

# ***MED-A-GRAM***

**Spring 2011**

**NEBRASKA**

Society of  
Medical Assistants



AN AFFILIATE OF THE  
AMERICAN ASSOCIATION OF MEDICAL ASSISTANTS



**I AM A CERTIFIED MEDICAL ASSISTANT**

**"I am strengthened by my compassion, courage and faith."**

**—AAMA Medical Assistant Creed**

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

★ **Great Plains**

★ **Hastings**

★ **Lincoln**

★ **Norfolk**

★ **Omaha**

**Important Registration Information**

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In Lake Buena Vista, Florida Page 19**

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

# Educational Opportunities for Medical Assistants



Contact us  
for more  
information.

Central Community College in partnership with Southeast Community College will be offering educational opportunities for Nebraska Medical Assistants.

CCC, SCC and their partners will be offering on-the-job trained medical assistants the following:

- Online classes
- Competency-based skills assessment
- Local clinicals and labs
- Flexibility
- Personal advising
- Recognition of present skills
- Preparation to sit for the AAMA certification exam (CMA)

Continuing education opportunities for all medical assistants including articulation for diploma graduates to earn an Associate of Applied Science degree.

Contact CCC - Michel McKinney, CMA (AAMA), [mmckinney@cccneb.edu](mailto:mmckinney@cccneb.edu) or SCC - Jeanette Goodwin, CMA(AAMA), RN, [jgoodwin@southeast.edu](mailto:jgoodwin@southeast.edu) today for more information on these healthcare training opportunities.

*This project was funded in part, by a grant awarded under the President's Community-Based Job Training Grants, as implemented by the US Department of Labor's Employment and Training Administration.*



[www.cccneb.edu](http://www.cccneb.edu)

1-402-461-2405  
1-877-CCC-0780



[www.southeast.edu](http://www.southeast.edu)

1-402-437-2756  
1-800-642-4075  
Extension 2756

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All statements or comments in the Med-A-Gram  
are the opinions 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.

American Association of Medical Assistants

[www.aama-ntl.org](http://www.aama-ntl.org)

1-800-228-2262

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*If you would like a membership packet sent to a fellow Medical Assistant,  
contact the NSMA Membership Chairman:*

**Janet Ueding, CMA (AAMA), LRT**  
909 L Street  
Tekamah, NE 68061  
402-808-4190

**Alegent Health-Arbor Family Care**  
2255 S. 132nd Street  
Omaha, NE 68144  
402-717-3390  
jueding48@yahoo.com

# Conference Information

## Nebraska Society of Medical Assistants

### Attention CMAs, RNs, LPNs and Medical Office Personnel,

The Grand Island Chapter of Medical Assistants would like to invite you to attend the 45th Annual Nebraska Society of Medical Assistants Conference, April 29 & 30, 2011 at the Howard Johnson Riverside Inn & Conference Center, 3333 Ramada Road, Grand Island, NE.

A special invitation is extended to all first-time conference attendees, non-members and medical assisting students. This will be a great time to meet and network with medical assistants as well as other medical professionals.

The conference packet includes the conference agenda, registration form, and hotel reservation information. You will have the option of attending the full two-day conference or registering for individual days. This conference offers 14 CEUs and includes two meals. Room rates are \$59 for 1-4 people and reservations must be made by April 5, 2011 to get the group rate. The conference registration deadline is April 10, 2011.

The Riverside Inn <http://www.hojo.com/HowardJohnson/> is conveniently located at the corner of Hwy 34/2 and south Locust Street in Grand Island. This hotel provides easy access to numerous attractions including downtown Grand Island, the Sandhills Crane migration, six golf courses, Thoroughbred Horseracing at Fonner Park, in addition to numerous restaurants and shopping attractions. Guests of this hotel will enjoy many amenities such as... complimentary high-speed Internet in the rooms, indoor pool, fitness center, and the hotel is pet friendly.

Please dress business casual and clothe for your own personal temperature comfort.

As we gather to attend the 45th NSMA Conference, we hope your stay is enjoyable, and that you have a chance to visit our fine restaurants and shopping centers.

Come join us and *Fuel Your Passion for the Medical Assisting Profession!*

Debra Potratz, CMA (AAMA)  
NSMA Conference Chair  
h) 308-382-6123

Lisa Hoffman, CMA (AAMA)  
NSMA Conference Vice-Chair  
h)308-382-0808

# Conference Agenda

## 45th Annual NSMA Conference at the Howard Johnson Riverside Inn 3333 Ramada Road, Grand Island, Nebraska, 308-384-5150

*(Sessions and times subject to change)*

### Friday, April 29, 2011

| All CEU Sessions will be held in the (Walnut & Willow Rooms) |   |
|--|---|
| 7:00-8:30 am   | Pre-conference Board Meeting (Cottonwood Room)            |
| 7:30-9:00 am   | Registration (Atrium)                                     |
| 9:00-11:00 am  | <i>Suicide Prevention</i> , Danielle Sodergren (2 GA)     |
| 11:00-11:15 am   | Break   |
| 11:15 am-12:15 pm  | <i>Sports and Mild Brain Injuries</i> , Judy Harvey (1 G) |
| 12:15-1:00 pm  | Lunch (Cedar, Locust, Maple Rooms)                        |
| 1:00-3:00 pm   | <i>Vision Therapy</i> , Brooke Martaugh (2 GC)            |
| 3:00-3:15pm  | Break   |
| 3:15-5:15 pm   | <i>Pet Therapy</i> , Michie Burmester (2 G)               |
| 6:45 pm  | House of Delegates Registration (Cottonwood Room)         |
| 7:00-9:00 pm   | House of Delegates (Cottonwood Room)                      |

### Saturday, April 30, 2011

| All CEU Sessions will be held in the (Walnut & Willow Rooms) |   |
|--|---|
| 7:30-8:00 am   | Conference Registration (Atrium)  |
| 8:00-10:00 am  | <i>ICD 10</i> , Pam Koch (2 A)  |
| 10:00-10:30 am   | Break/Exhibits (Atrium)   |
| 10:30-12:30 am   | <i>Employee Retention and Recruitment</i> , Lee Elloitt, St. Francis Medical Center (2 A)       |
| 12:30-2:00 pm  | <i>Luncheon/Installation of NSMA Officers/Awards Ceremony</i> ,<br>(Cedar, Locust, Maple Rooms) |
|  | Break/Exhibits (Atrium)   |
| 2:00-3:00 pm   | <i>Good Samaritan Air Care</i> , Doug Wolf (1 GC)   |
| 3:00-4:00 pm   | <i>Diabetes</i> , Ronald Dobesh M.D (1)   |
| 4:00-4:15 pm   | Break   |
| 4:15-5:15 pm   | <i>Cardiology</i> , Tammy Price-Fowlkes ARNP(1)   |
| 5:30-7:00 pm   | Post Conference Board Meeting (Cottonwood Room)   |

Because we are honoring our elected officers and special guests this weekend, we ask that you dress in casual business attire, no jeans, scrubs, sweats or shorts. In addition, clothe for your own personal temperature comfort.

# Registration Form

## "Revin' in 2011: Fueling the Passion of Medical Assisting"

|   |  |                 |  |
|---|--|-----------------|--|
| Name:   |  | Credentials:    |  |
| Address:  |  |                 |  |
| City:   |  | State & ZIP:    |  |
| Chapter:  |  | AAMA ID or SS#: |  |
| 1. <input type="checkbox"/> Yes <input type="checkbox"/> No Is this your 1 <sup>st</sup> NSMA Conference?<br>2. <input type="checkbox"/> Yes <input type="checkbox"/> No Are you a past State President?<br>3. <input type="checkbox"/> Yes <input type="checkbox"/> No Are you a Newly Certified CMA (AAMA) (Did you pass the CMA (AAMA) exam in the past 12 months?)<br>4. <input type="checkbox"/> Yes <input type="checkbox"/> No Did you Recertify your CMA (AAMA) credential since April of 2010. (Mo/Year of recertification _____). |  |                 |  |

### **FULL TWO DAY REGISTRATION (14 CEUs and Two meals)**

- ☐ Members (meals & educational sessions) \$120.00
- ☐ Non-Members (meals & educational sessions) \$220.00
- ☐ Students (meals & educational sessions) \$100.00
- ☐ Students (educational sessions only) \$25.00

### **FRIDAY ONLY (7 CEUs and One meal)**

- ☐ Members (meal & educational sessions) \$70.00
- ☐ Non-Members (meal & educational sessions) \$120.00
- ☐ Students (meal & educational sessions) \$60.00
- ☐ Students (educational sessions only) \$15.00

### **SATURDAY ONLY (7 CEUs and One meal)**

- ☐ Members (meal & educational sessions) \$90.00
- ☐ Non-Members (meal & educational sessions) \$130.00
- ☐ Students (meal & educational sessions) \$60.00
- ☐ Students (educational sessions only) \$15.00

### **OTHER OPTIONS**

- ☐ GUEST Friday Luncheon meal \_\_\_\_\_ @ \$20.00
- ☐ GUEST Saturday Luncheon meal \_\_\_\_\_ @ \$20.00
- ☐ LATE FEE for Registration \_\_\_\_\_ @ \$20.00

(If Postmarked after April 10, 2011)

*Registrations will be processed at the registration rate available when payment is received.*

TOTAL \$ \_\_\_\_\_

To help with meal count, if attending please mark the following:

- ☐ I plan on attending the Friday Lunch meal
- ☐ I plan on attending the Saturday Luncheon/Awards

**Alcoholic beverages, illicit drugs, and smoking, are prohibited during conference sponsored events.**

### **Registration Deadline is**

**April 10, 2011.**

No Refunds after April 15, 2011.

### **Make Check Payable To:**

2011 NSMA CONFERENCE

### **Mail Check and Registration To:**

Barbara Carter, CMA (AAMA)  
313 Carey Street  
Grand Island, NE 68803  
(308) 382-0321

### **NSMA Conference Contacts:**

Debra Potratz, CMA (AAMA) Chair  
(308) 382-6123

potratz\_fam@msn.com

Or

Lisa, Hoffman, CMA (AAMA) Vice-Chair  
(308) 382-0808

Lisahoffman0624@msn.com

The continuing education programs at this conference have been approved by the AAMA for CEUs. Granting approval in no way constitutes endorsement by the AAMA of either the program's content or facilitator.

Photos taken throughout the conference may be utilized in NSMA media.

**For those staying at the Hotel –  
Free Continental Breakfast is  
available at the Garden Cafe  
from 6-9 am.**

# **Hotel Reservation Information**

NSMA Group Room rate deadline is Monday, April 5, 2011  
**FREE Continental Breakfast Included**



Howard Johnson Riverside Inn  
3333 Ramada Road, Grand Island, Nebraska 68801  
308-384-5150  
[www.hojo.com](http://www.hojo.com)

To get the group rate mention "NSMA Conference"

**\$59.00** (1-4 persons Per Room)  
\*If registered by Monday, April 5, 2011

Check In-4:00pm  
Check Out-Noon

## **Directions to hotel**

### **North**

Hwy 281 - Turn East on Hwy 34 - 2 Miles on the Left

### **South**

Hwy 281 - Turn East on Hwy 34 - 2 Miles on the Left

### **East**

Route I-80, Take Exit 314, Which is Also Called The Locust Street Exit. Hotel is on the Corner of Locust Street and Hwy 34

### **West**

Route I-80, Take Exit 314 Which is Also Called The Locust Street Exit. Hotel is on the Corner of Locust and Hwy 34

## **Letter From The President**



My role as president of the Nebraska Society of Medical Assistants will soon come to an end. I can truly say that I have enjoyed my term. When I first accepted this role, I was a little apprehensive because of the unknown. That apprehension was soon put to rest because of our wonderful board members. These women have an abundant amount of knowledge and experience regarding this position as well as the other Officer and Committee Chairs positions and are always willing to help. I would like to encourage you to be a member of the NSMA Board. Do not let your apprehensions stop you from experiencing what NSMA has to offer you. What I am trying to say is each of us is capable of more than we think. Our state society and local chapters can always benefit from members with fresh ideas to volunteer and keep our society and profession moving forward and preserving our right to practice. By volunteering, you will benefit in more ways than you know.

To the members of the Nebraska Society of Medical Assistants, I would ask that you keep your credential current, protect the Medical Assistants Right to Practice, and support your profession by attending local chapter meetings, the state conferences, and volunteering when you can.

The Grand Island Chapter will host the 45th NSMA Annual Conference on April 29, 30 and May 1, 2011.

I would like to personally thank each member of my board and each member of the local chapters for all their support this year.

Jeannine Nagel, BSHCM, CMA (AAMA)  
2010-2011 President of the Nebraska Society of Medical Assistants



## 2010-2011 NSMA Officers

### PRESIDENT

**Jeannine L Nagel, CMA (AAMA), BSHCM**

6311 Pinkney Street Alegent Health-MA Program  
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402-558-5234 Omaha, NE 68114  
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### VICE PRESIDENT and MEMBERSHIP COMMITTEE

**Janet Ueding, CMA (AAMA), LRT**

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### IMMEDIATE PAST PRESIDENT and EDITORIAL COMMITTEE

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### SPEAKER OF THE HOUSE

**Jan Frederick, CMA (AAMA)**

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### TREASURER

**Linda Allensworth, CMA (AAMA), CPC**

PO Box 283 Physicians Clinic, Inc  
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Phone, work & fax, callensw@frontiernet.net  
call before faxing 712-484-3446

### VICE SPEAKER OF THE HOUSE

**Leigh Perez, CMA (AAMA)**

Health West Rheumatology  
921 N 168th Avenue 16120 W Dodge Road  
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402-289-3472 402-354-0712



## NSMA 2010-2011 Standing Committee Chairman

### ARCHIVE

**Debra Potratz, CMA (AAMA)**

814 Sweetwood Drive w) 308-385-5175, ext 179  
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bils70el@yahoo.net avodicka@fhsofgeneva.org

### LIAISON

**Jeanette Goodwin, CMA (AAMA)**

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Jbg6@windstream.net

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**Wendy Judy, CMA (AAMA)** OBGYN  
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Hastings, NE 68901  
402-461-3130  
breezer522@charter.net

2115 N Kansas Avenue  
Hastings, NE 68901  
402-463-6793 FAX 463-6894

**PUBLIC POLICY**

**Laura Blankenship, RN, CMA-C (AAMA)**  
25125 S Windy Bluff LN  
Arlington, NE 68002  
402-478-5684

American Cancer Society  
Public/Professional Education  
Services  
Washington County Unit

**MENTOR**

**Jan Frederick, CMA (AAMA)** Heart Consultants  
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jffrederick@heartconsultantspc.com

6901 N 72nd St, 3rd Floor N Tower  
Omaha, NE 68122  
402-572-3319  
Fax 402-572-3643

## **NSMA 2010-2011 Chapter Presidents**

|              |                                 |                          |
|--------------|---------------------------------|--------------------------|
| GRAND ISLAND | Holly Mace, CMA (AAMA)          | mace_holly6691@yahoo.com |
| GREAT PLAINS | Andrea Stewart, CMA (AAMA), MLT | mahkj@gpcom.net          |
| HASTINGS     | Sarah Klein, CMA (AAMA)         | sdk_piano@hotmail.com    |
| LINCOLN      | Jessica Fitch, CMA (AAMA) RDMS  | fitchj84@hotmail.com     |
| OMAHA        | Tracy Bednar, CMA (AAMA), LRT   | jamietracybednar@msn.com |

**2011 Conference Chair**

Deb Potratz, CMA (AAMA)  
814 Sweetwood Drive • Grand Island, NE 68803-3122 • (308) 382-6123  
potratz\_fam@msn.com

## **Thank You**

- To the 2010-2011 State Medical Advisory Board:
- To the 2010-2011 elected and volunteering members of NSMA State Board and local chapters.
- To the 2010-2011 elected and volunteering members of the AAMA.

Without the support from members like you, our organization would not continue to grow.

### ***MEDICAL ASSISTING NEEDS YOU!***

There are two easy ways to join:

Visit our web page: [www.aama-ntl.org](http://www.aama-ntl.org)

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



## **AAMA Information**

### **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](http://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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto:CMAToday@aama-ntl.org).

If you would like more information on the NSMA or a membership packet sent to a fellow Medical Assistant, contact the NSMA Membership Chairman

**Janet Ueding, CMA (AAMA), LRT**  
909 L Street  
Tekamah, NE 68061  
402-808-4190  
[jueding48@yahoo.com](mailto:jueding48@yahoo.com)

Alegent Health-Arbor Family Care  
2255 S 132nd Street  
Omaha, NE 68144  
402-717-3390

**Student Buzz**

# "I want to be a *medical assistant* because..."

## MEDICAL ASSISTING STUDENT VIDEO & ESSAY COMPETITION

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

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

### Your entry could win \$500!

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

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

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

**Your judges:** The AAMA Communications and Marketing Department

**Your deadline:** July 1, 2011

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

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

### Submission requirements

#### Essay

- Send as an attachment via e-mail to [communications@aama-ntl.org](mailto:communications@aama-ntl.org) (Include the information from the form below in your e-mail message.)
- Length: 400–500 words
- Save in Microsoft Word .doc or .docx format

#### Video

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

### Judging criteria

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

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

**Essay entry:** See submission requirements above.

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

Full name: \_\_\_\_\_

Academic institution address: \_\_\_\_\_

Address: \_\_\_\_\_

Academic institution city/state/ZIP: \_\_\_\_\_

City/state/ZIP: \_\_\_\_\_

Educator's name: \_\_\_\_\_

Daytime phone number: \_\_\_\_\_

E-mail address: \_\_\_\_\_

The academic institution name of your medical assisting program: \_\_\_\_\_



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

website: [www.aama-ntl.org](http://www.aama-ntl.org) 800/228-2262

# Newly Certified Medical Assistants

The Nebraska Society of Medical Assistants would like to acknowledge the following Certified Medical Assistants who passed their certification exam since March 1 – August 31 of 2010:

## Newly Certified: March 1- August 31 2010

|                                      |               |
|--------------------------------------|---------------|
| Amber A Brown CMA (AAMA)             | Lincoln       |
| Tiffany Rae Swallow CMA (AAMA)       | Omaha         |
| Ashley Nicole Popple CMA (AAMA)      | Holdrege      |
| Jennifer M Petersen CMA (AAMA)       | Herman        |
| Amanda Dawn Simms CMA (AAMA)         | Lincoln       |
| Susan Alissa Wipert CMA (AAMA)       | Bellevue      |
| Kim Kay Vega CMA (AAMA)              | Bellevue      |
| Stella Faye Henne CMA (AAMA)         | Wahoo         |
| Nancy E. Berry CMA (AAMA)            | Lincoln       |
| Regina Diane Holt CMA (AAMA)         | Omaha         |
| Mandy Lynn Jahnke CMA (AAMA)         | Bellevue      |
| Brooke L. Spitz CMA (AAMA)           | Lincoln       |
| Ashley J Peppmuller CMA (AAMA)       | Fremont       |
| Holli G-A Ball CMA (AAMA)            | Omaha         |
| Courtney L. Bryan CMA (AAMA)         | Columbus      |
| Alicia Marie Weinacht CMA (AAMA)     | Omaha         |
| Angela L Morgan CMA (AAMA)           | Omaha         |
| Gayle Denise Brewer CMA (AAMA)       | Omaha         |
| Valerie Angela Peitz CMA (AAMA)      | Omaha         |
| Melissa K McCoy CMA (AAMA)           | Omaha         |
| Amber Dawn Newton CMA (AAMA)         | Hastings      |
| Ashley Nicole Fencel CMA (AAMA)      | Bellevue      |
| Linda J Guehring CMA (AAMA)          | Omaha         |
| Wendi Lea Patton CMA (AAMA)          | Weeping Water |
| Kailey Lynn Swanson CMA (AAMA)       | Lincoln       |
| Troy A Hettenbaugh CMA (AAMA)        | Lincoln       |
| Ashley Nichole Austin CMA (AAMA)     | Elkhorn       |
| Carol R Casper CMA (AAMA)            | Fremont       |
| Kelsey Ann Edgerton CMA (AAMA)       | Omaha         |
| Megan Elizabeth Herrmann CMA (AAMA)  | Omaha         |
| Nicole L Jennings CMA (AAMA)         | Omaha         |
| Joey P Bruner CMA (AAMA)             | Omaha         |
| Regina A Jackson CMA (AAMA)          | Omaha         |
| Terrin Perdew CMA (AAMA)             | Lincoln       |
| Jennifer Chavez CMA (AAMA)           | Elkhorn       |
| Amanda K. Kinsella CMA (AAMA)        | Bellevue      |
| Chelsea Kay Bills CMA (AAMA)         | Orleans       |
| Shannon Marie Stolp CMA (AAMA)       | Omaha         |
| Amy Elizabeth Market CMA (AAMA)      | Hastings      |
| Karla L. Kumpula CMA (AAMA)          | Lincoln       |
| Sonja Renee Williams CMA (AAMA)      | Omaha         |
| Jasmine R Kipp CMA (AAMA)            | Bertrand      |
| Stephanie Nicole Shandera CMA (AAMA) | Lincoln       |

## Recertified: March 1-August 31, 2010

|                                     |               |
|-------------------------------------|---------------|
| Shirley M Cannon CMA (AAMA)         | Omaha         |
| Marcia Talmon CMA (AAMA) LRT        | Nebraska City |
| Melissa M. Romsa CMA (AAMA)         | Papillion     |
| Jessica Rose Sebade CMA (AAMA)      | Lincoln       |
| Diana S. Beins CMA (AAMA)           | Ashland       |
| Mildred L Byron CMA (AAMA)          | Lincoln       |
| Tara LeAnn Konen CMA (AAMA)         | Holstein      |
| Michelle M Reavis CMA (AAMA)        | Lincoln       |
| Dawn M Kohle CMA (AAMA)             | Stuart        |
| Evelyn M. Brester CMA (AAMA)        | Fremont       |
| Joan L. Pokorny CMA (AAMA)          | Lincoln       |
| Angie D Claypool CMA (AAMA)         | Lincoln       |
| Gerilyn L Matthies CMA (AAMA)       | Springfield   |
| Jamie J Malone CMA (AAMA )          | La Vista      |
| Connie S. Pelster CMA (AAMA)        | Elgin         |
| Kelli M. Daake CMA (AAMA)           | Grand Island  |
| Lisa Marie Hoffman CMA (AAMA)       | Grand Island  |
| Stacey Dawn Bearinger CMA (AAMA)    | Lincoln       |
| Donna Jo Wallen CMA (AAMA)          | Omaha         |
| Teresa L. Lanz CMA (AAMA)           | Lincoln       |
| Alma C Delgado CMA (AAMA)           | Plattsmouth   |
| Lori A Dawson CMA (AAMA)            | Omaha         |
| Trisha J Cech CMA (AAMA)            | Omaha         |
| Melissa J. DeWitt CMA (AAMA)        | Dwight        |
| Carolyn Sue Inserra CMA (AAMA)      | Omaha         |
| Joni L. Janousek CMA (AAMA)         | Omaha         |
| Diane R. Lindblom CMA (AAMA)        | Omaha         |
| Susan Lynn Hoy CMA (AAMA)           | Bellevue      |
| Alberta J Sueper CMA (AAMA)         | Omaha         |
| Patricia Ann Bond CMA (AAMA)        | Plattsmouth   |
| Pam Ondracek CMA (AAMA)             | Wolbach       |
| Katrina Marie Eggers CMA (AAMA) LRT | Fremont       |
| Deidra Jo Parker CMA (AAMA)         | Hickman       |
| Ashley Stovall CMA (AAMA)           | Eagle         |
| Laura Ann Summers CMA (AAMA)        | Lincoln       |
| Pam Ondracek CMA (AAMA)             | Wolbach       |
| Patricia Ann Bond CMA (AAMA)        | Plattsmouth   |
| Katrina Marie Eggers CMA (AAMA) LRT | Fremont       |
| Deidra Jo Parker CMA (AAMA)         | Hickman       |
| Laura Ann Summers CMA (AAMA)        | Lincoln       |
| Ashley Stovall CMA (AAMA)           | Eagle         |
| Meagan M. Koch CMA (AAMA)           | Lincoln       |
| Angela L Frain CMA (AAMA)           | Lincoln       |

We try to get the most accurate list of passing Certified Medical Assistants from the AAMA, but we may inadvertently miss someone. Do know that we are proud of each and every one of you and your accomplishments. Congratulations on a job well done.



# **CAAHEP & ABHES Accredited Colleges in Nebraska**

**ALEGENT HEALTH**

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

**KAPLAN UNIVERSITY- LINCOLN**

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

**METHODIST COLLEGE**

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

**CENTRAL COMMUNITY COLLEGE**

Medical Assisting Program  
CAAHEP Accredited: Diploma, Associate  
**Michel McKinney, CMA (AAMA)**  
Program Coordinator  
PO Box 1024  
Hastings, NE 68902-1024  
402-461-2405  
F) 402-460.2138  
mmckinney@cccneb.edu

**KAPLAN UNIVERSITY- OMAHA**

CAAHEP Accredited  
Medical Assisting Program  
**Michelle Guthard, CMA (AAMA)**  
Program Coordinator  
3350 N 90th Street  
Omaha, NE 68134  
402-572-8500  
F) 402-573-1341  
mguthard@kaplan.edu

**SOUTHEAST COMMUNITY COLLEGE**

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

**VATTEROTT COLLEGE**

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

# Informing You For a Better You

## Buying a Carbon Monoxide Detector

The National Safety Council reports that hundreds of people are killed each year from carbon monoxide, an odorless, colorless gas that prevents the flow of oxygen in the blood to the organs of the body.

The Council offers these suggestions when buying a carbon monoxide detector for your home:

- It should meet the standards of Underwriters Laboratories Inc.
- It should have a five-year warranty or longer.
- It should be easily self-tested and reset to ensure proper functioning.
- It should be a high-quality detector – most cost \$50 or more. Avoid cheap, unreliable products.

Spending more money to get a quality detector is worth the money it might save your life one day.

*Reprinted from the HAA Alliance Beacon*

## Getting Enough Vitamin D



Vitamin D is formed naturally by the body as long as the skin is exposed to sunlight. Unfortunately, when people use sunscreen with a sun protection factor (SPF) of 8 or higher to prevent skin cancer, they are also blocking the UV rays that produce vitamin D.

According to the National Institutes of Health, 10 to 15 minutes of sun exposure at least two times per week to the face, arms, hands, or back without sunscreen is usually enough to provide adequate vitamin D.

But if you can't get enough sun, add vitamin D to your diet. According to the National Institutes of Health, good sources of vitamin D include:

- Cod liver oil
- Salmon
- Mackerel
- Sardines, canned in oil
- Tuna fish, canned in oil
- Vitamin D-fortified milk

*Reprinted from the HAA Alliance Beacon*

## Simple Moves for Muscle Toning

Strength training is no longer the domain of bulging bodybuilders or muscle-bound football players. It has become one of the most popular fitness activities in America for both men and women, and for good reason. When you couple a simple strength training program with a well-balanced diet to fuel workouts, you will feel stronger, healthier and more energetic.

### *Body Shaper*

Exercising with weights strengthens muscles and can make the body look more balanced and toned.



### *Heart Helper*

Physical activity reduces blood pressure and has beneficial effects on blood cholesterol levels.

### *Bone Builder*

Bone tissue is in constant turnover and formation. By increasing weight on the skeleton, strength training promotes enhanced bone cell formation. By strengthening bones, you can lower your risk of osteoporosis.



### *Injury Insurance*

Stronger, more balanced muscles, ligaments and tendons reduce the chance of injury. In the event of injury, rehabilitation times can be shorter.

### *Fat Buster*

Strength training builds muscle, which burns more calories than fat tissue. By building muscle, you increase your resting metabolic rate (the amount of energy required to keep basic body functions going). Strength training can even counter the body's metabolic decline that occurs with advancing age.



### **Stop Recurring Sinus Infections**

Millions of Americans are plagued by sinus infections, but most sinus medications and sprays should only be taken for a few days because prolonged use may damage nasal passages and actually worsen the condition.

If conventional sinus medications do not clear up your sinus problem and you seem to be prone to recurring sinus infections, several holistic medicine organizations recommend eliminating sorbitol from your diet. They speculate that congestion and discomfort could be caused by an allergic reaction to the chemical additive.

Sorbitol is a common ingredient in some brands of the following foods:

- Ice cream
- Gum
- Cake mixes
- Frozen fruit popsicles
- Candy maple syrup

*Reprinted from the HAA Alliance Beacon*

### **Plate Size Matters**

One of the simplest ways to help yourself eat smaller portions is to put your meals on smaller plates – for example, an 8-inch salad plate rather than a 10-inch dinner plate.

The effect, according to the National Institutes of Health and the Calorie Control Council, is that smaller portions satisfy a person's psychological need to see a full plate.

Research at the University of Illinois showed that snackers helped themselves to 42% more party mix when it was offered in four-quart bowls rather than two-quart bowls.

*Reprinted from the HAA Alliance Beacon*

### **Drugs May Increase Your Risk of Gum Disease**

If you don't brush and floss your teeth enough, you can suffer from tooth decay and gum disease. But did you know that long-term use of certain prescription drugs can cause dry mouth, which also makes you more susceptible to tooth and gum problems?

Examples of those that can cause problems including:

- \* Antidepressants
- \* Antihypertensives
- \* Decongestants
- \* Tranquilizers
- \* Antihistamines
- \* Antispasmodics
- \* Muscle relaxants

Talk to your doctor if dry mouth occurs when you are taking medication on a longer-term basis.

*Reprinted from the HAA Alliance Beacon*

### **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.

#### *Schedule 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. However, 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.

# **Seeking Active Members**

As Mentor Committee Chair of the Nebraska Society of Medical Assistants (NSMA), I invite you to join me as an ACTIVE member of our Society. In the tradition of our distinguished Society, we want to continue to support the values and principles that have been established by our professional organization.

We are currently in full force of pursuing a larger ACTIVE membership base. We are widening our scope of efforts to seek new ideas and innovative approaches. With your interest and support, we hope to enhance opportunities for the membership and broaden our appeal to all Certified Medical Assistants (American Association of Medical Assistants).

No one is asking you to jump into a position that you are not comfortable with. There are many different levels of participation and many seasoned members willing to help walk you through the steps until you feel confident enough to chair a committee and get more involved.

To get you started, take a few minutes to read the NSMA Bylaws and Standing Rules that are printed in the Med-A-Gram. Next, talk to a member who has or is currently serving as an officer or committee chair from your Chapter or is a member on the NSMA Board of Directors. Ask to see one of the NSMA Policy Manuals. Review the NSMA Fact Sheets to see where your talents will fit in.

At this time, I have chosen the following three positions to inform you about the details of those elected positions –

## ***NSMA VICE PRESIDENT FACT SHEET***

### **TERM:**

- One year
- Immediately succeeds to the office of President at end of term
- Elected by the delegates at the NSMA HOD
- If a vacancy occurs, the unexpired term is filled by a special election brought before the current voting body of the HOD

### **QUALIFICATIONS:**

- Active member of NSMA in good standing
- Must have served as a Chapter Officer or Standing Committee
- Chair or chaired an NSMA Standing Committee
- Familiar with AAMA Bylaws and the NSMA Bylaws and Standing Rules
- Understand basic parliamentary procedures
- Strong leadership abilities
- Willing to learn and focus on details
- Professional written and verbal communication skills
- Inspirational, reliable, competent

### **RESPONSIBILITIES:**

- Attend all NSMA BOD meetings and the annual NSMA HOD
- Assume the duties of President in that officer's absence
- Assist the President throughout term
- Select the NSMA Medical Advisory Board members (pending BOD approval)
- Appoint all Standing Committee Chairs for upcoming year (except Annual Conference Chair and Nominating) pending BOD approval
- Assist the Liaison Chair in selecting SAB members
- Produce a written yearend report

**BENEFITS:**

- Delegate to the AAMA annual conference and HOD

**AUTOMATIC APPOINTMENTS:**

- Delegate to AAMA HOD
- Member of the NSMA Bylaws Committee

### ***NSMA SECRETARY FACT SHEET***

**TERM:**

- One year
- Elected by the delegates at the NSMA HOD
- If a vacancy occurs, the unexpired term will be filled by ballot vote of the BOD

**QUALIFICATIONS:**

- Active member of NSMA in good standing
- Must have served as a Chapter Officer or Standing Committee
- Chair or chaired an NSMA Standing Committee
- Familiar with NSMA Bylaws and Standing Rules
- Understand basic parliamentary procedures
- Knowledge of correct grammar, spelling and punctuation
- Computer skills with ability to type/transcribe
- Organized, accountable, reliable

**RESPONSIBILITIES:**

- Attend all NSMA BOD meetings and the annual NSMA HOD
- Record and distribute the proceedings of all BOD meetings including the annual NSMA HOD
- Maintain files to contain minutes, committee reports and Treasurer Reports
- Report on or read correspondence sent in the name of the Society at the President's request
- Assist other BOD members with preparing correspondence as needed
- Custodian of all records and physical property of NSMA
- Purchase and distribute NSMA stationery/envelopes
- Send out memorials and cards as directed by the BOD
- Produce a written yearend report

**BENEFITS:**

- Eligible to have AAMA active membership dues reimbursed by NSMA for term served

### ***NSMA VICE SPEAKER OF THE HOUSE FACT SHEET***

**TERM:**

- One year
- Officer automatically succeeds to Speaker of the House at end of term
- Elected by the delegates at the NSMA HOD
- If a vacancy occurs, the unexpired term will be filled by ballot vote of the BOD

**QUALIFICATIONS:**

- Active member of NSMA in good standing
- Must have served as a Chapter Officer or Standing Committee
- Chair or chaired an NSMA Standing Committee

- Familiar with NSMA Bylaws and Standing Rules and AAMA Bylaws
- Understanding of Robert's Rules of Order – Newly Revised and basic parliamentary procedures
- Well organized
- Strong verbal and written communication skills
- Punctual, dependable

**RESPONSIBILITIES:**

- Attend all NSMA BOD meetings and the annual NSMA HOD
- Assist the Speaker of the House as needed
- Mentor into the role of Speaker
- Prepare yearend report

**BENEFITS:**

- Eligible to have AAMA active membership dues reimbursed by NSMA for the term served.

**AUTOMATIC APPOINTMENTS:**

- Member of NSMA Bylaws committee
- Officer is the NSMA Nominating Chair

It is our conviction that your support and participation will make a lasting positive impact in the future of NSMA. If you are at all interested in learning more about the structure of our Society, duties of elected officers or the responsibilities of standing committee chairs, please contact me.

Jan Frederick, CMA (AAMA)  
 NSMA Mentor Committee Chair  
 janfrederickcma@cox.net  
 (w)402-572-3319  
 (h)402-932-8561

## **NSMA Conference Updates**

**2011 NSMA's 45th Annual Conference**, hosted by the Grand Island Chapter  
 April 29, 30 & May 1, 2011, @ the Howard Johnson Riverside Inn,  
 Conference Chair is Debra Potratz, CMA (AAMA), 308-382- 6123

**2012 NSMA's 46th Annual Conference 2012**, hosted by the Omaha Chapter  
 Friday, April 20 & Saturday, April 21, 2012  
 Conference Chair is Tracy Bednar, CMA (AAMA), LRT, Omaha, Nebraska, 402-779-4024  
 Co-Chair Linda Allensworth, CMA (AAMA), CPC, 712-484-3446

**2013 NSMA's 47th Annual Conference 2013**, hosted by the North Platte Chapter  
 Conference Chair is Andrea (Andy) Stewart, MLT, CMA (AAMA), 308-386-2464

# **Delegates Reports**

## **Summary of the Delegates and Alternates reports from the 54th Annual AAMA Conference LAKE BUENA VISA, FLORIDA, SEPTEMBER 24 – 27, 2010**

The Nebraska Delegates and Alternates all traveled to Orlando on the same flight on Wednesday, September 22, 2010. The 54th Annual AAMA Conference began on Friday, September 24, 2010.

The conference theme was 2010 Learning Sunfari and was held in the beautiful Hilton in the Walt Disney World Resort. There were 616 members pre-registered for the conference.

A continental breakfast was held each morning prior to the beginning of the first session.

The conference also offered cash and carry box lunches each day except on Sunday when the box lunch was included in the conference fee. On Friday evening, the Dessert Social and Excel Awards again replaced the normal "Welcome Party". The President's Banquet was the last meal function of the conference on Monday evening.

### **Highlights from the Board of Trustees/Endowment Meetings:**

The first required function for the Nebraska delegation was the attendance at the BOT meeting. There were a number of attendees in this year's gallery. Again, we did not have an agenda so things were a little hard to follow since we do not have any background on what is being discussed. In addition, things are

discussed pretty quickly, so it is hard to take notes with correct information.

Don Balasa, JD, MBA, AAMA Executive Director announced that he has been chosen to be part of the legal counsel section of the ASAE (American Society of Association Executives). This will allow him to keep track of the latest developments of public policies.

Don also stated that his blog "Legal Eye on Medical Assisting" has received numerous questions. Members have the ability to follow both the questions as well as the answers on the AAMA Website.

Don highlighted key points of his presentation that he will be giving during the HOD. There is a new threat regarding CMAs and Medication Aides. CMAs now need to meet the requirements of the medication aide in order to administer medications in some clinics in Nebraska. Thirty-three states have the med aide classification. Don has written a recent article for the CMA Today which will be published in an upcoming issue. Don will be also doing a telephone presentation in October in Maryland and Washington, DC. He also commented that the submission to speak at the American Academy of Ambulatory Care Nurse Conference was rejected.

All four funds ended the fiscal

year in excess of revenue over expenses.

Don sent letters to all state societies who needed to file an IRS 990N tax form. Forms need to be filed even though the gross annual income does not exceed the amount stipulated by the IRS.

Don will be an expert witness for a school who promised their students that they would be able to sit for the CMA (AAMA) exam and they were not CAAHEP or ABHES accredited.

Deb Houston, CEB Chair, discussed the Electronic Learning Center (ELC). She passed around a chart that compared usage by members and non-members. The BOT would also like to compare the use of hard copy vs. electronic method.

Boni Bruntz, AAMA President, discussed attendance at the PAHCOM Conference on 9/14 – 9/16. There were 105 members that visited the AAMA Exhibit Booth. A professional marketing packet was given out to them as well as information about Medical Assisting Recognition Week. Discussion ensued about the AAMA also pursuing a relationship with the MGMA as well as PAHCOM. MGMA's presence is stronger in some states more than PAHCOM is. The BOT is sending a letter to a student working on a dissertation for her doctorate regarding the CMA (AAMA) Credential stating that

the BOT have accepted her proposal after being reviewed by the Certifying Board of the AAMA.

### **Dessert Social and Excel**

#### **Awards:**

After the Dessert Social, the 2010 Excel Awards winners were announced. The awards are broken up into the following sections: Section A = 200 or fewer members, Section B = 201 -500 members, Section C = 501 – 800 members, Section D = 801 or more.

Awards of Distinction, Golden Apple - Laura Durham, BS, CMA (AAMA)

Leadership and Mentoring - Johnny Adamson, CMA-AC (AAMA)

#### **Publishing.**

Excel - *The Michigan Medical Assistant Journal*, published by Michigan (D), Jane Stephens, CMA (AAMA), editor

Achievements - *NYSSMA Today*, published by New York (C), Lynn Augenstern, MA, CMA (AAMA), Editor. *Tempo*, published by North Carolina (D), Elsie Brooks, CMA (AAMA), Editor. *The Helping Hand*, published by Ohio (D), Tammy McClish, MS, CMA (AAMA), Editor

#### **Website Development**

Excel - Washington (D), Barbara Dahl, CPC, LPN, and Sheri Greimes, CMA (AAMA), PBT (ASCP), RMA, MPT (AMT), Web Chair.

Achievements - North Carolina

(D), Rebecca Walker, BS, CMA (AAMA), CPC, Web Chair

#### **Membership Retention**

Excel - North Dakota (A), Maine (B), Wisconsin (D)

Achievements - Alaska and Montana (A)

#### **Membership Recruitment**

Excel - Alaska (A), Maine (B), New Hampshire (C), Pennsylvania (D)

Achievements - Mississippi and New Mexico (A), California and Connecticut (C), Minnesota and Florida (D)

#### **Student Membership Recruitment**

Excel - Alaska (A), Utah (B), California (C), Oregon (D)

Achievements - Mississippi and Arizona (A), Maryland and Maine (B), New Hampshire and Connecticut (C), Minnesota and Florida (D) CMA (AAMA)

Certification, Greatest percentage increased of members CMAs (AAMA): Missouri (A), Arizona (B), Connecticut (C), Florida (D)

Student Awards, Sponsored by F. A. Davis,

Essay - Margaret Palermo, CMA (AAMA), Indian River State College, Fort Pierce, Fla.

Video - Kelli Boyle, Bryant and Stratton College Parma, Ohio

### **Leadership A Training:**

HOD Delegate and Alternate Orientation was the first required session for the delegates/ alternates today. Speaker of the

House, Chris Hollander, CMA (AAMA) and Vice Speaker of the House, Nina Watson, CMA (AAMA), CPC, gave an overview of the HOD proceedings on Sunday. The guidelines for submitting a motion, sending messages via the pages to someone else in the house and general parliamentary procedure were reviewed. Several students volunteered to be Pages during the HOD sessions. During the Reference Committees, members are encouraged to initiate discussion regarding any of the reports in the Delegates Packet.

### **Other topics of interest at the Conference:**

The CMA (AAMA) Knowledge Bowl, sponsored by the Certifying Board, presented on Saturday afternoon was a fun way to receive CEUs. A Powerpoint presentation was utilized this year so that the audience could see the questions along with the contestants. Special thanks to the states of North Carolina and South Carolina for helping to make this a big success again this year as well as the members who volunteered for the teams!

### **Presidents and President Elects Advisory Council:**

The last required event of the day was the Advisory Council of Presidents and President Elects. Lisa Lee, CMA (AAMA) Membership Development Manager announced that E-Blasts are again being utilized to open up communication between the BOT and the membership.

Paula Purdy, CMA (AAMA), Professional Awareness and Expansion Chair announced that marketing packets would be distributed to the State Presidents for their review and to use in promoting the CMA (AAMA) credential to employers. David Knight, Continuing Education/Membership Director, answered questions from attendees regarding the chapter and states membership lists. They are still working to get E-Commerce up and running. The newest promotional idea of the AAMA BOT is the launching of the AAMA Facebook Page. Much discussion about the pros and cons of this ensued because some members were opposed to having their pictures posted on Facebook.

#### **House of Delegates:**

The House of Delegates was called to order by the Speaker of the House, Chris Hollander, CMA (AAMA). Again, we did not have a keynote speaker this year, which saves time and allows HOD business to proceed. The University of Central Florida Air Force ROTC presented the colors to the HOD followed by the Pledge of Allegiance and the National Anthem.

It was announced that the Past President's Society has donated \$200 to the Surveyors Training Fund. Florida presented \$200 to the Maxine Williams Scholarship in recognition of Betty Springer, CMA-A (AAMA) as incoming President of the AAMA.

In recognition of Hawaii's newly affiliated status, President Bruntz, CMA-A (AAMA) present-

ed Dorothy Mack, CMA (AAMA) with their charter.

President Bruntz gave a supplemental President's report of happenings since the June BOT meeting.

Two states had to ask permission to be seated at the HOD: Hawaii, Idaho. Votes were cast and the states were allowed to be seated. It was never presented to the HOD why they needed permission to be seated; however, we assumed that Hawaii's was because they had just received their charter.

The rules of the House were not read since they were mailed out to delegates on time per the Bylaws. Total voting power of this HOD was 129.

Nebraska joined the meet and greet with the candidates running for AAMA office after the close of the first session of the HOD. However, they only allowed 4 minutes with each candidate, which we felt was not enough time. In addition, the overall session only lasted long enough for us to talk to two of the candidates running even though we had two hours before the Reference committee sessions started.

The Reference Committee reports were given and all AAMA members were given a chance to voice their opinions and concerns over them.

#### **Committee report presented to the HOD**

All committee reports were accepted as written or amended.

#### **Bylaws presented to the HOD**

The four proposed bylaws

were presented this year to the HOD, only two were approved.

The HOD approved the following Bylaws amendments:

- Approved wording that defines membership-at-large at the national and state level
- Approved a \$5 increase in student membership dues

#### **Resolutions:**

Two resolutions were presented this year, one was amended and approved and the other was approved as written.

The HOD adopted the following resolutions:

- Increase awareness of ovarian cancer (presented by the New York State Society)
- Increase national membership dues by \$10

There was an issue with the counting and reporting of the ballots this year.

An executive session was called after the end of the HOD, which included just the state delegates, the AAMA Past Presidents and the current AAMA BOT. Delegates were instructed not to discuss details of the session with anyone not in attendance of that session.

#### **President's Banquet:**

Highlighting the end of the conference on Monday was the outgoing AAMA President, Boni Bruntz, CMA-A (AAMA), Colorado, installing Betty Springer, CMA (AAMA), from Florida, as the new AAMA 2010-2011 AAMA President at the President's Banquet.

Nebraska President, Jeannine Nagel, BSHCM, CMA (AAMA)

was honored during the President's walk into the Grand Ballroom with a Certificate of Appreciation in recognition of outstanding service and loyal support of the affairs of the NSMA from the AAMA President, Boni Bruntz, CMA-A (AAMA).

It was announced that the Surveyor's Training collected \$2914 and the Maxine Williams Scholarship collected \$2888.

**Scheduled upcoming BOT meetings:**

Chicago, IL, February 4-5, 2011  
Renton, Washington, June 3-4, 2011

**Upcoming AAMA**

**Conferences:**

55th AAMA National Conference  
Indianapolis, Indiana, September 9-13, 2011

56th AAMA National Conference  
Scottsdale, Arizona September 7-12, 2012

Celebrate Medical Assistant Recognition Week, Oct 17-22, 2011!

We would like to thank the Nebraska members for electing us as delegate and alternate delegate to attend the National Conference on their behalf.

Submitted by,  
Jeannine Nagel, CMA (AAMA),  
BSHCM, President  
Janet Ueding, CMA (AAMA),  
LRT, Vice President  
Deb Potratz, CMA (AAMA),  
Delegate  
Lori Kounovsky, CMA (AAMA),  
1st Alternate  
Janis M. Frederick, CMA  
(AAMA), 2nd Alternate  
Linda Allensworth, CMA  
(AAMA), CPC, 3rd Alternate  
Carol Hipke-Muske, CMA  
(AAMA), 4th Alternate.

The results of the elections are as follows:

Betty Springer, CMA-C (AAMA),  
Ann Naegele, CMA (AAMA)  
Charlene Couch, CMA (AAMA)  
Chris Hollander, CMA (AAMA),  
Nina Watson, CMA (AAMA), CPC  
Paula Purdy, CMA (AAMA)  
Joyce Garibay, CMA (AAMA)  
Debby Houston, CMA (AAMA)  
Patricia Hightower, CMA (AAMA)  
K.M., CMA (AAMA), PhD  
Freida Miller, CMA (AAMA)  
Loxie Kistler, CMA (AAMA)  
Kathy Puckett, CMA (AAMA)  
Charlene Driggers, CMA (AAMA)

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# 2010 National AAMA Convention



NSMA President Jeannine Nagel, CMA (AAMA)



Deb wins a clown nose for her fun suggestion during a CEU session



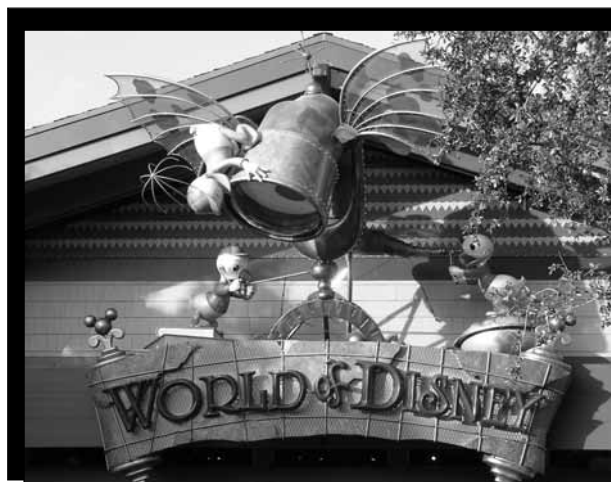
Carol with the Statue of Fontana de Nettuno



Nebraska Delegates at the 2010 AAMA Conference in Florida,  
(F) Deb Potratz, Janet Ueding, Jeannine Nagel, (B) Linda Allensworth,  
Jan Frederick, Lori Kounovsky, Carol Muske



Flower Statues of Beauty and the Beast



Huey, Duey and Louie on a store front at Disney's Marketplace



*Jeannine Nagel, Janet Ueding, Linda Allensworth, Jan Frederick, Carol Muske, Deb Potratz & Lori Kounovsky at Epcot*



*Loch Ness Monster made of Legos*



*Lori and Carol at Downtown Disney Marketplace*



*Lori, Deb and Carol enjoy a balloon ride over the Disney World Marketplace*



*Mickey and Minnie greet us as we enter Disney's Marketplace*



*Deb, Carol and Lori are taught the Princess pose by Snow White*



*Replica of France at Epcot*



*Replica of Italian architecture at Epcot*

# **NSMA Conference Grant Application**

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

One Grant will be offered annually and will pay the full registration fee to the Annual NSMA Conference.

## **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: \_\_\_\_\_

AAMA Membership 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](http://www.nsmaonline.org) or check your current fall Med-A-Gram for the current Awards Chair address.

## **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.

Check you fall Med-A-Gram or go online to [www.nsmaonline.org](http://www.nsmaonline.org) for the mailing address of the current Membership chair.

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

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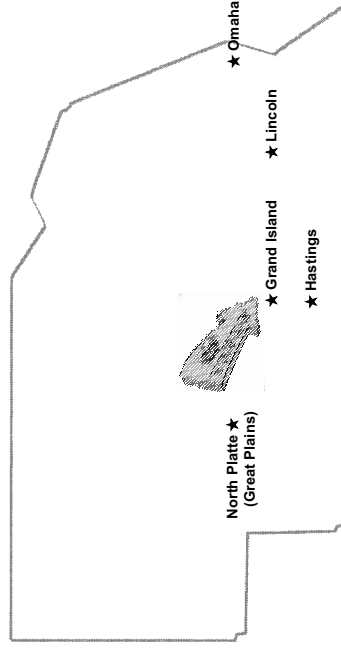
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