



# Maximizing Momentum

*Adam T. deJong, MA, FAACVPR, FACSM*

“What lies behind us and what lies before us are tiny matters compared to what lies within us.”

- *Ralph Waldo Emerson*

**W**ow! The day has arrived and that single word sums up my feelings as I humbly step into the role of President of AACVPR. That word encompasses all of the emotions I am feeling as I reflect on those who have served in this role before me and all that they accomplished. I give thanks to them for leading the way and providing outstanding direction for AACVPR. In addition, it describes my emotions as I look toward the future and envision what AACVPR is yet to be. There are challenges remaining, but I am confident that we have the pieces in place to push past these barriers.

It is said the past is a prelude to the future, and if that is the case, I cannot contain my excitement for the next 12 months. I have had the wonderful opportunity to serve AACVPR in many capacities over the years, including as Chair for multiple committees and on the Board of Directors (BOD) for the past four years. This has provided me opportunities to work with

many outstanding and dedicated professionals, something for which I am forever grateful.

It is only appropriate that I take this opportunity to thank the BOD for its hard and focused work over the past year. In particular, I would like to thank those individuals who have completed their term and rotated off the BOD at the conclusion of the Annual Meeting in Washington, D.C, in September. Barbra Fagan, Eileen Collins, John Pellicone, Mike McNamara, and Jensen Chiu have provided excellent guidance and will be missed. While their time varied on the BOD, each contributed significantly to the successes we had during our time together.

Recording those remaining on the BOD, Glenn Feltz will transition into the role of Immediate Past-President, and will keep us on track with our strategic initiatives throughout the coming year. Zack Klint will continue his role as Treasurer, providing financial stewardship of the organization. Todd Brown will assume the role of

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## News & Views

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### About News & Views

*News & Views* is a digital newsletter distributed bimonthly to all AACVPR members. Each issue includes scientific content, reimbursement updates, research updates, Affiliate Society news, upcoming event reminders, and a leadership message highlighting current issues in cardiovascular and pulmonary rehabilitation. This is a great opportunity for you to connect to our 3,000 members as well as our 42 regional Affiliates.



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Secretary and will remain intricately involved with the Registry as well. Bonnie Anderson, Tracy Herrewig, and Kate Traynor return as Directors on the BOD, providing strong leadership and a wealth of experience from which to draw.

I am also very excited to begin work with our group of incoming BOD members. Tom Draper, your new President-Elect, has demonstrated outstanding leadership in cardiovascular services/cardiac rehabilitation, and will be a very strong addition to our BOD. In addition, Steve Keteyian, Bob

Brown, and Alison Bailey all join the board as Directors, and will provide new ideas and fresh perspectives to help shape the organization. Lastly, Ash Walker joins the BOD as the Director-at-Large, bringing significant grassroots leadership experience.

As we move forward as an association, little can be accomplished without the hard work and commitment of our volunteers and members. With our strategic plan providing a true and clear direction and with the combined work of our BOD, our committees,

our industry partners, our AACVPR national office staff, and our members, we are in a prime position to continue our momentum forward. Progress, however, will depend upon the passion that lies within all of us. We must harness that passion and work toward our goals to advance the fields of cardiac and pulmonary rehabilitation. We cannot rest on all we have accomplished, nor look too far ahead at what may be. We must, instead, live in the present and build a continuous momentum to allow the collective strength of AACVPR to be realized. ■

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## Welcoming New Leadership

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that advances advocacy and communication not only within the membership but also as a voice to those professionals who refer their patients to us and to our “customers” ... the patients we care for.

A final main interest is to support and continue to help advance programs and initiatives aimed at the practical implementation of evidence-based cardiac and pulmonary rehabilitation on the day-to-day level. I’ve witnessed firsthand the growth of our professional reach but much more work remains relative to identifying, enrolling, and retaining eligible patients into our programs.

### Director at Large



**Ash M. Walker,  
MA, ACSM-RCEP,  
FAACVPR**

Serving on the  
AACVPR Board of

Directors is a wonderful honor. I am humbled to be able to work and share my passion for our field with many other amazing individuals. AACVPR is committed to advancing the profession of cardiac and pulmonary rehabilitation, and I take pride sharing their commitment. As a professional in the field, I believe we all can play significant roles helping advance the importance of cardiac and pulmonary rehabilitation for our patients.

I have worked in medical fitness for 16 years, with the majority of that time spent in cardiac and pulmonary rehabilitation. I am currently the North Carolina Cardiopulmonary Rehabilitation President (NCCRA), and have served in various NCCRA leadership roles through the years. Additionally, I have served on AACVPR committees and assisted the organization with special projects. My leadership style is pragmatic and one centered in relationships with other professionals. I look forward to learning with the other board members and AACVPR members as we continue to advance our Association’s strategic goals. ■

