



Northwest Renal Dietitians
Annual Conference
March 7 & 8
Portland, Oregon
Royal Sonesta Hotel

WEB: www.NWRDonline.org
TWITTER: @NWRDconference
EMAIL: NWRDonline@gmail.com

2024

Dietitians Bridging the Gap
through Advocacy

with an emphasis on the cuisine &
culture of Latin America

2024 President: Laura Wiseley

2024 Co-Chairs: Nally Hernandez & Becky McCarver

2024 PROGRAM AND SPEAKER BIOS

2024 NWRD Annual Conference Agenda

Dietitians Bridging the Gap Through Advocacy

March 7 & 8
Portland, Oregon

- 7:00 – 7:45** **Registration - Breakfast**
- 7:45 – 8:00** **Welcome to Day 1 of NWRD 2024!**
Laura Wiseley, MS, RD, CSR
President, NWRD
- 8:00 – 9:00** **Keynote Speaker: Partnering in Research and Policy Change:
Undocumented Individuals and Access to Care**
Lilia “Lily” Cervantes, MD
*Associate Professor
University of Colorado, Anschutz Medical Campus*
- 9:00 – 10:00** **Beans on the Scene: Adding Latino Foods to the Renal Patient’s Diet**
Ramiro Saavedra, MS, RD, CSR, LD
*Manager
Houston Methodist Hospital*
- 10:00 – 10:30** **Snack Break & EXPO Hall Exhibits & Posters (30 minutes)**
- 10:30 – 11:30** **A Cultural Twist on Motivational Interviewing**
Laura Lomax, MS, RD, LD
*Nutrition Services Manager
Fresenius Kidney Care*
- 11:30 - 1 pm** **Lunch & EXPO Hall Exhibits**
- 1:00 – 2:00** **Health Equity in Kidney Disease**
Cristina A Trevizo Nimeri, DNP, BSN, RN
*Manager, Health Equity
Fresenius Kidney Care North America*
- 2:00 – 3:00** **Feelin’ the Burnout**
Michelle Rowlett, MSW, LICSW
*Social Work Supervisor/CKD Program Lead Specialist
Puget Sound Kidney Centers*
- 3:00 – 3:30** **Snack Break & Zumba**
- 3:30 - 4:30** **Using Technology to Bridge the Gap in Nutrition Care**
Melissa Prest, DCN, RDN, CDR
*Foundation Dietitian
National Kidney Foundation of Illinois*

Northwest
RENAL DIETITIANS
March 7 & 8, 2024

EVENING EVENTS

4:30 - 5:30 pm
Happy Hour
EXPO Hall
Exhibits & Posters

6-8 pm
Networking Dinner



2024 NWRD Annual Conference Agenda

Dietitians Bridging the Gap Through Advocacy

March 7 & 8
Portland, Oregon

7:00 – 7:45 Registration - Breakfast - EXPO Hall Exhibits & Posters

7:45 – 8:00 **Welcome to Day 2 of NWRD 2024!**

Laura Wiseley, MS, RD, CSR
President, NWRD

8:00 – 9:00 **Taking Professional Development to the Next Level**

Liza Orengo, MPH, RD, CSR, CPHQ
*Senior Manager of Nutrition Services
Fresenius Kidney Care*

9:00 – 10:00 **Disordered Eating in Renal Disease: What does this look like?**

Amanda Hays, MS, RDN
*Owner, Registered Dietitian
Relish Nutrition Therapy*

10:00 - 10:30 **Snack Break & EXPO Hall Exhibits & Posters**

10:30 – 11:30 **Culturally Appropriate Considerations for Hispanic/Latine People with Chronic Kidney Disease**

Annabel Biruete, PhD, RD, FNKF, FASN
*Assistant Professor of Nutrition Science
Purdue University*

11:30 – 12:30 **Transplantation: Science & Policy**

Michael Sutters, MD
*Attending Nephrologist
Virginia Mason Medical Center*

12:30 – 1:30 **Lunch & EXPO Hall Exhibits & Posters**

1:30 – 2:30 **Structural Barriers to Kidney Care**

Tessa Kimberly Novick, MD
*Nephrologist, Assistant Professor of Internal Medicine
Dell Medical School, University of Texas at Austin*

2:30 – 2:45 **Snack Break**

2:45 - 3:45 **Food Insecurity & Renal Diet Considerations**

Kayla K. Guillory, MS, RDN, CDCES
*Registered Dietitian
Providence Health & Services*

3:45 - 4:00 **Wrap Up: Password for Online Evaluation & CPEU Certificates**

Northwest
RENAL DIETITIANS

March 7 & 8, 2024



THANK YOU
FOR JOINING US!

2024 NWRD
Program Co-Chairs:

Becky McCarver MS
RDN CDCES LD

Nally Hernandez
MS RD LD

Networking Dinner



Join us for a Latin-infused
Dinner and Networking Event!



Thursday, March 7th
6 p.m. - 8 p.m
at the
Royal Sonesta Hotel Club Room

Cost: \$50*

*Pay in advance with conference registration
Alcoholic beverages are not included in the price



NWRD 2024 President Biography

Laura Wiseley, MS, RD, CSR

2023/2024 NWRD President

Northwest Renal Dietitians (NWRD)



Laura Wiseley, MS, RD, CSR, took the helm as President of Northwest Renal Dietitians (NWRD) in 2021. She graduated with her Master's Degree from Central Washington University and completed her internship at the Veteran's Administration San Diego Healthcare System.

Laura has been a dialysis dietitian for nine years, currently working for Fresenius Kidney Care. She has been professionally active on a state and regional level for five years, all with a renal focus. In her free time, she loves hiking and foraging with her four children in the beauty of the Pacific Northwest.



NWRD 2024 Co-Chair Biographies

Becky McCarver MS RDN CDCES LD

2023/2024 NWRD Co-Chair

Northwest Renal Dietitians (NWRD)



“I hope you thoroughly enjoy the NWRD 2024 program, exploring advocacy and the culture of Latin America.”

Becky has spent most of her 20+ years as a Dietitian working in the clinical setting and developing outpatient programs. She has been drawn to diabetes and kidney disease and their similar puzzle of behavior, labs, medications and food.

Becky spent her first year of college at the University of Oregon and continues to cheer on the Ducks. She completed her bachelor’s degree in Clinical Dietetics with a minor in Spanish from the University of Nevada, Reno. She earned her master’s degree in Foods & Nutrition from the University of Utah in 2000. From there she started her career in pediatric nephrology in her home state of CA. She went on to develop the clinical nutrition & diabetes program at St. Luke’s in Sun Valley, ID for just over a decade. She returned to OR in 2013 to work in pediatric diabetes, earning her Certified Diabetes Care and Education Specialist (CDCES) credential. Becky then returned to nephrology and has been with Fresenius Kidney Care (FKC) since 2020. She continues to be passionate about diabetes, serving on a diabetes workgroup for FKC to optimize diabetes management for our patients with kidney disease.



NWRD 2024 Co-Chair Biographies

Nally Hernandez MS RD LD

2023/2024 NWRD Co-Chair

Northwest Renal Dietitians (NWRD)

Malinally "Nally" Hernandez MS, RD, LD is a Registered Dietitian with more than 13 years of experience. She has been with Fresenius Kidney Care for the past 8 years where she has specialized in renal nutrition.



Nally is a native Texan and started her career in consulting for nursing homes in Houston, Texas then went on to private practice, bariatric & acute care hospital settings where she was a Clinical Nutrition Manager before coming to Fresenius.

Nally actively holds leadership positions in two Employee Resource Groups that are very near and dear to her heart. The Organization for Hispanic LatinX and Allies where she is the Marketing/Communications Lead and the Native American and Indigenous Peoples' ERG where she is one of the Co-Chairs. She received her Bachelor & Master of Science and completed her Dietetic Internship at Lamar University in Beaumont, Texas. Nally recently relocated in 2022 from Houston, Texas to the Pacific Northwest and is truly enjoying experiencing this little piece of paradise. Nally is so grateful for you and your interest in the Latin American culture. She hopes that coming together as Dietitians to learn how we can advance our profession and best advocate for our patients will improve the quality of our care and career fulfillment.



NWRD 2024 Speaker Biographies

Lilia “Lily” Cervantes, MD

Associate Professor

University of Colorado, Anschutz Medical Campus



Dr. Cervantes is recognized for spearheading several innovative changes to a Medicaid payment rule in Colorado to give undocumented patients with kidney failure access to life-saving maintenance dialysis, home dialysis, and outpatient COVID-19 care.

Dr. Cervantes' more recent work has focused on eliminating structural racism to achieve kidney health equity. Funded by the Robert Wood Johnson Foundation, the Doris Duke Foundation, and NIH.

Dr. Cervantes has conducted studies to understand the social risks and perspectives of Latino individuals with kidney disease, and in partnership with a community advisory panel, translated her findings to develop and test community-based interventions.



NWRD 2024 Speaker Biographies

Ramiro Saavedra, MS, RD, CSR, LD

Manager

Houston Methodist Hospital

www.linkedin.com/in/ramiro-saavedra-ms-rd-csr-ld-916a3949



Ramiro Saavedra is a registered and licensed dietitian who is board-certified in renal nutrition.

He started his career as an outpatient dietitian working in a hospital and psych center.

He then spent over eight years working in a dialysis setting in both clinical and leadership roles. It was in dialysis that Ramiro found his passion for nutrition and dietetics; his love of nutrition fueled his interest in educating other RDs about renal topics and nutrition counseling.

In his current managerial role, he oversees a variety of clinicians for the department across the entire Houston Methodist system and supports center programming and strategic planning.

Ramiro is also an Adjunct Clinical Professor at Texas Woman's University in Houston, Texas where he works directly with the dietetic internship program. Ramiro is known for his passion for educating dietitians and dietetic students in clinical nutrition and motivational interviewing.



NWRD 2024 Speaker Biographies

Laura Lomax, MS, RD, LD

Nutrition Services Manager
Fresenius Kidney Care



Laura Lomax, MS, RD, LD is a Registered Dietitian with more than 15 years of experience. Laura has a background in the pediatric high-risk population, private practice, and over 10 years specializing in renal nutrition.

As a Nutrition Service Manager at Fresenius Medical Care, Laura shares her knowledge of renal nutrition while also participating as a member of the tactical quality team to improve quality-based metrics and patient outcomes. She is a Member of the Nutrition Service Advisory Board at Fresenius and Co-chair of the Patient Education Committee.

She received her Bachelor of Science at Texas Lutheran University and completed her Dietetic Internship and Master of Nutrition at the University of the Incarnate Word in San Antonio Texas.



NWRD 2024 Speaker Biographies

Cristina A Trevizo Nimeri, DNP, BSN, RN

Manager, Health Equity

Fresenius Medical Care North America

www.linkedin.com/in/dr-cristina-trevizo-a889918



Dr. Cristina Trevizo Nimeri (she/her/hers) drives Fresenius Medical Care’s Health Equity strategic priorities and leads the tactical actions needed to advance health equity among our patient population.

Cristina graduated with a Bachelor of Science in Nursing from the University of Texas and completed her Doctorate in Nursing Practice from DePaul University in Chicago, IL. She is first and foremost a nurse, with a career spanning over 20 years. She is passionate about health equity, and public health initiatives and is committed to continue advocating for those in need of better services and health care.

Her research article “Barriers to Dialysis Home Therapy Utilization: A Systematic Review” was published in the Nephrology Nursing Journal in 2022.



NWRD 2024 Speaker Biographies

Michelle Rowlett, MSW, LICSW

Social Work Supervisor/CKD Program Lead Specialist
Puget Sound Kidney Centers

Michelle has been in the healthcare field for over 23 years, working with patients in both inpatient and outpatient clinical settings. She received her master's degree from the University of Washington in 2000.

In addition to co-chairing the local social work nephrology chapter, Michelle also serves on several national committees dedicated to improving patient care, promoting awareness of kidney disease, and providing ongoing professional education.

She enjoys teaching in many arenas; she has been a practicum instructor for students pursuing their master's in social work for the past 21 years, and she has been creating and delivering award-winning curricula to kidney patients and their family members for over 15 years. Michelle's specialties include chronic kidney disease, dialysis, grief and loss, mood disorders, life transitions, and clinical supervision.



NWRD 2024 Speaker Biographies

Melissa Prest, DCN, RDN

Foundation Dietitian

National Kidney Foundation of Illinois



Melissa Prest DCN, RDN, LDN, is the Foundation Dietitian for the National Kidney Foundation of Illinois. In this role, she focuses on nutrition education for individuals at risk for and/or diagnosed with chronic kidney disease as well as program planning for patients and professionals. Prior to working with NKFI, Melissa practiced in a dialysis center providing medical nutrition therapy for individuals treated with renal replacement therapy. Melissa completed her doctorate in clinical nutrition from Rutgers University and her master's degree in clinical nutrition from the University of Medicine and Dentistry of New Jersey. She holds multiple local, state, and national volunteer leadership roles and serves as a National Media Spokesperson for the Academy of Nutrition and Dietetics.



NWRD 2024 Speaker Biographies

Liza Orengo, MPH, RD, CSR, CPHQ

Senior Manager of Nutrition Services
Fresenius Kidney Care



Liza Orengo started her career as a renal dietitian in the Seattle area for Davita before transitioning to a Facility Administrator role in 2015. She joined Fresenius in 2019 after relocating to Madison, WI. In her current role, Liza provides oversight of key clinical metrics for the FKC dialysis clinics in California, Oregon, and Washington, as well as second-line supervision of the dietitians in those regions.

Liza completed her BS in Human Biology, Health and Society at Cornell University in 2007. She holds a master's degree in public health from the University of Washington in Healthcare Services. Liza is a board-certified specialist in renal nutrition through CDR, and a certified professional in healthcare quality. She is passionate about employee development and elevating the role of dietitians in clinical quality improvement.



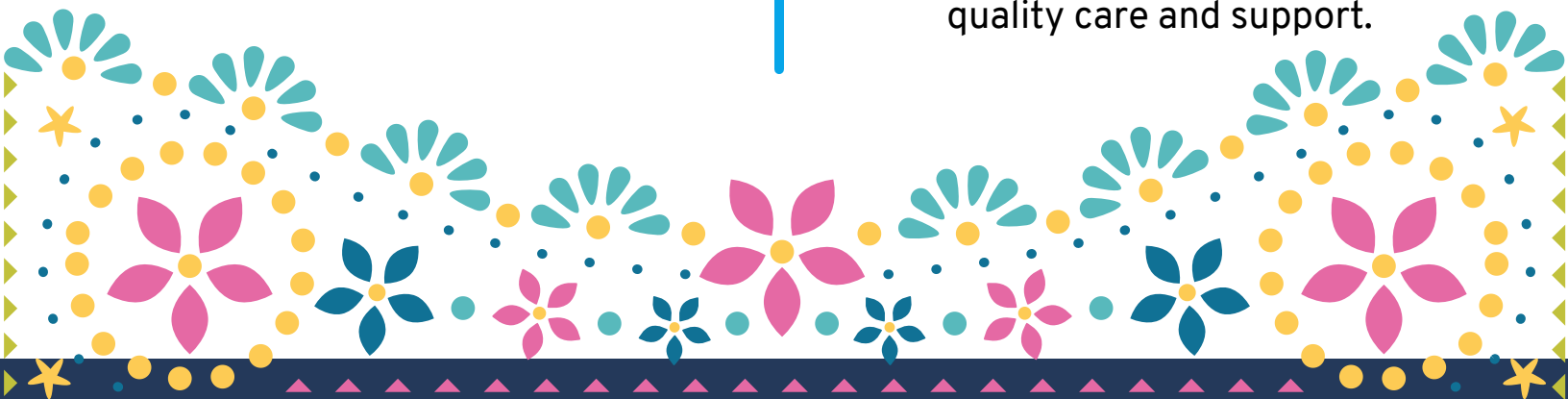
NWRD 2024 Speaker Biographies

Amanda Hays, MS, RDN

Owner, Registered Dietitian
Relish Nutrition Therapy



Amanda is a Registered Dietitian Nutritionist in Austin, TX with over a decade of experience serving thousands of people across all stages of chronic kidney disease. She graduated with both her Bachelor and Master of Science in Nutritional Sciences from Texas Tech University. As the owner of Relish Nutrition Therapy, she specializes in taking the most powerful medical nutrition therapy and behavior change science, practically implementing them into real life without sacrificing the joy of food. The private practice is specialized in both chronic disease management and disordered eating, with special attention focused on the common intersectionality between the two. Amanda utilizes trauma-informed, HAES® aligned nutrition counseling methods to help guide and support long-term health promoting behaviors. She believes a healthy diet starts with a healthy relationship with food and that everyone with kidney disease deserves access to quality care and support.



NWRD 2024 Speaker Biographies

Annabel Biruete, PhD, RD, FNKF, FASN

Assistant Professor of Nutrition Science

Purdue University

<https://hhs.purdue.edu/directory/annabel-biruete>

Dr. Annabel Biruete completed her Bachelor of Science in Nutrition and Dietetics at Escuela de Dietética y Nutrición in Mexico City, her Ph.D. in Nutritional Sciences at the University of Illinois at Urbana-Champaign, and a post-doctoral fellowship at the Indiana University School of Medicine. Her broad clinical interest is nutrition in kidney diseases. Dr. Biruete's research aims to study the effects of nutritional and pharmacological therapies for chronic kidney disease on the gastrointestinal tract and gut microbiome. Additionally, Dr. Biruete is interested in improving outcomes in the Hispanic/Latine community living with chronic kidney disease, primarily targeting nutritional interventions using language- and culturally concordant lifestyle educational materials.



NWRD 2024 Speaker Biographies

Michael Sutters, MD

Attending Nephrologist
Virginia Mason Medical Center



Graduated Physiology from Oxford University in 1980

Graduated Imperial College, MD, 1983

Training in London and Cambridge Universities

Clinical research: Sodium and water homeostasis in human subjects

Yale University: Visiting research fellow

Nephrology fellowships: Kansas University Medical Center and

Oregon Health Sciences University

Assistant Professor of Medicine: Johns Hopkins University

Research into the cell biology of polycystic kidney disease



NWRD 2024 Speaker Biographies

Tessa Kimberly Novick, MD

Nephrologist

Assistant Professor of Internal Medicine

Dell Medical School, University of Texas at Austin

<https://dellmed.utexas.edu/directory/tessa-novick>



Tessa Novick, M.D., MSW, MHS, primary clinical interest is in caring for marginalized populations with kidney disease. Before medical school, Dr. Novick attained a bachelor's and master's of social work from New York University. She has previous experience working with persons experiencing homelessness and substance use disorders. She ultimately became a physician to combine social work and medicine by addressing the medical needs of people with complex medical issues in their environment. She earned her medical degree with honors at The University of Texas Southwestern Medical Center in Dallas, and completed a residency in internal medicine and a fellowship in nephrology at Johns Hopkins.

Dr. Novick's research training includes a master's of health science in clinical epidemiology from Johns Hopkins University Bloomberg School of Public Health.

Dr. Novick's research interests include disparities in kidney disease and social determinants of health. Her current research involves several projects examining the impact of social needs on outcomes and the role for intervention as part of medical care, and on ways to improve care for immigrant populations. She sees patients at a local federally qualified health center, a dialysis unit, and on the inpatient consult service.



NWRD 2024 Speaker Biographies

Kayla K. Guillory, MS, RDN, CDCES

Registered Dietitian

Providence Health and Services

Kayla is a passionate registered dietitian specializing in diabetes care and culinary medicine.

Her work has been instrumental in advancing hands-on culinary medicine education and food-as-medicine programming, with a dedicated focus on promoting nutrition equity and addressing food insecurity. With extensive clinical knowledge and culinary expertise, Kayla is uniquely positioned to make a positive impact on individuals and communities alike.

She holds an undergraduate degree from California Polytechnic State University Pomona and a Master's degree from Oregon Health Science University in Clinical Nutrition.



NWRD 2024 Exhibitors and Posters

Gold



Silver



Bronze



Base



Posters

To Register

- **Registration:**
- Open: January 15th - February 15th, 2024
- Go to: www.NWRDOnline.org
 - Register and pay online
 - Make your lodging reservation, if needed

Fees:

- \$200 - In-person - Both days
- \$120 - In-person, One day
- \$50 - In-person, Both days (U.S. Dietetic Interns)
- \$50 - In-person, Both days (U.S. RD Retirees)
- \$50 - Thursday Evening Networking Dinner

2024 NWRD Board & Planning Team

President:	Laura Wiseley MS RD CSR
Vice President:	Geri Jennings RD CD
Treasurer:	Lara Sokoloff MS RD
Secretary:	Fiona Wolf RD
Program Co-Chairs:	Nally Hernandez MS RD LD Becky McCarver MS RDN LD CDCES
Networking Dinner:	Jamie Hunter RD LD
Website:	Dr. Melissa Prest DCN RDN Erin Dickerson RD CSR

CPEUS

The following Continuing Professional Education Units (CPEU) are approved by the Commission on Dietetics Registration (CDR):

12 - Lectures
1 - Exhibits
1 - Posters

Total: 14 CPEUs



NWRD 2024

Dietitians Bridging the Gap through Advocacy