

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

**Spring 2013**



**I AM A CERTIFIED MEDICAL ASSISTANT**

"I believe in the principles and purpose  
of the Profession of Medical Assisting"

★ **Grand Island**

★ **Great Plains**  
**(2013 State Conference)**

★ **Hastings**

★ **Lincoln**

★ **Omaha**

## **Important Registration Information**

**Enclosed the 2013 NSMA Conference Registration Page 4**

**See the list of Newly Certified Medical Assistants Page 11**

**Delegates Reports from the AAMA National Conference  
In Scottsdale, Arizona Page 17**

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



At Alegent Creighton Health, our Mission is to provide high-quality care for the body, mind and spirit of every person. And it doesn't stop with our patients. We also take care of each other. We work under a set of Commitments that makes our work environment one of the most supportive you'll find.

- Competitive benefits
- Faith-based organization
- Many locations across the Metro area
- Excellent opportunities for personal growth

Alegent Creighton Health has many job opportunities in Medical Assisting. For a complete list of open positions and to apply, go to [AlegentCreighton.com/jobs](http://AlegentCreighton.com/jobs).

**Alegent + Creighton Health**

[AlegentCreighton.com](http://AlegentCreighton.com) • 1-800-ALENT

Working with you for a  
**healthy Nebraska**



**NEBRASKA**

**nebraskablue.com**

Blue Cross and Blue Shield of Nebraska is an Independent Licensee of the Blue Cross and Blue Shield Association.

**Editor:**

Carol Hipke-Muske, CMA (AAMA)  
745 N. Denver Ave.  
Hastings, NE 68901-4442  
H) 402-463-7976  
F) 402-460-2138  
W) 402-460-2173  
b\_a\_cma@hotmail.com

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 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

### **Table of Contents**

2013 NSMA Conference Information	<b>2</b>
2013 NSMA Conference Registration	<b>4</b>
Letter from the President	<b>6</b>
2012-2013 NSMA Elected and Voluntary Board Members	<b>7</b>
Contacting the American Association of Medical Assistants (AAMA)	<b>9</b>
Newly Certified & Recertified Medical Assistants	<b>11</b>
CAAHEP & ABHES Accredited Colleges in Nebraska	<b>12</b>
Informing You for a Better You	<b>13</b>
2012 AAMA National Conference Report (condensed) & Photos	<b>17</b>

*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**  
**ueding48@yahoo.com**

# Conference Information

## Nebraska Society of Medical Assistants

Dear CMAs (AAMA) and other Medical Office Personnel,

As the Nebraska Society of Medical Assistants Conference Chair, it is my privilege and pleasure to extend this official invitation to you to attend the 47th annual NSMA Conference "Get on the Education Train". The conference will be held May 3, & 4, 2013, at the Quality Inn & Suites/ Sandhills Convention Center, 2102 S Jeffers, North Platte, Nebraska.

Included is the registration form and hotel reservation information. As you will notice on the registration form, you have the option of the full two-day registration, which is your best deal, or individual days, if you are not able to come for the entire conference. Registration will begin Friday at 7:30 AM. There will be approximately 10 hours of continuing education presented. The applicable fees are included in the registration fee. Registration deadline is April 10, 2013, and no refunds after April 17, 2013.

On the hotel reservation information sheet, note the deadline for room reservations, Friday, April 5, 2013, is the last date to obtain the special conference group rate. Do not wait to make your hotel reservations as the allotment of rooms may fill up before the deadline date.

A special invitation is extended to all first time conference attendees, non-members and medical assisting students. You will be able to meet medical assistants and share ideas with them. Take a look at the organization and all it has to offer. There will be members available to answer any questions regarding our tri-level organization.

We will be honoring members and installing our newly elected Board members during the conference. Meals that are included in the registration fee include the Friday Dinner and Saturday Luncheon.

Make a note for your packing; it is difficult to keep the temperature in all rooms comfortable for everyone, so please, dress in layers---if desired. Attire is casual business attire for all functions during the conference including the CEU sessions and business meetings, NO blue jeans, sweats, scrubs, or cutoffs.

Alcoholic beverages, illicit drugs, and smoking are prohibited during conference-sponsored events. Photos taken throughout the conference may be utilized in NSMA media.

The Quality Inn & Suites is conveniently located just off I-80 on HWY 83. It is close to many restaurants and fast food eateries and of course Starbucks.

Guests of this hotel will enjoy many amenities such as... complimentary high-speed Internet, heated indoor pool, fitness center, pet friendly, and on-site dining. The hotel also provides free full hot breakfast buffet, featuring beverages, muffins, cereals, breads, fruit, and meats.

As we gather to attend the 47th Annual NSMA Conference, we hope your stay is enjoyable and comfortable. May we take this opportunity to continue growing in our profession and to become the best medical assistants we can be!

Please distribute an invitation to others who may also want this opportunity to receive continuing education.

If you have questions, please contact the 2013 Conference Chair -

Andy Stewart, CMA (AAMA)

(308)386-6074

andycma@yahoo.com

# Conference Agenda

## 47th Annual Conference of the Nebraska Society of Medical Assistants

### "Get on Board the Education Train"

May 3 & 4, 2013

#### Friday, May 3, 2013

7:30 am - 10:30 am	<i>Registration</i> (Foyer of the Convention Center)
8:00 am - 9:30 am	Pre-conference board meeting - Caboose Room
	<i>All educational sessions will be held in the South Platte River Ballroom</i>
10:00 am - 12:00 pm	Lori Barrett, APRN – How doctor offices should handle emergency situations
12:00 pm - 1:00 pm	<b>Lunch on your own</b>
1:00 pm - 1:15 pm	Welcome to North Platte by Mayor Dwight Livingston
1:30 pm - 3:30 pm	Angie Patrick, APRN – Diabetes management
3:30 pm - 4:00 pm	Break (furnished by Sandhills Convention Center)
4:00 pm - 6:00 pm	Kim Riley, RPT – How over the counter allergy meds interfere with prescription meds
6:00 pm - 7:00 pm	<b>Dinner</b> / Meet the AAMA Representative Loxie Kistler, EdD, RN, CMA (AAMA) and the 2012-2013 NSMA Officers and Chairmen - North Platte River Room
7:30 pm - 9:30 pm	House of Delegates - Niobrara River Room ~ all members welcome to attend

#### Saturday, May 4, 2013

7:30 am - 9:00 am	<i>Registration</i> (Foyer of the Convention Center)
9:00 am - 11:00 am	Sue Michalski - Domestic abuse
11:00 am - 11:30 am	<i>Break with Exhibits will be in the Snake River Room</i>
11:30 am - 12:30 pm	Claire Pavlecich - Durable medical supplies
12:30 pm - 12:45 pm	Loxie Kistler, EdD, RN, CMA (AAMA), National Representative from the AAMA - North Platte River Room
12:30 pm - 2:00 pm	<b>Luncheon</b> / Installation of 2013-2014 NSMA Officers and Awards Ceremony - North Platte River Room
2:30 pm - 3:30 pm	CMS - speaker to be announced
3:30 pm - 4:00 pm	<i>Break with the Exhibits will be in the Snake River Room</i>
5:00 pm - 6:00 pm	Post conference board meeting - Caboose Room

Education Sessions are subject to change without written notice. Because we are honoring our elected officers and special guests this weekend, we ask that you dress in casual business attire, no blue jeans, scrubs, sweats, or shorts. In addition, clothe for your own personal temperature comfort.



# Registration Form

**“Get on Board the Education Train in 2013”  
47th Annual Conference of the Nebraska Society of Medical Assistants  
Friday, May 3, & Saturday, May 4, 2013**

<b>Name:</b>		<b>Credentials:</b>	
<b>Address:</b>			
<b>City:</b>		<b>State &amp; ZIP:</b>	
<b>Chapter:</b>		<b>AAMA ID:</b>	
1. <input type="checkbox"/> Yes <input type="checkbox"/> No Is this your 1 <sup>st</sup> NSMA Conference? 2. <input type="checkbox"/> Yes <input type="checkbox"/> No Are you a past State President? 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?) 4. <input type="checkbox"/> Yes <input type="checkbox"/> No Have you Recertified your CMA (AAMA) credential since April of 2012. (Mo/Year of recertification _____).			

## **FULL TWO DAY REGISTRATION (10 CEUs and Two meals)**

- ☐ Members (meals & educational sessions) \$110.00
- ☐ Non-Members (meals & educational sessions) \$200.00
- ☐ Students (meals & educational sessions) \$100.00
- ☐ Students (educational sessions only) \$25.00

## **FRIDAY ONLY (6 CEUs and One meal)**

- ☐ Members (meal & educational sessions) \$80.00
- ☐ Non-Members (meal & educational sessions) \$120.00
- ☐ Students (meal & educational sessions) \$60.00
- ☐ Students (educational sessions only) \$15.00

## **SATURDAY ONLY (4 CEUs and One meal)**

- ☐ Members (meal & educational sessions) \$60.00
- ☐ Non-Members (meal & educational sessions) \$110.00
- ☐ Students (meal & educational sessions) \$60.00
- ☐ Students (educational sessions only) \$10.00

## **OTHER OPTIONS**

- ☐ GUEST Friday evening meal ticket \_\_\_\_\_ @ \$20.00
- ☐ GUEST Saturday Luncheon/awards meal \_\_\_\_\_ @ \$20.00
- ☐ LATE FEE for Registration \_\_\_\_\_ @ \$10.00

(If Postmarked after April 10, 2013)

*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 evening meal
- ☐ I plan on attending the Saturday Luncheon/Awards meal

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

## **Registration Deadline is**

**April 10, 2013.**

No Refunds after April 17, 2013.

## **Make Check Payable To:**

2013 NSMA CONFERENCE

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

Andrea Stewart, CMA (AAMA)  
PO Box 432  
Sutherland, NE 69165

## **NSMA Conference Contacts:**

Andrea Stewart, CMA (AAMA)  
PO Box 432  
Sutherland, NE 69165  
andycma@yahoo.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 Breakfast Buffet is  
available in the lobby  
from 6-9 am.**

# **Hotel Reservation Information**

## **2013 NSMA Conference “Get on Board the Education Train”**

Friday, May 3 – Saturday, May 4, 2013

at the

### **Quality Inn and Suites/Sandhills Convention Center**

2102 S. Jeffers North Platte, NE 69103

(308) 532-9090 fax (308) 534-6100

[www.sandhillcc.com](http://www.sandhillcc.com)

#### Hotel Reservation Information

Deluxe Sleeping Room Accommodations in our Main and North Buildings with outside entrances are \$69.00 per night and Two-Room Suites with inside entrances are \$99.00 per night. These are flat rates for 1-4 persons per room and include the Full Hot Breakfast Buffet.

NSMA Group Room rate deadline is Friday, April 5, 2013  
Specify NSMA Conference when making reservation.

#### **NSMA Conference Updates**

**2014 NSMA's 47th Annual Conference 2014**, hosted by the Hastings Chapter, April 25 & 26, 2014

**2015 NSMA's 48th Annual Conference 2015**, hosted by the Lincoln Chapter

#### **Thank You:**

- To the 2012-2013 State Medical Advisory Board.
- To the 2012-2013 elected and volunteering members of NSMA State Board and local chapters.
- To the 2012-2013 elected and volunteering members of the AAMA.

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

## **Letter From The President**



My second term as your NSMA President is coming to a close. Sometimes the word “President” can be terrifying, and scare some members away from serving as President, but when you have awesome members serving as your Board of Directors, the task is not that hard. If you would add all the years of experience that the NSMA Board members have, I think you would be amazed! There is a great wealth of knowledge there and I do believe any member would be happy to share that knowledge with anyone who asked. I know I personally rely and bounce off thoughts with fellow members all the time, as do others, and that is what makes a great society! As President, and in the previous year as Vice President, you learn a lot about how your society functions at the state level and at the national level.

I would encourage members to consider serving on the Board of Directors and maybe eventually as President of this Society. At last year’s conference during the instillation ceremony, I talked about planting the seeds of success, so I would aspire to all members to take the seed and grow with the Nebraska Society of Medical Assistants. Remember there is strength in numbers!

Lori Kounovsky, CMA (AAMA)  
2012-2013 Nebraska Society President



# 2012-2013 NSMA Officers

## 2012-2013 NSMA Board of Directors



*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*

### PRESIDENT and BYLAWS

#### **Lori Kounovsky, CMA (AAMA)**

PO Box 644  
Plainview, NE 68769  
402.582.4506  
ldkounovskycma@yahoo.com

Alegent Creighton Clinic Plainview  
PO Box 490  
Plainview, NE 68769  
402.582.3434  
Fax 402.582.4667

### VICE PRESIDENT

#### **Andrea Stewart, CMA (AAMA)**

PO Box 432  
Sutherland, NE 69165  
308.386.6074

Family First Health Center  
w) 308.386.4799  
Fax 308.386.4343  
andycma@yahoo.com

### IMMEDIATE PAST PRESIDENT

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

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

Alegent Health-Arbor Family Care  
2255 S 132nd St  
Omaha, NE 68144  
402.717.3390  
c) 402.870.1327

### SECRETARY

#### **Terrie King, CMA (AAMA)**

3114 Ave I  
Council Bluffs, IA 51503-4913

h) 712.322.2674  
w) 712.396.4139  
Fax 712.396.4217  
terriek1@hotmail.com

### SPEAKER OF THE HOUSE

#### **Michel McKinney, CMA (AAMA)**

4355 S Juniata Ave  
Juniata, NE 68955  
mmckinney@cccneb.edu

Central Community  
College-Hastings  
PO Box 1024  
Hastings, NE 68902-1024  
402.461.2405  
Fax 402.460.2138

### TREASURER

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

PO Box 283  
Carson, IA 51525-0283  
h) 712.484.3446

Physicians Clinic, Inc  
Omaha, NE  
callensw@frontiernet.net  
c) 402.740.1164

### VICE SPEAKER OF THE HOUSE

#### **Tracy Jo Bednar, CMA (AAMA), LRT**

24740 West Dodge Road  
Waterloo, NE 68069-4648

h) 402.779.4024  
jamietracybednar@msn.com  
w) 402.572.3500

# NSMA 2012-2013 Standing Committee Chairman

### ARCHIVE

**Debra Potratz, CMA (AAMA)** 308.382.6123  
814 Sweetwood Dr  
Grand Island, NE 68803  
ba.cma.aama2@gmail.com  
w) 308.385.5170, ext 110

### AWARDS

**Andrea Tiarks, CMA (AAMA)** h) 712.325.1669  
617 Arnold Ave  
Council Bluffs, IA 51503-5150  
andy4461@aol.com  
w) 402.343.1122

### BUDGET & FINANCE

**Nicole Dvorak, CMA (AAMA)** Methodist Physician Clinic  
57 Wenwood Circle  
Council Bluff, IA 51503  
712.325.0106  
Pediatrics  
w) 712.396.4310 ext 4288  
brysmom@hotmail.com  
c) 402.214.3319

### CERTIFICATION /EDUCATION

**Terrie King, CMA (AAMA)** h) 712.322.2674  
3114 Ave I  
Council Bluffs, IA 51503-4913  
terriek1@hotmail.com  
w) 712.396.4139  
Fax 712.396.4217

### DOCUMENTS

**Jan Frederick, CMA (AAMA)** Heart Consultants  
7217 N 74th St  
Omaha, NE 68122  
402.932.8561  
janfrederickcma@cox.net  
1120 N 103rd Plaza, Ste 100  
Omaha, NE 68114  
w) 402.384.4192  
f) 402.384.4202

**EDITORIAL and MARKETING**

**Carol Hipke-Muske, CMA (AAMA)**

745 N Denver  
Hastings, NE 68901  
402.463.7976  
b\_a\_cma@hotmail.com

Central Community College-  
Hastings  
PO Box 1024  
Hastings, NE 68902-1024  
402.460.2173  
Fax 402.460.2138  
c) 402.984.5317  
cmuske@cccneb.edu

**LIAISON and MENTOR**

**Lisa Hoffman, CMA (AAMA)**

4367 W Capital Ave  
Grand Island, NE 68803  
308.382.0808  
lisahoffman0624@msn.com

Grand Island Clinic  
2444 W Faidley Ave  
Grand Island, NE 68803  
308-382-1100, ext 150  
Fax 308-385-0789

**MEMBERSHIP**

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

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

**PUBLIC AFFAIRS**

**Laura Blankenship, CMA-C (AAMA)**

25125 S Windy Bluff LN  
Arlington, NE 68002  
402.478.5684  
American Cancer Society  
Public/Professional  
Education Services  
Washington County Unit

**2013 CONFERENCE CHAIR**

**Andrea Stewart, CMA (AAMA)**

PO Box 432  
Sutherland, NE 69165  
308.386.6074

Family First Health Center  
w) 308.386.4799  
Fax 308.386.4343  
andycma@yahoo.com

## **NSMA 2012-2013 Chapter Presidents**

GRAND ISLAND

Deb Potratz, CMA (AAMA)

ba.cma.aama2@gmail.com

GREAT PLAINS

Andrea Stewart, CMA (AAMA), MLT

andycma@yahoo.com

HASTINGS

Tara Konen, CMA (AAMA)

tkonen@hastingsortho.com

LINCOLN

Jen Kocian, CMA (AAMA)

toddjen320@neb.rr.com

OMAHA

Nicole Dvorak, CMA (AAMA)

brysmom@hotmail.com

### ***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 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 health-care 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](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  
[ueding48@yahoo.com](mailto:ueding48@yahoo.com)

Student Buzz

# "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](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, 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](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 from February 1, 2012 to December 1, 2012

## Newly Certified:

Addoul Kero Khalaf, CMA (AAMA) Lincoln NE  
 Adrienne R Burnett, CMA (AAMA) Omaha NE  
 Allison Jurgens, CMA (AAMA) Lincoln NE  
 Alysia D Torres, CMA (AAMA) Lincoln NE  
 Amanda B Klug, CMA (AAMA) Lincoln NE  
 Amanda L Butcher, CMA (AAMA) Plattsmouth NE  
 Amber A Criner, CMA (AAMA) Endicott NE  
 Amy M Heck, CMA (AAMA) Omaha NE  
 Angela M Bohling, CMA (AAMA) Lincoln NE  
 Anita K Hannah, CMA (AAMA) Gibbon NE  
 April J Ketelhut, CMA (AAMA) Walton NE  
 Ashley Kay Paden, CMA (AAMA) Lincoln NE  
 Asia Renea Pierce, CMA (AAMA) Omaha NE  
 Aubrie L Lindner, CMA (AAMA) Omaha NE  
 Audrey L Jones, CMA (AAMA) Omaha NE  
 Bridget Ann Bellinger, CMA (AAMA) Neligh NE  
 Brittaney Marie Johnson, CMA (AAMA) Omaha NE  
 Brittany Jo Durham, CMA (AAMA) Elkhorn NE  
 Brooke Anne Decicio, CMA (AAMA) Plattsmouth NE  
 Callie Nash Peacock, CMA (AAMA) Omaha NE  
 Camia S Sellers, CMA (AAMA) Omaha NE  
 Carolyn S. Argo, CMA (AAMA) Omaha NE  
 Casey Renee Hutchens, CMA (AAMA) Lincoln NE  
 Celeste Villa, CMA (AAMA) Omaha NE  
 Chelsea Jaymes Lock, CMA (AAMA) Lincoln/Omaha NE  
 Christina Nicole Evans, CMA (AAMA) Lincoln NE  
 Christine M Hambright, CMA (AAMA) Omaha NE  
 Courtney A Oliva, CMA (AAMA) Omaha NE  
 Daina L Kilgore, CMA (AAMA) Lincoln NE  
 Dakotah Shay Riley, CMA (AAMA) Milford NE  
 Dana L McMullen, CMA (AAMA) Omaha NE  
 Dana Louise Arenas, CMA (AAMA) Bellevue NE  
 Desiree L Cabellos, CMA (AAMA) Lexington NE  
 Diondra Petrina Burns, CMA (AAMA) Papillion NE  
 Emily Ann Frank, CMA (AAMA) Pender NE  
 Heather L A Verbeek, CMA (AAMA) Lincoln NE  
 Heather Louise Salmon, CMA (AAMA) Central City NE  
 Heather Rae Nielsen, CMA (AAMA) Lincoln NE  
 Holly M Hyda, CMA (AAMA) Lincoln NE  
 Jacklin A Eischeid, CMA (AAMA) Omaha NE  
 Jacklyn June Jensen, CMA (AAMA) North Loup NE  
 Jacqueline Ray Clanton, CMA (AAMA) Omaha NE  
 Jamie A Halsey, CMA (AAMA) Omaha NE  
 Jamie L. Decker, CMA (AAMA) Lincoln NE  
 Jana L Fitzgerald, CMA (AAMA) Lincoln NE  
 Janette Eileen Suey, CMA (AAMA) Omaha NE  
 Janice L Beethe, CMA (AAMA) Burr NE  
 Jennifer Lee Griger, CMA (AAMA) Omaha NE  
 Jesalynn Kyle Foutch, CMA (AAMA) Louisville NE  
 Jessica L Bevard, CMA (AAMA) Lincoln NE  
 Jill M Davis, CMA (AAMA) Omaha NE  
 Jodi Lynn Sterns, CMA (AAMA) Raymond NE  
 Jonathon David Royer, CMA (AAMA) Lincoln NE  
 Joyce A Craft, CMA (AAMA) Omaha NE  
 Julia Marie Nodskov, CMA (AAMA) Omaha NE  
 Karl J Haas, CMA (AAMA) Omaha NE  
 Kassie Lynn Van Dyke, CMA (AAMA) Kearney NE  
 Katherine Ann Vacek, CMA (AAMA) Omaha NE  
 Katie A Johnson, CMA (AAMA) Greeley NE  
 Kayla J Lee, CMA (AAMA) Omaha NE  
 Kayla Michelle Ostronic, CMA (AAMA) Omaha NE  
 Kinsey L Duffy, CMA (AAMA) Lincoln NE  
 Kristen A Bern, CMA (AAMA) Lincoln NE

Kristin M Bergstrom, CMA (AAMA) Omaha NE  
 Krystal Lynn Maaske, CMA (AAMA) Lincoln NE  
 Linda S Bloch, CMA (AAMA) Lincoln NE  
 Lyndee Jo Schrotberger, CMA (AAMA) Lincoln NE  
 Madelyn A Durkan-Mandina, CMA (AAMA) Omaha NE  
 Malia Allyson Wallace, CMA (AAMA) Omaha NE  
 Mandy L Bauer, CMA (AAMA) Lincoln NE  
 Mandy Lynn Hyda, CMA (AAMA) Omaha NE  
 Marilu Cazares, CMA (AAMA) Lincoln NE  
 Mary Beth Vokoun, CMA (AAMA) Wilber NE  
 Meagan Abigail Braun, CMA (AAMA) Avoca NE  
 Megan Janea Stanton, CMA (AAMA) Lincoln NE  
 Megan Marie O'Hearn, CMA (AAMA) Omaha NE  
 Melissa Sobotka, CMA (AAMA) Lincoln NE  
 Mikayla Mae Varley, CMA (AAMA) Lincoln NE  
 Mindi Sue Lineweber, CMA (AAMA) Lincoln NE  
 Monique S Wells, CMA (AAMA) Omaha NE  
 My Doan P Duong, CMA (AAMA) Lincoln NE  
 Nicole T Fletcher, CMA (AAMA) Omaha NE  
 Nyshia S White, CMA (AAMA) Omaha NE  
 Peggy J Leuty, CMA (AAMA) Lincoln NE  
 Penny Lou Edgington, CMA (AAMA) Omaha NE  
 Ray E Reitz, CMA (AAMA) Lincoln NE  
 Renee E Hall, CMA (AAMA) Omaha NE  
 Rochelle Jean Mostek, CMA (AAMA) Fremont NE  
 Rochelle Latice Scott, CMA (AAMA) Omaha NE  
 Sandy M Morris, CMA (AAMA) Omaha NE  
 Sara Kay McDonald, CMA (AAMA) Omaha NE  
 Sarah J Finch, CMA (AAMA) Bellevue NE  
 Sheryl M Deems, CMA (AAMA) Bellevue NE  
 Stacey R Kassebaum, CMA (AAMA) Lincoln NE  
 Stephanie Ann Hughes, CMA (AAMA) Papillion NE  
 Stephanie J Kadavy, CMA (AAMA) Lincoln NE  
 Stephanie L Brown, CMA (AAMA) Lincoln NE  
 Synder Rae Marie Brickner, CMA (AAMA) Lincoln NE  
 Tanya S Caceres, CMA (AAMA) Omaha NE  
 Theresa Elaine Velez-Cox, CMA (AAMA) Omaha NE  
 Theresa R Amrine, CMA (AAMA) Omaha NE  
 Toni Michelle McKim, CMA (AAMA) Bellevue NE  
 Tracy Lynn Ackles, CMA (AAMA) Bellevue NE  
 Tracy Lynn Ryan, CMA (AAMA) Omaha NE  
 Tracy Sue Moul, CMA (AAMA) Lincoln NE  
 Tram T. Nguyen, CMA (AAMA) Lincoln NE  
 Troy D Kuhlman, CMA (AAMA) Lincoln NE  
 Wendelin D Canner, CMA (AAMA) Omaha NE  
 Yvette M Lovell, CMA (AAMA) Omaha NE

## Recertified CMAs (AAMA)

Amy J Logemann, CMA (AAMA) Fremont NE  
 Amy J Reznay, CMA (AAMA) Wilber NE  
 Andrea J. Hanika, CMA (AAMA) Omaha NE  
 Andrea L Norris, CMA (AAMA) Holdrege NE  
 Angie Schalbrack, CMA (AAMA) Omaha NE  
 Anita R Borer, CMA (AAMA) Norfolk NE  
 Ann M Hille, CMA (AAMA) Hickman NE  
 Brenda S Post, CMA (AAMA) Lincoln NE  
 Camalla M Eynetich, CMA (AAMA) Grand Island NE  
 Carol L. Hipke-Muske, CMA (AAMA) Hastings NE  
 Cassandra M. Winkler, CMA (AAMA) Lincoln NE  
 Cheryl Lynn Schenk, CMA (AAMA) Omaha NE  
 Cindy L Bruhl, CMA (AAMA) Lincoln NE  
 Cindy Lee Holley, CMA (AAMA) Lincoln NE  
 Cindy Lee Van Arsdall, CMA (AAMA) Lincoln NE  
 Dana LeAnn Meves, CMA (AAMA) Lincoln NE  
 Danielle M Swanger, CMA (AAMA) Omaha NE

Debra A Povondra, CMA (AAMA) Springfield NE  
 Debra K Potratz, CMA (AAMA) Grand Island NE  
 Ellen Kolterman Chaffin, CMA (AAMA) Seward NE  
 Emilee M. Cooper, CMA (AAMA) Eagle NE  
 Eric D. Anderson, CMA (AAMA) Omaha NE  
 Erin Marie Goforth, CMA (AAMA) La Vista NE  
 Frances Anne McCoy, CMA (AAMA) Bellevue NE  
 Frances M. Showalter, CMA (AAMA) Lincoln NE  
 Haley Jo Clark, CMA (AAMA) Lincoln NE  
 Heather Dawn Bodeman, CMA (AAMA), AAS, Lincoln NE  
 Jane A. Rhebb, CMA (AAMA) Norfolk NE  
 Jean M Burmood, CMA (AAMA) Kearney NE  
 Jennifer Lee Pofahl, CMA (AAMA) Lincoln NE  
 Jeri A. Kallio, CMA (AAMA) Fremont NE  
 JoAnn M Johnston, CMA (AAMA) Omaha NE  
 Julie L Driggers, CMA (AAMA) Omaha NE  
 Karen E Robinson, CMA (AAMA) Fremont NE  
 Kari Ann Torchia, CMA (AAMA) Omaha NE  
 Kari Marie Kanel, CMA (AAMA) Dawson NE  
 Kelli Shantel Reckinger, CMA (AAMA) Omaha NE  
 Kimberly Ann Patrick, CMA (AAMA) Elkhorn NE  
 Kristi L. Bleach, CMA (AAMA) Lincoln NE  
 LaShari Nicole Hogan, CMA (AAMA) Omaha NE  
 Laura Lyne Smith, CMA (AAMA) Bennington NE  
 Leigh A Perez, CMA (AAMA) Omaha NE  
 Leora Elaine Ruckman, CMA (AAMA) Omaha NE  
 Lindsay Ann Dolezal, CMA (AAMA) Lincoln NE  
 Lori A. Weskamp, CMA (AAMA) Lincoln NE  
 Madel R Villanueva, CMA (AAMA), AOS, AMA, Omaha NE  
 Margaret Ann Gakemeier, CMA (AAMA) Springfield NE  
 Mary Beth Mika, CMA (AAMA) Lincoln NE  
 Mary E. Kinney, CMA (AAMA) North Platte NE  
 Mary Lou Lingerfelt, CMA (AAMA) Omaha NE  
 Michael Allen Ellis, CMA (AAMA) Lincoln NE  
 Michele Jean Richards, CMA (AAMA) Omaha NE  
 Michelle Lynn Kelly, CMA (AAMA) Bellevue NE  
 Pamela C Van Hoosen, CMA (AAMA) Lincoln NE  
 Raquel Joan Schachterle, CMA (AAMA) Lincoln NE  
 Raquel R. Andersen, CMA (AAMA) Crete NE  
 Ruth A. McCary, CMA (AAMA) Blair NE  
 Sandra K. Duckert, CMA (AAMA), CRT, BAT, Omaha NE  
 Sara Jean Lubeck, CMA (AAMA) Lincoln NE  
 Sarah Elizabeth Harms, CMA (AAMA) Weeping Water NE  
 Shadda Lee Steffensmeier, CMA (AAMA) Scribner NE  
 Shamada L Johnson, CMA (AAMA) Omaha NE  
 Sonja Marie Elaine Wright, CMA (AAMA) Cozad NE  
 Susan Diane Ashmore, CMA (AAMA) Bellevue NE  
 Tamara Mae Kohmetscher, CMA (AAMA) Deweese NE  
 Tamara Sue Kuehn-Damme, CMA (AAMA) Lincoln NE  
 Tara Jean Hoeff, CMA (AAMA) Omaha NE  
 Tasha Kendra Wright, CMA (AAMA) Lincoln NE  
 Terah Ann Yager, CMA (AAMA) La Vista NE  
 Terri L. Montague, CMA (AAMA) Lincoln NE  
 Terry Sue Larsen, CMA (AAMA) Omaha NE  
 Tracy Ann Clang, CMA (AAMA), AAS, Hickman NE  
 Verna L. Lawrence, CMA (AAMA) Ashland NE  
 Wendy L Bradford, CMA (AAMA) Lincoln NE

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

**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 - LINCOLN**

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

**KAPLAN UNIVERSITY - OMAHA**

CAAHEP Accredited  
Medical Assisting Program  
**Michelle Guthard, CMA (AAMA)**  
Department Chair  
5425 N 103rd St  
Omaha, NE 68134  
402-572-8500  
F) 402-573-1341  
mguthard@kaplan.edu

**METHODIST COLLEGE**

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

**METRO COMMUNITY COLLEGE**

CAAHEP Accredited  
Medical Assisting Program  
**Dona Marotta, MHA, CMA (AAMA)**  
Program Director  
P.O. Box 3777  
Omaha, NE 68103  
402-738-4713  
dmmarotta@mccneb.edu

**SOUTHEAST COMMUNITY COLLEGE**

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

**VATTEROTT COLLEGE**

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

# Informing You For a Better You

## Just add color

It is easier than you think to pick the healthiest fruits and veggies. Want a quick way to improve your health, try adding more adding more color to your diet in the form of fruits and vegetables. The rich saturated colors of nature's produce are exactly what make them good for you because they have the highest nutrient density.

According to the Centers for Disease Control and Prevention, eating a wide array of colored fruit and vegetables packs a wide range of nutrients. Yellow foods such as corn, squash, yellow peppers, and oranges are a good source of vitamin A and C that boosts your body's ability to fight infections and heal wounds. Foods with a red, blue, or purple skin contain anthocyanins, the pigments that give foods like blueberries their blue-purple color that can provide protection against cancer, improve brain function, and promote cardiovascular health. Other foods on the list would be grapes, eggplants, cherries, wines, and red onions. Red foods also get their color from lycopene, a carotenoid that has been linked to a reduced risk of cancer. Check out tomatoes, red pepper, watermelons, red grapefruit, and the spice chili powder.



[www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov)

## Living a healthy life

You have more control than you think when it comes to whether you'll live a long, healthy life. Even if you don't know your family's medical history, there are steps you can take to improve your health and prevent disease.

In addition to being vigilant about health screenings, there's a host of things you can do to lower your overall risk for a variety of diseases. Follow a diet that includes some fish and plenty of fruits and vegetables, and that is lower in saturated fat. Consume plenty of fiber and healthy fats like olive oil in your diet. Get at least 30 minutes of aerobic exercise on most days of the week.

Another powerful weight loss tool is keeping a food journal. According to the National Weight Control Registry's ongoing research project, this has helped the majority of 3,000 people losing an average of 66 pounds keep it for five years.

Start off with simply with tracking a typical week's food intake. This allows you to get a handle on problem times or circumstances that make it difficult to eat healthy. Write down exactly when and where you ate, whom you were with and your mood while eating, include special categories you want to track, such as carbs, fat or fiber.

By tracking your eating patterns, it can help you make adjustments and understand your over indulgences and dietary needs better. Studies show that keeping track of what you eat, for even one day, can help you make changes in your diet. What do you have lose?

## Just breath-

One of the best ways to deal with stress is also one of the simplest: deep breathing. Try it a couple of times every day. All you need to do is-

- J Lie down on a flat surface or sit in a chair
- J Place the other hand on your stomach, just above your navel. Place the other hand on your chest.
- J Slowly count to four and inhale through your nose. Try to make your stomach rise a little
- J Hold your breath for one second.
- J Slowly count to four while you exhale through your mouth. To control how fast you exhale, purse your lips as if you're going to whistle. Your stomach will slowly fall.
- J Repeat five to 10 times

Give it a try - you'll find that you'll be calmer and ready to take on the next challenge.



**The right way to dispose of medication**

If your medicine cabinet is filled with expired or unwanted medications, their safe disposal benefits everyone. The FDA offers these guidelines for proper disposal of medications.

- ✓ Don't flush prescription drugs down the toilet unless instructed by the drug label or patient instructions.
- ✓ If no instructions are given, throw the drugs in the household trash. First, remove medications from the original containers and mix them with an undesirable substance, such as used coffee grounds, kitty litter, cooking grease or dish soap. The medication will then be less appealing to children and pets and unrecognizable to people who may intentionally go through trash.
- ✓ Put drugs in a sealable bag, empty can or other container to prevent medication from leaking or breaking out of a garbage bag. You can also call your city or county government household trash and recycling service to see if a drug take-back program is available in your community. If you're still uncertain about proper disposal, talk to your pharmacist.

**Moms needs care too**

After giving birth, you may be extremely tired from feeding your baby often, hosting visitors and other post-labor experiences and circumstances. It's critical to prioritize your own mental and physical wellness, along with your baby's needs.

Besides the "baby blues", and more severe postpartum depression, watch for other possible post-birth symptoms and changes. These include sore muscles, bloodshot eyes or facial bruising from the hard work of labor. Difficulty with urination and bowel movements can also occur for several days after childbirth. Drink plenty of fluids and use stool softeners, if necessary.

**Has winter blues set in for you?** The time when it is too cold to go out for a leisurely walk or spend time in the vegetable or flower garden, and spring does not come fast enough. This is the time winter blues set in. Below are some tips to brighten things up:

Have your bedroom lights turned on a half hour before you wake up. You can do this by putting a bedside lamp on a timer.

Expose yourself to as much sunlight in the morning as possible. Open your curtains as early as possible.

Exercise and listen to lively music while doing it.

Watch your cravings. During the winter, your body craves foods high in carbohydrates.

Take a multi-vitamin. Vitamin D is essential in the winter. Your main source of Vitamin D is from the sun.

Wear bright colors and use brightly colored plates and glasses to serve your meals to offset the bland winter.

Treat yourself, having something to look forward to can keep anyone motivated. Winter seems endless! However, if you plan something exciting, your mood improves when you are anticipating it and when the event actually comes.

Socialize more. Organize a weekly potluck or happy hour with friends. Join an evening knitting group or a neighborhood game night. The point is to get out of the rut of office-home-bed that is so easy to fall into when it is cold out. Filling some of your after-work hours with friends will help you stay positive and energized through the dark winter months.

Indulge in a facial or massage. Winter is brutal on our skin and our shoulders might tense up from wearing heavy layers and coats all day, so a monthly facial or massage through the winter months is a wonderful way to practice self-care and keep one's spirits lifted.

Embrace the winter, instead of always avoiding the cold and the snow—look for the best that it has to offer! Try a new hobby, especially when you can do it with others. Take up winter activities like ice skating, building a snowman, attending a hockey game, or even sledding. Staying active will boost your energy. Seeing winter in a positive light, with all the fun activities that it has to offer, will keep your spirits high.

# 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.

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

### **TERM:**

One year

Officer automatically moves up from the Vice Speaker position

Elected by the delegates at the NSMA HOD

If a vacancy occurs, the Vice Speaker fills the unexpired term

### **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

Understand Robert's Rules of Order – Newly Revised and basic parliamentary procedures

Strong organizational skills, ability to meet deadlines, reliable, prepared

Ability to effectively conduct a large meeting

### **RESPONSIBILITIES:**

Attend all NSMA BOD meetings

Preside at the annual NSMA HOD

Appoint chairs for HOD staff committees

Prepare and distribute delegate packets

Mentor the Vice Speaker

Prepare yearend report

### **AUTOMATIC APPOINTMENT:**

Member of NSMA Bylaws committee

### **BENEFITS:**

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

### **PROCEDURE NOTEBOOK CONTENTS:**

File copy of delegates' packet for 5 years

Current NSMA operating budget and NSMA Financial Policies

Retain yearend report for 5 years

Current NSMA Bylaws and Standing Rules

Current AAMA Bylaws

Current NSMA Delegate Reference Guide and HOD

General Reference Guide

NSMA BOD updated roster

Copy of Robert's Rules of Order – Newly Revised

Updated NSMA Planning calendar

Revise/replace forms and samples as needed

## **VICE SPEAKER OF THE HOUSE NSMA 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

**PROCEDURE NOTEBOOK CONTENTS:**

File copy of delegate packet for 5 years  
 Current NSMA operating budget and NSMA Financial Policies  
 Retain yearend report for 5 years  
 Current NSMA Bylaws and Standing Rules  
 Current AAMA Bylaws  
 Current NSMA Delegate Reference Guide and HOD General Reference Guide  
 NSMA BOD roster updated yearly  
 Updated NSMA Planning calendar  
 Revise/replace forms and samples as needed

**ANNUAL CONFERENCE COMMITTEE  
 FACT SHEET**

**TERM:**

One year, however, preparations begin three years in advance.  
 Hosting Chapter appoints Chair with NSMA BOD approval

**QUALIFICATIONS:**

Active member of NSMA in good standing  
 Familiar with NSMA Bylaws and Standing Rules  
 Understand basic parliamentary procedures  
 Strong organizational and communication skills  
 Dependable with ability to follow-through  
 Able to manage a large project

Innovative, effective team leader

**RESPONSIBILITIES:**

Attend all NSMA BOD meetings beginning three years prior to conference  
 Organize the annual NSMA conference including location, dates, program agenda and fees  
 Chair appoints a Vice-Chair if necessary  
 Select and choose Chairs for conference sub-committees  
 Prepare a final conference report including all financial records  
 Review and update conference section of NSMA Policy Manual yearly

**BENEFITS:**

Annual NSMA conference registration fee paid  
 Vice-Chair: annual NSMA conference registration fee paid

**PROCEDURE NOTEBOOK CONTENTS:**

Nebraska Lottery & Raffle Information Guide  
 Current NSMA operating budget and NSMA conference budget  
 NSMA Financial Policies  
 Retain yearend report for 5 years  
 Current NSMA Bylaws and Standing Rules  
 Roster of conference committee chairs and members  
 NSMA BOD roster updated yearly  
 Update Annual Conference Committee planning calendar as needed  
 Updated NSMA Planning Calendar  
 Revise/replace forms and samples as needed

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.

**Mentor Chair**

**Lisa Hoffman, CMA (AAMA)**

4367 W Capital Ave  
 Grand Island, NE 68803  
 308-382-0808  
 lisahoffman0624@msn.com



# Delegates Reports

## Summary of the Delegates and Alternates reports from the 56th Annual AAMA Convention in Scottsdale, Arizona, September 7 - 10, 2012

"HOT TOPICS" was the theme of this year's conference held at the Doubletree Paradise Valley Resort. Attending from Nebraska were: Nicole Dvorak, CMA (AAMA), Lori Kounovsky, CMA (AAMA), Andrea Stewart, CMA (AAMA), as Delegates and Linda Allensworth, CMA (AAMA), Carol Hipke-Muske, CMA (AAMA), Terrie King, CMA (AAMA), Debra Potratz, CMA (AAMA), and Janet Ueding, CMA (AAMA) as Alternates. 549 people were preregistered for this conference.

### FRIDAY SEPTEMBER 7

This day started with the First Timers Reception, which Nicole and Terri attended where they were able to meet and visit with other first timers and the AAMA Board.

The Board of Trustees met and started with the usual introductions of the board and gallery. Highlights from the BOT meeting:

- Agreed to assess a fee for submitting programs for AAMA CEU credit effective January 1, 2013 to non AAMA providers (Healthcare facilities and corporations/businesses)
- Executive Director Dan Balasa reported on the recent ruling by CMS authorizing credentialed medical assistants to enter medication orders into the computerized provider order entry system.
- Connecticut Society submitted a SCOPE of PRACTICE

request to be allowed to give injections.

- Washington Society is working with their Department of Health on legislation that protects the right to practice.
- Approved the Certification Fund budget and appointments to the Continuing Education Board

Members were then able to attend a few CEU sessions. The day ended with the Dessert Social and Excel Awards. Awards are categorized by the following divisions: Section A = 200 members or less; Section B = 201-500, Section C = 501-800 and Section D = 801 or more members. Award winners were as follows:

#### • Awards of Distinction:

Leadership and Mentoring- Nadine Anderson, CMA-C (AAMA)

Spirit of Medical Assisting- Patricia Licurs, CMA (AAMA)

#### • Publishing:

Excel Award-USSMA House Calls Newsletter by Utah (B), NYSSMA Today by New York (C), and Tempo by North Carolina (D)

Achievements- Frontline by Texas (B), Med-A-Gram by Nebraska (C), Med-A-Scoop by Indiana (D) and WSMA Update by Wisconsin (D)

#### • Website Development:

Excel Award-www.scsma.org by South Carolina, www.ncsma.org by North

Carolina (D)

Achievement-www.ctsma.org by Connecticut

#### • Membership Retention:

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

Achievement- Alaska (A), Utah (B), Iowa (D)

#### • Membership Recruitment:

Excel Award- Kansas (A), Idaho (B), Connecticut (C), Indiana (D)

Achievement-Mississippi and New Mexico (A), South Dakota and Utah (B), New York and Pennsylvania (C), Georgia and Ohio (D)

#### • Student Membership Recruitment:

Excel Award- Montana (A), South Dakota (B), Connecticut (C), Minnesota (D)

Achievement-Arkansas and Kansas (A), Maine and Utah (B), Kentucky and South Carolina (C), Georgia and Wisconsin (D)

#### • CMA (AAMA) Certification- Greatest percentage of member CMA's (AAMA):

Montana (A), South Dakota (B), Connecticut (C) Washington

#### • Student Awards: Sponsored by F.A. Davis

Essay-Christopher Pollock, Tennessee Technology Center  
Video-Amanda Surace, Cuyahoga Community College

### SATURDAY SEPTEMBER 8

The Delegates and Alternates attended the HOD Delegates/

Alternates Orientation session. Here is where the AAMA Speaker and Vice Speaker of the House go over the rules of the House of Delegates, voting process, and how to present a motion. This was the time to ask questions and clarify issues. Nebraska delegation met with the Speaker and Vice Speaker after the session to discuss the proper way to approach the House of Delegates to withdraw the Bylaws proposals in the Delegates Packet. We were also given a pamphlet on "The ABC's of Parliamentary Procedure".

The North and South Carolina State Societies present the annual CMA (AAMA) Knowledge Bowl with questions developed by the AAMA Certifying Board, of which our own Jan Frederick CMA (AAMA) and Linda Allensworth CMA (AAMA) are members. Nicole Dvorak, CMA (AAMA) of the Omaha Chapter, Nebraska Delegate, and First Time Attendee, graciously accepted the challenge to participate in the knowledge bowl!

The night ended with the Advisory Council of Presidents and Presidents-Elect. President Naegele presented a handout with tips for being a leader entitled "As a Leader Remember". There was also discussion on the Program Planners Tab on the AAMA website and an upcoming webinar on immunizations. It was reported the forms have been improved and approved for CEU speaker. Again long discussion was had regarding

decreased membership.

### **SUNDAY SEPTEMBER 9**

The House of Delegates tried something new this year with check in using your membership card in order to be admitted to the HOD instead of actual Delegate/Alternate cards. For the most part this went ok; there are just a few bugs to work out for next year.

The House of Delegates was called to order by Speaker of the House Nina Watson, CMA (AAMA), CPC. The opened with Opening reflections, the Presentation of Colors, the National Anthem (sung by Jamie Lee, daughter of Lisa Lee, CMA (AAMA) a Trustee from Utah who did an awesome job!) and the Pledge of Allegiance. There were a total of 128 voting delegates and 4 proxy votes after Missouri and Michigan asked to be seated in the house. Rules of the House were not read since they had been printed in the packet to be read by Delegates. The report of the Nominating Committee was read and nominations from the floor were opened. There were no nominations from the floor for officers and trustees. Nominations were opened for the Nominating Committee with 6 delegates nominated of whom 4 could be elected.

At the end of the House, the Nebraska delegation made the motion to withdraw the Bylaws proposals in the Delegates Packet, submitted by Nebraska.

We asked for these to be withdrawn as our original intent is not the way AAMA had them worded. We were successful in having these withdrawn.

Candidates for office each gave a 2 minute speech and then there was a chance to "meet the candidate" where we could ask questions of the candidates.

The afternoon started with Resolutions. There were two proposed resolutions both of which sparked quite a bit of discussion.

Then we went into the Reports going through each report for clarification and questions. Again it was asked why the Delegates do not get the HOD minutes and discussion on the "canned" reports that really don't tell the story of what our elected Trustees do during the year. It was brought up that our AAMA representatives should send a report to the State President following their assignments.

Also found out that next year, the Spirit of Medical Assisting Award will be changed to AAMA Medical Assistant of the Year.

The Reference Hearings ended with the Bylaws, please see attached sheet of all Bylaws.

The House of Delegates reconvened at 7:30 pm. Credentials gave their report with voting power again at 132 total.

Both Resolutions were defeat-

ed. All Reports were accepted as presented in the packet.

Don Balasa, JD, MBA, Executive Director, Legal Counsel gave an overview of the recent article "AAMA Triumphs in CMS Medication Order Rule" in which CMS decided that credentialed medical assistants would be permitted to enter medication orders into the computerized provider order entry system. This, he states, is a major victory for the AAMA and the medical assisting profession. His article will appear in a future issue of CMA Today.

Usually at the House of Delegates, the site for the AAMA Conference to be held in two years is announced but it was not announced this year. It was announced at the House there were 643 attendees.

A list of Bylaws Amendments and Resolutions: (those adopted reflect current wording)

BYLAWS AMENDMENT 12-01  
ARTICLE III  
ORGANIZATIONAL POLICY  
Adopted

AAMA is hereby declared to be nonprofit. It is not nor shall it ever become a trade union or collective bargaining agency. No person otherwise qualified for membership in AAMA shall be denied membership. No person who participates in the activities of organizations whose purpose is to overthrow the government of the United States shall be a member of AAMA.

BYLAWS AMENDMENT 12-02  
ARTICLE VI | MEMBERSHIP  
Withdrawn

BYLAWS AMENDMENT 12-03 | ARTICLE VI  
MEMBERSHIP | Adopted  
SECTION 2. Qualifications.  
C. SUSTAINING – Anyone who has been an active or associate member for at least two years who has retired from medical assisting is eligible for sustaining membership. This membership shall be forfeited if not renewed annually.

BYLAWS AMENDMENT 12-04  
ARTICLE VI | MEMBERSHIP  
Withdrawn

BYLAWS AMENDMENT 12-05 | ARTICLE VI  
MEMBERSHIP | Not Adopted

BYLAWS AMENDMENT 12-06  
ARTICLE VII | DUES |  
Referred by to Bylaws Committee for Clarification

BYLAWS AMENDMENT 12-07  
ARTICLE VIII | OFFICERS  
AND TRUSTEES AND THEIR  
QUALIFICATIONS | Adopted

SECTION 3. A candidate for office or trusteeship shall be a CMA (AAMA) holding current status and shall: A. Be an active or life member whose membership has not been revoked, as delineated in Article VI, Section 4. \*

\*(Note Nebraska Delegation voted NO on this definition throughout Bylaws Amendments because it did not adequately define a member "in good standing".)

BYLAWS AMENDMENT 12-08  
ARTICLE IX | NOMINATIONS  
AND ELECTIONS | Adopted

SECTION 2. Elections. B. If a state of emergency, as defined by the Board of Trustees, precludes the holding of an annual conference, the Board of Trustees shall supervise and conduct the election either electronically or by U.S. mail in accordance with Article XV, Section 5.

BYLAWS AMENDMENT 12-09  
ARTICLE XIII | BOARDS AND  
COUNCILS | Adopted

SECTION 4. Judicial Council.  
A. The Judicial Council shall consist of five past presidents of AAMA whose membership has not been revoked, as delineated in Article VI, Section 4. \*

BYLAWS AMENDMENT 12-10  
ARTICLE XIV  
COMMITTEES/STRATEGY  
TEAMS | Adopted

SECTION 2. Committee/strategy teams shall consist of members whose membership has not been revoked, as delineated in Article VI, Section 4 \*, in sufficient number to carry out the duties of the committee/strategy team.

BYLAWS AMENDMENT 12-11 | ARTICLE XV | HOUSE OF  
DELEGATES | Adopted

SECTION 2. The composition of the House of Delegates shall be as follows: C. Each constituent society shall be entitled to two delegates for the first 100 active and associate members or fraction thereof plus one

delegate for each additional 400 active and associate members or fraction thereof. 1. Delegates and alternates shall be active or AAMA life members whose membership has not been revoked, as delineated in Article VI, Section 4.\*

BYLAWS AMENDMENT 12-12 | ARTICLE VI | HOUSE OF DELEGATES | Not Adopted

RESOLUTION 12-1 | CPR Training and an overview of automated external defibrillations should be required for high school students. | Not Adopted

RESOLUTION 12-2 | Revised Vision Statement | Referred back to BOT for Revision

### **MONDAY SEPTEMBER 10**

This was the last day of conference and ended with the President's Banquet. All State

Presidents were introduced at the banquet. Cyndee Lundgren, CMA (AAMA) served as Master of Ceremonies. Ann Naegele, CMA (AAMA) gave her farewell speech and then passed on the gavel to Chris Hollander, CMA (AAMA) who then gave her incoming President's speech.

During the banquet, it was also announced that the Surveyor fund collected \$2800 and the Maxine Williams Scholarship Fund collected \$1538.

### **57th AAMA National Convention:**

Atlanta, Georgia, September 27-30, 2013, at the Sheraton Atlanta Hotel: <http://www.sheratonatlantahotel.com/>

### **58th AAMA National Convention:**

St. Louis, Missouri, October 17 - 20, 2014, at the Hilton St. Louis at the Ballpark: <http://www.hiltonstlouis.com/>

The delegates and alternates 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,

Lori Kounovsky, CMA (AAMA), President, Delegate

Andrea Stewart, CMA (AAMA) Vice President, Delegate

Nicole Dvorak, CMA (AAMA) 3rd Delegate

Deb Potratz, CMA (AAMA) Alternate

Terri King, CMA (AAMA) Alternate

Janet Ueding, CMA (AAMA), LRT, Alternate

Linda Allensworth, CMA (AAMA), CPC, Alternate.

Carol Hipke-Muske, CMA (AAMA) Alternate

### **Results of the elections were:**

Vice President  
Secretary-Treasurer  
Speaker of the House  
Vice Speaker  
Trustees

Nina Watson, CMA (AAMA), CPC  
Charlene Couch, CMA (AAMA)  
Paula Purdy, CMA (AAMA)  
Lisa Lee, (CMA) AAMA)  
Loxie Kistler, EdD, RN, CMA (AAMA)  
Deborah Houston, CMA (AAMA) CPC  
Michael Pfeil, LVN, CMA (AAMA)  
Joyce Garibay, CMA (AAMA)  
K.M., PhD, CMA (AAMA)

Nominating Committee

Lisa Johnson, CMA (AAMA)  
Monica Case, CMA (AAMA)  
Melissa Burbage, CMA (AAMA)  
Jennifer Amaral, CMA (AAMA)



# 2012 National AAMA Convention



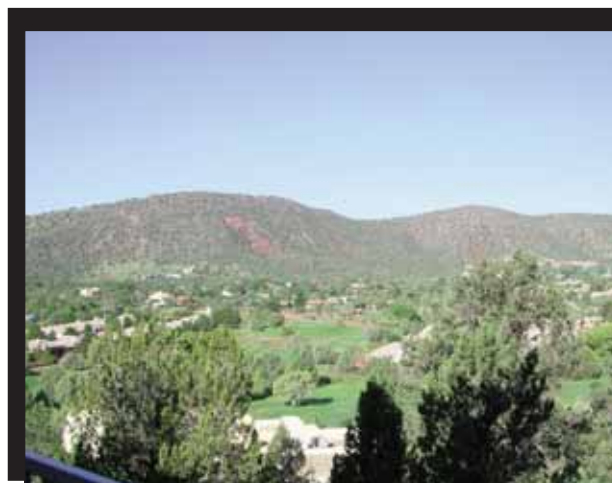
*AAMA President Hollander with the Nebraska Delegation*



*NSMA President Kounovsky accepts the awards for Membership retention and an Achievement in publishing for the Med-A-Gram from AAMA President Naegele*



*Lori, Deb and Carol enjoy a Mexican meal at Deb's favorite restaurant TeePee*



*How can we leave such a beautiful place...*



*Montezuma Castle in the hills of Arizona*

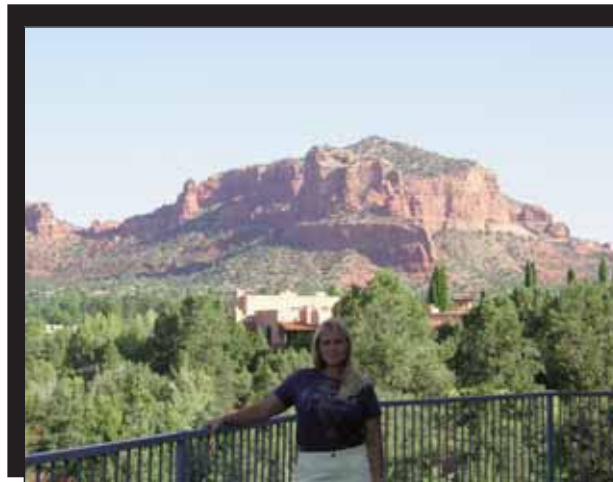


*Montezuma Well in the hills of Arizona*





*Lori and Deb enjoy the Arizona mountains*



*Let's stay*



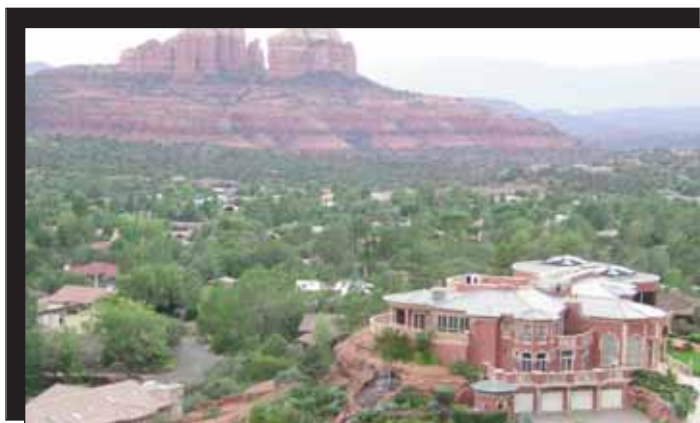
*Lori and Carol enjoy the Verde Canyon train through the countryside of Arizona*



*Indian cave in the side of the hill in Arizona*



*Deb enjoys the Arizona cacti*



*Overlooking the landscape of Sedona, Arizona*



*The Nebraska 'family' enjoys a meal together*



*Deb needs help from Andy ordering her meal as part of her menu is missing!*



*Carol learns to Jitter Bug from one of the locals*



*Carol, Lori and Deb in Scottsdale, Arizona*



*56th annual AAMA House of Delegates*



*Nebraska Delegates and Alternates - F) Nicole Dvorak, Andrea Stewart, Lori Kounovsky, B) Jan Frederick, Carol Muske, Linda Allensworth, Deb Potratz, Terri King, Janet Ueding*



*First time National Conference attendees Nicole Dvorak and Terri King*



# **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 active - officer position or committee chair at the Chapter level and served as an active - officer position or committee chair at the State level to be eligible.
3. Applicant must submit the completed the grant application form. A copy of their professional curriculum vitae, listing offices and committee positions held on both the local and state levels, and any other optional documents, i.e. letters of recommendation from peers, details of special projects, and specific contributions to the organizations that may assist the judges in evaluating the application by the established deadline. Only qualified candidates will be considered.

Winner will be notified as soon as possible after the announcement at the Spring BOD meeting.

Eligibility is limited to one grant award every five years for any one member.

An appointed panel of judges will select the winner, from the information provided in your application. Judges are the President, Vice President, Immediate Past President and the Awards chair.

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

-----  
Name: \_\_\_\_\_

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

AAMA 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 Spring 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 guide-

lines 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 an active 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 Spring 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.*

## EXCEL AWARD

*The American Association of Medical Assistants  
is proud to present this award to the*

**Nebraska Society of Medical Assistants**

*for membership retention*



AAMA 56th Annual Conference  
September 2012

*James S. Sargent, CMA (AAMA)*

President, American Association of Medical Assistants

## CERTIFICATE OF APPRECIATION

*The American Association of Medical Assistants  
is proud to present this award to*

**Lori D. Kounovsky, CMA (AAMA)**

President, Nebraska Society of Medical Assistants

*in recognition of outstanding service in and  
loyal support of the affairs of this association*



AAMA 56th Annual Conference  
September 2012

*James S. Sargent, CMA (AAMA)*

President, American Association of Medical Assistants



EMPLOYMENT / EDUCATION / HEALTHCARE FACILITIES

## St. Joseph's Villa & Court

Skilled Nursing & Assisted Living  
Service Provider of Medicare, Private Pay, Medicaid & Rehabilitation  
927 - 7th St. • David City, NE 68632  
402-367-3045

## MILLER PHARMACY

Prescriptions, Home Health Equipment & Gifts

Two Locations In Fremont, NE

322 E. 22nd St. 1900 E. Military Ave.  
402-721-5433 402-721-1100

### FAMILY PRACTICE PHYSICIANS

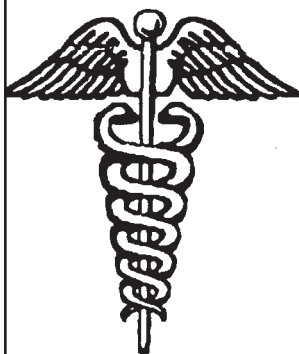
Jason L. Bspalec, M.D.  
Jeff Hollis, M.D.  
C.L. Verhage, M.D.  
John Jacobsen, M.D.  
Marirose Fox, PA-C  
Russell Coash, PA-C  
Keri Miller, PA-C



**FILLMORE**  
COUNTY HOSPITAL

1900 F Street  
Geneva, NE 68361  
402-759-3167

FCH is an equal opportunity provider and employer.



## GRAND ISLAND CLINIC INC.

308-382-1100

2444 W. Faidley Ave.  
Grand Island, NE

Phone Answered 24 Hours

### FAMILY PRACTICE

Douglas J. Herbek, M.D.  
Adam Brosz, M.D.  
Jared C. Pehrson, M.D.  
Susan Newman, M.D.  
Susan Deitrick, P.A.-C

### INTERNAL MEDICINE

William J. Landis, M.D.

### PEDIATRICS

Douglas A. Boon, M.D.  
Agnes Gomes, M.D.  
Karen M. Higgins, M.D.  
Janice M. Kutilek, M.D.  
Timothy Gardner, M.D.  
Joseph D. Law, M.D.  
Melissa Law, M.D.

### OBSTETRICS-GYNECOLOGY

John P. Reilly, M.D. Molly A. Johnson, M.D.  
Matthew J. Brennan, M.D. Kathryn M. Kenna, M.D.  
Erica Haake, M.D.



## Uniforms 'N More

(308) 384-1286

409 N. Broadwell Ave.  
Grand Island, NE 68803

Bring in this ad for a 15% discount off  
regular or sale priced items.  
One per customer, per visit.  
Excludes Littmann.  
Expires July 1, 2013

Hours: Weekdays 10 to 6pm  
Saturdays 10 to 4pm  
Closed Sundays

Janell Epp  
Owner

Betty Keep  
Alterations



## Hastings Orthopaedics & Sports Medicine Specialists, P.C.

Call 24 Hours A Day 402-462-2139

2207 Osborne Dr. W., Ste. 100 Hastings, NE

## NEBRASKA UROLOGY CENTER, PC

402-462-5109

2115 N. Kansas Ave., Ste. 201 Hastings, NE

*A practice dedicated solely to women's health care*



## Obstetricians & Gynecologists, P.C.

Obstetrics • Gynecology • Infertility  
www.obgynnebraska.com

G. Adam MD T. Foote MD T. Pankratz MD  
J. Fish MD T. Adam MD B. Peckham-Devine CNM

Hastings • 2115 N. Kansas Ave., Suite 204 • 402-463-6793  
Grand Island • 3008 W. Stolley Park Rd., Suite 1 • 308-381-1490



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



## Educational Opportunities for Medical Assistants

Prepare to enter one of the nation's 30 fastest growth professions through the CCC-Hastings Medical Assisting program! The U.S. Labor Department projects a 34 percent growth in employment for medical assistants during the decade ending in 2018.

Medical assistants perform administrative and clinical procedures as members of the health care team. The CCC medical assisting program covers all aspects of the profession including:

- Administrative and business skills
- Scheduling and receiving patients
- Maintaining medical records
- Correspondence
- Insurance materials
- Computer use
- Clinical and medical skills
- Assisting with examinations
- Treatments and minor surgery
- Office testing and laboratory procedures
- Preparing and maintaining examination and treatment rooms

- Sterilizing and caring for instruments and equipment
- Graduates can develop advanced professional skills and earn an associate of applied science degree by completing additional courses.

Certification - Graduates of the CCC-Hastings Medical Assisting program are eligible to take the National Certification Examination for Medical Assistants.

The Central Community College Medical Assisting Program is accredited by the Commission on Accreditation of Allied Health Education Programs ([www.caahep.org](http://www.caahep.org)) upon the recommendation of the Medical Assisting Education Review Board (MAERB), Commission on Accreditation of Allied Health Education Programs, 1361 Park Street, Clearwater, FL 33756, 727-210-2350.

Contact CCC - Michel McKinney, CMA (AAMA), [mmckinney@cccneb.edu](mailto:mmckinney@cccneb.edu) or call 402-461-2405 or 877-222-0780 today for more information.

*Affirmative Action/Equal Opportunity Institutions*

### Pediatric Dental Specialists of Greater Nebraska

HELPING EVERY CHILD HAVE A HAPPY, HEALTHY SMILE...

Hastings  
402-462-6557

Grand Island  
308-381-4452

### Taking Your Healthcare to a Higher Level

[www.SaintElizabethOnline.com](http://www.SaintElizabethOnline.com)

A CATHOLIC HEALTH INITIATIVE

Saint Elizabeth  
Regional Medical Center

A  
Tradition  
of  
Excellence  
in  
Health  
Care.



Tel. (308) 865-2141  
211 W. 33rd St. Kearney, NE 68845  
Visit our Web Site:  
[www.kearneyclinic.com](http://www.kearneyclinic.com)

**Kearney  
Urgent Care**



### BEL-AIR HOME

402-475-3854

2328 A ST.

LINCOLN, NE

### ORCHARD PARK

A RETIREMENT COMMUNITY

ASSISTED LIVING

*Care That Promotes Maximum Independence & Dignity*

3110 S. 48th St.

402-488-8191

Lincoln, NE



### WOMEN'S CLINIC OF LINCOLN, P.C.

*Specialists in Obstetrics, Gynecology and Women's Health Care*

Weekday, Evening, and Saturday Appointments Available

*Board Certified Physicians*

Stephen G. Swanson, MD, FACOG

James J. Maly, MD, FACOG

Svjetlana Dziko, MD, Family Practice, Obstetrics

*New Patients  
Welcome!*

220 Lyncrest Drive Lincoln, Nebraska 68510

(402) 434-3370 Toll Free 888-434-3370

Gemini Concepts, Inc., reserves the right to reject any advertising deemed unacceptable for the publications it represents. Acceptance of advertising does not imply endorsement or approval of the product, advertiser, or claims. Gemini Concepts, Inc., shall not be held liable for any consequences resulting from purchase or use of the advertisers' products. It is the responsibility of advertisers to provide correct ad copy. The liability for errors in text and advertising is limited to correction in the next or similar publication. Published advertising deadlines are strictly observed, and copy received after that date will be included in a future issue.



**Get the education  
you need . . .**  
for a hot career in SCC's  
Medical Assisting program!

**SCC's program offers . . .**

- ☐ Quality instruction taught in small classes
- ☐ A Diploma in 12-18 months
- ☐ Credit to transfer to Central Community College for an Associate of Applied Science degree
- ☐ Outstanding placement in careers after graduation
- ☐ Affordable tuition & fees, the least expensive in Nebraska!
- ☐ An accredited program by Commission on Accreditation of Allied Health Education Programs



**For more information:**

**402-437-2600 or 800-642-4075 ext. 2600**

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

**Southeast community college**



**Home Health**  
**MEDICAL EQUIPMENT, INC.**

1-800-672-0036 • 402-371-6550

Fax 402-371-0860

2604 W. Norfolk Ave.

Norfolk, NE 68701



OSCEOLA

*In Christ's Love, Everyone Is Someone.*

600 Center Drive

Osceola, NE 68651

402-747-2691

Fax 402-747-3685

[www.good-sam.com](http://www.good-sam.com)

**Garden County  
Health Services**

Oshkosh Medical Clinic • Oshkosh, NE

308-772-3283



*Good works.*

- Mental Health • Senior Center
- Homelessness • Family Violence
- Addictions (Dual Diagnosis)

In the Omaha area, call (402) 553-3000

[www.HeartlandFamilyService.org](http://www.HeartlandFamilyService.org)



O.S.H.A. Approved Medical  
Garments, Towels of All Variety  
And Restroom Services

7515 D ST.

OMAHA, NE

**402-392-1161**



8710 'F' St. • Ste. 118

Omaha, NE 68127

**(402) 397-8330**

or **(800) 252-5094**



**The Rehabilitation  
Center of Omaha LLC**

**Comprehensive Rehabilitation Services**

- Cardiac
- Respiratory
- Amputation
- Hip/Knee Fractures
- Neurological
- Oncology
- Cerebral Vascular Accident (stroke)
- Multiple Sclerosis
- Guillan-Barre Syndrome
- Multiple Trauma
- Pulmonary
- Wound Management
- Amputation Care
- Infusion Therapy
- Post-Surgical Complications
- Diabetes

**Express Recovery™** offers a truly innovative concept  
in post acute care. This enhanced level of  
service bridges the gap from hospital to home.

For More Information About **Express Recovery™**

Call or Visit Our Facility

910 S. 40th Street • Omaha, NE 68105

Tel: 402.342.2015

[www.rehabcenterofomaha.com](http://www.rehabcenterofomaha.com)



823 M Street

Tekamah, NE

**402-374-1414**

PRODUCTS & SERVICES

Omaha  
402-342-6767

Lincoln  
402-477-7277

e-mail: leesappford@hotmail.com



LEE A. SAPP

Ashland  
402-944-3367

Check Our  
Inventory At:

www.lsford.com



COLUMBUS  
210 E. 23<sup>rd</sup> Street, 402.562.8936  
2661 33<sup>rd</sup> Avenue, 402.562.8935  
pinnbank.com

Member FDIC



**501 N. 6th Street  
Beatrice, NE**

**Have It Your Way®**



Manufacturers of  
brick, pavers, tile,  
pool coping, murals,  
and fireplace facades

P.O. Box 17 · Fairbury, NE 68352 · 402-729-3315

## ORANGE BOWL

LEAGUES - OPEN BOWLING - YABA PROGRAMS

2223 Court St.

Beatrice, NE

**402-228-3331**



John Deere Sales & Service  
www.oregontraileq.com

21693 US Hwy. 77  
Beatrice, NE 68310  
Ph: 402-228-3478

745 North 13th  
Hebron, NE 68370  
Ph: 402-768-6077

553 Pony Exp. Hwy.  
Marysville, KS 66508  
Ph: 785-562-2346

1890 Idaho St.  
Superior, NE 68978  
Ph: 402-879-3276

4815 West Hwy. 6  
Hastings, NE 68901  
Ph: 402-463-1339

1131 Hwy. 74  
Fairfield, NE 68938  
Ph: 402-726-2181

702 Road 1100  
Red Cloud, NE 68970  
Ph: 402-746-2239



FREMONT  
2263 Business  
Park Drive  
402-721-9111



AHOO  
775 Commercial  
Park Road  
402-443-3123



JOHN DEERE www.plattevalleyequipment.com

## STRONG INSURANCE AGENCY

308-282-0560

224 North Main St., P.O. Box 350 Gordon, NE

## TACO JOHN'S The Fresh Taste of West-Mex

402-228-1334

1215 N. 6th St.

Beatrice, NE

## MERTEN-BUTLER MORTUARY

501 W. Gage St.

Blue Hill, NE

402-756-3030

## CENTURY LUMBER CENTER

308-382-1350

363 N. PINE ST.

GRAND ISLAND, NE

## McCain Foods USA

2629 N. Broadwell Ave. • Grand Island, NE

308-382-7770



**Gehring Construction  
& Ready Mix Co. Inc.**

5424 West Meadow Drive  
Hwy. 81 West



COLUMBUS, NE 402-564-2841 or 1-800-658-4056  
HUMPHREY PLANT 402-923-1080

READY MIX CONCRETE - COMMERCIAL PAVING CONTRACTORS

## NATURAL FOOD PRODUCTS, INC.

707 West State St.

Grand Island, NE 68801

308-382-0869

www.naturalfoodproducts.net

For all your special dietary and food supplement needs

Mail orders welcome



## O'Hara Plumbing Co. Inc.

3320 W. Old Hwy. 30 Grand Island, NE

308-382-0765

## PALLET ADVISORS, INC.

We Buy & Sell Pallets

308-384-6865 or 1-800-725-5383

224 N. Willow

Grand Island, NE

## Sutter Deli The Cookie Company

Deli Sandwiches Featuring Focaccia Bread - 13 Kinds of Cookies

371 N. Broadwell Ave. Dine In • Carry Out Grand Island, NE

308-370-8942 • 308-370-8944



## Hometown Auto Repair

Gary Schuett, Owner

102 South 2nd Avenue

Hadar, NE 68701

Phone: 402-371-7919 Fax: 402-371-3071

hometownautorepair@yahoo.com

## Calico Cottage

Over 2000 bolts of 100% cotton fabrics, including flannels, holiday, batiks, florals, and tone on tones.

731 W. 2nd St., Hastings, NE 402-463-6767

www.calicocottagenebraska.com

email: calicocottage@windstream.net



## IDEAL ELECTRIC, INC.

402-463-4776

123 E. E St.

Hastings, NE

Diamonds • Fine Jewelry • Watches • Clocks • Crystal • Gifts



## IMPERIAL JEWELERS

Trusted Quality For Generations

Brandie Myers McCoy, A.J.P.

722 West 2nd Street Hastings, NE 68901 402.463.3744

## INSURANCE

FINANCIAL SERVICES



Inc.

Securing your future with insurance and investments  
www.insuranceplusinc.com



715 S. Burlington Ave.  
Hastings, NE  
402/461-4465

404 North D  
Fairfield, NE  
402/726-2285

## LIVINGSTON BUTLER VOLLAND FUNERAL HOME & CREMATION CENTER

The Home of Hastings First and Only Crematory

462-2147



Hastings Only Full  
Service Supermarket

Open 24 Hours

Home of Privilege Plus Savings

7th & Burlington

Hastings, NE

463-3574

www.RussMarket.com

## Woodward's Disposal Service, Inc.

RESIDENTIAL - COMMERCIAL - RECYCLING

Robb Woodward - General Manager

1039 S. BURLINGTON AVE.

HASTINGS, NE

402-462-9252 • After Hours: 402-463-3939

## MARY'S CAFE

245 S. 13th St.

402-768-4235

Hebron, NE

Closed Monday's at 2:00 pm

Closed All Day Tuesday's

## TROY'S AUTO WORLD

AUTO PARTS & BODY SHOP

402-698-2414

HOMER, NE



## KRULL AGENCY INC.

Health • Life • Disability • Dental

Kearney, NE

402-752-3700

Wendell B. Springer, LUTCF

## ADAMS AUTO SERVICE

Over 20 Years Experience - Foreign & Domestic

Courtesy Shuttle Available - Extended Warranty Honored

(Gateway Area)

1440 N. Cotner Blvd.

402-466-2691

## RON BOUWENS PLUMBING INC.

3806 N. 63rd St. Lincoln, NE  
402-466-0243 or 402-610-2626



**10 Convenient  
Lincoln Locations**

## Progressive Automotive

**Automotive Security Systems**  
Sales • Service • Installation

**402-466-4505**

3711 Adams St. Lincoln, NE

## Fire Protection Sales & Service

Complete Sales and On-Site Service

All Types of Portable Fire Extinguishers

1314 2nd Ave. Nebraska City, NE

402-873-6277 • Cell: 402-209-0624

## Borgmann Auto

*"The Corner for Used Cars"*

402-379-4553 Days • 402-371-0801 Evening

105 S. 13th St.  [www.borgmannauto.com](http://www.borgmannauto.com)  
Norfolk, NE 68701



## HY-VEE FOOD STORES INC.

Two Locations in Norfolk, NE

120 E. Norfolk Ave. 402-379-1706  
2107 Taylor Ave. 402-371-7071

## PETTITT PLUMBING, HEATING & AC, INC.

Specializing in New Construction & Reliable Service Work

813 S. 11th St. **402-371-1333** Norfolk, NE

**ServiceMASTER  
Clean**

Donald Borgmann  
Owner/Operator

Carpet Cleaning

Residential/Commercial Cleaning & Janitorial Services

402/379-0357 Toll Free (800) 979-0357



Fast - Friendly  
& Courteous  
2400 Pasewalk Ave.  
Norfolk, NE

402-371-6232 • 800-270-4581



## QUALITY INN & SUITES

2102 S. Jeffers North Platte, NE

**308-532-9090**

## The Blarney Stone Cafe/Restaurant & Lounge

432 E. Douglas St. • O'Neill, NE 68763

**402-336-1336**

[www.blarneystone-oneill.com](http://www.blarneystone-oneill.com)



## Best Western PLUS Kelly Inn

4706 So. 108th St., L. Street East Exit  
Omaha, NE 68137

**402-339-7400**

[www.bestwesternkellyinnomaha.com](http://www.bestwesternkellyinnomaha.com)



## CARQUEST AUTO PARTS - O'NEILL

**402-336-2310**

AUTO PARTS STORES

212 E. Douglas St. • O'Neill, NE

## BAYMONT INN & SUITES

3301 S. 72nd St. • Omaha, NE 68124  
(402) 391-8129

Fitness Room, Meeting Room

Free Local Calls, Free Wireless Internet

Complimentary Continental Breakfast

Special Group Rates Available

Free HBO

## MIDWEST ACCOUNTING & TAX SERVICE INC.

Accounting, Bookkeeping, Consulting,  
Tax Prep Electronic Filing, Notarizing

3018 S. 87th Street  
Omaha, NE 68124  
402-334-2888

## OOP, INC. OTTE OIL & PROPANE

Fuels - Fertilizers - Pesticides  
Bulk Propane Gas For Home & Farms

462 E. 5th St. • Wahoo, NE 402/443-3563

**Bank On A Solid Foundation**



# Cornerstone

**BANK**

Member FDIC

[www.cornerstoneconnect.com](http://www.cornerstoneconnect.com)



## ANTLERS MOTEL

CONTINENTAL BREAKFAST

607 E. 2nd Street (Hwy. 20)

Rushville, NE 69360

(308) 327-2444

*As Always, Rushville's Quality Motel*

## IN-LINE COLLISION REPAIR, INC.

\* Autobody Repair \*

Tom Menze, Owner

402-362-7780

1729 Division Ave.

York, NE



"Your Friendly Bank on the Corner"

400 Main St. • Scribner, NE • 402-664-2561

Member  
FDIC





[www.scribnerbank.com](http://www.scribnerbank.com)



*You Can Make A Difference  
In The Healthcare Profession*

## DOES YOUR HOSPITAL OR CLINIC OFFER AN EDUCATIONAL PIECE FOR CHILDREN?

Promote your facility and educate children on valuable safety and healthcare topics affecting our young people today. We provide 32 pages of learning and fun in our coloring book, which makes a great promotional piece for...

-  Health Fairs
-  Elementary School Tours
-  Pediatric Floor Patients
-  And Much, More



For more information contact  
Gemini Concepts, Inc.  
219 Main St., Ste. 5  
Cedar Falls, IA 50613

800.728.4101  
319.277.8373  
319.277.8383 Fax

Log on to our web site  
[www.geminiconcepts.com](http://www.geminiconcepts.com)



**gemini**  
concepts

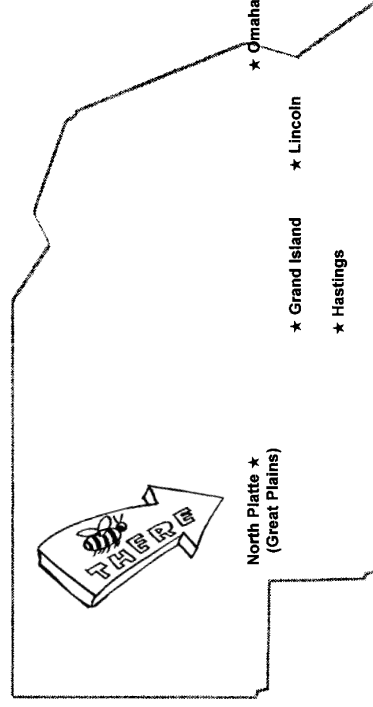


Member  
Greater Iowa

Nebraska Society of Medical Assistants  
Carol Hipke-Muske, CMA (AAMA)  
2012-13 Publications Editor  
745 N Denver  
Hastings, NE 68901-4442  
b\_a\_cma@hotmail.com  
www.nsamonline.org

PRESORTED STD  
U.S. POSTAGE  
**PAID**  
PERMIT #477  
DUBUQUE, IA

[www.nsmaonline.org](http://www.nsmaonline.org)



**Attention:** CMAs, RNs, LPNs and other ALLIED HEALTH PROFESSIONALS