# Heart Health Boot Camp: Getting Back to the Basics

**May 4, 2021 - 9:00am - 3:00pm CT**

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**Get Your Boot Camp Name**

<table>
<thead>
<tr>
<th>Your Birth Month:</th>
<th>First Letter of Your First Name:</th>
<th>First Letter of Your Last Name:</th>
</tr>
</thead>
<tbody>
<tr>
<td>January - Officer</td>
<td>A - Supreme</td>
<td>A - Fire</td>
</tr>
<tr>
<td>February - General</td>
<td>B - Star</td>
<td>B - Moon</td>
</tr>
<tr>
<td>March - Commander</td>
<td>C - Sparkling</td>
<td>C - Vampire</td>
</tr>
<tr>
<td>April - Recruit</td>
<td>D - Rolling</td>
<td>D - Bubble</td>
</tr>
<tr>
<td>May - Corporal</td>
<td>E - Aqua</td>
<td>E - Violin</td>
</tr>
<tr>
<td>June - Private</td>
<td>F - Spiral</td>
<td>F - Garlic</td>
</tr>
<tr>
<td>July - Lieutenant</td>
<td>G - Slick</td>
<td>G - Fusion</td>
</tr>
<tr>
<td>August - Captain</td>
<td>H - Cheerful</td>
<td>H - Submerge</td>
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<tr>
<td>September - Trooper</td>
<td>I - Fantastic</td>
<td>I - Turbulence</td>
</tr>
<tr>
<td>October - Veteran</td>
<td>J - Healing</td>
<td>J - Illusion</td>
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<tr>
<td>November - Cadet</td>
<td>K - Typhoon</td>
<td>K - World</td>
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<tr>
<td>December - Paratrooper</td>
<td>L - Beam</td>
<td>L - Galactica</td>
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<td></td>
<td>M - Inferno</td>
<td>M - Nonsense</td>
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<td></td>
<td>N - Laser</td>
<td>N - Polka dot</td>
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<td></td>
<td>O - Absolute</td>
<td>O - Hypnosis</td>
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<tr>
<td></td>
<td>P - Gentle</td>
<td>P - Corrosion</td>
</tr>
<tr>
<td></td>
<td>Q - Capital</td>
<td>Q - Kaleidoscope</td>
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<tr>
<td></td>
<td>R - Smart</td>
<td>R - Wizard</td>
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<td></td>
<td>S - Enchanted</td>
<td>S - Plan</td>
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<td></td>
<td>T - Fortune</td>
<td>T - Orange</td>
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<td>U - Honest</td>
<td>U - Vest</td>
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<td></td>
<td>V - Identifiable</td>
<td>V - Rectangle</td>
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<tr>
<td></td>
<td>W - Safety</td>
<td>W - Sand</td>
</tr>
<tr>
<td></td>
<td>X - Seeking</td>
<td>X - Freckle</td>
</tr>
<tr>
<td></td>
<td>Y - Truth</td>
<td>Y - Quarter</td>
</tr>
<tr>
<td></td>
<td>Z - Success</td>
<td>Z - Icon</td>
</tr>
</tbody>
</table>

Type Your Name in the Chat Box!
Operation Boot Camp

WELCOME!

Welcome to the 2021 Annual Meeting

Heart Health Boot Camp: Getting Back to the Basics
### TODAY’S AGENDA: Part One

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:15</td>
<td>The Collaborative Ball: Celebrating 5 Years of SD Heart Disease &amp; Stroke Prevention Efforts</td>
</tr>
<tr>
<td>9:55</td>
<td>Break: Quick Rest &amp; Recuperation</td>
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<tr>
<td>10:00</td>
<td>Battle Mind Debriefing: Barriers &amp; Challenges to Reaching Objectives &amp; Implementing Strategies</td>
</tr>
<tr>
<td>11:00</td>
<td>Break: Quick Rest &amp; Recuperation</td>
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<tr>
<td>11:10</td>
<td>Battalion Meet-Up One: Networking &amp; Open Sharing</td>
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<tr>
<td>11:45</td>
<td>Battalion Meet-Up Two: Networking &amp; Open Sharing</td>
</tr>
</tbody>
</table>

### TODAY’S AGENDA: Part Two

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>12:25</td>
<td>Lunch Break: Chow Time</td>
</tr>
<tr>
<td>1:00</td>
<td>Report From the Battle Ground: Perspectives of Frontline Providers &amp; Community Leaders</td>
</tr>
<tr>
<td>2:15</td>
<td>Break: Quick Rest &amp; Recuperation</td>
</tr>
<tr>
<td>2:20</td>
<td>Active Duty: Strategizing the Long-term Effects of COVID-19 on Heart Health</td>
</tr>
<tr>
<td>2:55</td>
<td>Heart Health Reserves: Wrap-up &amp; Looking Ahead</td>
</tr>
</tbody>
</table>
Introducing our Drill Sergeants!

Kevin Atkins
Holly Arends
Scott Christensen
Mark East
Kiley Hump
Larissa Skjonsberg
Ben Tiensvold
Liz Marso
Mary Michaels
Jennifer Williams
Mandi Stegenga

* Marty Link - AWOL

Housekeeping: Participant Guide

Please reference your participant guide during today's meeting!
The Collaborative Ball

Celebrating 5 Years of SD Heart Disease & Stroke Prevention Efforts

Reflecting on the Collaborative Ball: Timeline in Review

⭐ How did the timeline in review make you feel?

⭐ What did you find new or refreshing about the progress of the Cardiovascular Collaborative?

⭐ What was surprising to you?

⭐ Have the toolkits, webinars or recruitment materials been helpful to you? If not, why not? If so, how will you share these materials with your network?
We still have work to do!

Sneak Peek - Recruitment and Communication Materials!

Communications Inventory
Communications Inventory

New Member Orientation Guide

Updated Look & Feel

Updated List of Organizations

New initiatives added to "What We've Done" Section

And Lots More!
New Member Orientation Guide

And Lots More!

Cardiovascular Collaborative Marketing Video
Quick Break: Rest & Recuperation

9:55 - 10:00 CT

30 second hold
1 minute on each side
30 seconds on each side

Battle Mind Debriefing

Barriers & Challenges to Reaching Objectives & Implementing Strategies
Reflect

Thinking about the overall impact the Cardiovascular Collaborative has made in South Dakota, what rank would we achieve?

- Private
- Corporal
- Sergeant
- Lieutenant
- Captain
- General

Battle Mind Debriefing Break-out Rooms

- What challenges did we face in implementing the strategic plan?
- Which of these challenges do you think we will continue to face over the next 5 years?
- What can we do differently to move us closer to achieving the goals, objectives, and strategies in the next strategic plan?
- Think about how the members of the Cardiovascular Collaborative worked together over the past five years. What went well? What could be improved?

Tip
Pull up the copy of the strategic plan in your participant guide or on the DOH website!
What challenges did we face in implementing the strategic plan?

Which of these challenges do you think we will continue to face over the next 5 years?
What can we do differently to move us closer to achieving the goals, objectives, and strategies in the next strategic plan?

Think about how the members of the Cardiovascular Collaborative worked together over the past five years. What went well? What could be improved?
Quick Break: Rest & Recuperation

11:00 - 11:10 CT

Networking and Open Sharing

Battalion Meet-Ups
Battalion Meet-Ups Topics

- **Beyond Health Care**: The Role of Social Determinants of Health in Advancing Health Equity in Priority Populations of South Dakota

- **An Evolving Health Care Environment**: The Future of Telehealth in South Dakota

- **What Really Works in Preventive Care?** Strategies to Improve Personal Choice in Rural Communities

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Battalion Meet-Up #1:

Click on the room where your name is listed.

<table>
<thead>
<tr>
<th>Health Equity Room 1</th>
<th>Health Equity Room 2</th>
<th>Health Equity Room 3</th>
<th>Health Equity Room 4</th>
<th>Health Equity Room 5</th>
<th>Telehealth Room 1</th>
<th>Telehealth Room 2</th>
<th>Preventative Care Room 1</th>
<th>Preventative Care Room 2</th>
<th>Preventative Care Room 3</th>
<th>Preventative Care Room 4</th>
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</thead>
<tbody>
<tr>
<td>Kiley Hump</td>
<td>Scott Christensen</td>
<td>Holy Arends</td>
<td>Taylor Sandberg</td>
<td>Ben Tiensvold</td>
<td>Shelly Roy</td>
<td>Liz Marso</td>
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<td>Shannon Bacon</td>
<td>Joshua Ohrtman</td>
<td>Sean Holleman</td>
<td>Mandi Stegenga</td>
<td>Kelci Schulz</td>
<td>Marcia Danner</td>
<td>Laura Gudgeon</td>
<td>Vicki Palmreuter</td>
<td>Larissa Skjonsberg</td>
<td>Tina Welbig</td>
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<tr>
<td>Roshal Rossman</td>
<td>Stacie Fredenburg</td>
<td>Kayla Magee</td>
<td>Shannon Udy</td>
<td>Lynn Thomas</td>
<td>Jennifer Williams</td>
<td>Enid Weiss</td>
<td>Betty Crandall</td>
<td>Beth Davis</td>
<td>Paula Mazourek</td>
<td>Colette Weatherstone</td>
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<td>Hilary Larsen</td>
<td>Mark East</td>
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<td>Peggy Goos</td>
<td>Lori Visker</td>
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Beyond Health Care: The Role of Social Determinants of Health in Advancing Health Equity in Priority Populations of South Dakota

An Evolving Health Care Environment: The Future of Telehealth in South Dakota

What Really Works in Preventive Care? Strategies to Improve Personal Choice in Rural Communities
# Battalion Meet-Up #2:

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- **Beyond Health Care: The Role of Social Determinants of Health in Advancing Health Equity in Priority Populations of South Dakota**
- **An Evolving Health Care Environment: The Future of Telehealth in South Dakota**
- **What Really Works in Preventive Care? Strategies to Improve Personal Choices in Rural Communities**

Add to the Chat Box:

**How were your Battalion Meet-Up Sessions?**
Chow Time

Lunch Break: 12:25 - 1:00 CT

Find Your Fierce 5!

Find out more information here:

https://www.heart.org/en/healthy-living/fitness/fitness-basics/move-more-together
Report from the Battle Ground

Perspectives of Frontline Providers & Community Leaders

Welcome Panelists

Josh Ohrtman, PharmD
Clinical Services Pharmacist
The Medicine Shoppe Pharmacy - Rapid City
(Program Directory/Co-Luminary)
Community Pharmacy Enhanced Services Network of SD (CPESN SD)

Taylor Sandberg, MSW, CSW
Social Worker
Sanford Clinic - Brookings

Thomas Gulledge, BA, CSCS
Fitness & Wellness Coordinator
Mitchell Recreation Center

Dr. Matt Owens, MD
Physician
Community Memorial Hospital - Redfield

Mark East
Vice President
South Dakota State Medical Association

Moderated By:
Questions & Answers

Quick Break: Rest & Recuperation

2:15 - 2:20 CT
Quiz Time: Which protein sources are considered AHA heart health proteins?

A. Chicken  
B. Beef  
C. Fish  
D. Beans

Note: Lean Beef has the American Heart Association Certification for heart healthy protein.

Quiz Time: Which of the following foods may protect against high blood pressure and cholesterol levels?

A. Leafy Green Vegetables  
B. Whole Grains  
C. Deli Meat  
D. Avocados
I changed turkey to deli meat

LEONARD, MACKENZIE, 5/3/2021
Quiz Time: Which of the following foods are examples of heart healthy grains?

A. White Rice
B. Whole Wheat Bread
C. Oatmeal
D. Flour Tortilla

Quiz Time: Which of the following are great heart fuel before exercising?

A. Water
B. Banana with Peanut Butter
C. Fat Free Yogurt
D. None of the Above

Tip
Be sure to watch for sugar in fat free items!
Quiz Time: Which of the following are examples of complex carbohydrates – a part of a balanced diet?

A. Apple Juice
B. Lentils
C. Honey
D. Sweet Potatoes

Active Duty

Strategizing the Long-term Effects of COVID-19 on Heart Health
Active Duty
Strategizing the Long-term Effects of COVID-19 on Heart Health

- What insights did you gain from the panel discussion?
- Did anything in particular surprise you from the panel discussion?
- What do we need to start, stop, or continue doing as it relates to providing cardiovascular care in SD? Pick one practice and share why you think it needs to start, stop, or continue.
- What feels the most challenging about the future of cardiovascular care in SD?
- What additional resources do we need to adequately provide cardiovascular care?

Add to the Chat Box:
How was Active Duty?
Heart Health Reserves

Wrap-up and Looking Ahead

- Strategic Planning Workshop: September 27th-30th, 2021
- Commit to 3 boot camp activities to complete over the next 6 months!
  - Talk to one person about the Collaborative
  - Sign up for an annual exam with your local healthcare provider
  - Implement or enhance an existing cardiovascular initiative within your organization
  - Promote a cardiovascular collaborative partners’ cardiovascular initiative within your organization
- Add color (fruits & vegetables) to your plate at every meal
- Hit your 150 minutes of physical activity each week
- Remember to use your marketing materials!
Thank You for Attending!

⭐⭐⭐