2019 MSCVPR Fall Executive Board Meeting
Saturday, November 2nd, 2019
Troy Beaumont, Troy, MI
10:00am – 2:00pm

Attendance: Jen Dean (Immediate Past President)*, Christine Labadie (President), Taylor Ollanketo (President-Elect), Ashley Waite (Vice President)*, Laura Vaughn (Treasurer), Dawn Jarinski (Secretary), Megan Bowdon (Southeast Regional Representative), Denise Schmidlin (Northern Regional Representative)*
*Called in via conference call

Meeting Minutes

Old Business
Previous board meeting minutes approved by Dawn, unanimous for approval

New Business

Regional Meeting Updates
Southeast – Regional Meeting on Thursday 11/7: Sponsored by ScottCare
  o Yoga and Meditation for the Aging Adult: Kathleen Forgrave, C-IAYT, E-RYT, RPYT, RCYT
  o Functional Exercise for the Aging Adult: Cindy Haskin-Popp, MS, CEP

Southwest – Regional Meeting on Thursday 11/7: Sponsored by LSI
  o Diabetes: Advancement in Blood Sugar Management: Greg Stacey II, MA, RDN
  o Smoking Cessation: Libby Stern, LMSW, TTS
  o The Diaphragm: It Isn’t Just For Breathing Anymore: Ann-Marie White, RN and Lena Riemersma, PT

Northern – Regional Meeting on Thursday 11/7: Sponsored by ScottCare
  o Home Based Cardiac Rehab and What’s New in Cardiovascular Medicine, Mitral Clips, Watchman and TAVR: Dr. Andrew Teklinski
  o MI Department of Health and Human Services: Heart Disease and Stroke Prevention Unit, and the Million Hearts Initiative: Michele Kawabe, MPH, RD, CDE
State Program Directory

- SW Region: Lisa updated program list and emailed to Christine
- SE Region: Megan finalizing program list
- Northern Region: Denise finalizing program list
- Once directory is completed, the list will be added to the website for members only (viewable document); not downloadable or printable

**Goal date:** have directory prepared by meeting in January – an announcement will be made about the directory being added to the website at the annual conference.

ACSM Sponsorship/AACVPR CEU’s

- Decision made to move forward with application process
- EP CEUs: Moving forward, only ACSM CEUs will be offered at meetings
  - 3 years/60 credits – cost: $700 + $500 application fee **TOTAL:** $1200

Lecture Recordings

- Looking into possibility of retrograded credits
- Videos will be put on website regardless of whether credits will be offered; possibly no charge or a small charge to view ($20)

Affiliate Leadership Forum (Ashley attended in June in Chicago)

- Value Based Care: adding value to patient and staff experience
  - MSCVPR Innovative Award: “CR/PR Rehab of the Year” announced at Annual Meeting
    - Individual CR/PR program submits a paper discussing their outcomes and barriers that they have succeeded with within their program
    - MSCVPR Board members review each paper and vote
    - Award ideas: bring a free guest to the conference the following year
  - Winner: Regional/Program Size/Specific Categories
  - Ultimate goal: increase overall involvement with MSCVPR
- Will discuss this topic at the Winter Boarding Meeting to establish guidelines; will roll out in 2020 if able, if not it be rolled out in 2021

2019 National Meeting (Christine)

- Hot Topics:
  - Home based CR: targeting rural areas
    - Mobile App Statistics for Patient Engagement:
      - 81% of Americans own smartphones
        - Men: 84%
Women: 79%
- Ages 39-40: 92%
- Ages 50-64: 79%
- Ages >64: 62%

- Non-monitored CR
- Huge push for technology/social media avenues
- Frailty Assessments: typically overlooked, area of improvement
- Cardiac College website: resources available
- Cannabis/Marijuana/Vaping/CBD

2020 National Meeting
- September 30, 2020 – October 3, 2020 in West Palm Beach
- Encourage board members submit abstract to present at national
- Per bylaws, Christine (as President) will attend in 2020 in place of Ashley
- Denise plans to attend

AACVPR Updates
- Day on the Hill: March 2&3, 2020
  - Former attendees: Laura Vaughn, Jenna Mallard and Lisa Meyers (Jenna will most likely attend, Lisa will attend in Jenna’s place if needed)
  - New attendees: Denise (possibly)
- Legislation HR 4838: Sustaining Outpatient Services Act
  - Every state affiliate can contact state US House members
  - Pre-made letters available on website
  - Michigan is a key state for this bill as Senator Stabenow is on the Committee that oversees this bill
  - Virtual lobbying tool located on our website
  - It is unlikely this will be approved in 2019 and will most likely be the focus on DOTH 2020
- Legislation HR 3911: Non-physicians (PA, NP, CNS) ability to sign referrals – trying to move up start date from 2024
  - Not our main focus – recommended to focus on Legislation HR 4838
- Million Hearts Tobacco Cessation Change Package: millionhearts.hhs.gov/tools (resource packet for staff)
  - Able to modify for individual programs
  - **Add link to new website for members to view resource packet**
AHRQ TAKE heart Initiative
- Year-long program designed for smaller programs
  - Beaumont Health Farmington is participating

Department of Health and Human Services (Christine, Laura and Taylor)
- People on account: Taylor Ollanketo, Laura Vaughn, John Silveri
- Approved grant for “Prevent and Manage Diabetes and Cardiovascular Health – 2019”
  - Received payment: $9361
- Approved grant for “Manage and Prevent Cardiovascular Disease – 2020”
  - Received payment: $3419
  - Work plan includes five activities:
    1. Develop a program model to support patients with high copays
      - Give programs the tools they need to come up with a patient scholarship program
    2. Engage in conservations with the Michigan community paramedicine program (no cost item; just being available as a resource)
      - Uses paramedics to help encourage people to stay well (programs already exist in our target area) – be a resource to CR/PR to help with patient enrollment and adherence
    3. Working with Dr. Keteyian and Henry Ford
      - Help facilitate workshops
    4. Let people know about the activities at the Regional Meetings
    5. Meet monthly via phone call with MDHHS to discuss our project on the activities

- Disbursement of Funds
  - 2019 funds have not been disbursed (money must be accounted for when used)
  - Moving forward, funds can be disbursed as MSCVPR wants to support this work:
    - Board members who complete work above and beyond their role as a board member
    - Use money to support Activity 3: sponsor food, location, speaker, or CEUs
    - Scholarship fund for Activity 1: create application process for programs to get $500 or $1000 to use as a trial to demonstrate to their administration that a program model will work to support patients with high copays

- Dr. Keteyian – MDHHS Project/Workshop (received separate funding from our grant/our contract states we will help identify programs/assist with conferences
  - Goal: Provide free, half day conferences (10:00am-3:00pm) in three separate regions
  - Coordinate locations for all 15 programs that responded to survey sent our earlier this year
Target Counties: Denise’s location is a key target area to schedule a conference, along with Bay Country area
- Plan for April/May 2020; consider offering CEUs (extra ACSM CEUs will be available)

MSCVPR SurveyMonkey Account
- All board members have access to create surveys; whoever creates the survey will share results with the rest of the board members

Username: MSCVPR2019
Password: MSCVPR19

MSCVPR Website
- Changed to BlueHost
- Updates completed by Immediate Past President
- Discuss with David with BlueHost to see who should be listed as the administrator; the MSCVPR email account will be used moving forward; Immediate Past President will add home address to account instead of work address in the event that they find a new job
- Christine will plan a meeting for Jen, Taylor, Dawn and Christine to learn how to manage the website (Megan’s husband Ben has experience with websites and will help us build on what we currently have)

Group Board Voting
- Moving forward, if we need a group board vote, we will send out a new email thread with the subject line including “Group Vote Needed” – please send response ASAP (reply all)
- If the voting topic is of high importance, we will schedule a short conference call
- There is also a tool to create a voting topic with accept/deny options

2020 Conference: March 28, 2020 – Bay City, MI
1. AACVPR rep? - Updates (Christine): too soon for national to give an actual person’s name, but someone will be coming to speak
2. Joel Kahn - Vegan Diet and Integrative Medicine (Christine)
3. Dr. Rutterbusch - Trust, Anxiety and Depression in the CR and PR Patient (Denise)
4. Jacqueline Brewer - Pulmonary Hypertension (Christine)
5. Dr. Szyniszewski - Watchman Procedure (Ashley)
6. Dr. Holtze - Cardiac MRI (Ashley)?
7. Dr. Cantor - Metabolic Stress Testing in PR (Lisa)?
8. Dr. Hanson - TAVR (Christine)
9. Robert Berry- Telehealth (Taylor)
10. Robert Berry - CEP scope of practice (Taylor)
11. Dr. Recchia - CHF/LVAD?? – would like 8:00 or 9:00AM time slot
12. Dr. Dangovanian - CBD/Marijuana/Vaping/E-Cigarettes (Jen) – would like AM time slot

Tentatively:
**Teena Culhane is able to speak on Pulmonary topic if Dr. Cantor is not confirmed**
**Women’s Heart Health: Megan has two doctors’ that may be able to speak (Dr. Chinnaiyan)**

**Speaker Forms**: updated forms emailed on Tuesday, November 21, 2019 (see Taylor’s email)
- Honorarium: fill in specific honorarium for your speakers: physicians $300, non-physicians $175
- For each speaker form you receive, please sign the “representative spot” for each speaker
- Update Forms: Travel mileage will be calculated using each speakers home address and federal regulated mileage calculation (mileage will be updated in January 2020)
  - **Deadline to submit speaker forms to Taylor: 12/31/19**
  - **Deadline to submit bio forms: 1/31/20**
  - **Deadline to submit PowerPoint’s: 3/14/20**

**ACSM Application for CEUs**
- Need to find application deadline and specific application form

**Door prize**: tote bags through Megan – will order at Winter Meeting

**Sponsors (Ashley): in contact with multiple people, waiting for final responses (some waiting until 2020 to respond)**
- Waiving fee for Robert Berry (CEPA) – possible future partnership
  - In the event of waiving fees in the future, we will have a group board vote
- LSI: $500
- Monaghan: $400

**Networking Event**: Old City Hall – menu options will be decided at January Meeting

**Meeting Rooms**:
- Main Meeting Room: 6:00AM-4:30PM (lunch will be in this room)
- Break-out Meeting Room: 6:00AM-2:30PM

**Food/Drink minimum**: $3800 (menu will be finalized at our Winter Meeting)

**Vendor tables available**: 8 foot skirted table with 2 chairs and waste basket ($15), added power ($25)

**Hotel reservations**: block of 40 rooms reserved for Friday night: $109/room (32 rooms must be booked by 3/13/19 to avoid facility rental fees)
Chase Bank
- Account updated; Aimee Katona removed from account, Dawn Jarinski added to account
- Bank documents scanned into the Box
- Checks ordered
- Thank You card mailed to Adam Belz-Thomas who transitioned our accounts

Miscellaneous Money: The Network for Good
- Anonymous checks sent to Laura via mail
- Donations received via online giving platform
  - *Laura will read terms and conditions prior to depositing checks*

Board Member Cell Phone Numbers:
- Jen Dean: (248) 515-5457
- Christine Labadie: (248) 506-6373
- Taylor Ollanketo: (989) 858-3178
- Ashley Waite: (734) 740-8797
- Laura Vaughn: (989) 948-0986
- Dawn Jarinski: (586) 899-2966
- Megan Bowdon: (248) 703-1204
- Denise Schmidlin: (989) 619-1562
- Lisa Sawyer: email sent requesting phone number

Next Board Meeting: January 9th & 10th in Bay City at the Double Tree 2 – 6PM and 8 – 12PM