



# A Challenge Worth Embracing

Glenn Feltz, PsyD, FAACVPR

“Never doubt that a small group of thoughtful, concerned people can change the world. Indeed, it is the only thing that ever has.” - Margaret Mead

Our minds are wired to welcome opportunities and avoid challenges. But, of course, we know that avoiding challenges isn't always the best thing. And sometimes a challenge is an opportunity for a positive experience we didn't foresee.

My year as President of AACVPR has now come to an end. I came into it expecting opportunities to make an impact in some areas, to get to know and work more closely with some people I knew a little before, and to learn new things about the work we all do to help patients in particular and the field of health care in general.

And I expected challenges — it comes with the territory of being in the middle of a vibrant, active, and changing organization. Some of those challenges I expected would be difficult and overall undesired. Some I expected would be exciting, eventful, educational, and inspiring.

And now, looking back on this year, I can say the challenges and opportunities I encountered didn't disappoint — they met my

expectations. I will cherish them all, and the people I worked with along the way — the board members, committee chairs and committee members, all the AACVPR members, the leaders and Headquarters staff, and the people outside our organization who interact with us.

I'm excited to continue serving on the Board of Directors (BOD) as Immediate Past-President. Among other duties, seeing through the BOD's progress on the strategic plan and helping lead the selection of new BOD members and awards nominees for next year will be very gratifying work.

The BOD will welcome some new members at the Annual Meeting, and we will say goodbye to some members who have served this organization with integrity, persistence, and altruism. Barbra A. Fagan, Eileen Collins, John Pellicone, and Mike McNamara will exit the BOD after several years of productive service. Jensen Chiu has provided us with a year of service as Director-at-Large. Their

*Continued on page 13*

## News & Views

### Editorial Staff

#### Co-Editor

Steven Lichtman, EdD, MAACVPR .....

#### Co-Editor

Tracy Herrewig, MS, RCEP, FAACVPR .....

#### Managing Editor

Darhiana Téllez .....

#### Art Director

Bill Wargo .....

#### Graphic Designer

Trecien Schultz .....

#### Advertising Sales

Jessica Eustice .....

### 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 gain exposure to our 3,000 members as well as our 42 regional Affiliates.



## Thanks for the Memories

Continued from page 4

measurement, quality improvement, certification and interpretation of health and payment policy.

- Take advantage of AACVPR Central, an information and activity hub where attendees can meet with AACVPR staff and learn more about becoming a member.
- Vendors will provide quick overviews — called Ignite Sessions — of their product or service in the Exhibit Hall.
- An invitation-only International Reception celebrating our international attendees.
- Walking Challenge: attendees will be provided with a

pedometer at the registration desk. The attendee with the most steps on the last day of the conference will win a prize.

- An optional post-meeting tour of D.C. so attendees can discover the beauty of the nation's capital and visit historic sites. Friends and family are welcome to join. There is an extra charge for this activity.

It's not easy to say goodbye to this great newsletter that, in my own small way, I helped build and grow, and to leave such great colleagues. Therefore, I am not saying goodbye, I am simply saying, see you again. ■

## A Challenge Worth Embracing

Continued from page 5

insights, ideas, hard work, and fun, happy spirits will be missed.

This fall marks a new beginning. Adam deJong will assume the role of President of the BOD after our meeting in Washington, D.C. We are in very good hands. Adam is an intelligent, creative, and insightful person. His leadership will reflect his steady, caring, and persistent character. I look forward to seeing what direction AACVPR will take under his guidance.

The future for AACVPR is bright. We are that group of thoughtful, concerned people. And we will continue to make the world a better place. ■

## HEALTH CARE REFORM, PART II

Continued from page 7

delivery of comprehensive cardiac and pulmonary rehab services in the home care setting as well as challenges and opportunities for improving the transition from home to outpatient care. The session speakers are Joseph Gallagher and Ana Mola.

If you have any questions concerning the HCRC activities, please contact Curt Meyer at [curt.meyer@maryfreebed.com](mailto:curt.meyer@maryfreebed.com) or Ana Mola at [ana.mola@nyumc.org](mailto:ana.mola@nyumc.org). ■

### References\*

1. The Lewin Group: Dummit, L., Marrufo, G., Marshall, J., Bradley, A., Smith, L., Hall, C., et

al. (2015). CMS Bundled Payments for Care Improvement (BPCI) Initiative Models 2-4: Year 1 evaluation & monitoring annual report. Accessed: [innovation.cms.gov/Files/reports/BPCI-EvalRpt1.pdf](http://innovation.cms.gov/Files/reports/BPCI-EvalRpt1.pdf).

2. Sandesara, P., Cameron, T.L., Gordon, N., Fletcher, G., Franklin, B., Wenger, N. (2015). Cardiac rehabilitation and risk reduction: Time to "Rebound and Reinvigorate." *Journal of the American College of Cardiology*, 65(4); 389-395.

4. Burton, R. Health Care Policy Brief: Improving care Transitions. *Health Affairs*, September 13, 2012, 1-6.

5. Taylor RS, Brown A, Ebrahim S, et al. Exercise-based rehabilitation for patients with coronary heart disease: systematic review and meta-analysis of randomized controlled trials. *Am J Med*. 2004; 116:682-792.

6. Dunlay, Shannon M. et al. Participation in Cardiac Rehabilitation, Readmissions, and Death After Acute Myocardial Infarction. *Am J Med*. 2014; 127(6):538-546.

7. Hammill BG1, Curtis LH, Schulman KA, Whellan DJ. Relationship between cardiac rehabilitation and long-term risks of death and myocardial infarction among elderly Medicare beneficiaries. *Circulation*. 2010 Jan 5;121(1):63-70.

8. Shah ND1, Dunlay SM, Ting HH, et al. Long-term medication adherence after myocardial infarction: experience of a community. *Am J Med*. 2009 Oct;122(10):961.e7-13.

9. Suaya J, Stason W, Ades P, et al. Cardiac Rehabilitation and Survival in Older Coronary Patient. *J Am Coll Cardiol*. 2009;54(1):25-33. doi:10.1016/j.jacc.2009.01.078.

\*References correspond with Part One and Part Two of this series.

