

MED-A-GRAM

Fall 2012



Who I Am Makes A Difference



★ Grand Island

★ Great Plains
(2013 State Conference)

★ Hastings

★ Lincoln

★ Omaha

It really seems not that long ago when I visited an Omaha Chapter meeting and felt that belonging to this organization would benefit me, in addition to the physician's office where I worked."

Quote from Norma Parker, CMA (AAMA),
1998-99 AAMA President
NSMA President 1979-80
Omaha Chapter President 1977-79 and current member

2012 AAMA National Conference Information Page 15

Newly Certified Medical Assistants Page 20

Chapter Information Begins On Page 39

A publication of the
Nebraska Society of Medical Assistants

AN AFFILIATE OF THE
AMERICAN ASSOCIATION OF MEDICAL ASSISTANTS

Dear NSMA members:

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

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

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

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

Carol Hipke-Muske, CMA (AAMA)
Editor

October 15-19, 2012 is Medical Assistants Recognition Week

October 17, 2012 is Medical Assistants Day

Be sure to order your free Medical Assisting week promotional packet from the AAMA. Go, 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 potluck 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 offices that promote Medical Assisting week. Students love free things, as a chapter promotion pick a student and pay for their AAMA membership for a year.

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

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NEBRASKA SOCIETY OF MEDICAL ASSISTANTS

DEFINITION OF MEDICAL ASSISTANT

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

PURPOSE

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

OBJECTIVE

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

RIGHTS AND BENEFITS

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

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

NSMA provide you benefits that include:

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

RESPONSIBILITIES

Your responsibilities as an NSMA member include:

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

DUES

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

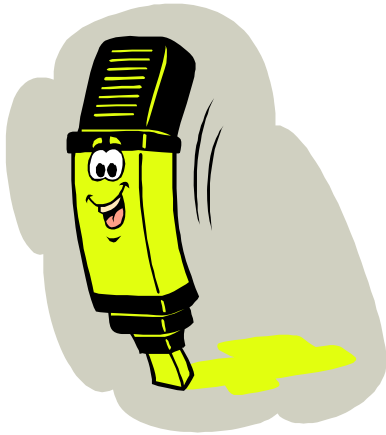
MEETINGS

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

CHAPTER MEETINGS

<u>CHAPTER</u>	<u>MEETS</u>	<u>ELECTION OF OFFICERS</u>
Grand Island	last Tuesday of the month	March
Great Plains	2nd week (T, W, Th)	March
Hastings	2nd Tuesday Sept-May (not Dec)	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:

2013 NSMA's 47th Annual Conference, May 3 and 4, 2013, 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, April 25 and 26, 2014, hosted by the Hastings Chapter

2015 NSMA's 49th Annual Conference, hosted by the Lincoln 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 2013 spring Med-A-Gram and check the NSMA website in the spring to download the registration form- www.nsmaonline.org.

47th Nebraska Society of Medical Assistants Conference

Fellow Medical Assistants,

The Great Plains Chapter in North Platte, 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 May 3 and 4, 2013, at the Sandhills Convention Center 2102 S Jeffers St, North Platte, Nebraska, 308-532-9090. For more information contact Conference Chair Andrea Stewart, CMA (AAMA), phone 308-386-6074 or andycma@yahoo.com

Updates will be giving at each State Board meeting throughout the year. Registration and hotel information will be published in the **2013 spring Med-A-Gram** and on our website **www.nsamaonline.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 Andrea Stewart, CMA (AAMA)

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 and jeans, sweats, scrubs, mid-riffs, shorts, and alcohol are not allowed during the educational sessions or business meetings.** "Thank you" for your consideration and professionalism.

AAMA NATIONAL CONFERENCES

56th	September 7-10, 2012	Scottsdale, Arizona
57th	September 2013	Atlanta, Georgia

2012-2013 State President



Lori Kounovsky, CMA (AAMA)
46th President of the Nebraska Society of Medical Assistants

Lori grew up at Pierce, Nebraska, and graduated from Pierce High. She attended Nettleton College in Sioux Falls, South Dakota, graduating as a Medical Assistant in 1979; she became certified in 1981. Lori has worked at the same Plainview medical clinic as a Medical Assistant for 33 years. During this time, it has changed hands several times over the years, with the most recent purchase by Alegent Health System happening in March of 2012. Throughout the years, her duties have included patient care, x-ray, and laboratory work within the clinical setting, with a move into the administrative side as an office manager for the last 20 years.

Lori lives in Plainview with her husband Jim. She has two sons, two-step daughters, one daughter-in-law, and seven grandchildren. She is a member of the United Church of Christ and currently serves as Vice President of the Women's Fellowship group, and volunteers as the church organist. Lori is also a Notary Public. In her spare time, she enjoys golf, gardening, working in her flowerbeds, music, and traveling.

Lori was a member of the Norfolk Chapter until it dissolved in 2010 and is now a Member-At-Large. At the state level, she has served as the Recognition and Certification Chair, Delegate and Alternate delegate to the AAMA National Conference, the Bylaws Chair for twelve years, two terms as Vice President and will now serve her second term as the NSMA President.

Lori encourages all members to become actively involved within the organization whether it is on the chapter level, state level or the national level.

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	1991-92	Andrea Stewart, MLT, CMA PO Box 432, Sutherland, NE 69165	Great Plains
1968-69	Norma Welchel	Lincoln	1992-93	Laura Blankenship, RN, CMA-C 25125 S. Windy Bluff Lane Arlington, NE 68002	Omaha
1969-70	Theola Thornton	Norfolk	1993-94	Mary (Wolfe) Brown, CMA 5037 S. 196th Circle, Omaha, NE 68135	Omaha
1970-71	Barbara McMullen 4115 N 55th Ave, Omaha, NE 68104	Omaha	1994-95	Tammy Siedband, CMA 3001 N 77th St, Lincoln, NE 68507	Lincoln
1971-72	Barbara Powell 12800 Spruce Tree Way, Apt 328 Raleigh, NC 27614	Lincoln	1995-96	Debra Potratz, CMA 814 Sweetwood Dr Grand Island, NE 68803	Grand Island
1972-73	Patricia Madsen, CMA-AC 7830 Harney, Apt 1, Omaha, NE 68114	Omaha	1996-97	Patty Hafer, CMA 1048 N. Alamo Rd., #52 Alamo, TX 78516 hotgrandma1943@msn.com	Great Plains
1973-74	Bonnie Ahrens, CMA-AC	Lincoln	1997-98	Candace (Rhoades) Coffman, CMA 7740 Cherrywood Dr, Lincoln, NE 68510	Lincoln
1974-75	Wilma Rabb Deceased	Omaha	1998-99	Linda Allensworth, CMA PO Box 283, Carson, IA 51525	Omaha
1975-76	Lorraine Wilbur, RN 6800 "A" St, Apt 316, Lincoln, NE 68510-5126	Lincoln	1999-2000	Edna Henrichson, CMA, (AAMA) LPN 825 N Morrell, Fremont, NE 68025	Fremont
1976-77	Maxine (Noble) Koefoot, CMA Deceased	Grand Island	2000-01	Carol Hipke-Muske, CMA 745 N Denver, Hastings, NE 68901	Hastings
1977-78	Jeanne Houston, LPN, CMA Deceased	Omaha	2001-02	Janis Frederick, CMA 7217 N 74th St, Omaha, NE 68122	Omaha
1978-79	Pat Whyman-Lightle, CMA-AC, COA Deceased	Lincoln	2002-03	Lori Kounovsky, CMA PO Box 644, Plainview, NE 68769	Norfolk
1979-80	Norma Parker, CMA Masonic Manor 801 S 52nd St, Apt. 1708 Omaha, NE 68106	Omaha	2003-04	Michel McKinney, CMA 4355 S. Juniata Ave, Juniata, NE 68955	Hastings
1980-81	Roberta Frerichs, CMA-A 7125 Starr St, Lincoln, NE 68505	Lincoln	2004-05	Linda Formanek, CMA 45479 State HWY 91, Lindsay, NE 68644-5023	Norfolk
1981-82	Diana Milkowski-Crosthwait, CMA 224 Meadow Gill Dr, Benbrook, TX 76126	Omaha	2005-06	Holly Jensen, CMA (AAMA) 146 North N Road, Aurora, NE 68818	Grand Island
1982-83	Chris Graff, LPN 8510 Blue Sky Dr, Lincoln, NE 68505	Lincoln	2006-07	Angela (Angy) McCarter, CMA, LRT 6944 Vine St, Lincoln, NE 68505	Lincoln
1983-84	Elaine (Arps) Hunacek, CMA 8265 E Southern Ave #315 Mesa, AZ 85208	Omaha	2007-08	Shirley Newton, CMA (AAMA) 821 Niobrara, Cambridge, NE 69022	Great Plains
1984-85	Edith Thomsen, CMA-A	Kearney Area	2008-09	Dona Marotta, CMA (AAMA), BSHCM 8931 Read St., Omaha, NE 68122	Omaha
1985-86	Peggy (Gilbert) Brown, CMA 303 W Ohio, Lenox, IA 50851	Lincoln	2009-10	Carol Hipke-Muske, CMA (AAMA) 745 N Denver, Hastings, NE 68901	Hastings
1986-87	Marie Madison 405 E Staley Park Rd Grand Island, NE 68801	Grand Island	2010-11	Jeannie Nagel, CMA (AAMA), BSHCM 6311 Pinkney Street, Omaha, NE 68104-3332	Omaha
1987-88	Patty Hafer, CMA 1048 N. Alamo Rd., #52 Alamo, TX 78516 hotgrandma1943@msn.com	Great Plains	2011-12	Janet Ueding, CMA (AAMA), LRT 909 L Street Tekamah, NE 68061	Omaha
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1989-90	Susan M Stetina (Engstrom), CMA, RN 7949 Garland, Lincoln, NE 68506	Lincoln			
1990-91	Donna (Slama) Bentjen, COA 5188 E Sargent Rd, Beatrice, NE 68310	Lincoln			

2012-2013 NSMA Officers



The 2012-2013 Elected NSMA Officers

*President Lori Kounovsky, CMA (AAMA), Vice President Andy Stewart, CMA (AAMA),
Treasurer Linda Allensworth, CMA (AAMA), CPC, Secretary Terrie King, CMA (AAMA),
Speaker of the House Michel McKinney, CMA (AAMA),
Vice Speaker of the House Michel McKinney, CMA (AAMA),
Immediate Past President Janet Ueding, CMA (AAMA), LRT*

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OMAHA Nicole Dvorak, CMA (AAMA)
brysmom@hotmail.com

2012-2013 NSMA State Board Meetings

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

August 18, 2012 Summer: 12 to 3 pm – Grand Island CCC campus, Rm 210

October 13, 2012 Fall: 12 to 3 pm – Grand Island CCC campus, Rm 210

January 19, 2013 Winter: 12 to 3 pm – Grand Island CCC campus, Rm 210
Snow Date: January 26, 2013

March 16, 2013 Spring: 12 to 3 pm – Grand Island CCC campus, Rm 210
Snow Date: March 23, 2013

May 3, 2013 Pre Convention: (Time to be announced with the Conference registration) in North Platte, NE
Sandhills Convention Center
2102 S Jeffers St, North Platte, Nebraska,
308-532-9090

May 4, 2013 Post Convention: (Time to be announced with the Conference registration) in North Platte, NE
Sandhills Convention Center
2102 S Jeffers St, North Platte, Nebraska,
308-532-9090

For more information on state board meetings contact; President, Lori Kounovsky, CMA (AAMA) @ 402.582.4506, ldkounvoskycma@yahoo.com or Vice President Andy Stewart, CMA (AAMA) @ 308.386.6074, andycma@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.

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



2012-2013 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.



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.

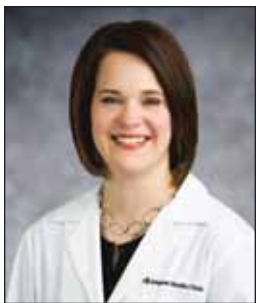
She has also served as a Medical advisor for the Omaha Chapter of Medical Assistants in the year 2001-2002. She volunteers at The Stephen center, Sharing Clinic and the University Of Nebraska Medical center auxiliary in her spare time.



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



Lisa K. Montgomery, APRN, NP-C
 Family Medicine

Master Degree: University of Nebraska Medical Center

Certification: Board certified in Family Practice by the American Academy of Nurse Practitioners

Hospital Privileges: Alegent Health Plainview Hospital

Lisa K. Montgomery, APRN, NP-C, joined Alegent Health Clinic in Plainview on March 1, 2012. Lisa earned her Master of Science in Nursing in May of 2010 and started her career in Tilden, NE. She has been practicing in Plainview since December 2010. Lisa is involved in the Nebraska Nurse Practitioner Association and a member of Our Saviors Lutheran Church.

The members of the Omaha Chapter presented a great conference this past April 2012.

We had excellent speakers on: Health Information Exchange in Support of Meaningful Use Stages 2 & 3, Pelvic Floor Disorders: When the Floor Falls, E&M Selection Documentation Requirements in the Office Setting, Medical Office Blood Collections - Doing It Right From Identification to Analysis, My Brain Aches, The Short Circuit In My Head, HIV Education: Causes, Symptoms & Treatments, The Heat is On - Myths & Management Of Menopause, The Healthcare Environment and Compliance

During the Saturday Installation and Awards Luncheon, Lori Kounovsky, CMA, (AAMA) was installed as the new State President. 18 New CMA (AAMA)s and 18 recertifying CMA (AAMA) members attending conference were also honored.

Our AAMA representative, Julie Flatten, CMA (AAMA), RN, EMT-B, from Wisconsin was our guest at the conference.

There were a total of 148 registrants with 36 1st timers attending the 2-day conference.

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
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Program Coordinator
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Omaha, NE 68114-2852
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KAPLAN UNIVERSITY - LINCOLN

CAAHEP Accredited
Medical Assisting Program
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402-474-5315
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mmccall@kaplan.edu

METRO COMMUNITY COLLEGE

CAAHEP Accredited
Medical Assisting Program
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KAPLAN UNIVERSITY - OMAHA

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Department Chair
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SOUTHEAST COMMUNITY COLLEGE

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

VATTEROTT COLLEGE

ABHES Accredited
Medical Assisting Program
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Omaha, NE 68137
402-891-9411, ext 235
F) 402-778-4036
valerie.ruckman@vatterott.edu

AAMA Hot Topics



*AAMA's 56th Annual National Conference
September 7-10, 2012
at the Doubletree Hilton, Scottsdale, Arizona*

http://doubletree.hilton.com/en/dt/groups/personalized/P/PHXSJDT-AAM-20120902/index.jhtml?WT.mc_id=POG

*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:

*Kinder, Safer, Gentler Cancer Treatment
Health Law Update: An Overview of Legal Issues
Facing Medical Practices
Caring for Special Populations
Understanding PTSD
Pain and Addiction
The Final Frontier-Thanatology
and What you Need to Know
Road Blocks to Screening Patient calls
Spanish for Medical Personnel
Bullying on College Campuses
Who Needs Legs When You Have Wings
Drug Recognition for the Medical Assiant
Socre a Hole in One with ICD-10Documentation
The Many Faces of Lupus
21st Century Advancements in Facial
and Breast Rejuvenation*

*Going to the Extremities
Legal Issues to Avoid in Allied Health Education,
2 Parts
Maintaining the "Crash Cart" in the Medical Office
Caregivers and Their Roles
Teaching Medical Spanish for Allied Health
Bariatrics Update
Teaching with Simulators
Female Sexual Dysfunction
Robotic Surgery
Fun Food for Kids
The Medical Assistant as Patient Advocate
Rx for Business-Business Course
for Office Managers
Bullying in the Workplace
GERD Update: It's Not just Heartburn
Mind-Body-Sprit Medicine*

In addition, there are Educators sessions to improve your impact in the classroom.

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

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

AAMA Contact Information

AMERICAN ASSOCIATION OF MEDICAL ASSISTANTS

20 NORTH WACKER DRIVE, STE 1575

CHICAGO, ILLINOIS, 60606-2903

TOLL FREE 1-800-228-2262

FAX 1-312-899-1259

What is the purpose of the AAMA?

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

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

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

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

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

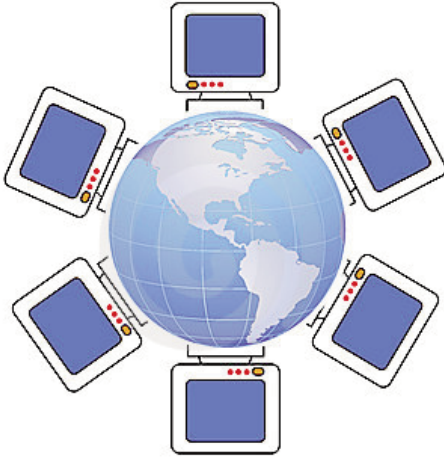
Accreditation: Need to find out about getting a medical assisting program accredited? E-mail your questions to accreditation@aama-ntl.org.

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

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

NSMA Website

www.nsmaonline.org



In 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.

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 CMA's 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 2011-12 Board of Directors meetings:

- On April 21, 2012, President Kounovsky, CMA (AAMA), BSHCM, presided over the new year's Board of Directors meeting in Omaha, Nebraska.
- President Kounovsky asked the current Board of Directors to return to the standard BOD's meetings in person this year. The summer, fall, winter, and spring meetings will be held at the Central Community College-Grand Island campus (see page the "State Board Meeting" page for specific dates and times).
- The Nebraska Society of Medical Assistants (NSMA) is now offering scholarships for students pursuing careers in Medical Assisting. The task force unveiled the Scholarship Application at the 2012 NSMA Annual Conference held in April. Students attending CAAHEP accredited colleges will be eligible to apply. Two (2) \$250 scholarships will be awarded yearly, and recipients will be announced at the annual conference. To obtain an application contact your Medical Assisting program chair or the NSMA Awards Chair Andrea Tiarks, CMA (AAMA), @ andy4461@aol.com. Or mail her at 617 Arnold Avenue, Council Bluffs, IA, 51503-5150, phone: 712/325-1669,
- Nominations were secured for the 2012 NSMA House of Delegates.
- There were no nominations for Medical Assistant of the Year for 2012.
- The 2012-13 NSMA budget was approved.
- The 2014 conference budget was approved.
- Historical information was collected over the past year and preserved by the Archive committee.
- The Public Policy Chair continues to work with the AAMA's Executive Director and Legal Counsel, Donald A Balasa, JD, MBA, on legal concerns and questions to protect the Medical Assistant's right to practice in Nebraska.
- The NSMA will again donate \$50 to each AAMA fund for the 2012 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 Marketing Chair also mailed selected medical offices information about CMAs, recertification and continuing education.
- The NSMA made a donation to the Maxine Williams or the Surveyors training fund (alternating each year) in lieu of purchasing a gift for the incoming 2011 AAMA President, Ann Naegele,
- CMA-A (AAMA), in her honor.
- 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 NSMA had submitted two AAMA Bylaw proposals for the 2010 AAMA House of Delegates that were voted down at the time but were to be reviewed by the AAMA bylaws committee (per our understanding). The Bylaws chair was asked to follow-up and found that they were still being reviewed by the AAMA Bylaws Committee and should hear from the Chair after the next BOT meeting in June 2012.
- There was one By-laws proposed, it was defeated due to wordage at the 2012 HOD.

CURRENT WORDING:

ARTICLE VIII AUTHORITY

A. LEGISLATIVE AUTHORITY-HOUSE OF DELEGATES

2. Delegates:

- c. Members-at-Large shall be represented by one delegate and one alternate per every fifteen members-at-large or fraction thereof, to be contacted by the Vice Speaker of the House and approved by the BOD.

PROPOSED WORDING:

ARTICLE VIII AUTHORITY

A. LEGISLATIVE AUTHORITY-HOUSE OF DELEGATES

2. Delegates:

- c. Members-at-large shall be represented by three delegates and three alternates to be contacted by the Vice Speaker of the House and approved by the BOD.

RATIONALE:

Each component chapter is allowed three delegates and three alternates regardless of the number of members and with our Members-at-Large class expanding over the years, they should be entitled to the same voting privileges.

This was presented as a motion to the HOD. There was much discussion and when asked for a vote of the delegates the motion was defeated.

- There were four Standing Rule update proposed to the BOD this year, however after much discussion, no decision could be reached on them.

1. CURRENT WORDING:

4. Attendance is required for all delegates/alternates at the AAMA HOD including the Reference Committees and Meet the Candidates. All delegates/alternates will attend the AAMA BOT meetings held during the conference. All delegates/alternates will attend the Advisory Council meeting. Attendance at the Welcome Party, Awards Luncheon, Med Expo Box Lunch, and the President's Banquet is required by all. If a meal included in the registration fee is skipped, no alternate meal receipt may be submitted.

PROPOSED WORDING:

4. Attendance is required for all delegates/alternates at the AAMA HOD including the Reference Committees and Meet the Candidates, AAMA BOT meetings held during the conference, the Advisory Council meeting the Excel Awards and the President's Banquet.

RATIONALE:

The Welcome Party, Awards Luncheon, and Med Expo Box Lunch no longer exist.

2. CURRENT WORDING:

5. The NSMA Treasurer will make a detailed comparison report of the budget at the end of the fiscal year and present it to the HOD with a copy to the Budget and Finance Chair.

PROPOSED WORDING:

Move this Standing Rule to Bylaws
Article VII
G. 5 add g.

The NSMA Treasurer will make a detailed comparison report of the budget at the end of the fiscal year and present it to the HOD with a copy to the Budget and Finance Chair.

Rationale:

As this is a requirement of the Treasurer to be done every year, it should be in the Bylaws as a duty.

3. CURRENT WORDING:

8. The Educator Advisory Board was approved by the BOD to promote the voice of educators and encourage their involvement with NSMA. Appointment is for one term year. This is a courtesy position (observation status) without vote; however, active participation at meetings is welcome.
9. The Student Advisory Board was approved by the BOD to promote the voice of the students and provide an opportunity for students to learn about and become involved in NSMA. Appointment is for one term year. This is a courtesy position (observation status) without vote; however, active participation at meetings is welcome. Student representatives will be eligible for a complementary registration to the NSMA annual conference held at the end of their term in return for active participation on the Board and attendance at a minimum of four BOD meetings.

PROPOSED WORDING:

To delete these Standing Rules at this time. These Boards are not being utilized at this time and can be reinstated in the future if need be. The description of these boards can be referenced in the Policy Manual.

4. CURRENT WORDING:

19. Courtesy NSMA Conference Invitations:
Annual NSMA Conference Installation/Awards Ceremony:
- o Incoming President (2)
 - o Medical Advisory Board (2 each)
 - o Master of Ceremonies (2)
 - o Past NSMA Presidents (2 each)
 - o Life Members (2 each)
 - o Honorary Members (2 each)

Annual NSMA Conference Registration:

- o Conference Chair
- o Conference Vice-Chair
- o AAMA Representative
- o Medical Advisory Board Members
- o Current NSMA President
- o Life Members
- o Qualifying Student Advisory Board Members

Proposed Wording:

To delete this Standing Rule as it is also stated in the NSMA Policy Manual under NSMA Annual Conference Guidelines pages 154 and 155 and there is no need to duplicate.

- At the 2012 NSMA HOD-
The 2012-2013 Vice President, Secretary, and Vice Speaker were elected.
Three Delegates and five Alternate Delegates were elected to attend the AAMA National Conference in Arizona, September 7-10 2012.
Lincoln bid for the 2015 NSMA State Conference and it was approved.

New and Recertifying CMAs (AAMA)

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

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



Newly Certified Medical Assistants (AAMA) NSMA members within the last year were honored during the Awards Luncheon at the 2012 State Conference



NSMA CMA (AAMA) members that recertified in the last year were honored during the Awards Luncheon at the 2012 State Conference

Certified

9-1-11 - 2-1-12

Ana I Monasterio, CMA (AAMA)

Pender NE

Anna Kay Cordes, CMA (AAMA)

Omaha NE

Aracely Gallegos, CMA (AAMA)

Omaha NE

Ashley Mundt, CMA (AAMA)

Crete NE

Betsayda Yazmina Gallardo, CMA (AAMA)

Omaha NE

Brianna Jean Lakin, CMA (AAMA)

Omaha NE

Brooke Virginia Erks, CMA (AAMA)

Lincoln NE

Casey M Wood, CMA (AAMA)

Bennet NE

Darci A Thomas, CMA (AAMA)

Bennington NE

Emily Alena Fraas, CMA (AAMA)

Lincoln NE

Erin Michelle Barnas, CMA (AAMA)

Lincoln NE

Ghassan H Khalaf, CMA (AAMA)

Lincoln NE

Gwendolyn M Wasser, CMA (AAMA)

Seward NE

Hanh Ngo, CMA (AAMA)

Lincoln NE

Heather Jean Kempkes, CMA (AAMA)

Lincoln NE

Heather R Sell, CMA (AAMA)

Lincoln NE

Hillary Ann White, CMA (AAMA)

Ulysses NE

Jamie R Best, CMA (AAMA)

Omaha NE

Jeanette Fairchild, CMA (AAMA)

Omaha NE

Jessica J Brazda, CMA (AAMA)

Lincoln NE

Jessica Kay Mitchell, CMA (AAMA)

Lincoln NE

Jessica M Samuelson, CMA (AAMA)

Lincoln NE

Kalah M Bergmann, CMA (AAMA)

Omaha NE

Kayce Marie Potter, CMA (AAMA)

Lincoln NE

Kelly R Connnett, CMA (AAMA)

Omaha NE

Krista L Blakemore, CMA (AAMA)

Lincoln NE

LaTosher L. Tyson, CMA (AAMA)

Omaha NE

Leah E. King, CMA (AAMA)

Omaha NE

Lisa Marie Litchfield, CMA (AAMA)

Wakefield NE

Luz Irene Morales, CMA (AAMA)

Overton NE

Melinda Jo Gubser, CMA (AAMA)

Lincoln NE

Melissa Renee Young, CMA (AAMA)

Lincoln NE

Miranda Michael Collins, CMA (AAMA)

Lincoln NE

Natalie N Jackson, CMA (AAMA)

Omaha NE

Patricia L Thompson, CMA (AAMA)

Fremont NE

Raven W Ebner, CMA (AAMA)

Columbus NE

Rochelle Lynn Canby, CMA (AAMA)

Lincoln NE

Saida G Slegl, CMA (AAMA)

Omaha NE

Sarah J Lorence, CMA (AAMA)

Omaha NE

Tammy Ranae Enders, CMA (AAMA)

Omaha NE

Valera Koonce, CMA (AAMA)

Omaha NE

Valerie Anne Spinler, CMA (AAMA)

Bellevue NE

Victoria Lee Temple, CMA (AAMA)

Lincoln NE

Yagaira DeLarosa, CMA (AAMA)

Omaha NE

Recertificants

9-1-11 to 2-1-12

Adrienne Marie Bullie, CMA (AAMA)

Papillion NE

Ann M Hille, CMA (AAMA)

Hickman NE

Anne Rebekah Newton, CMA (AAMA)

Lincoln NE

Bonnie Sue Rossmannith, CMA (AAMA)

Bellevue NE

Brenda Kay Gautier, CMA (AAMA)

Aurora NE

Camalla M Eynetich, CMA (AAMA)

Grand Island NE

Carie Pauline Wilbur, CMA (AAMA)

Lincoln NE

Carol Jean Adamski, CMA (AAMA)

Bellevue NE

Cassandra Marie Pruss, CMA (AAMA)

Lincoln NE

Catherine Anne Stanley, CMA (AAMA)

Lincoln NE

Cheryl Lynn Schenk, CMA (AAMA)

Omaha NE

Connie K. Brydl, CMA (AAMA)

Crete NE

Dannette M. Beckwith, CMA (AAMA)

Omaha NE

Deanna Leigh Vallis, CMA (AAMA)

Lincoln NE

Donna L. Allen, CMA (AAMA)

Omaha NE

Heather A Juhler, CMA (AAMA)

Gretna NE

Jamie Lynne Rosenthal, CMA (AAMA)

Lincoln NE

Jeanna Renee Waller, CMA (AAMA)

Lincoln NE

JoAnn M Johnston, CMA (AAMA)

Omaha NE

Jody L Bunn, CMA (AAMA)

Fremont NE

Kim M Lee, CMA (AAMA)

Lincoln NE

LaShari Nicole Hogan, CMA (AAMA)

Omaha NE

LaTasha Renee Edwards, CMA (AAMA)

Omaha NE

Laura E. Sowders, CMA (AAMA)

Lincoln NE

Linda A. Stafford, CMA (AAMA)

Omaha NE

Lindsay Marie Pritchard, CMA (AAMA)

Hastings NE

Lisa J McGinn, CMA (AAMA)

Lincoln NE

Lucy A. Hruska, CMA (AAMA)

Omaha NE

Marcy Ann Bartek, CMA (AAMA)

Lincoln NE

Marijo Schneiderwind, CMA (AAMA)

Omaha NE

Misty D Warren, CMA (AAMA)

Gretna NE

Ngoc Tram N. Duong, CMA (AAMA)

Lincoln NE

Rebecca Anna Coddington, CMA (AAMA)

Omaha NE

Rebecca Ruth Babb, CMA (AAMA)

Burwell NE

Rhiannon J Armstrong, CMA (AAMA)

Omaha NE

Sarah Dawn Hon, CMA (AAMA)

Comstock NE

Shadda Lee Steffensmeier, CMA (AAMA)

Scribner NE

Tamara L Zimbelman, CMA (AAMA)

Benkelman NE

Teresa L. Cecil, CMA (AAMA)

La Vista NE

Traci Lynn Lewis, CMA (AAMA)

Omaha NE

Trisha Julian Cerone, CMA (AAMA), UNMCP

Omaha NE

Wendy L Bradford, CMA (AAMA)

Lincoln NE

Wendy Y Zamora, CMA (AAMA)

Omaha 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 ueding48@yahoo.com.

Janet Ueding CMA (AAMA), LRT
2012-2013 NSMA MEMBERSHIP CHAIR

Prospective Member Form

From: _____

Please contact and/or mail information regarding AAMA and NSMA membership to:

Name: _____

Address: _____

Phone: _____

Return form to the Membership Committee:

Janet Ueding, CMA (AAMA), LRT
2012-2013 NSMA MEMBERSHIP CHAIR

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



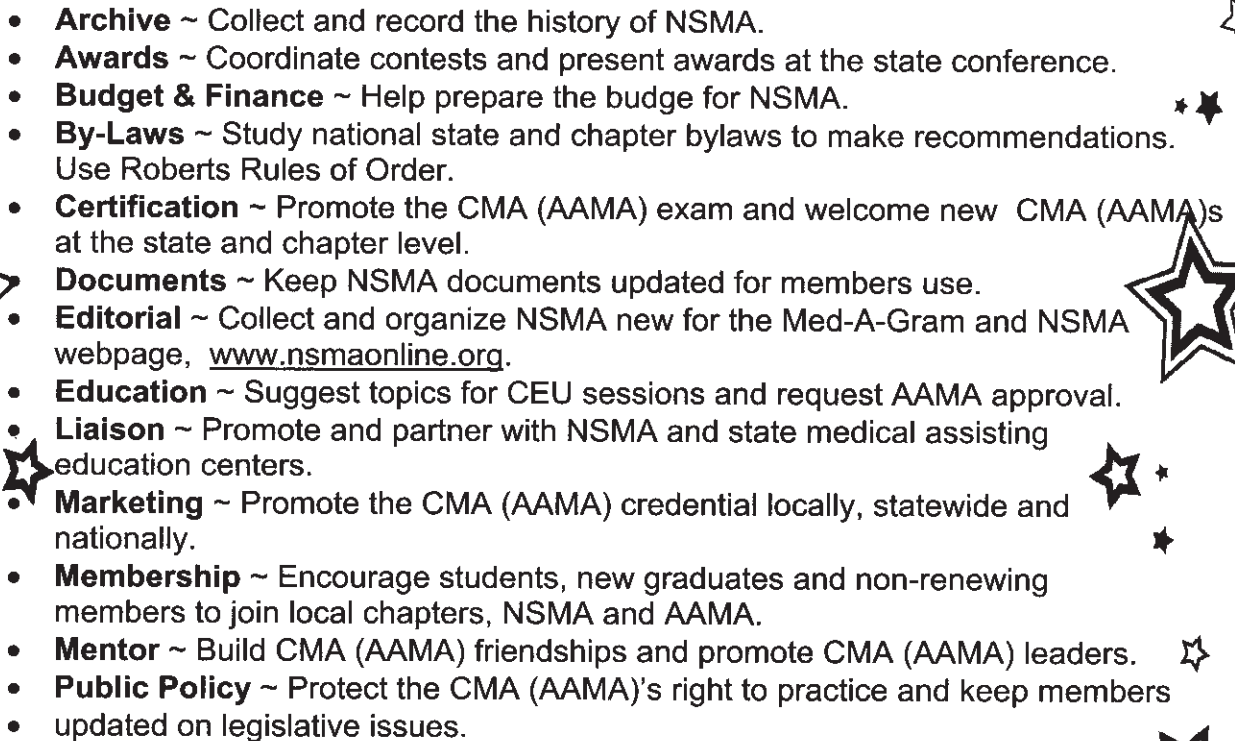
NSMA VOLUNTEER LEADERSHIP

Make a Difference!

Help shape the future of your profession.

Join the NSMA volunteer leadership team.

Both new and experienced members are welcome.

- 
- **Archive** ~ Collect and record the history of NSMA.
 - **Awards** ~ Coordinate contests and present awards at the state conference.
 - **Budget & Finance** ~ Help prepare the budget for NSMA.
 - **By-Laws** ~ Study national state and chapter bylaws to make recommendations. Use Roberts Rules of Order.
 - **Certification** ~ Promote the CMA (AAMA) exam and welcome new CMA (AAMA)s at the state and chapter level.
 - **Documents** ~ Keep NSMA documents updated for members use.
 - **Editorial** ~ Collect and organize NSMA news for the Med-A-Gram and NSMA webpage, www.nsmaonline.org.
 - **Education** ~ Suggest topics for CEU sessions and request AAMA approval.
 - **Liaison** ~ Promote and partner with NSMA and state medical assisting education centers.
 - **Marketing** ~ Promote the CMA (AAMA) credential locally, statewide and nationally.
 - **Membership** ~ Encourage students, new graduates and non-renewing members to join local chapters, NSMA and AAMA.
 - **Mentor** ~ Build CMA (AAMA) friendships and promote CMA (AAMA) leaders.
 - **Public Policy** ~ Protect the CMA (AAMA)'s right to practice and keep members updated on legislative issues.

NEBRASKA | Society of
Medical Assistants

AN AFFILIATE OF THE
AMERICAN ASSOCIATION OF MEDICAL ASSISTANTS

Janet Ueding, CMA (AAMA), LRT
2012-2013 NSMA MEMBERSHIP CHAIR
909 L Street
Tekamah, NE 68061
402.808.4190
ueding48@yahoo.com

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

Name and Credentials

Position I'd like more information on

Chapter

Preferred mailing address

Phone

Email address

**"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, 2013

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, 2013** 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

Announcing the NSMA Medical Assisting Scholarship



Andrea Tiarks, CMA (AAMA) Awards Chair

SCHOLARSHIP ELIGIBILITY:

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

AWARD CRITERIA:

- Personal statement of professional goals
- Academic ranking
- References
- Clarity of application

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

*Registration will close each year on January 15th. Candidates will be eligible for one of the two (2) \$250 scholarships awarded annually. Winners will be notified by the Awards Chair and announced at the annual state NSMA Conference.

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

New research links trans fats (found in processed foods such as pastries) to increased risk of developing depression. Trans fats may elevate levels of molecules that can interfere with brain chemicals. However, a daily dose of olive oil, which contains healthy monounsaturated fat, may help beat the blues by blocking those molecules.



Want to sleep better, try drinking cherry juice before bed. The carbs in cherry juice may help increase your brain's production of serotonin, a neurochemical that can help induce drowsiness.

Have you had your thyroid checked? The thyroid is a butterfly-shaped gland that sits low on the front of the neck. Your thyroid lies below your Adam's apple, along the front of the windpipe. 10 million women are affected by this little gland that can cause problems with weight gain, low energy and mood swings.

Tennis balls are not just for tennis anymore. Don't have time for a deep-tissue massage? Just roll a tennis ball over your neck, shoulder and feet for quick relief to those tight and tired muscles.



- Simple safeguards to keep your baby safe in 2012 from the non-profit Home Safety Council suggests you-
- ◇ Check the height and weight limits on your child's car safety seat. Learn when toddlers should transition to a forward-facing seat or when it is safe to move a toddler from a five-point harness seat to a booster seat. Check safecar.gov for more details.
 - ◇ Check your smoke alarms. You should have them in each bedroom. If you have not replaced the batteries in a year, change them even if they work, then replace them each time you reset your clocks to 'spring forward' or 'fall back'.
 - ◇ Check your water heater temperature. A hot water spigot can deliver a nasty scald if your water is too hot. It should be set at no hotter than 120 degrees to prevent burns.
 - ◇ Put non-skid pads under all of your rugs and runners. New walkers love to run and slipping on a hardwood or tile floor can produce falls, bruises, and broken bones.
 - ◇ Secure your medications, cleaners and other dangerous substances. If you do not have cabinet space up high to store bleach, medicine and ant spray, then lock the cabinets with slider locks that kids cannot open.
 - ◇ Secure window blind cords so that children cannot get them around their necks. Tie them off so they are out of reach.
 - ◇ Never leave children alone in the bath or the kitchen. Drowning can occur in seconds, and curious kids can injure themselves with knives or other cooking tools.

Find many more safety suggestions at homedafetycouncil.org

2-second life changer-most people know that kiwi and strawberries are high in vitamin C. However, if you add a few slices to your morning yogurt, you will be stimulating your collagen synthesis that will help prevent wrinkles.



Health muscle is your best ally in burning fat -

- Muscle boosts your metabolism. You burn most of your calories each day just by living -digesting, working reading and thinking. Replacing fat with muscle increases that passive calorie burn. According to the latest research, muscle at rest burns three times the calories of fat at rest. Replace 20 pounds of fat with muscle and burn an extra 80 calories a day just by sitting around. That's equivalent to losing eight pounds a year!
- Resistance training burns calories. You might not think of a weight-lifting session as a major calorie burner, but intense resistance training can burn 500 more calories in less than an hour. The keys to blasting the calories, rest minimally between sets. Do your reps quickly but safely to increase the aerobic benefits of your lifting. Include movements that use as many muscle groups as possible.
- Resistance training maintains weight loss. What happens when you do the same elliptical workout for three months? You stop getting results. Your body adapts to the exercise and weight loss comes to a halt. Three varied strength-training sessions per week will keep muscles guessing, and growing - shoulders and arms on day one; chest, back and core on day three; lower body on day five.

Test your knowledge on weight loss.

Can you lose body fat without losing weight?

J Working out and eating right will build muscle. The scale might not budge, but your clothes will fit differently and you will feel fitter and stronger.

You can spot reduce?

J Fat comes off your whole body. All the crunches in the world will not give you a six-pack if you have ab flab.

Women who lift weights will get bulky.

J Women do not have enough testosterone to bulk up the way men can. Research shows that heavy resistance training burns more calories than the same amount of cardio.



You should eat breakfast.

J Research shows that people who eat a breakfast rich in nutrients and fiber - oatmeal with fresh fruit, for example - lose weight more easily than those who skip breakfast. Breakfast starts your metabolism and keeps you from "starvation eating" later in the day.

One whole-wheat waffle topped with six ounces of 0% Greek yogurt, one cup of blueberries and one-fourth teaspoon of cinnamon is packed with fiber that will protect your heart, decrease hunger, and enhance your memory.

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



What is the Nebraska Society of Medical Assistants?

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

From the beginning, there was a need, there was interest and there was constant motivation and support. Our founding drive has not changed. Forty-nine 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. The first NSMA Medical Assisting Scholarship for CAAHEP students was unveiled that the 2012 State Conference.

NSMA Conference Grant Application

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

APPLICANT CRITERIA:

Requirements:

1. A current dues paid CMA (AAMA) and a member of the NSMA in good standing for a minimum of two consecutive years.
2. Must presently or in the past, held an 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
2012-2013 NSMA MEMBERSHIP CHAIR
909 L Street
Tekamah, NE 68061
402.808.4190
ueding48@yahoo.com



Membership Recruitment Contest Entry Form

Members Name: _____

Chapter: _____

Name of recruited member & chapter: _____

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

NSMA Conference, Awards Luncheon and Installation of Officers

NSMA Conference



*2012 Omaha Conference Chair
Tracy Bednar, CMA (AAMA)*



*2012 Omaha Conference Co-Chair
Linda Allensworth, CMA (AAMA), CPC*



Attendees of the 2012 NSMA Conference



Friendships are renewed during conference time



A kind word and a smile always go a long way



Conference attendees visit the exhibit booths



Awards Luncheon



NSMA awards Luncheon attendees



Newly Certified Medical Assistants (AAMA) NSMA members within the last year were honored during the Awards Luncheon at the 2012 State Conference



NSMA CMA (AAMA) members that recertified in the last year were honored during the Awards Luncheon at the 2012 State Conference



Honored guest at the Awards Luncheon, AAMA, NSMA and Omaha Past President, Norma Parker, CMA (AAMA) (seated), also pictured Andrea Tiarks, CMA (AAMA), and Laura Blankenship, CMA-C (AAMA) Omaha Chapter member.



Awards Chair Andrea Tiarks unveils the NSMA Medical Assisting Scholarship



NSMA raffle winners, Carol Muske 1st place, Nicole Dvorak 2nd place

Installation of Officers



Carol Muske installs the newly elected 2012-2013 NSMA Officers



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



2012-2013 President Kounovsky gives her acceptance speech



*The 2011-2012 elected NSMA Officers:
President Lori Kounovsky, CMA (AAMA),
Vice President Andy Stewart, CMA (AAMA),
Treasure Linda Allensworth, CMA (AAMA), CPC,
Secretary Terri King, CMA (AAMA),
Speaker of the House Michel McKinney, CMA
(AAMA), Vice Speaker of the House Tracy Bednar,
CMA (AAMA), LRT, Immediate Past President
Janet Ueding, CMA (AAMA), LRT*



Time to enjoy cake and the year as NSMA President!

House of Delegates



*Credentials Committee:
Chair- Jan Frederick, CMA (AAMA),
Omaha Chapter; Heather Pijanowski,
CMA (AAMA), Omaha Chapter and
Megan Rogers, CMA (AAMA),
Omaha Chapter*



*Minute Takers:
Laura Blankenship, CMA-C (AAMA)
RN, Omaha Chapter and
Brenda Gautier, CMA (AAMA),
Grand Island Chapter.
Timekeeper: Courtney Hixenbaugh,
CMA (AAMA),
Omaha Chapter*



*Tellers:
Jennifer Kocian, CMA (AAMA),
Lincoln, Pam Ondracek, CMA
(AAMA), Grand Island Chapter;
and Jennifer Limpp, CMA (AAMA),
Omaha Chapter.*

Past State Presidents at Conference



Past State Presidents Attending the 2012 NSMA Conference

F) Norma Parker, CMA (AAMA), Carol Hipke-Muske, CMA (AAMA)

B) Dona Marotta, MHA, CMA (AAMA), Linda Allensworth, CMA (AAMA), CPC, Laura Blankenship, CMA-C (AMMA), , Lori Kounovsky, CMA (AAMA), Janet Ueding, CMA (AAMA), LRT, Janis Frederick, CMA (AAMA), Andrea Stewart, CMA (AAMA), Debra Potratz, CMA (AAMA), and Michel McKinney, CMA (AAMA)

*A note from our honored guest and Past AAMA, NSMA and Omaha Chapter President Norma Parker, CMA (AAMA)-

It was a wonderful surprise for me to be recognized at the 2012 NSMA Conference Awards Luncheon on April 21, 2012. It was so good to see so many of my acquaintances and friends from long ago.

It really seems not that long ago when I visited an Omaha Chapter meeting and felt that belonging to this organization would benefit me, in addition to the physician's office where I worked. I joined and attended my first National Convention in Chicago in the mid-1970s. The rest is history as they say, which included serving as a member on various committees, AAMA National Trustee, AAMA Speaker of the House, AAMA Vice President, and the 1998-99 AAMA President.

My first impression of the value of the AAMA and the CMA Credential has only grown. I am very proud to see the CMA Credential grow in importance and to see our schools improve their curriculum for today's Medical Assistant. During my active years, these two goals were important. Our hope was to see the Certified Medical Assistant accepted as an important part of the health care system.

My challenge to AAMA members today is to strive to keep us an important, viable part of the ever-changing health care system.

Norma Parker, 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	
2012	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 next NSMA annual conference in its entirety

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

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

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

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

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

Name/Credentials _____

Address _____ City _____

Home Phone _____ Work Phone _____ Alternate Phone _____

Employer _____

E-mail Address _____

AAMA Member ID # _____

Applications are also available on-line.

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

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