

MED-A-GRAM

Fall 2011



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.



★ **Grand Island**

★ **Great Plains**

★ **Hastings**

★ **Lincoln**

★ **Omaha**
(2012 State Conference)

2012 AAMA National Conference Information 15

Newly Certified Medical Assistants Page 19

Chapter Information Begins On Page 36

A publication of the
Nebraska Society of Medical Assistants

AN AFFILIATE OF THE
AMERICAN ASSOCIATION OF MEDICAL ASSISTANTS

Dear NSMA members:

We at the NSMA hope that you find great value in this publication. Networking is an important growth tool of the NSMA and we hope this directory will assist you in contacting your colleagues across the state and get to know them better. Members are listed alphabetically according to members at large or one of the 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 17-21, 2011
Medical Assistants Recognition Day: October 19, 2011

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
1.800.228.262

Table of Contents

Definition of a Medical Assistant	4
State President	7
NSMA Past State Presidents	8
NSMA 2011-2012 State Officers and Picture	9
NSMA 2011-2012 Chapter Presidents	10
NSMA State Board Meeting and Conference Dates	11
NSMA 2011-2012 State Medical Advisory Board	12
American Association of Medical Assistants Contact Information	16
NSMA Website	17
Student Buzz	26
What is the Nebraska Society of Medical Assistants	27
History of the Nebraska Society of Medical Assistants	28
NSMA Conference Grant Application	29
NSMA Membership Recruitment Contest	30
NSMA Installation and Awards Luncheon Pictures	31
Medical Assistant of the Year Award Guidelines	34
Member-at-Large Contest	35
Nebraska Society of Medical Assistants Members-at-Large	36
Grand Island Chapter	37
Great Plains Chapter.	40
Hastings Chapter	41
Lincoln Chapter	44
Omaha Chapter	53
Nebraska Society Medical Assistants By-laws	61
Nebraska Society Medical Assistants Standing Rules	72
Nebraska Society of Medical Assistants Standing Rules for Delegates to the American Association of Medical Assistants Conference	74

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 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.

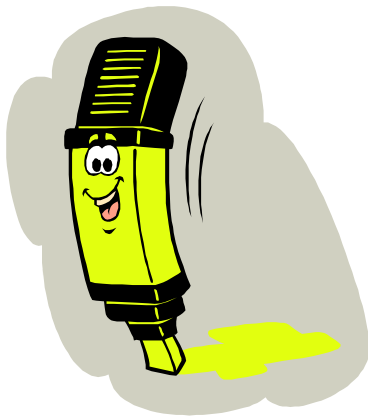
MEETINGS

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	2nd Tuesday Sept-May (not Dec)	January
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:

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
Phone 402-399-9000, Fax 402-399-0223

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

For more information contact: Conference Chair: Andrea Stewart, CMA (AAMA)
308.386.6074

2014 NSMA's 48th Annual Conference, hosted by the Hastings Chapter

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 2012 spring Med-A-Gram and check the NSMA website in the spring to download the registration form- www.nsmaonline.org.

46th Nebraska Society of Medical Assistants Conference

Fellow Medical Assistants,

The Omaha Chapter in Omaha, 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 20 & 21, 2012 at the Omaha Marriott Hotel, 10220 Regency Circle Omaha, NE 68114 Phone 402-399-9000, Fax 402-399-0223. For more information contact Conference Chair: Tracy Bednar, CMA (AAMA), LRT, 402.779.4024, jamietracybednar@msn.com or Conference Vice Chair Linda Allensworth, CMA (AAMA), CPC, 712.484.3446, callensw@frontiernet.net

Updates will be giving at each State Board meetings throughout the year. Registration and hotel information will be published in the **2012 Spring Med-A-Gram** and on our website **www.nsmaonline.org**. Please contact your local chapter or the website if you need information prior to the publication.

If you have any questions, comments, or further ideas for the upcoming conference please call Tracy Bednar, CMA (AAMA), LRT, 402.779.4024, jamietracybednar@msn.com

Because we are honoring our elected officers and special guests, we ask that you dress in casual business attire: kakis, capris, dresses, skirts, dress slacks, blouses, and jackets.

Denim jackets, jeans, sweats, scrubs, mid-riffs, shorts, and alcohol are not allowed during the conference. "Thank you" for your consideration and professionalism.

AAMA NATIONAL CONFERENCES

55th	September 23-26, 2011	Indianapolis, Indiana
56th	September 7-10, 2012	Scottsdale, Arizona

2011-2012 State President



Janet Ueding, CMA (AAMA), LRT
45th President of the Nebraska Society of Medical Assistants

Janet has lived in Omaha all her life until 1978 when she met and married her husband Pete and then moved to Tekamah Nebraska. She has two wonderful children and four grandchildren.

Janet received her Medical Assisting education at Omaha College of Health Careers in Omaha, Nebraska. She graduated in May of 1993 with a diploma in Medical Assisting. She sat for the American Association of Medical Assistants Certification Exam in July of 1993, and has recertified four times. She has been a member of the American Association of Medical Assistants since 1993.

After graduation, she worked for a private physician until he sold out to Alegent Health in 1995, where she is currently employed. Janet enjoys caring for patients and learning about the new changes going on in the health care field.

Janet has held the following positions for the Nebraska Society of Medical Assistants: Vice President, NSMA Delegate to the AAMA Conference, Membership Chair (three consecutive years) and Certification Chair.

On the Omaha Chapter level, Janet has been President, Vice President, Secretary, Membership Chair, Nominating Chair, Budget and Finance Chair, Publication Chair and has also served as an Omaha Delegate to the NSMA Conference.

Her passion is to keep people involved in the Medical Assisting profession and to promote membership as well as membership involvement.

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, MLT, CMA PO Box 432, Sutherland, NE 69165	Great Plains
1969-70	Theola Thornton	Norfolk	1992-93	Laura Blankenship, RN, CMA-C 25125 S. Windy Bluff Lane Arlington, NE 68002	Omaha
1970-71	Barbara McMullen 4115 N 55th Ave, Omaha, NE 68104	Omaha	1993-94	Mary (Wolfe) Brown, CMA 5037 S. 196th Circle, Omaha, NE 68135	Omaha
1971-72	Barbara Powell 12800 Spruce Tree Way, Apt 328 Raleigh, NC 27614	Lincoln	1994-95	Tammy Siedband, CMA 3001 N 77th St, Lincoln, NE 68507	Lincoln
1972-73	Patricia Madsen, CMA-AC 7830 Harney, Apt 1, Omaha, NE 68114	Omaha	1995-96	Debra Potratz, CMA 814 Sweetwood Dr Grand Island, NE 68803	Grand Island
1973-74	Bonnie Ahrens, CMA-AC	Lincoln	1996-97	Patty Hafer, CMA 1048 N. Alamo Rd., #52 Alamo, TX 78516 hotgrandma1943@msn.com	Great Plains
1974-75	Wilma Rabb Deceased	Omaha	1997-98	Candace (Rhoades) Coffman, CMA 7740 Cherrywood Dr, Lincoln, NE 68510	Lincoln
1975-76	Lorraine Wilbur, RN 6800 "A" St, Apt 316, Lincoln, NE 68510-5126	Lincoln	1998-99	Linda Allensworth, CMA PO Box 283, Carson, IA 51525	Omaha
1976-77	Maxine (Noble) Koefoot, CMA Deceased	Grand Island	1999-2000	Edna Henrichson, CMA, (AAMA) LPN 825 N Morrell, Fremont, NE 68025	Fremont
1977-78	Jeanne Houston, LPN, CMA Deceased	Omaha	2000-01	Carol Hipke-Muske, CMA 745 N Denver, Hastings, NE 68901	Hastings
1978-79	Pat Whyman-Lightle, CMA-AC, COA Deceased	Lincoln	2001-02	Janis Frederick, CMA 7217 N 74th St, Omaha, NE 68122	Omaha
1979-80	Norma Parker, CMA Masonic Manor 801 S 52nd St, Apt. 1708 Omaha, NE 68106	Omaha	2002-03	Lori Kounovsky, CMA PO Box 644, Plainview, NE 68769	Norfolk
1980-81	Roberta Frerichs, CMA-A 7125 Starr St, Lincoln, NE 68505	Lincoln	2003-04	Michel McKinney, CMA 4355 S. Juniata Ave, Juniata, NE 68955	Hastings
1981-82	Diana Milkowski-Crosthwait, CMA 224 Meadow Gill Dr, Benbrook, TX 76126	Omaha	2004-05	Linda Formanek, CMA 45479 State HWY 91, Lindsay, NE 68644-5023	Norfolk
1982-83	Chris Graff, LPN 8510 Blue Sky Dr, Lincoln, NE 68505	Lincoln	2005-06	Holly Jensen, CMA (AAMA) 146 North N Road, Aurora, NE 68818	Grand Island
1983-84	Elaine (Arps) Hunacek, CMA 8265 E Southern Ave #315 Mesa, AZ 85208	Omaha	2006-07	Angela (Angy) McCarter, CMA, LRT 6944 Vine St, Lincoln, NE 68505	Lincoln
1984-85	Edith Thomsen, CMA-A	Kearney Area	2007-08	Shirley Newton, CMA (AAMA) 821 Niobrara, Cambridge, NE 69022	Great Plains
1985-86	Peggy (Gilbert) Brown, CMA 303 W Ohio, Lenox, IA 50851	Lincoln	2008-09	Dona Marotta, CMA (AAMA), BSHCM 8931 Read St., Omaha, NE 68122	Omaha
1986-87	Marie Madison 405 E Staley Park Rd Grand Island, NE 68801	Grand Island	2009-10	Carol Hipke-Muske, CMA (AAMA) 745 N Denver, Hastings, NE 68901	Hastings
1987-88	Patty Hafer, CMA 1048 N. Alamo Rd., #52 Alamo, TX 78516 hotgrandma1943@msn.com	Great Plains	2010-11	Jeannie Nagel, CMA (AAMA), BSHCM 6311 Pinkney Street, Omaha, NE 68104-3332	Omaha
1988-89	Delores M Yosten 4010 Kay Ave, Grand Island, NE 68803	Grand Island			
1989-90	Susan M Stetina (Engstrom), CMA, RN 7949 Garland, Lincoln, NE 68506	Lincoln			

2011-2012 NSMA Officers



The 2011-2012 Elected NSMA Officers

*Vice Speaker of the House Michel McKinney, CMA (AAMA),
Speaker of the House Leigh Perez, CMA (AAMA), Secretary Andy Stewart, CMA (AAMA),
Immediate Past President Jeannie Nagel, CMA (AAMA), BSHCM,
Vice President Lori Kounovsky, CMA (AAMA), President Janet Ueding, CMA (AAMA), LRT,
and Treasure Linda Allensworth, CMA (AAMA), CPC (not pictured)*

PRESIDENT

Janet Ueding, CMA (AAMA), LRT

909 L Street	Alegent Health-Arbor Family Care
Tekamah, NE 68061	2255 S 132nd St
402-808-4190	Omaha, NE 68144
ueding48@yahoo.com	402-717-3390
	c) 402.870.1327

VICE PRESIDENT and BYLAWS

Lori Kounovsky, CMA (AAMA)

PO Box 644	Plainview Area Health System
Plainview, NE 68769	PO Box 490
402-582-4506	Plainview, NE 68769
ldkounovskycma@	402-582-3434, Fax 402-582-4667
yahoo.com	

IMMEDIATE PAST PRESIDENT

Jeannine L Nagel, CMA (AAMA), BSHCM

6311 Pinkney Street	Kaplan University
Omaha, NE 68104-3332	1751 Madison Ave Ste 750
402-558-5234	Council Bluffs, IA 51503-5289
jeanninenagel@cox.net	(712) 328-4212 Fax (712) 328-4061
	cell 402.707.4878

SECRETARY

Andrea Stewart, MLT, CMA (AAMA)

PO Box 432	Family First Health Center
Sutherland, NE 69165	308.386.4799
308.386.6074	f) 308.386.4343
	mahkj@gpcom.net

SPEAKER OF THE HOUSE

Leigh Perez, CMA (AAMA) Health West Rheumatology

921 N 168th Ave	16120 W Dodge Road
Omaha, NE 68118	Omaha, NE 68118
402-289-3472	

TREASURER

Linda Allensworth, CMA (AAMA), CPC

PO Box 283	Physicians Clinic, Inc
Carson, IA 51525-0283	Omaha, NE
Phone, work & fax,	callensw@frontiernet.net
call before faxing 712-484-3446	
c) 402-740-1164	

VICE SPEAKER OF THE HOUSE

Michel McKinney, CMA (AAMA)

4355 S Juniata Ave	Central Community College-
Juniata, NE 68955	Hastings
402-756-6660	PO Box1024
mmckinney@cccneb.edu	Hastings, NE 68902-1024
	402-461-2405, Fax 460-2138

NSMA 2011-2012 Standing Committee Chairman

ARCHIVE

Debra Potratz, CMA (AAMA)

814 Sweetwood Dr w) 308-385-5170, ext 110
Grand Island, NE 68803 potratz_fam@msn.com
308-382-6123

AWARDS

Andrea Tiarks, CMA (AAMA)

617 Arnold Ave h) 712.325.1669
Council Bluffs, IA 51503-5150 w) 402.343.1122
andy4461@aol.com

BUDGET & FINANCE

Nicole Dvorak, CMA (AAMA)

57 Wenwood Circle Methodist Phys. Clinic Pediatrics
Council Bluff, IA 51503 w) 712-396-4310 ext 4288
712-325-0106 brysmom@hotmail.com
c) 402.214.3319

CERTIFICATION /EDUCATION

Terrie King, CMA (AAMA) h) 712.322.2674

3114 Ave I w) 712.396.4139, Fax 712.396.4217
Council Bluffs, IA 51503-4913 terriek1@hotmail.com

DOCUMENTS

Jan Frederick, CMA (AAMA)

7217 N 74th St Heart Consultants
Omaha, NE 68122 6901 N 72nd St, Ste 3300
402.932.8561 Omaha, NE 68122
jfrederick@ w) 402.384.4192
heartconsultantspc.com f) 402.384.4202

EDITORIAL

Carol Hipke-Muske, CMA (AAMA)

745 N Denver Central Com. College-Hastings
Hastings, NE 68901 PO Box 1024
402-463-7976 Hastings, NE 68902-1024
b_a_cma@hotmail.com 402-460-2173, Fax 402-460-2138
c) 402-984-5317
cmuske@cccneb.edu

LIAISON and MENTOR

Lisa Hoffman, CMA (AAMA)

4367 W Capital Ave Grand Island Clinic
Grand Island, NE 68803 2444 W Faidley Ave
308-382-0808 Grand Island, NE 68803
lisahoffman0624@msn.com 308-382-1100, ext 150
Fax 308-385-0789

MARKETING

Wendy Judy, CMA (AAMA)

210 E 6th St OBGYN
Hastings, NE 68901 2115 N Kansas Ave
402-461-3130 Hastings, NE 68901
breezer522@charter.net 402-463-6793, FAX 463-6894

MEMBERSHIP

Holly Mace, CMA (AAMA) h) 308.383.3071

2607 Cochin St w) 308.382.1100
Grand Island, NE 68801-7664 d) 308.385.0782
mace_holly@6691@yahoo.com

PUBLIC POLICY

Laura Blankenship, RN, CMA-C (AAMA)

25125 S Windy Bluff LN American Cancer Society
Arlington, NE 68002 Public/Professional Education
402-478-5684 Services
Washington County Unit

2012 CONFERENCE CHAIR

Tracy Jo Bednar, CMA (AAMA), LRT

24740 West Dodge Road w) 402-758-5067
Waterloo, NE 68069-4648 jamietracybednar@msn.com
402-779-4024

NSMA 2011-2012 Chapter Presidents

GRAND ISLAND

Brenda Gautier, CMA (AAMA)
bkgautier@wild4music.com

GREAT PLAINS

Andrea Stewart, CMA (AAMA), MLT
mahkj@gpcom.net

HASTINGS

Wendy Judy, CMA (AAMA)
breezer522@charter.net

LINCOLN

Katie Arnold, CMA (AAMA) RDMS
brdr_grlx2@yahoo.com

OMAHA

Terrie King, CMA (AAMA)
terriek1@hotmail.com

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



2011-2012 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 locations and times subject to change.

August 27 2011	Summer:	11:00 am – Webinar locations listed below
October 15, 2011	Fall:	11:00 am - Webinar
January 14, 2012	Winter:	11:00 am - Webinar
Snow Date: January 21, 2012		

Webinar locations will be held at the following locations:

Omaha-Alegent Health Bergan Mercy Hospital, Willow Room

Hastings-CCC campus-Platte Building room 125

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 10, 2012	Spring:	Noon in Omaha, NE Omaha Marriott Hotel 10220 Regency Circle
April 20, 2012	Pre Conference:	(Time to be announced with Conference registration) in Omaha, NE Omaha Marriott Hotel 10220 Regency Circle
April 21, 2012	Post Conference:	(Time to be announced with Conference registration) in Omaha, NE Omaha Marriott Hotel 10220 Regency Circle

For more information on state board meetings contact; President, Janet Ueding, CMA (AAMA), LRT@ (402) 808-4190, ueding48@yahoo.com or Vice President Lori Kounovsky, CMA (AAMA) @ 402-582-4506 ldounvosky@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.

2011-2012 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 current President. 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-conference 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.

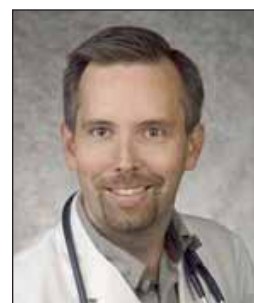
Barry J. Ford, M.D. - Family Practice

Certification: American Board of Family Practice
Medical School: Creighton University School of Medicine
Residency: Creighton University Affiliated Schools
Hospital Affiliation: Alegent Health Bergan Mercy Medical Center and
Alegent Health Lakeside Hospital



Christopher Connolly, M.D. - Family Practice

Certification: American Board of Family Practice
Medical School: University of Nebraska Med Center
Residency: University of Nebraska Med Center
Hospital Affiliation: Alegent Health Lakeside Hospital



Jivantika Sindhav, MD - Family Practice

Medical School: Municipal Medical College, Ahmendabad, India - Bachelor of Medicine and Bachelor of Surgery (MBBS)
Residency: Radiology - Department of Radiology, B.J. Medical College, Ahmendabad, India
Family Practice - Creighton University Medical Center
Hospital Affiliation: Alegent Health Bergan Mercy Medical Center and
Alegent Health Midlands Hospital



The members of the Grand Island Chapter presented a great conference this past April 2011.

We had excellent speakers on: Suicide Prevention, Sports and Mild Brain Injuries, Vision Therapy, Pet Therapy, Idea Bank Marketing, Social Networking for Medical Assistants, Good Samaritan Air Care, Diabetes and Cardiology

During the Saturday Installation and Awards Luncheon, Janet Ueding, CMA, (AAMA) was installed as the new State President. New CMA (AAMA) and recertifying CMA (AAMA) members attending conference were also honored. Our AAMA representative, Lisa Lee, CMA (AAMA), from Utah was our guest at the conference.

There were a total of 107 registrants and 12 1st timers for the 2 day conference.

October 17-21, 2011 is Medical Assistants Recognition Week

October 19, 2011 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

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

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

KAPLAN UNIVERSITY - LINCOLN

CAAHEP Accredited
Medical Assisting Program
Monique McCall MA, BS
Program Coordinator
1821 'K' St
Lincoln, NE 68508
402-474-5315
F) 402-474-5302
mmccall@kaplan.edu

SOUTHEAST COMMUNITY COLLEGE

CAAHEP Accredited: Diploma
Medical Assisting Program
Kathy Zabel, MA, BS, RRT, LRCP
Program Coordinator
8800 'O' St
Lincoln, NE 68520
402-437-2756
F) 402-437-2404
kzabel@southeast.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

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 Premier Learning Event



*AAMA's 55th Annual National Conference
September 23-26, 2012*

at

the Indianapolis Marriott Downtown, Indianapolis, Indiana

*[http://www.marriott.com/hotels/maps/travel/
indccindianapolis-marriott-downtown/](http://www.marriott.com/hotels/maps/travel/indccindianapolis-marriott-downtown/)*

*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:

Trauma to Triumph: Helping Patients Cope and Find Hope

What Every Baby Boomer Needs to Know: Elderly Health Issues & Available Services

Epilepsy: An overview of Diagnosis & Treatment

Oh No, I Have MRSA: Helping Patients Understand Botox

Organ Donor Registry and Transplantation Overview • A Strong Back is a Healthy Back

Communicating with Patients: What Every CMA (AAMA) Must know

Customer Service: Not a Department but an Attitude • Complaint Documentation

Becoming the Person That Every Team Wants

Digital Media: The Latest Trends, Technology, and Standards

Compliance Pitfalls in the Physicians Office

Emergency First Aid in the Office

Peripheral Nerve Disease • Diverticular Disease and Anorectal Disorders

Pediatric Oncology • Hyperbaric Therapy for Autism

Leader Dogs: Enhancing the Lives of the Blind and Visually Impaired

Hx of DV: How and What to Ask When Screening for Domestic Violence

Radiation Oncology

Medicaid: Low-Income Families and Nursing Home Placement

Plan and Prepare: The Keys to Accomplishing any Goal

Use of the Laser in the Dermatology Office

In addition to educator sessions to improve your impact in the classroom.

See the latest products, publications, and services on display at MEDEXPO.

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

AAMA Contact Information

AMERICAN ASSOCIATION OF MEDICAL ASSISTANTS

20 NORTH WACKER DRIVE, STE 1575

CHICAGO, ILLINOIS, 60606-2903

TOLL FREE 1-800-228-2262

FAX 1-312-899-1259

What is the purpose of the AAMA?

The purpose of the American Association of Medical Assistants (AAMA) is to 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.



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 2010-11 Board of Directors meetings:

- On April 17, 2011, President Nagel, CMA (AAMA), BSHCM, presided over the new year's Board of Directors meeting in Lincoln, Nebraska
 - The NSMA Board of Directors continues to utilize webinars for the summer, fall, and winter BOD meetings. Site locations included Grand Island, Hastings, North Platte, Lincoln, Omaha, and Plainview.
 - The NSMA and Glenwood Telephone Membership Corporation (GTMC), the NSMA webhost, continue to work together to update the NSMA web page: www.nsmaonline.com.
 - Birthday cards were sent to Past Presidents of the NSMA with known birthdates and current addresses.
 - The task force for the Student Scholarship Program continued to work on the details of the scholarship program.
 - Nominations were secured for the 2011 NSMA House of Delegates.
 - There were no nominations for Medical Assistant of the Year for 2011.
 - The 2011-12 NSMA budget was approved.
 - The 2013 conference budget was approved
 - Historical information was collected over the past year and preserved by the Archive committee.
 - The NSMA will again donate \$50 to each AAMA fund for the 2011 AAMA National Conference: Conference Education, Maxine Williams Scholarship, and Surveyor's Training.
 - In October 2011, various promotions for Medical Assisting week were done in each chapter.
 - The NSMA BOD decided that rather than purchasing a gift each year for the AAMA President, we would make alternating donations each year to the Maxine Williams and the Surveyor Training funds in their honor.
 - Two By-laws proposals and one Standing Rule update were proposed to the BOD this year. The Standing rule was approved at the BOD meeting and it was presented, along with the By-laws for approval at the 2011 HOD. Both By-laws were approved at the HOD and are listed below, along with the updated Standing
 - Under Article VII Officers
 - E. Eligibility
 - 1. In order to be a candidate for state officer, the candidate:
 - a. Shall be a current CMA (AAMA) who is an active, associate, or a member-at-large in good standing with NSMA.
 - Rational: NSMA wants to promote the gold standard of the CMA (AAMA) credentials set forth by the AAMA.
 - Under Article XI Committees
 - F. All Standing and Special Committee Chairs shall be a current CMA (AAMA) who is an active, associate, or member-at-large in good standing.
 - Rational: NSMA wants to promote the gold standard of the CMA (AAMA) credentials set forth by the AAMA.
 - NSMA STANDING RULES UPDATE
 - Section I: General
 - No smoking, alcohol, mind altering substances, disruptive or inappropriate behavior will be allowed / tolerated at education functions or business meetings. Members will be asked to leave if suspected of using any of these substances or if they are exhibiting this behavior. This decision will be made by a quorum of the Board of Directors with a 2/3 majority vote.
- At the 2011 NSMA HOD, the 2011-2012 Vice President, Treasurer, Secretary, Treasurer, and Vice Speaker were elected. Three Delegates and five Alternate Delegates were elected to attend the AAMA National Conference in September of 2011 in Indiana.
- Hastings bid for the 2014 NSMA State Conference at the 2011 HOD.

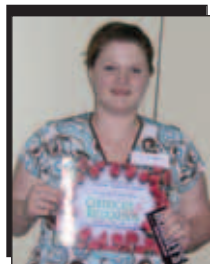
New and Recertifying CMAs (AAMA)

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 credentials.

Note: Remember to add (AAMA) after your CMA credential. This shows the credentialing entity you are certified through the American Association of Medical Assistants (AAMA).

Congratulations from the Nebraska Society of Medical Assistants



Newly certified NSMA member honored at the Awards Luncheon during state conference



NSMA members that recertified in the last year were honored during the Awards Luncheon at state conference

Certified

9-1-10 - 1-31-11

Nicole Lea Howell CMA (AAMA)
Lexington NE
Kay L Zimmer CMA (AAMA)
Omaha NE
Stephanie Cheree Bradley CMA (AAMA)
Omaha NE
Tonya C. Wulff CMA (AAMA)
Omaha NE
Amy Kathleen Henson CMA (AAMA)
Omaha NE
Kelsey Renea Scovill CMA (AAMA)
Omaha NE
Anna V Gusanu CMA (AAMA)
Lincoln NE
Ami R Schwab CMA (AAMA)
Lincoln NE
Jaimie E. Andreesen CMA (AAMA)
Panama NE
Joslyn Joann Shandera CMA (AAMA)
Lincoln NE
Amanda Jo Weseman CMA (AAMA)
Holdrege NE
Amanda M. Berndt CMA (AAMA)
Lincoln NE
Jessica Ann Thompson CMA (AAMA)
Lincoln NE
Dawn Bernice Chambers CMA (AAMA)
Omaha NE
Christine L. Dale CMA (AAMA)
Omaha NE
Megan Kathleen Soucie CMA (AAMA)
Hastings NE
Tammy Lynn Barton-Fox CMA (AAMA)
Omaha NE
Tiffany J Wotruba CMA (AAMA)
Lincoln NE
Ashley M Weyers CMA (AAMA)
Lincoln NE

Bonita Marie Adrian CMA (AAMA)
Omaha NE
Shari M. Graham CMA (AAMA)
Omaha NE
Lisa A Huss CMA (AAMA) Lincoln NE
Samantha K. Jennings CMA (AAMA)
Elmwood NE
Stefanie Diane Nano CMA (AAMA)
Omaha NE

Caitlin M Slizewski CMA (AAMA)
Omaha NE
Katrina Marguerite Rodgers CMA (AAMA) Omaha NE
Kelly M Jeffers CMA (AAMA)
Bellevue NE
Alyssa M. Byrd CMA (AAMA)
Ralston NE
Rebecca Ryan Sharp CMA (AAMA)
Omaha NE
Cassidy Ann Van Slyke CMA (AAMA)
Omaha NE
Terry Lee Johnson CMA (AAMA)
Omaha NE
Echo L Marti CMA (AAMA)
Lincoln NE
Anita D. Allenbough CMA (AAMA)
Omaha NE
Desiree J. Yarbrough CMA (AAMA)
Omaha NE
Eve M. Mason CMA (AAMA)
Omaha NE
Tara Beth Baker CMA (AAMA)
Omaha NE
Sabrina Kay Guhde CMA (AAMA)
Omaha NE
Amber E. Malzac CMA (AAMA)
Seward NE
Melanie Ann Shaw CMA (AAMA)
Fremont NE

Recertificants

9-1-10 - 1-31-11

Patricia A Harvey CMA (AAMA)
Lincoln NE
Jodi L Schlieker CMA (AAMA)
Fremont NE
Kara Lynn Buettgenback CMA (AAMA)
Lincoln NE
Vicki Lynn Torres CMA (AAMA)
Lincoln NE
Julie Marie Clark CMA (AAMA)
Omaha NE
Kathleen M. Hash CMA (AAMA)
Papillion NE
Melissa Lynn Smolek CMA (AAMA)
Columbus NE
Angela Michelle McCarter CMA (AAMA)
LRT Lincoln NE

Ann R Vodicka CMA (AAMA)
Hebron NE
Teresa Lyn Julch CMA (AAMA)
Omaha NE
Donna R Sweeney CMA (AAMA)
Omaha NE
Deanna L. Jeter CMA (AAMA)
Elkhorn NE
Wendy J Judy CMA (AAMA)
Hastings NE
Katie M Fehrman CMA (AAMA)
Omaha NE
Evelyn Loretta Rempe CMA (AAMA)
Omaha NE
Jodi Lin Walker CMA (AAMA)
Eagle NE
Heather M. Anderson CMA (AAMA) Loup City NE
Sandra Marie Riedl CMA (AAMA)
Omaha NE
Teresa Dawn Semin CMA (AAMA)
Seward NE
Dona Marotta CMA (AAMA) MHA
Omaha NE

Diana K Harrifeld CMA (AAMA)
Blue Hill NE
Dawn B. Workman CMA (AAMA) AS
Omaha NE
Carol J. Uhe CMA (AAMA) Murray NE
Michelle A Sullivan CMA (AAMA)
Allen NE
Karen R. Wilhelm CMA (AAMA)
Lincoln NE
Rhonda J Laughlin CMA (AAMA)
Omaha NE
Jennifer Marie Lukowski CMA (AAMA)
MA Omaha NE
Stacy Marie Parr CMA (AAMA)
Roseland NE
Krista Lynn Nelson CMA (AAMA)
Omaha NE
Katherine A Taylor CMA (AAMA)
Omaha NE
Tracey L Connell CMA (AAMA)
Crete 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 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 mace_holly6691@yahoo.com.

Holly Mace CMA (AAMA)
2011-2012 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:

Holly Mace CMA (AAMA)
2011-2012 NSMA MEMBERSHIP CHAIR
2607 Cochin St • Grand Island NE 68801-7664
308-383-3071
(W) 308-382-1100 Fax 308-385-0782
mace_holly6691@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.



Holly Mace CMA (AAMA)
2011-2012 NSMA MEMBERSHIP CHAIR
2607 Cochin St
Grand Island NE 68801-7664
308-383-3071
(W) 308-382-1100 Fax 308-385-0782
mace_holly6691@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 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: _____

For Your Information

Hot Weather Safety tips from the Center for Disease Control

- *Drink Plenty of Fluids*

During hot weather you will need to increase your fluid intake, regardless of your activity level. Do not wait until you are thirsty to drink. During heavy exercise in a hot environment, drink two to four glasses (16-32 ounces) of cool fluids each hour.

Warning: If your doctor generally limits the amount of fluid you drink or has you on water pills, ask how much you should drink while the weather is hot.

Do not drink liquids that contain alcohol, or large amounts of sugar—these actually cause you to lose more body fluid. Also, avoid very cold drinks, because they can cause stomach cramps.



- *Replace Salt and Minerals*

Heavy sweating removes salt and minerals from the body. These are necessary for your body and must be replaced. If you must exercise, drink two to four glasses of cool, non-alcoholic fluids each hour. A sports beverage can replace the salt and minerals you lose in sweat. However, if you are on a low-salt diet, talk with your doctor before drinking a sports beverage or taking salt tablets.

- *Wear Appropriate Clothing and Sunscreen*

Wear as little clothing as possible when you are at home. Choose lightweight, light-colored, loose-fitting clothing. Sunburn affects your body's ability to cool itself and causes a loss of body fluids. It also causes pain and damages the skin. If you must go outdoors, protect yourself from the sun by wearing a wide-brimmed hat (also keeps you cooler) along with sunglasses, and by putting on sunscreen of SPF 15 or higher (the most effective products say "broad spectrum" or "UVA/UVB protection" on their labels) 30 minutes prior to going out. Continue to reapply it according to the package directions.

- *Outdoor Activities Carefully*

If you must be outdoors; try to limit your outdoor activity to morning and evening hours. Try to rest often in shady areas so that your body's thermostat will have a chance to recover.

- *Pace Yourself*

If you are not accustomed to working or exercising in a hot environment, start slowly and pick up the pace gradually. If exertion in the heat makes your heart pound and leaves you gasping for breath, STOP all activity. Get into a cool area or at least into the shade, and rest, especially if you become lightheaded, confused, weak, or faint.

- *Stay Cool Indoors*

Stay indoors and, if at all possible, stay in an air-conditioned place. If your home does not have air conditioning, go to the shopping mall or public library—even a few hours spent in air conditioning can help your body stay cooler when you go back into the heat. Call your local health department to see if there are any heat-relief shelters in your area. Electric fans may provide comfort, but when the temperature is in the high 90s, fans will not prevent heat-related illness. Taking a cool shower or bath or moving to an air-conditioned place is a much better way to cool off. Use your stove and oven less to maintain a cooler temperature in your home.

- *Use a Buddy System*

When working in the heat, monitor the condition of your co-workers, and have someone do the same for you. Heat-induced illness can cause a person to become confused or lose consciousness. If you are 65 years of age or older, have a friend or relative call to check on you twice a day during a heat wave. If you know someone in this age group, check on them at least twice a day.

- *Monitor Those at High Risk*

Although any one at any time can suffer from heat-related illness, some people are at greater risk than others.

- Infants and children up to four years of age are sensitive to the effects of high temperatures and rely on others to regulate their environments and provide adequate liquids.
- People 65 years of age or older may not compensate for heat stress efficiently and are less likely to sense and respond to change in temperature.
- People who are overweight may be prone to heat sickness because of their tendency to retain more body heat.
- People who overexert during work or exercise may become dehydrated and susceptible to heat sickness.
- People who are physically ill, especially with heart disease or high blood pressure, or who take certain medications, such as for depression, insomnia, or poor circulation, may be affected by extreme heat.
- People suffer heat-related illness when their bodies are unable to compensate and properly cool themselves. The body normally cools itself by sweating. But under some conditions, sweating just is not enough. In such cases, a person's body temperature rises rapidly. Very high body temperatures may damage the brain or other vital organs. Several factors affect the body's ability to cool itself during extremely hot weather. When the humidity is high, sweat will not evaporate as quickly, preventing the body from releasing heat quickly.

- *Signs of heat disorders are:*

Heat Stroke – This is the most serious heat related disorder. Confusion, irrational behavior, loss of consciousness, lack of sweating (usually), an abnormally high temperature are primary signs of heat stroke, resulting in a medical emergency. The worker should be doused with cool water and given fluids. Drinks that contain alcohol, caffeine or large amounts of sugar can cause workers to lose body fluid, and very cold drinks can cause stomach cramps. Cool fluids are easier to drink and more easily absorbed into the body.

- Heat Exhaustion – This is the result of a combination of dehydration and excessive heat. Headache, nausea, dizziness, weakness, giddiness, and thirst are symptoms. Workers with heat exhaustion should be given fluids, and encouraged to rest. Workers can stay hydrated by keeping containers of fluids handy at all times.
- Heat Cramps – Caused by an electrolyte imbalance caused by sweating and lack of water replenishment. Workers in hot environments should drink water every 15 to 20 minutes and drink carbohydrate-electrolyte replacement liquids (e.g., sports drinks).
- Heat Rashes – Most common problem where skin is persistently wetted by sweat. Creams or ointments should not be used as they keep the skin warm and moist, and may worsen the condition. Powders may be applied.

Preventing Bed Bugs

With all of the recent news on the bed bugs encounters, it certainly has a lot of people's skin crawling. While it can be hard to get rid of bed bugs once they are in your home, there are things you can do to prevent an influx. Follow these simple steps to help prevent them:

- Learn the basics about bed bugs.
 - Bed bugs are small, reddish-brown bugs that eat human blood. They are about the size of an apple seed.
 - Bed bugs travel from place to place in luggage, clothes, boxes and used furniture. They can also move between apartments through small cracks.
 - Bed bugs only come out at night.

- Bed bug bites can cause large, itchy bumps on some people. Other people do not have reactions at all.
 - Use a flashlight to check for bed bugs.
 - Check for bed bugs hiding in the mattress, box springs, and bed frame. Be sure to look under the mattress and along the seams (edges).
 - Search other furniture near the bed, like end tables.
 - Check the mattress for small reddish spots; this could be a sign of bed bugs.
- Check for bed bugs when you travel
 - Put your luggage on a luggage rack or the bathroom floor. Do not put it on the bed.
 - Follow the steps above to check for bugs where you are staying.
 - If you see signs of bed bugs, call the hotel desk to tell your host right away.
 - Take extra care with your luggage when you get home from a trip.
 - Keep your travel close separate from other laundry. Wash them in warm water right away.
 - Vacuum your luggage to get rid of any hitchhiking bed bugs.

Act right away, if you see a bed bug in your home

- Do not try to get rid of the bugs yourself. You could make the problem worse by spreading the bugs to other rooms in your home.
- Use clear tape to attach the bug to a white piece of paper. Show it to a pest control expert to make sure it is a bed bug.
- Call a pest control company to check your home.

For more information on bed bugs, visit: http://www.nysipm.cornell.edu/whats_bugging_you/bed_bugs/bedbugs_faqs.asp
 US Department of Health and Human Services/The Well Workplace Healthletter



Keeping Emergency Information At Hand

When an emergency strikes, there is little time to react. Having important information such as key phone numbers or emergency instructions at hand during an emergency can save valuable time when seconds count.

Medical Treatment Consent Forms

A medical treatment consent form designates a specific person to make important medical decisions for a minor when parents/guardians are unavailable.

Emergency Information for Children with Special Needs

This information typically outlines any chronic conditions a child may have, as well as specific allergies, and prior medical history.

Personal Medical History Form

By providing emergency services personnel with a medical history, valuable time may be saved, and mistakes may be avoided.

Medical Contact Form

In the case that you or a loved one is injured, having a medical contact form saves emergency services personnel valuable time in notifying family members.

What should you list include:

- Emergency Service - 911
- National Poison Control – 1.800.222.1222
- Family Physician's number -
- Pediatrician's number -
- Close Relative/Friends number -
- Nurse Lines/other numbers -
- Address of local hospital -

"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, 2012

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, 2012** 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-eight years later, Medical Assisting is now expected to be the seventh fastest growing occupation throughout the year 2012.

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) initiated and 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:

Holly Mace CMA (AAMA)
2011-2012 NSMA MEMBERSHIP CHAIR
2607 Cochin St
Grand Island NE 68801-7664
308-383-3071
(W) 308-382-1100 Fax 308-385-0782
mace_holly6691@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



Laura Blankenship installs the newly elected 2011-2012 NSMA Officers (not pictured Linda Allensworth)



Outgoing President Nagel presents the incoming President, Janet Ueding, CMA (AAMA), LRT, with the NSMA President's pin



2011-2012 President Ueding gives her acceptance speech



President Ueding presents the outgoing NSMA President Nagel with a thank you gift



The 2011-2012 elected NSMA Officers: Vice Speaker of the House Michel McKinney, CMA (AAMA), Speaker of the House Leigh Perez, CMA (AAMA), Secretary Andy Stewart, CMA (AAMA), Immediate Past President Jeannie Nagel, CMA (AAMA), BSHCM, Vice President Lori Kounovsky, CMA (AAMA), President Janet Ueding, CMA (AAMA), LRT, (not pictured Treasure Linda Allensworth, CMA (AAMA), CPC)



Attendees of the 2011 NSMA Conference



Grand Island Chapter members - the 2011 NSMA Conference hosting chapter – Pam Ondracek, Lisa Hoffman, Holly Mace, Cindy Owens, Deb Potratz, (Conference Chair), Barb Cater, Brenda Gautier, Penny Moritz



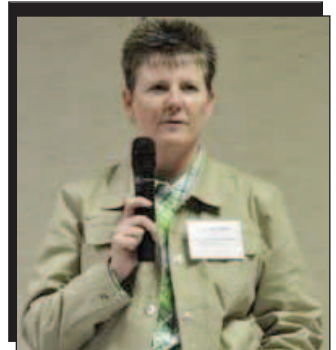
Attendees use visual aids to see what it is like to have vision difficulties



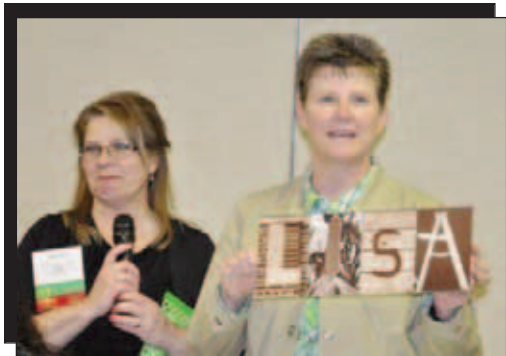
Conference attendees visit the exhibit booths



Members of Pet Therapy speak during Conference



AAMA Representative, Lisa Lee, CMA (AAMA) speaks to conference attendees during the Awards Luncheon



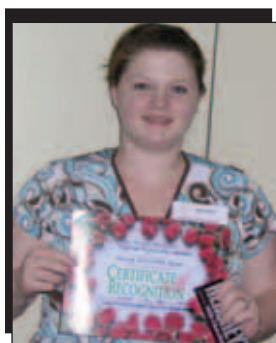
Deb Potratz of the Grand Island Chapter presents the AAMA National Representative, Lisa Lee, CMA (AAMA) with a gift from Nebraska



Nicole Dvorak, CMA (AAMA) and Terrie King, CMA (AAMA) present the newly certified, and the five year recertifying members with award certificates during the 2011 NSMA Conference Awards Luncheon



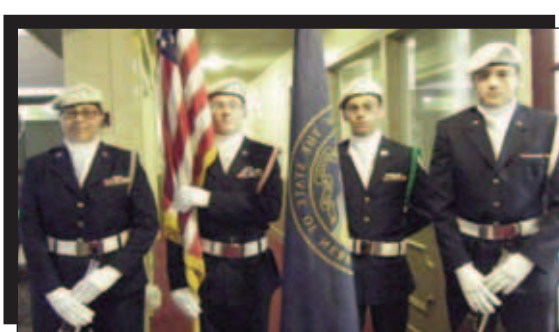
President Nagel reads the Proclamation from Governor Heineman declaring it Medical Assistant Week during the 2011 NSMA Conference



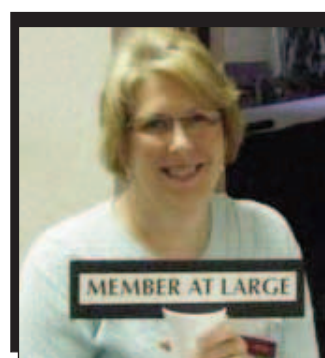
The newly Certified Medical Assistants (AAMA) and NSMA members that recertified in the last year were recognized during the 2011 Conference.



Honored guest, NSMA Past President, Deloris Yosten and her husband Merlin attend the Awards Luncheon



The Grand Island ROTC present the Colors at the HOD



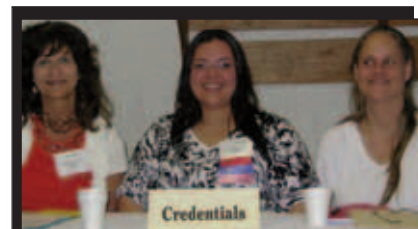
Member-at-Large Delegate Lori Kounovsky, CMA (AAMA)



Speaker of the House of Jan Frederick presides over the NSMA House of Delegates



Lisa Hoffman and Jody Botch



Pam Ondracek, Wendy Zamora, Pam Dyer

Past State Presidents at Conference



Past State Presidents Attending the 2011 NSMA Conference

F) Deloris Yosten, CMA (AAMA), Debra Potratz, CMA (AAMA), Michel McKinney, CMA (AAMA), Laura Blankenship, RN, CMA-C (AMMA)

B) Carol Hipke-Muske, CMA (AAMA), Janis Frederick, CMA (AAMA), Dona Marotta, MHA, CMA (AAMA), Jeanine Nagel, CMA (AAMA), Andrea Stewart, CMA (AAMA), Lori Kounovsky, CMA (AAMA), Candace Coffman, 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	
2011	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 2012 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.