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AMT

American Medical Technologists

Certifying Excellence in Allied Health

The

MOSSAMT

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## 2011 MOSSAMT OFFICERS AND BOARD MEMBERS

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## CIRCULATION

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An issue of this journal is received by more than 2000 members of the **MOSSAMT**, the National Board of Directors, all state Presidents, Editors and Advertisers. Advertising rates for the Missouri State Journal are as follows:

	<b><u>1 ISSUE</u></b>	<b><u>2 ISSUES</u></b>
FULL PAGE	\$75.00	\$150.00
½ PAGE	\$50.00	\$100.00
¼ PAGE	\$40.00	\$80.00
BUSINESS CARD	\$20.00	\$40.00

Make checks payable to the Missouri State Society of the American Medical Technologist (MOSSAMT) and sent with your advertisement to the Editor.

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## **PUBLICATION NOTES**

This journal is published under the sponsorship of the Missouri State Society of American Medical Technologists. The views and opinions which are expressed herein are those of the authors and do not necessarily reflect those of the Editor of the MOSSAMT. The Editor reserves the right to accept, reflect, or revise any article submitted for publication.

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COPY DEADLINES:	FEBRUARY 1	AUGUST 1
PUBLICATION DATES:	MARCH 15	SEPTEMBER 15

Remember: All information to be included in the Journal must be in the Editor's hands by the copy deadline dates listed above. Any information received after that date may be published in the next issue.

## Spring 2012 PRESIDENT'S LETTER

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The Spring Meeting will be held at Skaggs Hospital in Branson, Missouri on April 14, 2012. We will be staying at the Grand Country Inn Hotel on the main strip. The hotel has a free indoor waterpark for their guest. We will have a special guest attend our spring meeting - Randy Swopes District Councilor for the Central District.

I hope to see a huge number of members attend this meeting. Remember registration is free for all active students. Active members can earn up to 7 continuing educations credits.

The 74<sup>rd</sup> AMT National Convention will be held in San Antonio, Texas on July 9 – July 13, 2012. The hotel is located on the River Walk where you will find a beautiful walk, plenty of shops, and restaurants.

I would like to encourage all school to nominate your students for student of the Year, and Writing Awards. Please see the AMT website for more details.

We will be holding elections at the Spring Meeting - Vice President and Treasurer. Please attend the meeting to nominate someone or vote for your favorite candidate.

If any of our members have suggestions on topics they would like to learn more about, or if you would like to host a meeting at your place of employment/school, please contact me with this information. I look forward to hearing from our members. You can contact me at [smithfam1997@sbcglobal.net](mailto:smithfam1997@sbcglobal.net)

Thanks,

Alberta Smith, RMA, AHI, MSTD

MOSSAMT President

SPRING MEETING IS HERE AND IT'S TIME TO LEARN!!

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When: Saturday April 14th, 2012

Located At: Grand Country Inn, Branson, MO  
1945 West Hwy 76  
(888) 514-1088

Agenda: 7:30-8:00am Registration  
8:00-9:30am AMT Speaker  
9:30-9:45am Break  
9:45-11:00am Dr. Jonathon Strong (Foot and Ankle Trauma)  
11:15-12:15 Lunch (included with registration)  
12:15-1:45pm David Jackson (Vaccines)  
1:45-2:00pm Break  
2:00-3:30pm Lauren Ameling, DC (Complementary and  
Alternative Medicine)  
3:30pm – END MOSSAMT General Meeting and Elections

\*\*\*\*\*Program Lectures and Times Subject to  
Change\*\*\*\*\*

Pre-Registration Cost: \$20.00 for members  
\$25.00 for non-members/guest

Register Early, an additional \$5.00 will be charges at the door.

Send your pre-registration form & payment by April, 9, 2012.

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**Send this form and your payment made out to MOSSAMT to;  
Albert Smith at 1345 Smizer Mill Rd. Fenton, MO 63026**

NAME: \_\_\_\_\_ Credentials: \_\_\_\_\_

ADDRESS: \_\_\_\_\_ CITY: \_\_\_\_\_

STATE: \_\_\_\_\_ ZIPCODE: \_\_\_\_\_

PHONE #: \_\_\_\_\_ ID#: \_\_\_\_\_

GUEST NAME: \_\_\_\_\_

## Directions to Meeting

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**From Jefferson City;** take HWY 54 west to MO-5 toward Lebanon, take a left onto MO 64 N (Jefferson St), Merge onto I-44 West toward Springfield, Merge onto US-65 South, via Exit 82A toward Branson, once in Branson turn left onto West Main St./MO-76 west (County Blvd) Hotel on your right 1945 West Hwy 76.

**From St. Louis;** Take I-44 west to US 65 South, (exit 82A) toward Branson. Exit on MO-76/76 Country Blvd/Main Street, exit toward US-65-BR about 0.2miles and turn left onto W. Main Street/MO-76/W 76 Country Blvd. and continue to follow MO-76/W 76 Country Blvd to 1945 W. 76 Country Blvd, it will be on your right.

**From Kansas City:** Take I-70 East to US-71 South to MO-7 South toward Clinton about 0.2miles turn left onto MO-7 South becomes MO-13 South, to I-44 East toward Rolla, merge onto US-65 South via exit 82A toward Branson. Exit onto MO-76/76 Country Blvd/Main Street, exit toward US-65-BR about 0.2miles and turn left onto W. Main Street/MO-76/W 76 Country Blvd. and continue to follow MO-76/W 76 Country Blvd to 1945 W. 76 Country Blvd, it will be on your right.

SEE YOU THEIR!!!

## DISTRICT COUNCILLORS MESSAGE SPRING 2012

The year 2012 is going to be a great for AMT, but in particular the CENTRAL DISTRICT. I have just returned from the Spring BOD/Councilor's meeting. It was held at the hotel in San Antonio where the Nat'l Convention will be this summer. The dates for the convention are July 8-12 and the Hotel is the Hyatt Regency. It is located on the famous river walk and near the Alamo. Room rates are \$119.00 +16.79 tax/night. You may make your reservations by calling 210-222-1234 or go on line at [www.sanantonioregency.hyatt.com](http://www.sanantonioregency.hyatt.com). There are plenty of places to eat and shop so bring the family and have great fun. The BOD are working to shorten the length of the convention, yet maximize the # of CEUs. Therefore Monday will be workshops only. All committee meeting will be held Tuesday only. They changed the Saturday breakfast of champions to the luncheon of champions held on Tuesday. General Sessions will run concurrently Tues., Wed., and Thur. Friday will be the annual business meeting with the Presidents reception Friday night.

The 2013 Nat'l Convention will be held at the Omni William Penn hotel in Pittsburgh, Pa. The dates are July 7-12 and this will be our first four day Convention. Other dates to remember are Dental Assistance week, Mar. 4 thru 12. NMLW April 22-28, and most important your own individual State Society meetings and remember following the meeting to log on to the AMT web site and record your CEUs on AMTrax.

I urge everyone reading this to remember your state meetings. Support your officers by attending those meetings. They work hard to secure quality speakers for CEUs, so don't let them down by not attending. And make a special effort to thank your officer's for their dedicated service. Without their leadership, you would not have a state society. That's all my **PREACHING** for now, but I have a special place in my heart for all the officers within Central District.

See you at one of your state meetings or the National Convention in San Antonio.

Randy Swopes MT (AMT)

Central District Councilor



## SPRING 2012 EDITOR'S LETTER

**First;** I would like to start with an apology to all our State and National members that get for not getting the MOSSAMT in the Fall of 2011. The past Editor, Rachael, had some health issues and we were not able to get it out to you, we wish Rachael all the best.

**Second;** I would like to introduce myself as your new Editor for the MOSSAMT journal, my name is Donna Nelson. I have been your editor in the past, and am very glad to be back again.

**Third;** The journal will be keeping up with the 21<sup>st</sup> century technology by putting the journal on the World Wide Web. In case you did not know, Missouri now has a web site. By logging into the national web site [amt1.com](http://amt1.com) you can go to "state societies", and scroll to Missouri state, and click onto the web site.

This web site will have future meetings, contact information and the journal for all to read, now don't panic, if you are like me, and like to have your journal in hand to read, all you have to do is contact me via mail, email, or phone and let me know you would prefer to continue paper, and your journal will be mailed to you twice a year, as it is now. There will be only one more paper journal, unless I hear from you stating otherwise. See at the Spring Meeting in Branson  
Bless you all and stay safe;

Donna Nelson, RMA, CPC

ELECTION TIME IS HERE

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VOTE VOTE VOTE

IT IS TIME TO ELECTED, VOTE FOR

A VICE-PRESIDENT AND A TREASURER

YOU CAN ALSO RUN FOR ANY OF THE ABOVE POSITIONS BY  
PUTTING YOUR “HAT” IN THE RING AT THE SPRING MEETING,  
RIGHT BEFORE THE ELECTION IS HELD.

REMEMBER THIS IS YOUR SOCIETY, AND IT IS ONLY AS GREAT AS  
YOU AND I MAKE IT.

SEE YOU APRIL 14, 2012 AT THE SPRING MEETING IN BRANSON,  
MISSOURI.



LAB TOPS TESTIFING IN COURT AT NATIONAL CONVENTION, WHAT A HOOT

### DELEGATE'S LETTER NATIONAL 2011

The 73<sup>rd</sup> AMT National Convention in Miami, Florida, consisted of numerous educational and scientific sessions that members and guests were able to attend. The InterContinental Hotel in Miami, Florida, was beautiful and located close to a market area that had a lot of food, entertainment, and shopping.

The Opening Ceremony started with the U.S. Military Color Guard presenting the American Flag followed by the Caribbean Association of Medical Technologist (CASMET) Parade of Nations Flags. Then I was totally intrigued by the Keynote speaker.

The Keynote Address titled, *SHIFT to Professional Paradise*, was presented by Vicki Hess, RN, MS, and Certified Speaking Professional (CSP). She states, "That we all have to change our mindset from professional prison to professional paradise". After a few minutes of listening to her, one can understand why she is a CSP. She had the entire audiences' attention and gave us all the "WOW" factor. I enjoyed learning how to change my own mindset to make my career what I want it to be.

I attended several educational sessions and I walked away with additional knowledge that will help me in both my personal and professional career. I attended some great seminars such as; Medical Examiner Death Investigation, Critical Thinking and Problem Solving for Medical Assistants, Employment Law, Mock Trial: Blood Collection Tubes Testify in Court, Clear Communication in a Complex Environment: Do you see what I'm saying?, Spending Time with your Brain, and Change. I am also on the Scientific/Speaker Committee and we met to brainstorm what types of Educational and Scientific Sessions will be held for 2012.

I really enjoyed the Caribbean Band that entertained all of us with music and dance at the Welcome Reception Caribbean Style. The audience became part of the show by blowing their whistles and ringing the cow bells, along with joining in on the dancing. The Caribbean band brought the party alive!

The awards banquet was very nice and everyone looked great all dressed up. Missouri State Society of the American Medical Technologist (MOSSAMT) members walked away with two awesome awards. I was honored to win the President's Award and Debbie Westervelt won the RMA Medallion of Merit Award.

I ended the 73<sup>rd</sup> AMT National Convention by getting on the public transportation and visiting the beautiful South Beach in Miami, Florida.

Alberta Smith, RMA, AHI, MSTD  
State President of the MOSSAMT

### DELEGATE'S LETTER NATIONAL 2011

If you missed the 73<sup>rd</sup> AMT National Convention in Miami, FL, you missed a great speaker by the name of David Plaut. He spoke on low levels of vitamin D and there causes.

Vitamin D deficiency has been found to be a possible link between depression, risk of MS, and risk of certain types of cancer. It has been proven that a low Vitamin D level can be a cause for non-controlled diabetes, and an increase in fractures of the elderly, and youth with low vitamin D levels.

Low Vitamin D disease or levels are also known to cause Rickets, Bone Fx, CAD, Diabetes, Psoriasis, and other disorders.

The best source of Vitamin D is the sunlight, though there are concerns of skin cancer and other skin disorders for the sun and ultraviolet radiation. Supplements can be found at most pharmacies, and should be taken for adults 400 – 800 IU per day. This can be taken alone, or with calcium, which is also need for some of the above disorders. Calcium should be taken at 1200mg per day for adults 51 – 70 with the vitamin D.

Foods that contain vitamin D are few, but can be found, such as; fatty fish, eggs, and some meats are rich in vitamin D, but all the foods listed are also contraindicated for people with high cholesterol.

Foods that are rich in calcium are; milk, cheese, yogurt, ice cream, and some fruits and vegetables to name a few.

Vitamin D supplements and calcium supplements have be found to have little to no side effects. If you have a reaction to a vitamin D or calcium supplement, check the label to see what else the manufacture might be adding.

For more details of vitamin D deficiency, you can go to the internet for more information..

See you for the 74<sup>th</sup> national Convention in Texas.

Donna Nelson, RMA,CPC

PICTURES TO ENJOY FROM THE FALL 2011 MEETING IN FENTON, MO



Cindy Simpson, DC “Getting into shape”



Dr. Don Snodgrass “Palliative Care”