

NEWSLETTER

JUNE 2026
VOLUME 37
ISSUE NO. 3

WISCPHR

Wisconsin Society for
Cardiovascular and Pulmonary
Health & Rehabilitation



PRESIDENT'S CORNER

As I wrap up my term as President of WISCPHR, I want to extend my heartfelt gratitude to each of you. Serving this organization has been an honor, and I am deeply proud of what we have accomplished together over the past year.

Our community continues to be defined by collaboration, curiosity, and a shared commitment to advancing cardiovascular and pulmonary rehabilitation across Wisconsin. Whether you contributed through committee work, conference planning, educational programming, or simply by showing up with enthusiasm and ideas—you helped move our mission forward. This year brought meaningful progress: stronger professional connections, expanded learning opportunities, and renewed energy around the work we do. None of it would have been possible without the dedication of our volunteers, the support of our partners, and the engagement of our members.

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CORNER**

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COOKIN'**

**37TH ANNUAL
WISCPHR
CONFERENCE**

**PROFESSIONAL
AND PRORAM
SUSTAINABILITY**

Thank you for giving your time, your expertise, and your heart to this organization. I am especially grateful for the encouragement, guidance, and fresh perspectives so many of you offered throughout my presidency. The friendships and professional relationships built during this time are ones I will carry with me long after this role transitions. As I pass the leadership torch, I do so with confidence in the bright future ahead. WISCPHR is in strong hands, and I know this community will continue to innovate, support one another, and elevate the care we provide to patients across the state. Thank you for the privilege of serving as your President. It has been a joy and an honor.

Abigail Ahlskog, MS, CEP, CCRP
WISCPHR President

Thank you to our 2025-2026 WISCPHR BOD



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*Immediate- Past
President*



Abigail Ahlskog

President



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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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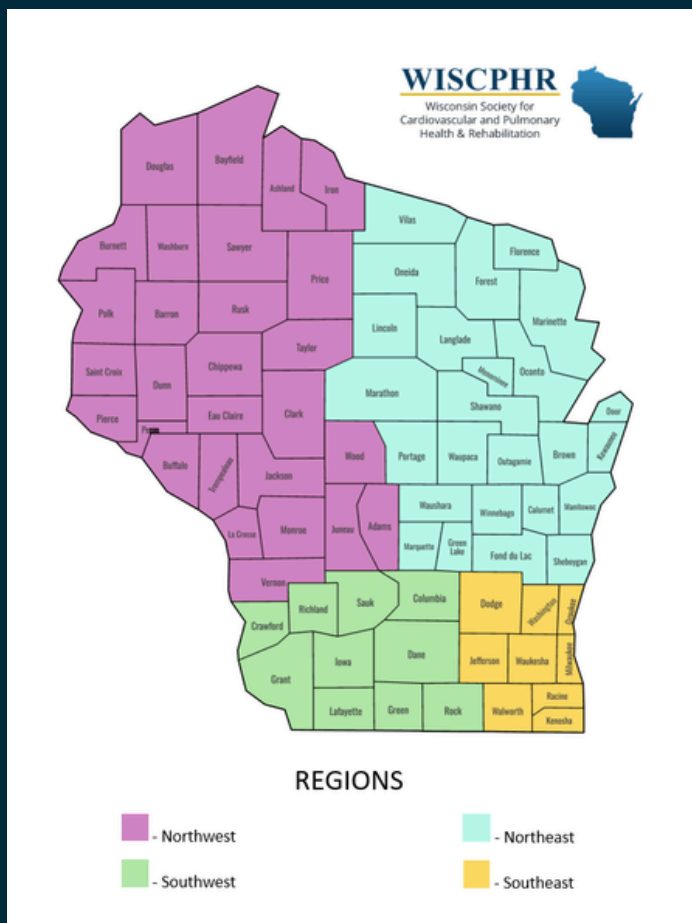
GRACE YANG, WISCONSIN RAPIDS

Join us

WE ARE LOOKING TO FILL THE FOLLOWING OPEN POSITIONS:

**TREASURER ELECT
MEMBERSHIP CHAIR
SECRETARY ELECT
PRESIDENT ELECT
REGIONAL REPS**

IF YOU HAVE EVEN THE SLIGHTEST INTEREST IN ANY OF THESE POSITIONS, PLEASE CONTACT OUR PRESIDENT, MCKENZIE PECKMAN, AT PECKMAN.MCKENZIE@MARSHFIELDCLINIC.ORG



LET'S *Get Cookin'*

Oatmeal Zucchini Cookie Bars

Submitted by Abigail Ahlskog, MS, CEP, CCRP
from Aspirus Ironwood Hospital in Ironwood, MI

Vegetables in cookies? Absolutely delicious! Bursting with flavor, these bars are a healthy way to satisfy a sweet tooth craving. Don't be surprised when you open the cookie jar and find only crumbs!

Prep Time: 10 min. Cook Time: 35 min. Total Time: 45 min. Servings: 24 Serving Size: 1 cookie bar

Ingredients:

Cooking spray

1/2 cup light brown sugar

2 tablespoons light tub margarine (at room temperature)

1 medium very ripe banana (mashed)

1 large egg

1 cup grated, unpeeled zucchini (squeezed dry)

1/2 teaspoon ground cinnamon

1/2 teaspoon grated lemon zest

OR

1/2 teaspoon grated orange zest

1/2 teaspoon vanilla extract

1/4 teaspoon ground nutmeg

1 cup all-purpose flour

1/2 cup uncooked, quick-cooking rolled oats

1 teaspoon baking powder

1/4 cup slivered almonds (chopped)

Directions:

Preheat the oven to 350°F. Lightly spray an 11 x 7 x 2-inch baking dish with cooking spray.

Meanwhile, in a large bowl, using an electric mixer on medium speed, cream the brown sugar and margarine until fluffy. Add the banana and egg. Beat well. Stir in the zucchini, cinnamon, lemon zest, vanilla, and nutmeg.

In a medium bowl, stir together the flour, oats, and baking powder. Stir the dry mixture into the zucchini mixture until moistened but no flour is visible. Stir in the almonds. Pour the batter into the baking dish. Bake for 20 to 25 minutes, or until the top is lightly golden. Transfer to a cooling rack. Let cool completely before cutting into bars.

Cooking Tip: Store the bars in an airtight container for up to three days or freeze for up to three months. To defrost, transfer the bars to a cooling rack for 1 to 2 hours.

Source: <https://recipes.heart.org/en/recipes/oatmeal-zucchini-cookie-bars>

LET'S *Get Cookin'*

Peanut Butter Granola Bars Recipe

Submitted by Grace Yang, MS ACSM-CEP
from Aspirus Wisconsin Rapids Hospital

Prep: 5 mins. Cook: 14 mins. Total: 19 mins. Servings: 16 squares

Ingredients

3 cups old-fashioned rolled oats (use verified gluten-free, if needed)

¾ cup natural peanut butter*

⅓ cup honey or maple syrup (both work well and taste great but honey helps hold the bars together better)

½ cup mini chocolate chips (optional)

2 whole eggs (use flax egg for vegan-friendly**)

Optional add-ins: pinch of salt (omit if peanut butter is salted), walnuts, pecans, almonds, chia, sunflower, or pumpkin seeds, or dried fruit

Instructions

Preheat oven to 350°F.

In a large bowl, combine all ingredients and mix well. If your peanut butter is solid at room temperature, heat it for 10-15 seconds to make it a more drizzly consistency before adding it to the mix.

Line a 9×9-inch baking dish or pan with parchment paper. This makes it much easier to remove the bars from your dish once baked.

Transfer the mixture from the mixing bowl to the prepared dish or pan.

Very firmly press the mixture into the pan in an even layer. The firmer you press, the better the bars will stick together.

If you're using chocolate chips, sprinkle them on top, then press them down into the bars.

Bake for 15-17 minutes or until the center is baked through and the edges are just starting to brown.

Start checking at 14 minutes, as all ovens are different.

Remove from the oven and place the pan on a cooling rack.

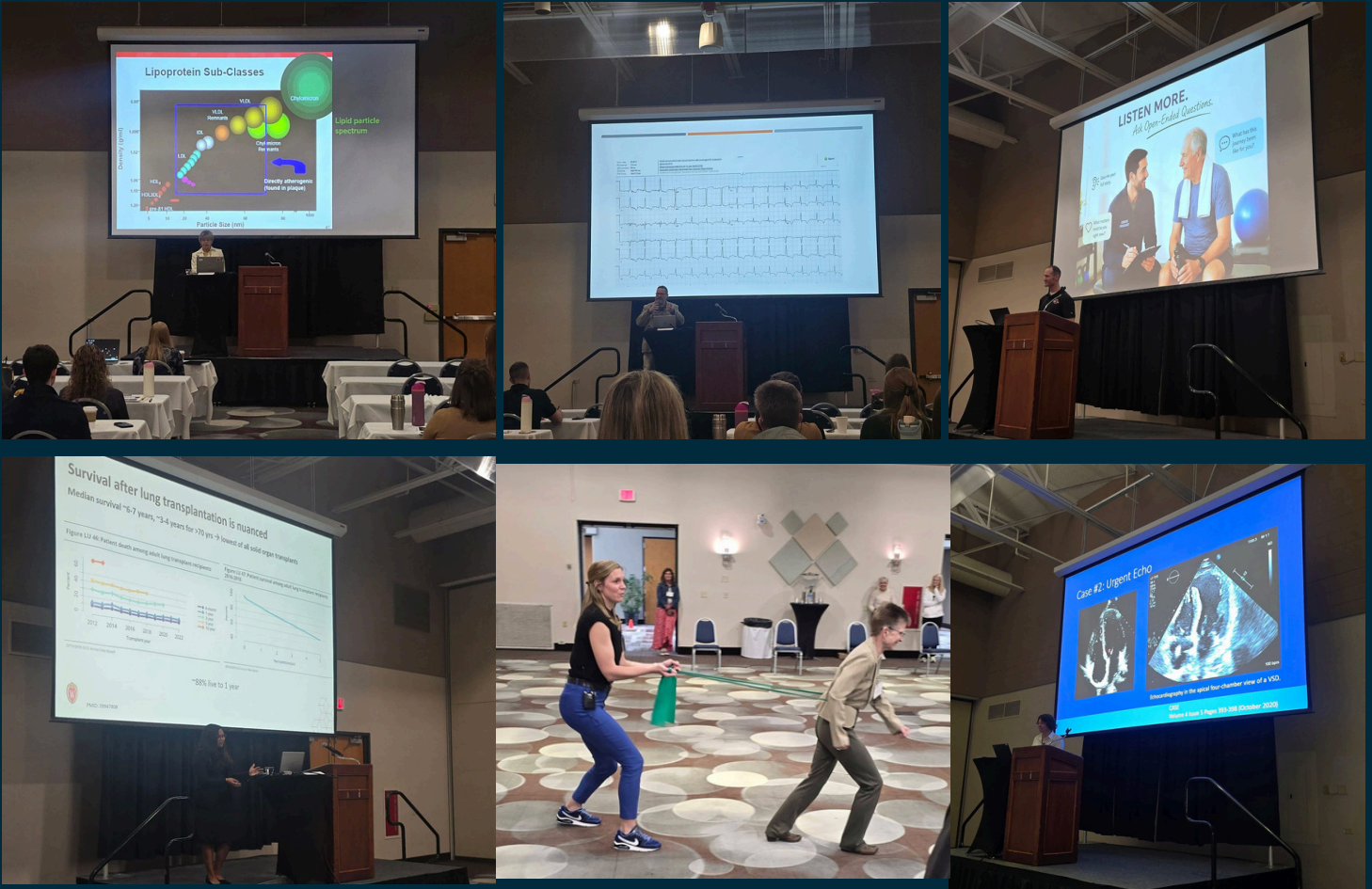
Let the bars cool completely before cutting them into 16 squares with a sharp knife.



Picture and Recipe Source:
<https://therealfooddietitians.com/5-ingredient-peanut-butter-granola-bars/#tasty-recipes-9791>

Enjoy some pictures from the 37th Annual WISCPHR Conference

Thank you to all those who attended!



Save the Date!
38th Annual Conference
Wisconsin Dells on April 16–17, 2027.

2025–2026 WISCPHR Award Winners

These individuals were recognized at this year's Annual Conference for their outstanding contributions to our organization and the field of cardiac and pulmonary rehabilitation. Special thank you to these individuals for their dedication, leadership, and impact on our profession.

Each recipient is pictured below with our WISCPHR President, Abigail Ahlskog

Honor of Clinical Distinction

This award recognizes outstanding clinicians in cardiac and/or pulmonary rehabilitation who demonstrate excellence in patient outcomes through clinical expertise, vigilance, and motivational techniques, while serving as a resource within the field.

2025-2026 Recipients: Kacie Vergeront and Kayla Olson



Presidential Citation & Recognition Award

This award is presented by the outgoing WISCPHR President to individuals who have made meaningful contributions during the president's term and to the association as a whole.

2025-2026 Recipients: McKenzie Peckman (left) and Grace Yang (right)



Distinguished Service Award

Each year, the WISCPHR Executive Committee may present the Distinguished Service Award to an individual whose leadership, ideas, and committee work have significantly benefited the organization.

2025-2026 Recipient: Samantha Rank

Thank You

TO OUR SPONSORS FOR THEIR
CONTINUED SUPPORT OF
WISCPHR

2026 Gold Level Sponsors:



Rare Disease



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2026 Silver Level Sponsors:



Professional and Program Sustainability

Please note that the WISCPHR Applied Mindfulness Webinar **expires** from the website on June 10th, 2026.

WISCPHR provides FREE quarterly webinars to its members.

These webinars are available for 1 YEAR after the live meeting date. Members can receive 1 FREE CME for each quarterly webinar by following the instructions on the Education Tab at www.wiscphr.org

If you haven't watched this webinar, please do so by June 10th to be able to receive your CEU.



MEET OUR SPEAKER

KRISTIE ZAHN

M.B.A., M.A., BCC.

CREDENTIALLED MINDFULNESS INSTRUCTOR, MBSR
FOUNDER, THE MINDFUL SOLUTION, LLC.

**APPLIED MINDFULNESS IN
CARDIAC-PULMONARY
REHABILITATION: THE
MIND-BODY
CONNECTION FOR
STRESS MANAGEMENT,
RELAXATION, AND SELF
CARE**

- Kristie has been teaching Mindfulness classes as part of an overall classroom curriculum at Ascension ASH Cardio - Pulmonary Rehabilitation unit for 12+ years.
- Kristie has taught Mindfulness for pain management, stress management during a global pandemic and in Centering classes for parents to be.
- In addition to her Mindfulness teaching, Kristie is a FT, Board Certified Chaplain at ASH, a meditation instructor, credentialed as a Sacred Passage Doula/hospice spiritual care/grief management and most recently, has been ordained as an Animal Chaplain.

For more info visit our website

www.wiscphr.org



Professional and Program Sustainability

Free Webinar

Intermittent Fasting & Rehab

Join us on Wednesday, June 17, 2026, 12:00–2:00 pm (CST)
Regional Round Table: 12:00–1:00 pm
Free Webinar: 1:00–2:00 pm (1 CME for WISCPHR Members)



Speaker: Angela Halderson RD, CLT, IFNP
Workplace: Ascension

Angela is a dedicated nutrition professional with a passion for helping others achieve lasting health and wellness. She earned her Bachelor's degree in Human Biology from the University of Wisconsin–Green Bay in 2015, followed by completion of the Priority Nutrition Care Distance Dietetic Internship from 2015–2016. From the start of her career, Angela has remained deeply committed to continued learning and professional growth.

Since 2017, she has expanded her expertise as a certified health coach, Certified LEAP Therapist, and integrative and functional nutrition practitioner.

Angela brings a comprehensive, whole-person approach to her work, blending clinical knowledge with holistic practices.

She currently works full-time as a bariatric and weight management dietitian with Ascension hospitals in Appleton and Oshkosh, where she supports patients on their journeys toward improved health. In addition, Angela owns her own private practice, where she specializes in integrative and functional nutrition.

For zoom link and more information visit
wiscphr.org

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Professional and Program Sustainability

WISCPHR Hearts of Gold Games
Nov 5, 09:00 - 17:00 (CT)
Baraboo, WI, United States

