



KIDNEYS Foundation Quest

**KIDNEY
DISEASE
IMPACT**

2026 CONFERENCE 03.23.26

WHO WE ARE



CAROLYN YBARRA LEMOS -PRESIDENT KIDNEYS QUEST FOUNDATION

Kidneys Quest Foundation, Inc. is an outreach organization dedicated to families and individuals with kidney disorders and those in need of kidney transplants. The foundation is designed to help people focus on building inner strength and learning how to take action to manage their health condition. Supporting kidney patients and families in the United States for 18 years.

KQF is committed to educating and providing people with information and options about the choices that are available. The goal of KQF is to support and direct kidney patients when they feel they don't know how to get to that next step and to alleviate some of the fears and stress of living with a kidney disease.

KIDNEYS QUEST FOUNDATION WORKS IN SEVERAL AREAS:

- Support and direct kidney patients on next steps to take after being diagnosed with a kidney disorder.
- Dialysis support
- Introduce options to potential candidates for dialysis at home so they can have time available for employment.
- Preparing renal patients to become transplant candidates and how to stay active on a Kidney Transplant List.
- Eating with enjoyment, including healthy and tasty renal diet menus available.
- Exercising or staying active, and being involved in hobbies.
- Staying in control of their life with a kidney condition.
- Helping kidney patients to achieve their optimal quality of life.
- Post kidney transplant support services.
- Outreach events to let people know we are here for them.
- Bringing information to friends, family, neighbors and the community on how to become a Live Kidney Donor and how you can give the Gift of Life to a renal patient.

KIDNEYS QUEST FOUNDATION: WHAT WE DO FOR KIDNEY PATIENTS

The Kidneys Quest Foundation (KQF) is a nonprofit organization committed to aiding renal disease patients and their families in navigating the complexities of chronic kidney disease, dialysis, and kidney transplants. Established in 2008, our foundation has steadfastly served patients across various regions, including Los Angeles County (including Antelope Valley, Lancaster, and Palmdale), Orange County, Ventura County, Kern County, Santa Barbara, San Diego County, and neighboring areas of Southern California. Moreover, KQF extends its reach nationwide, providing case management services throughout the United States, with additional outreach and support efforts in Atlanta, Georgia. Collaborating closely with medical professionals, KQF and its dedicated team of volunteers offer comprehensive assistance to patients, families, and healthcare providers alike. Beyond raising awareness, our array of services encompasses:

- Education and Information including speakers' programs, educational materials, monthly support meetings with kidney fitness exercises for patients, and a variety of consultation services on everything from health record management to renal diets to dialysis and kidney disease support services.
- Transplant List Qualification and Support, to assist patients in all stages of the process to qualify for a kidney transplant and how to move up on transplant wait lists. Preparing renal patients on how to sign-up for – and stay active on – these lists.
- How to Be a Live Kidney Donor, helping patients, families and the general public learn more about how they can become a live donor for kidney transplants and give the gift of life to kidney patients in need of a transplant.
- Community Outreach, with community-based events to let people know we are here for them. Speaker programs to provide qualified speakers for meetings and groups upon request. Distributing educational materials.
- Dialysis Center Outreach, helping support dialysis units in Los Angeles, Orange County and San Diego Counties, San Diego, counties, and throughout the US (with telephone support for Oakland and San Francisco).
- Meet and Greet Programs, which include activities based at dialysis centers, hospitals, schools and healthcare events in the community.
- Emergency Backpack Distribution Program, distributing emergency backpack kits to kidney patients - to help them survive in a natural disaster such as earthquake, flood or fire, or in case of an emergency. A KQF Stay Safe Kit (face mask, hand sanitizer, disposable gloves) are also included.

Over its 18 years of operation, KQF has achieved substantial outcomes on behalf of kidney disease patients, their families, and the healthcare professionals. It is an honor to witness that Kidneys Quest Foundation's vision was not in vain and today there is progress, recognition and action being taken for individuals suffering with kidney disease. 2019 was a landmark year for increasing awareness of renal disease and the drive to promote kidney health as preventative when the Advancing American Kidney Health initiative was launched by Executive Order from the President of the United States. At Kidneys Quest Foundation, we continue to serve as an outreach center and are dedicated to serving the renal community.



KIDNEYS Foundation **Quest** **KIDNEY DISEASE IMPACT**

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WELCOME TO 2026 KIDNEY DISEASE IMPACT CONFERENCE

We see a big opportunity for global collaboration between all stakeholders to strengthen primary healthcare, providing patients, caregivers and community a chance for improved quality of life.

Questions continue to arise about living with kidney disease. How does one's diet and lifestyle affect kidney disease? Does Diabetes and high blood pressure lead to kidney disease and, if not properly controlled, long-term dialysis? What new scientific discoveries are in the pipeline promising a more hopeful future for those with CKD?

EVENT TOPICS BY PROFESSIONALS, EXPERTS & SPECIALISTS

Chronic Diseases & Crossroads to Chronic Kidney Diseases
Health & wellbeing of patients
Care For Patents With End Stage Renal Disease
Kidney/Pancreas Transplantation & Living Donation
Special Guest Speaker Testimonial
Nutrition



2026 CONFERENCE 03.23.26

EVENT SCHEDULE FOR MONDAY MARCH 23, 2026:

LOCATION: California Endowment Los Angeles / via National webinar
(Note: All times listed in this schedule are in USA Pacific Time on the West Coast)

All Speakers, times and topics are subject to change and availability

LOCATION: 1000 Alameda St., Los Angeles, CA 90012

Time	Session Length	Speaker	Topic
10:00 am 10:05 am	Session :05	Barrie Eget Program Master of Ceremonies	Introductions & Opening Remarks
10:05 am 10:07 am	Session :02	Carolyn Ybarra Lemos	Welcome
10:07 am 10:10 am	Session :03	Charles Simpson	Prayer
10:15 am	Session :05	Anna Rodriguez	Transplant Recognition
10:20 am	Session :05	Rod Brown	Recognition
10:20 am 11:00 am	Session : 30 With Q&A : 10	Vincent L. Anthony, MD, MPH, MBA, FASN, CHCQM, CPE	Integrated Care Models in Dialysis
11:00 am 11:40 am	Session : 30 With Q&A : 10	Vincent L. Anthony, MD, MPH, MBA, FASN, CHCQM, CPE	Addressing Social Determinants of Health in CKD
11:40 am 12:00 am	Session :15 With Q&A : 05	Diana Breyshtus, MSN, RN, CCTC, CMSRN	General overview of kidney transplantation,
12:00 pm 12:20 pm	Session :15 With Q&A : 05	Laura Puzia Pre-Transplant Recipient Coordinator in Cedars Sinai	Living Donation
12:20 pm 12:50 pm	Session :20 With Q&A : 10	Mark Benthien Director of Public Education	Earthquake County Alliance
12:50 pm 12:55 pm	Session :5	Art Sam	The Tree Point Method
12:55 pm 1:00 pm	Session :5	Barrie Eget	Wrap Up

WORKSHOP SCHEDULE

Time	Presenter	Topic	Room
8:30 am 8:45 am	Art San	Learn how to personalize a stretch routine in minutes.	Cabrillo
8:30 am 8:45 am	Jaima Emmanuelle	Resilience	Joshua Tree
9:05 am 9:35 am	Art San	Learn simple pain free hand maintenance routines. Traditional vs. 3 POINT METHOD	Cabrillo
9:05 am 9:35 am	Jaima Emmanuelle	Resilience	Joshua Tree
10:00 am -1:00 pm Conference			
LUNCH 1:00pm - 1:30pm			
2:00 pm 2:30 pm	Art San	Learn to maintain & improve mobility of your rotaror cuff / Arms and Shoulders	Cabrillo
2:00 pm 2:30 pm	Jaima Emmanuelle	Resilience	Joshua Tree
2:45 pm 3:15 pm	Art San	Learn how to develop and strengthen your knees, and relax your tight feet	Cabrillo
2:45 pm 3:15 pm	Jaima Emmanuelle	Resilience	Joshua Tree



BARRIE EGERT

PROGRAM MASTER OF CEREMONIES

Barrie is known as The Platinum Voice for Championship Boxing, MMA & Arm Wrestling, all over the world! He has announced world title fights for the likes of HBO, Showtime, NBC, CBS, Fox Sports, Telefutera, PPV & ESPN. Known for his charismatic personality and energetic stage presence, Barrie regularly emceeds charity events and sporting shows in front of thousands of fans! His passion for nutrition and healthy aging fuels his daily drive and has given him an opportunity to connect to a large audience outside of the spotlight.

KEYNOTE SPEAKERS & SPECIAL GUESTS

2026 KIDNEY DISEASE IMPACT CONFERENCE



Carolyn Ybarra Lemos

Carolyn Lemos is the President of the Kidneys Quest Foundation (KQF), a nonprofit outreach organization dedicated to supporting individuals and families affected by kidney disorders and those in need of kidney transplants. Through her leadership, the foundation focuses on empowering patients by helping them build inner strength, understand their health challenges, and take meaningful action to manage their condition.

For more than 18 years, Kidneys Quest Foundation has provided support to kidney patients and families across the United States. Carolyn and her team are committed to educating the community by sharing vital information about treatment options, transplant pathways, and available resources.

Her mission is to guide kidney patients through difficult and often confusing moments in their health journey—especially when they feel uncertain about the next steps. By offering education, advocacy, and compassionate support, Carolyn works to reduce the fear and stress associated with living with kidney disease while helping patients move forward with confidence and hope.



Vincent L. Anthony, MD, MPH, MBA, FASN, CHCQM, CPE

Dr. Vincent Anthony has 26 years of health care industry experience and is board certified in Internal Medicine and Nephrology. He is a physician executive and leader with a proven record of building and leading health care organizations and medical start-up companies. While he has deep expertise in other areas of medicine, Dr. Anthony is passionate about bringing a greater awareness to individuals on how critically important kidney function is to our overall health. He has penned several articles educating the public on renal (kidney) disease. He has co-authored a textbook chapter on renal toxicology in Golfrank's Toxicology. He has a podcast, *koolbeanspodcast* (www.koolbeanspodcast.com), where he discusses various diseases as they relate to kidney disease. Further, he teaches Nurse Practitioner and Physician Assistant students through clinical rotations in his office practice. In fact, he served as Associate Medical Director for the Charles R. Drew University Physician Assistant program in recent years.

He is a Fellow of the American Society of Nephrology, board certified in Medical Management as a Certified Physician Executive for the past 17 years and is certified in Health Care Quality Management by the American Board of Quality Assurance and Utilization Review physicians. Dr. Anthony is a Vanguard Member of the American Association of Physician Leadership. Further, he is a member of the National Medical Association and recently served as the LA chapter's (Charles Drew Society) Vice-President. He is also a member of Calibr, Alpha Phi Alpha fraternity and Sigma Pi Phi fraternity. He has served as Medical Director of hemodialysis clinics, skilled nursing facilities and Sub-acute facilities. In each, he brought his knowledge of integrative medicine to the fore enhancing efficiencies of care in each venue. Dr. Anthony serves as president and CEO of Kidney Care Institute and is Founder and Board Chair of K.Care IPA, an independent provider association focused on care of the dialysis patient. He has committed himself to building a streamlined operations process in order to provide high quality and efficient patient care through these organizations. He earned his MD from Thomas Jefferson Medical College and completed his undergraduate work and Master's Degree in Public Health at Tulane University. He finished his Master of Business Administration degree from Bellevue University.



Diana Breyshtrus, MSN, RN, CCTC, CMSRN

Diana Breyshtrus completed both undergraduate and graduate degrees from Western Governors' University. She began her nursing career on a Medical Surgical floor specializing in post-operative nursing care in a multispecialty unit including urology, general surgery, trauma, surgical oncology, and obstetrics and gynecology. She later transitioned to Cedars Sinai's Comprehensive Transplant Center. Since 2020 she has worked as a member of the transplant team and helps facilitate multitude of aspects related to post-kidney transplantation care and coordination of long-term management of transplant organ recipients.



Laura Puzia, BSN - Pre-Transplant Recipient Coordinator in Cedars Sinai

Laura Puzia started her career in transplant while still in undergraduate nursing school at Drexel University in Philadelphia, working on their urology/post-transplant floor. After completion of her BSN in 2019, she transitioned to ICU Kidney/Liver/Pancreas transplant still at Jefferson University Hospital in Philadelphia. The sunshine called Laura to Los Angeles where she first worked at UCLA as a Living Donor Coordinator, before transitioning to Cedars Sinai in the Pre-Transplant Recipient Coordinator role she is in currently.



Mark Benthien - Director of Public Education and Preparedness at the Statewide California Earthquake Center

Mark Benthien is the Director of Public Education and Preparedness at the Statewide California Earthquake Center, headquartered at the University of Southern California (USC) where he works to increase earthquake and tsunami awareness and to reduce loss. Mark is also Executive Director of the California-focused Earthquake Country Alliance, which organizes the annual Great California ShakeOut Earthquake Drill. He was recognized as a White House "Champion of Change" for expanding ShakeOut drills worldwide, which involve more than 50 million people each year. He also manages TsunamiZone.org which supports participation in California Tsunami Preparedness Week along with activities in other states and countries. Finally, he is the Executive Producer of Quake Heroes (a motivational documentary that depicts stories from the 1994 Northridge earthquake).



Charles Simpson

Charles Simpson is a Southern California resident, who lives in Ventura County. He has been a kidney patient for over 23 years. Mr Simpson is a member of Kidney Quest Foundation, and has served on the board since 2009. He is an advocate for others, and tries to stay abreast with issues that affect the kidney patient community. He loves sharing his knowledge with others that have ESRD or chronic kidney disease.

Mr Simpson has been married to his wife and caregiver Lori Simpson for almost 30 years. He has three daughters, five grandchildren who are the joy of his life. He is currently a home hemo dialysis patient, he has been on home hemo since 2007. During his professional career, he worked at GTE/Version as a network design engineer for 29 years before retiring in 2008. Today, he serves on the ministerial staff of his church, and teaches weekly bible study. He often speaks and leads the patient support group calls for Kidney Quest Foundation.



Anna Rodriguez

My kidney disease was caused by my diabetes. After I began experiencing symptoms such as shortness of breath while walking and swelling in my legs, I started dialysis in 2018 and continued treatment until my transplant in June 2025.

During that time, I found Carol and the Kidney Quest Foundation, and they provided so much valuable knowledge and information. I am very grateful for all the support I received from this organization and hope it continues to grow and reach others who need it.

Today, post-transplant, I have a much better outlook on life and feel wonderful. I thank God, this foundation, and everyone along the way who helped me get to where I am now. 🙏



Rod Brown

I have been on dialysis for 22 years. I am walking proof that anybody can get through this. Just reach out to your support group and you will get through it.

Welcome to Kidney Community Resource Center

At our organization, we have always placed a high emphasis on providing our patients with the information and education they need to make informed health choices. This has been a central part of our mission from the very beginning. Our goal is to empower our patients with knowledge and resources that can help them navigate the challenges of living with a kidney disorder.

We understand that living with a kidney disorder can be difficult, and we are here to support our patients every step of the way. Whether it's through educational materials, one-on-one consultations, or support groups, we are committed to helping our patients manage their condition and achieve optimal health outcomes.

Our focus has always been on providing opportunities for better health choices. We believe that by empowering our patients with knowledge and resources, we can help them make informed decisions about their health and wellbeing. We are dedicated to fighting the battles of living with a kidney disorder alongside our patients, and our ultimate goal is to help them heal and improve their quality of life.

Our Help Lines

Teen Team & Advocacy

We are friendly and supportive resource for teenagers who are looking for someone to talk to.

Lifestyle Changes & Anxiety

Anxiety can be a challenging condition, and it's crucial to approach its management.

Support After Diagnosis

Receiving a diagnosis can be a difficult, but it's important to take constructive action.

Assistance From An Advocate

Navigating complex systems or situations can be daunting, but it's important to approach them.

Caregiver Support

It's essential to act and seek support to effectively manage the demands of this role.

Tech 101

Technology can be confusing and overwhelming at times, but it's important to know.



Welcome to Kidney Community Resource Center

**SCAN HERE
TO JOIN US**



Monthly Workshops

Advance Care Planning

Advance Care Planning is discussing a person's values, goals, and preferences.

English Language Course

This comprehensive program covers all aspects of language learning.

Polycystic Kidney Disease (PKD)

Polycystic Kidney Disease, also known as PKD, is a severe genetic disorder.

Heart Disease Education

We believe that knowledge is power when it comes to preventing heart disease.

Kidney Kitchen Cooking

Explore new recipes, learn and discover how to create delicious meals.

Mental Health Course

It can be a great way to learn and take steps toward improving your well-being.

Clinical Trials & Kidney Treatments

Clinical trials play a crucial role in the development of new treatments for kidney disease.

Understanding Your Lab Tests

Have you ever felt lost when trying to understand the results of your lab tests?

Transplant Education (Pre & Post)

Patients who are preparing to undergo a transplant should continue educating themselves.

Diabetes

Living with diabetes can be a challenging and overwhelming experience.

Chronic Kidney Disease (CKD)

Living with Chronic Kidney Disease (CKD) can be a challenging experience.

First Aid Response Course

It encompasses various topics and responding to other typical medical emergencies.

Understand the Medical Terminology

Professionals in the healthcare industry use medical terminology to describe the human body.

Learning Healthcare Insurance

The topic of healthcare insurance can be sensitive, as it impacts the well-being of individuals.

Understanding Vascular & Kidney Disease

Series on understanding how important our arteries, veins, vessels and your kidneys.

Let's Talk About My Medications

Let's chat about your medications! Understand the medications you are taking.

Dietitian & Heart Healthy

This workshop is designed to help you understand a heart-healthy diet.

Let's Talk Dialysis

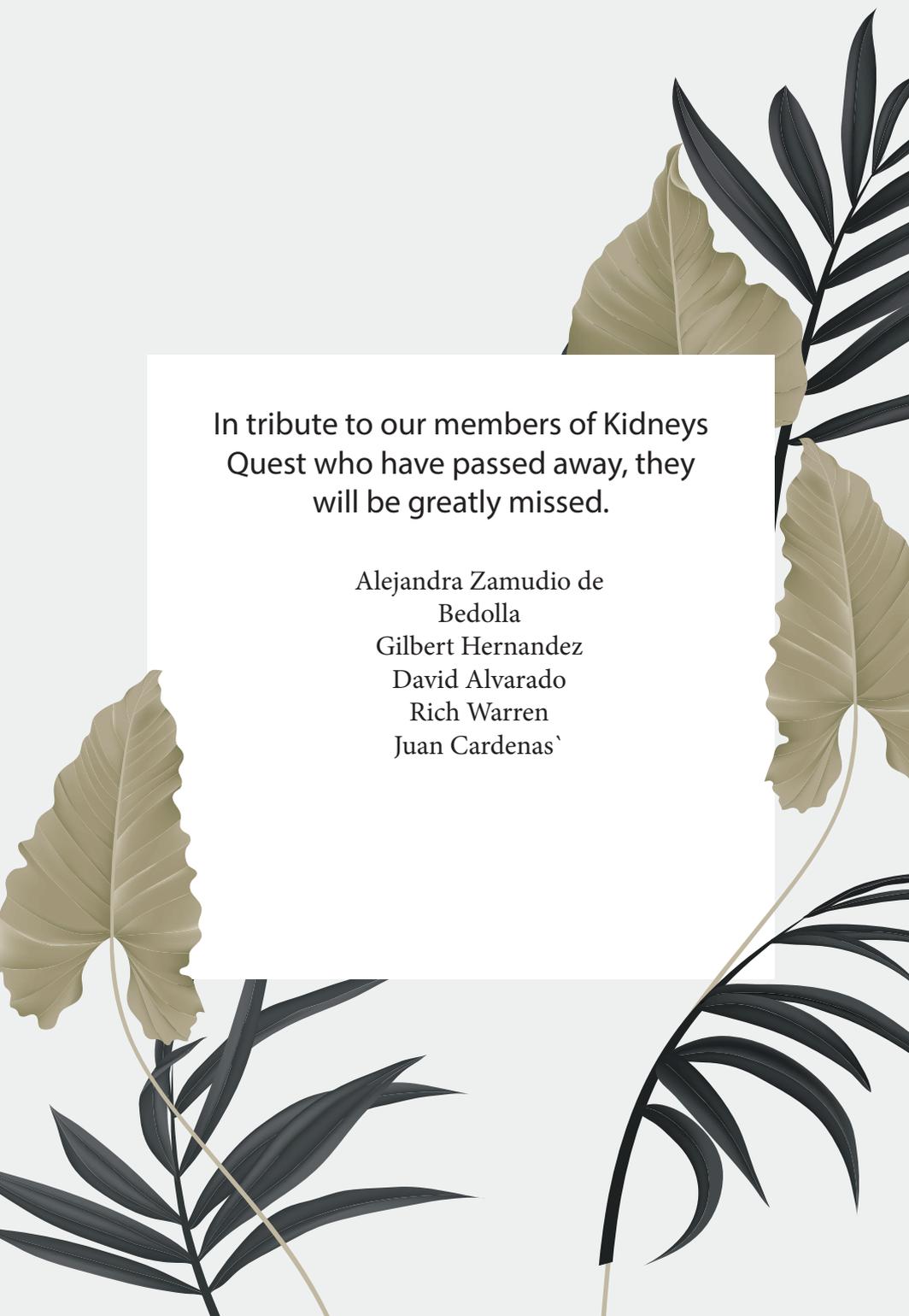
Let's discuss the importance of dialysis. Dialysis is a critical medical treatment.

Computer 101

Our Computer 101 workshop is a comprehensive introduction to the world of computing.

Immigration

Having an understanding of the laws, regulations, and processes can be quite advantageous.



In tribute to our members of Kidneys
Quest who have passed away, they
will be greatly missed.

Alejandra Zamudio de
Bedolla
Gilbert Hernandez
David Alvarado
Rich Warren
Juan Cardenas`

THANK YOU TO OUR SPONSORS



American Association of Kidney Patients
aakp.org

This educational activity is supported by a grant from the American Association of Kidney Patients' Jenny Kilsen Patient Safety Award Endowment.



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702.920.6215 | www.aberlewest.com

VINCENT L. ANTHONY, MD, MPH, MBA, FASN, CHQM, CPE
President & CEO

kcare@IPA

11909 Apathorne Blvd.
Suite 227
Hawthorne, CA 90229

info@kcareipa.com
www.kcareipa.com
310.810.3341

Follow on social media



Ira Hart
818-362-1236
13867 Foothill Blvd
Ste 107

Independent Order of Odd Fellows



Linda Delgado
Member

1541 Patricia Ave. 805-584-6987
Simi Valley, CA 93065 Lsdelgado61@gmail.com



Greater Van Nuys Rotary

Diana Cole
CA # 4002276
861 409 3744
diana.cole@syndicatedre.com
15266 Ventura Blvd Ste 1200
Sherman Oaks, CA 91403

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Mitch Greene
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Ventura, CA 93001
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Mitch@cmsloans.com
Reverse Mortgage Specialist

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ENGEL & VÖLKERS

Mayra Berumen
Global Real Estate Advisor

M +1 (310) 760-6674 | O +1 (310) 777-7510
Mayra.Berumen@evrealestate.com
www.mayraberumen.com
DRE# 01931731

Mike Hernandez
Financial Planner
CA Insurance License #0M851373

Prudential Advisors
15300 Ventura Blvd Suite 1150
Sherman Oaks, CA 91403
C#(818) 631-7940 T:(818) 990-2122
F:(818) 540-9626
Mike.Hernandez@LPL.com

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c: 00.1.818.521.6348

email: kqfoundation@gmail.com

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   @kidneysquestfoundation

www.KidneysQuestFoundation.org

