEN FREE PRODUCTS

The following ONLINE product information was provided by Bonnie Atherton:

At amys.com select GF on the home page and over 100 GF products will be available with ingredient information. These include chilis, desserts, Indian, Light & Lean, main meal bowls, Mexican, sauces and soups.

At fritolay.com, then 'for special diets' you will find a list of their GF products as of March 27, 2013. There are two categories – US GF Products, which are tested to contain < 20 ppm of gluten and US Products Not Containing Gluten Ingredients, which maybe manufactured on the same lines as products with gluten. These lines are cleaned between production runs but are not tested like the other products above. Cross contamination is a possibility. The Doritos Nacho Cheese Flavored Chips no longer contain wheat as of 2011. Some packaging still lists wheat as an ingredient, but the chips are GF.

At hormelfoods.com/brands there is an extensive GF list with such product lines as CHI-CHI'S, Di Lusso Condiments, Farmer John's Frozen and Refrigerated Meat items, Hormel Canned Goods and Refrigerated Meat items, Jennie-O Turkey Store Deli, Frozen and Refrigerated Meat items, La Victoria Sauces and Stag Chilis.

CREEK SIDE FOODS, LLC

Our vision is to provide fresh, delicious, healthy food to our customers. Presently we are offering GF Choc Brownie Bites and Fruit & Nut Granola Bites which are available through out web-site. We will be expanding our product line soon and do accept special requests.

We always use the freshest ingredients available, to ensure the best taste.

Since we're not in any stores yet you'll need to contact us on our website, email, or fb page.

Creek Side Foods, LLC

720-621-0140 or

<http://creeksidefoods.wix.com/creeksidefoods#>

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Vice President, Membership Jerrine Hicks

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Secretary – Jennifer Slack

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Nutritionist - Patty Nachazel

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EMAIL HER YOUR QUESTIONS

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 celkids@denverceliacs.org

Cel-Teens Network - Denise Geiger

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 database@denverceliacs.org

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 donsmith6834@comcast.net

Product List Manager – Bonnie Atherton

(303) 756-8970
 productlist@denverceliacs.org

Gluten Free Gallop (Celiac Walk) - Steve and Kelly Moran

glutenfreegallop@denverceliacs.org

Food Fair Coordinator - Katie Uhlenbrock

gffoodfair@denverceliacs.org

Newsletter – Guinivere Stevenson

(720) 365-9138
 newsletter@denverceliacs.org

Below are the resource contacts in neighborhood areas in the Denver-Metro area. We've added a new neighborhood this month ~ welcome to our Boulder County members! Thank you, Barbara and Tracy, for serving as the Neighborhood Resource Contacts. If you have questions or are not sure which area corresponds with your neighborhood, please contact Jerrine Hicks at vpmembership@denverceliacs.org.

Denver City and County	Laura Determan	(303) 757-3982	liddet@msn.com
	Susannah Faulkner	(814) 464-4621	socialmedia@denverceliacs.org

Westminster, Commerce City, Brighton, Northglenn, Thornton	OPEN POSITION – If you are interested in this position, please contact Jerrine Hicks at vpmembership@denverceliacs.org
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Centennial, Englewood, Greenwood Village	Janis Dodson	(303) 905-9450	JanisDodson@yahoo.com
	Jean Duane	(303) 221-0771	info@alternativecook.com

Lakewood	Maryann Jordan	(303) 989-2050	majordan9@msn.com
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Aurora	Maria Brotherston	(303) 752-0958	maria@brotherston.us
	Heidi Lyster	(303) 503-6166	blueeyes_80110@yahoo.com

Arvada, Wheat Ridge	Melissa McLean Jory	(303) 868-7790	Melissa@glutenfreeforgood.com
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Highlands Ranch, Castle Rock, Parker, Elizabeth, Franktown, Lone Tree	Jerrine Hicks	(303) 688-1327	jerrine.hicks@gmail.com
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Littleton, Ken Caryl, Roxborough	Joan Van Loozenoord	(303) 908-8746	jkvanlooz@gmail.com
	Nancy Lindsey	(303) 973-1279	n-lindsey@comcast.net

Golden, Evergreen, Morrison	Donna DeVisser	(303) 973-4613	donnadevisser@msn.com
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Boulder County	Tracy Ashmore	(720) 244-6249	gfpamperedchef@gmail.com
	Barbara Sanford	(303) 499-7259	barbarasanford@comcast.net

Gastroenterologist Sessions

Saturday, May 18th
Sunday, May 19th

Guest Speaker:
Tiffany Jakubowski, RN
Gastroenterology Nurse

Appointments are available
every 20 minutes.

Saturday 1:00 p.m – 4:00 pm
Whole Foods - Southglenn
To register, stop by or call the
Body Care Department at
303.996.3660

Sunday 4:00 p.m – 6:00 pm
Lucky's Market - Boulder
To register, stop by or call the
Body Care Department at
303- 444-0215



HOW TO MAKE BREAD, THE EASY WAY

Pamela's website has a series of them but this seems the most useful to the non-bakers -- no special equipment.
<http://pamelasproducts.com/how-to-videos/>

Hearts and Hands Assisted Senior Care Wheat Ridge, Colorado



Residential assisted living in a small family atmosphere. Special dietary menus available.

Accepting Medicaid and Private Pay.

720-271-1708

MEMBERSHIP APPLICATION FORM

Join, Renew or Give the Gift of Membership to Denver Metro Chapter #17 of CSA/USA

The Denver Metro Chapter is your best local resource for celiac information, support and gluten-free socializing. **To join, renew your membership or give the gift of membership, please choose one of options below.**

Denver CSA keeps all information confidential and never shares or sells to any outside individual or organization. If you're currently a member receiving a newsletter via USPS, your membership expiration date is on your mailing label.

New Member

Renewal

I want to give a gift of membership

Member Name: _____ Phone: _____

Street Address: _____

City: _____ State: _____ Zip: _____ Email: _____

Gift Giver's Name (for acknowledgement) _____

Please send my Newsletter by Email: _____ Have you received a Celiac Disease Information Packet? Yes / No
(Please initial)

How can the chapter best help you with your gluten-free lifestyle? _____

Annual dues are \$15/year. To join, please send a check made payable to "Denver Metro Chapter #17, CSA/USA" and this form to: DENVER CSA 2307 Willow Creek Dr, Golden CO 80401 or visit our website at www.denverceliacs.org to join/renew online.

CELIAC SPRUE ASSOCIATION/UNITED STATES OF AMERICA, INC
 DENVER METRO CHAPTER #17
 2307 WILLOW CREEK DRIVE
 GOLDEN, CO 80401

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 Permit# 573

RETURN SERVICE REQUESTED



Legendary Pizza
 Since 1973

WE USE EXTREME CARE IN COOKING OUR GLUTEN FREE PRODUCTS

- Gluten Free Pizza Shells, Sandwich Bread, Chicken Nuggets and Parchment Paper are stored in a flour free environment*
- Sauces and toppings handled separately
- Gluten Free Products cooked & served on parchment paper
- Specific Gluten Free utensils
- Knowledgeable kitchen staff trained in safe procedures



ALSO SERVING
 GLUTEN FREE PIZZA
 CHICKEN NUGGETS
 SANDWICHES
 DAIRY FREE CHEESE

Beau Jo's is now proudly serving
 Udi's Gluten-Free Pizza Crust
 and Sandwich Bread



Participating Locations

Arvada
 7525 W. 53rd Ave.
 303.420.8376

Denver
 2710 S. Colorado Blvd.
 303.758.1519

Ft. Collins
 100 N. College Ave.
 970.498.8898

Boulder
 2690 Baseline Road
 303.554.5312

Evergreen
 Downtown Evergreen
 303.670.2744

Idaho Springs
 Historic Downtown
 303.567.4376

www.beaujos.com



*We do our best to make every possible effort to serve our valued customers with gluten-free foods. Our gluten free pizza shells and sandwich buns are certified to a gluten-free bakery. They come, as listed and delivered to your table. Our toppings have been thoroughly researched and confirmed gluten free and every effort is made to keep these ingredients free of contamination. However, Beau Jo's is not a gluten-free environment. We use pizza dough throughout the day and at any given time, particles of flour are present in the kitchen and dining areas. Furthermore, we can not guarantee that the foods we serve are actually gluten-free due to changes in brand or supplier and/or cross-contamination caused from human error. Neither Beau Jo's nor the Gluten Dishes of DeThe Pies, LLC assume any liability for the foods offered.