

# Med-A-Scoop

Dear Members

We had a wonderful conference in Lafayette, Indiana. Jackie Vukobratovich, CMA (AAMA) and Jeni Begley, CMA (AAMA) did a great job co-chairing our state conference. I hope you had a chance to speak with our AAMA National representative, Mary Gambrell, CMA (AAMA). It was a great opportunity to have Trustee Gambrell and her southern hospitality at our conference.

I want to extend my appreciation for everyone's support this past year as I have had the honor of serving as the President of the Indiana Society of Medical Assistants.

My theme this year is "Medical Assisting – Catch the Vision". We all need to have vision and direction for our work life and our organization, because truly "until you spread your wings you will never know how far you can fly"

I want to encourage every member to get more involved in their local and state organization and then maybe go on to the National level. You will find that it is rewarding to serve and promote the American Association of Medical Assistants.

We are excited to partner with Ivy Tech – Fort Benjamin Harrison / Lawrence Campus. We encourage students and seasoned medical assistants to come and learn and network together with us.

We will be moving our ISMA quarterly workshops and board meetings this year to **Ivy Tech Community College, Fort Benjamin Harrison / Lawrence Campus, 9301 E. 59<sup>th</sup> St. Indianapolis, Indiana 46216.**

Our next workshop is scheduled for June 24, 2017. Jane is planning a great workshop. Our lunch will be a pitch in – with everyone bringing their favorite covered dish or dessert. The Indiana Society will be providing the main dish. Please let Jane know what your group is planning to bring.

Spread the word to your friends and co-workers. Hope to see you at a meeting in the coming year.

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](http://www.insocmedasst.org)

## ISMA Physician Advisors 2016-17

### Scott Guenther, 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  
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# ISMA Board of Directors

## AGENDA

June 24, 2017

Call to Order	Clara Poirot, CMA (AAMA) CN-BC, President
Invocation	Joyce Edds, CMA (AAMA), CPT (ASPT) Chaplain
Medical Assistant Creed	Jane Seelig, CMA-A (AAMA Vice President
Credentials Report	Dianne Wimsett, CMA (AAMA) Chairman
Introductions	Clara Poirot, CMA (AAMA) CN-BC President
Secretary Report	Jeni Begley CMA (AAMA) Secretary
Treasurer Report	Rita Michel, CMA (AAMA) Treasurer
Presentation of Bills	
Correspondence	June Brown, RMA
Officer Report	President- Clara Poirot, CMA (AAMA) Vice President- Jane Seelig, CMA-A (AAMA) Secretary - Jeni Begley CMA (AAMA) Treasurer - Rita Michel, CMA (AAMA) Treasurer 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) Website Development, Pam Neu, CMA (AAMA) Membership- Joyce Edds, CMA (AAMA), CPT (ASPT) Procedure Manual- Mary Cate Gardner, CMA (AAMA) ISMA Liaison-Tammy Daily, CMA (AAMA) Public Policy/Affairs Tammy Daily, CMA (AAMA) Eva I Irwin Support Fund-Sandy Johnson, MS, CMA (AAMA) CPC Ways & Means- Sandy Johnson, MS, 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, CMA (AAMA), MBA West Central District – Jeni Begley, CMA (AAMA)
Unfinished Business	Post Conference reports
New Business	Election of Nominating committee Excel Awards application
Announcements	August 26, 2017 is our next meeting
	<b>Remember M-A-S deadline is July 7, 2017</b>
Adjournment	

**INDIANA SOCIETY OF MEDICAL ASSISTANTS**  
**61<sup>st</sup> Annual Business Meeting**  
**Holiday Inn City Centre**  
**Lafayette, IN**  
**April 22, 2017**

<b>Call to Order</b>	President Clara Poirot, CMA (AAMA), CN-BC, called the meeting to order at 11:02 am.
<b>Invocation</b>	Chaplain Joyce Edds, CMA (AAMA), CPT (ASPT), gave the invocation.
<b>Medical Assistants Creed</b>	Vice President Jane Seelig, CMA-A, (AAMA), led the reciting of the creed.
<b>Introductions</b>	President Clara Poirot, CMA (AAMA), CN-BC introduced the officers, past presidents, award winners, life members, honorary members, and guests.
<b>ISMA Conference Report</b>	No report.
<b>Credentials Report</b>	Dianne Wimsett, CMA (AAMA) gave the Credentials Report. There were 39 registered for the meeting with a voting power of 30. A quorum was 16, a majority vote was 16, and a 2/3 vote was 20.
<b>Additions/Corrections to Agenda</b>	None.
<b>Memorial Service</b>	Chaplain Joyce Edds, CMA (AAMA), CPT (ASPT), recognized those members of the ISMA and AAMA who had passed this year.
<b>Adoption of Conference Program</b>	Jenifer Begley, CMA (AAMA) moved that the conference program be accepted as printed, the motion was passed.
<b>Correspondence</b>	Corresponding Secretary June Brown, RMA, read the correspondence. A thank you note from Wounded Warriors was received for our previous contributions. Julie Flaatten, CMA (AAMA), RN, EMT, President of the AAMA sent her regrets that she wouldn't be able to attend our conference this weekend. Amy Woods from Best Colleges sent a request that we include a link to their Online Health Science Program to our website. We received notification from the AAMA of the passing of David Knight. We received an update regarding MAERB and the AAMA Endowment.
<b>Secretary's Report</b>	Printed in Med-A-Scoop
<b>Report of Minutes Audit Committee</b>	Printed in Med-A-Scoop
<b>Treasurer's Report</b>	Printed in Conference book.
<b>Report of Financial Audit Committee</b>	Printed in Conference book.
<b>Report of Nominating Committee</b>	Printed in Conference book.
<b>Introduction of Tellers, Pages, and Timekeeper</b>	Head Teller is Marianne Hawker-Green, CMA (AAMA); her assistants are Nancy Eck, CMA (AAMA), Debbie Hyneman, CMA (AAMA), and Paula Schubert, CMA (AAMA). Pages are Dawn Ortega, CMA (AAMA), Heidi Sisson, CMA (AAMA), Michelle Bray, CMA (AAMA), Marchelle Bray, CMA (AAMA), and LaTress Woodley, CMA (AAMA). Timekeeper is Glennella Bruce, RN, CMA-C (AAMA).
<b>Annual Meeting Rules</b>	Rita Michel, CMA (AAMA), Parliamentarian read the rules as printed in the Conference book.
<b>Instructions to Tellers, Pages, and Timekeeper</b>	Rita Michel, CMA (AAMA), Parliamentarian
<b>Election of Officers</b>	No nominations were made from the floor. June Brown, RMA moved that the slate of officers be elected by acclamation, the motion was passed.
<b>Officer Reports</b>	Printed in Conference book.
<b>Committee Reports</b>	Printed in Conference book.
<b>Chapter Reports</b>	Chapter reports were printed in the conference book.
<b>Unfinished Business</b>	<b>Proposed Budget 2017-2018</b> -Printed in Conference book, Tamara Daily CMA (AAMA) moved that it be accepted as presented, the motion passed. <b>2017 State Conference</b> -Jenifer Begley, CMA (AAMA), there were 59 present for the Welcome Party on Friday night. There were 64 at the first workshop on Saturday.

**2018 State Conference**-Pam Neu, CMA (AAMA) the Conference will be in Syracuse at Oakwood Resort.

**Standing Rule #7**-Karen Pershing, CMA (AAMA) Standing Rule #7 has been amended to read: For all ISMA workshops a \$25 per hour honorarium will be given to the speaker. If the speaker is unable to take the honorarium, they may recommend their choice of charity for donation. If they do not have a charity to give to we will put it in our Eva I. Irwin Fund. Cate Gardner, CMA (AAMA) moved that the rule be changed, the motion passed.

**Indiana Physician's Convention**-Tamara Daily, CMA (AAMA) Printed in Conference book.

**New Business**

**Election of AAMA Delegates**-Clara Poirot, CMA (AAMA), CN-BC, President Nominations were taken from the floor. June Brown, RMA moved that nominations for delegates be closed, the motion passed. Elected were Pam Neu, CMA (AAMA), Joyce Edds, CMA (AAMA), and Dianne Wimsett, CMA (AAMA). Rita Michel, CMA (AAMA) will be the Alternate Delegate. Marianne Hawker-Green moved to destroy the ballots, the motion passed.

**Recertification**-Michelle Bray, CMA (AAMA) there will be 15 recognized at the banquet tonight.

**Honor Flight**-Jane Seelig, CMA-A (AAMA) Guardians are trained to accompany veterans to Washington, DC War Memorials. There is also a letter writing campaign for veterans to receive letters on the plane ride home. Honorary Member Bruce Johnson is a veteran and would like to be a Guardian. Marjorie Mikesell, CMA (AAMA) moved that we send Bruce Johnson and one veteran on the Honor Flight, the motion passed.

**Announcements**

Educators need to be thinking of questions for the Knowledge Bowl.

Chapter basket winners were announced.

Officer lineup is at 6:45 pm.

**Adjournment**

The meeting was adjourned at 12:26 p.m.

Jenifer D. Begley, CMA (AAMA)

Recording Secretary



**INDIANA SOCIETY OF MEDICAL ASSISTANTS**

**Post Conference Board Meeting**

**Holiday Inn City Centre**

**Lafayette, IN**

**April 23, 2017**

<b>Call to Order</b>	President Clara Poirot, CMA (AAMA), CN-BC, called the meeting to order at 11:15 am.
<b>Invocation</b>	Chaplain Joyce Edds, CMA (AAMA), CPT (ASPT), gave the invocation.
<b>Medical Assistants Creed</b>	Vice President Jane Seelig, CMA-A, (AAMA), led the reciting of the creed.
<b>Introductions</b>	President Clara Poirot, CMA (AAMA), CN-BC Introductions were deferred.
<b>Credentials Report</b>	Dianne Wimsett, CMA (AAMA) gave the Credentials Report. There were 19 registered 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.
<b>Secretary's Report</b>	Jenifer Begley, CMA (AAMA) -No report
<b>Treasurer's Report</b>	Rita Michel, CMA (AAMA) - No report
<b>Presentation of Bills</b>	Jane Seelig, CMA-A (AAMA) presented bills for entertainment of the AAMA representative prior to the conference. Discussion was held and it was determined these were conference expenses to be paid by the hosting chapter. The receipts were given to Jenifer Begley, CMA (AAMA), Treasurer for West Central District.
<b>Correspondence</b>	June Brown, RMA -No report
<b>Officer Reports</b>	Officer Reports were deferred.
<b>Committee Reports</b>	<b>Budget &amp; Finance-</b> No report <b>Bylaws &amp; Standing Rules-</b> Karen Pershing, CMA (AAMA) In 2008 it was recommended that the By-laws and Standing Rules be merged, but they never were. Discussion was held and it was decided to keep them separate. <b>Certification-</b> No report <b>Continuing Education-</b> Jane Seelig, CMA-A (AAMA)-The June workshop will be on mentoring. She would like to make it a no charge workshop. <b>Council of Past Presidents-</b> Joyce Edds, CMA (AAMA), CPT (ASPT)-Conference Guidelines: Need to add that the ISMA will pay for room and registration for the AAMA representative, all other expenses will be paid by the hosting chapter. PIP's raised \$180. <b>Historian-</b> Marianne Hawker-Green, CMA (AAMA)-No report. <b>ISMA Liaison/Public Policy-Affairs-</b> Tammy Daily, CMA (AAMA)-No report <b>Membership-</b> Joyce Edds, CMA (AAMA), CPT (ASPT) – No report <b>Procedure Manual-</b> Mary Cate Gardner, CMA (AAMA) <b>Eva I. Irwin Support Fund-</b> Sandra Johnson, MS, CMA (AAMA), CPC (ASPT) There will be 2 awards given at the banquet, Ivy Tech Fort Wayne and Ivy Tech Evansville. <b>Ways &amp; Means-</b> Sandra Johnson, MS, CMA (AAMA), CPC (ASPT) Wounded Warriors raised \$285 Ways & Means raised \$653. <b>Website Development-</b> Pam Neu, MBA, CMA (AAMA)-Please stick to deadlines, make sure documents are copy ready and use Microsoft Word. <b>2018 State Conference-</b> Pam Neu, CMA (AAMA)-Will be in Syracuse, IN April 20-22
<b>Chapter Reports</b>	Chapter reports were deferred.
<b>Unfinished Business</b>	<b>Honor Flight-</b> Bruce Johnson, Honorary Member requested clarification regarding the Honor Flight, we approved money for a Guardian and a Veteran but the Veteran is free. Does this mean we are approving one trip or two, we are approving one trip. <b>2016 AAMA Conference follow up-</b> Jane Seelig, CMA-A (AAMA) Letters from Julie Flaatten, RN, CMA (AAMA), EMT and Nathan Breen were discussed in follow up to a motion from the 2016 House of Delegates regarding the AAMA Board of Trustees meeting with the Medical Assisting Education Review Board.

**New Business**

**Election of Past Presidents to Executive Board**-Nominations were taken from the floor, Rita Michel, CMA (AAMA) moved to close nominations, the motion passed. Tammy Daily, CMA (AAMA) and Sandy Johnson, CMA (AAMA) were elected.

**Corrections to Officer Listings**- Corrections were made to the new lists of directors and committee chairs.

**Announcements**

The next meeting will be June 24, 2017. The State will provide meat and everyone else should bring a side dish.

Twelfth District will donate the raffle basket for the next meeting.

**Adjournment**

The meeting was adjourned at 12:37 p.m.

Jenifer D. Begley, CMA (AAMA)

Secretary

\*\*\*\*\*

**Ivy Tech Community College  
Lawrence Campus  
9301 E 59<sup>th</sup> St, Room 346  
Indianapolis IN 46216**

- |                     |  |
|---------------------|--|
| 11:00 – 12:00 Noon  | Lunch  |
| 11:45 AM – 11:55 AM | Workshop Registration  |
| 12:00 Noon-3:00 PM  | Workshop 3 CEUs<br><i>Innovative Pathways to Goals</i><br>Presented by:<br>Deborah Novak, CMA (AAMA)<br>AAMA Trustee |
| 3:15 PM – 4:00 PM   | Executive Board Meeting  |
| 3:45 PM – 4:00 PM   | Registration for Board of Directors Meeting  |
| 4:15 PM – 6:30 PM   | Board of Directors Meeting   |



**DON'T MISS THIS OPPORTUNITY TO  
THINK OUTSIDE OF THE BOX!!!**





**Twelfth District Chapter of Medical Assistants  
WORKSHOP  
Saturday, September 9, 2017**

**Ivy Tech Community College  
Student Life Center – North Campus  
4900 St. Joe Rd.  
Fort Wayne, Indiana 46835**

**Fee:** \$50 AAMA Members  
\$80 AAMA Nonmembers  
\$10 AAMA Student Members  
\$15 Student Non-AAMA Members

7:30 - 8:00 am Registration and Continental Breakfast  
8:00 - 10:00 a.m. Program: TBA  
10:15 - 12:15 p.m. Program: TBA  
12:15 - 1:00 p.m. Lunch  
1:00- 3:00 p.m. Program: TBA

Make checks payable to: **12th District Medical Assistants**

**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](mailto:rmichel@onlyinternet.net) or call 260-358-7282. Applying to AAMA for 6 CEUs.



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

Address: \_\_\_\_\_ City: \_\_\_\_\_ State \_\_\_\_\_

Zip: \_\_\_\_\_

Phone No. (A/C) \_\_\_\_\_

Please check one:  **Current AAMA Member**

**Non-AAMA Member**

**Student Non-AAMA Member**

**Student AAMA Member**

Chapter/School Name \_\_\_\_\_

E-Mail \_\_\_\_\_

# 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](mailto: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 alcohol-exposed pregnancy
- ◇ Identify ways to improve communication with patients about their alcohol use or prenatal alcohol exposure

## **MAY 2017 ISMA LIAISON REPORT**

ISMA sets priorities in the upcoming legislative session. Here are some Goals and Expectations:

An increase in the tobacco tax tops the list. In the partnership Alliance for a Healthier Indiana, the ISMA will join with the Indiana Hospital Association, the Indiana Chamber of Commerce and others to help increase the tobacco tax by at least \$1.50 per pack and raise the age to purchase tobacco products from 18 to 21.

Required prior authorizations from commercial payers and the Medicaid program have increased in the last 18 months and these PA demands impact physician practices and affect patient care. This is reported to have more and more physicians experiencing delays and interferences with their delivery of care. Many prescriptions now require prior authorizations, so these issues will be brought to the Statehouse for help and suggestions.

Also, with the Budget under debate, appropriate funding for graduate medical education will be an ISMA priority. Two years ago, the legislature formed the Graduate Medical Education Board, which now has 18 months of work completed. The ISMA will support the board in its efforts to secure more funding, since signs point to future physician shortages and access to care crisis for Hoosiers.

As in most legislative sessions, multiple scope-of-practice issues are expected to arise---involving pharmacists, advanced practice nurses and naturopaths, who want licensure to practice as physicians. The ISMA will defend against these incursions.

Also the Governor's Task Force on Drug Enforcement, Treatment and Prevention has several pieces drafted for the 2017 session.

An update of these Goals and Expectations will be followed and reported upon when available.

**Tammy Daily, CMA (AAMA) ISMA LIAISON**

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

#### **ISMA BOARD MEETINGS**

June 24, 2017  
August 26, 2017  
November 11, 2017  
February 3, 2018  
April 20-22, 2018

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

May 6, 2017  
July 7, 2017  
September 22, 2017  
December 9, 2017  
February 23, 2018

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

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



**INNOVATIVE  
PATHWAYS  
TO GOALS**

**STATE/CHAPTER/DISTRICT OFFICERS  
AND COMMITTEE CHAIRS & MEMBERS**

**MARK YOUR CALENDARS FOR**

**JUNE 24, 2017**

**THIS WORKSHOP IS FOR YOU**

**PRESENTED BY AAMA TRUSTEE**

**DEBORAH NOVAK, CMA (AAMA)**

**11:00 AM TO 3:00 PM**

**LUNCH PROVIDED**

**PREPARE FOR THE COMING YEAR OF LEADERSHIP AND PARTICIPATION**

**3 CEUS**

**NO REGISTRATION FEE BUT SEND REGISTRATION NOTIFICATION TO**

**JANE SEELIG, CMA-A (AAMA)**

**janeseelig@att.net**

## You Can Control Your Asthma

Although asthma cannot be cured, you can control your asthma successfully to reduce and to prevent asthma attacks, also called episodes. Successful asthma management includes knowing the warning signs of an attack, avoiding things that may trigger an attack, and following the advice of your healthcare provider.

Asthma is one of the most common lifelong chronic diseases. There are more than 24 million Americans living with asthma, a disease affecting the lungs and causing repeated episodes of wheezing, breathlessness, chest tightness, and coughing.

Although asthma cannot be cured, you can control your asthma successfully to reduce and to prevent asthma attacks, also called episodes. Successful asthma management includes knowing the warning signs of an attack, avoiding things that may trigger an attack, and following the advice of your healthcare provider.

Using what you know about managing your asthma can give you control over this chronic disease. When you control your asthma, you will breathe easier, be as active as you would like, sleep well, stay out of the hospital, and be free from coughing and wheezing.

In most cases, we don't know what causes asthma, and we don't know how to cure it. Some things may make it more likely for one person to have asthma than another person. If someone in your family has asthma, you are more likely to have it. Regular physical exams that include checking your lungs and checking for allergies can help your healthcare provider make the right diagnosis. Then you and your healthcare provider can make your own asthma management plan so that you know what to do based on your own symptoms.

Using your asthma medicine as prescribed and avoiding common triggers that bring on asthma symptoms, such as smoke (including second-hand and third-hand tobacco smoke), household pets, dust mites, and pollen will help you control your asthma.

Make sure you are up to date on vaccinations that help protect your health. Respiratory infections like influenza (flu) can be very serious for you, even if your asthma is mild or your symptoms are well-controlled by medication. Flu can trigger asthma attacks and make your asthma symptoms worse, and is more likely to lead to other infections like pneumonia. Getting the recommended vaccines will help you stay healthier.

The important thing to remember is that *you can control your asthma*. [www.cdc.gov](http://www.cdc.gov)



# Prepare for Spring Weather

## Spring weather can be unpredictable. Reduce injury risk and plan ahead.

Spring is the time of year when many things change—including the weather. Temperatures can swing back and forth between balmy and frigid. Sunny days may be followed by a week of stormy weather. Sometimes extreme weather changes can occur even within the same day. Mark Twain once said, "In the spring I have counted one hundred and thirty-six kinds of weather inside of four and twenty hours."

Thunderstorms cause most of the severe spring weather. They can bring [lightning](#), [tornadoes](#), and [flooding](#). Whenever warm, moist air collides with cool, dry air, thunderstorms can occur. For much of the world, this happens in spring and summer.

Because spring weather is so unpredictable, you may be unprepared when severe weather hits—particularly if you live in a region that does not often experience thunderstorms, tornadoes, or flooding. And when severe weather hits unexpectedly, the risk of injury and death increases. So planning ahead makes sense; prepare for storms, floods, and tornadoes as if you know in advance they are coming, because in the spring, they very likely will.

Advance planning for thunderstorms, lightning, tornadoes, and floods requires specific safety precautions. You can [follow many of the same steps](#) that you would for all extreme weather events. Keep an emergency kit on hand. Some items to include are:

- A battery-operated flashlight, a battery-operated NOAA Weather Radio, and extra batteries for both
- An [emergency evacuation or shelter plan](#), including a map of your home and, for every type of severe weather emergency, routes to safety from each room

A list of [important personal information](#), including:

- telephone numbers of neighbors, family, and friends
- insurance and property information
- telephone numbers of utility companies
- medical information

According to the [American Red Cross](#) a [first aid kit](#) may include:

- non-latex gloves
- assortment of adhesive bandages
- antibiotic ointment
- sterile gauze pads in assorted sizes
- absorbent compress dressings
- tweezers
- scissors
- adhesive cloth tape
- aspirin packets (81 mg each)
- \* first aid instruction booklet

(NOTE: [Customize your first aid kit](#) to meet your individual and family needs.)

- A 3–5 day supply of bottled water and nonperishable food
- Personal hygiene items
- Blankets or sleeping bags

An [emergency kit](#) in your car

Prepare your family members for the possibility of severe weather. Tell them where to [seek appropriate shelter](#) as soon as they are aware of an approaching storm. Practice your emergency plan for every type of severe weather. Show family members where the emergency supplies are stored, and make sure they know how to turn off the water, gas, and electricity in your home.

Often by the time we are aware of an approaching storm, we have little if any time to prepare for it. But we do know that when spring arrives, thunderstorms, tornadoes, and floods are real possibilities. So why not take the surprise factor out of severe weather and prepare yourself, your family, and your home? If thunderstorms, tornadoes, and floods do occur, you'll be ready for them.



www.cdc.gov

# 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.

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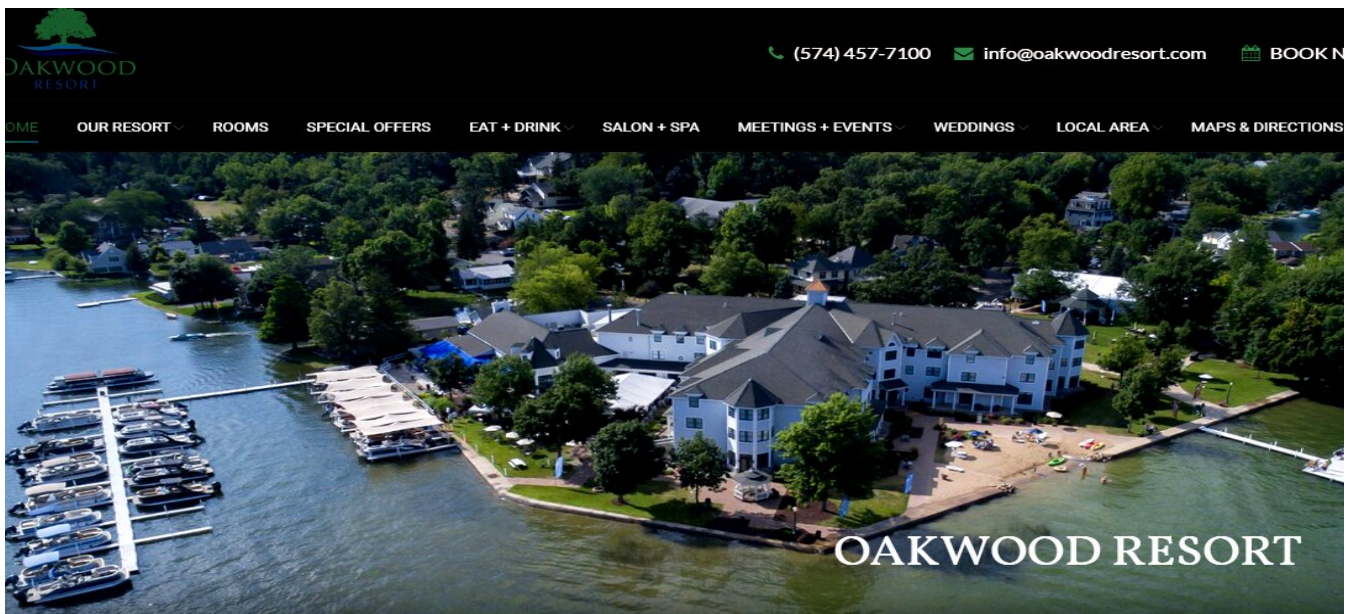
**Our meetings and speakers are to provide the ISMA with a relaxing weekend—full of speakers that will recharge your education and allow you to renew your CMA with the latest information!**

**RELAX**

**RECHARGE**

**RENEW**

**HOPE TO SEE YOU APRIL 20-22 2018!**



**Official Newsletter of the  
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***NOTICE:***

**Starting June 2017 we will be meeting at :**

**Ivy Tech Community College  
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