

MED-A-GRAM

Fall 2015



Who I Am Makes A Difference



★ **Grand Island**
(2016 State Conference will be
in held in Kearney)

★ **Great Plains**

★ **Hastings**

★ **Lincoln**

★ **Omaha**

I am a Certified Medical Assistant

"I protect the confidence entrusted to me."

2016 AAMA National Conference Information Page 14

Newly Certified Medical Assistants Page 19

Chapter Information Begins On Page 41

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. Contact information for state and chapter officers and committee members are listed according in this publication. 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 the NSMA website – www.nsmaonline.org and our members only Facebook page. 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 19-23, 2015, is Medical Assistants Recognition Week

October 21, 2015, 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.

DUES

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

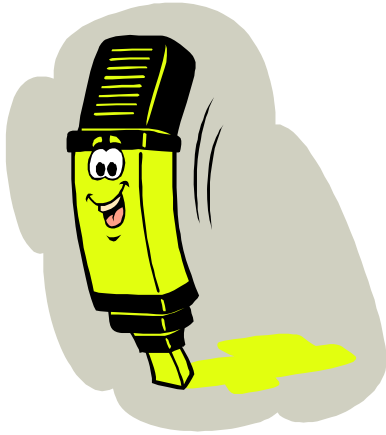
MEETINGS

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

Plan ahead...



Mark
Your
Calendar

Nebraska Society of Medical Assistants Continuing Education Events:

2016 NSMA's 50th Annual Conference at the Kearney Holiday Inn Express in Kearney, Nebraska hosted by the Grand Island Chapter; for more information, at this time please contact the conference chair, Jean Burmood, CMA (AAMA) @ exflorgirl@aol.com or co-chair Sue Simodynes, CMA (AAMA) @ suelstrong@yahoo.com.

2017 NSMA's 51th Annual Conference, hosted by the Omaha Chapter for more information, contact Tracy Bednar, CMA (AAMA) conference chair @ jamietracybednar@msn.com.

2018 NSMA's 52th Annual Conference hosted by the Great Plains Platte 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, Radiology Technicians, Educators and more. Watch for more information in the 2016 spring Med-A-Gram and check the NSMA website in the spring to download the registration form- www.nsmaonline.org.

The members of the Lincoln Chapter presented a great conference this past April 2015.

We had excellent speakers on: HIPPA, Immunizations, Working with Youth: Psychology, Nutrition, Obesity, and Services for Low Income Families, ICD-10, Medicare, Medicaid, Hepatitis C.

During the Saturday Installation and Awards Luncheon Nicole Dvorak, CMA, (AAMA) was installed as the new State President. 5 new CMAs (AAMA) and 26 recertifying CMAs (AAMA) members attending conference were also honored.

Susan Hawes, CMA (AAMA), MBA, CMPE from Maine 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.

50th Annual Nebraska Society of Medical Assistants Conference

Fellow Medical Assistants,

The Grand Island Chapter would like to take a moment to remind you about the two-day conference they are hosting in *Kearney, Nebraska* next year.

This is the Nebraska Society of Medical Assistants' Annual Conference being held April 15 and 16, 2016 at the *Kearney Holiday Inn Express in Kearney, Nebraska*.

For more information, contact the Conference Chair, Jean Burmood, CMA (AAMA) at exflorgirl@aol.com or co-chair Sue Simodynes, CMA (AAMA) at suelstrong@yahoo.com.

Updates will be giving at each State Board meeting throughout the year, so you can also contact your local chapter president for more information. Registration and hotel information will be published in the **2016 spring Med-A-Gram** and published on our website at 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

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>

2015-2016 State President



Nicole Dvorak, CMA (AAMA)
49th President of the Nebraska Society of Medical Assistants

Nicole was born and raised in Council Bluffs Iowa and graduated from Abraham Lincoln High School. She graduated from Nebraska College of Business with an Associate degree in Medical Assisting. During her career she has worked in a variety of clinic settings but her passion is with Pediatrics.

Nicole is a member of American Association of Medical Assistants (AAMA) and a Member of the Omaha Chapter where she has served as Vice President, President, Immediate Past President, and has also served as Budget and Finance Chair, Editorial Chair and Certification Chair.

On the State level she has served as the President Elect, Certification, Budget and Finance Chair and Delegate to two National Conferences. This is her first time being President of the Nebraska Society.

Nicole lives in Council Bluffs with her mother Gloria and her sons Bryant and Noah. Nicole enjoys watching her boys playing soccer and being involved in their activities. In her free time she enjoys going to movies, reading books and being with family and friends.

I look forward to the challenge and I am honored and excited to be able to serve the Nebraska Society of Medical Assistants as your President.

PAST STATE PRESIDENTS

<u>YEAR</u>	<u>NAME</u>	<u>CHAPTER</u>	<u>YEAR</u>	<u>NAME</u>	<u>CHAPTER</u>
1967-68	Doris Reynolds	Omaha	1990-91	Donna (Slama) Bentjen, COA 5188 E Sargent Rd, Beatrice, NE 68310	Lincoln
1968-69	Norma Welchel	Lincoln	1991-92	Andrea Stewart, CMA (AAMA)	Great Plains
1969-70	Theola Thornton	Norfolk	2013-14	PO Box 432, Sutherland, NE 69165	
1970-71	Barbara McMullen Life member/retired 4115 N 55th Ave, Omaha, NE 68104	Omaha	1992-93	Laura Blankenship, CMA-C (AAMA) 25125 S. Windy Bluff Lane Arlington, NE 68002	Omaha
1971-72	Barbara Powell 12800 Spruce Tree Way, Apt 328 Raleigh, NC 27614	Lincoln	1993-94	Mary (Wolfe) Brown, CMA (AAMA) 5037 S. 196th Circle, Omaha, NE 68135	Omaha
1972-73	Patricia Madsen, CMA-AC 7830 Harney, Apt 1, Omaha, NE 68114	Omaha	1994-95	Tammy Siedband, CMA (AAMA) 3001 N 77th St, Lincoln, NE 68507	Lincoln
1973-74	Bonnie Ahrens, CMA-AC	Lincoln	1995-96	Debra Potratz, CMA (AAMA) 814 Sweetwood Dr Grand Island, NE 68803	Grand Island
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 68510-5126	Lincoln	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)	Hastings
1979-80	Norma Parker, CMA (AAMA) Masonic Manor 801 S 52nd St, Apt. 1708 Omaha, NE 68106	Omaha	2009-10	1414 N Kansas Ave, Hastings, NE 68901	
1980-81	Roberta Frerichs, CMA-A (AAMA) 7125 Starr St, Lincoln, NE 68505	Lincoln	2001-02	Janis Frederick, CMA (AAMA) 7217 N 74th St, Omaha, NE 68122	Omaha
1981-82	Diana Milkowski-Crosthwait, CMA (AAMA) 224 Meadow Gill Dr, Benbrook, TX 76126	Omaha	2002-03	Lori Kounovsky, CMA (AAMA)	Norfolk
1982-83	Chris Graff, CMA (AAMA), LPN 8510 Blue Sky Dr, Lincoln, NE 68505	Lincoln	2013-14	PO Box 644, Plainview, NE 68769	
1983-84	Elaine (Arps) Hunacek, CMA (AAMA) 8265 E Southern Ave #315 Mesa, AZ 85208	Omaha	2003-04	Michel McKinney, CMA (AAMA) 4355 S. Juniata Ave, Juniata, NE 68955	Hastings
1984-85	Edith Thomsen, CMA-A (AAMA)	Kearney Area	2004-05	Linda Formanek, CMA (AAMA) 45479 State HWY 91, Lindsay, NE 68644-5023	Norfolk
1985-86	Peggy (Gilbert) Brown, CMA (AAMA) 303 W Ohio, Lenox, IA 50851	Lincoln	2005-06	Holly Jensen, CMA (AAMA) 146 North N Road, Aurora, NE 68818	Grand Island
1986-87	Marie Madison 405 E Staley Park Rd Grand Island, NE 68801	Grand Island	2006-07	Angela (Angy) McCarter, CMA (AAMA), LRT 6944 Vine St, Lincoln, NE 68505	Lincoln
1987-88	Patty Hafer, CMA (AAMA) 1048 N. Alamo Rd., #52 Alamo, TX 78516 hotgrandma1943@msn.com	Great Plains	2007-08	Shirley Newton, CMA (AAMA) 821 Niobrara, Cambridge, NE 69022	Great Plains
1988-89	Delores M Yosten 4010 Kay Ave, Grand Island, NE 68803	Grand Island	2008-09	Dona Marotta, CMA (AAMA), BSHCM 8931 Read St., Omaha, NE 68122	Omaha
1989-90	Susan M Stetina (Engstrom), CMA (AAMA), RN 7949 Garland, Lincoln, NE 68506	Lincoln	2010-11	Jeannie Nagel, CMA (AAMA), BSHCM 6311 Pinkney Street, Omaha, NE 68104-3332	Omaha
			2011-12	Janet Ueding, CMA (AAMA), LRT 909 L Street Tekamah, NE 68061	Omaha
			2014-15	Debra Potratz, CMA (AAMA) 814 Sweetwood Dr., Grand Island, NE 68803	Grand Island

2015-2016 NSMA Officers



The 2014-2015 Elected NSMA Officers

R-L~ President Nicole Dvorak CMA (AAMA), Immediate Past President Debra Potratz, CMA (AAMA), Speaker of the House Ashley Helms, CMA (AAMA), Secretary, Jennifer Svagera CMA (AAMA), NCPT, BS, Treasurer Jen Kocian, CMA (AAMA), Vice Speaker of the House, (not pictured) Jean Burmood, CMA (AAMA), Vice President Terrie King, CMA (AAMA)

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LINCOLN Jennifer Svagera CMA (AAMA), NCPT, BS
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OMAHA Tracy Bednar, CMA(AAMA), LRT
jamietryacybednar@msn.com

2015-2016 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.

Meeting sites for Aug, Oct, & Jan will be at:

Metro Omaha Medical Society
7960 Davenport St
Omaha NE 68114

August 22, 2015	Summer:	12 pm
October 10, 2015	Fall:	12 pm
January 16, 2016 Snow Date: January 23, 2016	Winter:	12 pm
March 19, 2016	Spring:	12 to 3 pm – Kearney Holiday Inn Express
April 15, 2016	Pre Conference:	(Time to be announced with the Conference registration) Kearney Holiday Inn Express
April 16, 2016	Post Conference:	(Time to be announced with the Conference registration) Kearney Holiday Inn Express

For more information on state board meetings contact; President, Nicole Dvorak, CMA (AAMA) at brysmom@hotmail.com, 712.325.0106 or Vice President, Terrie King, CMA (AAMA) at terriek1@hotmail.com, h) 712.322.2674

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



2015-2016 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 mid-level practitioner (Nurse Practitioner, Physician Assistant or Midwife) if so desired, whose appointment will be approved by the Board of Directors at the 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.



Kevin D. Nohner, M.D.

Alegent Creighton Clinic
8141 West Center Rd., Suite 200
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)



Gina Weir, M.D.

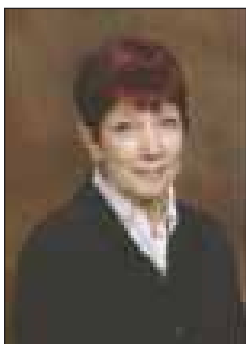
South Lincoln Dermatology
2625 Stockwell St
Lincoln, NE 68502

Education: Nebraska Wesleyan University, University of Nebraska Medical Center in Omaha

Residency: Dr Weir completed her internship in Pediatrics at the Children's Mercy Hospital, followed by her Dermatology residency at the University of Kansas Medical Center

Certification: American Board of Dermatology

Professional Membership: American Academy of Dermatology, the American Medical Association, and the Alpha Omega Alpha Honor Medical Society



Sina Linman, DNP, RN ARNP, CPNP, PMHS

Heartland Pediatrics, PC
201 Ridge St, Suite 105
Council Bluffs, IA 51503

Sina is a nurse practitioner who is currently employed in Council Bluffs in private practice and is adjunct faculty with Methodist College. She has been a nurse practitioner for over 20 years and served in the United States Air Force. Sina has earned her BSN and PNP Certificate at the University of Iowa and her MSN and DNP from UNMC. She is currently president of the Midwest Chapter of National Association of Pediatric Nurse Practitioners. She sits on the advisory board of the national Pediatric Nurse Certification Board. Sina also serves as the regional vice president of the International Montgomery Clan and secretary of the Nebraska Scottish Society.

CAAHEP & ABHES Accredited Colleges in Nebraska

CENTRAL COMMUNITY COLLEGE

Medical Assisting Program

CAAHEP Accredited: Associate

Michel McKinney, CMA (AAMA)

Program Coordinator

PO Box 1024

Hastings, NE 68902-1024

402-461-2405

F) 402-460-2138

mmckinney@cccneb.edu

KAPLAN UNIVERSITY - LINCOLN

Medical Assisting Program

CAAHEP Accredited

Ryan Villwok, D.C.

Program Coordinator

1821 'K' St

Lincoln, NE 68508

402-474-5315

F) 402-474-5302

rvillwok@kaplan.edu

KAPLAN UNIVERSITY - OMAHA

Medical Assisting Program

CAAHEP Accredited

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

METHODIST COLLEGE

Medical Assisting Program

CAAHEP Accredited

Marcia Franklin, RN, MSN

Program Coordinator

720 N 87th St

Omaha, NE 68114-2852

402-354-7076

F) 402-354-7250

marcia.franklin@methodistcollege.edu

METRO COMMUNITY COLLEGE

Medical Assisting Program

CAAHEP Accredited

Dona Marotta, MHA, CMA (AAMA)

Program Director

P.O. Box 3777

Omaha, NE 68107

402-738-4713

f) 402-738-4554

dmmarotta@mccneb.edu

SOUTHEAST COMMUNITY COLLEGE

Medical Assisting Program

CAAHEP Accredited: Diploma

Kathy Zabel, MA, BS, RRT, LRCP

Program Chair

8800 'O' St

Lincoln, NE 68520

f) 402-437-2592

kzabel@southeast.edu

Portland Building Bridges



*AAMA's 59th Annual National Conference
September 18-21, 2015
at the Doubletree by Hilton Portland
phone: 503.281.6111*

*To register, see the AAMA website for information and forms:
www.aama-ntl.org*

*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:

Boot Camp for New Educators, Beyond Our View, Difficult Providers and How to Manage Them, Understanding and Treating Hearing Loss, Maxillofacial Prosthodontics, Teaching Special Populations, What You Should Know About Medical Marijuana, Radiation Exposure: What is Too Much?, Implementation of Patient-Centered Medical Home Curriculum, Creating Oneness, ICD-10—Finally?, How Music Promotes Brain Development and Healthy Brain Aging, Introducing the Student and New User to the Electronic Health Record, Dealing with the Drama, Visual Impairments: Cataracts and Glaucoma, Constructing Exams to Effectively Assess Student Learning, Ethical Issues in Modern Dying: What Is Death?, Can We Choose Death?, Nonsuicidal Self-Injury in Adolescents, Assessing the Soft Skills, CMA (AAMA) Knowledge Bowl, CLIA: Don't Get Frustrated, Crazy Fun Calculations Fundamentals, Climb the Mountain—Overcoming Obstacles, An Update on Parkinson's Disease, Making the Office of Inspector General's Work Plan Work for You, Lessons from the Medical Examiner's Office, America's No. 1 Health Problem: Stress, Pelvic Floor Dysfunction

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 Mission of the AAMA?

The mission of the American Association of Medical Assistants is to provide the medical assistant professional with education, certification, credential acknowledgment, networking opportunities, scope-of-practice protection, and advocacy for quality patient-centered health care.

Here is some exciting information that you can share with your members.

Have you seen the updated AAMA website? Many new changes have been made to the site, for example, once you have setup your login, you will be able to make updates to your personal information, renew your membership, and recertify online with the click of a mouse. To learn more about the updates, follow the information supplied by the AAMA below.

The website has new tutorials available to assist in navigating the site. The link can be found in the upper right hand corner of the home page.

AAMA Website - Time-Saving Tips

The AAMA website is new and improved! You no longer need to use your last name and ID number to sign in to the website. You will need to create a new account using your e-mail address.

Follow the link to begin your new AAMA website experience! <https://www.aama-ntl.org/register>

If you have any trouble, feel free to call us at 800/228-2262, ext. 774.

Extra Tip: For access to personal and professional information, such as your CEU transcript, sign in and click on "My Account" in the upper-right corner.

Recertify Online with AAMA CEUs- all of your CEUs appear on your AAMA CEU Transcript and it is within 30 days prior to your certification expiration date you can apply online.

Recertify by Phone with AAMA CEUs - if all of your CEUs appear on your AAMA CEU Transcript, you do not need to fill out the application:

Call the AAMA Continuing Education Department at 800/228-2262. Have your credit card handy.

(Recertification status will not be determined at the time of your call. As with mail-in applications, processing may take up to 30 days.)

The quickest way to join or renew your membership with AAMA is online.

While our two main fax numbers (312/899-1259 and 312/899-8391) still are in operation, we now also have some direct fax numbers to expedite some of the items you are sending.

Program Approvals – 312/635-3363

Attendance Forms – 312/635-3364

Rosters and labels can be requested from the website under the volunteer button drop-down menu.

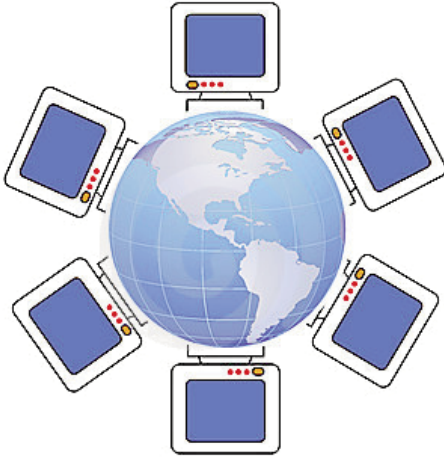
Marketing materials can be ordered through the website store. Both can be accessed 24/7, when it's convenient for you.

How members are placed into chapters. Zip codes for chapters are provided to the national office by the state society president. Staff does not place members into chapters. The computer system automatically places members according to the zips provided by the state president. We suggest that state societies audit their zip codes periodically. If you would like to request a listing of the zip codes for your state, the state president can email us a request. Our team will make the changes you provide to us. If a member does not have a chapter near enough for a zip code assignment, they will be members-at-large within the state. Members can always call the national office and ask to be assigned to another chapter. The chapter reassignment will be locked in until another change is indicated by the member.

Look for the AAMA and NSMA on Facebook also!

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 2015-16 Board of Directors meetings:

- On April 18, 2014, President Dvorak, CMA (AAMA), presided over the new year's Board of Directors meeting in Lincoln, Nebraska.
- President Dvorak will continue the standard BOD meetings in person this year. The summer, fall, winter, and spring meetings will be held at the Metro Omaha Medical Society in Omaha (see page the "State Board Meeting" page for specific dates and times).
- Amanda Sedam, a student from Central Community College in Hastings, was the 2015 NSMA student scholarship winner.
- Nominations were secured for the 2015 NSMA House of Delegates.
- There were no nominations for Medical Assistant of the Year for 2015.
- The 2015-16 NSMA operating budget was approved.
- The 2017 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 2015 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 Susan Hawes, the AAMA representative that attended our 2015 NSMA Conference, a donation was made in her name to one of her charities, the Children's Dyslexia Foundation.
- In September of 2014, the NSMA BOD met in Grand Island for a Strategic Planning Session. Top rated items that were chosen to work on were technology, revising or adding a new CMA (AAMA) of the year, registry vs. (and or) licensure, merging state and local committees to see what they are doing on the local level compared to the state. Also from this planning session, the NSMA implemented a member's only Facebook page that went live on 10-4-14 and is linked to the NSMA website..
- 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 in and around the Lincoln area, information about the CMA (AAMA), the upcoming 2015 state conference in Lincoln, as well as information on certification, recertification, and continuing education.
- Due to issues of member's personal information being printed in the fall Med-A-Gram, the BOD has elected to discontinue printing member's information in all future publications, unless elected to an office or committee on the state or chapter levels.
- In lieu of purchasing a gift for the incoming 2015 AAMA President, Charlene Couch, CMA (AAMA) the NSMA Board had voted to make a donation to her favorite charity.
- The NSMA and Glenwood Telephone Membership Corporation (GTMC), the NSMA webhost, continue to work together to update the NSMA web page: www.nsmaonline.com, with Deb Potratz, CMA (AAMA) webmaster.
- Birthday cards were sent to the Past Presidents of the NSMA with current addresses and known birthdates.
- Below is a list of the 1 Bylaws Amendments and 0 Resolutions presented at the 58th AAMA HOD: (those adopted reflect current wording)
- Article VI – Membership, Section 2, Qualifications. A. ACTIVE – An active member shall be one of the following: 2. Anyone who was an active member on 12/31/87, who has never been a CMA (AAMA), 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 receiving).

Resolutions: There were no Resolutions presented this year.

NSMA bylaws approved at the 2015 HOD

The following NSMA committees: Editorial, Budget and Finance, Bylaws and Standing Rules, Certification and Education, Membership, Public Affairs, Marketing, Awards, had this wording The _____ Committee shall be composed of the chair and a society member(s) as requested by the Editor. It was approved to change it to: The _____ Committee shall be composed of the chair **who has the option to add a society member to assist and mentor in the committee duties.**

Article XIII Representation Delegates to AAMA Conference

- E. The number of NSMA sponsored alternate delegates sent to the AAMA Annual Conference will be determined annually by the BOD at the fall meeting.

Article VIII B3 Bylaws and Standing Rules

Add

- i. *Immediately following the NSMA HOD, the Bylaws Chair is responsible for updating and revising the original copy of the Bylaws. The President and Speaker of the House should examine for accuracy and give approval. Amended editions of the Bylaws are to bear the date of revision and the name of the Bylaws Committee Chair. Final copy is given to the Editorial Chair and Website Chair for print in the fall Med-A-Gram that will be distributed to all members. It is the responsibility of each BOD member to retain current amendments until a revised copy is received.*
- m. *It is the responsibility of the Bylaws Chair to monitor AAMA mandated Bylaws changes with a copy of the revised NSMA Bylaws returned to AAMA within 30 days of notification. A letter of compliance will be returned and is required to allow Nebraska delegates to sit at the AAMA HOD.*

Standing Rules Change

Section I

4. All committees and officers shall have a Procedure Notebook with the duties of that particular committee or office and contents may be destroyed after seven years except for the Secretary's book.
5. NSMA dues are assessed by the AAMA and may be changed by NSMA and/or the AAMA HOD.
7. Removed from Standing Rules as already referenced in Bylaws Article VIII B3.
- 11 and 12 Removed and added to Bylaws Chair duties.

Section II

2. The NSMA President will present a card to the incoming AAMA President with a note that a \$25 donation to a charity or **group of their choice will be made in their honor.**

Section III

4. *Attendance is required for all delegates/alternates at the AAMA House of Delegates (HOD) including: The Reference Committees and Meet the Candidates, AAMA Board of Trustees (BOT) meetings held during the conference, the State Leaders meeting, the Excel Awards, HOD Orientation for Delegates/Alternates and the Presidents Luncheon.*

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- At the 2015 NSMA HOD-

The 2015-2016 Vice President, Secretary, Treasurer and Vice Speaker were elected.

Three Delegates and seven Alternate Delegates were elected to attend the AAMA National Conference in Portland, Oregon on September 18-21, 2015.

- North Platte bid for the 2018 NSMA State Conference and it was approved.

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 2015 State Conference.



NSMA CMA (AAMA) members that recertified in the last year were honored during the Awards Luncheon at the 2015 State Conference

Newly Certified

3-1-14 to 4-1-15

Adela Mustafic, CMA (AAMA)	Lincoln NE	Chelsea N Paul, CMA (AAMA)	Lincoln NE
Akossiwa Eli Abba-Moussa, CMA (AAMA), QMA, CNA	Omaha NE	Chelsey L Boruch, CMA (AAMA)	Omaha NE
Alexis Rai Hooker, CMA (AAMA)	Central City NE	Christine Lien, CMA (AAMA)	Lincoln NE
Allison J Svoboda, CMA (AAMA)	Lincoln NE	Cynthia K Bozeman, CMA (AAMA)	Omaha NE
Amanda Ellen Carlson, CMA (AAMA)	Fremont NE	Daphne Jean Dearing, CMA (AAMA)	Omaha NE
Amanda Leigh Chadwick, CMA (AAMA)	Bellevue NE	Deborah L Voges, CMA (AAMA)	Gretna NE
Amanda M Cabrera, CMA (AAMA)	Omaha NE	Deborah S McVeigh, CMA (AAMA)	Lincoln NE
Amanda Rae Scarpa, CMA (AAMA)	Omaha NE	Debra S. Peterson, CMA (AAMA)	Omaha NE
Amy Elizabeth Kitzing, CMA (AAMA)	Beatrice NE	Diana K Morgan, CMA (AAMA)	Omaha NE
April Marie Satchell, CMA (AAMA)	Lincoln NE	Dolores C Smith, CMA (AAMA)	Omaha NE
Ashley Leann Penrod, CMA (AAMA)	Omaha NE	Earl H Cohen, CMA (AAMA)	Omaha NE
Ashley Nicole Claussen, CMA (AAMA)	Lincoln NE	Erikah R Francisco, CMA (AAMA)	Omaha NE
Betsy R Brandt, CMA (AAMA)	Sprague NE	Haleigh Marie Hanshaw, CMA (AAMA)	Beatrice NE
Betty D Smith, CMA (AAMA)	Omaha NE	Heather A Beal, CMA (AAMA)	Lincoln NE
Blake S Evans, CMA (AAMA)	Omaha NE	Jami R Bowers, CMA (AAMA)	Lincoln NE
Brittany A Micari, CMA (AAMA)	Eagle NE	Jennifer Jean Cope, CMA (AAMA)	Wilber NE
Brittany Elaine Allen, CMA (AAMA)	Cortland NE	Jennifer M. Indra, CMA (AAMA)	Lincoln NE
Brittany Morgan Howell, CMA (AAMA)	Grand Island NE	Jessica Leah Bohaty, CMA (AAMA)	Lincoln NE
Carrie Ann Keslar, CMA (AAMA)	Clatonia NE	Jessica Meguire, CMA (AAMA)	McCook NE
Cassandra Lynn Milanuk, CMA (AAMA)	Lincoln NE	Jmaylia D Mimms, CMA (AAMA)	Omaha NE
		Joanne L Parker, CMA (AAMA)	Bellevue NE
		Johnnie Greve, CMA (AAMA)	Lincoln NE
		Jolene Kim Vander Veer, CMA (AAMA)	Hastings NE
		Jolynn Marie Courtier, CMA (AAMA)	Omaha NE

Joshua L Misner, CMA (AAMA)	Lincoln NE	Terry L Williams, CMA (AAMA)	Lincoln NE
Kama E Kovacs, CMA (AAMA)	Omaha NE	Tess Louise Peck, CMA (AAMA)	Wahoo NE
Kara M Collins, CMA (AAMA)	Omaha NE	Theresa Whiting, CMA (AAMA)	Lincoln NE
Karen Marie Kuhl, CMA (AAMA)	Omaha NE	Tricia L Page, CMA (AAMA)	Wilber NE
Kari J Ferguson, CMA (AAMA)	Omaha NE	Troy L Poole, CMA (AAMA)	Lincoln NE
Kerri A Chvatal, CMA (AAMA)	North Bend NE	Vanessa Lynn Stanek, CMA (AAMA)	Prague NE
Kiedra Dawn Krueger, CMA (AAMA)	Lincoln NE	Whitney Ann Gillespie, CMA (AAMA)	Omaha NE
Kimberly Diane Todd, CMA (AAMA)	Fremont NE	Yolanda Gonzalez, CMA (AAMA)	Omaha NE
Kristie A Haffke, CMA (AAMA)	Omaha NE		
Kristie Lynn Sebby, CMA (AAMA)	Lincoln NE	<u>Recertificants</u>	
Laccie Lynn Marvin, CMA (AAMA)	Omaha NE	3-1-14 to 4-1-15	
Lacey Marie Attebery, CMA (AAMA)	Omaha NE	Alana J McCrillis, CMA (AAMA)	Blair NE
LaShell K Hunter, CMA (AAMA)	Talmage NE	Allison A Melcher, CMA (AAMA)	Omaha NE
LaTasha Lurline Wilwerding, CMA (AAMA)		Allison Vega, CMA (AAMA)	Lincoln NE
	La Vista NE	Amber I. Basnett, CMA (AAMA)	Pleasanton NE
LaToya Genee Dixon, CMA (AAMA)	Bellevue NE	Amie Louise Harris, CMA (AAMA)	Lincoln NE
Laura R Aliano, CMA (AAMA)	Omaha NE	Amy Jo Hausman, CMA (AAMA)	Pickrell NE
Lauren Elizabeth Dabney, CMA (AAMA)	Papillion NE	Andrea Nichole Engler, CMA (AAMA)	Lincoln NE
Leah Santema, CMA (AAMA)	Dunbar NE	Angela D. Campbell, CMA (AAMA), LRT	Lincoln NE
Lindsay L Hard, CMA (AAMA)	Columbus NE	Angela L. Feeney, CMA (AAMA)	Saint Paul NE
Makenna Rae Coy, CMA (AAMA)	Shickley NE	Angela Lee Romero, CMA (AAMA)	Omaha NE
Mandy Jane Swetland, CMA (AAMA)	Lincoln NE	Ann R Vodicka, CMA (AAMA)	Hebron NE
Marcus Eusebio Tamez, CMA (AAMA)	Lincoln NE	Ann T. Little, CMA (AAMA)	Omaha NE
Margarita Iarova, CMA (AAMA)	Lincoln NE	Anne Marie Johnson, CMA (AAMA)	Potter NE
Meghan Taylor Tucker, CMA (AAMA)	Bellevue NE	April Gertsch, CMA (AAMA)	Lincoln NE
Melissa A Tungesvik, CMA (AAMA)	Plattsmouth NE	Becky Ann Brabec, CMA (AAMA)	Howells NE
Michael V Boggs, CMA (AAMA)	Emerson NE	Beth Ann Sheridan, CMA (AAMA)	Lincoln NE
Michaela D Wilcox, CMA (AAMA)	Beatrice NE	Beverly J Dahlkoetter, CMA (AAMA)	Grand Island NE
Mikayla M Rabe, CMA (AAMA)	Lincoln NE	Bobbie J Venter, CMA (AAMA)	Papillion NE
Mitzi P Villalba, CMA (AAMA)	Schuyler NE	Brandi Jane Becker, CMA (AAMA)	Lincoln NE
Nicole D Callaway, CMA (AAMA)	Lincoln NE	Brenda D. Venhaus, CMA (AAMA)	Lincoln NE
Nicole L Perry, CMA (AAMA)	Omaha NE	Candace Ann Coffman, CMA (AAMA)	Lincoln NE
Pamela S Peterson, CMA (AAMA)	Lincoln NE	Catherine M Daugherty, CMA (AAMA)	Tekamah NE
Peggy Karina Iraheta De Alfaro, CMA (AAMA)		Chelsea M. Brown, CMA (AAMA)	Sutherland NE
	Omaha NE	Christel Lynne Barth, CMA (AAMA)	Utica NE
Raquel Torres, CMA (AAMA)	Omaha NE	Christine M. Eloge, CMA (AAMA)	Lincoln NE
Renae Marie Terrano, CMA (AAMA)	Lincoln NE	Christine Y Thrower, CMA (AAMA)	Bellevue NE
Rochelle D Duncan, CMA (AAMA)	Bellevue NE	Chrystal Lynn Briley, CMA (AAMA)	Gretna NE
Samantha A Oberg, CMA (AAMA)	Waverly NE	Cindy A. Abbott, CMA (AAMA)	Omaha NE
Samantha Kaye Portsche-Burns, CMA (AAMA)		Claudia Y Elicerio, CMA (AAMA)	Lincoln NE
	Lincoln NE	Crystal Dawn Longfellow, CMA (AAMA)	Auburn NE
Sara Elizabeth Jirovsky, CMA (AAMA)	Fremont NE	Cynthia A Dubas, CMA (AAMA)	York NE
Shana R Fry, CMA (AAMA)	Norfolk NE	Deborah C Price, CMA (AAMA)	Gretna NE
Shannon Lynne Winkler, CMA (AAMA)	Lincoln NE	Debra K Potratz, CMA (AAMA)	Grand Island NE
Shelley M. Pohlmann, CMA (AAMA)	Papillion NE	Debra L Griffith, CMA (AAMA), BS	Lincoln NE
Sjatta M. Dehart, CMA (AAMA)	Omaha NE	Debra L. Rall, CMA (AAMA)	Lincoln NE
Stephanie Ann Warner, CMA (AAMA)	Gothenburg NE	Debra Marie Soloman, CMA (AAMA)	Omaha NE
Stephanie D Edwards, CMA (AAMA)	Lincoln NE	Diana L. Bensink, CMA (AAMA)	Plattsmouth NE
Stephanie Sarah Ireland, CMA (AAMA)	Lincoln NE	Diana S. Beins, CMA (AAMA)	Ashland NE
Taira Nicole Anderson, CMA (AAMA)	Lincoln NE	Dianne L. Rice, CMA (AAMA)	Lincoln NE
Tayler M Mack, CMA (AAMA)	Lincoln NE	Dona Marotta, CMA (AAMA), MHA, EMT-I	Omaha NE
Taylor Dettmer, CMA (AAMA)	Lincoln NE	Emilia Veronica Moore, CMA (AAMA)	Bellevue NE

Erica S. Hubbard, CMA (AAMA)	Lincoln NE	Marcia J. Talmon, CMA (AAMA), LRT	
Erin E. Hoffmeyer, CMA (AAMA)	Lincoln NE		Nebraska City NE
Glenette R. Robinson, CMA (AAMA)	Omaha NE	Mariann B. Fleischman, CMA (AAMA)	Elmwood NE
Gnandi Tanghanwaye, CMA (AAMA)	La Vista NE	Mark S Jensen, CMA (AAMA)	Omaha NE
Heather J Owsley, CMA (AAMA)	Waverly NE	Mary A Kreifels, CMA (AAMA)	Cook NE
Heather Renee Minniear, CMA (AAMA)	Omaha NE	Mary Jo Anzalone, CMA (AAMA)	Plattsmouth NE
Jami Rachelle Jorges, CMA (AAMA)	Omaha NE	Mary Jo Botsch, CMA (AAMA)	Omaha NE
Janet M. Koranda, CMA (AAMA)	Fremont NE	Megan Lenners, CMA (AAMA)	Lincoln NE
Jeannine L. Elsbernd, CMA (AAMA)	Grand Island NE	Melanie D. Zimmer, CMA (AAMA)	Kearney NE
Jennifer Lynn Grefe, CMA (AAMA)	Arlington NE	Melissa M. Romsa, CMA (AAMA)	Papillion NE
Jeri J. Herrera, CMA (AAMA)	Lincoln NE	Michelle K. Pelster, CMA (AAMA)	Petersburg NE
Jerri L. Neemann, CMA (AAMA)	Lincoln NE	Monica R Bisson, CMA (AAMA), Limited RT	
Jessica Rose Sebade, CMA (AAMA)	Pleasant Dale NE		Fremont NE
Jill Serae Speece, CMA (AAMA)	Friend NE	Natasha L. Pegans, CMA (AAMA)	Hickman NE
Joan L. Martin-Pokorny, CMA (AAMA)	Lincoln NE	Nicole Marie Tietsort, CMA (AAMA)	Palmyra NE
Joanne Milos, CMA (AAMA)	Bellevue NE	Patricia Lynn Harrington-Staines, CMA (AAMA)	
Joyce Marie Steffensmeier, CMA (AAMA)	Columbus NE		Blair NE
Karen S Ira, CMA (AAMA)	Omaha NE	Penny A Moritz, CMA (AAMA)	Hastings NE
Karen Sue Kahnk, CMA (AAMA)	Omaha NE	Rebecca A. Spaulding, CMA (AAMA)	Omaha NE
Kari Ellen Grams, CMA (AAMA)	Hastings NE	Rebecca Jean Mensah, CMA (AAMA)	Omaha NE
Karla J. Blackstone, CMA (AAMA)	Superior NE	Renee D. Schmidhuber, CMA (AAMA)	Bellevue NE
Katey Lynn Hodges, CMA (AAMA)	Nebraska City NE	Rhonda Rae Sanford, CMA (AAMA)	Lincoln NE
Kathleen Kay Honke, CMA (AAMA)	Roca NE	Robin Lynn Moyer, CMA (AAMA)	Fremont NE
Kaycee Lea Moss, CMA (AAMA)	Adams NE	Sandra A Rousselle, CMA (AAMA)	Dwight NE
Kelli M. Daake, CMA (AAMA)	Grand Island NE	Sara Virginia Anderson, CMA (AAMA)	Lincoln NE
Kelly R. Dobesh, CMA (AAMA), CPC, RCC, CIRCC		Sarah J. Krueger, CMA (AAMA)	Springfield NE
	Grand Island NE	Sharlyn E Davis, CMA (AAMA)	Omaha NE
Kerry Anne Davis, CMA (AAMA)	Hastings NE	Sharon Ann Gilg, CMA (AAMA)	Central City NE
Kia Lisa Crockrom, CMA (AAMA)	Bellevue NE	Shelley Ann Goodrich, CMA (AAMA)	Lincoln NE
Kimberly D Riggs, CMA (AAMA)	Lincoln NE	Shelly A. Hankins, CMA (AAMA)	Lincoln NE
Kristen J. Marr, CMA (AAMA)	Lincoln NE	Shirley Marie Cannon, CMA (AAMA)	Papillion NE
Kristina Kay Pilkenton, CMA (AAMA)	Fremont NE	Stacy Lynne Moormeier, CMA (AAMA), LRT	Roca NE
Laci M Rexroad, CMA (AAMA)	Bellevue NE	Stephanie K. Rutledge, CMA (AAMA)	Bellevue NE
Laura B. Gilbert, CMA (AAMA)	Hastings NE	Stephanie L. Devall, CMA (AAMA)	Lincoln NE
Laura J. Blankenship, CMA-C (AAMA)	Arlington NE	Stephenie C. Kantos, CMA (AAMA)	Eagle NE
Leslea K Calhoun, CMA (AAMA)	Clay Center NE	Susan E Marx, CMA (AAMA)	Omaha NE
Lesley Brooke Miller, CMA (AAMA)	Cortland NE	Susan Kosmicki Foss, CMA (AAMA), LR	
Linda C. Schriener, CMA (AAMA)	Franklin NE		Grand Island NE
Linnea R. Williams, CMA (AAMA)	Bellevue NE	Susan L Kizer, CMA (AAMA)	Overton NE
Lisa C. Fowler, CMA (AAMA)	Bellevue NE	Susan Lynn Phillips, CMA (AAMA)	Lincoln NE
Lisa Jean Spatz, CMA (AAMA)	Lincoln NE	Tami Lynn Newbrey, CMA (AAMA)	Scribner NE
Lisa L. Hatch, CMA (AAMA)	Juniata NE	Tanya Sue Colson, CMA (AAMA)	Lincoln NE
Lisa M. Peterson, CMA (AAMA)	Omaha NE	Tara Leann Konen, CMA (AAMA)	Juniata NE
Liza A. Masters, CMA (AAMA)	Unadilla NE	Teresa Marie Mikoloyck, CMA (AAMA)	Fremont NE
Lori A Lesiak, CMA (AAMA)	Lincoln NE	Tomi Lee McCuen, CMA (AAMA)	Yutan NE
Lori J. Moormeier, CMA (AAMA)	Roca NE	Traci Leann Hohbein, CMA (AAMA)	Lincoln NE
Luther O Wilson, CMA (AAMA)	Omaha NE	Tracy Jo Bednar, CMA (AAMA)	Waterloo NE
Mable Anita Louise Tostenson, CMA (AAMA)		Tracy Lynn Smith, CMA (AAMA)	Alexandria NE
	Omaha NE	Tyanne Betar, CMA (AAMA)	Lincoln NE
		Valerie M. Ruckman, CMA (AAMA), AAS	Omaha 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 for.

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 reading 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: _____

Phone: _____

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



NSMA VOLUNTEER LEADERSHIP

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 budget 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 news for the Med-A-Gram and NSMA webpage, www.nsmaonline.org.
- **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.

NEBRASKA | Society of
Medical Assistants

 AN AFFILIATE OF THE
AMERICAN ASSOCIATION OF MEDICAL ASSISTANTS

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.nsmaonline.org
PRINT the information below and send to Janet Ueding, CMA (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

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

E-mail address: _____

Old address: _____



WE COULD USE YOUR HELP

In an effort to keep our records current, we would ask that you glance at your name listed under your chapter. If you are moving or changed residence or occupation, would you please send us the updated information? Also, if anyone knows updated addresses from the Past Presidents list, we would appreciate notification on this also. Send info to the above address.

Thank You,
The NSMA

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

E-mail address: _____

Old address: _____

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, 2016

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?

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@aama-ntl.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: _____
Address: _____
City/State/ZIP: _____
Daytime Phone: _____
E-mail: _____
Academic Institution Name of Your Medical Assisting Program: _____

Academic Institution Address: _____
Academic Institution City/State/ZIP: _____
Educator's Name: _____



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

website: www.aama-ntl.org 800/228-2262

The NSMA Medical Assisting Scholarship Program

*Announcing the 2015 NSMA Medical Assisting
Scholarship winner*

Amanda Sedam, 2015 graduate of Central Community
College-Hastings, Hastings, Nebraska.

Excerpts from Amanda's thank you letter:

*I am writing to thank you for the generous \$500 NSMA
scholarship. I am very appreciative and happy to have
been selected as the recipient of your scholarship.*

*I decided to become a medical assistant so that I could have a stable life for my son. It was
not my plan to have to work so many random hours and several jobs to make ends meet, so
becoming a medical assistant for the stability and then be able to help others in the process
seemed like the best fit for me. Being able to receive the scholarship has taken some of the
stress off my shoulders.*



*Michel McKinney, CCC Medical Assisting
Program director, presents Amanda with
her scholarship check.*

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

Soothe Seasonal Headaches

With seasonal triggers and high temperatures in the summer, can cause some people real headaches. Here are some tips that might help before they start.

Trigger: An ice cream treat

What is happening? When you hastily consume a scoop of ice cream, the cold activates nerves in the back of your mouth sending a “something is wrong” signal to your brain and causing the “brain freeze”.

The fix: Keep the ice cream towards the front of the mouth for a few seconds (or slowly sip through a straw) so it warms a little bit before it hits your throat.

Trigger: Sleeping in during vacations

What is happening? Sleeping in a little longer or waking up earlier, instead of at your regular time can bring on major migraine pain. Why? It messes with cortisol levels (the amount of the hormone in your body fluctuates as you doze).

The fix: Stay as close to your normal sleeping timetable on short vacations. On longer vacations, gradually progress your sleep pattern to the time zone you are staying in.

Trigger: Bright sunny days

What is happening? Strong sunlight intensifications you chances for a headache. And with every 5-degrees the temperature rises, research shows the severe migraine goes up 7.5%, which could be because of dehydration.

The fix: If you're susceptible to headaches or migraines and a heatwave is coming on stay in air conditioned areas, wear sunglasses, drink 8 to 12 glasses of fluids a day and keep your medications handy.

Dealing with Dry Eyes

Million Americans suffer from dry eye syndrome. It is a condition that happens when the tear ducts do not produce enough tears. Indications of dry eyes are: stinging and burning eyes, scratchiness, stringy mucus in or around the eyes, being around excessive irritants such as smoke and wind and wearing contact lenses. Aging is the most common cause, with one being hormonal changes in women. While certain diseases such as rheumatoid arthritis, diabetes, and lupus can add to the problem. Diuretics, sleeping pills and antihistamines are some medications that can cause dry eye syndrome also.

In most cases over the counter eye drops can help, some cases may need to consult a physician for prescription eye drops. Some may require surgery on the tear ducts. Usually taking regular breaks when you read, watch TV or use a computer. Avoid windy conditions and smoky rooms and use a humidifier in dry conditions.

Regular Exercise reduces the risk of some cancers

Some studies show that one hour of moderate daily and one hour a week of vigorous exercise reduces the risk of colon cancer and breast cancer. It also lowers the incident of cancer of the prostate, lung cancer and endometrium (the lining of the womb).



Understanding “Whole Grain”

Consistent and reliable guidance about making dietary choices when it comes to “whole grains” is being made by the FDA.

“The food label is the best tool we have to help consumers choose a healthy diet, which includes whole grain products,” says Robert E. Brackett, Ph.D., director of the FDA’s Center for Food Safety and Applied Nutrition.

The draft guidance clarifies that the agency considers whole grain to include cereal grains that consist of the intact, ground, cracked, or flaked fruit of the grains whose principle components (the starchy endosperm, germ and the bran) are present in the same relative proportions as they exist in the intact grain. Such grain may include barley, buckwheat, bulgur, corn, millet, rice, rye, oats, sorghum, wheat and wild rice.

The draft guidance states that although “rolled” and “quick oats” can be called whole grains because they contain all of their bran, germ and endosperm, other widely used food products may not meet the whole grain definition.

For example, the FDA does not consider products derived from soybeans (legumes), sunflower seeds (oilseeds) and arrowroot (roots) as whole grains. And the draft guidance specifically recommends that pizza be labeled only as “whole grain” or “whole wheat” when its crust is made entirely from whole grain flours or whole wheat flour.

This guidance is part of the federal government’s long-standing effort to advise consumers about healthy food choices. The 2005 Dietary Guidelines for Americans recommends that half of the grain that consumers eat should be whole grains.

Consumers, the guidelines say, you should eat at least 3 ounces of whole grain cereals, breads, crackers, rice or pasta every day. One ounce of slice bread, one cup of breakfast cereal, or half cup of cooked rice or pasta. Consumers also should look to see that grains such as wheat, rice, oats, or corn are referred to as “whole” in the list of ingredients.

Currently, manufactures also can make factual statements about whole grains on food labels such as “10 grams of whole grains” or “½ ounce of whole grains”

Questions to Ask Before Surgery

Today’s patients need to be active in their treatment plans. No surgery is risk free, so you need to learn all of the risks and benefits before undergoing any surgery.

- Getting a second and even a third opinion is always an important first step.
- Find out if you insurance plan covers the surgeon, the surgery, and the hospital/outpatient center where the surgery will take place.

Ask you surgeon:

- What operation are you recommending?
- Why do I need the operation?
- Are there alternatives to surgery?
- What are the benefits of having the operation?
- What are the risks of having the operation?
- Where can I get a second opinion?
- What will happen if I do not have the operation?
- What has been your experience in doing the operation?
- How many have you performed?
- Where will the operation be done?
- What kind of anesthesia will I need?
- How long will it take me to recover?
- How much will the operation cost.

Remember, quality matters, especially when it comes to you health.

This information is from the Agency of Healthcare Research and Quality, Rockville, MD a division of the U.S. Department of Health and Human Services. <http://www.ahrq.gov/consumer/quicktips/tipssurgery.htm>

Schedule Your Preventive Screenings Today

Health Maintenance Exam

A complete physical – including a health history, review of all health and lifestyle risk factors, and exams of the cardiovascular, respiratory, reproductive and other systems appropriate for age, risk and sex.

Frequency for a Health Maintenance Exam is

- Age 18-39: every 5 years
- Age 40-49: every 2-3 years
- Age 50 and older: every 1-2 years



Breast Screenings:

Begin at age 20, every woman should complete a monthly self-exam one week after her period.

Schedule annual clinical breast exams as part of your well-female exam.

Find breast cancer as early as possible by scheduling a mammogram:

- Age 30-40: initial mammogram
- Age 40-49: every 1-2 years
- Age 50 and older: every year

Cervical Cancer Screening:

The Pap smear is a test to check for abnormal cells in the cervix. Having Pap tests regularly gives you the best chance of finding cell changes or cervical cancer early, when they are easier to treat. Discuss with you healthcare provider which schedule for cervical cancer screening is right for you.

Chlamydia Screening:

Most people who have chlamydia do not have symptoms. Chlamydia can lead to pelvic inflammatory disease and or infertility problems, and increase risk for HIV infections.

Annual screening is recommended for all sexually active women up to age 25 and women over age 25 for those who have new or multiple sex partners or lack barrier protection.

Colorectal Cancer Screening:

This screening can detect cancer, pre-cancerous polyps or other abnormal conditions.

Colorectal cancer is more common after age 50. Screening is recommended to start at age 50, or earlier if you have a family history.

Lipoprotein Panel:

Measure your cholesterol, triglycerides, high density lipoprotein (HDL) and low-density lipoprotein (LDL) with one blood test. *This panel measures fats and fatty substances used as source of energy in your body.*

Beginning at age 20, women should have their cholesterol checked if they have a risk of heart disease. Examples of risks include smoking, obesity, high blood pressure, diabetes, or a family member who had a heart attack before age 50.

Talk to your healthcare provider and discover ways to improve your lipoprotein scores.

Diabetes Screening:

All women with a blood pressure of 135/80 or higher should have a blood sugar test.

Bathroom Bother

Although it's uncomfortable, constipation is not usually a sign of something more serious. Before you call the doctor, first try making these four lifestyle changes, as suggested by the experts at the Mayo Clinic in Rochester, MN.

- Eat right-gradually increase your intake of fiber to 20 to 35 grams daily. Introduce more beans, whole grains, fruits and veggies into your diet.
- Drink up- every day have eight glasses of water, which will soften your stool and help you digest the extra fiber.
- Work out- regular, moderately intense exercise stimulates intestinal activity. Go for a brisk walk, ride a bike or do some other aerobic activity for 30 minutes a day.
- Get help- OTC treatments may provide relief. If they do not, see your doctor to make sure your constipation is not a symptom of another health problem.

Is a Vasectomy Foolproof?

No, in rare cases it does fail. To avoid an unwanted pregnancy use a backup method of contraception for at least three months after the vasectomy (or what your physician recommends). Though doctors encourage men to have a semen analysis 90 days after the procedure, half do not. Only a follow-up can confirm that the sperm count is zero.

For Good Measure

Do not use a spoon from your kitchen drawer when taking liquid medications, you may get too much (and risk overdosing) or too little (decreasing the drug's effectiveness). Always stick with the measuring cap dosing spoon or dropper that comes with the medication. Source: Annals of Internal Medicine journal

Health goals

For every 15 minutes of screen time, turn away and stare into the distance to prevent eyestrain. This can lead to irritated eyes, headaches and low productivity.

There is never enough time to do all the nothing you want

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 installation 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 2010, 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. October 4, 2014, the NSMA implemented a Facebook page for members only.

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 Conference 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.

Contact the current Awards Committee Chair with any questions or for more information.



Name: _____

Address: _____

AAMA Member Since: _____

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 affiliate 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

2015 NSMA Conference



Ashley Helms, Conference Chair, welcomes everyone to the conference on behalf of the Lincoln Chapter



A donation was made in honor of Susan Hawes, AAMA Representative to one of her favorite charities, the Children's Dyslexia Foundation



NSMA CMA (AAMA) members that recertified within the last year were recognized at the 2015 NSMA Conference



NSMA members that earned their CMA (AAMA) credential within the last year were honored during the Awards Luncheon at the 2015 State Conference.



Amanda Sedam, NSMA Scholarship winner was announced in at the Awards Luncheon

Installation of Officers



Linda Allensworth installs Nicole Dvorak as the 2015-16 NSMA President



Terri King is installed as President Elect



Linda installs Ashley Helms as Speaker of the House



Linda installs Jen Kocian as Treasurer



Outgoing President Potratz pins the NSMA President pin on the 2015-16 NSMA President, Nicole Dvorak, CMA (AAMA)



President Dvorak gives her acceptance speech



The 2014-15 elected NSMA Officers: R-L~ President Nicole Dvorak CMA (AAMA), Immediate Past President Debra Potratz, CMA (AAMA), Speaker of the House Ashley Helms, CMA (AAMA), Secretary, Jennifer Svagera CMA (AAMA), NCPT, BS, Treasurer Jen Kocian, CMA (AAMA), Vice Speaker of the House, (not pictured) Jean Burmood, CMA (AAMA), Vice President Terrie King, CMA (AAMA)

House of Delegates



Susan Hawes CMA (AAMA), AAMA Representative and Deb Potratz, CMA (AAMA), NSMA President



NSMA Secretary Terrie King, CMA (AAMA), Omaha Chapter and Immediate Past President Andy Stewart, CMA (AAMA), Great Plains Chapter



Lori Kounovsky, CMA (AAMA) Member-at-Large Delegate



Credentials Committee: Laura Blankenship, CMA (AAMA) and Jody Botch, CMA (AAMA), Omaha Chapter



Minute Takers Pam Ondracek, CMA (AAMA) and Lisa Hoffman, CMA (AAMA) Grand Island Chapter



Speaker of the House Leigh Perez, CMA (AAMA) Omaha Chapter



*Ashley Helms, CMA (AAMA), Vice Speaker of the House,
Nicole Dvorak, CMA (AAMA), Vice President and
Linda Allensworth, CMA (AAMA), CPC, Treasurer*



*Tellers Jennifer Limpp, CMA (AAMA) Omaha Chapter;
Stephanie Bogus, CMA (AAMA) Grand Island Chapter
and Paula Stanek, CMA (AAMA) Omaha Chapter*



*Omaha Chapter Delegates Janet Ueding, CMA
(AAMA) LRT, Andrea Tiarks, CMA (AAMA)
and Jan Frederick CMA (AAMA)*



*Grand Island Chapter Delegates
Penny Mortiz, CMA (AAMA)
and Sue Simodynes, CMA (AAMA)*



*Hastings Chapter Carol Muske, CMA (AAMA),
Linda Schriener, CMA (AAMA),
and Ann Wadsworth, CMA (AAMA)*



*Lincoln Chapter Delegates: Jennifer Kocian, CMA
(AAMA), Katie Greisen, CMA (AAMA),
and Denise Arnold, CMA (AAMA)*

Past Medical Assistants of the Year

<u>YEAR</u>	<u>NAME</u>	<u>CHAPTER</u>
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)	
2014	Lisa Hoffman, CMA (AAMA)	Grand Island
2015	none	

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 of Medical Assistants Member-at-Large are represented at the annual state House of 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.