

THE HELPING HANDS

THE NEWSLETTER OF THE OHIO STATE SOCIETY OF MEDICAL ASSISTANTS

OFFICERS 2024-2025

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WEBSITES

AAMA AT AAMA-NTL.ORG

OSSMA AT OSSMA.ORG



PRESIDENTS MESSAGE

As we approach the holidays and close of another year, I wanted to take a moment to reflect on the remarkable journey we've shared together as a society and express my heartfelt gratitude for all that we've accomplished. This season is a time for both reflection and celebration, and it brings me immense pride to be part of such a dedicated and passionate community.

This fall has been a season of growth, collaboration, and shared failures and success. We were well represented at the Nation AAMA conference and thanks to OSSMA unwavering support, we have made significant strides in advancing our mission.

Emergency Dues

Do you need assistance with your dues or possibly know someone that does? OSSMA has a fund available to assist our members during a time of hardship. Please email Emergency Dues Chair for information and request assistance. All applications must be received by November 30 for consideration.

Contact Aimee Quinn, CMA (AAMA) at Aimee_Quinn@hotmail.com

CHANGE OF ADDRESS, NAME, JOIN OR RENEW MEMBERSHIP

Any change of name address, email or phone number or join or renew membership , please contact the AAMA at 800-228-8862 or aama-ntl.org



As we move into the holiday season, I am reminded of the spirit of giving, generosity, and connection that defines this time of year. Whether it's through our programs, volunteer efforts, or day-to-day contributions, each of you plays an integral role in creating the positive impact we are so proud to as fellow medical assistance's.

Looking ahead to the new year, we are filled with hope and excitement for what is to come. We have big plans in store for OSSMA, such as the OSSMA Conference April 3-5,2025, National conference in September, 2025, supporting our own Loxie Kistler and Aimee Quinn on the national board for the AAMA, and together, we will continue to build on the strong foundation we've created and work toward even greater achievements.

I hope this season brings you joy, peace, and cherished moments with loved ones. May the new year be filled with health, happiness, and renewed inspiration as we continue to move forward, side by side.

On behalf of the entire OSSMA team, I extend my deepest gratitude to each of you. Thank you for your dedication, your passion, and your support. It is because of people like you that we are able to make such a lasting impact.

Warmest wishes for a joyous holiday season and a bright year ahead.

Sincerely,
Julie Fogt
President, OSSMA

SUNSHINE COMMITTEE: OFFERING A SMILE WHEN YOU NEED IT!

The OSSMA has a wonderful Sunshine Committee. This committee is spreading sunshiny sending out greetings in the event of illness, marriage, birth of a baby, death of a loved one or just to say, "We are thinking of you".

Teresa Duncan, CMA (AAMA) is the Committee Chair. This what the Sunshine Committee has to say:

"The mission of the Sunshine Committee is to motivate, support, and build caring relationships with the members of our organization when we are celebrating a happy occasion or facing a challenging time. A little spark of kindness can put a colossal burst of sunshine into someones day."

If you become aware of a members life event that could benefit from a greeting from the Sunshine Committee, please contact Teresa Duncan, CMA (AAMA) at duncant3@ccf.org

EMERGENCY DUES ASSISTANCE

Do you need assistance with your membership dues this year? Or possibly would you know someone that does? A special fund is available to help our members pay yearly membership dues during times of hardship. Please contact Aimee Quinn, CMA (AAMA), Emergency Dues Chair for information and to request assistance. Dues must be received by November 30 for processing in time for the coming year. *All requests are completely confidential.*

Contact Aimee Quinn, CMA (AAMA) Membership/Emergency Dues Fund Chair at aimee_quinn@hotmail.com

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VOLUNTEER



Cheryl Kuch, CMA (AAMA) won second prize for her costume during the Awards Ceremony at the AAMA





OHIO REPRESENTATIVES AT THE
HOUSE OF DELEGATES

Sitting l to r: Jan Young CMA (AAMA), Mary Elizabeth Regis, CMA (AAMA), Loxie Kistler, CMA (AAMA)

Standing l to r: Amy McMasters, CM A(AAMA), OSSMA President Julie Fogt, CMA (AAMA), OSSMA Vice President Rhonda Lazette, CMA (AAMA) and OSSMA Natasha Geno, CMA (AAMA) AAMA Trustee



OSSMA attendees at the AAMA National Conference in Grand Rapids, Michigan in September 2024



On the left, is OSSMA President Julie Fogt, CMA (AAMA) at the Presidents Banquet 2024, honoring all state societies Presidents.

ESSENTIAL BUSINESS DURING THE AAMA HOUSE OF DELEGATES

The following AAMA Officers and Trustees elected are as follows:

President Virginia Thomas, CMA (AAMA)

Vie President Position Vacant

Speaker of the House Jane Seelig, CMA (AAMA)

Vice Speaker Claire Houghton, CMA (AAMA)

Secretary Loxie Kistler, EdD, BSN, RN, CMA (AAMA)

Trustees:

Candy Miller, CMA (AAMA)

Pamela Neu, MBA, CMA (AAMA)

Cameron Smith, BS, CMA (AAMA)

Nominating Committee:

Debby Houston, CMA (AAMA)

Todd Lasher, CMA (AAMA)

Patty Licurs, CMA (AAMA)

Christina Sears, CMA (AAMA)

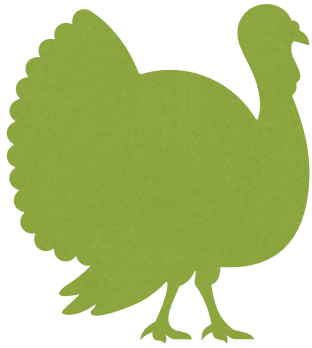
Bylaws:

No bylaws were adopted by the House.

Resolutions:

No resolutions were approved by the House

DON'T FORGET TO RENEW YOUR
AAMA DUES BEFORE DECEMBER 31!





There are free CEUs on the AAMA website. Here is what we have found :

Log on to www.aama-ntl.org

Sign in or create an account

Select the Continuing Education Tab

Approved CE Programs

On the Approved CE Programs is the **Smiles for Life** free program. Eight courses for 1 CEU each. Information is regarding dental health. Click on the link.

Select the Continuing Education Tab

Select e-learning center (type title into the search or scroll down until you see the title)

Free CEUS

Promoting Substance Free Pregnancy 1 G/C CEU

What Medical Assistants Need to Know About Opioids During Pregnancy 1 G/C CEU

Women and Alcohol: Prevalence, Trends and Preventing Alcohol Related Harm 1 G/C

Engaging Conversations: Motivational Interviewing 1 G CEU

HEART ATTACKS

The new year is a time to think about the health of our hearts. Every year, tens of thousands of Americans survive a heart attack, go back to work, and enjoy a normal life. But it is important to understand what has happened as well as how to prevent a heart attack.

A heart attack happens when the blood flow that brings oxygen to the heart muscle is severely reduced or cut off completely. This happens because the arteries that supply the heart with blood can slowly become thicker and harder from buildup of fat, cholesterol and other substances that together are called plaque. When plaque in the artery breaks, a clot forms around the plaque and shut off blood flow to the heart muscle. This is called a heart attack or myocardial infarction (MI).

Can a heart attack be prevented? The answer to that is yes and no. There are major risk factors that can be changed and some that cannot be changed.

What can't be changed? *Increasing age *Male sex (Gender)- males are more likely to have heart disease than females *Heredity (Including race) – African Americans have a higher risk than Caucasians.

What are the major risk factors you can modify, treat or control by changing your lifestyle or taking medications? * Tobacco smoking *High blood cholesterol (This can be genetic, but can be controlled by medication) * High blood pressure (This can also be genetic, but controlled by medication) * Physical inactivity * Obesity and overweight * Diabetes (This sometimes is unavoidable but can be treated with medication and diet).

There are few other factors that can contribute to heart disease risk: * Stress * Alcohol * Diet and nutrition.

ABC's of decreasing your risk of Heart Attack are simple! * Avoid tobacco * Become more active * Choose good nutrition.

Heart Attack Warning Signs: Some heart attacks are sudden and intense, where no one doubts what is happening. But most heart attacks start slowly, with mild pain or discomfort. *Chest discomfort – most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes or that goes away and comes back. It can feel like pressure, squeezing, fullness or pain. *Discomfort in other areas of the upper body such as one or both arms, the back neck, jaw or stomach.

Shortness of breath with or without chest discomfort. *Other signs may include breaking out in a cold sweat, nausea or lightheadedness.

Men typically have chest pain or discomfort but women are more likely to have the shortness of breath, nausea, and back or jaw pain.

It is very important to get checked out by your doctor or go to the emergency department if you have these symptoms. Minutes matter! Fast action can save lives-maybe your own-so don't wait more than 5 minutes to call 9-1-1.

Submitted by Judy Harlan, CMA (AAMA) Heartland Chapter
Reprinted with permission by Linda Knee, RN
Information from American Heart Association Website

PHOTOS WANTED

**Do you have any photos from
AAMA National, OSSMA
Chapter or State event? We
would love to have your
photos!**

**They can be emailed to the
Historian Jan Young at
young.jan@hotmail.com and/
or Editor Diana Rogers at
drogers220@comcast.net to be
published in The Helping
Hands**





AND

