

# THE PSMA WAVE

The Newsletter of the Pennsylvania Society of Medical Assistants an  
affiliate of the American Society of Medical Assistants

## STATE OFFICERS 2020-2021

Kelli Humma, CMA(AAMA) President

Gayle Alleman, CMA(AAMA) Vice President

Rhonda , CMA(AAMA) Secretary

Patrice Wight, CMA(AAMA) Treasurer

Teresa Eckleman, CMA (AAMA) President Elect

Janet Mills, CMA( AAMA) Speaker

Lois Bergamaschi, CMA (AAMA). Vice Speaker

Cheryl Kowalczyk, CMA(AAMA) Immediate Past President



## PRESIDENTS MESSAGE:

**August is here! This means the AAMA National Conference, in Texas, is right around the corner. Unfortunately, the ability to preregister has expired. However, you are still able to register in person. If you are interested, please see the AAMA website for more information. I am delighted to announce that we have one of our own running for Trustee this year. We are pleased to support Diana Rogers, CMA(AAMA) in her pursuit to become a Trustee and represents medical assistants at AAMA Board meetings. The Pennsylvania Society has submitted our Newsletter and Web Site for the Excel Awards. Keep your fingers crossed.**

**The Pennsylvania Society of Medical Assistants is 815 members strong. Now is the time to join or renew your membership. Please share this opportunity with all the medical assistants**

you know. More detailed information is included in this newsletter. We would love to see our membership grow to 900 or even 1000. The more members we have the stronger our voice will be. Our PA Society has been growing over the last 3 years which has enabled us to make some positive changes. We have offered more education and updated our web page. We were able to offer education throughout the pandemic via Zoom. By the way it is my hope to continue to offer Zoom education quarterly. I strongly believe that this is an opportunity to reach more of our Pennsylvania medical assistants, as many may have difficulty to participating in our in-person education due to distance. Please share this opportunity.

Our Fall Education and BOT meeting will be held in person this year at the Red Lion Inn Harrisburg/Hershey. We will have a block of rooms reserved for those of you who would like to spend the night. We have Hershey right around the corner. There you will find all types of entertainment as well as shopping at the Tanger outlets. Harrisburg is not far away either and offers many things to see and do. Why not make a weekend out of it. This will be held on Saturday October 16<sup>th</sup>. We are looking at having 4 to 5 speakers and will offer 6 CEUs along with a continental breakfast as well as lunch. We are still working on obtaining some of the speakers and will have this information out soon. Please look for this information to be out the end of this month to the beginning of September.

As I'm sure you are all aware of the Corona Virus, Delta Variant. We have made great strides to beat this virus and are continuing to do so. That being said. I do want each and everyone of you to continue to be vigilant in taking care of yourselves, friends, and families. Our state's numbers have been going up over the last week. I believe we are in the 9<sup>th</sup> inning and will win against the virus however we must continue to be safe. It has been a rough 15 months which will be written in the history books.

I do not have more information to include. I do want to give my many thanks to all the support that we have given to each other through the last 15 month. Medical Assistants are the best. We have been there for our patients, friends, family and each other. I am proud to say that I am a Pennsylvania Medical Assistant. Be safe and continue with all your greatness. Enjoy the rest of your summer!

Sincerely,

Kellie Humma, CMA (AAMA)

President



## CONTRIBUTING AND ARTICLE FOR THE PSMA WAVE

The PSMA Wave is looking for volunteers to submit articles for the newsletter. The articles should be of medical content and informative. Please submit any articles for future publication to the Editor  
Diana Rogers, CMA (AAMA) at [drogers220@comcast.net](mailto:drogers220@comcast.net)

### UPCOMING EVENTS

#### Fall Education and Board Meeting

Saturday, October 16, 2021 Red lion inn  
Lindle Road  
Harrisburg, Pa

#### Spring Education and Board Meeting Saturday, March, 2022

Annual State Conference  
Friday, April 29 - May 1, 2022  
Windham Lancaster Hotel Resort and  
Convention Center  
2300 Lincoln Highway  
Lancaster, PA

Info posted on the website, Facebook and in the PSMA Wave.

### WEBSITE INFORMATION

American Association of Medical Assistants  
[aama-ntl.org](http://aama-ntl.org)

Pennsylvania Society of Medical Assistants

## MOVING OR CHANGING YOUR NAME?

Please notify the AAMA of any personal changes in your contact information ! Make sure your name, address, email, and phone number are correct and accurate. Your information is used at all levels for communication to receive emails, eblasts or mailings such as membership renewal. The PSMA WAVE uses emails to send out recent editions of the newsletter. If you use a work email, you may want to provide an alternative email. Many work emails block outside correspondence.

# Pennsylvania Society of Medical Assistants

## 2021 Fall Education Seminar & Board of Trustee Meeting When: Saturday, October 16, 2021

What: Medical Assistant Continuing Education & Pa. Society BOT meeting Registration 7-8a.m with light breakfast snacks, Seminar 8am –4pm.

Board Meeting 230pm

**Cost: \$60 AAMA/PSMA members, \$75 nonmembers, \$25 students Registration is due by Saturday October 2, 2021.**

There will be a \$5.00 late fee for registrations received after October 2, 2021.

**NO REFUNDS after October 8.2021**

Questions: call President Kellie Humma CMA (AAMA) 717-269-9113 or

President Elect Gayle Alleman CMA (AAMA)  
717-372-0425

\*\*\*\*\*LUNCH\*\*\*\*\*  
\*\*\*\*\* Lunch is included with the cost of registration and will be served from 1215 – 115 pm. If you require special lunch accommodations, please list them on the registration.

Where: Red Lion Inn Harrisburg Hershey 4751 Lindle Road Harrisburg PA Phone: 717-939-7841 We have a block of rooms. \$99.00 per night \*(indoor pool and hot tub)



\*\*\*\*\*  
\*\*\*\*\*

Mail Registration to: Kellie Humma, PSMA President:  
192 Scenic Ridge Blvd. Lebanon, PA 17042

Return PRINTED/ typed registration with payment to  
Kellie Humma PSMA President:

\*\*\*\*\*REGISTRATION  
\*\*\*\*\*

Name \_\_\_\_\_

AAMA Membership ID \_\_\_\_\_

NON-MEMBER Organization & ID

\_\_\_\_\_  
Student ID and School  
Affiliation\_\_\_\_\_

\_\_\_\_\_  
Address\_\_\_\_\_

\_\_\_\_\_  
EMAIL ADDRESS

\_\_\_\_\_  
Amount paid \$\_\_\_\_\_ checks payable to PSMA (PA  
Society of Medical Assistants)

# AGENDA

(in the event covid restrictions /shutdown

occur, the PSMA will hold the conference via a Zoom

platform, registration fee WILL NOT be REIMBURSED, and you will receive an email invitation 2 days prior to conference held as stated in the agenda)

**MASKS ARE REQUIRED TO ATTEND THE IN PERSON EVENT REGARDLESS OF VACCINATION STATUS!!!!**

7:00 - 8:00 Registration/Breakfast

8:00 - 9:00 Hypertension Patricia Williams-Forgene, RN

9:00 - 10:00 Mens Health UPMC Urology of Central PA

10:00 - 10:15 Break

10:15 - 11:15 Breast Feeding/Lactation Katelynn Sheaffer, DO

11:15 - 12:15 Positive Patient Experience Pam Mauler

12:15 - 1:15 Lunch

1:15 - 2:15 Natural Medicine Lori Ryder, MD

Continuing Education for this event is valued at 7.5 credits authorized by the American Association of Medical Assistants (AAMA). Certificates will be awarded within 45 days to participants of seminar with full attendance of participant.

\*\*\*\*\***KEEP THIS AS  
RECEIPT TAXES**\*\*\*\*\*

Name\_\_\_\_\_

Address\_\_\_\_\_

Amount paid \$\_\_\_\_\_ checks payable to PSMA  
(PA Society of Medical Assistants)

Attendance of the Pennsylvania Society of  
Medical Assistants Fall Education Seminar &  
Board of Trustee Meeting, October 16, 2021, for  
the purpose of continuing education for  
credentialing.

*Thank You!*





## **PROFESSIONAL NETWORKING USING SOCIAL MEDIA**

Professional Networking can be used nicely for finding new employment, discussing different problems and joys that arise in the work force and overall beneficial for people of different backgrounds to come together for many purposes.

There are certain things that I would call “good standards” in using Social Media. The first would be that you do not have to be friends with people that you do not know. It’s not a completion to see how many friends you can get on any social media; such as Facebook, Instagram, TikTok, or Twitter etc. As we know, there are fake accounts and accounts on these sites that are not really who they appear to be. Be cautious on accepting new friends! It may be good practice to check out their account before accepting them as a friend. Such as looking at their timeline, how many posts have they made, how many photos are there, how many friends do they have and are any mutual friends? If unsure of an account and you know the person, calling them or asking them in person if it is ok to friend request them or to inquire if it was them that was requesting to be friends before accepting it.

Second, don’t let online social networking take over all other methods of communication. Although we had dealt with a recent pandemic, birthdays, engagements, weddings and other social gatherings don’t need to be virtual events. During the pandemic, we certainly have using virtual events to substitute getting together and socializing in person. With the restrictions lifted, we can still use the virtual events when feasible, but we still can call our friends on the telephone and send cards when there is important events.

Third, think before tagging. Think carefully about the photo or statement you post, both of yourself and of others. Is it appropriate, making sure it is not a sensitive subject. And is it ok the other person in the photo ok with it being posted or the statement about them ok to post? Even think carefully about your profile picture. Make sure it is professional.

Social Media can give you the opportunity to connect your talent with the worlds professionals on a massive scale. Make your profile stand out and post engaging content. Connect with people and interact! Join LinkedIn Groups and Professional Facebook groups. Identify who you are targeting and network with similar businesses and contacts. You should know when, where and how you want to use to social media.

Practicing HALT! Never post anything if you are:

Hungry  
Angry  
Lonely  
Tired

Don't like your own posts and don't wk for likes, comments or shares. And don't post minute to minute updates to your status.

Here are some tips for Social Medical Beginners. Start with existing connections and reach out to your fellow social medical users. Figure out where you want to be and whom you want to be like. Build your online presence and look for shared interests. Join Professional networks and don't be afraid to ask questions. Formality is good but personality works well too. Use online tools to build more face-to-face connections. Using any of the following may assist in connecting professionally: Meetup, Twitter threads, Facebook Groups, Reddit or Lunchmeet to name a few.

Benefits of a Network can give you potential job opportunities, give you feedback others on certain. issues you may have, give you opportunity to ask questions, collaborate, and get advice and to stay up to date and informative.

Networking tips one can do is to keep your profile up to date, Identify and use keywords, elaborate on work experience and join groups (professional and social). Connect with people that you may know and form a networking strategy like friends, family, co-workers and classmates. Stay active in creating or sharing content, give feedback when able and join in on the conversation!

References

[slideshare.net](https://www.slideshare.net)  
Wikipedia

Diana Rogers, CMA(AAMA)