MED-A-GRAM

Fall 2014



Who I Am Makes A Difference



~A quote from Lisa's employer, "Lisa is extremely loyal and does things without being asked; she is willingly at times when necessary to provide extra help at the clinic."

The 2014 Medical Assistant of the Year, Lisa Hoffman, CMA (AAMA)

- ★ Grand Island
- **★** Great Plains
- **★** Hastings
- ★ Lincoln (2015 State Conference)
- **★** Omaha

2015 AAMA National Conference Information Page 14

Newly Certified Medical Assistants Page 19
Chapter Information Begins On Page 39

A publication of the **Nebraska Society of Medical Assistants**

AN AFFILIATE OF THE AMERICAN ASSOCIATION OF MEDICAL ASSISTANTS

Dear NSMA members:

We at the NSMA hope that you find great value in this publication. Networking is an important growth tool of the NSMA and we hope this directory will assist you in contacting your colleagues across the state and get to know them better. Members are listed alphabetically according to members-at-large or one of the state's five chapters to which they belong. As you spend time looking through our updated material, we hope you will acquire personal and professional growth in Medical Assisting that will aid you in your career. The NSMA encourages you to use the directory and hopes that you will also support the many advertisers who have made it all possible.

Remember to watch for the Spring Med-A-Gram to come out in March. We will be reporting on state and national information, updates, and you will find the registration forms for the Annual Conference of Nebraska Society of Medical Assistants available in it also.

If you or someone who is not a member of the Nebraska Society of Medical Assistants would like to receive copies of the Med-A-Gram, please photocopy and fill out the prospective member form and send it to the membership chairman.

Remember, life is as fulfilling as you make it, let Medical Assisting help you enjoy life.

Carol Hipke-Muske, CMA (AAMA) Editor

October 20-24, 2014 is Medical Assistants Recognition Week October 22, 2014 is Medical Assistants Day

Be sure to order your free Medical Assisting week promotional packet from the AAMA. Go to the MARWweek tab on the home page at www.aama-ntl.org. Posting the information at work will inform others about the medical assisting profession and give you the recognition you deserve from your employer, co-workers and peers.

What does your chapter do recognize each other? Maybe you could schedule your monthly meetings during MA week and have a potluck supper or have a catered event. Go to your area colleges that teaches Medical Assisting and have your meetings with the students in attendance so that they can meet members and see how the chapter is run. Chapters could choose one of their members and students to be honored during that week. Students love free things, as a chapter promotion pick a student and pay for their AAMA membership for a year. Make up goodie baskets and take to offices that promote Medical Assisting week.

This is an official publication of the Nebraska Society of Medical Assistants, in affiliation with the American Association of Medical Assistants.

All statements or comments in the Med-A-Gram are the opinion or statement of the writer and are not necessarily the opinion of the Nebraska Society of Medical Assistants or American Association of Medical Assistants.

Information contained within is meant to be informative, enlightening, and helpful, but is subject to change.

Nebraska Society of Medical Assistants www.nsmaonline.org

American Association of Medical Assistants www.aama-ntl.org 1.800.228.2262

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NEBRASKA SOCIETY OF MEDICAL ASSISTANTS

DEFINITION OF MEDICAL ASSISTANT

Medical Assisting is an allied health profession whose practitioners function as members of the health care delivery team and perform administrative and clinical procedures.

PURPOSE

The purpose of the Nebraska Society of Medical Assistants is to promote the profession of medical assisting and the professional identity of members through education and credentialing.

OBJECTIVE

- 1. Promote the profession of Medical Assisting.
- 2. Provide educational opportunities to increase the knowledge of medical assistants.
- 3. Demonstrate to physicians the ability of medical assistants to assist them in providing high quality patient care.

RIGHTS AND BENEFITS

As a member of NSMA, you have the right to:

- Vote for chapter officers and representatives.
- · Express your opinion on all business issues and make suggestions for chapter improvement.
- · Seek positions of leadership.

NSMA provide you benefits that include:

- The opportunity to raise the prestige, image, and standards of your profession.
- The opportunity to work toward advancement of medical assisting and influence surrounding events.
- To develop and sharpen leadership skills.
- · To be informed about new advancements and events.
- A feeling of value to your profession, society, and yourself.
- The friendship and networking with other medical assistants throughout the State.

RESPONSIBILITIES

Your responsibilities as an NSMA member include:

- To support the organization on all levels which includes attending seminars, conferences, and fundraising events.
- · To attend meetings as an active member.
- To accept leadership positions and fulfill them to the best of your ability.
- To recruit new members and make them feel welcome.
- To read, understand and follow the bylaws of the organization.
- To pay dues promptly.
- To promote a positive attitude toward your profession.

DHES

Annual membership dues are subject to change yearly and are tax deductible. For further information, contact the State Membership Chair.

MEETINGS

Local chapters of NSMA conduct business meetings on specified nights including an educational program devoted to subjects relating to the medical field. Non-members are welcome as guest.

CHAPTER MEETINGS

<u>CHAPTER</u>	<u>MEETS</u>	ELECTION OF OFFICERS
Grand Island	last Tuesday of the month	March
Great Plains		March
Hastings	2nd Tuesday Sept-May (not Dec)	March
Lincoln	Sept, Oct, February, March,	March
Omaha-Education	3rd Tues. in Sept, Nov, Jan, March	April
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Business Meetings - 3rd Tues. Aug., Oct., Dec. (usually the first week because of the holiday), Feb., Apr.,

May

Plan ahead...



Nebraska Society of Medical Assistants Continuing Education Events:

2015 NSMA's 49th Annual Conference, hosted by the Lincoln Chapter, for more information, at this time please contact the Lincoln Chapter President, Ashley Helm, CMA (AAMA) @ at lincolnchapternsma@yahoo.com

2016 NSMA's 50th Annual Conference, hosted by the Grand Island Chapter, for more information, at this time please contact the GI Chapter President, Jean Burmood, CMA (AAMA) @ exflorgirl@aol.com

2017 NSMA's 51th Annual Conference, hosted by the Omaha Chapter

Come share a weekend of traveling, continuing education, fun activities, food, friendship, and lasting memories. This conference is open to any healthcare professional needing continuing education credits. Those welcome to attend are ~ Medical Assistants, Nurses, Healthcare Professional, X-ray Techs, Educators and more. Watch for more information in the 2015 spring Med-A-Gram and check the NSMA website in the spring to download the registration form- www.nsmaonline.org.

The members of the Hastings presented a great conference this past April 2014.

We had excellent speakers on: Workplace Violence, Advances in Knee and Hip Replacement, Fact or Fiction: Your Food Myths Debunked, OTC Update: Vitamin D, Supplement-Drug Interactions, & Probiotic Use in Children, Basic Overview of Cardiac Rhythm Devices and Technologies, The Basics: Memory Loss, Dementia and Alzheimer's, Meaningful Use and YOU as a CMA (AAMA) in Nebraska, Death & Dying: Dealing with Patients & Families with Living Wills & Advanced Directives

During the Saturday Installation and Awards Luncheon, Debra Potratz, CMA, (AAMA) was installed as the new State President. 4 New CMAs (AAMA) and 9 recertifying CMAs (AAMA) members attending conference were also honored.

Our AAMA representative, Freda Miller, CMA (AAMA), CPC from Alaska was our AAMA Representative and guest at the conference.

There were a total of 95 registrants with 9-1st timers, 4 non-members, and 1 students attending the 2-day conference.

49th Nebraska Society of Medical Assistants Conference

Fellow Medical Assistants,

The Lincoln Chapter in Hastings, Nebraska, would like to take a moment to remind you about the two-day conference they are hosting.

This is the Nebraska Society of Medical Assistants' Annual Conference being held April 17 and 18, 2015

For more information, contact the Lincoln Chapter President, Ashley Helm, CMA (AAMA) @ at lincolnchapternsma@yahoo.com

At this time, the previous local that the Hastings Chapter had used in the past may not be a viable option and the chapter is looking into suitable options as a replacement site to host to the sessions, as we may not have a conference room with a hotel option. Updates will be giving at each State Board meeting throughout the year, so you can also contact your local chapter president for more info. Registration and hotel information will be published in the **2015 spring Med-A-Gram** and on our website **www.nsmaonline.org**. Please contact your local chapter or the website if you need information prior to the publication.

If you have any questions, comments, or further ideas for the upcoming conference please contact any of the people listed above.

Because we are honoring our elected officers and special guests, we ask that you dress in casual business attire: khakis, capris, dresses, skirts, dress slacks, blouses, and jackets. **Denim jackets and jeans, sweats, scrubs, midriff, shorts, and alcohol are not allowed during the educational sessions or business meetings.** "Thank you" for your consideration and professionalism.

AAMA NATIONAL CONFERENCES

58th AAMA National Conference

St. Louis, Missouri, October 17 - 20, 2014, at the Hilton St. Louis at the Ballpark: http://www.hiltonstlouis.com/

59th AAMA National Conference

Portland, Oregon, September 18-21, 2015, at the Double Tree by Hilton Portland: http://www.doubletreegreen.com/

60th AAMA National Conference

Reston, Virginia, September 16-19, 2016, at the Hyatt Regency Reston: http://reston.hyatt.com/en/hotel/our-hotel.html

2014-2015 State President



Debra Potratz, CMA (AAMA)48th President of the Nebraska Society of Medical Assistants

Debra grew up on a farm east of Ord, Nebraska, attended Springdale District #6 County School and graduated from Ord High School. She attended Central Community College in Hastings, Nebraska, graduating with a diploma in Medical Assisting, becoming certified in 1987. Twenty years later, she went back to college and received her Associates of Applied Science Degree in Medical Assisting. During her career she worked in public health for 23 years performing administrative, clinical and laboratory duties and worked a year and a half as an Adjunct Instructor at Central Community College in Hastings teaching Phlebotomy procedures and techniques. She currently serves on the Medical Assisting Advisory Committee at the Central Community College in Hastings, NE.

Debra is a member of the American Association of Medical Assisting (AAMA) and a member of the Grand Island Chapter where she has served as Vice-President, President, Immediate Past President, and Secretary, and served as Committee Chair on Membership, Nominations, Publications and Public Relations, Bylaws, Mentoring and Education.

On the State level and has served as President-Elect, President, Immediate Past President, Secretary, Speaker of the House and Delegate/Alternate to seven AAMA Conferences. She has served as Committee Chair on Budget & Finance, Conference, Bylaws, Archive, and Recognition and assisted with maintaining the newly revised NSMA website. This will be her second term as serving as President of the Nebraska Society.

Debra lives in Grand Island with her husband John. She has one son and one daughter. She enjoys going to stock car races, horseback riding, yard sales, making kolaches and eating bread pudding. Membership to this professional organization demonstrates credibility, commitment, and professionalism. NSMA and AAMA are your partners committed in building and protecting your career as a Certified Medical Assistant.

PAST STATE PRESIDENTS

YEAR	NAME	CHAPTER	YEAR	NAME	CHAPTER
1967-68	Doris Reynolds	Omaha	1991-92	Andrea Stewart, CMA (AAMA) PO Box 432, Sutherland, NE 69165	Great Plains
1968-69	Norma Welchel	Lincoln	1992-93	Laura Blankenship, CMA-C (AAMA)	Omaha
1969-70	Theola Thornton	Norfolk	1992-95	25125 S. Windy Bluff Lane Arlington, NE 68002	Ollialia
1970-71	Barbara McMullen Life member/retired 4115 N 55th Ave, Omaha, NE 68104	Omaha	1993-94	Mary (Wolfe) Brown, CMA (AAMA) 5037 S. 196th Circle, Omaha, NE 68135	Omaha
1971-72	Barbara Powell 12800 Spruce Tree Way, Apt 328 Raleigh, NC 27614	Lincoln	1994-95	Tammy Siedband, CMA (AAMA) 3001 N 77th St, Lincoln, NE 68507	Lincoln
1972-73	Patricia Madsen, CMA-AC 7830 Harney, Apt 1, Omaha, NE 68114	Omaha	1995-96	Debra Potratz, CMA (AAMA) 814 Sweetwood Dr Grand Island, NE 68803	Grand Island
1973-74	Bonnie Ahrens, CMA-AC	Lincoln	1000.07	,	Creat Dlains
1974-75	Wilma Rabb Deceased	Omaha	1996-97	Patty Hafer, CMA (AAMA) 1048 N. Alamo Rd., #52 Alamo, TX 78516 hotgrandma1943@msn.com	Great Plains
1975-76	Lorraine Wilbur, RN 6800 "A" St, Apt 316, Lincoln, NE 68510-5	Lincoln 126	1997-98	Candace (Rhoades) Coffman, CMA (AAMA) 7740 Cherrywood Dr. Lincoln, NE 68510	Lincoln
1976-77	Maxine (Noble) Koefoot, CMA Deceased	Grand Island	1998-99	Linda Allensworth, CMA (AAMA), CPC PO Box 283, Carson, IA 51525	Omaha
1977-78	Jeanne Houston, LPN, CMA Deceased	Omaha	1999-2000	Edna Henrichson, CMA (AAMA), LPN 825 N Morrell, Fremont, NE 68025	Fremont
1978-79	Pat Whyman-Lightle, CMA-AC, COA Deceased	Lincoln	2000-01	Carol Hipke-Muske, CMA (AAMA) 1414 N Kansas Ave, Hastings, NE 68901	Hastings
1979-80	Norma Parker, CMA (AAMA) Masonic Manor 801 S 52nd St, Apt. 1708 Omaha, NE 61806	Omaha	2001-02	Janis Frederick, CMA (AAMA) 7217 N 74th St, Omaha, NE 68122	Omaha
1980-81	Roberta Frerichs, CMA-A (AAMA) 7125 Starr St, Lincoln, NE 68505	Lincoln	2002-03	Lori Kounovsky, CMA (AAMA) PO Box 644, Plainview, NE 68769	Norfolk
1981-82	Diana Milkowski-Crosthwait, CMA (AAMA) 224 Meadow Gill Dr, Benbrook, TX 76126	Omaha	2003-04	Michel McKinney, CMA (AAMA) 4355 S. Juniata Ave, Juniata, NE 68955	Hastings
1982-83	Chris Graff, CMA (AAMA), LPN 8510 Blue Sky Dr, Lincoln, NE 68505	Lincoln	2004-05	Linda Formanek, CMA (AAMA) 45479 State HWY 91, Lindsay, NE 68644-5023	Norfolk
1983-84	Elaine (Arps) Hunacek, CMA (AAMA) 8265 E Southern Ave #315 Mesa, AZ 85208	Omaha	2005-06	Holly Jensen, CMA (AAMA) 146 North N Road, Aurora, NE 68818	Grand Island
1984-85	Edith Thomsen, CMA-A (AAMA)	Kearney Area	2006-07	Angela (Angy) McCarter, CMA (AAMA), L 6944 Vine St, Lincoln, NE 68505	RT Lincoln
1985-86	Peggy (Gilbert) Brown, CMA (AAMA) 303 W Ohio, Lenox, IA 50851	Lincoln	2007-08	Shirley Newton, CMA (AAMA) 821 Niobrara, Cambridge, NE 69022	Great Plains
1986-87	Marie Madison 405 E Staley Park Rd Grand Island, NE 68801	Grand Island	2008-09	Dona Marotta, CMA (AAMA), BSHCM 8931 Read St., Omaha, NE 68122	Omaha
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1988-89	Delores M Yosten 4010 Kay Ave, Grand Island, NE 68803	Grand Island	2011-12	Janet Ueding, CMA (AAMA), LRT 909 L Street Tekamah, NE 68061	Omaha
1989-90	Susan M Stetina (Engstrom), CMA (AAMA), 7949 Garland, Lincoln, NE 68506	RN Lincoln	2012-13		Member-at-Large
1990-91	Donna (Slama) Bentjen, COA 5188 E Sargent Rd, Beatrice, NE 68310	Lincoln	2013-14	Andrea Stewart, CMA (AAMA) PO Box 432, Sutherland, NE 69165	Great Plains

2014-2015 NSMA Officers



The 2014-2015 Elected NSMA Officers

R-L~ President Debra Potratz, CMA (AAMA), Vice President Nicole Dvorak, CMA (AAMA), Immediate Past President Andy Stewart, CMA (AAMA), Treasurer Linda Allensworth, CMA (AAMA), CPC, Secretary Terrie King, CMA (AAMA), Speaker of the House Leigh Perez, CMA (AAMA), Vice Speaker of the House Ashley Helms, CMA (AAMA)

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2014-2015 NSMA State Board Meetings

Come see what we can do for you. Anyone and everyone are welcome to attend any or all board meetings. You do not have to be on a committee to attend, locations and times subject to change.

August 16, 2014 Summer: 12 to 3 pm – Grand Island CCC campus, Rm 210

October 4, 2014 Fall: 12 to 3 pm – Grand Island CCC campus, Rm 210

January 17, 2015 Winter: 12 to 3 pm – Grand Island CCC campus, Rm 210

Snow Date: January 24, 2015

March 21, 2015 Spring: 12 to 3 pm – Grand Island CCC campus, Rm 210

Snow Date: March 28, 2015

April 17, 2015 Pre Conference: (Time to be announced with the Conference

registration) in Lincoln, NE

April 18, 2015 Post Conference: (Time to be announced with the Conference

registration) in Lincoln, NE

For more information on state board meetings contact: President, Debra Potratz, CMA (AAMA) at 308.382.6123, ba.cma.aama2@gmail.com or Vice President, Nicole Dvorak, CMA (AAMA) brysmom@hotmail.com, 712.325.0106

Committee Members: please let the NSMA President know if you will not be able to attend the scheduled meetings in advance. In addition, arrange to have your committee represented by another member who will be attending and email a copy of your report to the President, Secretary, and Board Members in advance. That way if we have questions, we can discuss it with you before the board meeting.

MEDICAL ASSISTING NEEDS YOU!

There are two easy ways to join:

Visit our web page: www.aama-ntl.org

Or call the AAMA's national office at 1-800-228-2262



2014-2015 State Medical Advisory Board of the Nebraska Society of Medical Assistants

The Nebraska Society of Medical Assistant's State Medical Advisory Board shall consist of three members, named by the President-Elect. Two shall be physicians and the third may be a midlevel practitioner (Nurse Practitioner, Physician Assistant or Midwife) if so desired, whose appointment will be approved by the Board of Directors at eh post-convention meeting. They will serve for a period of one year. Any of them may serve for more than the appointed term, but must be appointed and approved annually.

1. Duties:

- a. Promote the goals and objectives of NSMA.
- b. Assist in acquainting the general public with the function of Medical Assisting and of NSMA.
- c. Provide guidance in continuing education program planning.
- d. Inform the organization of legislative matters pertinent to the health field.
- e. Provide assistance by teaching at workshops and seminars as requested.
- f. Be available for counsel with officers and committee chairmen as needed.
- g. Serve as judge for Nebraska Medical Assistant of the Year.
- h. Write messages of endorsement for NSMA for the Nebraska Med-A-Gram and the NMA Newsletter.



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Omaha, NE 68124

Education: Creighton University School of Medicine

Certification: American Board of Family Practice, American Academy of

Family Practice, Nebraska Medical Association

Accreditations: American Nurse Credentialing Center, Nebraska Board of

Nursing

Residency: Saint Joseph Hospital (Creighton University Medical Center)



Jay Arthur, PA-C South Lincoln Dermatology Clinic 2625 Stockwell Lincoln, Nebraska

Education: University of St. Mary's at Leavenworth, Kansas, Masters of Science in Physician Assistant Studies (MSPAS) from the Physician Assistant Program at the University of Nebraska Medical Center, Omaha **Certification:** National Commission on Certification of Physician Assistants

Professional Membership: American Academy of Physician Assistants



Karen M. Higgins, M.D., F.A.A.P. Grand Island Clinic 2444 West Faidley Avenue Grand Island. NE 68803

Education: University of Nebraska Medical Center **Residency:** University of Nebraska Medical Center **Board Certifications:** Board Certified Pediatrics

Professional Membership: Fellow American Academy of Pediatrics

CAAHEP & ABHES Accredited Colleges in Nebraska

CENTRAL COMMUNITY COLLEGE

Medical Assisting Program
CAAHEP Accredited: Associate
Michel McKinney, CMA (AAMA)
Program Coordinator
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CAAHEP Accredited Medical Assisting Program Christine Carberry, RN, MA, MS, LMHP, CPC

Department Chair 5425 N 103rd St Omaha, NE 68134 402.431.6130 F) 800.905.6041 christine.carberry@kaplan.edu

KAPLAN UNIVERSITY - LINCOLN

CAAHEP Accredited Medical Assisting Program **Ryan Villwok, D.C.** Program Coordinator 1821 'K' St Lincoln, NE 68508 402.474.5315 F) 402.474.4318 rvillwok@kaplan.edu

METHODIST COLLEGE

CAAHEP Accredited
Medical Assisting Program
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Program Coordinator
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marcia.franklin@methodistcollege.edu

METRO COMMUNITY COLLEGE

CAAHEP Accredited
Medical Assisting Program
Dona Marotta, MHA, CMA (AAMA)
Program Director
P.O Box 3777
Omaha, NE 68107
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F) 402.738.4554
dmmarotta@mccneb.edu

SOUTHEAST COMMUNITY COLLEGE

Medical Assisting Program **Kathy Zabel, MA, BS, RRT, LRCP**Program Chair
8800 'O' St

Lincoln, NE 68520
402.437.2756
F) 402.437.2592
kzabel@southeast.edu

CAAHEP Accredited: Diploma

St. Louis The Spirit of Discovery



AAMA's 58th Annual National Conference October 17-20, 2014 at the Hilton St Louis at the Ballpark Hotel, St Louis, Missouri

http://www.hiltonstlouis.com/

> AAMA Conference Services 20 N Wacker Drive, #1575 • Chicago, IL 60606 1-800-228-2262 Fax 1-312-899-1259

Reasons why you should attend:

Continuing education topics to increase your performance will be on:

Developing Online Employee Orientation and Training Modules,

Asthma, Stress Fractures, Time is Muscle-Time is Brain, Medical Malpractice Law and Litigation,

The Addict Patient, Power Points into Video,

A New Kind of Bedside Manner: The Rise of Apology Policies, Bipolar Disorder, Vaccines, Elder Abuse and Elder Law, Writing Addendums, The Affordable Care Act, 911 on ICD-10,

Stress Fractures, Resources for Online Medical Assisting Educators,

Food Allergies, Pica, Skill Review for Educators, A Path to Accountable Care Organizations, Protecting Yourself and the Practice from a Sexual Harassment Fiasco, Self-Management Skills, The Medical Assistant's Worth in Coding and Reimbursement, Pandemic Flu, One Health Initiative—Commonalities of Medicine for Humans and Animals, Managing the Risks of Telemedicine, Living with a Chronic Illness

In addition, there are Educator sessions to improve your impact in the classroom. See the latest products, publications, and services on display at MEDEXPO.

AAMA's popular package deal, including CE sessions will save you money.

AAMA Contact Information

AMERICAN ASSOCIATION OF MEDICAL ASSISTANTS

20 NORTH WACKER DRIVE, STE 1575 CHICAGO, ILLINOIS, 60606-2903 TOLL FREE 1-800-228-2262 FAX 1-312-899-1259

What is the purpose of the AAMA?

The purpose of the American Association of Medical Assistants (AAMA) is to enable medical assisting professionals to enhance and demonstrate the knowledge, skills and professionalism required by employers and patients; protect medical assistants' rights to practice; and promote effective, efficient healthcare delivery through optimal use of multiskilled CMAs (AAMA).

Have questions about the AAMA and its services? Visit the Web site at www.aama-ntl.org. Use this address to request a transcript of your CEUs on line from the Continuing Education Registry. You will need your ID number to access your information. This number is found on the mailing label of your CMA today magazine.

Membership: Need to notify us of your change of address so you will get your CMA Today on time. E-mail your member ID number, old and new address and phone numbers to the membership staff at membership@aama-ntl.org. Also, e-mail any question regarding your membership status, dues, benefits and services.

Certification: Need a CMA exam application? E-mail a request and your mailing address to certification@aama-ntl.org. Send your certification questions this way also.

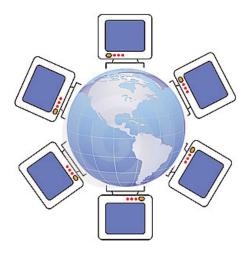
Continuing Education and Re-certification by CE: If you have any question about CEUs, program approval or recertifying by the CE method, e-mail them to ContED-Recert@aama-ntl.org.

Accreditation: Need to find out about getting a medical assisting program accredited? E-mail your questions to accredidation@aama-ntl-.org.

Conferences: Want to find out more about AAMA's upcoming conference or Med Expo Exhibition, contact them by going to the www.aama-ntl.org and clicking on the 'contact' tab at the top of the page.

Communications: Do you have a question or comment about the CMA Today? Send an e-mail to CMAToday@aama-ntl.org.

NSMA Website



www.nsmaonline.org

In October of 2013, the NSMA Board of Directors elected to professionally upgrade the NSMA website. We are now able to make changes as they are sent to the webmaster. The newest improvement is the home page event calendar. Members will now be able to check the calendar for current information on chapter meetings scheduled in their area, and find the date and latest information on the annual state conference.

We are confident that NSMA members will enjoy the 24/7 access to NSMA information and event happenings. The Nebraska Society of Medical Assistants has continued to work on its state website to bring you the information you need at your fingertips. As soon as it is available each year, we will

post the state conference registration forms for members to download, for those of you that need to turn them into your employer early for prepayment. We continue to link to the AAMA website. In addition, you will find photos from current and past State and National Conferences, current and historical information regarding the NSMA and its component chapters and a copy of our current Bylaws and Standing Rules.

We would like our members to feel that this is their website. If you feel that there is information that you would like to see included, please forward comments to the current webmaster: Debra Potratz, CMA (AAMA) at ba.cma.aama2@gmail.com. The website committee and the NSMA will then address the information to see if it will serve the members needs.

Have you visited the AAMA's website?

The AAMA website also underwent a makeover this year also. With these upgrades, you can create your own account, where you can add to your personal profile, instantly process your renewals, have access to your CEUs to see the projects you have completed, view your current transcript or brows your CEU history.

Program planners can access the Program Planner's Center under the Continuing Education menu for how to submit your programs and attendance online. You can also access your membership rosters online. Visit the Rosters and Labels page under the Volunteers menu. You'll need to be signed in to the website to view these pages, but then it's fast and easy! In addition, there are video tutorials about State and Chapter Programs, Program Approval Requests, Attendance Submissions, Rosters, and more at http://www.aama-ntl.org/tutorials.

Keep you information current and you will not miss out on the latest news from your chapter, state or the AAMA.

The site now offers even more useful information for specific visitors like physicians, medical office managers, medical assisting program directors, and students.

The AAMA has implementing the second phase of the website's enhancement to provide additional benefits, including an e-commerce component. Visitors can log and purchase continuing education materials, professional recognition products and more.

Log on today and see what you are missing.

Message Board

Updates from the 2014-15 Board of Directors meetings:

- On April 26, 2014, President Potratz, CMA (AAMA), presided over the new year's Board of Directors meeting in Hastings, Nebraska.
- President Potratz, will continue the standard BOD meetings in person this year. The summer, fall, winter, and spring meetings will be in held at the Central Community College-Grand Island campus (see page the "State Board Meeting" page for specific dates and times).
- There was no applicants for the 2014 student scholarship.
- Nominations were secured for the 2014 NSMA House of Delegates.
- There was one nomination for Medical Assistant of the Year for 2014.
- The 2014-15 NSMA operating budget was approved.
- The 2016 conference budget was approved
- Historical information was collected over the past year and preserved by the Archive committee.
- The Public Policy Chair continues to work with the AAMA's Executive Director and Legal Counsel, Donald A Balasa, JD, MBA, on legal concerns and questions to protect the Medical Assistant's right to practice in Nebraska.
- The NSMA has declined, for the current year, to donate \$50 to each AAMA fund for the 2014 AAMA National Conference: Conference Education, Maxine Williams Scholarship, and Surveyor's Training. They are looking into other options at this time.
- The NSMA BOD had voted in lieu of purchasing a gift for Freda Miller, the AAMA representative that attended our 2014 NSMA Conference, a donation was made in her name to one of her charities, the Alaska Mountain Rescue Group in Anchorage, Alaska...
- In October of 2014, various promotions for Medical Assisting week were done in each chapter. In October of 2014, the Marketing Chair mailed to select medical offices, information about the CMA (AAMA), the upcoming 2014 state conference in Hastings, as well as information on certification, recertification, and continuing education.
- In lieu of purchasing a gift for the incoming 2014 AAMA President, Nina Watson, CMA (AAMA), CPC, the NSMA BOD had voted to make a donation in her honor to the Maxine William's fund.
- The NSMA and Glenwood Telephone Membership Corporation (GTMC), the NSMA webhost, continue to work together to update the NSMA web page: www.nsmaonline.com. In October of 2014, the BOD voted to have Provident Promotions, an affiliate of GTMC, redesign the NSMA website to have a more professional looking website and one that the NSMA could make changes to themselves in a more timely manner.
- Birthday cards were sent to the Past Presidents of the NSMA with current addresses and known birthdates.
- Below is a list of the 12 Bylaws Amendments and 2 Resolutions presented at the 58th AAMA HOD: (those adopted reflect current wording)
- ✓ BYLAWS AMENDMENT 13-01 /ARTICLE VIIMEMBERSHIP, SECTION 2, Qualifications/Adopted
 A. ACTIVE An active member shall be one of the following: 1) a CMA (AAMA) holding current credential
 status and whose CMA (AAMA) credential has not been revoked as provided by the AAMA Certifying
 Board Disciplinary Standards and Procedures for the CMA (AAMA).
- ✓ BYLAWS AMENDMENT 13-02 /ARTICLE VI/ MEMBERSHIP, SECTION 2, Qualifications/Referred back to
 - **Bylaws and Resolutions Committee**
- ▶ BYLAWS AMENDMENT 13-03/ARTICLE VI/I MEMBERSHIP, SECTION 2, Qualifications/Adopted A. ACTIVE An active member shall be one of the following: 2) anyone who was an active member on 12/31/87 and who has maintained continuous active membership. Continuous active membership shall be defined as having dues postmarked or submitted electronically to the AAMA Executive Office by December 31 (the controlling time is that of sending, not that of receiving).
- ✓ BYLAWS AMENDMENT 13-04 /ARTICLE VII /DUES, SECTION 1 FIRST PARAGRAPH 1Adopted.

 A. Section 1. Annual dues for all classes of members shall be established by the House of Delegates upon recommendation by the Board of Trustees. Dues shall become due and payable November 1 and shall be delinquent if not postmarked or submitted electronically to the AAMA Executive Office by December 31 (the controlling time is that of sending, not that of receiving).
- **▶ BYLAWS AMENDMENT 13-05** /ARTICLE VII / DUES, SECTION 1, A-E /Adopted
 - A. Full dues will be assessed for active, associate, and affiliate members.
 - B. One-half dues will be assessed for sustaining members.
 - C. Dues will be assessed for international members.
 - D. Dues will be assessed for student members.
 - E. Life and honorary members are not required to pay dues.
- ✓ BYLAWS AMENDMENT 13-06 /ARCITLE VII / DUES, SECTION 3, / Adopted To serve as a delegate, an alternate, an officer, or trustee, a member's dues shall be postmarked to the Executive Office by December 31. Officers and trustees must maintain current membership during their terms of office.

- ✓ BYLAWS AMENDMENT 13-07 /ARCITLE VII / DUES, SECTION 3, / Adopted A. To serve as a delegate, an alternate a member's dues shall be postmarked or submitted electronically to the AAMA Executive Office by December 31 (the controlling time is that of sending, not that of receiving).
- ► BYLAWS AMENDMENT 13-08 / ARTICLE VI/ MEMBERSHIP, SECTION 2, Qualifications / Adopted F. Student A Student Member: shall be enrolled in a medical assisting program accredited by either the Commission on Accreditation of Allied Health Education Programs or the Accrediting Bureau of Health Education Schools; may retain membership for one additional dues year after graduation if active or associate membership is not chosen; shall be limited to a maximum of three years as a student member.
- ✓ BYLAWS AMENDMENT 13-09 /ARTICLE VI/ MEMBERSHIP, SECTION 2, Qualifications /Adopted
 F. Student A Student Member: 3. shall be limited to a one-time enrollment, selecting either a one-year or
 two-year membership term.

 Delete #4
- ✓ BYLAWS AMENDMENT 13-10 /ARTICLE XIII1BOARD OR COUNCILS, SECTION 4, JUDICIAL COUNCIL /Adopted
 - D. The Judicial Council shall: meet or consult upon the call of the Chair, consultation by mail or electronic means shall be permitted among the members of the Council provided the rights of the appellant are not prejudiced.
- ▶ BYLAWS AMENDMENT 13-11 / ARTICLE XV/HOUSE OF DELEGATES, SECTION 4 1Adopted B. Special meeting of the House of Delegates may be held at the call of the Board of Trustees by written notice mailed to each member of the House of Delegates at least 30 days in advance of such meetings. Notice will be sent by certified mail with return receipt requested.
- ✓ RESOLUTION 13-1 / DUES FOR NEW STUDENT MEMBERSHIP CATEGORIES / Adopted Shall be limited to a one-time enrollment, selecting either a one-year or a two-year membership term. The HOD established a single-year student member dues at \$25 and two-year student member dues at \$45, beginning with the 2015 membership year.
- ✓ NSMA bylaws approved at the 2013 HOD
 - Article VIII / B. Executive Authority/ 2. Meetings/ add line d. Urgent business, excluding elections, may be conducted by telephone and/or email.
 - Article XI Committee 7. Liaison Committee-voted to deleted committee and combine duties with the Mentor and Public Affairs Committee.
 - Article XI Committee 9. Mentor Committee-added line C due to Liaison Committee being deleted.
 - Article XI Committee 10 Public Affairs- added H. Composition and duties of Standing Chair due to the Liaison Committee being deleted.
 - Article XI Committee 14. Website Committee-add this separate committee, which had been listed under Editorial Committee. With the redesign of the NSMA website, the duties and responsibilities need to be designated to committee chair in order to maintain the website.
- ✓ Standing Rule update/section 1. General-add Scholarship Award winner (2)
- At the 2014 NSMA HOD-
 - The 2014-2015 Vice President, Secretary, and Vice Speaker were elected.
 - Three Delegates and seven Alternate Delegates were elected to attend the AAMA National Conference in St Louis, Missouri on October 17- 20, 2014.
- Omaha bid for the 2017 NSMA State Conference and it was approved.

Notice to all CMAs (AAMA): Elimination of Current Provider Level CPR Certification

The AAMA Certifying Board has determined that, beginning June 1, 2013, current, provider level CPR certification will not be required for recertification of the CMA (AAMA) credential.

The CPR certification requirement for recertification of the CMA (AAMA) credential began in January 2005. At that, time only a few employers were requiring their employees to be CPR certified. Due to the increasing frequency of medical emergencies in medical offices and clinics, the Certifying Board considered this to be a safety issue and was forward thinking in requiring that CMAs (AAMA) maintain current, provider level CPR certification.

Many, if not most, employers now require current CPR certification. Thus, the Certifying Board believes these safety concerns are being adequately addressed and current, provider level CPR certification is no longer a necessary component for CMA (AAMA) recertification.

All CMAs (AAMA) whose certification will expire by or on May 31, 2013 are still required to provide proof of current, provider level CPR certification for recertification purposes.

New and Recertifying CMAs (AAMA)

Becoming certified is an important part of medical assisting. The NSMA would like to recognize these CMAs (AAMA) so that everyone can be proud that their friends and colleagues have chosen to maintain a high standard of quality and professionalism for the medical assistants everywhere.

The following names are provided to us by the AAMA from exams results already verified this year. Once in a while, we get a list that may miss a name and we do apologize for not listing you, but know that we are proud of each and every one of you for taking the time to certify or recertify your AAMA credentials.

Note: Remember to add (AAMA) after your CMA credential. This shows the credentialing entity you are certified with.

Congratulations from the Nebraska Society of Medical Assistants



NSMA members that earned their CMA (AAMA) credential within the last year were honored during the Awards Luncheon at the 2014 State Conference.



NSMA CMA (AAMA) members that recertified in the last year were honored during the Awards Luncheon at the 2014 State Conference

Certified

2-1-13 to 2-1-14 Alecia M Collins, CMA (AAMA) Omaha NE April Ann Wallace, CMA (AAMA) Omaha NE April Dawn Eden, CMA (AAMA) Lincoln NE Audra Vornbrock, CMA (AAMA) Omaha NE Brian M Janes, CMA (AAMA) Lincoln NE Brook Michele Brester, CMA (AAMA) Howells NE Odell NE Cherece Marie Lohse, CMA (AAMA) Debra A Woerman, CMA (AAMA) Omaha NE Guadalupe Wilson, CMA (AAMA) Hastings NE Heather J Miller, CMA (AAMA) York NE Jamie A Hydo, CMA (AAMA) Lincoln NE Jessica M Hehn, CMA (AAMA) Lincoln NE Jessica R Vodvarka, CMA (AAMA) Lincoln NE Julie K Doornbos, ĆMA (AAMA) York NE Kathleen Louise Homstad, CMA (AAMA) Omaha NE Kelly L Jarillo, CMA (AAMA), NCMA Omaha NE Kiley Jo Knutson, CMA (AAMA) Omaha NE Kimberly Lynn Tilton, CMA (AAMA) Lincoln NE Lacie M Theeck, CMA (AAMA) Plattsmouth NE Laurie Ann Yonkers, CMA (AAMA) Bellevue NE Mitzi Ann Fecht, CMA (AAMA) Arcadia NE Patricia Marie Hannum, CMA (AAMA) Omaha NE Sarah Ann Huddleston, CMA (AAMA) Kearney NE

Sarah Kettelhut, CMA (AAMA)

Trena Leth Mann, CMA (AAMA)

Anna Mae Kessler, CMA (AAMA)

Judy A Dennhardt, CMA (AAMA)

Stephiny Hegwald, CMA (AAMA)

Valerie A Busler, CMA (AAMA)

Nadine Louise Debeer, CMA (AAMA)

Kylee Jo Riggs, CMA (AAMA)

Sheldon Marie DeBuhr, CMA (AAMA)

Recertificants 2-1-13 to 2-1-14

Cheryl A. Winton, CMA (AAMA) Jennifer C Smith, CMA (AAMA) Lincoln NE Seward NE Mandy Bea Dinsmore, CMA (AAMA) Omaha NE Mary K. Finke, CMA (AAMA) Lincoln NE Stacie J. Roth, CMA (AAMA) Milford NE Summer Kay Tefft, CMA (AAMA) Omaha NE Amy R. Knott, CMA (AAMA) Omaha NE Angela L. Feeney, CMA (AAMA) Saint Paul NE Catherine Ann Anderson, CMA (AAMA) Omaha NE Cheryl A. Winton, CMA (AAMA) Lincoln NE Debbie L Packmore, CMA (AAMA) Lincoln NE Emilia Veronica Moore, CMA (AAMA) Bellevue NE Janeen L Sturtevant, CMA (AAMA) Waverly NE Jennifer C Smith, CMA (AAMA) Seward NE Jenny Renae Novak, CMA (AAMA) Lincoln NE Grand Island NE Joan Leisinger, CMÁ (AAMA) Kimberly J Hayes, CMA (AAMA) Clarks NE Leslea K Calhoun, CMA (AAMA) Clay Center NE Linda K. May, CMA (AAMA) Lynn R Maca, CMA (AAMA) Lincoln NE North Bend NE Mandy Bea Dinsmore, CMA (AAMA) Omaha NE Mary K. Finke, CMA (AAMA) Lincoln NE Michele A Buelt, CMA (AAMA) Omaha NE Pamela Sue Koch, CMA (AAMA) Lincoln NE Stacie J. Roth, CMA (AAMA) Milford NE Summer Kay Tefft, CMA (AAMA) Omaha NE Lincoln NE Tanya M. Frey, CMA (AAMA) Teresa Marie Mikoloyck, CMA (AAMA) Fremont NE Omaha NE Vera M Newson-Williams, CMA (AAMA) Vicki J Rittenhouse, CMA (AAMA) Lincoln NE Vicki S. Weitzenkamp, CMA (AAMA) Hooper NE

Ceresco NE

Lincoln NE

La Vista NE

Lincoln NE

Lincoln NE

Lincoln NE

Omaha NE

Lincoln NE

Grand Island NE

Mentoring

Hello,

As the Mentor Committee Chair of the Nebraska Society of Medical Assistants (NSMA), I would like to invite you to join me as an active member of our society. As a tradition, we recruit members to support the values and principles that we have established in our professional society, and now is the time that we need more volunteers to be active in our society. I am not asking anyone to be put in a position that they may not be comfortable with; as there are many levels of participation in our society. In conjunction, many long-time members are willing to walk you through the appropriate steps so you feel confident about working on a committee and becoming involved.

It takes a lot to keep an organization such as the NSMA in good standing and active on all levels. Many good, active members work hard to serve and protect the Certified Medical Assistant's rights to practice, and together we can all contribute to this. In addition, a lot of time and effort by the hosting chapter goes in to putting on the yearly state conference, which benefits all members who attend, along with their employer and the patients they care.

It takes just a few minutes to become familiar with our organization by talking to an active member, reviewing our website www.nsmaonline.org, or by read the NSMA Med-A-Gram. The Med-A-Gram is our bi-annual publication, which includes the NSMA By-laws and Standing Rules, chapter information, the state conference registration and much more.

All I am requesting is for any member, who would like to become more involved, or just ask a general question, to contact me at the information provided below and I will help to put you in contact with the appropriate member or committee.

Thank you,

Andrea Stewart, CMA (AAMA) PO Box 432 Sutherland, NE 69165 308.386.6074 andycma@yahoo.com

NSMA Members We Need You

Requesting assistance from the Certified Medical Assistants (AAMA) in Nebraska!

Please do your part in supporting our membership. We are calling for members to get active in their Local Chapters and on the State level. If you know a Certified Medical Assistant (AAMA) that is not a member, encourage them to become member by explaining to them what the NSMA is all about and the benefits of joining. We challenge every Certified Medical Assistant to become a mentor to all members. Here are a few ideas to help with your mentoring.

- 1. Bring one new member to the next meeting and have them bring a question.
 - a) Be a big sister or brother to a one new member.
 - b) Pick them up and drive them to the meeting.
 - c) Make a phone call to them personally the day of the meeting, to remind them.
 - d) Make plans to go out to dinner before going to the meeting.
- 2. Look around their place of employment for an area you can hang up membership information.
- 3. Speaking about what a Medical Assistant does at your local high school on Career Day.

We would love to hear your thoughts and ideas on how you get your fellow CMA (AAMA)s involved. Please send them to me at the info below.

Janet Ueding CMA (AAMA), LRT NSMA MEMBERSHIP CHAIR

Prospective Member Form

From:
Please contact and/or mail information regarding AAMA and NSMA membership to:
Name:
Address:
Dhono

Return form to the Membership Committee:
Janet Ueding, CMA (AAMA), LRT
NSMA MEMBERSHIP CHAIR

909 L Street Tekamah, NE 68061 402.808.4190 ueding48@yahoo.com



Make a Difference!

Help shape the future of your profession.

Join the NSMA volunteer leadership team.

Both new and experienced members are welcome.

Archive ~ Collect and record the history of NSMA.

- Awards ~ Coordinate contests and present awards at the state conference.
- Budget & Finance ~ Help prepare the budge for NSMA.
- By-Laws ~ Study national state and chapter bylaws to make recommendations.
 Use Roberts Rules of Order.

 Certification ~ Promote the CMA (AAMA) exam and welcome new CMA (AAMA)s at the state and chapter level.

Documents ~ Keep NSMA documents updated for members use.

- Editorial ~ Collect and organize NSMA new for the Med-A-Gram and NSMA webpage, <u>www.nsmaonline.org</u>.
- Education ~ Suggest topics for CEU sessions and request AAMA approval.
- **Liaison** ~ Promote and partner with NSMA and state medical assisting education centers.
 - **Marketing** ~ Promote the CMA (AAMA) credential locally, statewide and nationally.
- Membership ~ Encourage students, new graduates and non-renewing members to join local chapters, NSMA and AAMA.
- Mentor ~ Build CMA (AAMA) friendships and promote CMA (AAMA) leaders.
- Public Policy ~ Protect the CMA (AAMA)'s right to practice and keep members
- updated on legislative issues.









Janet Ueding, CMA (AAMA), LRT
NSMA MEMBERSHIP CHAIR
909 L Street
Tekamah, NE 68061
402.808.4190
ueding48@yahoo.com

For a detailed description of positions, visit www.nsmaonlin	ne.org
PRINT the information below and send to Janet Ueding, CI	MA (AAMA), LRT

Name and Credentials	
Position I'd like more information on	
Chapter	
Preferred mailing address	
Phone	

Email address

Moving or know a member that did not receive their Med-A-Gram?

Please send address information to: Carol Muske, CMA (AAMA)

Editorial Committee 1414 N Kansas Ave Hastings, NE 68901 Fax (402) 460-2173

State:	Zip:
SE YOUR HEL	P
sidence or occupation, wou ws updated addresses from	ild you please send us the Past Presidents list,
State:	Zip:
	State: SE YOUR HEL uld ask that you glance at you glance or occupation, wou we updated addresses from Send info to the above addresses from Send info to the above addresses.

Student Buzz

AAMA Student Essay Competition

A day in the life of a medical assisting student

Your entry could win \$1,000!

(Sponsored by textbook publisher F. A. Davis.)

Your audience: Potential medical assisting students. Who better to tell them about entering the medical assisting profession than you!

Your pitch: Your story should inspire others to consider entering the profession and aspire to achieve the CMA (AAMA) credential.

Your judges: AAMA Awards Committee

Your deadline: July 1, 2015

How to get started: Pen an essay that describes a day in the life of a medical assisting student—the enjoyment, the labor, and the motivation. What drives you to attend classes? When do you find the time to study? Do you collaborate with your colleagues and educators? How does your everyday experience as a student prepare you for a future in the profession?

Academic Institution Name of Your Medical Assisting Program:

Eligibility

You are eligible to enter if you are enrolled in and have completed at least one quarter or semester at a postsecondary medical assisting program accredited by the Commission on Accreditation of Allied Health Education Programs (CAAHEP).

Essay

- Send as a Word attachment via e-mail to communications@aamantl.org (Include the information from the form below in your e-mail message.)
- Length: 400-500 words
- Save in Microsoft Word .doc or .docx format

Judging Criteria

Essay entries will be judged based on writing quality, content, and overall effectiveness.

Entries that do not meet all the submission requirements will automatically be disqualified. All entries become the property of the AAMA and will not be returned.

Full Name:	Academic Institution Address:
Address:	Academic Institution City/State/ZIP:
City/State/ZIP:	Educator's Name:
Daytime Phone:	
E-mail:	AMERICAN ASSOCIATION

OF MEDICAL ASSISTANTS 20 N. WACKER DR., STE. 1575 ⊕ CHICAGO, ILLINOIS 60606

website: www.aama-ntl.org

800/228-2262

Announcing the NSMA Medical Assisting Scholarship Program

SCHOLARSHIP ELIGIBILITY:

- Currently enrolled in a CAAHEP accredited medical assisting program
- Cumulative GPA of 3.0 or above in core medical assisting courses
- Completed application must be submitted by established deadline

AWARD CRITERIA:

- Personal statement of professional goals
- Academic ranking
- References
- Clarity of application
- Contact your CAAHEP medical assisting school Program Director for more details and a current application or contact the NSMA Award Committee Chair Andrea Tiarks, CMA (AAMA), at andy4461@aol.com or mail her at 617 Arnold Avenue, Council Bluffs, IA, 51503-5150, phone: 712-325-1669

^{*}Registration will close each year on January 15th. Qualified candidates will be eligible for one (1) \$500 scholarships awarded annually. Winners will be notified by the Awards Chair and announced at the annual state NSMA Conference. Winner(s) must submit an electronic photo upon being notified of winning to be used for promotional purposes by the NSMA organization.

For Your Information



Safety news-headsets my increase risk of automobile accidents. While numerous studies show the danger of using cellphones while driving, the National Highway Traffic Safety Administration says that headsets and speakerphones do not improve safety because it is the mental distraction of talking on the phone, not holding it that is the problem.

In fact, some research suggests hand-free devices could actually increase risk by encouraging people to spend more time on their cellphone and drive faster while doing so.

In addition, a study by NHTSA found that people spent more time on the distracting task of dialing when they use headsets and voice-activated dialing systems because these methods can take nearly twice as long as punching the buttons directly on the phone. NHTSA recommends that drivers avoid making or receiving calls, except in emergencies.

Choosing a Pediatrician

The best time to choose a pediatrician is in the last months of pregnancy so that the doctor can give the baby his or her first examination at the hospital a day or so after delivery. Ask other parents in the area for their recommendations, and then check to see if the practice meets these criteria:

- Are the fees from the pediatrician or practice covered by your insurance?
- Are there separate sick and healthy waiting rooms (to avoid contagion)?
- Does the practice have a 24-hour hotline for after-hours questions?
- When you call the office, how long are you put on hold? Some busy practices may not be able to answer the phone for quite a few minutes and that may be critical when you have a sick child or an urgent question.

Once you narrow your list to two or three doctors, request an interview to see if you find the pediatrician congenial. Is he or she receptive to your questions and special requests? Is the staff helpful and considerate?

Take timeout for a quick relaxing meditation

- o Sit and get comfortable
- o Close your eyes
- o Consciously relax your muscles
- o Breathe in deeply and slowly through your nose-the key is to always focus on your breathing.
- o As you exhale slowly, say a calming word like patience or kindness, or use a phrase such as I choose joy instead of stress.

The key is to focus on slowing down and focusing within and become aware that the Source of all healing is within us. So if stressful thoughts try to enter, just focus on your breathing rather than addressing them.



If sports drinks are too sugary for you, but you want fuel for a long workout, try chia seeds. A recent study found that runners who drank powdered chia seeds mixed with half a bottle of sports drink performed just as well as those who drank a full sports drink.

Stroke Screening

The American Stroke Association had developed a quick screening process to determine who has an elevated risk of stroke.

The screening reviews an individual's risk factors, checks blood pressure, and pulse and provides education about warning signs of stroke.

The association encourages everyone to participate in the free screening, particularly people over 55 and those who have high cholesterol, high blood pressure or a family history of stroke.



To spot a possible stroke that may be happening, check for warning the FAST signs

 \mathbf{F} – Face drooping-does one side of the face droop or is it numb? Ask the person to smile. Is the smile uneven? \mathbf{A} – Arm weakness-Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?

S – Speech difficulty- Is the speech slurred? Is the person unable to speak or hard to understand? Ask the person to repeat a simple sentence, such as "The sky is blue," is the sentence repeatedly correctly.

T – Time to call 911- If someone shows any of these symptoms, even if the symptoms go away, call 911 and get the person to the hospital immediately. Check the time so you will know when the first symptoms appeared.

Poison Prevention

Poison products around the house pose serious dangers to children. According to the American Association of Poison Control Centers, nearly 100,000 children are involved in common household pesticide-related poisonings or exposures each year in the U.S. Yet a survey by the Environmental Protection Agency found that almost half of the households with children under the age of five had at least one pesticide stored in an unlocked cabinet less than four fee off the ground.



Bathrooms and kitchens were cited as the areas in the home most likely to have improperly stored pesticides. Examples of common household poisons include roach sprays, chlorine bleach, kitchen and bathroom disinfectants, rat poison, insect and wasp sprays, repellants and baits, flea and tick shampoos for pets, swimming pool chemicals, and weed killers.

To reduce the risk of poisoning, the EPA recommends

- Store pesticides away from children's reach in locked cabinets or garden sheds
- Before applying pesticides (indoor or out) remove children and their toys from the areas and keep them away until the pesticides have dried or as long as is recommended by the label.
- IF your use a pesticide is interrupted, properly re-close the package and put it out of reach of children while you are gone.
- Do not transfer pesticides to other containers that may be associated with food or drink in children's' minds
- Do not place rodent or insect baits where small children can get to them.
- Use child resistant packaging and close the container tightly after use.
- Alert caregivers and grandparents to the potential hazards of pesticides in your house.
- Teach children that "pesticides are poisons" are something they should not touch.
- Keep the telephone number of your area Poison Control Center near your telephone or programed in your cell phone.

VISIT THE
AAMA WEBSITE
www.aama-ntl.org
OR CALL
1-800-228-2262

What is the Nebraska Society of Medical Assistants?

Nebraska was represented at the first meeting held in Kansas City, Kansas to form a National Organization back in May of 1955. It was in 1963 that Nebraska qualified for its State Charter. In 1965, Nebraska presented its first educational symposium held in Lincoln. The first CMA certification exam in Nebraska was given in June of 1965.

From the beginning, there was a need, there was interest and there was constant motivation and support. Our founding drive has not changed. Fifty years later, Medical Assisting is now expected to increase by 31% throughout the year 2020.

Our members have learned how an exchange of professional ideas can broaden the scope and effectiveness of all Medical Assistants. As a member, you will make new friends and enjoy affiliation with colleagues as you share in the opportunity to advance your career goals.

NSMA has formulated a Strategic Plan to assure recognition and success. We have identified our goals and are striving to achieve our objectives. YOU are part of that overall plan! Your involvement will make a positive difference.

The Nebraska Medical Association and many County Medical Societies support and endorse the goals and objectives of the NSMA. Physicians in the communities where we work serve on our Physician Advisory Board.

Each spring, NSMA sponsors a two day State Conference. This educational weekend is held in various locations throughout the state. At this meeting, the House of Delegates assembles which provides the democratic forum to define the policies governing our Society. The election and formal instillation of Officers takes place, as well as entertaining social functions. The "Medical Assistant of the Year" honor is also awarded. This award acknowledges the special accomplishments of an outstanding member.

All members are welcome and encouraged to attend the NSMA Board Meetings. Experience the happenings behind the scenes. Familiarize yourself with the Board of Directors and the activities of the Standing Committees. Explore the many volunteer opportunities that are available for your special talents. These business meetings are usually scheduled in August, October, January, and March, with the pre and post scheduled during the state conference.

NSMA has five local chapters throughout the State. Most chapters hold regular business meetings and offer AAMA approved programs for continuing education units. Perhaps there could be enough interest in your area to form your own chapter!

The History of the Nebraska Society of Medical Assistants, Inc.

In May 1955, a steering committee of seven women met at the Paxton Hotel in Omaha at which time the constitution, bylaws were drawn up, and the organization was officially established under the approval of the Douglas County Medical Society. The Omaha Chapter remained the only chapter in Nebraska functioning at both the local and state levels. On October 11, 1963, Nebraska received their State Charter at the AAMA Convention.

In April 1966, Omaha hosted the first state meeting for interested medical assistants from other cities and towns in Nebraska. A steering committee agreed to propose the necessary changes in the constitution and bylaws to provide eligibility to medical assistants from neighboring areas, not only to join as associate members until a component chapter in their locale was organized, but also to allow them to be an associate member-at-large with the right to vote, hold office and chair a committee.

At the NAMA convention in Omaha, May 1967, Madison Six County and Lincoln received their charters. The Madison Six County Chapter changed their name to the Northeast Nebraska Chapter in March 1976. This chapter dissolved in January 1983.

In May 1971, the Grand Island Chapter received their charter. In 1975, a chapter was issued to Scottsbluff-Gering Chapter but they dissolved in February 1980.

In 1982, three chapters were given their charters. They were Great Plains, Kearney Area and Hastings. The Hastings Chapter became inactive but reorganized in December 1989. The Kearney Area Chapter dissolved in April of 1986.

The Norfolk Chapter received their charter in 1988 and dissolved in 2010. Fremont was chartered in 1989, and dissolved in 2005.

As of 1993, we have the following active chapters: Grand Island, Great Plains, Hastings, Lincoln and Omaha.

The first medical assistant certification examination in Nebraska was given in June 1966 at Omaha University (now the University of Nebraska at Omaha). Erna Goode, CMA, of the Omaha Chapter became the first medical assistant in Nebraska to receive her certification credential. Bonnie Ahrens, CMA-ACP, of Lincoln was the first to receive her certification plus the specialty of Administration, Clinical and Pediatric. The specialty credentials are no longer offered. The Certification Committee was created at the 1979 House of Delegates.

The first state publication, simply called the "Bulletin", was distributed in February 1971, under the direction of Barbara McMullen, President. In 1978, the decision was made to restart the state newsletter with five publications per year. Ginny Rozmiarek, CMA-C, was the Publication Chairman. A statewide contest was held to name the newsletter and the Grand Island Chapter won with the name "NAMA-Gram". This was later changed to the Nebraska MED-A-GRAM in December 1985.

Membership enrollment has fluctuated throughout the years ranging from less than 100 to near 300. In 1975, Nebraska won two AAMA Membership Awards. First place was awarded for percentage of increase and second place for numerical increase.

Tax-free exemption status was obtained in September 1978. In December 1984, the Article of Incorporation was drawn up for our organization spearheaded by Peggy Gilbert, CMA. In December 1985, the official name was changed from the Nebraska Association of Medical Assistants (NAMA) to the Nebraska Society of Medical Assistants, Inc. (NSMA) to comply with the mandate from AAMA.

From conception, the major purpose of this organization has been to provide continuing education for its members. To this end, we have organized and sponsored innumerable seminars and annual conventions. AAMA chose Omaha to host the 1987 Regional Conference as part of their Strategic Plan.

In the mid 1980s, legislative issues took on new major concerns dealing with OSHA guidelines, public safety, clinical laboratory improvement amendments (CLIA), radiology training requirements, blood borne pathogens, and the CMAs right to practice. Members are kept abreast of these topics by the organization.

In 1978, the U.S. Department of Health, Education and Welfare formally recognized medical assisting as an allied health profession. This ruling was a direct result of a concentrated campaign by AAMA and initiated the drive for certification revalidation. The Bureau of Labor Statistics has listed medical assistants as one of the continued, fasted growing occupation.

Nebraska's Norma Parker, CMA (AAMA) was elected AAMA President in 1999. In 2001, Omaha hosted a Regional Conference. In 2007, NSMA launched its website, www.nsmaonline.org, and in August of 2009, President Hipke-Muske, CMA (AAMA) initiated and presided over the first webinar NSMA Board of Directors meeting. The first NSMA Medical Assisting Scholarship for CAAHEP students was unveiled at the 2012 State Conference.

NSMA Conference Grant Application

In an effort to reward active membership in the Nebraska Society of Medical Assistants, the Board of Directors has established the NSMA Convention Grant Program. One Grant will be offered annually, paying the full registration fee (non-transferable) to the next NSMA Annual Conference for the lucky winner.

APPLICANT CRITERIA:

Requirements:

- 1. A current dues paid CMA (AAMA) and a member of the NSMA in good standing for a minimum of two consecutive years.
- 2. Must presently or in the past, held an active officer position or committee chair at the Chapter level and served as an active officer position or committee chair at the State level to be eligible.
- 3. Applicant must submit the completed the grant application form. A copy of their professional curriculum vitae, listing offices and committee positions held on both the local and state levels, and any other optional documents, i.e. letters of recommendation from peers, details of special projects, and specific contributions to the organizations that may assist the judges in evaluating the application by the established deadline. Only qualified candidates will be considered.

Winner will be notified as soon as possible after the announcement at the Spring BOD meeting.

Eligibility is limited to one grant award every five years for any one member.

An appointed panel of judges will select the winner, from the information provided in your application. Judges are the President, Vice President, Immediate Past President and the Awards chair.

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Name:		
Address:		
	AAMA Member Si	
Phone:(H)	(W)	
Membership Status:	Chapter Affiliation:	

Application must be received by December 31st of each year.

Send completed applications and supporting documentation to the NSMA Awards Chair.

Please go to www.nsmaonline.org
or check your current fall Med-A-Gram
for the current Awards Chair address.

NSMA Membership Recruitment Contest

The NSMA Membership committee sponsors this program. The contest winner will receive a \$25.00 voucher (non-transferable) to be applied towards the next NSMA annual conference registration fee.

- 1) Upon completion and verification of the proper entry form, recruiters name will be placed in a drawing for each new member recruited for the year.
- 2) A new member is defined as an active, associate or affiliated member who is new to AAMA or non-renewing for the previous two years.
- 3) The recruited member must have their dues paid in full to the AAMA office by December 31st of each year.
- 4) In February of each year, the Membership Chair will verify that each recruited member entered qualifies under the guidelines established.
- 5) The drawing will be held at the spring BOD meeting and the winner contacted as soon as possible.
- 6) The winner will be acknowledged and introduced at the awards ceremony held during the annual NSMA conference.
- 7) The current Membership chair and Membership committee members are not eligible.

Submit this form for each member recruited to the current NSMA Membership chair:

Janet Ueding, CMA (AAMA), LRT NSMA MEMBERSHIP CHAIR 909 L Street Tekamah, NE 68061 402.808.4190 ueding48@yahoo.com



Membership Recruitment Contest Entry Form

Members Name:	
Chapter:	
Name of recruited member $\&$ chapter: $_$	

New members' dues must be paid in full to the AAMA office by December 31st of each year. The AAMA Membership roster will be reviewed each February, and the drawing will be conducted at the spring NSMA BOD meeting and the winner will be notified as soon as possible.

NSMA Conference, Installation of Officers and Awards Luncheon

NSMA Conference



Colonial Gardens, site of the 2014 NSMA Conference



Preconference Board Meeting



Attendees of the 2014 NSMA Conference



Attendees of the 2014 NSMA Conference



AAMA Representative, Freda Miller CMA (AAMA), CPC, updates NSMA members on information from the AAMA.



The Friday night supper with CEU

Awards Luncheon



NSMA Awards Luncheon Attendees



NSMA Awards Luncheon Attendees



NSMA Awards Luncheon Attendees







Michel McKinney, Deb Potratz, and Carol Muske received special recognition for work on the NSMA website and NSMA Med-A-Gram



NSMA CMA (AAMA) members that recertified within the last year were recognized at the 2014 NSMA Conference



NSMA members that earned their CMA (AAMA) credential within the last year were honored during the Awards Luncheon at the 2014 State Conference.

Installation of Officers



Carol Muske installs the newly elected 2014-2015 NSMA Officers



President Debra Potratz, CMA (AAMA), presents the Past State President's pin to Andrea Stewart, CMA (AAMA)



2014-15 NSMA President Debra Potratz, CMA (AAMA) gives her acceptance speech



Andrea Stewart, CMA (AAMA), NSMA Immediate Past President, Freda Miller, CMA(AAMA), CPC, AAMA Representative and Debra Potratz, CMA (AAMA), NSMA President



The 2014-15 elected NSMA Officers: R-L~ President Debra Potratz, CMA (AAMA), Vice President Nicole Dvorak, CMA (AAMA), Immediate Past President Andy Stewart, CMA (AAMA), Treasurer Linda Allensworth, CMA (AAMA), CPC, Secretary Terrie King, CMA (AAMA), Speaker of the House Leigh Perez, CMA (AAMA), Vice Speaker of the House Ashley Helms, CMA (AAMA)

House of Delegates



NSMA Secretary Terrie King, CMA (AAMA), and Parliamentarian Lori Kounovsky, CMA (AAMA)



2014 NSMA President Andrea Stewart, CMA (AAMA), Great Plains Chapter



Credentials Committee: Chair -Laura Blankenship, CMA (AAMA) and Jan Frederick, CMA (AAMA), Omaha Chapter



Vice Speaker: Leigh Perez, CMA (AAMA), Omaha Chapter



Felicia Gailetta, Omaha Chapter, Page for the HOD



Omaha Chapter Delegates: Nicole Dvorak, CMA (AAMA), Andrea Tiarks, CMA (AAMA) and Janet Ueding CMA (AAMA), LRT



Grand Island Delegates: Chapter: Pam Ondracek, CMA (AAMA), Barb Cater, CMA (AAMA), and Lisa Hoffman, CMA (AAMA)



Hastings Chapter: Michel McKinney, CMA (AAMA), Ann Wadsworth, CMA (AAMA), and Carol Muske, CMA (AAMA)



Lincoln Chapter Delegates: Ashley Helms, CMA (AAMA), Katie Griesen, CMA (AAMA), and Jennifer Kocian, CMA (AAMA



Michel McKinney and Carol Muske--We hope you had a good time at the 2014 NSMA Conference...but we are sooo glad it Lincoln's turn to Host next year-Good Luck!

Medical Assistant of the Year



Lisa Hoffman, CMA (AAMA) 2014 Medical Assistant of the Year

The following are excerpts from letters of recommendation nominating Lisa Hoffman as Medical Assistant of the Year.

Lisa is extremely loyal and does things without being asked; she will come in willingly at times when necessary to provide extra help at the clinic. One thing valued most is Lisa's ability to keep things confidential. I also value Lisa for the fact that she has two wonderful daughters. With her knowledge of raising two extremely competent women and working at the same time, she can give this as a positive reinforcement to the care that she helps provide to patients. Lisa is incredibly pleasant, and remembers everything, even at times when things are getting a little crazy and I am forgetting what is going on - Dr. Karen Higgins.

Lisa is very kind and compassionate with her patients and coworkers, as well as those in her local chapter. She is very diligent in attending state and local meetings. Obtaining CEUs and keeping her credentials current is an utmost priority, as well as obtaining qualified speakers for our local meetings, to benefit all. Lisa is very motivated and completes all tasks, when presented to her.

She attended Central Community College in Hastings from August of 1981 to December 1982. She has worked at the Grand Island Clinic for the past 27 years. She has been a member of the AAMA and NSMA for 21 years serving in several local officer positions and on several committees as well as state committees.

Past Medical Assistants of the Year

YEAR	NAME	CHAPTER
1980	Lorraine Wilbur, RN	Lincoln
1981	Bonnie Ahrens, CMA-AC (AAMA)	Lincoln
1982	Jeanne Houston, LPN, CMA (AAMA)	Omaha
1983	Peggy (Gilbert) Brown, CMA (AAMA)	Lincoln
1984	Norma Parker, CMA (AAMA)	Omaha
1985	Marie Madison	Grand Island
1986	Virginia Rozmiarek, CMA-C (AAMA)	Omaha
1987	Elaine (Arps) Hunacek, CMA (AAMA)	Omaha
1988	Delores M. Yosten	Grand Island
1989	Edith Thomsen, CMA-A (AAMA)	Kearney Area
1990	Chris Graff, LPN	Lincoln
1991	Minnie Briggs, RN	Omaha
1992	Peggy (Gilbert) Brown, CMA (AAMA)	Lincoln
1993	none	
1994	Laura Blankenship, CMA-C (AAMA)	Omaha
1995	Mary (Wolfe) Brown, CMA (AAMA)	Omaha
1996	Patty Hafer, CMA (AAMA)	Great Plains
1997	Debby Gross, CMA (AAMA)	Norfolk
1998	Tammy Siedband, CMA (AAMA)	Lincoln
1999	Deb Potratz, CMA (AAMA)	Grand Island
2000	Candace (Rhoades) Coffman, CMA (AAMA)	Lincoln
2001	Janis Frederick, CMA (AAMA)	Omaha
2002	Linda Allensworth, CMA, CPC (AAMA)	Omaha
2003	Andrea Stewart, CMA (AAMA)	Great Plains
2004	Carol Hipke-Muske, CMA (AAMA)	Hastings
2005	Michel McKinney, CMA (AAMA)	Hastings
2006	Andrea Tjarks, CMA (AAMA)	Omaha
2007	Lori Kounovsky, CMA (AAMA)	Norfolk
2008	Tracy Bednar, CMA (AAMA) LRT	Omaha
2009	Janet Ueding, CMA (AAMA) LRT	Omaha
2010	none	
2011	none	
2012	none	
2013	Laura Blankenship, CMA-C (AAMA)	

MEDICAL ASSISTANT OF THE YEAR AWARD GUIDELINES

Many of our members have given much of their time and talent to make our organization what it is today. The Medical Assistant of the Year Award acknowledged their accomplishments.

Each Chapter is asked to select nominees and submit a letter of endorsement with each nomination. The nominee must meet the following requirements:

- 1. AAMA member in good standing.
- 2. AAMA member for at least three years.
- 3. Served as an active officer and/or committee chair at the Local and State or National level of AAMA.
- 4. Made specific outstanding contributions to NSMA over and above the usual duties associated with being an officer or committee chair.
- 5. Can only be nominated once every 10 years.

Other guidelines:

- 1. The current State President is not an eligible candidate
- 2. If nominated, the physician employer must verify in writing the medical assistant's attributes.
- 3. The nominee must furnish a current curriculum vitae to the committee.

The final selection is made by an impartial panel of judges consisting of:

- 1. The three State Medical Advisors
- 2. The Executive Secretary of the Nebraska Medical Association
- 3. The Executive Secretary of a County Medical Society.

If an employee of a physician advisor is nominated, the physician will be disqualified as a judge. Another physician will be selected by the Awards Committee.

The Medical Assistant of the Year will be announced each year at the NSMA State Conference.

Member-at-Large Contest

To all Nebraska Society Members-at-Large

In an effort to ensure that the Nebraska Society Medical Assistants Member-at-Large are represented at the annual state House Delegates, the State Society has developed a pilot incentive program. Complete the entry form below and return to the current NSMA Membership Chair by March 1, of each year. Upon receipt of your completed entry form, your name will be entered into a drawing for a free NSMA annual conference registration for that year. To qualify, you must be a member in good standing, meaning your AAMA dues have to have been received at the AAMA office by December 31st, of the previous year.

You must meet the guidelines for the member-at-large membership category:

- Live or work 60 (sixty) miles outside the nearest functioning Chapter.
- Must be available to attend the next NSMA annual conference in its entirety

The duties of the winner of the free conference registration will include:

- Serve as a member-at-large Delegate at the Nebraska Society of Medical Assistants' House of Delegates (See the NSMA Bylaws section regarding Delegates to the House.)
- Serve as a committee chair or member on the Board of Directors the following year.

 Maintain communication with the other members-at-large and see that they are kept informed of meeting highlights and other pertinent information throughout the year.

The NSMA is hopeful that this offering will inspire all members-at-large to be involved. Just complete the bottom portion of this announcement and see if you are the lucky winner. The drawing will be at the spring NSMA BOD meeting and the winner will be notified immediately. This award is non-transferable and only good for the year awarded.

To all Nebraska Society Members-at-Large: Member-At-Large Conference Delegate Entry Form

Name/Credentials		
Address		_City
Home Phone	Work Phone	_Alternate Phone
Employer		
E-mail Address		
AAMA Member ID #		

Applications are also available on-line.

Return Completed Form (by March 1st of each year) to the NSMA Membership Chair.

Check you fall Med-A-Gram or go online to nsmaonline.org for the current Membership chair.