



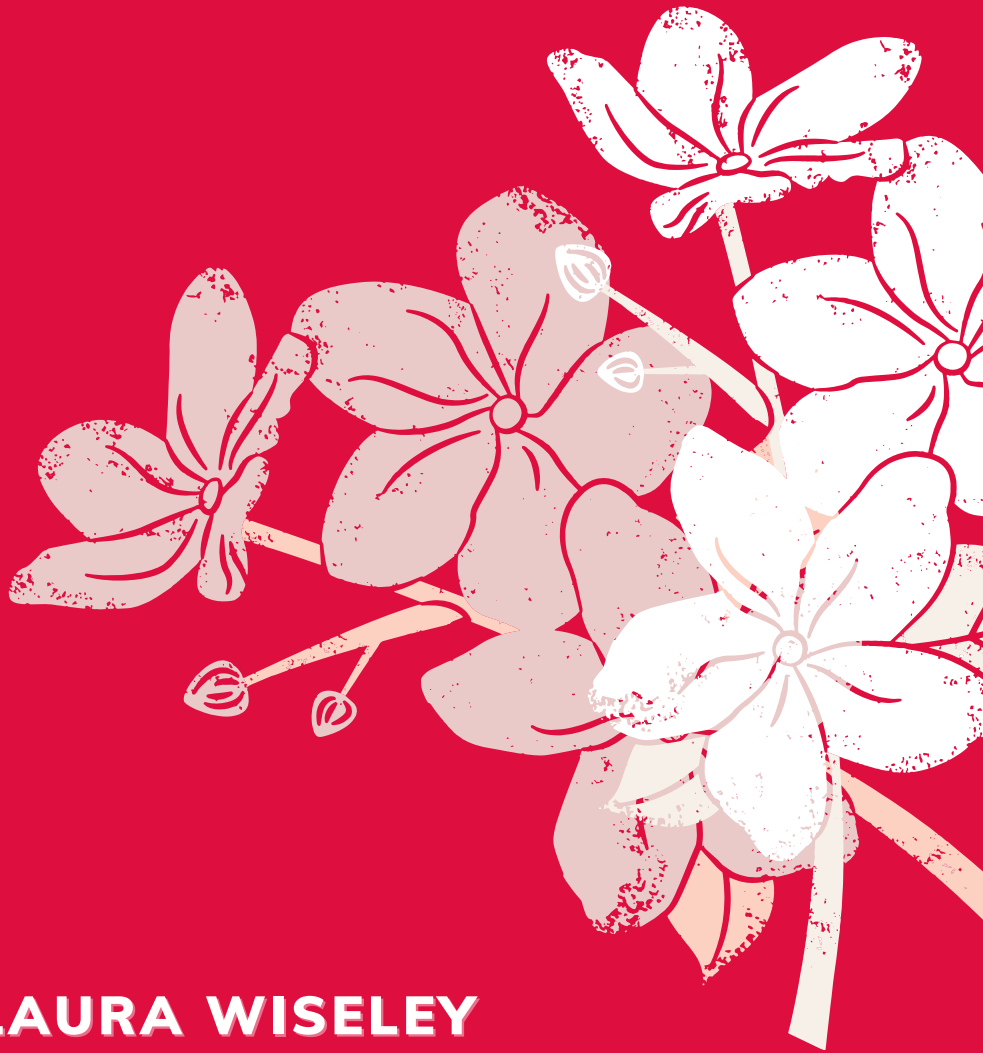
**NORTHWEST RENAL DIETITIANS
ANNUAL CONFERENCE**

MARCH 6 & 7, 2025

SEATTLE, WA

Renaissance Seattle Hotel

The Symphony of Renal Health: Harmonizing for Patient Vitality
with an emphasis on the cuisine & culture of the Philippines



Northwest
RENAL DIETITIANS

WEB: www.NWRDonline.org

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2025 PRESIDENT: LAURA WISELEY

2025 CO-CHAIRS: FIONNA MARAVE & KAT MATIAS

2025 PROGRAM

2025 NWRD Annual Conference Agenda

The Symphony of Renal Health

March 6 & 7

Seattle, Washington

7:00 – 7:45 REGISTRATION/BREAKFAST

7:45 – 8:00 WELCOME

8:00 – 9:00 Keynote Speaker: Thessa Obrero Churillo, RD, CSR
Filipino Kulinarya Cuisine and CKD
Renal Dietitian, University of Virginia/Morrisons Healthcare

9:00 – 10:00 Food Demo of Kidney-Friendly Filipino Cuisine
Aaron Verzosa - Co-Owner/Chef, Archipelago restaurant

10:00 – 10:30 Snack Break & EXPO Hall Exhibits & Posters

10:30 – 11:30 Collaboration Cuisine
Michelle Rowlette, MSW, LICSW
Social Work Supervisor/CKD Program Lead, Puget Sound Kidney Centers

11:30 - 1 pm Lunch & EXPO Hall Exhibits

1:00 – 2:00 Beyond Motivational Interviewing? Creative Ways to Teach Patients
& Help Them Change
Sara Prato, MS, RDN, CSR
Registered Dietitian Nutritionist, Certified Specialist in Renal Nutrition
The CKD Dietitian

2:00 – 3:00 Dialysis and Pregnancy
Andy Brockenbrough, MD
Staff Nephrologist, Valley Medical Center

3:00 – 3:30 Snack break/Exercise (Filipino dance)

3:30 - 4:30 The Complete Symphony: Valuing Every Role in Dialysis and Nutrition
Moderator: Katy Wilkins, RD
Retired Manager, Nutrition & Fitness Services, Northwest Kidney Centers
Panel: Kelsey Sprague, CCHT, Daisy Sanchez, CCHT Randy Yim, Patient
partner, Denise Saclolo, RN, Scott Osorio, CCHT

Northwest
RENAL DIETITIANS

March 6 & 7, 2025

**EVENING
EVENTS**

4:30 - 5:30 pm

Happy Hour

**EXPO Hall
Exhibits &
Posters**

**6-8 pm
Networking
Dinner**



2025 NWRD Annual Conference Agenda

The Symphony of Renal Health

March 6 & 7

Seattle, Washington



7:00 – 7:45

REGISTRATION/BREAKFAST

7:45 – 8:00

WELCOME

8:00 – 9:00

Caring for Our Kababayan: Empowering Healthcare Professionals Through Cultural and Psychological Understanding

Dr. Marinette Asuncion-Uy, Psy.D., Clinical Psychologist
Licensed Clinical Psychologist, Calm Mind Center, LLC.

9:00 – 10:00

How to Talk About Food: Best Practices for Culturally Appropriate Conversations

Breana Killeen, MPH, RD (virtual)
Senior Food Editor, Food & Wine

10:00 - 10:30

Snack Break & EXPO Hall Exhibits & Posters

10:30 – 11:30

Gout & Kidney Disease

Jo Ann Antenor, PhD, MPH
Regional Medical Director, AMGEN

11:30 – 12:30

AI & Kidney Disease

Grace Scarborough, RDN, CD
CKD Program Lead/ Renal Dietitian, Puget Sound Kidney Centers

12:30 – 1:30

Lunch & EXPO Hall Exhibits & Posters

1:30 – 2:30

Dietary Sodium Intake in Chronic Kidney Disease: A Shifting Target?

Benjamin Lidgard, MD
Assistant Professor of Medicine
University of Washington Department of Medicine, Division of Nephrology

2:30 – 2:45

Snack break/Exercise (Filipino dance)

2:45 - 3:45

Bridging the Transplant Divide: Challenges and Opportunities for Collaboration Between Renal Dietitians

Cory Zenner, RD
Registered Dietitian, University of Washington

3:45 - 4:00

Wrap Up: Password for Online Evaluation & CPEU Certificates

Northwest
RENAL DIETITIANS

March 6 & 7, 2025



THANK YOU
FOR JOINING US!

2025 NWRD
Program Co-Chairs:

Fionna Marave RD
&
Kat Matias
RD, CSR, CD



NWRD Speaker Bios 2025



Theresa “Thessa” Obrero Churillo, RD, CSR

Thessa earned her Bachelor’s degree in Nutrition and Dietitians at University of the East Manila, Philippines and proceeded to complete her internship in dietetics at the University of Virginia. This is her 26th year as a renal dietitian nutritionist at University of Virginia/Morrison Healthcare. Although born in Hawaii and a permanent resident of the United States, she spent her childhood and schooling years in the Philippines, regularly visiting her home and continuing to immerse herself in Filipino culture. Professionally, Thessa provides clinical nutrition care to chronic kidney disease and home dialysis patients with the interdisciplinary care team. Additionally, she is involved in patient educational projects including the CARES CKD 4 (Comprehensive Approach to Kidney Education and Support), TSU Dialysis Program (Transitional Start Unit) and Taking Care of Kidney Class for CKD patients. Thessa provides renal nutrition education to her multidisciplinary team, nutrition interns, and community groups. She is active in community kidney screenings that focus on the growing Filipino community in Charlottesville, VA.



NWRD Speaker Bios 2025



Aaron Verzosa - Co-Owner/Chef, Archipelago Restaurant

Aaron Verzosa is a Filipino American chef born and raised in the Pacific Northwest. After graduating from the University of Washington and Seattle Culinary Academy, he worked at Seattle's Basque-focused restaurant, *The Harvest Vine*. Thereafter, he worked for Michelin starred chef David Toutain in Paris, as well as for Nathan Myrvoold as a part of *Modernist Cuisine*. Currently, Aaron runs Archipelago, a small restaurant in Hillman City serving a multi-course tasting menu that shines a light on the flavors of the Filipino diaspora and how over time, a minority can impact and shape the majority. The restaurant has received various awards and recognitions including *Eater's Restaurant of the Year* and *The New York Times America's Favorite Restaurant List*. Aaron is also a four time James Beard nominee for "Best Chef Northwest & Pacific" and "National Outstanding Chef". He was also named in Phaidon's *100 Emerging Chefs Around The World*, and most recently won the *Seattle Times People Choice Award* for fine dining. Beyond the restaurant, Aaron is most focused on his community and family, working currently with fellow community leaders to bring Filipino history to all Seattle public schools.

NWRD Speaker Bios 2025



Michelle Rowlette, MSW, LICSW

Michelle Rowlette, MSW, LICSW, has been in the healthcare field for nearly 25 years, and she has worked with patients in both inpatient and outpatient clinical settings. She received her Master's degree from the University of Washington in 2000 and currently works as a Social Work Supervisor/CKD Program Lead for Puget Sound Kidney Centers. In addition to co-chairing the local social work nephrology chapter (PNW CNSW), 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 MSW for the past 22 years, and she has been creating and delivering curriculum to kidney patients and their family members for over 15 years. Her specialties include chronic kidney disease, dialysis, grief and loss, mood disorders, life transitions, and clinical supervision.



NWRD Speaker Bios 2025



Sara Prato, MS, RDN, CSR

Sara Prato, MS, RDN, CSR, is a Registered Dietitian Nutritionist and the owner of The CKD Dietitian. Her private practice is dedicated to helping individuals with chronic kidney disease (CKD) manage all stages of their condition. With over 13 years of experience as a kidney dietitian, Sara has worked in various areas, including dialysis, kidney transplant nutrition, and, for the past 11 years, specializing in CKD.

Sara's approach emphasizes meeting individuals where they are in their health journey, providing personalized guidance, and empowering them to achieve their health goals. She is passionate about supporting patients through behavior change by helping them build sustainable habits that enhance both their kidney health and overall well-being. Her mission is to help those with CKD feel confident and informed about their health. By guiding patients through their kidney journey with care and encouragement, she aims to make a meaningful difference in their lives.



NWRD Speaker Bios 2025



Andy Brockenbrough, MD

Dr. Brockenbrough has been a community nephrologist for more than 20 years. He considers himself an expert on pregnancy because his wife was pregnant 3 times. Dr. Brockenbrough, MD, is board-certified in both internal medicine and nephrology. He received his bachelors from Stanford University, his medical degree from Vanderbilt University and his Masters in epidemiology from the University of Washington. He completed both his internal medicine residency and his nephrology fellowship at the University of Washington, followed by a transplant fellowship at the University of Alabama. In his free time, Dr. Brockenbrough enjoys rhododendron gardening, playing the cello and spending time with his wife and three children.



NWRD Speaker Bios 2025



Katy Wilkins, RD

After 42 years as a renal dietitian, Ms. Wilkens recently retired as the Nutrition and Fitness Services manager of Northwest Kidney Centers, where she oversaw care of over 2,000 dialysis patients provided by 25 renal dietitians. In addition to helping her patients navigate their dialysis diet, she mentored dozens of dietetic students in rotations at Northwest Kidney Centers each year and educated fellow health care professionals.

Katy founded the Washington State Council on Renal Nutrition and the Northwest Renal Dietitians Conference; helping renal dietitians across the 5 state Northwest region connect and network. She is heavily involved in community outreach, is a published author, and currently serves on the KIDGO International workgroup for Diabetes and CKD Guidelines.

Ms. Wilkens has been awarded the Clyde Sheild's Award for Distinguished Service, in honor of the first dialysis patient in the world. She is a recipient of the Susan Knapp Excellence in Education Award from the NKF in 2013 which is awarded to a renal dietitian who has demonstrated exceptional contributions to renal nutrition education. In 2019 Katy was awarded the Joel Kopple Award by the NKF in appreciation of outstanding service and dedication to renal nutrition. A prized award is the Pillar award given by her peers at Northwest Renal Dietitians for outstanding lifelong commitment to nephrology. In 2020 Katy was awarded a Medal of Excellence from the American Association of Kidney Patients (AAKP).



NWRD Speaker Bios 2025



Kelsey Sprague, CCHT

Kelsey Sprague grew up in Grantville, UT and started her journey in the medical field with a CNA certification in 2007 and a Kidney Dialysis Technician/ PCT in 2008. Since then, she has worked for 3 different dialysis companies including; Fresenius Medical Care, Northwest Kidney Centers and Davita in Utah, Colorado and Washington and in clinics with a wide range of socio-economic backgrounds. Kelsey has adapted to many different environments from float pool to working in the Special Care Unit at NKC which focuses on patients with higher acuity and special care needs. This diverse range of experiences has given Kelsey a unique skill set and perspective on the unique challenges that ESRD patients face through integrating dialysis into their lives. Kelsey is currently attending Nightingale College's accelerated BSN program online, to become an RN and will be graduating in 2027.



NWRD Speaker Bios 2025



Randy Yim, Patient Partner

Randy Yim was diagnosed with kidney disease in November of 2023. Yim receives his dialysis treatment at Northwest Kidney Center in Renton, Washington. Yim is currently on the waiting list for a kidney transplant and shares his journey to a transplant through Instagram (@randyyim206) in a series he calls #KicksNDialysis. Randy is a Program Manager at Amazon Web Services, loves to spend time with his wife, Ann, and his dog Nike (named after Randy's love for shoes).



NWRD Speaker Bios 2025



Denise Saclolo, RN

Denise Roxanne F Saclolo is a Nurse Manager with Northwest Kidney Center/ Kaiser Permanente. Denise received her Bachelor of Science in Nursing at age 20 in the Philippines, with the professional goal to make a difference to someone and to the community using her profession as a platform. Since then, Denise has worked as nurse for almost 13 years total with 8 years of leadership experience.

In her free time, Denise enjoys dancing, cooking, reading books, and party planning. She counts having 2 beautiful daughters who both aspire to be nurses and her 19 year-marriage as top personal achievements.



NWRD Speaker Bios 2025



Scott Osorio, CCHT

Scott Osorio is a Filipino-American who was born and raised in the PNW. He has wanted to work in healthcare since he was in Jr. High and started his career as an at-home caregiver, thereafter moving into a CAN/Med Tech Position at a nursing home. He now works at Northwest Kidney Centers as a Dialysis Technician and has done so for over 13 yrs. Working in the dialysis field has ignited his professional aspirations, and he hopes to continue growing in the healthcare field, educating and caring for patients for many years to come.



NWRD Speaker Bios 2025



Dr. Marinette Asuncion-Uy, Psy.D., Clinical Psychologist

Dr. Marinette Asuncion – Uy, Psy.D., known as Dr. Nette, walks the path of a healer and bridge-builder, offering a much-needed voice in the Filipino community. As one of the few clinical psychologists fluent in both English and Tagalog, she carries within her the wisdom of her ancestors and the lived stories of her community. Her journey began in the Philippines, where she faced trauma and anxiety in a culture that often silenced discussions around mental health.

This time helped Dr. Nette to make a profound commitment to creating spaces of understanding, where the unspoken can be voiced and the long-silenced pain can find release. As a cancer and systemic silencing survivor, Dr. Nette’s immigrant story is not just a testament to fortitude, but also of radical care and enduring love—for her family, her community, and the work of healing. Her influence extends globally as an international public speaker on Filipino mental wellness and decolonization. Through her social media channels, she provides essential mental health resources to Filipinos worldwide, encouraging a reclamation of well-being that is rooted in justice and ancestral wisdom.



NWRD Speaker Bios 2025



Breana Killeen, MPH, RD

Breana Lai Killeen is a Senior Food Editor for Food & Wine, a chef, food writer, recipe developer, dietitian, and farmer with 18 years of experience creating editorial and digital content. She has written and edited over 3000 recipes, articles, and presentations for top brands including EatingWell, AllRecipes, Food & Wine, Cabot Creamery, HelloFresh, POM Wonderful, the National Beef Council, and the Dairy Council. Breana has a master's degree in public health from the University of North Carolina at Chapel Hill, is a graduate of Le Cordon Bleu London, a Wine Spirit & Education Trust trained sommelier and is a registered dietitian. Breana loves teaching people how to cook, especially if it involves using up all the bits and pieces left in the veggie drawer to make something seemingly impressive for her 3-year-old twins. When she's not cooking or chasing toddlers, you can find her out on Killeen Crossroads Farm in Vermont wrangling 200 chickens, 10 cows, 2 dogs and her tractor-loving husband.



NWRD Speaker Bios 2025



Jo Ann Antenor, PhD, MPH

Dr. Jo Ann Antenor currently serves as a Regional Medical Director for a Global Biotechnology Medicines company. She is an author of over 45 peer-reviewed scientific publications in various clinical areas, including nephrology, neuroscience, and oncology. She has worked in the field of gout education since 2016. She obtained her PhD in Neuroscience at Washington University School of Medicine in St. Louis, her Masters Degree in Public Health at St. Louis University, and her Bachelors Degree in Public Health from the University of the Philippines. She currently lives in Colorado Springs with her husband, three children, and two dogs and enjoys hiking and reading spy thrillers in her spare time.



NWRD Speaker Bios 2025



Grace Scarborough, RDN, CD

Grace Scarborough is a Registered Dietitian based in Lynnwood, WA, specializing in renal nutrition at Puget Sound Kidney Centers. She is dedicated to helping individuals with chronic kidney disease (CKD) slow the progression of their disease. Grace is passionate about demystifying CKD diets, empowering patients to dream big with their food choices, and embrace flexibility in their dietary habits.

Beyond her role at Puget Sound Kidney Centers, Grace volunteers with the National Kidney Foundation's Pacific Northwest chapter of the Council on Renal Nutrition and contributes to the Patient Education Review Committee for the Academy of Nutrition and Dietetics Renal Practice Group. Grace is keen on integrating new technologies, such as AI, to enhance patient care and advance the field of dietetics.



NWRD Speaker Bios 2025



Benjamin Lidgard, MD

Benjamin Lidgard, MD, is an Assistant Professor at the University of Washington (UW) Department of Medicine, Division of Nephrology, an Affiliate Investigator at the University of Washington Nutrition and Obesity Research Center (NORC), and an Institute for Translational Health Sciences KL2 scholar. Dr. Lidgard completed Medical School at UW, Internal Medicine residency at Harbor-UCLA, and Nephrology fellowship at UW before joining the faculty at UW. As a practicing physician-scientist, Dr. Lidgard is an expert in the interactions between kidney and cardiovascular health. His clinical practice at UW Medical Center Montlake is based on the Kidney Heart service, where he provides high-quality, evidence-based care to patients with complex kidney and cardiovascular disease. His clinical and translational research program investigates the mechanisms by which kidney disease may influence cardiovascular health, with a particular emphasis on nutritional and metabolic abnormalities caused by kidney disease.



NWRD Speaker Bios 2025



Cory Zenner, RD

Cory provides outpatient care to solid organ transplant candidates and recipients at the University of Washington Medical Center in Seattle, WA. A former dialysis dietitian, Cory continues to care for patients with every stage of CKD, including patients receiving every kind of renal replacement therapy. He is a past Chairperson for the Pacific Northwest Council on Renal Nutrition and remains a steadfast advocate for the kidney community.

Networking Dinner

**Join us for Networking and a Filipino
Kamayan-Inspired Dinner**



Thursday, March 6th

6 p.m. - 8 p.m

Renaissance Seattle Hotel

Cost: \$50*

***Pay in advance with conference registration**

Alcoholic beverages are not included in the price



NWRD 2025 Exhibitors and Posters

Gold



Silver



Bronze



Base



NephroTech



sanofi

Posters



To Register

- Opens: January 15th - February 15th, 2025
- 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

CPEUs

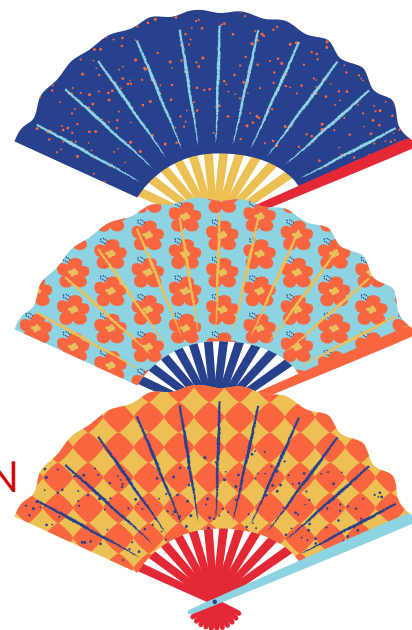
The following Continuing Professional Education Units (CPEU) are pending approval by the Commission on Dietetics Registration (CDR):

12 - Lectures
1 - Posters

Total: 13 CPEUs

2025 NWRD Board & Planning Team

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Vice President:	Geri Jennings RD CD
Treasurer:	Lu Anderson MS RD
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NWRD 2025

The Symphony of Renal Health: Harmonizing for Patient Vitality