



NYSSMA *Today*

New York State Society of Medical Assistants



AN AFFILIATE OF THE
AMERICAN ASSOCIATION
OF MEDICAL ASSISTANTS

INSIDE THIS ISSUE:

President's Message2
Convention Invitation.....3
Registration Forms 4-9
Journal Ads 10
Special Interest..... 11-13

PRESIDENT'S MESSAGE



Hello NYSSMA members,

I hope you are all doing well. With the exception of our Buffalo members it has been a very mild (cold but mild) uneventful winter.

NYSSMA is working hard to increase our membership, so if you know anyone who is attending classes to become a CMA (AAMA), please tell them about us and encourage them to join. If you are or know an educator, ask them to talk to their students about the benefits of membership and how they must earn CEUs to keep up certification. NYSSMA is the best way to do this!

I attended the AAMA National Conference this past October in Myrtle Beach, SC with nine other NYSSMA members. The weather and the venue were spectacular and a good time was had by all. I attended the State Leaders session as well as the House of Delegates where all the business of AAMA happens. The education sessions offered were wonderful and informative. 20 CEUs were offered in total. This year the Conference is in Orlando, Florida September 22-25. I encourage all who can to attend; the opportunity to network and learn is worth it. Grab your sunglasses, share a room with one or more of your friends to help cut costs, and join us!

NYSSMA is holding our Annual Conference April 27-29 at the Hilton Garden Inn in Pittsford. The Monroe Chapter is hosting and 12 CEUs will be offered. I hope to see you all there so save the date!

Kimberly Battaglini, CMA (AAMA)

NYSSMA President

LETTER FROM THE EDITOR

This is a great newsletter I have for all of you since it is the first in three years to include full in-person NYSSMA Convention registration forms. 14 pages of information, education, and interest!

There are several other things to make mention of to you all: there are a few free CEU opportunities to take advantage of right now. On the AAMA e-Learning site they are offering a CEU credit called *Research Ready* and a new one for March all about colon cancer screening.

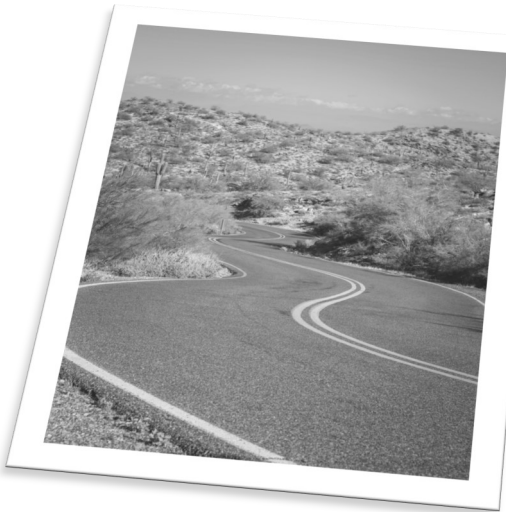
You may or may not have heard that there is a federal grant from the U.S. Department of Labor that makes it possible to earn an HIT-related certification/credential. The Health Information Technology Certified Manager for Physician Practice (HITCM-PP) is being offered through The Professional Association of Health Care Office Management (PAHCOM). If you are interested in getting a leg up on administration or management then this may interest you. It's available at no cost through 3/31/23. The AAMA sent out an e-blast about it this month.

Don't forget, get your registration and payment in for the NYSSMA convention asap and earn more CEUs and opportunities to network. A lot of hard work and planning goes into organizing these wonderful events. I can't wait to hear from some of these guests in April!

Happy Reading,

Heather Kazmierczak, BFA, CMA (AAMA)

Get ready! Get set! Go!



Come join us on our upcoming adventure as we *Embrace the Journey* at the Hilton Garden Inn in Pittsford, NY from April 27-30, 2023.

From our early beginnings as medical assistants we've gone up the hills and down in the valleys, but we've learned, we've cared, and we've reached out for

directions. We have continued on our path to reach the highest limit! As we strive to go on and become better we want to welcome you to hop on and join our tour. This trip will include education, state business, fun, and relaxation. We'll be traveling together as we experience new and exciting heights.

Don't forget to bring your "jammies" and slippers as we will be having a Pajama Party at our Friday night welcome party.

So, save the date and get ready to travel around a weekend of new and great destinations!

Congratulations to Natalia Merukeb

winner of the

Maxine Williams Scholarship Fund

2022

Natalia graduated from the Medical Assisting program at SUNY ECC in December 2022.

Well deserved!

Applications for the 2023 Maxine Williams Scholarship are now open! Please refer to your local program directors for more information.

NYSSMA

2022-23 Executive Board

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NEW YORK STATE SOCIETY OF MEDICAL ASSISTANTS



62nd Annual Convention Convention Registration

Hilton Garden Inn
800 Pittsford Victor Road, Pittsford, NY 14534
Thursday April 27 -30, 2023

Member (AAMA) _____ years AAMA Member ID # _____
 Chapter _____
 Non-AAMA Member
 State Officer _____
 NYSSMA Committee Chair or Member _____
 Student Member...School: _____
 Student Non-Member...School: _____
 Educator...School _____
 Guest
 Other Credentials (please list) _____
 First Time Attendee
 New CMA
 Recently Re-Certified (within the past year)

**Important Information Required for Voting in the General Assembly
Please Check**

Active Member Associate Member Life Member Sustaining Member
There is no charge to attend the General Assembly, but you must be registered

Report packets: Reports for the General Assembly will be viewed on a projector. There will be some hard copies available at the convention. If you would like to receive a packet before the convention to review it, please check below.

I would like a packet **mailed** to me I would like a packet **emailed** to me

PLEASE PRINT

Name _____ Credentials _____

Address _____

City/State _____ Zip _____

Phone (____) _____

Email _____ Hotel Confirmation # _____

Complete convention registration packages include all meetings, lunch, & dinner for Friday, Saturday, breaks, & CEUs.
 **There is a Restaurant on site (Breakfast is NOT included)

Complete Registration Package

	MEMBER	NON-MEMBER
_____ Early Bird: Received by 4/1	\$250	\$275
_____ On Time: Received by 4/2-4/15	\$275	\$300

Daily Registration

Includes Meals, Breaks, and Education/CEU Sessions. No Early Bird fee available for daily registrations

	MEMBER	NONMEMBER	STUDENT
THURSDAY, APRIL 27 (No meal provided)	\$75	\$100	\$35
FRIDAY, APRIL 28	\$120	\$130	\$60
SATURDAY, APRIL 29	\$125	\$150	\$75

Note: All meals will be buffet style, no selection required. Includes Water, Coffee, and Iced Tea

Friday Luncheon Buffet: Wrap Express:

Philly Cheesesteak-Peppers, Onions, American Cheese, and mayonnaise

Turkey BLT-Turkey, Applewood Bacon, Lettuce, Tomato, Chipotle aioli

Sides: Fresh Garden Salad with Ranch and Balsamic Vinaigrette dressings, Potato Salad, Assorted Bagged Chips

Dessert: Choice of Assorted Cookies or Brownies

Friday Evening Dinner:

Chicken Marsala, Ham

Sides: Fresh Garden Salad, Freshly Baked Rolls with whipped butter, Fruit Medley, Rice Pilaf,

Medley of Seasonal Vegetables

Chef's Choice Dessert

Saturday Luncheon: Soup & Salad Bar:

Chef's Soup du jour and Freshly baked rolls with butter, Fresh Fruit salad, Choice of Tuna or Chicken Salad, Mixed Greens and Chopped Romaine: Toppings to include carrots, tomato, cucumber, onion, mushrooms, shredded cheese, chopped egg, crumbly bleu cheese, croutons, bacon, ham, chicken, and a variety of dressings

Saturday Evening Dinner: President's Banquet

Chicken Cordon Bleu, Roast Beef

Sides: Fresh Garden Salad, Freshly Baked Rolls with whipped butter, Broccoli Salad with Bacon, Garlic Mashed Potatoes

Chef's Choice Dessert

****Additional guests meal costs and menu choices should be indicated below****

Meal Costs:	Friday Lunch	\$40	Saturday Lunch	\$35
	Friday Dinner	\$72	Saturday Dinner	\$72

Names of Guests for Friday/Saturday lunch:

(Friday) _____

(Saturday) _____

****Attendees staying at a different hotel will be assessed an additional \$25 fee to those listed on page 2. If you are not staying in a hotel, there is no extra charge.****

Complete Registration Package \$ _____
Daily Registration (indicate days) THURS \$ _____ FRI \$ _____ SAT \$ _____
**Guest Meals \$ _____
**Additional \$25 fee (as stated above) \$ _____
Total enclosed: \$ _____

Please send completed registration form with check or money order

Made payable to NYSSMA

To:

Todd Lasher, CMA (AAMA)

6 South Royal Drive

Albany, NY 12205

HOME: (518)-456-8351 CELL: (518) 331-1024

Email: TKLasher@ Verizon.net

Refunds will be made if requests are postmarked by 4/21/2023. Requests made after that will be considered on a case by case basis

CONVENTION SCHEDULE

Please indicate the sessions you are attending and return with your registration.

Thursday, April 27

_____ 3:00-4:00 Registration
_____ 4:00-5:00 Needle Exchange: Michelle McDonough, Consumer Relations Specialist, Trillium Health
_____ 5:00-6:00 Narcan Training: Michelle McDonough, Consumer Relations Specialist, Trillium Health

(Dinner on your own)

Friday, April 28

_____ 9:00-10:30 Pre-Convention Meeting
_____ 11:00-12:00 TBD
_____ 12:00-1:00 Lunch

_____ 1:00-2:00 "Home Health Care - A Better Way": Kim Salvaggio, Modern Home Care Solutions of WNY
_____ 2:00-3:00 Mindfulness: Carrie McCarthy-Wells LCSW,

_____ 3:00-3:30 Break
_____ 3:30-4:30 TBD

Please remember to bring your current AAMA ID card. It is necessary for approval of your credentials for the General Assembly. All attendees can sit in the General Assembly. Active, Associate, Life, and Sustaining members in good standing (dues were paid by 12/31/22) can vote on the business presented in the NYSSMA General Assembly.

_____ 4:45-5:00 Credentials Check-In
_____ 5:00-6:30 General Assembly
_____ 7:00-9:00 Welcome Pajama Party! (Wear your favorite “Jammies”)

Saturday, April 29

_____ 8:00-9:00 “Respiratory Therapies”: Allyson Shaner RT
_____ 9:00-10:00 Dr. Paul Kreher, PT, DPT, CERT MDT, U of R
_____ 10:00-10:30 Break
_____ 10:30-11:30 “Diabetes, What you should know”: Danielle Shatkin, MD, RD, CDCES
_____ 12:00-1:00 Lunch
_____ 1:00-2:00 Intro to Music Therapy Maggie MacArthur Nazareth College
_____ 2:00-2:30 Break
_____ 2:30-3:30 “Personal Wellness Strategies” Cynthia P. Smith, Ed.D, RT (R)
_____ 3:30-4:30 “Domestic Violence”: Karen Tremer, MPA, Exec Director/CFO, Chances & Changes
5:30-8:00 Buffet Dinner: **President’s Banquet and Installation of Officers**

Sunday, April 30

_____ 9:00-11:00 Post-Convention Meeting

CEUs available

****Speakers, Topics, and Times are subject to change****

HOTEL REGISTRATION AND INFORMATION

The site for the 2023 NYSSMA Convention is Hilton Garden Inn, 800 Pittsford Victor Rd, Pittsford NY

Phone: 1-888-728-3027 **(If calling to make a reservation, please make sure you mention NYSSMA Convention)**

The rate is \$129.00 per room. No more than 2 people per room.

Deadline for Room Reservations is March 28, 2023!

The Link for the Hotel to make your reservations is: <https://group.hiltongardeninn.com/kgyoiz>

The Link should state “ We’re showing NYS Society of Medical Assistants Rates”

From Buffalo: Take the 90 East to Exit 45 for 1-490 toward Rochester/Victor. Take exit 27 for NY-96 toward Bushnell’s Basin. Turn right onto NY-96 N. At 350ft, turn right follow road to Hilton Garden Inn.

From Albany: Take the 90 West to Exit 45 for 1-490 toward Rochester/Victor. Take exit 27 for NY 96 toward Bushnell’s Basin. Turn right onto NY-96N. At 350ft, turn right follow road to Hilton Garden Inn.

CONVENTION CAUSES

Each year we support a local charity in the area the convention is held. This year we have chosen to support **Chances and Changes**. Chances and Changes is a non-profit organization assisting persons who are physically, emotionally, verbally, sexually, and /or financially abused by their intimate partners. This is a serious problem no one should face alone.

Chances & Changes, Inc is a not-for-profit organization serving victims of Domestic Violence throughout New York State. At Chances & Changes, we offer people a **CHANCE** to escape the traumas of abuse, to heal emotional and physical bruises, to live in an environment of comfort and protection, to take the first step in making a **CHANGE** for a better, safer, happier life.

The Jemison House is a transitional housing program which assists those persons to develop a plan of action to attain specific goals such as life skills training , learning daily living skills, budgeting and money management, shopping skills and assisting with connecting to services available to them in the community.

Chances & Changes is in need of the following items for The Jemison House:

Winter boots

Diapers: sizes 4,5,6

Slippers: Adult sizes 7-10, Slippers: all kids sizes

Pajama bottoms: All sizes

New blankets: Twin and Full size

Hypo-Allergenic Mattress pads: Twin and full size

New School supplies: Pens (blue & black), Binders, Notebooks, Folders, Filler paper

Muffin tins, Cake pans (9x13) ,Baking dishes (8x8),

Curtin Rods and Curtains

ADDITIONAL CONVENTION INFORMATION

- Vendors on Saturday: Small Indulgences Jewelry
- Welcome Party: On Friday night, join us for a “Pajama Party” Wear your favorite, comfy Jammies and slippers!
- NYSSMA Ways and Means will have NYSSMA products for sale at 1/2 price. Theme baskets will be raffled off. There will also be 50/50 drawing during the Convention.
- Educational sessions are open to all attendees. Business Casual attire is recommended.
- The Pre-Convention Executive Board meeting is held on Friday. Your input is welcome and encouraged.
- Credentials Check-In is required if you wish to vote during the General Assembly. The Credentials Committee will verify that you are a member in good standing(dues paid by 12/31/22). Members wishing to vote can have active, associate, sustaining, or life membership status. Students and all others are encouraged to attend, but may not vote.
- The General Assembly is the annual meeting of the New York State Society of Medical Assistants. Reports from our committees and officers are reviewed, resolutions are voted on, as well as any proposed Bylaws changes. Reports will be viewed on a projector screen. However, you can still request that a copy of the packet be sent to you by mail or email in preparation for discussion or questions during the meeting.
- Presidents’ Dinner/Installation/Awards will be Saturday night. Awards and other presentations are given to individuals and chapters.
- The Post-Convention meeting is open to all. We will discuss plans for the upcoming year for our committees, and there will be a brief orientation for committee chairs and members.

ADDITIONAL HOTEL INFORMATION

- Rooms have a Microwave, Refrigerator and a Keurig
- Free Wi-Fi, indoor pool, 24/7 gym, laundry, on-site Restaurant (Breakfast: on your own) and Pantry (snacks)
- Outdoor self-parking, which is available for no charge close to the entrance of the hotel
- Check-In 3:00pm, Check-Out 12:00pm.
- The hotel is within a shopping district, 5 minute drive of Powder Mills Park, and Reidman Fish Hatchery.
- The Eastview Mall is 2.8 miles away.



New York State Society of Medical Assistants, Inc.

62th Annual Convention

Convention Journal Advertisement Order Form

Hilton Garden Inn

800 Pittsford Victor Road, Pittsford, NY 14534

Thursday April 27– Sunday April 30, 2023

We welcome all support of our society through advertisement of your business, office, or local chapter to be included in the convention program journal.

Indicate your choice of advertisement size. Send this completed form with your camera-ready copy and a check payable to **NYSSMA** no later than April 1st

Mail to: CYNTHIA RYDER

5404 UPPER MT. MORRIS ROAD

LEICESTER, NY 14481

Questions and inquiries: caryder1024@hotmail.com

NAME: _____

ADDRESS: _____

TELEPHONE/EMAIL/FAX: _____

_____ Outside Back Cover	10x7	\$200
_____ Inside Cover	10x7	\$150
_____ Full Page	10x7	\$135
_____ Half Page	5x7	\$90
_____ Quarter Page	4.75x3.5	\$60
_____ Business Card	2x3.5	\$20
_____ Patron	Name only	\$15
_____ Booster	Name only	\$5

Free 1-CEU Course for AAMA Members

In honor of March being National Colorectal Cancer Awareness Month, AAMA members can access a free 1-AAMA-CEU (general/admin/clinical) course:

Experts Discuss Colorectal Cancer Screening and Early Detection Barriers

In this recorded panel discussion, colorectal cancer medical professionals, advocates, and experts from the AAMA and National Colorectal Cancer Roundtable examine current colorectal cancer screening recommendations, barriers to screening tests, and medical assistants' role in improving screening rates.

Mark your calendars for the 67th AAMA Annual Conference

Lake Buena Vista,
Florida

Sept. 22-25, 2023

Call for Interviewees

Sign up today to be interviewed for an article in *CMA Today*.

- * Expand your professional portfolio
- * Impress your boss and colleagues
- * Share your professional knowledge

See aama-ntl.org/cma-today/interviewees for more details.

CHAPTER PRESIDENTS

2022-23

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Irritable Bowel Syndrome and Complementary Health Approaches:

What the Science Says

Irritable bowel syndrome (IBS) is challenging to study because of its varied, nonspecific symptoms, episodic nature, and the lack of confirmatory diagnostic testing. Although there is emerging evidence suggesting that some complementary health practices may be used for treating IBS, most of the studies have methodological flaws. Systematic reviews evaluating complementary modalities for IBS symptoms have concluded that few large, well-designed studies exist and further research is required to determine whether complementary or integrative health practices are effective for treating IBS. ¹

Probiotics

There is some evidence that suggests some probiotics may improve symptoms of IBS; however, benefits have not been conclusively demonstrated, and not all probiotics have the same effects. Clinical guidelines issued in 2021 by the American College of Gastroenterology recommend against the use of probiotics for the treatment of global IBS symptoms. (The recommendation is conditional, with “very low level of evidence.”)

Gut-Directed Hypnotherapy

Some studies have suggested benefit of gut-directed hypnotherapy for IBS symptoms, including gastrointestinal symptoms, anxiety, depression, disability, and health-related quality of life. Significant relief from pain-related functional gastrointestinal pain disorders in children has been reported after hypnotherapy compared with standard care or waitlist approaches. Clinical guidelines issued in 2021 by the American College of Gastroenterology recommend that gut-directed psychotherapies, such as gut-directed hypnotherapy, be used to treat global IBS symptoms. (The recommendation is conditional, with “very low quality of evidence.”)

Peppermint Oil

There is some evidence that enteric-coated peppermint oil capsules may be modestly efficacious, in the short term, in reducing several common symptoms of IBS, in particular abdominal pain, bloating, and gas. Long-term efficacy has not been established. Clinical guidelines issued in 2021 by the American College of Gastroenterology recommend the use of peppermint to provide relief of global IBS symptoms. (The recommendation is conditional, with “low quality of evidence.”)

Herbal Remedies

There is evidence to suggest some herbal remedies improve IBS symptoms. However, much of the data available is based on studies with inadequate methodology and small sample populations.

Acupuncture

In sham-controlled, randomized trials, acupuncture was found to be no better than placebo for IBS symptom severity or health-related quality of life. In other studies, acupuncture appeared to provide greater benefits than two antispasmodic drugs, although the studies could not rule out that these benefits may have been due to patient preferences or expectations of improvement. ²

Irritable bowel syndrome (IBS) is a group of symptoms that occur together, including repeated pain in your abdomen and changes in your bowel movements, which may be diarrhea, constipation, or both. With IBS, you have these symptoms without any visible signs of damage or disease in your digestive tract. ³

Recent research has shown that many symptoms of IBS are related to hypersensitivity of the nerves found in the wall of the gastrointestinal tract. These nerves are distinct from those in your spinal cord and brain. For some people, IBS may arise from how the gut nerves communicate with the brain, or how the brain processes that information.

In Western countries, IBS seems to affect women twice as often as men. IBS is very common, occurring in up to 15 percent of the United States population. Most people with IBS develop their first symptoms before the age of 40, with many patients recalling the onset of symptoms during childhood or young adulthood. There appears to be a familial component, as many IBS patients report having a family member with similar symptoms. Less commonly, the symptoms of IBS develop after a severe intestinal infection; this is called post-infectious IBS.

It is important to note that IBS is very different than the similarly named disease inflammatory bowel disease (IBD).⁵

As many as one in five Americans have symptoms of IBS. The cause of IBS isn't well understood but stress, large meals, certain foods, and alcohol may trigger symptoms in people with this disorder. ⁴

¹<https://www.nccih.nih.gov/health/providers/digest/irritable-bowel-syndrome-and-complementary-health-approaches>

²<https://www.nccih.nih.gov/health/providers/digest/irritable-bowel-syndrome-and-complementary-health-approaches-science>

³<https://www.niddk.nih.gov/health-information/digestive-diseases/irritable-bowel-syndrome>

⁴<https://www.nccih.nih.gov/health/irritable-bowel-syndrome-in-depth>

⁵<https://www.hopkinsmedicine.org/health/conditions-and-diseases/irritable-bowel-syndrome-ibs>

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Editor

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Unless someone like you cares a whole awful lot,
nothing is going to get better. It's not.

-The Lorax