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Grande Prairie & Region Kidney & Transplant Patient Forum



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Kidney Foundation
Northern Alberta &
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TOPICS OVERVIEW

PREVENTING KIDNEY DISEASE & ENHANCING KIDNEY HEALTH
IN THE NORTHERN REMOTE COMMUNITIES OF ALBERTA

EATING WELL WITH KIDNEY DISEASE

KIDNEY CONVERSATIONS: A Q&A WITH A NEPHROLOGIST

FINDING PEACE IN THE STORM : MINDFULNESS THROUGH ILLNESS

KIDNEY TRANSPLANT: PAST, PRESENT AND FUTURE

WHEN GOODBYE BECOMES A GIFT: A MOTHER'S INSPIRING
STORY OF ORGAN DONATION

MAKING INFORMED CHOICES IN KIDNEY CARE:
WHAT ARE MY OPTIONS?

AT THE KIDNEY FOUNDATION - WE'RE BEHIND YOU ALL THE WAY



**DR. AMINU BELLO,
NEPHROLOGIST**

9:35 AM

**PREVENTING KIDNEY DISEASE AND ENHANCING KIDNEY HEALTH
IN THE NORTHERN REMOTE COMMUNITIES OF ALBERTA**



Dr. Bello, originally from Nigeria, experienced the challenges of kidney disease firsthand. He completed postgraduate training in nephrology in the UK and Canada and has been a faculty member at the University of Alberta since 2012. His work focuses on improving kidney care in rural, remote, and northern Alberta, including regular outreach clinics in the Peace Country and over 50 rural virtual telehealth sessions annually targeted to people living in remote communities. His efforts span multiple communities, including Indigenous reserves. Dr. Bello co-leads the national KIDNEY HEALTH CHECK initiative under Can-SOLVE CKD, which aims to improve kidney care for Indigenous populations through early detection and management. He has received numerous accolades for his contributions to service, teaching, and research, including the fellowship of the Canadian Academy of Health Sciences in 2023—one of the highest honors in Canadian health scholarship.

**AUGUSTINA AYOGBE,
DIETICIAN**

10:25 AM

EATING WELL WITH KIDNEY DISEASE



Tina Ayogbe started her career in dietetics over a decade ago and brings a wealth of expertise and dedication to the field of nutrition and dietary care. With both a bachelor's and master's degree in nutrition, Tina has cultivated a deep understanding of the science of nutrition and its practical application in improving lives. Originally from Nigeria, Tina moved to Switzerland to complete her master's degree and relocated to Canada seven years ago, seamlessly adapting to new cultural and professional landscapes. A published author in both national and international journals, Tina has contributed to the advancement of the field through research. Currently specializing in renal care management at the QE II Ambulatory Care Centre, dialysis unit, Tina combines her wealth of experience with a compassionate, patient-centered approach to help individuals navigate the unique challenges of kidney-related conditions. Her commitment to improving patient outcomes and fostering long-term health reflects on her passion for making a meaningful impact in the field of nutrition and dietetics.



**DR. CAMERON HERMAN,
NEPHROLOGIST**

11:00 AM



KIDNEY CONVERSATIONS: Q & A WITH A NEPHROLOGIST

Dr. Robert Cameron Herman is a general nephrologist and internist, practicing at the Queen Elizabeth II (QEII) Hospital and Peace Country Medical Consultants Inc. General nephrologists specialize in kidney care and kidney disease. Internal medicine specialists specialize in the diagnosis and management of chronic, adult medical conditions. Prior to working at the QEII Hospital, Dr. Herman worked in Edmonton, including at the Grey Nuns Community Hospital and the Misericordia Community Hospital. He graduated from medical school at the University of Alberta.

**JEN EDWARDS,
YOGA INSTRUCTOR**

12:35 PM



FINDING PEACE IN THE STORM: MINDFULNESS THROUGH ILLNESS

Jen is a dedicated healer whose passion for supporting others stems from her own life experiences. Having faced sexual assault, domestic violence, and most recently, a battle with stage 3 cancer, she understands the depth of pain and the importance of inner healing. Jen holds certifications in 200-hour Yoga Teacher Training (200YYT), Yin Yoga Levels 1 & 2, trauma-informed yoga, and Nidra. Her education also includes coursework in somatic trauma, the nervous system, vagal tone regulation, grief and loss, childhood trauma, mindfulness, and sound healing. Committed to guiding others on their healing journey, Jen combines her personal experience and professional expertise to help others find strength and peace.



**DR. EMILY CHRISTIE,
TRANSPLANT NEPHROLOGIST**

1:20 PM



KIDNEY TRANSPLANT: PAST, PRESENT & FUTURE

Dr. Emily Christie is a clinical nephrologist at the University of Alberta Hospital in Edmonton, Alberta. She is the lead for quality improvement and assessment for Renal Transplant Services at the University of Alberta. Her main research interest is transplant process improvement with focus on special groups including transgender patients, pediatric to adult transition and patients with obesity. She is also the incoming director of the renal transplant fellowship program at the University of Alberta.

**KELLI REIMER,
DONOR FAMILY**

1:50 PM



**WHEN GOODBYE BECOMES A GIFT: A MOTHER'S
INSPIRING STORY OF ORGAN DONATION**

Kelli's 18-year-old son, Levi Reimer, died in 2019 after a motorbike crash. He donated his heart, lungs, liver, kidneys and pancreas – saving five lives. Kelli Reimer finds some peace in seeing how her son's donations have dramatically changed the lives of his recipients. She hopes sharing Levi's story can help inspire more Alberta families to consider donation.

**ROXANNE RIEMER,
REGISTERED NURSE**

2:10 PM

MAKING INFORMED CHOICES IN KIDNEY CARE: WHAT ARE MY OPTIONS?



Roxanne Riemer, RN, is a graduate of the University of Alberta's nursing program (class of 2006) and had dedicated her career to Kidney Care since 2009. After more than a decade of in hemodialysis nursing, Roxanne transitioned into her current role in Kidney Treatment Options Education – a role she calls her true passion. With a deep understanding of the physical, emotional, and logistical challenges patients face, she brings a compassionate, patient centered approach to her work. Roxanne connects with individuals navigating kidney disease, helping them make informed decisions that align with their lifestyle and personal needs. Her goal is to create a supportive space where patients feel empowered and well informed on to make the best decisions for their health and well-being.

**DAISY ESCOTO & KRISTA GENDREAU
KIDNEY FOUNDATION**

3:05 PM

AT THE KIDNEY FOUNDATION, WE'RE BEHIND YOU ALL THE WAY



Daisy is the Kidney Care Manager for the Northern Alberta & The Territories Branch. In this role, she connects with patients, families, and organ donors to ensure they receive the programs and services they require to navigate their journey. Trained as a social worker, Daisy brings together her professional expertise and personal lived experience – her brother is a transplant recipient and her mother a living kidney donor – to better understand and support the needs of the kidney and transplant community.



Krysta is the Community Engagement Manager for the Northern Alberta & The Territories Branch, based in Grande Prairie. In this role, she is dedicated to developing meaningful partnerships, organizing impactful fundraising events, such as the Kidney Walk, and promoting kidney health and organ donation awareness across the region, with a strong focus on supporting rural patients. Krysta plays a vital role in ensuring individuals living with CKD and their families are seen, heard and connected to the resources they need. Her work is deeply personal, as her husband is a transplant recipient and her mother was his living donor.