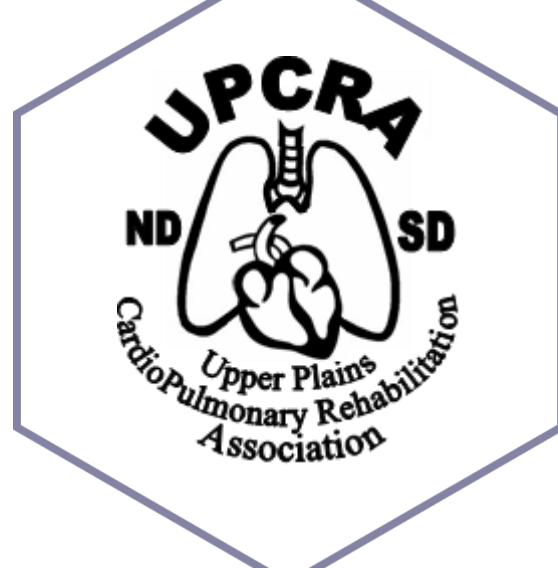


# The UPCRA Beat

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Upper Plains Cardiopulmonary Rehabilitation Association  
3/28/2019  
Edition 1, Volume 4



## Thank you!

For attending the  
UPCRA Spring  
Conference in  
Bismarck, ND!  
See pictures on other  
pages for updates.

## Scotty Roberts Award:

This year winner is our UPCRA  
President

### **Emily Hoffman**

Thank you, Emily for all your  
dedication, effort, and time.  
You are very dedicated to  
our organization!



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

## Save The Date:

Fall Teleconference:  
October 10<sup>th</sup>, 2019

Conference will be about  
updates from the  
AACVPR 34<sup>th</sup> Annual  
Meeting in Portland,  
Oregon on September  
18<sup>th</sup> to the 21<sup>st</sup>.

## Grant Application:

Do you want to go the Portland  
to enjoy and learn from the  
AACVPR 34<sup>th</sup> Annual Meeting?

Have you once served on the  
UPCRA board?

If yes to all of the above, apply  
for UPCRA National Conference  
Grant worth **\$1,500.00!**

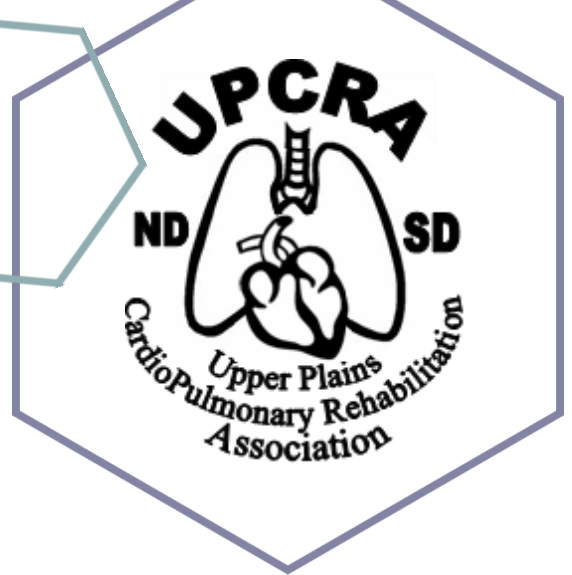
See attachment



<http://www.jcpost.com/2017/04/03/geary-county-4-h->

# Be an Active Member

- Attend the AACVPR Annual Meeting and present at the Fall Teleconference. Email [kmalehorn@regionalhealth.org](mailto:kmalehorn@regionalhealth.org)
- Share your successes by adding them to the UPCRA Beat. Email [tkavanaugh@regionalhealth.org](mailto:tkavanaugh@regionalhealth.org)
- Recruit new members to UPCRA by encouraging coworkers to sign up. See Membership form on attachments.
- Become the new UPCRA secretary.



## Membership Updates:

- 1) All current members will receive a membership certification to help communication between current members and non-members.
- 2) Membership application received after June 1<sup>st</sup> will be charged an additional \$10 late fee.

3) Annual membership will be from April 1<sup>st</sup> to March 31<sup>st</sup> for the year. For example this year it will be April 1, 2019 to March 31, 2020.

4) To add information to The UPCRA Beat email [tkavanaugh@regionalhealth.org](mailto:tkavanaugh@regionalhealth.org) by the first of the quarterly month. June 1<sup>st</sup>, September 1<sup>st</sup>, December 1<sup>st</sup>, and March 1<sup>st</sup>.

## Secretary:

The UPCRA Board is still looking for a member to fill the secretary position.

### **Brief Information:**

- Keep minutes for Membership and Board of Directors meetings.
- Email meeting minutes to the membership chair.
- Mentor to incoming secretary.

*Please email Emily if interested at [emilykj@live.com](mailto:emilykj@live.com)*

“Don’t limit your challenges. Challenge your limits.”

## **UPCRA Board Members:**

President and Nominations Committee Chair: Emily Hoffman

Secretary:

Treasurer: Julie Rood

Education Committee Chair & 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: Jesse Schulz

ND Representative: David Ukestad

SD Representative: Ashley Wendler



# UPCRA Spring Conference Pictures:



**Above picture:** is the start of the conference with our first guest speaker Donna Amundson, RN, CDE.



**Left and below picture:**

Yoga with Emily Hoffman

It was a great way to start the morning of the conference!  
Thanks for all that joined in!

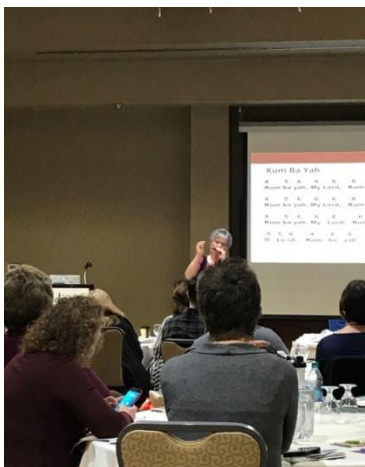
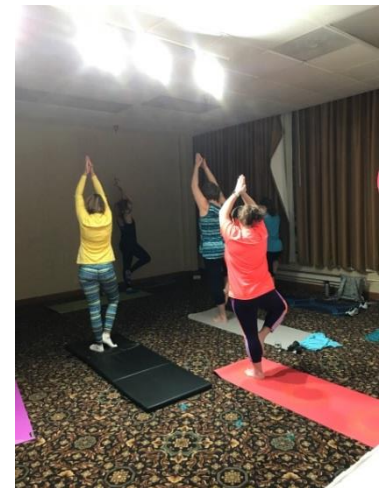


**Above picture:** Emily Hoffman starting the membership meeting.



**Above picture:** Laura Huber, PT giving life story on "Life with and LVAD".

**Below picture:** Stacy Breidenbach educating on Dexcom products and use with diabetic patients.



**Above picture:** Darcy Ellefson, RTT, AE-C, playing the harmonica. She taught everyone at the conference how to play!

**Right picture:** Kindal Malehorn and Emily Hoffman handing out prizes at the end of the conference.



# Reimbursement Chair Report:

Marlys Fisher, UPCRA Reimbursement Committee Chair, is requesting help from all **pulmonary rehabs** in ND to help advocate for more covered ND Blue Cross phase 2 pulmonary rehab sessions.

As you know, BC of ND covers a mere three pulmonary rehab sessions; wholly insufficient to help our COPD patients! We cannot do them justice in educating them to effectively manage their disease, improve their ability to perform ADL's, take their medications properly, teach them airway clearance, assist them in improving their breathing and physical stamina through exercise, etc.

Marlys is asking that at least one person from each pulmonary rehab prepares a letter for ND BC and emails it to Marlys: ( [fishers@minot.com](mailto:fishers@minot.com) ) via an attachment by Wednesday, **April 10th**.

She will then take the letters to the chair of the BC board to present at their April meeting in Fargo.

## Attachments in Email:

Membership Application

UPCRA Grant Application

Reimbursement Committee Reports

Day On The Hill (DOTH) 2019 Report