



Georgia  
Council on  
Renal Nutrition®

february

## Message from Chair

We polled membership in early December and almost 60% of you voted for a virtual conference instead of an in-person meeting. We have been operating as a board under extraordinary circumstances these last two years. As we head into the third year of our lives being not quite normal, I wanted to let you know how much I appreciate your patience. It has taken us a little time to figure out the best way to offer you the benefits you are accustomed to receiving through your membership in GCRN.

I am pleased to be able to announce that we are planning on offering a make-up meeting this Spring and early Summer for our 2021 year. Part I will occur on 3/25/22 and Part II is tentatively planned for 5/13/22. We are in the accreditation process with NKF, which is new to us, and hope that we will have 3 CEUs available for you on 3/25. We will have our 2022 annual meeting in the fall and will make the decision on whether that meeting will be in person or virtual closer to the date.

I also wanted to let you know that the board has unanimously voted to extend membership in GCRN until 3/31/2023 for all members that have currently paid for membership.

The election for open board positions will be held at the end of February and you will receive an email with a link to cast your vote. Please keep an eye out. If you have an interest in serving on the GCRN board, please let me know.

We are considering some changes in how we operate in the future. We are still in the information gathering stage and will update you when we know more and have next steps in mind. Please be ready to give us your input and vote on these changes once they are announced.

Please reach out to me if you have any questions or concerns [benton\\_liza@hotmail.com](mailto:benton_liza@hotmail.com). I miss seeing you all and I look forward to a time when we can all gather in person again.

Best,  
Liza Benton

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## GCRN Spring 2022 Virtual Mini-Conference

**Part I: March 25, 2022**

**Part II: May 13, 2022 (tentatively)**

The GCRN board would like to invite you to attend a virtual mini-conference this Spring. The conference will provide up to 3 CEUs. Be on the look out for a program with information regarding topics and speakers, along with a registration link.

## Hunger Walk Run 2022

**Sunday, March 6th**

GCRN members,

Our team is participating in the Hunger Walk Run – and we need your support!

Hunger Walk 2022 will be hosted both in-person and virtually. This event is one of the most important hunger relief efforts of the year. The money we raise will feed hope for the 1 in 8 people who face hunger in our community.

Please join us in supporting this important mission! You can help us reach our team fundraising goal by making a donation on behalf of the entire team or a specific team member. Or take the next step against hunger by joining our team in-person or virtually.

Together, we can make sure that a child in our community doesn't go to bed hungry tonight. We can offer a glimmer of hope to struggling parents desperately trying to make ends meet for their family. We can ensure another senior citizen isn't forced to choose between paying for medicine or food.

Thank you so much!

<http://engage.acfb.org/goto/GCRN>

## NKF Atlanta Kidney Walk 2022

Sunday, October 23rd

Time: Coming Soon

Location: TBD (details available 4/1/22)

<https://www.kidneywalk.org/atlanta>



## Educational Opportunities

**GAND Annual Conference and Expo - March 23rd and 24th**

<https://eatrightgeorgia.org/annual-conference.html>

### Patient Education

A Family Recipe Book for Kidney Patients Recipes compiled and tested by the Georgia Council on Renal Nutrition, National Kidney Foundation.

[https://www.kidney.org/sites/default/files/docs/kidney\\_cookbook\\_lr.pdf](https://www.kidney.org/sites/default/files/docs/kidney_cookbook_lr.pdf)



## Job Opportunities

DaVita Southstar Adamsville/East Point

DaVita Southern Crescent

DaVita Northlake/Mountain Park

FMC - Lithonia, GA

DaVita Turner Hill/Panola Home

DaVita Bakers Ferry - part time

DaVita Elberton/Washington

FMC - LaGrange

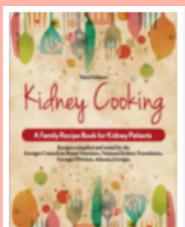
US Renal Care - Macon

US Renal Care - Royston

DCI - Albany

DCI - Columbus

American Renal Associates - Fort Valley



# Heart Healthy Word Search



## Membership Corner

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

The Georgia Council on Renal Nutrition invites you to join for the 2022-2023 year. Membership to the GCRN will provide you with CEUs, a quarterly newsletter with updates on important issues, a membership directory, and a great network of professionals.

**Membership Fees:**  
**\$50.00**  
**Students \$15.00**

Applications can be mailed or faxed. Checks must be mailed and made payable to NKF or National Kidney Foundation. Please send applicable information to the

contact below:

Scott Kimner, RD, LD/N  
 1003 Pebble Stone Ct  
 Loganville, GA 30052

Double Boiled Potatoes

Fluid Allowance

Low Potassium

Omega Three

Skinless Turkey

Whole Grains

Eggs

Lean Meats

Monounsaturated Fats

Polyunsaturated Fats

Soluble Fiber

Fish

Low Fat Dairy

Non-Fat Dairy

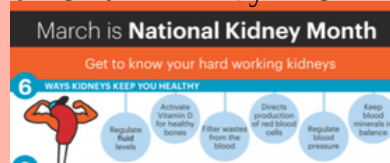
Skinless Chicken

Unsalted Pretzels

## ADDITIONAL EVENTS:

MARCH IS:

National Kidney Month



&

National Nutrition Month



- Legislative Day - 3/1/22, 8:30 am at the State Capitol

- RDN Day - 3/9/22

- Bonne Sante - Spring 2022

NKF will host a food & wine celebration at Pine Knoll Farm in Appling, GA.

More information coming soon.

