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Message from Chair Elect

For me, March has always been the month that starts new beginnings. March brings the vernal equinox indicating the start of spring and the return of Daylight Savings Time. We, too, are at the verge of a new beginning as we grow into our new organization, the Georgia Renal Nutrition Association (GRNA). I am delighted to serve as the in-coming chair during this transformative year.

This National Nutrition Month, I am celebrating my 20th year as a Registered Dietitian/Nutritionist. While I spent a few years at the beginning of my career in the acute care/clinical setting; I have been a renal dietitian for the majority of my time in dietetics. I have taken some time to reflect on what has keep me engaged in renal nutrition for so long. Without a doubt, it is the complexity of the disease state and the continuity of care that many of us experience with our patients in an outpatient setting.

I hope that you are able to join us in-person at our inaugural spring meeting on May 11th and 12th in Douglasville.

GRNA's Professional Education and Programs Committee has planned a great meeting with a number of diverse and thought-provoking topics. I look forward to meeting you there!

I wish you a well-deserved and recognized Registered Dietitian/Nutritionist Day!

*Nadia Marzella MS, RD/N, CSR, LD*  
*Chair-Elect GRNA*



A Message About Organization Name Change

Georgia Council on Renal Nutrition has now transitioned to GEORGIA RENAL NUTRITION ASSOCIATION (GRNA). GRNA continues to serve as the leading source of nephrology nutrition expertise in Georgia. GRNA will network with other organizations, professionals, as well as the community to make lives better for those with chronic kidney disease (CKD) through education, outreach and research in the field of nutrition as it pertains to prevention, eradication and treatment of kidney disease and related disorders.

You can access the GRNA website at the link below.

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



Georgia Renal Nutrition Association  
Committee

GRNA Chair – Gillian Harriott  
gillian.harriott@davita.com

GRNA Chair-Elect – Nadia Marzella  
nadia.marzella@fmc-na.com

GRNA Past-Chair – Liza Benton  
benton\_liza@hotmail.com

Treasurer – Rob Meadows  
rmeadows@pcacorp.com

Secretary – Tywana Ishman  
ishman.ty@gmail.com

Membership – Scott Kimner  
skimner@pcacorp.com

Rules & Regulations – Christine Benedetti  
cns211@gmail.com

Newsletter – Ashley Ramgeet  
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GAND Liaison – Dana Lovell  
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Research – Shannon Davis  
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Social Media – Scott Kimner & Rosie  
Jardina rosie.jardina@gmail.com

Community Outreach – Rachel Fox  
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Professional Education & Programs -  
Lindsey Oliver (linds1919@gmail.com),  
Libby Haerberle (oatart016@hotmail.com),  
Patti Scott (pscott@pentechealth.com),  
Nadia Marzella, Elizabeth Benton

Awards – Ruba Jibreen  
rjibreen@hotmail.com



**GEORGIA  
RENAL  
NUTRITION  
ASSOCIATION**  
Advancing Kidney Nutrition

*In-Person and Virtual Event: Sunday, March 12, 2023*

*In-Person Event at The Home Depot Backyard*

*Event Time: 12:00 PM - 4:00 PM*



Our team is participating in Hunger Walk Run 2023 and we need your support!

Click the link to donate or join our team!

[GRNA Hunger Walk Run](#)

GRNA Election Ballot

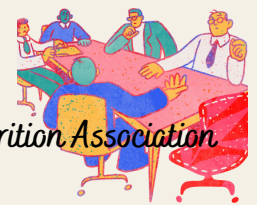
Elections for the GRNA 2023-2024 are under way.

We'd love to have your vote on association board members. Voting closes March 24, 2023.

Click the link to vote now:

[GRNA Election Ballot](#)

Georgia Renal Nutrition Association  
Spring Meeting



Date: May 11th & May 12th

Location: Ike Owings Community Center

8830 Gurley Road Douglasville, GA

30134

Agenda: Coming Soon

Georgia Renal Dietitian of the  
Year Nomination

Honors a dietitian who has demonstrated exceptional abilities in the area of renal nutrition, including:

- Leadership
- Community Involvement
- Publications / Lectures
- Educational activities



[Nomination Link](#)



# GEORGIA RENAL NUTRITION ASSOCIATION

Advancing Kidney Nutrition

## March is National Nutrition Month & National Kidney Month



<https://www.eatright.org/national-nutrition-month-2023>



<https://www.niddk.nih.gov/health-information/community-health-outreach/national-kidney-month>

### Membership Corner

The Georgia Renal Nutrition Association invites you to join for the 2023-2024 year. Membership to the GRNA 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/yr  
Students \$15.00/yr

Additional information and link to join is listed below.

<https://www.garenalnutrition.org/join-us>

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

- |           |                |                  |
|-----------|----------------|------------------|
| Chicken   | Broccoli       | Unsalted Popcorn |
| Pineapple | Cottage Cheese | Turkey           |
| Mushrooms | Onion          | Peaches          |
|           | Cherries       |                  |