

# The PRONA Paper

## From the Chair

Greetings fellow PRONA members and congratulations on “seeing the light!” By that – I mean seeing the light at the end of the tunnel! PRONA started in 2018, strong, full of ambition and excitement.... but then – 2020 brought COVID. 2021 brought formula shortages. 2022 brought staffing shortages. It’s been a rough few years for pediatric renal dietitians! Although many of these challenges aren’t over yet, I feel like we are finally starting to see our way through some of these issues. COVID is becoming endemic instead of a pandemic. Formula shortages are gradually improving. I know, at least, at my hospital, staffing is slowly turning around.

When thinking of PRONA, I think we are also “seeing a light at the end of the tunnel.” Many of our projects and ambitions were slowed by a few overwhelming years. Our membership declined. It seemed like we were all too busy to do the things we wanted to do to build a strong pediatric renal nutrition community. However, we buckled down and decided to focus on FINISHING some projects before we took on more. We gave ourselves some grace. The result – the pocket guide is finished, and the final version is now online for your usage! It is at the printers as I write this. Many resources, like a growth chart comparison tool, patient education, CEUs, a mentorship program, clinician awards, advocacy alerts, and our PRONA operating handbook are now online. Our mentorship program is off to a great start! We have many other resources that are close to completion, and our membership is gaining again.

If you’re reading this, I would encourage you to think about how you can be a part of PRONA. PRONA is for all of us. PRONA is so that we have a community of networking and the resources to make us better at our craft. Can you contribute a recipe to our PRONA cookbook? Can you donate a couple hours to a committee project? It doesn’t have to be big – but if we all contribute – we will all have more resources at our disposal. Think of it as a small time sacrifice now, for easy work later. Also – don’t forget to attend the meetings – and meet other pediatric renal dietitians from across North America...or enjoy a get together at a conference! So, here’s to more “light” and better times ahead!

~Chris

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## Upcoming Events

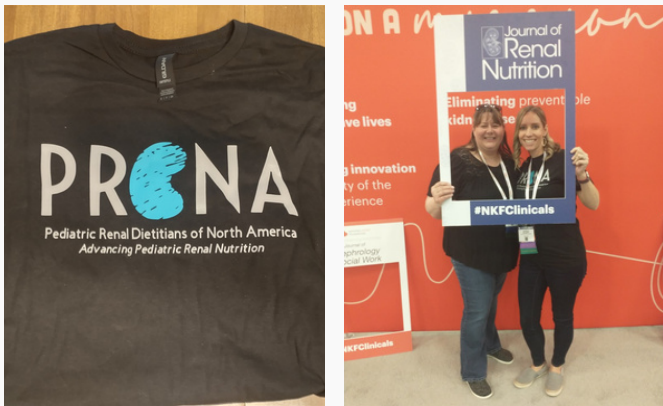
**May 4, 2023:** Gut Health Webinar

**May 2023:** Board Meeting - TBD

**June 2023:** Membership Meeting + Board Elections - TBD

**Aug 1, 2023:** PRONA fiscal year begins

**Oct 25-26, 2023:** 12th Annual Transplant Nutrition Conference (NATCO)



# Conference Season

We had excellent representation for pediatric renal dietitians at both the Annual Dialysis Conference (ADC) & the National Kidney Foundation's (NKF) Spring Clinical Meeting (SCM). It was great to see everyone back in-person able to connect, network and learn!

## T-SHIRTS!

It's official! We have PRONA T-shirts available for sale soon. Check out the listserv for details on official start of sales.

## Pocket Guide Updates

The Pocket Guide is currently in press! The completed digital guide (PDF) is available on our website for your use now:  
<https://www.prona.info/members-only-content>.

## Lemon Chicken Orzo

### INGREDIENTS

- 2 tsp** Olive oil
- 4 ea** Garlic, minced
- 4 ea** Boneless, skinless chicken thighs
- 1 ea** Lemon, zest & juice
- 1/4 tsp** Dried dill
- 1/4 tsp** Salt-free garlic powder
- Pinch** Black pepper
- Pinch** Red pepper flakes
- 1 cup** Orzo

### DIRECTIONS

1. Shred butternut squash w/ food processor
2. In large saucepan, add oil & garlic & sauté over medium-high heat until garlic is golden (2-3 min)
3. Add chicken & brown (3-5 min/side)
4. Add 1/4 cup of lemon juice, zest, dill, garlic powder, pepper, red pepper flakes, 2 cups water, & stir
5. Bring to a boil & cook for ~5 min
6. Turn heat to low, cover pan, & simmer until chicken is tender (6-8 min)
7. Add orzo & squash to pan, stir
8. Turn heat to medium-low, cover, & cook until squash softens & orzo is risotto texture (15-20 min)
9. Stir frequently & add 1/2-1 cup water as needed to prevent sticking
10. Take pot off heat, transfer chicken to mixing bowl, shred chicken, add back to pan, & stir
11. Serve chicken & orzo in bowls & enjoy!

### Nutrition Facts

Servings: 4	
Amount per serving	
Calories	371
	% Daily Value*
<b>Total Fat</b> 8.8g	<b>11%</b>
Saturated Fat 1.6g	<b>8%</b>
<b>Cholesterol</b> 119mg	<b>40%</b>
<b>Sodium</b> 126mg	<b>5%</b>
<b>Total Carbohydrate</b> 39.4g	<b>14%</b>
Dietary Fiber 2.2g	<b>8%</b>
Total Sugars 8g	
<b>Protein</b> 33.2g	
Vitamin D 0mcg	0%
Calcium 34mg	3%
Iron 3mg	16%
Potassium 69mg	1%

\*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. [2,000 calorie a day](#) is used for general nutrition advice.

## Meet our Board

Christina Nelms, MS, RDN, LMT  
Chair

Christine Benedetti, MS, RDN, CCTD, LD  
Chair Elect

Mary Ann McMaster, BSc, RD  
Past Chair

Vicki Vitale, MS, RDN/LD  
Secretary

Morgan Billy, MPH, RDN, LD  
Treasurer

Vishal Bagchi, MBA, RD, LD  
Member-at-Large

## Committee Contacts

### Clinician Resource

Christine Benedetti  
cns211@gmail.com

### Patient Resource

Esther Berenhaut  
estherbq1@yahoo.com

### Guideline Development

Mary Ann McMaster  
maryann.mcmaster@ahs.ca

Lesley Perez

lesley.perez@ahs.ca

### Research & Data Sharing

currently inactive

### Promotion & Networking

Christina Nelms  
cnelms@gmail.com

### Public Policy

Christine Benedetti  
cns211@gmail.com

\*members interested in participating may  
contact our Committee Chairs

## Upcoming Webinar & CEU Event

Join us virtually, **May 4th, 2023** from 3:00-4:00pm (EST) as  
Christina L. Nelms, MS, RDN, LMNT talks about  
**Gut Health and GI Concerns for Pediatric CKD!**

**Free** for members & \$20 for non-members. Register here:  
<https://forms.gle/KJ4Hn8iuH3PbJx1o7>.

Our prior webinar remains available on the website at:

Members:<https://www.prona.info/copy-of-mentorship-program-docs>

Non-members: <https://www.prona.info/shop>

## Recipes

Have a great kid-friendly recipe?  
Please share with our Patient  
Resource Committee Member (Esther).  
Once we collect enough, we would love  
to develop a PRONA Pediatric Renal  
Cookbook for our patients and  
families!

## Membership

**Join PRONA!** Easy joining & renewal on our website:

<https://www.prona.info/become-a-member>

Membership is good for a full 12 months at \$40 USD /  
\$56.58 CDN annually.

Not sure if you're still a member or if your membership  
has lapsed? Contact Lesley Perez at  
[lesley.perez@albertahealthservices.ca](mailto:lesley.perez@albertahealthservices.ca)

# Board Elections

Please contact Chris Nelms if you're interested in running for an upcoming Board position. Elections will be held during our June Membership Meeting. Newly elected Board members will assume their position from **August 1, 2023 - July 31, 2024**

## Chair Elect

**An elected, voting member of the PRONA Executive Board holding office in the first year of a three-year term.**

### Duties & Responsibilities

- Familiarize with the Chair duties by working and communicating closely with the current Chair in preparation to move into this role in the second year
- Support or perform the functions of the Chair in all activities listed in the Chair Duties & Responsibilities in the absence of the Chair
- Will assume the responsibilities of the Chair if the Chair cannot fulfill his/her responsibility, until the end of the Chair's term of office
- Accepts other responsibilities as assigned by the Chair
- Attend all PRONA business meetings, including Board and member conference calls
- Provide relief, especially in business meetings, in the absence of the Secretary
- Provide leadership and support for other Executive Board members
- Maintains communication between self, Chair, other Board members and PRONA membership
- Estimated time commitment ~3-4 hours per month, may vary

## Secretary

**An elected, voting member of the PRONA Executive Board holding office for a one-year term.**

### Duties & Responsibilities

- Document minutes at business meetings and distribute timely to the Board
- Organize and distribute communications to membership
- Organize membership data collection
- Maintain corporate records, such as the Board Governing Body documents, policies, minutes and written consents
- Oversee membership lists
- Develop and distribute a Board calendar at the beginning of each year
- Assist the Treasurer as needed
- Participate in the Communications Committee as needed
- Attend all PRONA business meetings, including Board and member conference calls
- Manage the group e-mail (prona.dietitians@gmail.com)
- Estimated time commitment ~1-3 hours per month, may vary

## Treasurer

**An elected, voting member of the PRONA Executive Board holding office for a one-year term.**

### Duties & Responsibilities

- Maintain detailed financial records of all monies obtained and distributed out of accounts, including managing access/content fees, money coming from endorsing agencies and money spent on projects
- Quarterly and annual budget reviews at Board meetings
- Assist secretary as needed
- Submit financial records and bank and PayPal statements to the accountant to complete annual tax filing keeping in line with all nonprofit requirements and deadlines following each fiscal year (after July 31st)
- Complete Biennial Corporate Report, which may be completed online or via paper form, due by April 1st of odd # years for \$20 fee
- Attend all PRONA business meetings, including Board and member conference calls
- Estimated time commitment ~2-3 hours per month, may vary

## Member at Large

**An elected, voting member of the PRONA Executive Board holding office for a one-year term.**

### Duties & Responsibilities

- Aid and assist any Board position as needed
- Support or perform the functions of another Board officer in all activities listed in the position Duties & Responsibilities in the absence of the officer
- Attend all PRONA business meetings, including Board and member conference calls
- Manage annual award responsibilities, including the Annual Pediatric Renal Dietitian of the Year award
- Collaborate with the communications committee in notifying members about the award process via the website, newsletter, Listserv, and social media to ensure timely award applications received
- Organize and facilitate the award committee to determine the annual winner
- Order the annual award(s) and ensure proper delivery to the recipient
- Manage annual stipend responsibilities
- Collaborate with the communications committee in notifying members about the stipend application process via the website, newsletter, Listserv, and social media to ensure timely stipend applications received
- Organize and facilitate the stipend committee to determine the annual winner(s); number of winners determined by the Board annually based on budget parameters, etc.
- Notify the stipend recipient(s) and collaborate with the Treasurer to ensure funds properly exchanged
- Follow up with the stipend recipient(s) on any article and/or presentation requirement. Collaborate with the communications committee to disseminate to members
- Participate in the Communications Committee as needed
- Estimated time commitment ~1-2 hours per month, may vary

Join our PRONA group on LinkedIn!