

Rochester Celiac Support Group (RCSG) Meeting Announcements: June 16, 2010

Rochester Celiac Support Group Meetings are MOVING! Beginning in July, Rochester Celiac Support Group Meetings will be held on the **3rd TUESDAY** of the month at **SAINT ANNE CHURCH** at 1600 Mount Hope Ave in Rochester. Please note the day and location change will begin on Tuesday, July 20. We have updated our 2010 schedule (below) to reflect these changes. More information including directions will be available on our website soon!

Date	Time	Monthly Meeting Topic Speaker	Meeting Location
Tuesday July 20	7 pm Newcomer orientation at 6:30 pm	Review of 2010 GIG Conference Cassandra Coffey, Kathy Oaks, and Erin Huston	Saint Anne Church Social Hall 1600 Mount Hope Ave Rochester, NY 14620
Tuesday August 17	7 pm Newcomer orientation at 6:30 pm	A History of the Rochester Celiac Support Group Karen Meyers, Marlene Kier, and Carol Becker	
Tuesday September 21	6 pm Newcomer orientation after picnic	Family Picnic	
Tuesday October 19	7 pm Newcomer orientation at 6:30 pm	How to Read a Label for a Gluten-Free Diet Joel Elias, PhD	
Tuesday November 16	7 pm Newcomer orientation at 6:30 pm	Gluten-Free Holidays: How to Maintain a Gluten-Free Diet While Attending Social and Family Functions Panel Discussion	
Tuesday December 21	7 pm Newcomer orientation at 6:30 pm	Holiday Cookie Exchange	

Welcome new volunteers: Kelly Odrzywolski and Mike Tetlow. Thanks to all volunteers who give their time and energy for this group.

[2010 Walk for Celiac Disease](#). Thanks to committee members, then review by Tina Muto. Looking for 2011 Walk Committee members.

[Celiac Awareness Day at Frontier Field](#). Friday, August 6. We have a block of tickets at a reduced price of \$5.50 per ticket. Section 221-222 (3rd base side). Fireworks immediately following the game.

At the meeting:

The raffle raised \$1,300 at the Celiac Walk and the Auction brought in \$1,850. The Research Foundation is still accepting donations at this time as well.

Everyone enjoyed the extra samples from the walk that were provided at the table in the front at the beginning of the meeting.

There are still several t-shirts left over from the walk going for \$10.00 a piece for anyone interested.

At tonight's meeting Kathy, Cassandra, and Wes Green did a cooking Class for those with Celiac Disease or gluten intolerance. Kathy showed how to make her coleslaw, as well as raspberry cream cheese cake. And Wes Green prepared summer picnic quinoa salad.

- Yummy samples of the foods prepared at the cooking class at tonight's meeting were passed out for everyone to try,
- Among them included: samples of jambalaya, tortilla chips w/ hummus and guacamole, coleslaw, samples of the summer picnic quinoa, and samples of the raspberry coffee cake.

The cooking class was a great success, and the recipes will be posted to the main site by Joel soon. Look for them soon!

At the end of the meeting Kathy talked about getting Flexible Spending Benefits while needing to follow the gluten free diet. In her case this was done through EBS (her provider). She said first you must contact your provider to see what they require. She handed out a packet at the meeting regarding how to set this up. If you are interested in doing this it will be posted to the main site shortly. If your employer does not offer a flexible spending account you can talk with the person who does your taxes about your special diet and how to account for the differences in the price of food one must buy while living gluten free.