

# The UPCRA Beat

Upper Plains Cardiopulmonary Rehabilitation Association  
9/21/2018  
Edition 1, Volume 2



**UPCRA Fall Teleconference**  
October 11<sup>th</sup>  
12:00pm CST/11:00am MST

**Speakers:**

**Julie Rood** RN, Trinity Health  
**Amber Cammack** RN,  
Spearfish Regional Hospital  
**Tara Odgen** EP, Rapid City  
Regional Hospital

See attachment to sign-up!

**UPCRA Grant Winner:**

Julie Rood our UPCRA secretary for 2 years won \$1,500 to attend the 33<sup>rd</sup> AACVPR Annual Meeting!

**Quick note from Julie:**

Thank you so much for the scholarship to attend the National AACVPR meeting!

It was such a great experience and I really enjoyed it!



**MISSION:** To serve as a professional network for cardiac and pulmonary rehabilitation programs providing resources for enhancement throughout the Dakotas and surrounding area.

**PAD Spotlight:**

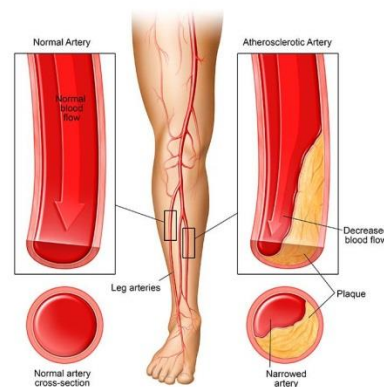
Hello UPCRA,

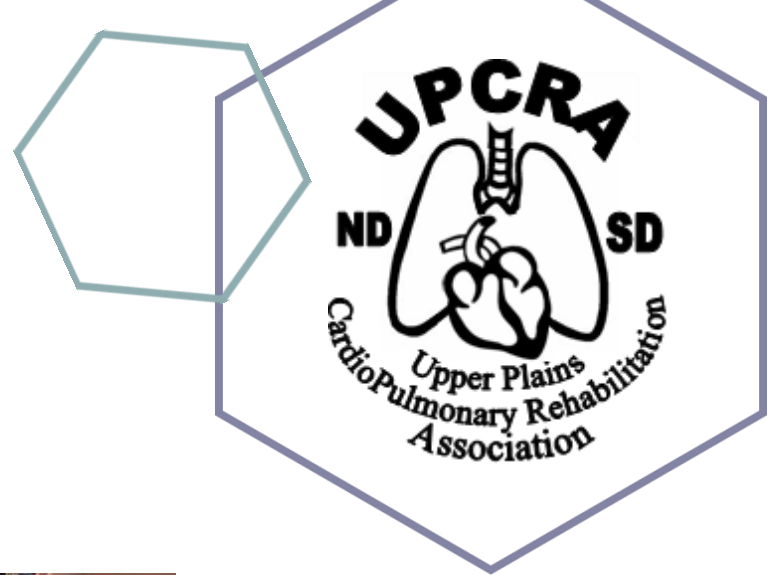
I am just so darn excited!! I have been giving our PAD patient individual attention because of his vision problems. He completed his 9th session today so 3 full weeks, and he has improved by leaps and bounds with speed, distance, and time. He told me today that he can feel his feet now. I told him I noticed something

was different because he was taking longer and smoother strides. He also stated that he felt the cold air on his feet this weekend and noticed they were sweating now too and hadn't in the past for quite some time! I think I am as happy as him, he is a true PAD and he is getting definite improvements- YAY!!!!

Story by Melissa Marty RN in Regional Health Spearfish Cardiac Rehab

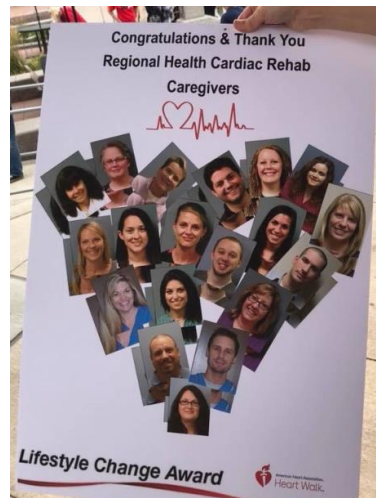
## Peripheral Artery Disease





### Website Update:

The goal is to have it up and running by the Fall Teleconference. We will still need someone to take over as website chair. Emily Hoffman will teach you what you need to know.



### Shared on Facebook:

Regional Health Cardiac Rehab program won an AHA "Lifestyle Change Award" at the Black Hills Annual American Heart Association Heart walk. Please like us on Facebook and share stories of your accomplishments and successes!

"If it doesn't **challenge** you it won't **change** you!"

### UPCRA Board Members:

President and Nominations Committee Chair: Emily Hoffman  
Secretary: Julie Rood  
Treasurer: Teresa Hauser  
Education Committee Chair and President Elect: Kindal Malehorn  
Membership Committee Chair: Teri Kavanaugh  
Outcomes Committee Chair: Erin Donner  
Scholarship Committee Chair: Karen Drader  
Reimbursement Committee Chair: Marlys Fisher  
**Website Committee Chair: (Needed)**  
ND Representative: Brad Hintermeyer  
SD Representative: Ashley Wendler



# Attachments in Email:

Membership Application

2018 UPCRA Fall Teleconference Promo and registration