

# WISCPHR NEWSLETTER

Wisconsin Society of Cardiovascular and Pulmonary Health and Rehabilitation

2026 - Volume 37, No. 2

## ● PRESIDENT'S CORNER ●

### PRESIDENT'S CORNER

As we look ahead to our Annual Conference this April, I am filled with a sense of excitement and momentum. Each year, this event brings our community together in a way that reminds us why WISCPHR exists—to learn, to connect, and to strengthen the future of cardiopulmonary health and rehabilitation across Wisconsin. This year's conference promises to be one of our most engaging yet, with sessions designed to challenge our thinking, elevate our practice, and spark new ideas.

But the conference is more than a single event on our calendar. It represents the direction WISCPHR is moving: forward, growing, and increasingly united in purpose. Our organization is evolving, and we are committed to building structures that support long-term growth—expanding educational opportunities, strengthening member engagement, and creating more pathways for leadership and collaboration.

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**CVRx**  
Outsmart the heart



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As we continue this work, your voice and your involvement will shape what comes next. Whether you are a long-standing member or newly joining our community, you play a vital role in defining the future of WISCPHR. I encourage you to bring your ideas, your energy, and your passion to the conversations happening this April and beyond.

Thank you for the privilege of serving as your President. I look forward to seeing you at the conference and to building the next chapter of WISCPHR together.

Warm regards,  
Abigail Ahlskog, MS, CEP, CCRP  
President, WISCPHR



## 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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# JOIN US

**WE ARE LOOKING TO FILL THE FOLLOWING OPEN POSITIONS:**

- **TREASURER ELECT**
- **MEMBERSHIP CHAIR**
- **SECRETARY ELECT**
- **PRESIDENT ELECT**
- **SW REGIONAL REP**

**IF YOU HAVE EVEN THE SLIGHTEST INTEREST IN ANY OF THESE POSITIONS, PLEASE CONTACT OUR PRESIDENT, ABBY, AT [RYSKEYA@MAIL.GVSU.EDU](mailto:RYSKEYA@MAIL.GVSU.EDU)**

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



Grace Yang and Kim Radtke represented the WISCPHR at the AACVPR Day on the Hill in Washington, D.C., from March 2–4, 2026. Despite snow, rain, and cold weather, the visit was productive and energizing. Over the course of three days, they met with seven Wisconsin House offices and two Senate offices, speaking with legislators or their aides about critical issues affecting cardiac and pulmonary rehabilitation (CR/PR). They also toured several historic sites, including the U.S. Capitol, Library of Congress, and the House Gallery, and enjoyed visits to the Washington Monument, Lincoln Memorial, Korean War Veterans Memorial, and World War II Memorial.





AACVPR hosted a legislative briefing and networking event on March 3, and former AACVPR and WISCPHR president Barb Fagan joined the team for meetings on March 4.

Their primary advocacy focus was securing support for HR 955 / S.1849, the Sustaining Outpatient Services (SOS) Act. This legislation would prevent steep reimbursement cuts for hospital-based CR/PR programs located off-campus by ensuring Medicare continues to reimburse these services under the outpatient payment rate. Without this correction, reduced reimbursement threatens the sustainability of programs already expected to expand access for beneficiaries. Passing the SOS Act would remove a major financial barrier and support broader patient access to these essential services.

They also urged support for H.R. 783 / S. 248, the Sustainable Cardiopulmonary Rehabilitation Services in the Home Act, which would permanently authorize virtual CR/PR services. Temporary telehealth flexibilities during the COVID-19 public health emergency significantly improved access for patients facing transportation, mobility, work, or geographic challenges, particularly in rural communities. Evidence shows virtual CR/PR is safe, effective, and increases participation among women, older adults, and rural residents. Allowing these flexibilities to expire would reverse meaningful progress; making them permanent would modernize care delivery and reduce disparities.

All congressional offices responded positively to these priorities. The team averaged nearly 20,000 steps per day, quickly discovering tennis shoes were essential gear for advocacy work on Capitol Hill. WISCPHR encourages members interested in participating in the 2027 AACVPR Day on the Hill to reach out to the leadership team. The experience offers valuable opportunities to strengthen public-speaking skills, grow professionally, and advocate for patients who benefit from cardiac and pulmonary rehabilitation.

Submitted by Kim Radtke, PhD, CCRP, ACSM-RCEP  
WISCPHR Board Member At Large, Past President, CEU Coordinator

# LET'S GET COOKIN'

## GREEK QUINOA SALAD WITH AVACADO

SUBMITTED BY: GRACE YANG, MS ACSM-CEP  
AT ASPIRUS WISCONSIN RAPIDS HOSPITAL

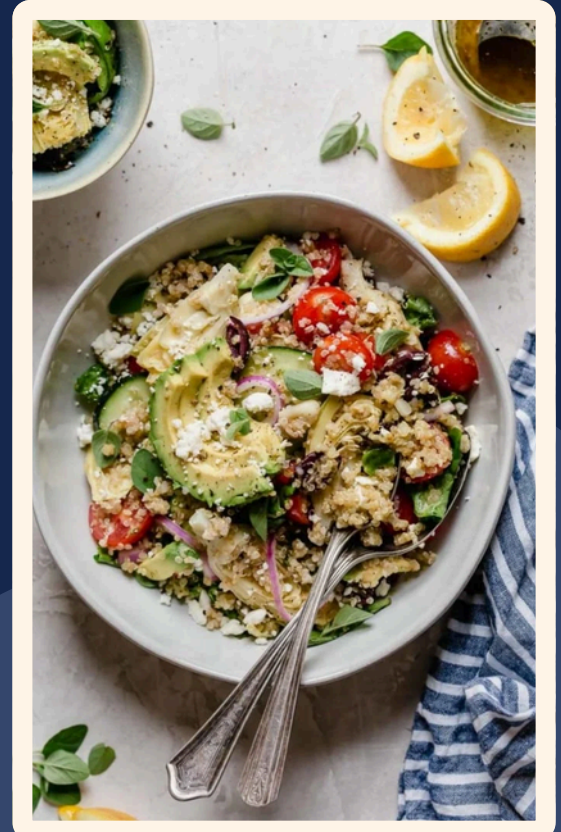
### Ingredients (Servings: 5-6 side-dish servings or 3-4 main-dish servings)

#### For the Salad:

- 4 cups spinach or mixed greens (about 4 handfuls)
- 1 cup sliced cucumber
- $\frac{3}{4}$  cup halved grape or cherry tomatoes
- $\frac{1}{2}$  cup sliced red onion
- $\frac{1}{2}$  cup canned, jarred, or frozen artichoke hearts (drained or thawed)
- $\frac{1}{2}$  cup crumbled feta cheese
- $\frac{1}{4}$  cup pitted and halved kalamata olives
- 1 small avocado, peeled, pitted, and sliced
- 1 cup cooked and cooled quinoa\*

#### For the Dressing:

- $\frac{1}{3}$  cup avocado oil or extra-virgin olive oil
- 2 tablespoons fresh oregano, roughly chopped (or 1 teaspoon dried oregano)
- Juice of 1 lemon (about 3 tablespoons)
- Salt and black pepper to taste



### Instructions:

- In a large bowl, combine all of the salad ingredients. Set aside.
- In a small bowl or jar with lid, whisk (or shake) together the dressing ingredients. Pour over salad and toss gently to coat.
- Chill in refrigerator until ready to serve.

PICTURE AND RECIPE REFERENCE: [HTTPS://THEREALFOODDIETITIANS.COM/GREEK-QUINOA-SALAD/#TASTY-RECIPES-9812](https://therealfooddietitians.com/greek-quinoa-salad/#TASTY-RECIPES-9812)

# LET'S GET COOKIN'

## SPRING MIX SALAD WITH BALSAMIC HONEY DRESSING

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

### Ingredients (Servings: 4)

For the Salad:

- 6 cups spring mix greens (baby spinach, arugula, and baby lettuces)
- ½ cup strawberries, sliced
- ¼ cup crumbled goat cheese (or feta)
- ¼ cup candied pecans or walnuts
- ¼ small red onion, thinly sliced
- ¼ cup sunflower seeds (optional)

For the Balsamic Honey Dressing:

- ¼ cup olive oil
- 2 tbsp balsamic vinegar
- 1 tbsp honey
- 1 tsp Dijon mustard
- 1 small garlic clove, minced
- ¼ tsp salt
- ¼ tsp black pepper



### Instructions:

- **Make the dressing:** In a small bowl or jar, whisk together the olive oil, balsamic vinegar, honey, Dijon mustard, garlic, salt, and pepper until smooth. Set aside.
- **Assemble the salad:** In a large bowl, add the spring mix greens, sliced strawberries, red onion, goat cheese, and candied pecans. Toss gently to combine.
- **Dress the salad:** Drizzle the balsamic honey dressing over the salad and toss lightly to coat.
- **Serve:** Sprinkle with sunflower seeds (if using) and serve immediately for the freshest taste.

PICTURE AND RECIPE REFERENCE: [HTTPS://SLIMMINGVIOLET.COM/SPRING-SALADS/](https://slimmingviolet.com/spring-salads/)

# TIPS FOR EATING HEALTHIER ON A BUDGET

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

DO YOU HAVE A GOAL OF WORKING TOWARDS INCORPORATING A HEALTHIER DIET? DO YOU FEEL LIKE EATING HEALTHY IS TOO EXPENSIVE? HERE ARE SOME TIPS FOR FINDING CREATIVE WAYS TO EAT HEALTHY ON A BUDGET.

## 1. MEAL PREP FOR MAJOR SAVINGS.

BY MEAL PREPPING, YOU CAN BUY INGREDIENTS IN BULK, WHICH IS OFTEN CHEAPER. ALSO, BY PORTIONING YOUR MEALS OUT FOR THE WEEK, YOU'LL ALSO CUT DOWN ON FOOD WASTE. FURTHERMORE, BY HAVING A MEAL PLAN,

YOU'RE ALSO LESS LIKELY TO BE TEMPTED TO SPLURGE ON TAKEOUT, WHICH HAS BEEN BECOMING INCREASINGLY MORE EXPENSIVE. IF YOU WANT TO GO OUT FOR A MEAL, PLAN IT INTO THE BUDGET AHEAD OF TIME.

## 2. SHOP SEASONALLY OR HEAD TO THE FREEZER AISLE.

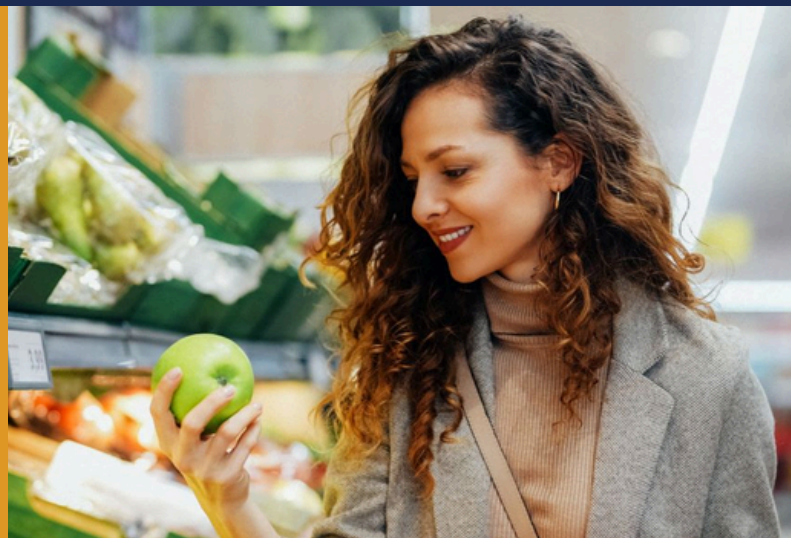
FRESH FRUITS AND VEGETABLES AREN'T JUST DELICIOUS WHEN THEY'RE IN SEASON, THEY'RE ALSO MORE AFFORDABLE. IF YOUR FAVORITES AREN'T IN SEASON, DO NOT FORGET ABOUT FROZEN PRODUCE. THESE ARE OFTEN JUST AS NUTRITIOUS, BECAUSE THEY'RE FLASH-FROZEN AT PEAK RIPENESS.

## 3. MAKE A SHOPPING LIST AND STICK TO IT.

IN OR OUT OF THE GROCERY STORE, IMPULSE BUYS TEND TO BE THE ENEMY OF A GOOD BUDGET, ESPECIALLY WHEN HUNGRY. ONE OF THE EASIEST WAYS TO AVOID THEM? MAKE A LIST BEFORE YOU HEAD TO THE STORE. THIS WON'T JUST HELP YOU KEEP COSTS DOWN, BUT IT WILL HELP YOU KEEP YOUR NUTRITION IN CHECK AS WELL. ALSO, MAKE A REALISTIC GROCERY BUDGET, SO YOU KNOW EXACTLY WHAT YOU'RE SPENDING.

## 4. RETHINK YOUR PROTEIN.

MEAT IS PROBABLY THE MOST EXPENSIVE ITEM ON YOUR GROCERY LIST, BUT IT DOESN'T HAVE TO BE. SEE IF YOUR FAVORITE PROTEIN SOURCES ARE ON SALE FOR THE WEEK AND IF ABLE, GO FOR LEAN PROTEIN OPTIONS. IF YOUR FAVORITE PROTEIN ISN'T ON SALE, DON'T BE AFRAID TO BRANCH OUT. THERE ARE BUDGET-FRIENDLY PROTEIN SOURCES LIKE BEANS, LENTILS AND TOFU THAT WILL NOT ONLY CUT DOWN ON COSTS, BUT THEY'RE ALSO A FUN WAY TO CHANGE UP YOUR ROUTINE AND PACKED WITH OTHER NUTRIENTS.



CONTINUED ON NEXT PAGE...

### **5. DITCH THE PROCESSED SNACKS.**

CHIPS, COOKIES AND CANDY MIGHT BE CONVENIENT AND DELICIOUS, BUT THEY ARE NOT CHEAP. TRY MAKING YOUR OWN AIR-POPPED POPCORN, YOGURT PARFAITS OR VEGGIE CHIPS AT HOME. ALSO, PREP GRAB-AND-GO SNACKS AT THE START OF THE WEEK, TO GIVE YOURSELF THE SAME CONVENIENCE AS CHIPS.

### **6. LEARN TO LOVE LEFTOVERS OR YOUR FREEZER.**

WITH THE PRICE OF TAKEOUT AND EVEN FAST FOOD ON THE RISE, COOKING AT HOME IS ONE OF THE BEST WAYS TO SAVE MONEY. WHEN YOU COOK AT HOME, YOU HAVE CONTROL OVER WHAT GOES INTO YOUR FOODS AND IF YOU DO IT RIGHT, YOU'LL HAVE PLENTY OF LEFTOVERS. NOT A FAN OF LEFTOVERS? TRY FREEZING YOUR LEFTOVERS FOR A QUICK MEAL LATER ON.

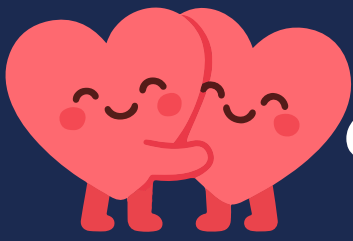
### **7. DON'T SHY AWAY FROM GARDENING.**

IF YOU HAVE A LITTLE OUTDOOR SPACE, OR EVEN JUST A SUNNY WINDOWSILL, GROWING YOUR OWN HERBS AND VEGETABLES CAN HELP KEEP COSTS DOWN. YOU WOULD BE SURPRISED HOW EASY SOME VEGETABLES AND HERBS ARE TO GROW. DO NOT WANT TO WEED A GARDEN OUTSIDE? SMALL HERB GARDENS DON'T REQUIRE NEARLY AS MUCH EFFORT, AND CAN STILL SAVE YOU QUITE A BIT OF MONEY. BASIL, THYME AND ROSEMARY ARE EASY TO GROW INDOORS, BUT CAN BE EXPENSIVE TO BUY FROM A STORE.

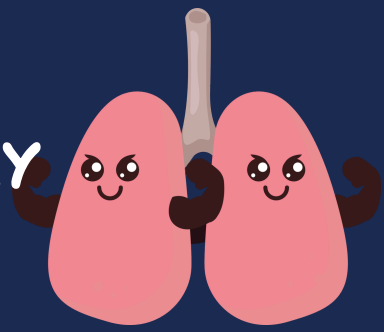
EATING HEALTHY ON A BUDGET WILL TAKE SOME TIME AND EFFORT TO GET USED TO. YOU WILL HAVE TO FOLLOW SALES AND MAY HAVE TO LEARN TO BE CREATIVE WITH YOU MEALS. IN THE END, IT IS WORTH IT NOT ONLY FOR YOUR OVERALL HEALTH, BUT YOUR WALLET TOO.

#### **REFERENCE:**

7 TIPS TO EAT HEALTHY ON A BUDGET. (2025, APRIL 14). HARTFORD HEALTHCARE. [HTTPS://HARTFORDHOSPITAL.ORG/ABOUT-HH/NEWS-CENTER/NEWS-DETAIL?ARTICLEID=63370](https://hartfordhospital.org/about-hh/news-center/news-detail?articleid=63370)



# CELEBRATING NATIONAL CARDIAC AND PULMONARY REHAB WEEKS

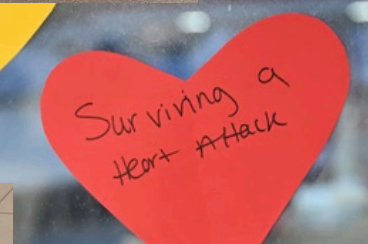


Cardiac Rehab  
at  
Prairie Ridge  
Health  
Columbus

Prairie Ridge  
HEALTH  
Inspired by you



staff at VNH,  
specially at  
the Heart Center  
is so exceptional!  
They are all  
kind and  
helpful  
and have many  
ideas on improve-  
ment. I look  
forward to cardiac  
rehab every  
week!  
Thank you



The Path to Better Breathing.

Upland   
Health



PROFESSIONAL & PROGRAM  
SUSTAINABILITY

**SAVE THE  
DATE!** APRIL 17 & 18, 2026  
OSHKOSH, WI

**WISCPHR 37<sup>TH</sup>  
ANNUAL CONFERENCE**



Please refer to the WISCPHR website for conference updates.

 [www.wiscphr.org](http://www.wiscphr.org)  

Please email [wiscphr@gmail.com](mailto:wiscphr@gmail.com) to update your hospital name or address on our mailing list.

It's not too late,  
[click here](#) to  
register today!



# PROFESSIONAL & PROGRAM SUSTAINABILITY

## UPCOMING EVENTS

### WISCPHR ANNUAL CONFERENCE

APR 17 - 18

### ACPC MEETING- MAY

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

### BOD MEETING- MAY

MAY 22, 11:30 - 13:00 (CT)



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](http://WWW.WISCPHR.ORG)

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

OR


DO YOU 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](mailto:WNOBLE@RAMCHEALTH.ORG)

## PROFESSIONAL & PROGRAM SUSTAINABILITY



**WISCPHR PROVIDES FREE  
QUARTERLY WEBINARS TO ITS  
MEMBERS!**

**THESE WEBINARS ARE AVAILABLE FOR 1 YEAR. YOU CAN  
RECEIVE 1 CME FOR EACH WEBINAR BY FOLLOWING THE  
INSTRUCTIONS AT: WISCPHR EDUCATION**

 **NOTE THAT THE WISCPHR APPLIED MINDFULNESS  
WEBINAR RESOURCES WEBINAR EXPIRES ON  
JUNE 10TH, 2026**



**IF YOU HAVEN'T WATCHED THIS YET, PLEASE DO SO BY THIS  
DATE TO BE ABLE TO RECEIVE YOUR CEU**