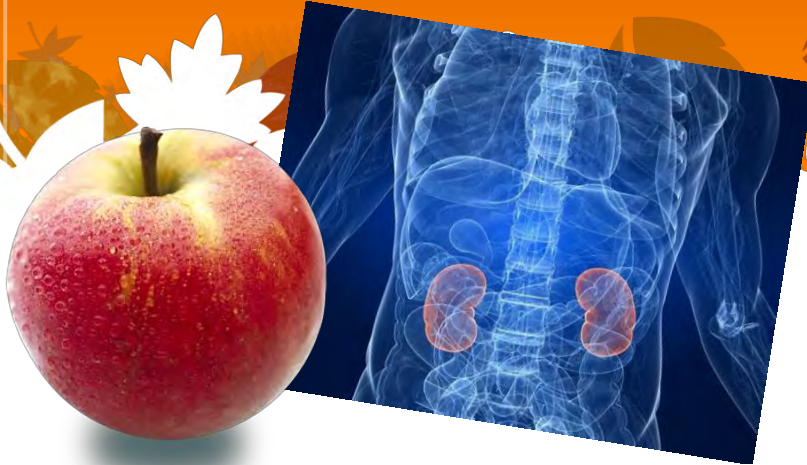


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# GCRN

Georgia Council on Renal Nutrition



## Welcome from our Chair

Hello everyone! My name is Scott Kimner and I'm looking forward to becoming your Chair for the GCRN! I have been a Renal Dietitian for 4 years now, and had great experience educating patients in renal nutrition to help them lead healthier lifestyles. Being able to be a part of the dialysis family has been a blessing. I previously held the Secretary position on the GCRN Board. Cynthia, our Past-Chair, did a wonderful job and I would like to thank her for giving me the opportunity to fill the position after her. I'm looking forward to meeting everyone & listening to all the ideas brought to the table. I'm excited to have the opportunity to help push GCRN & ESRD into the spotlight for dietitians. Thank you!

## Our Purpose!

- We act as an advisory council to the NKF of GA on issues concerning renal nutrition
- We develop & distribute information on the nutritional aspects of renal disease, dialysis, transplantation & other related disorders throughout the state
- We develop & promote statewide continuing education programs that will further the education of RDs, MDs and other interested health professionals
- We establish & promote good nutritional care for patients through liaison with the community, professionals, as well as other organizations

## Save the Date!

### Volunteer:

**October 8, 2013**

MedShare 1 – 4 pm  
3240 Clifton Springs Rd  
Decatur, GA 30034

### NKF of GA:

**October 15, 2013**

Patient Empowerment  
Workshop  
10 am – 2pm

### AKF Action Day:

**November 4, 2013**

The American Kidney  
Fund offers a fun &  
educational day!



## Au Revoir from our Past Chair Cynthia Goudeau, RDN, LD



Dear members and Board of the GCRN,

I would like to thank everyone for their hard work, friendship, support and trust during my term year 2012-2013. With your support, we were able to accomplish the following:

- Improved & uniform image, with our new colorful brochure & an updated banner that coordinate well with our newsletter
- Another enriching, well-planned annual meeting with with an added activity, a food drive
- Completion of our cookbook – Kidney Cooking
- Participation in the Hunger Walk, the Kidney Walk, Georgia RD Legislative Day and the NKF Patient Empowerment Workshops
- Board member, Sharon Caine, was recognized & awarded as “Outstanding Renal Dietitian”
- Additional CEU speaker event, which was well-received & offered outside of the annual meeting

## Acknowledgements & Appreciation

Thanks to each & every member who previously sat on the Board, for all their dedication, hard work, time and energy.

Thanks to our sponsors, vendors and partners for the opportunity to collaborate & network with colleagues for the benefit of improving in clinical practice & improving our skill set.

Welcome new Board members/positions:

Scott Kimner – Chair  
Christine Swafford – Chair-Elect  
Sharon Caine – Secretary

I look forward to continuing volunteering my services & working with GCRN on the research & professional meetings committees.





## GCRN T-shirt Contest

Feeling creative? Flex your imagination & help us create our brand new GCRN T-shirt design!

We are open to all ideas and suggestions. The design may be front and back on the shirt. We ask that you please incorporate our GCRN name & logo somewhere on the shirt as well. Please send all submissions to Christine at [Christine.swafford@davita.com](mailto:Christine.swafford@davita.com). Other than that, your imagination is the limit.

Once we narrow the search down to our top selections, we will send out a member survey to vote on the winning T-shirt design.

The dietitian who wins our contest will win a highly sought after prize, a free year of membership for the 2014-2015 calendar year. Soon after, our T-shirts will be available for sale.

Majority of the proceeds from our T-shirts will be donated to the American Kidney Fund, ultimately helping improve the lives of our patients.

Put on your creative hat & send in your ideas by **November 1<sup>st</sup>, 2013.**

## Apple Cider Beef Stew

### INGREDIENTS:

1-1/2 cups potatoes  
2 lbs. stewing beef cubes  
7 Tbsps. all purpose white flour  
1/4 tsp. black pepper  
1/4 tsp. thyme  
3 Tbsps. olive oil  
1-1/2 cups carrots  
1 cup onion, diced  
1/2 cup celery, diced  
1 cup apples, peeled & diced  
2 cups apple cider  
1-1/2 cups water  
2 Tbsps. apple cider vinegar

### DIRECTIONS:

1. Dice potatoes into 1/2" cubes & soak or double-boil to reduce potassium, if needed.
2. Mix together 3 Tbsps. flour, black pepper & thyme.
3. Coat beef with flour mixture.
4. In skillet, heat oil & brown beef pieces. Set aside.
5. Slice carrots, dice onion, celery & peeled apple.
6. In Crock-Pot, layer ingredients as follows: carrots, boiled potatoes, onions, celery, browned beef & diced apple.
7. Mix together cider, 1-cup water & vinegar.
8. Pour over ingredients in Crock-Pot & cook on low setting for 8-10 hours
9. Before serving, turn Crock-Pot on high. Mix remaining 4 Tbsps. Flour with 1/2 cup water. Stir into Crock-Pot to thicken stew. Enjoy!

\*Accessed from [davita.com](http://davita.com)





## Serving Our Community

### We Need You!

As a Georgia Renal Dietitian Community, we love to get together & give back to those in need. There are several local events coming up in the Atlanta area. First, we will be dedicating a few hours of our time helping another non-profit organizations in the area, MedShare.



MedShare is an organization dedicated to improving the environment and healthcare through the efficient recovery and redistribution of surplus medical supplies and equipment to underserved healthcare facilities in developing countries. Find out more at [www.MedShare.org](http://www.MedShare.org). Join us October 8<sup>th</sup>, 1 – 4 pm!

### Patient Empowerment Workshop

GCRN will have our own booth this year at the Doubletree in Tucker, GA. Join us October 15<sup>th</sup> from 10 am – 2 pm. We will explore topics such as home dialysis, anemia, bone disease, renal friendly foods, dialysis & employment, and the journey of a kidney transplant. Renal friendly lunch & snacks will be served.



### AKF Kidney Action Day

Join us November 4<sup>th</sup> to help others take action for their health! There will be free kidney health screening, healthy cooking demos & food samples, interactive fitness demos, local entertainment and children's activities. It's free and open to the public & helps support the American Kidney Fund.

\*Please contact [Christine.swafford@davita.com](mailto:Christine.swafford@davita.com) if you wish to participate in any of our activities.

# 2013-2014 GCRN Calendar

We are thrilled to announce the exciting opportunities coming up fast in the 2013-2014 GCRN fiscal year. I hope some of our activities inspire you to join us. We plan to offer many types of events, including volunteer opportunities, CEU activities, legislative action, networking, and much more! We cannot offer activities without our incredible & strong group of renal dietitian members. Please join CGRN, if you haven't already, so you can participate in all we have to offer with no worry of additional fees. If you have ideas, we want to hear from you! Please contact Christine Swafford, our Newsletter Editor to add your event today!

## **OCTOBER 8<sup>th</sup>, 1 – 4 pm**

MedShare Volunteer  
Event

3240 Clifton Springs Rd  
Decatur, GA 30034



## **OCTOBER 15<sup>th</sup>, 10 am – 2 pm**

Patient Empowerment Workshop  
Doubletree by Hilton Atlanta NE/Northlake  
4156 LaVista Road  
Tucker, GA 30084

## **NOVEMBER 4<sup>th</sup>, 10 am – 2 pm**

AKF Kidney Action Day  
Underground Atlanta  
Alabama Street near Peachtree Street  
Atlanta, GA

## **NOVEMBER 12<sup>th</sup>, 6:30 – 8 pm**

Speaker Event  
Cathi Martin, Pentec Health  
Seasons 52 Buckhead

## **WINTER DATE TBD, 9 am – 2 pm**

Georgia RD Legislative Day  
Georgia Capitol  
206 Washington Street, Atlanta, GA 30334

## **FEBRUARY DATE TBD, 6 – 8 pm**

Speaker Event, Amgen  
Location TBD

## **MARCH DATE TBD**

Hunger Walk, Atlanta Community Food Bank  
Turner Field

## **MARCH 19 – 20<sup>th</sup>**

2014 Annual Conference & Exhibition (ACE)  
Atlanta Marriott Century Center

## **APRIL DATE TBD**

Atlanta Community Food Bank, Volunteer Event

## **APRIL 22 – 26<sup>th</sup>**

NKF Spring Clinical Meetings  
Las Vegas, NV

## **MAY 8 – 9<sup>th</sup>**

GCRN Annual Spring Meeting  
Piedmont Hospital, Atlanta, GA

## **JUNE DATE TBD**

NKF Walk



National  
Kidney  
Foundation™

Council on  
Renal Nutrition

# Meet the 2013-2014 GCRN Board!

We have an amazing group of renal RDs currently serving you on our Board! However, we are always looking for more support. If you are interested in becoming a leader in our Georgia Renal Community, please come join us! The GCRN wants to continue its rich history & continue to grow & strive for greatness, while enhancing our professional network, knowledge & ultimately providing exceptional education to you and our patients.



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## Knowledge, Nutrition & Kidneys



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