



WISCPHR NEWSLETTER

Wisconsin Society of Cardiovascular and Pulmonary Health and Rehabilitation

2025 - Volume 36, No. 5

● PRESIDENT'S CORNER ●

Hello WISCPHR Members,

November always reminds me of a time of thanks. As I started to write the president's corner I wanted to reflect on gratitude. A quote by Randy Pausch sums up how many of us might feel about gratitude. Many of us in our role do this on a daily basis with our patients. We should be proud! "Showing gratitude is one of the simplest yet most powerful things humans can do for each other." — Randy Pausch

Thank you to all our volunteers for their dedication to our WISCPHR organization. We ended up having a wonderful retreat with around 14 individuals discussing new options for our annual conference and membership retention. We would not be moving forward without any of you! As always our ACPC committee, led by Dawn Hoff and McKenzie Peckman, has been hard at work putting on another wonderful conference for all our cardiac and pulmonary rehab folks around the state. If you are interested in helping out with the ACPC committee please let one of our dedicated leaders know.

continued on pg. 2...



IN THIS ISSUE

- **PRESIDENT'S CORNER**
- **LET'S GET COOKIN'**
- **COLD-WATER PLUNGE: BENEFITS AND CAUTIONS**
- **HEARTS OF GOLD GAMES**
- **PROFESSIONAL AND PROGRAM SUSTAINABILITY**

A few big achievements for WISCPHR this year are listed below.

Heart of Gold Games led by Lance Maerz was a huge success this year. There has been positive feedback with members and patients. Way to go!

Education committee meetings lead by Megan Justman are well attended with the addition of CEUs and core component presentations.

Regional Representatives (Jessica Dominy, Grace Yang, James Hagen, Lauren Tice, Kacey Iwen) have done a great job with increasing attendance and polling questions for discussions.

The retreat was well attended with much discussion on membership retention as well as great conversation. The members that attended were: Grace Yang, Lance Maerz, Heidi Grafft, Sam Rank, Colleen Voll, Shana Steele, Carley Schramski, Kacey Iwen, McKenzie Peckman, Dawn Hoff.

Thank you to all these volunteers!

In closing, we would love for more volunteers to be involved with WISCPHR. Please let one of our leaders know you are interested.

Abigail Ahlskog, MS, CEP, CCRP
WISCPHR President



WISCPHR NEWSLETTER

The WISCPHR Newsletter is dedicated to the dissemination of information to assist WISCPHR members in patient care and professional growth. It is published five times a year for the education and benefit of its members. We encourage members to submit articles to the Newsletter by contacting the editor.

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Northeast:

Kacey Iwen, OPEN POSITION

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Newsletter Editor

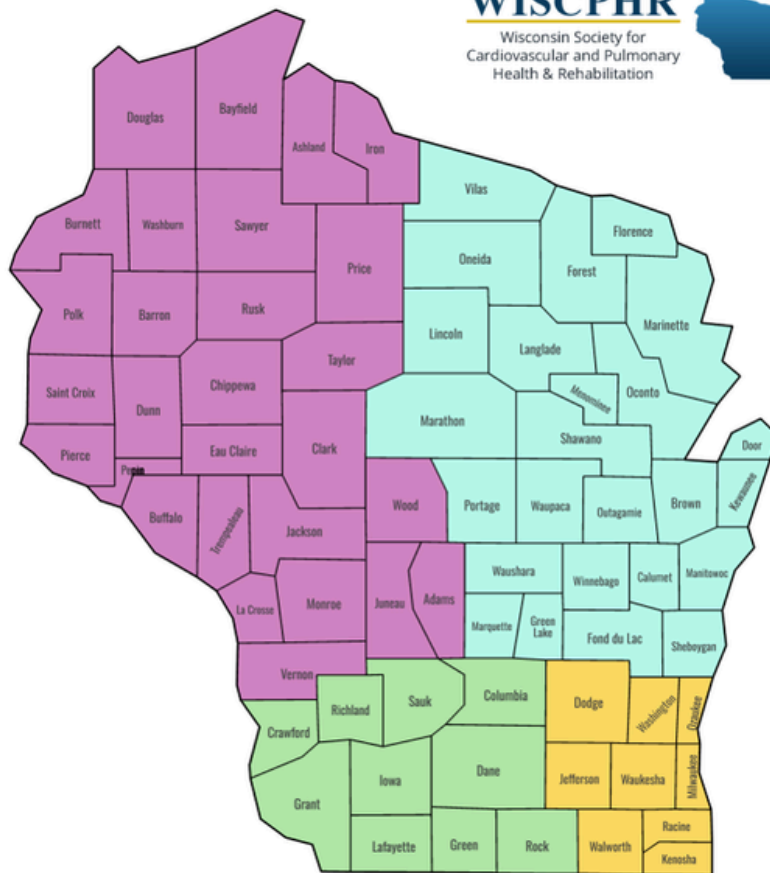
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WISCPHR

Wisconsin Society for
Cardiovascular and Pulmonary
Health & Rehabilitation



REGIONS

 - Northwest

 - Northeast

 - Southwest

 - Southeast

WISCPHR ENCOURAGES THE FORMATION AND SUPPORTS THE EFFORTS OF ITS REGIONAL CHAPTERS. THE STATE IS DIVIDED INTO FOUR REGIONS. EACH REGION MAY HOLD MEETINGS AND CONFERENCES REGARDING CARDIOPULMONARY REHAB ISSUES OF INTEREST TO THAT REGION. FEEL FREE TO CONTACT YOUR REGION'S REPRESENTATIVE(S) TO LEARN MORE ABOUT WISCPHR.

ScottCare

LET'S GET COOKIN'

CHICKEN VEGETABLE SOUP

SUBMITTED BY: KACEY IWEN, MS, ACSM-CEP
AT ASPIRUS HOWARD YOUNG MEDICAL CENTER

Ingredients (servings: 10):

- Olive oil (for sauteing onions)
- 1 cup onion
- 1 tablespoon minced garlic
- 3 cups cooked chicken (shredded or diced)
- 16 oz frozen mixed vegetables
- 14.5 oz petite diced tomatoes
- 8 oz tomato sauce - can get no sodium added or use your own homemade
- 3 cups chicken broth - unsalted and low/reduced sodium options
- 1 teaspoon parsley, (dried)
- 1 teaspoon oregano, (dried)
- ½ teaspoon thyme, (dried)
- Salt and pepper, (to taste)



SOURCE:
<https://www.thediaryofarealhousewife.com/chicken-vegetable-soup/>

Instructions:

- Heat soup pot with olive oil. Sauté diced onions for 2-3 minutes until translucent then add in minced garlic to cook for 30 seconds.
- To the same pot add in cooked chicken, frozen mixed vegetables, petite diced tomatoes, tomato sauce, and chicken broth. Last add all seasoning and mix (add more or less seasoning to taste).
- Bring soup to a boil then reduce heat to low and allow to simmer for 20-25 minutes. Remove from heat then serve and enjoy.

Nutrition:

Serving: 1cup | Calories: 130kcal | Carbohydrates: 13g | Protein: 14g | Fat: 3g
| Saturated Fat: 1g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 1g |
Cholesterol: 33mg | Sodium: 477mg Potassium: 423mg | Fiber: 3g | Sugar: 4g |
Vitamin A: 2518IU | Vitamin C: 12mg | Calcium: 45 | Iron: 2mg

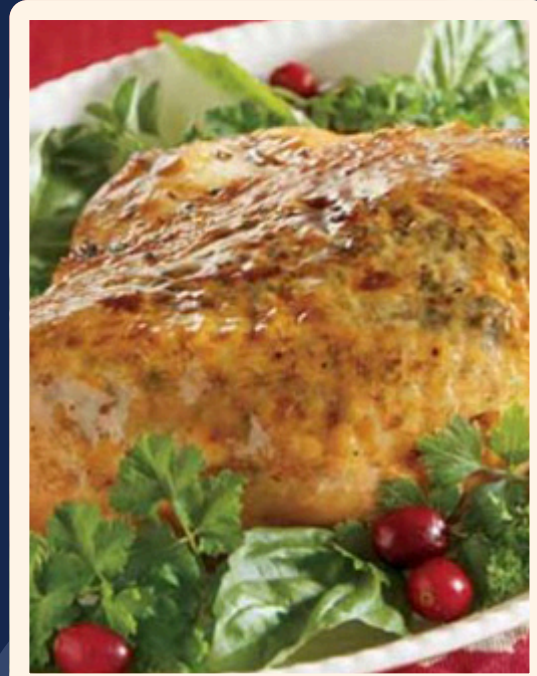
LET'S GET COOKIN'

ROASTED TURKEY BREAST WITH HERBS

SUBMITTED BY: WHITNEE NOBLE, MS, ACSM-CEP
AT REEDSBURG AREA MEDICAL CENTER

Ingredients (servings: 8):

- Cooking spray
- 3 1/2-pound turkey breast half with skin, thawed if frozen
- 3 tablespoons fresh lime juice
- 2 tablespoons olive oil (extra-virgin preferred)
- 4 medium garlic cloves, minced
- 1 teaspoon dried oregano, crumbled
- 1/2 teaspoon dried tarragon, crumbled
- 1/2 teaspoon salt
- 1/2 teaspoon red hot-pepper sauce
- 1/4 teaspoon pepper
- 1/4 cup finely chopped fresh parsley



SOURCE:
[HTTPS://RECIPES.HEART.ORG/EN/RECIPES/ROASTED-TURKEY-BREAST-WITH-HERBS](https://recipes.heart.org/en/recipes/roasted-turkey-breast-with-herbs)

Instructions:

- Lightly spray a large glass baking dish with cooking spray. Put the turkey in the baking dish.
- In a small bowl, stir together the remaining ingredients except the parsley. Stir in the parsley.
- Using a tablespoon or your fingers, gently loosen the skin from the breast meat, creating a pocket. Being careful to not break the skin, spread the parsley mixture as evenly as possible under the skin. Gently pull the skin over any exposed meat. Cover tightly with plastic wrap and refrigerate for 8 to 12 hours.
- Preheat the oven to 325°F. Remove the plastic wrap from the turkey.
- Roast the turkey with the skin side up for 1 hour 30 minutes to 1 hour 45 minutes, or until a meat thermometer or instant-read thermometer inserted into the thickest part of the breast registers 170°F and the juices run clear. Transfer to a cutting board. Let stand for 15 minutes for easier slicing and to let the turkey continue cooking (the internal temperature will rise at least 5°). Discard the skin before serving the turkey.

COLD-WATER PLUNGE: BENEFITS AND CAUTIONS

SUBMITTED BY: KACEY IWEN, MS, ACSM-CEP
AT ASPIRUS HOWARD YOUNG MEDICAL CENTER

You may have seen the trend where people go out and take a dip in the cold lake during the winter, immerse into a cold-water tub, or even take a cold-water plunge to raise money for a cause. Since this trend has been growing in popularity, you may even see cold-water pools in gyms, wellness resorts, and hotels. First before taking the plunge, it is best to always consult your doctor. Now, let's dive into what this cold-water plunging trend is. A cold-water plunge or cold-water immersion involves partially or totally submerging yourself in cold water for a duration of time (Jagim, 2024). It is recommended to not go into water colder than 40 degrees Fahrenheit (Cleveland Clinic, 2024). If immersing into the lake, you should take the temperature before going in. A common range for beginners is 50-59 Fahrenheit and temperatures as low as 39-50 Fahrenheit for the more experienced (Cleveland Clinic, 2024). Cold-water plungers usually start 30 seconds to a minute and can work up to five to ten minutes at a time once more experienced (Jagim, 2024). However, in the end, there is no best practice about the best temperature, timing, or duration of cold plunges (Corliss, 2024).

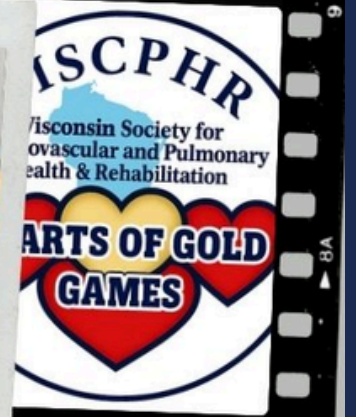
There must be some benefits to cold-water plunging. It can ease sore muscles by reducing the degree of exercise-induced muscle damage where less damage leads to less inflammation, which can reduce soreness and help restore physical performance the next day (Jagim, 2024). Cold-water therapy may temporarily lower stress, improve sleep quality, and slightly enhance quality of life, according to an analysis of 11 studies published Jan. 29, 2025, in PLOS One (Corliss, 2024). In terms of this, it may improve mental health. A 2024 review in the Journal of Thermal Biology focused on the cardiovascular effects of cold exposure in healthy people, where it was shown that cold exposure can enhance parasympathetic activity or your "rest and recovery" response. This benefit was demonstrated by improvements in heart rate variability, a measure of the variation in time between heartbeats. Higher heart rate variability can be associated with better cardiovascular health (Corliss, 2024).

There are also precautions to be aware when cold-water plunging. The initial shock of chilly water hitting your skin triggers the "fight or flight" response of the sympathetic nervous system. This sends powerful neurotransmitters like adrenaline and norepinephrine into your bloodstream, which speeds up your heart rate and blood pressure. Also, extra adrenaline can also disrupt the heart's steady rhythm (Corliss, 2025). So, it is recommended that individuals who are at elevated risk of cardiovascular disease, elevated risk for stroke, or anyone with a heart rhythm disorder, such as atrial fibrillation, should avoid cold-water plunging. Another thing to be cautious of is depending on the environment, you may be at risk for frostbite, and too-long exposure may lead to hypothermia (Corliss, 2025). So, make sure you have towels and warm clothing close at hand especially if you're doing cold plunges outdoors. Since cold-water plunging can constrict your blood vessels individuals who have circulation problems, such as peripheral arterial disease or Raynaud's should also avoid cold-water plunging. In the end there are health benefits and precautions on this growing trend, but it is always important to consult your doctor before taking the dive into a cold-water plunge.

References:

- Cleveland Clinic, (2024, December 24). The Benefits and Risks of Cold Plunges. <https://health.clevelandclinic.org/what-to-know-about-cold-plunges>
- Corliss, J. (2025, June 1). Cold plunges: Healthy or harmful for your heart? Harvard Health Publishing. <https://www.health.harvard.edu/heart-health/cold-plunges-healthy-or-harmful-for-your-heart>
- Jagim, A. (2024, January 30). Can taking a cold plunge after your workout be beneficial? Mayo Clinic Health System. <https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/cold-plunge-after-workouts>

♥️🏆 HEARTS OF GOLD GAMES 🏆♥️



PROFESSIONAL AND PROGRAM SUSTAINABILITY

UPCOMING EVENTS

ACPC MEETING -DECEMBER

DEC 11, 11:30 - 12:30 (CT)

ACPC MEETING- JANUARY

JAN 8, 11:00 - 13:00 (CT)

BOD MEETING- JANUARY

JAN 16, 11:30 - 13:00 (CT)

ACPC MEETING- MARCH

MAR 12, 12:00 - 14:00 (CT)

ACPC MEETING- MAY

MAY 14, 12:00 - 14:00 (CT)

SAVE THE DATE!

WISCPHR 37TH
ANNUAL CONFERENCE



APRIL 17 & 18, 2026
OSHKOSH, WI

NOTE: BOD MEETING NOTICES ARE SENT OUT BY AACVPR ON BEHALF OF WISCPHR. PLEASE CHECK YOUR JUNK/SPAM MAIL IF YOU ARE NOT GETTING MEETING NOTICES. IF YOU ARE NOT FOLLOWING OUR FACEBOOK PAGE PLEASE FEEL FREE TO FOLLOW AND LIKE US FOR MORE UP TO DATE INFORMATION AND SEE OUR UPCOMING EVENTS. OUR PAGE IS CALLED WI SOCIETY FOR CARDIOVASCULAR AND PULMONARY HEALTH AND REHABILITATION.

WWW.WISCPHR.ORG

IS YOUR PROGRAM DOING SOMETHING YOU'D LIKE MENTIONED OR HIGHLIGHTED IN OUR NEWSLETTER?

OR

HAVE AN ARTICLE YOU WOULD LIKE TO SUBMIT TO THE NEWSLETTER?
PLEASE SEND ANY INFORMATION TO OUR EDITOR, WHITNEE, BY EMAIL AT
WNOBLE@RAMCHEALTH.ORG

PROFESSIONAL AND PROGRAM SUSTAINABILITY

DID YOU MISS THIS OR OTHER QUARTERLY WEBINARS PROVIDED FOR **FREE** TO WISCPHR MEMBERS?

YOU'RE IN LUCK! AS A WISCPHR MEMBER, YOU CAN STILL WATCH THESE WEBINARS AND RECEIVE 1 CME FOR EACH ONE BY FOLLOWING THE INSTRUCTIONS AT: [WISCPHR EDUCATION](#)

Free Webinar



Cardiovascular and Pulmonary Risks of Cannabis and Cannabis Co-Use with Tobacco

FRIDAY | 11/21/25 | 1:00-2:00



DR. HASMEENA KATHURI

Dr. Kathuria, MD, is the Director of the University of Wisconsin Center for Tobacco Research and Intervention (UW-CTRI) and holds the prestigious Jan and Kathryn Ver Hagen Professorship of Translational Research in Medicine.

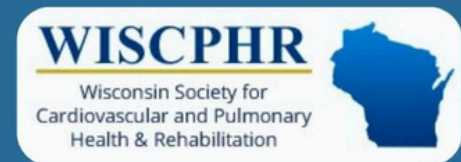
A tenured professor and specialist in pulmonary, critical care, and sleep medicine, Dr. Kathuria's work focuses on the intersection of clinical care, policy, and health equity—particularly in relation to tobacco dependence among disproportionately affected communities.

This presentation is part of WISCPHR's quarterly webinar series, which highlights topics aligned with AACVPR Core Competencies. The webinar is free and open to all interested participants. Continuing Medical Education (CME) credit has been applied for, and WISCPHR members will be eligible to receive 1 CME credit upon completion of the course. The session will be recorded and made available on the WISCPHR website, along with past webinars in the series. CME credit will be available for up to one year from the date of the presentation.

PROFESSIONAL AND PROGRAM SUSTAINABILITY

SAVE THE DATE!

**WISCPHR 37TH
ANNUAL CONFERENCE**



**APRIL 17 & 18, 2026
OSHKOSH, WI**

THE WISCPHR ANNUAL MEETING INVITES FIELD EXPERTS TO SHARE THE LATEST TRENDS IN CARDIAC AND PULMONARY REHABILITATION, BEHAVIOR CHANGE, NUTRITION, PROGRAM MANAGEMENT, LEADERSHIP AND RESEARCH. THIS IS A VALUABLE OPPORTUNITY TO NETWORK WITH OTHER WISCONSIN PROGRAMS, VISIT VENDORS ONSITE, AND VIEW THE LATEST TECHNOLOGY AND TOOLS AVAILABLE WITHIN THE FIELD OF CARDIAC AND PULMONARY REHAB. PLEASE REFER TO THE WISCPHR WEBSITE AND WISCPHR FACEBOOK PAGE FOR CONFERENCE UPDATES.