

WISCPHR NEWSLETTER

Wisconsin Society of Cardiovascular and Pulmonary Health and Rehabilitation

2026 - Volume 37, No. 1

PRESIDENT'S CORNER

Greetings,

Happy New Year! I am excited to see what 2026 brings to WISCPHR. We have many exciting presentations for our next annual conference planned. Thank you to everyone that has been working hard getting the conference planned. If you have any interest in helping out with the ACPC committee, please reach out to Dawn Hoff.

When writing this column I wanted to touch base with you on taking the time to hit refresh in your daily life. This quote below summed up what we should all do as volunteers of WISCPHR.

"Every person, organization, and even society reaches a point at which they owe it to themselves to Hit Refresh -- to re energize, renew, reframe, and rethink their purpose." - Satya Nadella (Microsoft CEO)

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CVRX
Outsmart the heart

In our professional lives we continue to take great care of our patients but sometimes overlook ourselves. We all go over stress relieving techniques with our patients, so put them to use! Here are a few listed below.

- Exercise: Go for a walk!
- Deep breathing or meditate
- Listen to music
- Get enough sleep
- Do something you enjoy!

I want to thank all of our generous volunteers that take many hours out of their daily schedule to keep moving WISCPHR forward. Continue to watch the WISCPHR website and social media for upcoming dates of BOD meetings, committee meetings and activities. One very exciting opportunity I would like to highlight that WISCPHR supports is Day on the Hill. This is planned for March 3rd and 4th, 2026 in Washington D.C. Below is taken from the AACVPR Website.

AACVPR's Day on the Hill (DOTH) is a unique opportunity to advocate for crucial legislation impacting program viability and patient access to cardiac and pulmonary rehabilitation. Join us March 3-4, 2026, in Washington, DC to meet with legislators and their staff, share your stories, and advocate for our field. Training will be provided, and everyone encouraged to join. Together, we'll make the strongest case to advance the field and support patient care.

- A comprehensive advocacy training session to prepare you for your meetings on Capitol Hill.
- The chance to educate lawmakers about the vital role of CR/PR programs in improving patient outcomes.
- Networking with peers and advocates from across the country

If you are interested in participating in WISCPHR, please reach out! We have some fun and exciting activities happening in 2026!

Have a great year!

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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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

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

DAY ON THE HILL

March 3-4, 2026



DAY ON THE HILL 2026

MARCH 3-4, 2026 | WASHINGTON, DC

AACVPR'S DAY ON THE HILL (DOTH) IS A UNIQUE OPPORTUNITY TO ADVOCATE FOR CRUCIAL LEGISLATION IMPACTING PROGRAM VIABILITY AND PATIENT ACCESS TO CARDIAC AND PULMONARY REHABILITATION. JOIN US MARCH 3-4, 2026, IN WASHINGTON, DC TO MEET WITH LEGISLATORS AND THEIR STAFF, SHARE YOUR STORIES, AND ADVOCATE FOR OUR FIELD. REGISTRATION IS COMPLIMENTARY AND NO PRIOR TRAINING OR EXPERIENCE IS REQUIRED. TRAINING WILL BE PROVIDED, AND EVERYONE ENCOURAGED TO JOIN. TOGETHER, WE'LL MAKE THE STRONGEST CASE TO ADVANCE THE FIELD AND SUPPORT PATIENT CARE.

THIS EVENT INCLUDES:

- A COMPREHENSIVE ADVOCACY TRAINING SESSION TO PREPARE YOU FOR YOUR MEETINGS ON CAPITOL HILL.
- THE CHANCE TO EDUCATE LAWMAKERS ABOUT THE VITAL ROLE OF CR/PR PROGRAMS IN IMPROVING PATIENT OUTCOMES.
- NETWORKING WITH PEERS AND ADVOCATES FROM ACROSS THE COUNTRY.

- ADVOCATE - WISCPHR - WISCONSIN SOCIETY FOR CARDIOVASCULAR AND PULMONARY
HEALTH REHABILITATION
-AACVPR DAY ON THE HILL

PLEASE FILL OUT THE GOOGLE FORMS BELOW IF YOU ARE INTERESTED AND ONE OF OUR BOD MEMBERS WILL REACH OUT TO YOU. WE ASK THAT YOU SUBMIT YOUR INTEREST NO LATER THAN 1/31/26. ANY QUESTIONS CAN BE DIRECTED TO ABBY AHLSKOG- WISCPHR PRESIDENT.

[HTTPS://FORMS.GLE/4BNUP2XX3WNXPANP8](https://forms.gle/4BNUP2XX3WNXPANP8)

LET'S GET COOKIN'

AIR FRYER POMEGRANATE-GLAZED SALMON

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

Ingredients (servings: 4):

Special Equipment: 6 Qt Air Fryer

- 2 tablespoons pomegranate molasses
- 1 1/2 teaspoons sweet chili sauce
- 1 1/2 teaspoons low-sodium soy sauce
- 1 clove garlic, grated
- 2 teaspoons honey
- Juice of 1 lime
- Kosher salt and freshly ground black pepper
- Four 8-ounce center-cut skinless salmon fillets
- 1/2 cup pomegranate arils
- 1/4 cup fresh cilantro leaves, finely chopped
- 1 tablespoon olive oil
- 1 serrano pepper, seeded and finely chopped

[HTTPS://WWW.FOODNETWORK.COM/HEALTHY/PACKAGES/HEALTHY-EVERY-WEEK/QUICK-AND-SIMPLE/HEALTHY-DINNERS-IN-40-MINUTES-OR-LESS](https://www.foodnetwork.com/healthy/packages/healthy-every-week/quick-and-simple/healthy-dinners-in-40-minutes-or-less)



Instructions:

- Whisk the pomegranate molasses, sweet chili sauce, soy sauce, garlic, 1 teaspoon of the honey, half of the lime juice, 1/4 teaspoon salt and a few grinds of pepper in a medium bowl until combined. Brush the glaze on top of the salmon fillets and season each with 1/4 teaspoon salt and a few grinds of pepper.
- Arrange the fillets in the basket of a 6-quart air fryer, making sure they are not touching. Cook at 400 degrees Fahrenheit until the tops are dark golden brown in spots and caramelized all over and the salmon easily flakes with a fork when gently pressed, 6 minutes for medium rare and 7 minutes for medium (see Cook's Note).
- Meanwhile, combine the pomegranate arils, cilantro, olive oil, serrano, remaining 1 teaspoon honey, remaining lime juice, 1/4 teaspoon salt and a few grinds of pepper until well combined.
- Transfer the salmon to a serving platter and spoon the pomegranate relish over top.

Cook's Note: Settings may vary on your air fryer depending on the model. Please refer to the manufacturer's guide.

REFERENCE:

[HTTPS://WWW.FOODNETWORK.COM/RECIPES/FOOD-NETWORK-KITCHEN/AIR-FRYER-POMEGRANATE-GLAZED-SALMON-16944198](https://www.foodnetwork.com/recipes/food-network-kitchen/air-fryer-pomegranate-glazed-salmon-16944198)

LET'S GET COOKIN'

WHOLE WHEAT PANCAKES WITH STRAWBERRIES

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

Ingredients (servings: 6)

- Cooking spray
- 2/3 cup whole-wheat flour
- 1/4 cup oats
- 1 teaspoon baking powder
- 2/3 cup fat-free milk
- 1 large egg lightly beaten
- 2 teaspoons canola oil
- 3 hulled, sliced strawberries



Instructions:

- In a large bowl, combine flour, oats and baking powder; mix well. In a medium bowl combine milk, egg and oil; blend well.
- Add dry ingredients all at once; stir just until dry ingredients are moistened.
- Coat skillet with spray and heat to medium high. For each pancake, spoon 1/4 cup of batter into skillet.
- Flip with batter bubbles and edges begin to set. Remove from heat and top with the strawberries.

RECIPE AND PICTURE SOURCE:

[HTTPS://RECIPES.HEART.ORG/EN/RECIPES/WHOLE-WHEAT-PANCAKES-WITH-STRAWBERRIES](https://recipes.heart.org/en/recipes/whole-wheat-pancakes-with-strawberries)

NEW DIETARY GUIDELINES FOR AMERICANS: FEATURES AND SOME CONTRAINDICATIONS

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

For those who have not seen, there was a release of the new 2025-2030 Dietary Guidelines for Americans. The guidelines really tried to emphasize eating real food with the importance of limiting added sugar and processed foods.

Key features talked about in the guidelines:

Eat the right amount for you

Water is best for hydration

Prioritize protein

Consume dairy

Eat vegetables and fruits

Healthy fats

Whole grains

Limit highly processed foods, added sugars, & refined carbohydrates

Limit alcohol beverages

Then, it breaks down some special populations and considerations.

(U.S. Department of Agriculture & U.S. Department of Health and Human Services, 2026).

[HTTPS://NUTRITIONSOURCE.HSPH.HARVARD.EDU/2026/01/09/DIETARY-GUIDELINES-FOR-AMERICANS-2025-2030/](https://nutritionsource.hsp.harvard.edu/2026/01/09/dietary-guidelines-for-americans-2025-2030/)



While some things in the guidelines are going in the right direction, like limiting added sugar and processed foods, there seems to be some contraindications, especially relating to those with cardiovascular risk. Let's look at just a couple things from a cardiovascular risk standpoint. First, the "healthy" fats. It emphasizes whole foods where it groups together animal-based foods, which tend to be higher in saturated fats, such as meats and full fat dairy with plant-based foods, which are lower in saturated fat. Then the guidelines state that in general, saturated fat consumption should not exceed 10% of total daily calories. Plus, if looking at the graphic of the pyramid, steak, cheese, whole milk, and butter (saturated fats) seem to play a prominent role (The Nutrition Source, 2026). This could cause confusion on "healthy" fat sources. However, the guidelines do mention more high-quality research is needed to determine which types of dietary fats best support long-term health. Second, prioritizing protein. The new DGAs suggest that adults consume 1.2 to 1.6 grams of protein per kilogram of body weight per day, which is 50-100% more than what was previously recommended for minimum intake. Protein needs are best determined by a healthcare provider or a registered dietitian, as consuming excess protein can still be converted to fat in the body and lead to weight gain when not used. What's also missing from the Guidelines is clarity on the quality of different protein foods (The Nutrition Source, 2026). Overall, the graphic of the new pyramid by itself can be confusing, given the visual emphasis on animal products high in saturated fat. In conclusion, it is best to talk with your healthcare provider or a registered dietitian on your individual dietary needs.

References:

The Nutrition Source. (2026, January 9). Dietary Guidelines for Americans 2025-2030: Progress on added sugar, protein hype, saturated fat contradictions. <https://nutritionsource.hsp.harvard.edu/2026/01/09/dietary-guidelines-for-americans-2025-2030/>

U.S. Department of Agriculture & U.S. Department of Health and Human Services. (2026). Dietary guidelines for Americans, 2025-2030. U.S. Government Publishing Office. <https://cdn.realfood.gov/DGA.pdf>



THE FIRST FRIDAY
IN FEBRUARY IS

NATIONAL WEAR RED DAY®

Cardiovascular disease is the
No. 1 killer of women.

Every heart tells a story. Help
us change the ending for
women everywhere.

Wear RED for yourself or
someone you love.

Friday, Feb. 6, 2026



Need ideas to help celebrate? There are
toolkits on the AACVPR website here:

CR & PR Weeks

Save the Date



Cardiac Rehabilitation Week

February 8-14, 2026

Save the Date



Pulmonary Rehabilitation
Inhale Confidence, Exhale Limits

Pulmonary Rehabilitation Week

March 8-14, 2026

Please send what you did to celebrate
to wnoble@ramchealth.org
to be highlighted in the next
newsletter!

Bonus if you send pictures!
(please send by 3/25/26)

PROFESSIONAL & PROGRAM SUSTAINABILITY

SAVE THE DATE!

WISCPHR 37TH
ANNUAL CONFERENCE



APRIL 17 & 18, 2026
OSHKOSH, WI

WATCH FOR REGISTRATION DETAILS IN FEBRUARY



IT IS TIME TO NOMINATE!

WISCPHR NEEDS YOUR NOMINATIONS FOR THE AWARD OF EXCELLENCE AND HONOR OF CLINICAL DISTINCTION. SEE THE AWARDS TAB ON THE WISCPHR WEBSITE (WWW.WISCPHR.ORG) FOR THE NOMINATION FORMS AND CRITERIA.



PROFESSIONAL & PROGRAM SUSTAINABILITY

UPCOMING EVENTS

MARKETING & COMMUNICATIONS COMMITTEE MEETING
FEB 6, 12:00 - 13:00 (CT)

ACPC MEETING- MARCH
MAR 12, 12:00 - 14:00 (CT)

REGIONAL ROUNDTABLE & PULMONARY HYPERTENSION WEBINAR (SEE NEXT PG)
MAR 20, 12:00 - 14:00 (CT)

WISCPHR ANNUAL CONFERENCE
APR 17 - 18

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

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

SAVE THE DATE!

WISCPHR 37TH
ANNUAL CONFERENCE



APRIL 17 & 18, 2026
OSHKOSH, WI

NOTE: BOD MEETING NOTICES ARE SENT OUT BY AACVPR ON BEHALF OFF 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

PROFESSIONAL & PROGRAM SUSTAINABILITY

IN CASE YOU
MISSED IT...

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 EXERCISE PRESCRIPTION
WEBINAR EXPIRES ON MARCH 11TH, 2026



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