# Med-A-Scoop

#### **Hello Everyone!**

I hope you are having a great summer.

We had a great meeting at our new location – lvy Tech – Lawrence Campus. It was great to see new faces.

Deborah Novak did our workshop on Innovative Pathways to Goals and Developing a High Performance Team; we were able to add some new tools to use in our daily lives and get 3 CEUs. Jane Seelig, CMA-A (AAMA) our Vice President has done a great job getting interesting workshops lined up.

At our August board meeting we will have information to share regarding the AAMA National Conference and proposed National Bylaw amendments from the Delegates Packet.

The National Conference will be in Cincinnati, Ohio this year; make plans to attend if you can, you won't be sorry. It is a great way to network with CMA's from all over the country.

Hope to see at our August 26th meeting.

Clara Poirot, CMA (AAMA) CN-BC President

CMA's—Catch the Vision . . . until you spread your wings you will never know how far you can fly





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A Publication by the Indiana Society of Medical Assistants, Inc.

www.insocmedasst.org

#### ISMA Physician Advisors 2016-17

#### Scott Guenthner, M.D.

The Dermatology Center of Indiana Plainfield, IN 3 years

#### Jeff Stidam, M.D.

Jewish Hospital Louisville, KY 2 years

#### Kristi Peck, M.D.

Evansville Surgical Associates Evansville, IN 3 years

#### **ISMA Honorary Members**

1980 Herbert Dixon\*
1997 Bruce Johnson
Hubert Irwin\*
2008 Earl Williams\*
2013 Jack Begley
Kathy Heck

#### **ISMA Life Members**

1992 Bonnie Reidenbach, CMA-AC
1994 Patricia Kennington, RN, CMA\*
2005 Eva Irwin, CMA\*
2011 Eulah Dearing, CMA (AAMA)
2012 June Brown, RMA
2015 Tammy Daily, CMA (AAMA)
\*Denotes deceased

#### **Leon Levi Award Recipients**

1988	Patricia Kennington, RN, CMA*
	Jane Seelig, CMA-A
	Pauline Pinnick, CMA
1990	Bonnie Reidenbach, CMA-AC
1991	Bettye Yard, CMA-C*
1998	Norma Harmon, CMA
2001	Eva Irwin, CMA*
2002	Eulah Dearing, CMA
2010	Marjorie Mikesell, CMA
2013	Tammy Daily, CMA (AAMA)
2014	Sandra Johnson, MS, CMA (AAMA),
	CPC
2015	Rita Michel, CMA (AAMA)

These physicians and members have contributed much to our society; be sure to thank them!

#### **Medical Assistant Creed**

I believe in the principles and purposes of the profession of medical assisting.

I endeavor to be more effective.

I aspire to render greater service.

I protect the confidence entrusted to me.

I am dedicated to the care and well-being of all people.

I am loyal to my employer.

I am true to the ethics of my profession.

I am strengthened by compassion, courage, and faith.

#### **ISMA Mission Statement**

The Indiana Society of Medical Assistants, in affiliation with the American Association of Medical Assistants, strives to:

- -Promote professional growth of and identify its membership through education and credentialing
- Inspire members to provide honest, loyal and efficient service to the public they serve and the proficient;
- -Stimulate a feeling of fellowship and cooperation with the medical professional in improving public relations;
- -Encourage and assist medical assistants in forming component chapters.

#### **Indiana State Medical Assistants**

#### **Code of Ethics**

E is for Endeavor in our duties
T is for Truthfulness in all we do
H is for Helpfulness to others
I is for Integrity in our work
C is for courteous treatment to all
S is for sincerity in our purpose

## Put them all together they spell ETHICS, A WORD WE MUST UPHOLD TO ATTAIN OUR GOAL

#### J. Marie Theobald Wilhite



#### State Officers:

#### **President**

Clara Poirot, CMA (AAMA), CN-BC 629 Monroe Newburgh, IN 47630

Home: 812.853.7881 Cell: 812.455.6697

E-mail: spiritwind629@hotmail.com

#### **Vice President**

Jane Seelig, CMA-A (AAMA) 2905Two Worlds Dr. Columbus, IN 47201 Home: 812.376.0108 Cell: 812.603.1886

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#### **Recording Secretary**

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E-mail: jeni cma@comcast.net

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Joyce Edds, CMA (AAMA), CPT (ASPT) 3416 Pennsylvania Ave Jeffersonville, IN 47130

Home: 812.288.6025 Cell: 502.523.0743 E-mail: mnedds@aol.com

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#### **District Directors:**

#### **East Central**

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Home: 317.271.8218

E-mail: michellebray69@yahoo.com

#### **First District**

Tammy Daily, CMA (AAMA) 701 Meyer Ave Evansville, IN 47710 Phone: 812.424.5730

Cell: 812.549.5036

E-mail: onceadaily2@wowway.com

#### Southeast District

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Home: 812.256.4878 Cell: 812.786.9479

E-mail: d.m.wimsett@hotmail.com

#### St. Joe District

Karen Pershing, CMA (AAMA) 52438 Oak Manor Dr. Granger, IN 46530 klpershing@aol.com

#### Twelfth District

Pam Neu, CMA (AAMA) 4805 E 640 S Wolcottville, IN 46795 E-mail: msneu@yahoo.com 260.750.7250

#### West Central District

Jeni Begley, CMA (AAMA) 3354 North 1150 West Delphi, IN 46923 Cell: 765.412.2779

E-mail: jeni\_cma@comcast.net



#### ISMA Board of Directors AGENDA August 26, 2017

Call to Order Invocation

Medical Assistant Creed
Credentials Report
Introductions
Secretary Report
Treasurer Report
Presentation of Bills

Correspondence Officer Report Clara Poirot, CMA (AAMA) CN-BC, President Joyce Edds, CMA (AAMA), CPT (ASPT) Chaplain

Jane Seelig, CMA-A (AAMA Vice President Dianne Wimsett, CMA (AAMA) Chairman Clara Poirot, CMA (AAMA) CN-BC President

Jeni Begley CMA (AAMA) Secretary Rita Michel, CMA (AAMA) Treasurer

June Brown, RMA

President- Clara Poirot, CMA (AAMA)

Vice President- Jane Seelig, CMA-A (AAMA)

Secretary - Jeni Begley CMA (AAMA) Treasurer - Rita Michel, CMA (AAMA) Med-A-Scoop- Pam Neu, CMA (AAMA)

Committee Reports Budget & Finance - Rita Michel, CMA (AAMA)

Bylaws & Standing Rules Karen Pershing, CMA (AAMA) Certification- Marianne Hawker-Green, CMA (AAMA) Continuing Education- Jane Seelig, CMA-A (AAMA)

Council of Past Presidents- Joyce Edds, CMA (AAMA), CPT (ASPT)

Historian- Marianne Hawker-Green, CMA (AAMA)

ISMA Liaison-Public Policy/Affairs - Tammy Daily, CMA (AAMA)

Membership- Joyce Edds, CMA (AAMA), CPT (ASPT) Nominating Committee - Jeni Begley, CMA (AAMA) Procedure Manual- Mary Cate Gardner, CMA (AAMA)

Eva I Irwin Support Fund-Sandy Johnson, MS, CMA (AAMA) CPC

Ways & Means- Sandy Johnson, MS, CMA (AAMA) Website Development - Pam Neu, CMA (AAMA)

2018 State Conference – Twelfth District 2019 State Conference – First District

Chapter Reports East Central District – Heidi Sisson, CMA (AAMA)

First District – Tammy Daily, CMA (AAMA)

St. Joseph District – Karen Pershing, CMA (AAMA) Southeast District – Diane Wimsett, CMA (AAMA) Twelfth District – Pam Neu, MBA, CMA (AAMA) West Central District – Jeni Begley, CMA (AAMA)

**Unfinished Business** Indiana Physician's Conference -Tammy Daily, CMA (AAMA)

Audit of Minutes – Heidi Sisson, CMA (AAMA)

Conference Guidelines - Joyce Edds, CMA (AAMA), CPT (ASPT)

New Business Delegate Packet Discussion

Announcements November 11, 2017 is our next meeting

Remember M-A-S deadline is September 22, 2017

Adjournment

#### ISMA CODING CORNER

#### PATIENTS TEXTING DOCTORS - WHAT DOES HIPAA SAY?

In the January/February issue of Med-A-Scoop, telemedicine was addressed as it continues to be an increasing method of healthcare delivery. A new concept of physician/patient communication is the cell phone and texting. Today's society is dependent on convenience and mobility, so texting as a form of communication with a healthcare provider is becoming a reality.

There are attractive advantages: Everyone has a cell phone, so it is convenient, especially for patients. Texting is easier and faster. Many questions can be answered quickly. It does provide patient access to a physician or other healthcare provider that provides satisfaction and a new component to the patient/ physician relationship, especially with the younger generation who use modern technology in every aspect of their lives.

But there are serious issues to consider, first and foremost, HIPAA and HITECH (Health Information Technology for Economic and Clinical Health) policies. Such as a telephone call becomes part of the patient's medical record, so should a text message. Although HIPAA does not state texting per se, there are rules that apply to electronic communications in the healthcare industry under the HIPAA Security Rule. The text message should not include personal identifiers and protected health information (PHI) must be secure as there is a greater risk of accessibility by unauthorized persons. Devices should be password protected. It is easy to misplace or lose a cell phone, or have it stolen! There are apps providing a secure encryption service, but some do have limitations, such as both the texter and the textee must be subscribed to the service. The fines for a HIPAA breach can be considerable – up to \$50,000 per day. Civil charges may also be brought forth from patients whose data has been exposed if the breach results in identify theft or other fraud.

If text communication is integrated into a healthcare facility, a written policy should be created. A patient should consent to exchange of text messages, including who will have access to the phone on the patient's end; that once text messages are reviewed by the patient, they will be deleted; and that should the patient's phone or phone number be changed, the practice should be notified in writing.

The bottom line: Limit text messages to a quick response. If the content is serious, have a face-to-face conversation or make an old-fashioned telephone call.

Sandra Johnson, MS, CPC, CMA (AAMA) sanljohn@ius.edu





#### LAST CHANCE.....

#### We need more recipes!



#### **Cooking With ISMA**

Submission of recipes for "Cooking with ISMA" is being finalized.

Electronic submission is preferred. Please use the following criteria:

Format your recipe (s) as a Word document in Calibri (Body) 11 point font. Recipes must include specific amount of ingredients, using standard abbreviations, and baking/cooking directions, including temperature and length of time. Please include your name and your local chapter/district.

Please email to sanljohn@ius.edu.

Or mail to Sandy Johnson, MS, CPC, CMA (AAMA)

5713 Bethany Rd.

Charlestown, IN 47111



COKBOOK

#### INDIANA SOCIETY OF MEDICAL ASSISTANTS **BOARD OF DIRECTORS MEETING**

#### **Ivy Tech State College-Lawrence Campus** Indianapolis, IN

June 24, 2017

Call to Order President Clara Poirot, CMA (AAMA), CN-BC called the meeting to order at 4:05 pm.

Chaplain Joyce Edds, CMA (AAMA), CPT (ASPT) gave the invocation. Invocation

Medical Assistants Creed

Vice President Jane Seelig, CMA-A (AAMA) led the reciting of the Creed.

Introductions President Clara Poirot, CMA (AAMA), CN-BC introduced the elected and appointed

> officers and directors. All past Leon Levi, Golden Apple, and Medical Assistant of the Year Award winners were recognized, as were the past presidents, life members, hon-

orary members, and guests.

Dianne Wimsett, CMA (AAMA) gave the Credentials Report. There were 18 registered **Credentials Report** 

for the meeting with a voting power of 10. A quorum was 6, a majority vote was 6

and a 2/3 vote was 7.

Jeni Begley, CMA (AAMA)-Published in the Med-A-Scoop. Secretary's Report

Treasurer's Report Rita Michel, CMA (AAMA)

Beginning balance \$44,437.19

> Income \$ 1,118.00 **Expenses** \$20,884.29 Ending balance \$24,670.90 Certificate of Deposit 9561 \$30,145.91 Certificate of Deposit 70408 \$15,000.00 Eva I. Irwin CMA Fund \$ 4,179.19 Student Support Fund \$ 1,407.00

Presentation of Bills

Correspondence Tammy Daily, CMA (AAMA) read the correspondence:

None presented

Mary Gambrell, CMA (AAMA), sent her AAMA Representative Bureau Report from our State Conference. The report stated the ISMA has 1,213 members; there were 68 registered for the conference, 15 were first timers. No issues or problems were presented to Ms. Gambrell, she advised membership to contact and encourage

members to attend meetings.

President, Clara Poirot, sent a letter to Ms. Gambrell advising her that we had discussed more fully the letter from President Flaatten regarding the MAERB issue. There was also a memorandum from President Flaatten regarding the June 2017 Board of Trustees/Endowment Agendas. Volunteer Leadership forms were also included.

The National Association of Orthopedic Technologist will be holding its Annual Clinical Symposium August 16-19, 2017 in San Diego, CA if anyone is interested in attending.

Officer Reports President- Clara Poirot, CMA (AAMA), CN-BC –No report.

Vice President- Jane Seelig, CMA-A (AAMA) - If anyone would like to Chair or be on a

committee next year please let her know.

Secretary-Jeni Begley, CMA (AAMA) - No report.

Treasurer-Rita Michel, CMA (AAMA) - Have purchased a 60 month CD for \$15,000, it

matures on 6/23/2022.

Med-A-Scoop-Pam Neu, CMA (AAMA) – Looking for items for the Med-A-Scoop, thank you to those who do submit articles. The Med-A-Scoop deadline is July 7.

**Committee Reports** Budget & Finance- No report.

Bylaws & Standing Rules- No report.

Certification- No report.

**Continuing Education**- Jane Seelig, CMA-A (AAMA)-There were 31 in attendance for today's workshop. The next workshop will be on the Honor Flight and how Guardian's have to care for the Veterans.

**Council of Past Presidents**. Joyce Edds, CMA (AAMA), CPT (ASPT) - Working on the Conference Planning Guide, she has had several further suggestions.

Historian-No report.

**Website Development**-Pam Neu, CMA (AAMA) Still looking for a new web master and have contacted several including Prestige printing.

**Membership**- Joyce Edds, CMA (AAMA), CPT (ASPT) – We have 1,314 members. **Procedure Manual**- No report.

**ISMA Liaison**- Tammy Daily, CMA (AAMA) —Has been in contact with Marilyn Carter, the conference dates will be September 16-17, 2017. The Executive Board has recommended we run a full page ad in their conference book for \$200 and sponsor a table at the gold level for \$2,000. The recommendation was accepted. Public Policy/Affairs- No report.

Scholarship- No report.

Ways & Means- Joyce Edds, CMA (AAMA), CPT (ASPT)-\$241 was raised from today's raffle. Recipes are still needed for the cookbook, deadline is August 26. Electronic submissions are preferred. Please use the following criteria: Format as a Word document in Calibri 11 point font. Recipes must include specific amount of ingredients, using standard abbreviations and baking/cooking directions, including temperature and length of time. Please include your name and your local chapter/district. Email to <a href="mailto:sanljohn@ius.edu">sanljohn@ius.edu</a> or mail to Sandy Johnson, MS, CPC, CMA (AAMA), 5713 Bethany Rd., Charlestown, IN 47111. West Central District volunteered to supply the raffle basket for August, Southeast District will supply the raffle basket for November and East Central District will supply the raffle basket for February.

Eva I. Irwin/Student Support Fund- No report.

**2018 State Conference**- Rita Michel, CMA (AAMA) Dates are April 20-22, 2018 at Oakwood Resort 702 East Lake View Rd., Syracuse, IN The theme is: Relax, Recharge, Renew. Room rates are \$99 per night. Registration cost is not known at this time but hopefully it will be \$150.

**East Central District**- Heidi Sisson, CMA (AAMA) Director reported their spring workshop had 15 members and 3 speakers. They had installation of officers. Their next workshop is 1/13/18 for 6 CEU's. They have 390 members.

**First District**- Marianne Hawker-Green, CMA (AAMA) Director reported they held their annual birthday and installation party 5/9/2017. They had a meeting on 6/13/17 at Ivy Tech, the topic was Sleep Apnea. The next meeting is 9/12/2017 at Ivy Tech. They have 164 members.

**St. Joseph District**- Karen Pershing, CMA (AAMA) Director reported they had installation of officers on 5/3/2017. A summer planning meeting is scheduled for 7/15/2017 at Beacon Medical Group Administration Office, 707 N. Niles Ave., South Bend. Their next meeting is 8/26/2017 at Beacon Home Care in South Bend; it is a free workshop on Fetal Alcohol Spectrum Disorders. The date for the fall workshop is 10/14/2017 at St. Joseph Hospital in Plymouth. They have 211 members.

**Southeast District**- Dianne Wimsett, CMA (AAMA) Director reported they are making plans for the State Conference in April 2020. They are talking with representatives from Wooded Glen, in Henryville. They have 125 members.

**Twelfth District**- Pam Neu, CMA (AAMA) Director reported they met on 5/2/2017 and 6/6/2017 at Ivy Tech. They are having a workshop on 9/9/2017. The conference is shaping up nicely. They have 200 members.

**Chapter Reports** 

West Central District- Jenifer Begley, CMA (AAMA) Director reported they met 6/10/2017 at Harrison College in Lafayette. The next meeting will be 8/19/2017. They have 175 members

have 175 members.

Unfinished Business Audit of Minutes from Annual Business Meeting 4/22/2017-Jenifer Begley, CMA

(AAMA) Recording Secretary reported she will get a recording of the minutes to Heidi

Sisson, CMA (AAMA) so that a report can be given at the August meeting.

**Post Conference Report of the Conference Chair-**Jenifer Begley, CMA (AAMA) reported total profit from the conference was \$1,245.04. She presented the ISMA with a

check for \$622.52.

Post Conference Report of the Treasurer-Rita Michel, CMA (AAMA) reported the deb-

it card was used to pay the hotel bill.

New Business Nominating Committee-Jenifer Begley, CMA (AAMA), Heidi Sisson, CMA (AAMA), Dor-

othy Geiger, CMA (AAMA), and Marianne Hawker-Green were nominated to be on the committee. Rita Michel, CMA (AAMA) moved to close nominations, the motion passed. Pam Neu, CMA (AAMA) moved to elect the slate of candidates by acclimation, the motion passed. Jenifer Begley, CMA (AAMA) will be the committee chair as

she was the first to be nominated.

Nominations for Excel Awards are due July 1, 2017.

**Using the Square for Payments**-Rita Michel, CMA (AAMA) the Executive Board has recommended using the Square on a trial basis to take credit card payments for work-

shop registrations through the end of the year.

Announcements The next meeting will be August 26, 2017

The Med-A-Scoop deadline is July 7, 2017

Adjournment The meeting was adjourned at 5:04 p.m.

Jenifer D Begley, CMA (AAMA) Recording Secretary

#### **Important Dates to Remember:**

#### ISMA BOARD MEETINGS

#### **MED-A-SCOOP DEADLINES**

 November 11, 2017
 September 22, 2017

 February 3, 2018
 December 9, 2017

 April 20-22, 2018
 February 23, 2018

#### Please email all district news (copy ready) to:

Pam Neu, CMA (AAMA) msneu@yahoo.com







# PROGRAM 1:00 PM TO 3:00 PM

Must have your AAMA membership number to receive CEUs

2 CEUs

Topic
To Be Announced
Check
Insocmedasst.org

# **August 26, 2017**ISMA WORKSHOP

At

1vy Tech Community College 9301 E 59<sup>th</sup> Street Room 346 Indianapolis IN 46216

Registration for Workshop at 11:30 am

MEAL AT 12:00 NOON

Registration fee includes lunch
& workshop
\$15.00 members
\$25 non-members
No charge students

ISMA Board Meeting Registration: 3:45-4:00 pm Business Meeting: 4:00 pm

For more information contact Jane Seelig, CMA-A (AAMA)

janeseelig@att.net 812 603 1886 (cell) Or 812 376 0108 (home)



Fee:

### Twelfth District Chapter of Medical Assistants WORKSHOP

Saturday, September 9, 2017

Ivy Tech Community College 3800 N. Anthony Blvd Fort Wayne, Indiana 46805

Room 2348 and 2350

\$10 AAMA Student Members				
\$15 Student Non-AAMA Members				
7.20	0,00 am	Desistration and Continental Breakfast		
		Registration and Continental Breakfast		
8:00 -	9:00 a.m.	Beth Michel, MedPro- Outpatient Family & Internal Medicine Claims Date		
9:15 -	11:15 a.m.	Program: TBA		
11:30 -	12:00 p.m.	Break		

12:00–4:00 p.m. Lunch and Nicole Procise, CMA(AAMA) Principles of Hematology

and Hemostasis

Make checks payable to: 12th District Medical Assistants

\$50 AAMA Members

\$80 AAMA Nonmembers

Mail registration and payment by Saturday, 9/07/17, to Rita Michel, CMA (AAMA), 6710 West—600 North, Huntington, IN 46750. No refunds after registration deadline. For questions, please e-mail Rita Michel at rmichel@onlyinternet.net or call 260-358-7282. Applying to AAMA for 6 CEUs.

Name	*******	****
Name:		State
Zip:		
Phone No. (A/C)	Please check one:	<ul><li>Current AAMA Member</li><li>Non-AAMA Member</li></ul>
Chapter/School Name		<ul> <li>Student Non-AAMA Member</li> <li>Student AAMA Member</li> </ul>
E-Mail		- Judent Advid Member

## **Training Announcement**



**Date:** August 26, 2017 **Time:** 9:00 a.m.—1:00 p.m.

Location: Beacon Home Care 3355 Douglas Road South Bend, IN

Presenter: Pamela Gillen, ND, RN, CNS, CAC III

Registration Information: Karen Pershing, CMA (AAMA) email: klpershing@aol.com

#### 4 CEUs offered through the American Association of Medical Assistants

**Title:** Introduction to Fetal Alcohol Spectrum Disorders: The Medical Assistant's Role

Alcohol consumption during pregnancy increases the risk of alcohol-related birth defects, including growth deficiencies, facial abnormalities, central nervous system impairment, behavioral disorders, and impaired intellectual functioning. Fetal alcohol spectrum disorders (FASD) is an umbrella term used to describe this range of effects that can be caused by exposure to alcohol in utero. FASDs affect up to 5% of the US population.

- learn about the impact of FASDs across the lifespan
- Become familiar with diagnostic resources
- Learn about screening techniques to determine who is at risk for an alcoholexposed pregnancy
- Identify ways to improve communication with patients about their alcohol use or prenatal alcohol exposure



#### St Joseph District Fall Workshop

#### October 14, 2017

#### St. Joseph Hospital 1915 Lake Ave. Plymouth, Indiana 46563

Members: \$35.00 Non Members: \$40.00 Students: \$25.00

6 CEU's

		0 020 3		
7:45 – 8:25 a.m.	Registration and Breakfast (included)			
8:30 – 9:30 a.m.	Topic:	Speaker:		
9:40 – 10:40 a.m.	Topic	Speaker:		
10:50 – 11:50 a.m.	Topic:	Speaker:		
12:00 – 12:45 p.m. Lunch (included)				
1:00 – 2:00 p.m.	Topic:	Speaker:		
2:10 – 3:10 p.m.	Topic:	Speaker:		
3:20 – 4:20 p.m.	Topic:	Speaker		
Mail registration to	: Marjorie	Mikesell, CMA (AAMA)		
	2847 Jan	nestown Court S.		
	Mishaw	aka, Indiana 46545		
Checks made out to: St. Joseph District				
NAME:				
ADDRESS:				
CITY/STATE/ZIP:				
EMAIL ADDRESS/PI	HONE NUM	BER:		
CHAPTER:				
Send all questions/comments to Marjorie Mikesell CMA (AAMA) at (574) 259-6075 or				

email margiej223@gmail.com or Karen Pershing, CMA (AAMA) at klpershing@aol.com

# Twelfth District Welcomes you to the 2018 ISMA Conference



702 East Lake View Rd. Syracuse, IN

April 20-22, 2018

Twelfth District welcomes you to beautiful Lake Wawasee with guestrooms and suites that radiate lake style and warm hospitality. Step into this unique resort and experience one-of-a-kind accommodations.

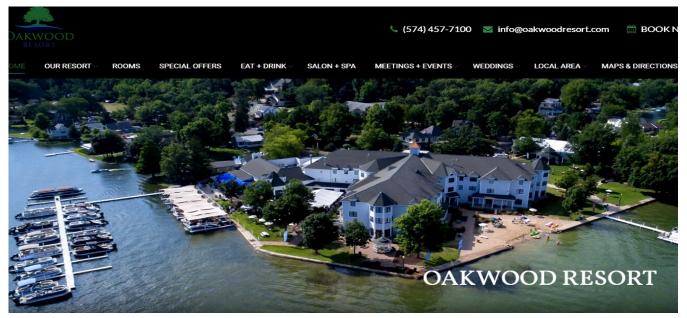
Complete your escape with a visit to Oakwood's full service salon and spa. They offers "Couples Massages" so you can share that fabulous feeling of rejuvenation with a friend!

Our meetings and speakers are to provide the ISMA with a relaxing weekend—full of speakers that will recharge your education and allow you to renew your CMA with the latest information!

RELAX

RECHARGE RENEW

HOPE TO SEE YOU <u>APRIL 20-22,</u> 2018!



#### SEPTEMBER IS SUICIDE PREVENTION AWARENESS MONTH

September 2016 is also known as National Suicide Prevention Awareness Month which helps promote resources and awareness around the issues of suicide prevention, how you can help others and how to talk about suicide without increasing the risk of harm.

Suicidal thoughts can affect anyone regardless of age, gender or background. Suicide is the <a href="third">third</a> <a href="teading cause">teading cause</a> of death among young people and is often the result of mental health conditions that effect people when they are most vulnerable. Suicidal thoughts and suicide occur too frequently but should not be considered common and can indicate more serious issues. In many cases the individuals, friends and families affected by suicide are left in dark, feeling shame or stigma that prevents talking openly about issues dealing with suicide.

Know the Warning Signs and Risk of Suicide

Preventing Suicide as a Family Member or Caregiver

Being Prepared for a Crisis

#### CRISIS AND INFORMATION RESOURCES

- I'm in crisis or am experiencing difficult or suicidal thoughts: National Suicide Hotline 1-800-273
   TALK (8255)
- I'm looking for more information, referrals or support: NAMI Helpline 800-950-NAMI (6264)

If you or someone you know is in an emergency, call The National Suicide Prevention Lifeline at **1-800-273-TALK (8255)** or call **911** immediately.

If you or someone you know is in an emergency, call The National Suicide Prevention Lifeline at 1-800-273-TALK (8255) or call 911 immediately. - See more at: http://www.nami.org/suicide#sthash.GE2GI37c.dpuf

#### WORLD SUICIDE PREVENTION DAY

On September 10, 2016, we observe World Suicide Prevention Day to reach out to those affected by suicide, raise awareness and connect individuals with suicidal ideation to treatment services. It is also important to ensure that individuals, friends and families have access to the resources they need to address suicide prevention.

#### WHAT ELSE CAN I DO?

We believe that these issues are important to address year round. Highlighting these issues during Suicide Prevention Awareness Month and World Suicide Prevention Day provides a time for people to come together and display the passion and strength of those working to improve the lives of the millions of Americans that can benefit from honest discussions about mental health conditions and suicide. In fighting for those living with mental illness there is still much more that needs to be done and more ways to get involved.

Mental Illness Awareness Week

Take the Stigma Free Pledge

Raise Awareness

Get Involved

Donate

If you or someone you know may need a mental health assessment, anonymous online tools are available. Learn more and help yourself or someone you care about.

#### AWARENESS RESOURCES

Share the images and graphics below during the month of September to help promote awareness of suicide prevention resources and promote discussion of suicide prevention awareness. You can

Official Newsletter of the Indiana Society of Medical Assistants, Inc.

An Affiliate of the American Association of Medical Assistants

Pam Neu, CMA (AAMA), Editor 4805 E 640 S Wolcottville, IN 46795

#### Return Service Requested





NOTICE— If you have a name or address change PLEASE Notify
National AAMA at
1-800-ACT-AAMA or www.aama-ntl.org

## **NOTICE:**

We are meeting at:

1vy Tech Community College 9301 E. 59th Street Indianapolis, IN 46216 Room 346