

MED-A-GRAM

Fall 2010



I AM A CERTIFIED MEDICAL ASSISTANT

"I am true to the ethics of my profession."

—AAMA Medical Assistant Creed

★ **Grand Island**
(2011 State Conference)

★ **Great Plains**

★ **Hastings**

★ **Lincoln**

★ **Omaha**

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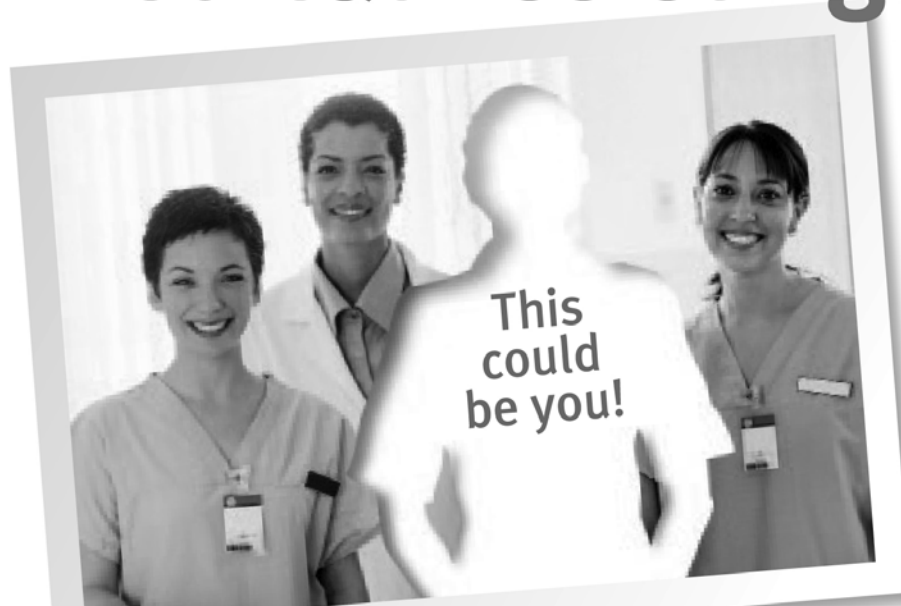
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A publication of the
Society of Medical Assistants

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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 states 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

DID YOU KNOW?

The name Certified Medical Assistant® is copywritten and owned by the AAMA's CRB. The name may not be reproduced without written permission from the CRB on anything other than your Medical Assisting title.

For security purposes, the AAMA is doing away with the use of social security numbers as identifiers. When you register for CEUs they ask that you use the your ID number printed on the top line of the mailing label on your *CMA Today* magazine.

Medical Assistants Recognition Week: October 18-22, 2010
Medical Assistants Day: October 20, 2010

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
1.800.228.262

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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 NSMA 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 monthly 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 Chairman.

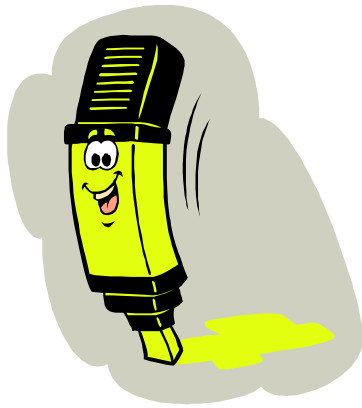
MEETINGS

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	2nd week (T, W, Th)	March
Hastings	1st Tuesday	March
Lincoln	2nd Tuesday of Sept, Oct, March, April	April
Omaha- Education	3rd Tues. in Sept, Nov, Jan, March	April
Business Meetings -	3rd Tues. Aug., Oct., Dec. (usually the first week because of the holiday), Feb., Apr., May	

Plan ahead...



Mark
Your
Calendar

Nebraska Society of Medical Assistants Continuing Education Events:

2011 NSMA's 45th Annual Conference, hosted by the Grand Island Chapter.

April 29 & 30 2011, at the Howard Johnson Riverside Inn

3333 Ramada Road, Grand Island, Nebraska, 68801

For more information contact:

Conference Chair: Debra Potratz, CMA (AAMA) 308.382.6123, potratz_fam@msn.com

2012 NSMA's 46th Annual Conference, hosted by the Omaha Chapter

April 20 & 21, 2012, at the Omaha Marriott Hotel

10220 Regency Circle Omaha, NE 68114

For more information contact:

Conference Chair:

Tracy Bednar, CMA (AAMA), LRT, 402.779.4024, jamietracybednar@msn.com

Conference Vice Chair

Linda Allensworth, CMA (AAMA), CPC, 712.484.3446, callensw@frontiernet.net

2013 NSMA's 47th Annual Conference, hosted by the Great Plains Chapter

Conference Chair: Andrea Stewart, MLT, CMA (AAMA)

Come share a weekend of traveling, continuing education, fun activities, food, friendship, and lasting memories. This conference is open to any healthcare needing continuing education credits. Those welcome to attend are Medical Assistants, Nurses, Healthcare Professional, X-ray Techs, and Educators. Watch for more information in the 2011 spring Med-A-Gram and check the NSMA website in the spring to download the registration form- www.nsmaonline.org.

45th Nebraska Society of Medical Assistants Conference

Fellow Medical Assistants,

The Grand Island Chapter in Grand Island, 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 29 & 30th, 2011 at the Howard Johnson Riverside Inn, 3333 Ramada Road, Grand Island, Nebraska, 68801. For more information contact Conference Chair: Debra Potratz, CMA (AAMA) 308.382.6123, potratz_fam@msn.com

Updates will be giving at each State Board meetings throughout the year. Registration and hotel information will be published in the **2011 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 convention, please call Conference Chair - Debra Potratz, CMA (AAMA) 308.382.6123, potratz_fam@msn.com

Because we are honoring our elected officers and special guests, we ask that you dress in casual business attire: khakis, dresses, skirts, dress slacks, blouses, and jackets. **Jeans, sweats, scrubs, mid-riff, shorts, and alcohol are not allowed at these sessions.** "Thank you" for your consideration and professionalism.

Mentor Committee Report from the 2010 NSMA Conference

Many of those attending the NSMA Annual Conference in Lincoln stopped by the Mentor Committee exhibit table and completed an entry form for a \$25 cash prize drawing by answering the questions correctly. The winner was Leigh Perez, CMA (AAMA), congratulations Leigh! The question answered correctly most often was #7 with 99% correct responses (apparently there is at least one Iowa fan among us!). Thank you to all who stopped by to ask questions about how our organization functions. A special thank-you goes to those who have stepped forward and offered to help on a state and/or chapter committee. There are still many opportunities to for your special talents. Feel free to contact me for more information.

AAMA NATIONAL CONFERENCES

54th	September 24-27, 2010	Lake Buena Vista in Florida, at The Hilton Walt Disney World Resort Hotel, www.1.hilton.com
55th	September 23-26, 2011	Indianapolis, Indiana
56th	September 7-11, 2012	Scottsdale, Arizona

2010-2011 State President



Jeannine Nagel, BSCHM, CMA (AAMA)

44th President of the Nebraska Society of Medical Assistants

Jeannine moved to Omaha, Nebraska in 1991 and in 1992 married her amazing husband, Dan. They have five wonderful children and ten grandchildren.

Jeannine received her Medical Assisting education at Omaha College of Health Careers in Omaha, Nebraska and graduated in January 1994 with a diploma in Medical Assisting. She sat for the American Association of Medical Assisting (AAMA) Certification exam in June 1994 and has since recertified four times. In 2003, she received a Bachelor Degree in Healthcare Management from Bellevue University in Bellevue, Nebraska.

In December 1993, Jeannine completed her externship at an Internal Medicine Clinic in Omaha, Nebraska. At that time the physician employer requested that she join the staff officially, thus beginning her medical assisting career. She began her employment at Alegent Health as a Certified Medical Assistant on April 17, 1995 and has been with Alegent Health in that capacity or as an instructor ever since. To this day, she continues to visit area schools that offer Medical Assisting programs and talks with the students about becoming members of the AAMA. In 2001, she became interested in teaching and pursued her interest with Alegent Health School of Medical Assisting. She continued as an instructor until 2004 and went back to the clinic to explore a lead position. It was during this endeavor she realized her love for teaching and in 2007 returned to teaching at Alegent Health School of Medical Assisting and has been there since. Jeannine is so passionate about teaching that she also has an adjunct instructor position at Vatterott College.

Jeannine has held these positions for Nebraska Society of Medical Assistants - Vice President and NSMA Delegate to the AAMA Conference. Her compassion for teaching and her love for the students have directed her to latest endeavor when she was approached by the board to chair the committee for the development of the Nebraska Student Scholarship Program.

Jeannine has held these offices for Omaha Chapter of Medical Assistants – President, Vice President, Membership, OCMA Delegate to the NSMA Conference and has served as Publication Chair as well as on the Convention and Public Relation Committees.

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	1989-90	Susan M Stetina (Engstrom), CMA, RN 7949 Garland, Lincoln, NE 68506	Lincoln
1968-69	Norma Welchel	Lincoln	1990-91	Donna (Slama) Bentjen, COA 5188 E Sargent Rd, Beatrice, NE 68310	Lincoln
1969-70	Theola Thornton	Norfolk	1991-92	Andrea Stewart, MLT, CMA PO Box 432, Sutherland, NE 69165	Great Plains
1970-71	Barbara McMullen 4115 N 55th Ave, Omaha, NE 68104	Omaha	1992-93	Laura Blankenship, RN, CMA-C 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 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 3001 N 77th St, Lincoln, NE 68507	Lincoln
1973-74	Bonnie Ahrens, CMA-AC 5935 Sumner St, Lincoln, NE 68506	Lincoln	1995-96	Debra Potratz, CMA 814 Sweetwood Dr Grand Island, NE 68803	Grand Island
1974-75	Wilma Rabb Deceased	Omaha	1996-97	Patty Hafer, CMA 1048 N. Alamo Rd., #52 Alamo, TX 78516 hotgrandma1943@msn.com	Great Plains
1975-76	Lorraine Wilbur, RN 4514 Hillside, Lincoln, NE 68506	Lincoln	1997-98	Candace (Rhoades) Coffman, CMA 7740 Cherrywood Dr, Lincoln, NE 68510	Lincoln
1976-77	Maxine (Noble) Koefoot, CMA Deceased	Grand Island	1998-99	Linda Allensworth, CMA 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 745 N Denver, Hastings, NE 68901	Hastings
1979-80	Norma Parker, CMA Masonic Manor 801 S 52nd St, Apt. 1708 Omaha, NE 68106	Omaha	2001-02	Janis Frederick, CMA 7217 N 74th St, Omaha, NE 68122	Omaha
1980-81	Roberta Frerichs, CMA-A 7125 Starr St, Lincoln, NE 68505	Lincoln	2002-03	Lori Kounovsky, CMA PO Box 644, Plainview, NE 68769	Norfolk
1981-82	Diana Milkowski-Crosthwait, CMA 224 Meadow Gill Dr, Benbrook, TX 76126	Omaha	2003-04	Michel McKinney, CMA 4355 S. Juniata Ave, Juniata, NE 68955	Hastings
1982-83	Chris Graff, LPN 8510 Blue Sky Dr, Lincoln, NE 68505	Lincoln	2004-05	Linda Formanek, CMA 45479 State HWY 91, Lindsay, NE 68644-5023	Norfolk
1983-84	Elaine (Arps) Hunacek, CMA 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	Kearney Area	2006-07	Angela (Angy) McCarter, CMA, LRT 6944 Vine St, Lincoln, NE 68505	Lincoln
1985-86	Peggy (Gilbert) Brown, CMA 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
1987-88	Patty Hafer, CMA 1048 N. Alamo Rd., #52 Alamo, TX 78516 hotgrandma1943@msn.com	Great Plains	2009-10	Carol Hipke-Muske, CMA (AAMA) 745 N Denver, Hastings, NE 68901	Hastings
1988-89	Delores M Yosten 4010 Kay Ave, Grand Island, NE 68803	Grand Island			

2010-2011 NSMA Officers



2010-2011 NSMA Board of Directors

*The 2010-2011 elected NSMA BOD: Leigh Perez, CMA (AAMA),
Jan Frederick, CMA (AAMA), Andy Stewart, MLT, CMA (AAMA), Linda Allensworth,
CMA (AAMA), CPC, Carol Muske, CMA (AAMA), Janet Ueding, CMA (AAMA), LRT,
Jeannine Nagel, CMA (AAMA), BSHCM*

PRESIDENT

Jeannine L Nagel, CMA (AAMA), BSHCM

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and EDITORIAL COMMITTEE

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call before faxing 712-484-3446

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Washington County Unit

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Jessica Fitch, CMA (AAMA) RDMS
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Tracy Bednar, CMA (AAMA), LRT
jamietracybednar@msn.com

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Deb Potratz, CMA (AAMA)

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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



2010-2011 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. Webinar times subject to change.

August 21, 2010	Summer:	11:00 am – Webinar locations listed below
October 23, 2010	Fall:	11:00 am - Webinar
January 15, 2011	Winter:	11:00 am - Webinar
Snow Date: January 22, 2011		

Webinar locations will be held at the following locations:

Omaha-Alegent Health Bergan Mercy Hospital, Willow Room

Hastings-CCC campus-Platte Building room 236

GI-CCC campus- Main Building, room 104

Lincoln-Southeast campus-Main Building, room J

North Platte-Mid-Plains College-south campus, 601 West State Farm Road, room MB 111.

Plainview-Plainview High School – room to be announced

March 19, 2011	Spring:	Noon in Grand Island, NE Howard Johnson Riverside Inn, 3333 Ramada Rd. (Cottonwood Room)
April 29, 2011	Pre Convention:	(Time to be announced with Conference registration) In Grand Island, NE Howard Johnson Riverside Inn, 3333 Ramada Rd. (Cottonwood Room)
April 30, 2011	Post Convention:	(Time to be announced with Conference registration) In Grand Island, NE Howard Johnson Riverside Inn, 3333 Ramada Rd. (Cottonwood Room)

For more information on state board meetings contact; Jeannine Nagel, CMA (AAMA), BSHCM NSMA President @ (402) 558-5234, (402) 717-1942, jeannine.nagel@alegent.org, or Vice President, Janet Ueding, CMA (AAMA), LRT@ (402) 808-4190, ueding48@yahoo.com

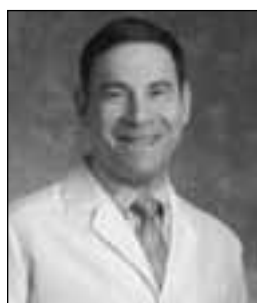
Committee Members: please let the NSMA President know if you will not be able to attend the scheduled meetings in advance. In addition, arrange to have your committee represented by another member who will be attending and email a copy of your report to the President, Secretary, and Board Members in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

2010-2011 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.



Michael J. Walts, M.D.
Alegent Health Clinic
Papillion, Nebraska

Dr. Michael graduated from the University of Missouri-Columbia in 1974 with a BA in Biological Sciences, Magna Cum Laude and received a MA in Biological Sciences in 1974 and in 1980 he graduated from the University of Missouri-Columbia School of Medicine. He completed his residency at Good Samaritan Medical Center, Department of Family Practice, Phoenix, AZ 1980-1983. Dr. Walts is a Diplomate, American Board of Family Practice since 1983 and recertified in 2002. He is the Medical Executive Officer, Alegent Health Clinic, NE, multispecialty, and integrated regional network of employed physicians responsible for designing, implementing and maintaining programs, policies and systems in all facets of health care delivery, 1998- present. Dr. is Vice President and Associate Medical Director and Chief Medical Consultant of a large healthcare corporation, chairing National corporate committees, developing Quality Improvement (QI) programs. He also serves as a permanent member of the Executive Committee and Board of Directors as well as all its operational committees, such as Quality/Medical Management/Credentialing Committee. Dr. Walts maintains an active Family Practice office. And, he is Medical Advisor for The Alegent Health School of Medicine.



Chitrita Roy, M.D., P.C.
Pediatrics
Bellevue, Nebraska

Dr. Roy did her MD in 1984 from Calcutta University, India, receiving Honors in Basic sciences and college merit scholarships. She did her Internship and Residency from the University of Kansas Medical Center and the University of

Nebraska Medical Center respectively. She has special interest in Asthma, Allergies and Developmental Pediatrics and has been in private practice for more than 15 years. She is Board Certified in Pediatrics and is a member of the American Academy of Pediatrics since 1991. She is actively involved with the Federal Advocacy Action network of The AAP. She is actively involved in teaching medical students from UNMC as an adjunct Assistant professor in Pediatrics. She has received The PREP Education award by The American Academy of pediatrics 1995-97. She has been an active member of the Infectious Disease Committee at the Children's Hospital since 2005. She has given several CME lectures and International talks and has served in the Medical Advisory committee of Health Insurance companies. She has also served as a Medical advisor for the Omaha Chapter of Medical Assistants in the year 2001-2002. She volunteers at The Stephen center, Sharing Clinic and the University Of Nebraska Medical center auxiliary in her spare time.



Daniel A. Pearson, M.D.
Family Medicine Lakeside
Omaha, Nebraska

1989-1993 B.A., Trinity College, Deerfield, IL
1993-1997 M.D. University of Nebraska Medical Center, Omaha, NE
1997-2000 Residency, Family Practice, Broadlawns Medical Center,
Des Moines, IA

2000-2003 Sioux Valley Memorial Hospital, Cherokee, IA

2003-present Alegent Health Clinic, Omaha, NE

Member of the Metro Omaha Medical Society, Nebraska Medical Association, American Academy of Family Practice and Board Certified with the American Board of Family Medicine

October 18-22, 2010 is Medical Assistants Recognition Week

October 20, 2010 is Medical Assistants Day

Be sure to order your free Medical Assisting week promotional packet from the AAMA, entitled Medical Assistants at the Heart of Health Care at www.aama-ntl.org. Posting the information at work will inform others about medical assisting 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 that time and have a pot luck supper or have a catered event. Go to your area colleges that teach Medical Assisting and have your meetings with the students in attendance so that they can meet members and see how the chapters are run. Chapters could choose one of their members and students to be honored during that week. Make up goodie baskets and take to your offices promoting Medical Assisting week. Students love free things, pick a student and pay for their membership for a year as a promotion.

CAAHEP & ABHES Accredited Colleges in Nebraska

ALEGENT HEALTH

Medical Assisting Program
CAAHEP & ABHES Accredited
Dona Marotta, MHA, CMA (AAMA)
Program Coordinator
810 N. 96th St
Omaha, NE 68114
402-717-1940
F) 402-717-1995
dona.marotta@alegent.org

KAPLAN UNIVERSITY - LINCOLN

CAAHEP Accredited
Medical Assisting Program
Michelle Guthard, CMA (AAMA)
Program Coordinator
1821 'K' St
Lincoln, NE 68508
402-474-5315
F) 402-474-5302
mguthard@kaplan.edu

METHODIST COLLEGE

CAAHEP Accredited
Medical Assisting Program
Marcia Franklin, RN, BSN
Program Coordinator
720 N 87th St
Omaha, NE 68114-2852
402-354-7076
F) 402-354-7250
marcia.franklin@methodistcollege.edu

CENTRAL COMMUNITY COLLEGE

Medical Assisting Program
CAAHEP Accredited: Diploma, 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 - OMAHA

CAAHEP Accredited
Medical Assisting Program
Kristine Gargano, BS, RRT
Department Chair
3350 N 90th St
Omaha, NE 68134
402-572-8500
F) 402-573-1341
kgargano@kaplan.edu

SOUTHEAST COMMUNITY COLLEGE

CAAHEP Accredited: Diploma
Medical Assisting Program
Jeanette Goodwin, BSN, CMA (AAMA)
Program Coordinator
8800 'O' ST
Lincoln, NE 68520
402-437-2756
F) 402-437-2404
jgoodwin@southeast.edu

VATTEROTT COLLEGE

ABHES Accredited
Medical Assisting Program
Valerie Ruckman, AAS, CMA (AAMA)
11818 I St
Omaha, NE 68137
402-891-9411, ext 235
F) 402-778-4036
valrieruckman@vatterottcollege.edu

AAMA Learning Sunfari



*AAMA's 54th Annual National Conference
September 24-27, 2011*

at

*The Hilton in the Walt Disney World Resort
Lake Buena Vista, Florida*

http://www1.hilton.com/en_US/hi/hotel/ ORLDWHH-Hilton-located-in-the-WALT-DISNEY-WORLD-Resort-Florida/index.do

*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:

*Medical Error Prevention
Correct Coding and Reimbursement Coding
Clostridium Difficile Colitis
Got Shots? Immunization Update
Human Resources and the Law
Medical Decision Making and Diagnosis Coding
Human Papillomavirus
Policy Manual Must-Haves
Effectiveness of E&M Coding
Managing Emotions in the Medical Office*

Practice Management Sessions to Keep You in Control

Leadership training; giving you the leading edge.

Educator's 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 promote the professional identity and stature of its members, and the medical assisting profession through education and credentialing.

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 after November 1, 2000. 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 accreditation@aama-ntl.org.

Conferences: Want to find out more about AAMA's upcoming convention or Med Expo Exhibition? Send an e-mail to convention@aama-ntl.org.

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 this age of technology, the Nebraska Society of Medical Assistants has accepted the task to improve our world by implementing a forum of current information for all members. We know it is hard to keep members and students abreast of current events with a twice a year publication, so now members will have 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. This year we have enlisted the help of a web designer to update the current website. As soon as it is available each year, we will have conference registration forms to download, for those of you that need to turn them into your employer early for prepayment.

We have linked to the AAMA website. In addition you will find information on local chapter and state meetings dates, and locations. Also, you will find photos from current and past State and National Conferences, current and historical information regarding the NSMA and its component chapters.

The website continues to be a work in progress, but there is already a lot of valuable information for members and students. 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 Web Master: Michel McKinney, CMA (AAMA) at mmckinney@cccneb.edu. The website committee and the NSMA will address the information to see if it will serve the members needs.

Have you visited the AAMA's website?

You can now go to the AAMA website and do a change of address. No more phone calls or paper hassles. Keep you information current and you won't miss out on the latest news from your chapter, state or the AAMA.

As of September 2004, the site now offers even more useful information for specific visitors like physicians, medical office managers, medical assisting program directors and students.

Improved navigation, greater interactivity and a new design advances the AAMA's website into the 21st century. Now anyone can access important articles published in the CMA Today, find out about competitive salaries, and check on how many CEUs you have acquired and when you are due for re-certification. Employers can check if a CMAs credential is current, program directors, state and chapter leaders can visit a special section on the site filled with AAMA-sponsored materials and tools.

The AAMA will be implementing the second phase of the website's enhancement to provide additional benefits, including an e-commerce component. Once this phase is complete, visitors logging on will be able to purchase continuing education materials, professional recognition products and more.

To tour the member's only section, make sure you have your I.D. number. It is the five digit number found on your membership card and on the top line of the mailing label on your CMA Today. Log on today and see what you are missing.

Message Board

Updates from the 2009-10 Board of Directors meetings:

- On August 8, 2009, President Hipke-Muske, CMA (AAMA) presided over the NSMA's first Board of Directors meeting held by webinar. Webinars were also utilized for the fall and winter BOD meetings. Site locations included Hastings, Grand Island, North Platte, Lincoln and Omaha.
- The NSMA BOD has hired Glenwood Telephone Membership Corporation (GTMC) as our web-page host to work on updating the NSMA web page: www.nsmaonline.com.
- Birthday cards were sent to Past Presidents of the NSMA with known birthdates and current addresses.
- A student scholarship program was established and approved at the 2010 HOD. A task force was named to follow-up on the details and implementation.
- Nominations were secured for the 2010 NSMA House of Delegates.
- There were no nominations for Medical Assistant of the Year for 2010.
- The 2010-11 NSMA budget was approved.
- The 2012 conference budget was approved
- Historical information was collected over the past year and preserved in the Archive committee and updated on the History of the NSMA page in the *Med-A-Gram*.
- The NSMA will again donate \$50 to each AAMA fund for the 2010 AAMA National Conference: Conference Education, Maxine Williams Scholarship and Surveyor's Training.
- In October 2010, promotion of Medical Assisting week was held.
- One By-laws change and two Standing rule updates were proposed to the BOD this year. The Standing rules were approved at the BOD meeting it was presented at, and the By-law was approved at the 2010 HOD as listed below.
 - Under Article VII Officers
 - G. Duties of Vice Speaker of the House and Nominating Committee.
 - RATIONAL: These duties have been separated into two but actually can function as one office by combining duties.
 - NSMA STANDING RULES UPDATE
 - Section I: General
 - Add #20. All contracts that require a signature will be signed by 2 (two) board members, the committee chair for that contract and the state treasurer.
 - This was discussed by the Board of Directors at our January meeting, with input from AAMA legal counsel Don Balasa, and was approved to be added to the Standing Rules.
 - Section III: AAMA Conference
 - 3. The Vice-President shall purchase the President's corsage at national conference.
- It was decided at the Board of Directors meeting to delete this Standing Rule.
- At the 2010 NSMA HOD, the 2010-2011 Vice President, Secretary, and Vice Speaker were elected. Three Delegates and four Alternate Delegates were elected to attend the AAMA National Conference in September of 2010 in Florida.
- North Platte bid for the 2013 NSMA State Conference at the 2010 HOD.
- The 2010 HOD elected not to raise membership dues for 2011.
- Nebraska won an EXCEL Award for Membership Retention at the 2009 AAMA National Conference in Houston, Texas.

The members of the Lincoln Chapter presented a great conference this past May 2010.

We had excellent speakers on: EMRs, Genetic Counseling for Hereditary Cancer, Aged & Disabled Waiver-Qualifying client criteria & services available, Assistive Technology Partnership, Medical Transcription & Interpretation; Why it's Critical, PTSD, Cancer Trends in Nebraska, Improving Quality of Life in Dementia Care, Identity Theft in the Medical Office

During the Saturday Installation and Awards Luncheon, Jeannine Nagel, CMA, (AAMA), BSHCM was installed as the new State President and new and recertifying members were honored.

Our AAMA representative, K.M., PhD, CMA (AAMA), from Michigan was our guest at the conference. She visited with members during the weekend and shared many items of interest and updates from the AAMA with us.

There were a total of 137 registrants for the 2 day conference

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 exam 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 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 who became new CMAs (AAMA) within the last year; that attended the state conference.



NSMA members attending the state conference that recertified in the last year.

Certified

1-1-10 - 2-28-10

Alice J Soto CMA (AAMA)
Omaha, NE
Lelisha M Agee CMA (AAMA)
Omaha, NE
Stephanie Lynn Wells CMA
(AAMA) Omaha, NE
Laurie DeMerritt CMA (AAMA)
Elkhorn, NE
Diana Lynn Tober CMA (AAMA)
Waterloo, NE
Amanda Jean Kirkpatrick CMA
(AAMA) Alvo, NE
Mikala Eileen Schuman CMA
(AAMA) Omaha, NE
Sara L Batres CMA (AAMA)
Omaha, NE
Suzanne Marie Abele CMA
(AAMA) Lincoln, NE
Renee F Kuehn-Steller CMA
(AAMA) Lincoln, NE
Sophia Renee Pohlmann CMA
(AAMA) Lincoln, NE
Linda Sue Sheldon CMA (AAMA)
Lincoln, NE
Christina Ruth Noojin CMA
(AAMA) Beatrice, NE

Linda C. Schrinier CMA (AAMA)
Franklin, NE
Joanne Milos CMA (AAMA)
Bellevue, NE
Wendy Sue Zaloudek CMA (AAMA)
Omaha, NE
Angela Christine Callaghan CMA
(AAMA) Omaha, NE
Erica S. Hubbard CMA (AAMA)
Lincoln, NE
Sandra A. Rousselle CMA (AAMA)
Dwight, NE
Lisa C. Fowler CMA (AAMA)
Bellevue, NE
Cheryl M Walker CMA (AAMA)
Omaha, NE
Linda Jacobsen CMA (AAMA)
Saint Paul, NE
Havala B Rahn CMA (AAMA)
Omaha, NE
Mary A. Kreifels CMA (AAMA)
Cook, NE
Traci LeAnn Hohbein CMA
(AAMA) Lincoln, NE
Kimberly D Riggs CMA (AAMA)
Lincoln, NE
Deborah L. Gross CMA (AAMA)
RT(R)
Wayne, NE
Robin Lynn Moyer CMA (AAMA)
Fremont, NE
Ann M. Wadsworth CMA (AAMA)
Wolbach, NE
Lisa R. Alspaugh CMA (AAMA)
Lincoln, NE

Katherine Christine Bringe CMA
(AAMA) Omaha, NE
Jamie Marie Peters CMA (AAMA)
Omaha, NE
Catherine Renee Smith CMA
(AAMA) Bellevue, NE
Bobbie J Venter CMA (AAMA)
La Vista, NE
Deborah C Price CMA (AAMA)
Gretna, NE
Faye M. Weber CMA (AAMA)
Lincoln, NE
Monique Ann McCall CMA
(AAMA) BS Lincoln, NE
Janice M. Mitchell CMA (AAMA)
Omaha, NE
Marlene L Montgomery CMA
(AAMA) Lincoln, NE
Kimberly R. Mahloch CMA
(AAMA) Crete, NE
Audrey Marie Bauer CMA (AAMA)
Hastings, NE
Shelly Ann Metcalf CMA (AAMA)
Lincoln, NE
Lisa M. Peterson CMA (AAMA)
Omaha, NE
Gloria Lee Hestermann CMA
(AAMA) Sterling, NE
Mary J. Anzalone CMA (AAMA)
Plattsmouth, NE
Staci J. Martinez CMA (AAMA)
Lincoln, NE
Carol A. Vincik CMA (AAMA) LRT
Aurora, NE

Recertificants

1-1-10 - 2-28-10

Stephanie K. Rutledge CMA
(AAMA) Bellevue, NE
Stephanie L. Devall CMA (AAMA)
Lincoln, NE

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 we are 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 ueding48@yahoo.com.

JANET UEDING CMA (AAMA)
2010-2011 NSMA MEMBERSHIP CHAIR
2010-2011 NSMA PRESIDENT ELECT

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

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.



Janet Ueding, CMA (AAMA), LRT
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
745 N Denver
Hastings, NE 68901
Fax (402) 460-2138

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 have moved 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: _____

For Your Information

Basic Laptop Safety Tips

Treat your laptop like cash – A laptop is a significant investment. You wouldn't leave cash laying around for someone to grab, so why would you walk away from your laptop? Don't do it – not even for a moment.

Password protect your laptop – Set up your laptop so that it requires a password in order to log into the operating system. But be sure to use a strong password. Passwords are generally considered strong if:

It's at least 8 characters in length and

- It doesn't contain a word found in the dictionary
- Contains a combination of letters and numbers.
- Contains at least one upper case letter.
- Contains at least one special character.

Install all-in-one security software – Most new laptops come with a trial version of at least an antivirus program. But once that trial version has expired, your laptop is no longer protected. If you don't want to mess around with trial software, uninstall it and install the security software you choose to purchase. Many software purchases will allow for one or two computers or the whole house with unlimited computers to be added.

Use a non-descript laptop bag – Bags from laptop manufactures advertise what's inside. Consider using a non-traditional laptop bag or even a generic backpack.

Use a laptop lock – Laptop locks are relatively cheap and easy to install. When attached to an immovable object, it makes the laptop difficult to steal.

Back up your data – Many colleges and universities provide personal network drive space to each student. Consider using the space to back up your work so in the event your laptop is ever lost or stolen, you will still be able to retrieve your work. You can also email important documents to an email account setup just as a document storage space. This way it will be available to you, anywhere you have internet access.

main source -chartercommunications.com

Diseases of the Eye



With life expectancy figures continuing to climb, managing eye diseases is essential for people to maintain healthy, happy and productive lives. By performing a comprehensive eye exam, a doctor of optometry can successfully detect the diseases listed below and treat them in conjunction with other health care providers.

Age-Related Macular Degeneration (AMD) the leading cause of blindness in the United States, is caused by deterioration of certain cells in the macula, a portion of the retina located in the back of the eye that is responsible for clear, sharp vision.

Symptoms: A painless and gradual loss of ability to see objects clearly, distorted vision, a gradual loss of color vision and a dark or empty area appearing in the center of vision.

Cause: Not certain, but could be attributed to lack of certain vitamins and minerals to the retina; circulation breakdown to the retina; excessive levels of cholesterol or sugar in the diet; hypertension; excessive exposure to ultraviolet light; and heredity.

At high risk: AMD is high among Caucasians ages 65 to 74 (11 percent); women tend to get the disease more than men.

Cataracts, caused by chemical changes in the lens, will cloud all or part of the normally clear lens within the eye. Cataracts are the leading cause of vision loss.

Symptoms: Blurred or hazy vision; appearance of spots in front of the eyes; increased sensitivity to glare or the feeling of having a film over the eyes.

What can you do: Avoid smoking and over-exposure to sunlight. Cigarettes and ultraviolet (UV) light produce free radicals and may play a role in cataract development, according to researchers at the Mayo Clinic.

Good news: More than 95 percent of people who have cataracts removed end up with better vision.
At high risk: About half of Americans between the ages of 65 and 75 have cataracts to some degree.

Diabetic Retinopathy can weaken and cause changes in the small blood vessels that nourish the eyes of people with diabetes.

Symptoms: Early stages of diabetic retinopathy may cause blurred vision or may produce no visual symptoms at all. As the disease progresses, individuals may experience cloudiness of vision, blind spots or floaters.

What you can do: Monitor diabetes through diet and exercise under a doctor's supervision. Inform your doctor of optometry that you have diabetes and schedule an annual dilated eye examination to detect changes in the retina or optic nerve.

Good news: Early diagnosis and timely treatment have proven to prevent vision loss in more than 90 percent of patients. However, an estimated 50 percent of patients are diagnosed too late for effective treatment.

At high risk: African Americans are 1.7 times more likely to have diabetes than Caucasians, according to the American Diabetes Association.

Glaucoma, one of the leading causes of blindness in the United States, is the result of a build-up of pressure in the eye, resulting in damage to the nerve fibers, optic nerve, and blood vessels in the eye.

Causes: The most common type of glaucoma develops without symptoms, gradually and painlessly. A rare form occurs rapidly and its symptoms may include blurred vision, loss of side vision, seeing colored rings around lights and pain or redness in the eyes.

What you can do: Individuals over 40 or those who have a family history of glaucoma should schedule an annual comprehensive eye examination.

Good news: If detected early, glaucoma can be controlled. However, at least half of the people who have glaucoma are not receiving treatment because they are unaware of their condition. If glaucoma is not detected, it can lead to permanent vision loss.

At high risk: Glaucoma is the number one cause of vision loss in African Americans.

Sources: The Older Nebraskan's voice, The American Optometric Association; The U.S. HHS Department; and the MayoClinic.com

Tips on how to Prepare Lower Salt Meals

Add less salt at the table and in cooking. Reduce the amount a little each day until none is used. Try spices and herbs instead.

Cook with low-salt ingredients. Remove salt from recipes whenever possible. Rice pasta and hot cereals can be cooked with little or no salt.

Use fewer sauces, mixes, and "instant" products - this included flavored rice, pasta, and cereal, which usually have salt added.

Rinse salt from canned foods.

Limit smoked, cured, or processed beef, pork or poultry.

Reasons to Walk

It will make you feel great and give you power and strength!

It will help you let go of tension and stress.

You don't have to pay a membership fee to walk.

You don't have to read the instructions and assemble anything.

Walking is better than fiber.

It lowers blood pressure and medical bills.

Walking is inexpensive and fat free.

You don't have to keep score.

You can check out your neighbor's yards and houses without being suspicious.

When you walk, you can watch the sun rise or set.

You can walk away from your past mistakes and walk toward new goals.

Five Amazing Allergy Facts

Hay fever sufferers should wash their hair at night. Reason: They'll remove any pollen and keep it from settling on pillows and bedding. Also: Avoid common irritants like tobacco smoke, automobile exhaust, hair spray and perfume...wash hands frequently...venture outdoors only when pollen counts are low.

The best time to take an antihistamine, which helps block allergic reactions, is before symptoms surface. Just remember: Antihistamines can cause drowsiness so never take one any time safety requires you to be alert. Suggestions: Ask your doctor about the newer types that can cause less drowsiness.

Australian researcher found a simple solution if you're allergic to dust mites and suspect your area rugs make you sneeze and itch: Place the rug outdoors in direct sunlight for a few hours. How it works: Airing out the rugs and other households items dries and heats them...exterminating mites.

Move to another location is no guarantee of relief for allergy sufferers. Why: They usually develop allergies to their new region's pollens and molds within a few years of moving. Plus: Most allergy provoking grasses are widespread throughout the world.

As many as 20% of Americans believe they have a food allergy...but less than 1% really do. Most food allergies are actually signs of digestive problems, food poisoning or stress.

A Cup of Tea May Help Your Heart

A cup of tea after a heavy dinner may be good for your heart. After a high-fat meal, blood lipid levels rise which can cause blood vessels to stiffen and constrict temporarily. According to a study at a Tokyo Medical University, antioxidants in tea counter this effect, keeping the blood vessels supple and promoting healthy blood flow. For people with heart disease, a single fatty meal can trigger a heart attack. Healthy people who regularly consume fatty meals are at risk of developing hardening of the arteries. For both groups, drinking tea is an effective way to counteract the stress on blood vessels.

Fruits and Vegetables Rich in Iron

In addition to meat, fruits and vegetables are excellent ways to get your iron. According to the National Institutes of Health and the U.S. National Library of Medicine, good sources include dried beans and peas (like chickpeas, lima beans, black-eyed peas and kidney beans), leafy green vegetables (such as broccoli, spinach, and kale), and such dried fruits as raisins and apricots.

To improve your body's absorption of iron, eat foods containing vitamin C at the time. These include: green peppers, citrus fruits, strawberries, tomatoes, potatoes and cantaloupe.

Broccoli and leafy green vegetables, such as spinach, have both iron and vitamin C.

Dangerous Houseplants

Children and some houseplants don't mix. Two common house hold plants are Dieffenbachia (or mother-in-law plant) and Philodendron, contain oxalic crystal. Chewing the leaves releases the crystals, causing burning in the mouth, swelling of the tongue, nausea and diarrhea.

Be a Buddy at Work

Do you know someone at work with a disability? If so, it's not a bad idea to team up with someone who you can help- or who can help you- in the event of a fire alarm or any other emergency situation, such as a tornado or bomb threat. A safety buddy can help a coworker down a stairwell or negotiate a heavy exit door. Disabilities include temporary conditions such as a limb in a cast, or could apply to permanent visual and/or hearing impairments.

The Human Body

Consider these facts and figures about the human body.

- The average adult body has 47 miles of nerves.
- The size of a newborn's brain triples almost three times in a year.
- The spinal cord stops growing at age five.
- In an average lifetime, an individual's digestive system handles 50 tons of food.
- Eye muscles are the busiest – they move 100,000 times a day.
- Every minute, the average person breathes in 13 pints of air.
- The body has more than 230 moveable and semi-movable joints.
- The average adult has 20 square feet of skin, the size of a blanket.

Source: The Health Advocates Alliance

"I want to be a *medical assistant*

MEDICAL ASSISTING STUDENT VIDEO & ESSAY COMPETITION

because..."

What made you want to become a medical assistant? Interest in the medical field? A desire to help others? Tell us!

Produce a short video or write an essay titled "I want to be a medical assistant because..." and send it in.

Your entry could win \$500!

(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 the profession and aspire to achieve the CMA (AAMA) credential.

Your judges: The AAMA Communications and Marketing Department

Your deadline: July 1, 2011

How to get started: Think about what you would say to a friend or an acquaintance to encourage them in pursuing medical assisting as a profession. Why did you choose it as your career path? Then, think about what you would tell this person about going after that CMA (AAMA) credential. What kind of professional edge does the credential provide?

Eligibility: You are eligible to enter if you 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).

Submission requirements

Essay

- Send as an 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

Video

- Must be submitted as a video file (.avi, .mpeg, .wmv, .mp4, .mov) on DVD (3 copies required)
- Length: 3-minute maximum
- No limit on number of actors in video

Judging criteria

- Essay entries will be judged based on writing quality, content, and overall effectiveness.
- Video entries will be judged on quality of production, 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.

Essay entry: See submission requirements above.

Video entry: Fill out this form, detach it, and mail it by **July 1, 2011** with your entry to the AAMA.

Full name: _____

Academic institution address: _____

Address: _____

Academic institution city/state/ZIP: _____

City/state/ZIP: _____

Educator's name: _____

Daytime phone number: _____

E-mail address: _____

The academic institution name of your medical assisting program: _____



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

website: www.aama-ntl.org 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. Forty-seven years later, Medical Assisting is now expected to be the seventh fastest growing occupation throughout the year 2011.

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. Fremont was chartered in 1989, and dissolved in 2005.

As of 1993, we have the following active chapters: Grand Island, Great Plains, Hastings, Lincoln, Norfolk 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) presided over the first webinar NSMA Board of Directors meeting.

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 officer position at the Chapter level and served as an officer or committee chair at the State level.
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: _____

Social Security Number: _____ AAMA Member Since: _____

Phone:(H) _____ (W) _____

Membership Status: _____ Chapter Affiliation: _____

Application must be received by December 31 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

This program is sponsored by the Membership committee. 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 Awards Chairman
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 Installation and Awards Luncheon



Outgoing President Muske presents the incoming President, Jeannine Nagel, CMA (AAMA), BSHCM, with the NSMA President's gavel



2010-2011 President Nagel gives her acceptance speech



The 2010-2011 elected NSMA BOD: Leigh Perez, CMA (AAMA), Jan Frederick, CMA (AAMA), Andy Stewart, MLT, CMA (AAMA), Linda Allensworth, CMA (AAMA), CPC, Carol Muske, CMA (AAMA), Janet Ueding, CMA (AAMA), LRT, Jeannie Nagel, CMA (AAMA), BSHCM



Outgoing NSMA BOD: Jan Frederick, CMA (AAMA), Leigh Perez, CMA (AAMA), Deb Potratz, CMA (AAMA), Donna Marotta, MHA, CMA (AAMA), Jeannie Nagel, CMA (AAMA), BSHCM, Carol Muske, CMA (AAMA)



NSMA President Muske presents the AAMA National Representative, K.M., PhD, CMA (AAMA) with a gift from Nebraska



Lori Weskamp, CMA (AAMA), 2010 NSMA Conference Chair



Lisa Hoffman, CMA (AAMA) and Cindy Owens, CMA (AAMA) present the special recognition awards, newly certified, and recertification certificates during the 2010 NSMA Conference Awards Ceremony



Terry King, CMA (AAMA) received a Special Recognition Award from the Omaha Chapter



Nicole Dvorak, CMA (AAMA) receives a Special Recognition Award from the Omaha Chapter



First time attendees to a NSMA Conference



Newly Certified Medical Assistants (AAMA) recognized at the 2010 NSMA Conference



NSMA members that recertified in the last year were recognized at the 2010 NSMA Conference



Jan Frederick, CMA (AAMA) - 1st place raffle winner of \$100



Laura Blankenship, RN, CMA-C (AAMA) - 2nd place raffle winner of \$75



Paula Persinger, CMA (AAMA) accepts her husband's 3rd place raffle winning of \$50



Leigh Perez, CMA (AAMA) winner of the Mentoring Committee's \$25 door prize



Lucky winner of the Tupperware prize Margaret Ostgaard, CMA (AAMA)



Leslie O'Leary, CMA (AAMA), traveled from Texas to attend the 2010 NSMA State Conference

Past State Presidents at Conference



Past State Presidents Attending the 2010 NSMA Conference

F) Michel McKinney, CMA (AAMA), Linda Allensworth, CMA (AAMA), CPC, Candace Coffman, CMA (AAMA), Laura Blankenship, RN, CMA-C (AAMA), Tammy Siedband, CMA (AAMA), Carol Hipke-Muske, CMA (AAMA),

B) Chris Graff, LPN, Andrea Stewart, MLT, CMA (AAMA), Linda Formanek, CMA (AAMA), Debra Potratz, CMA (AAMA), Janis Frederick, CMA (AAMA), Dona Marotta, MHA, CMA (AAMA), Lori Kounovsky, 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, RN, 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, MLT, 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	

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 officer and/or committee chair at 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 entire NSMA 2011 annual conference.

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.