



June -July-August 2015

VACVPR

Virginia Association of CardioVascular & Pulmonary Rehabilitation

We are a statewide network of professionals dedicated to the advancement of cardiovascular and pulmonary rehabilitation.

News and Views

SAVE THE DATE	Wed	Thu	Fri	Sat
AACVPR	9	10	11	12
Annual Meeting	September 9-12, 2015			



The CCRP exam will be offered immediately following the **AACVPR 30th Annual Meeting, in Washington, DC** and at a number of AACVPR Affiliate meetings in 2015.

Exam Date: Saturday, September 12th, 2015

Exam Location: Washington Marriott Wardman Park - Washington DC

Exam Time: 2:00PM - 5:00PM

Application Deadline: for the AACVPR 30th Annual Meeting, applications must be received by **Thursday, August 6, 2015.***

**Late applications will be accepted until Thursday, August 18. There is a \$50 Late Fee for any applica-*

REGIONAL WORKSHOP UPDATES

By Tammy Duncan RN Vice President VACVPR



The last Regional Workshop was held at Carilion New River Valley Medical Center In Christiansburg on April 25th.

The speakers were: Dr. Sethna presented on An Appreciation of Heart Failure with preserved LVEF and New Guidelines For Hypertension and Lipid Management- Dr. Rivero educated us on Nutrition in Cardiovascular Disease: A Clinical Approach to Patient Management- Kim Goad FNP-BC spoke on Understanding Sleep Apnea and Carla Holley RRT Shared their all inclusive ITP's for Cardiac and Pulmonary Rehabs. It was a fun, great workshop packed with vital information!

I am excited to announce that the Cardio-pulmonary Rehab in Roanoke Will be hosting a regional workshop in the fall and Bons Secours Memorial Regional Center, Heart and Vascular Institute will be hosting a workshop in the spring!

Be on the watch for details! If you are interested in hosting a workshop in your area please contact Me At 540-731-2721 or email me tmduncan@carilionclinic.org. We will be happy to assist you any way we can.

Schedule of Events

- Sept 9-12, 2015
AACVPR Annual Meeting
CCRP EXAM
- Sept 22, 2015 VACVPR
Board Meeting— Williamsburg
- December 1, 2015 VACVPR
Board Meeting--Williamsburg
- March 10, 2016 VACVPR
Board Meeting-
Williamsburg
- Regional Workshop info to follow

Scheduled Board Meetings—

9/22/2015

12/01/2015,

3/10/2016

All meetings are at Riverside Doctors Hospital of Williamsburg

Open position for Member-At-Large ,

Several committees need assistance and any help is always appreciated.

News and Views

A Message from the President Wendy Taylor

Hello everyone! It has been just a little over a month since our annual conference. This year's conference was host to a wonderful group of speakers and I am grateful they took their time to share information with our members. I hope everyone that attended was able to take back some good information for your programs. I have reviewed the evaluations from the conference and it sounds like Va. Beach was a great place to be in May. Now if we could just do something about that Hampton Roads traffic it would have been perfect. There were 99 members in attendance this year and we had one of our largest groups of new members in a few years. The presentations are loaded onto our VACVPR .com website. If you have problems accessing the website or the presentations send an email to vacvpr1987@gmail.com and we will see if our technology chair can troubleshoot your problem. Please use this email address to send comments or suggestions for the website, ideas for future conferences or workshops or just to share information about something special that is happening at your program. This year's conference brought with it some change. Jackie Bunn stepped down from the board this year. The board in an effort to show our gratitude to her for all her years of service and professionalism renamed the Above and Beyond Award the Jackie Bunn- Gray Above and Beyond Award. It is very fitting that the award be named in her honor as Jackie is one of the founding members of the VACVPR and has been a valuable resource during her tenure on the board. As enjoyable as the conference was this year it was a little bittersweet as Sally Gammon a 20 year board member resigned from the board. Jackie and Sally served many years together on the board and the contributions are evident in the success of our association. It was with this in mind the board recognized them as lifetime members. Kim Haney past president and Julie Ward technology chair also stepped down from the board. We are very grateful for their contributions as well and thank them for all their years of dedication. I know that each of the four ladies will be valuable resources to all the current and future board members. Who knows we may talk one or two of them back on the board in the next few years..The VACVPR would like to welcome our newest board members, Tammy Duncan vice president, Hope Sellon – technology chair and Deborah Freemont member at large. There is still a member at large position open and we are always looking for committee members. If you are interested contact one of the board members or send an email to the address mentioned earlier. (cont)

News and Views

Presidents Message (continued)

Please congratulate this year's Jackie Bunn Above and Beyond Award recipient Joan Wooldridge, RN from Sentara Lynchburg General Cardiac and Pulmonary Rehab and The Robin J. Cuffe Scholarship winner Karen Holler, RT from Martha Jefferson Sentara Health and Wellness. Each of these ladies was recognized for their contributions to the field of cardiopulmonary rehabilitation. They received membership and conference registration for being the winners. Look at the website for the criteria for each of the awards and start thinking now about someone you may want to nominate for one or both of awards for next year's conference. I am looking forward to attending this year's AACVPR annual conference in Washington D.C. September 9th-12th. I hope to see some of you there. If you would like to get together with other Virginia attendees send an email to vacvpr1987@gmail.com and we will try to connect everyone. Have a great summer!

Recipes

For Sharing

*Candy Falt RRT BS
Clinical Rehab Specialist
Henrico Doctors Parham*

Some of the most memorable moments of my family were spent cooking together. I can remember watching (helping) my grandma making noodles, baking pies, and some really great meals for all occasions. My mother

had a completely different style of cooking that rivaled the style of homemade with some shortcuts thrown in from time to time. Fortunately, products have changed over the years and so have our lifestyles.

We are going to attempt to include recipes for sharing in our newsletter. I will contribute the first. It is truly one of my family's favorite desserts and many friends and colleagues enjoy as well. I hope you all do too.

Cherry Cola Salad



I use sugar free gelatin and reduced or low sugar pie filling, and diet cherry cola. Walnuts may also be added .

INGREDIENTS

- 1 can 20 oz crushed pineapple
- 1/2 cup water
- 2 pkgs 3 oz cherry gelatin
- 1 can 21 oz cherry pie filling
- 3/4 cup cola

1. Drain pineapple, reserving juice. Set pineapple aside.
 2. In saucepan, bring pineapple juice and water to a boil.
 3. Add Gelatin, stir until dissolved.
 4. stir in pie filling and cola.
 5. Pour into beautiful clear glass bowl (trust me).
 6. Refrigerate until slightly thickened. Fold in reserved pineapple.
 7. Refrigerate until firm.
- Enjoy.