



**TSRDA SPRING SYMPOSIUM**  
**Green Valley Country Club**  
**201 W. Ridge Pike**  
**Lafayette Hill PA 19444**  
610- 828-3000

**Date: Wednesday, April 15, 2026**

## *Agenda*

- 8:00 – 8:45 am **Registration/Breakfast/Visit the Exhibits**
- 8:45 – 9:00 am **Opening Comments**  
*Ann Pittaoulis RD LDN IFNCP, Past Chair, TSRDA*
- 9:00 – 10:15 am **Food Insecurity and SNAP Benefits (Health Equity CEU)**  
Clare Maus  
Food Services Special Events Manager; Office of Homeless Services  
City of Philadelphia
- 10:15 – 10:45 am **Break/Visit the Exhibits/Scavenger Hunt**
- 10:45 – 12:00 pm **Pre- and Post-Kidney Transplant Considerations**  
Carlene N. Welles RD, LDN, CCTD  
Transplant Dietitian  
Jefferson Hospital, Philadelphia, PA
- 12:00 – 12:45 pm **Lunch**
- 12:45 – 1:00 pm **Tri-State Business Meeting**
- 1:00 – 2:15 pm **Blood pressure in dialysis patients and side effects of antihypertensive medications**  
John Demko MD  
Assistant Professor of Clinical Medicine (Renal-Electrolyte and Hypertension) Penn Medicine, University of Penn
- 2:15 – 3:30 pm **Litholink and Kidney Stone Nutrition**  
Ryan Spiardi DO, MSCE  
Assistant Professor of Clinical Medicine (Renal-Electrolyte and Hypertension) Penn Medicine, University of Penn
- 3:30 – 3:45 pm **Collecting Evaluations and Dispersing Certificates for 5 CEUs**

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Cost Includes Breakfast, AM Snack, & Lunch.  
\$85.00/Members, \$110.00/Non-Members (includes meeting & TSRDA membership until December 2026),  
\$45/Retired RDs, \$25/Students

Make Checks Payable to: Tri-State Renal Dietitians Association. Contact TSRDA.org for mailing address.  
PayPal payment is available on our website: [www.tsrda.org](http://www.tsrda.org)