



THE OBSERVER

President's Message

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A BIG HELLO to all my TMAA friends! I sure hope you guys are getting as psyched as we are!! The board met at the area where our Fall Conference will be held.

We toured the hotel, perused the shops, and sampled the dining. I know you will absolutely love it!! With restaurants close by our hotel, and yes, LOTS of shopping, I know this conference will prove to be one not soon forgotten!

A huge THANK YOU to Debra Moore for all her work on this one. It seemed one obstacle after another popped up. But Debra plowed through and thanks to her efforts, we have a great venue for a great conference. I think you'll agree Debra DID the work!

Debbie Braddock, Shonna Macaulay, and I have been meeting weekly, and I can't even tell you how proud I am to be serving with these ladies. The saying that they go "above and beyond" doesn't even come close! We're still in the planning stages for conference agenda based on the requests and your feedback from our last conference. Cindy Strait (our new program chair) is working closely with Cathy Mezmar (our new nurse planner) on our agenda and contact-hour approval. For everyone who knows these two ladies, you know the quality of program you can expect!!

Be sure to read your TMAA Observer—and the TMAA website (www.TMAA.INFO)—for details as they become available. I can promise you won't be disappointed. In the meantime, be sure and block out September 24th and 25th, and join us at The Hyatt Place, Sugar Land. Oh, by the way, you commented and we responded: ring your computer, because Hyatt Place offers COMPLIMENTARY Wi-Fi!

Another huge THANK YOU to Gaye for our great newsletters! Remember, TMAA is your organization and The Observer is your voice. We'd welcome articles from each and every TMAA member.

As always, communication is key, so please let us know of any issues or anything that we can help with as we continue to grow TMAA strong!

I'll look forward to seeing you all in about five short months from now!

Linda Hutchinson, RN, CMAS
President



Bylaws and Standards Committee

At the moment I have no changes to report with our bylaws. You will be hearing more this summer, in the newsletter issue that is published prior to the seminar so it will be fresh on your mind. I have reviewed our current bylaws, am very interested in hearing from our members suggestions and ideas on any changes they would like to see made.

Being new to auditing, I am seeing so many evolving changes in our world and in healthcare in relation to how we receive payment for the services we provide. Sometimes I wonder how our hospitals survive with all the discounts and contracts that dramatically reduce our revenue. I am sure we all are seeing the same thing. I so look forward to the seminar.

Judie Spafford, RN, MSN Bylaws and Standards Chair



Newcomers to the TMAA Board

Be sure to say hello to our newest board members, Cathy Mezmar, (Nurse Planner) Cindy Strait, (Program Chair) and Nancy Odom our new Secretary. We appreciate them stepping up to help TMAA grow.



Cathy Mezmar and Cindy Strait



Nancy Odom

Get Well Wishes



We also want to send out a “Get Well Soon” wish to Linda Hempfling.



Membership Memo

Where are you?? Memberships are slow coming in this year, so please renew your membership if you have not done that yet. This will be your last newsletter blast if your application has not come in. You will then miss out on all the seminar news, so please don't delay any longer. I want you to "be in the know" from start to finish.

We as women tend to put ourselves last, tending to everyone else's needs, wants, desires, but don't put your professional organization in that forgotten category. You deserve to be on top of the latest medical findings and proficient in all the auditing rules and tools available. So don't cut yourself short. Stay involved with TMAA and learn the newest trends. It's also great for professional networking and auditing support.

We may be a small group of professionals, but we are strong, persistent, and supportive. We get to bottom of every charge! So don't exclude yourself...stay involved. TMAA is one inexpensive way to stay on top of you job, and put you above the rest. We have been in existence for 29 years, and it's the members involvement and determination that continue to make that work. Be part of the team...be involved.

Now that I have you pumped, print that membership application from the website at www.tmaa.info and write that check for \$60.00. It will be the best purchase you did today...an investment in YOU.

I hope to hear from you very soon.

Debbie Braddock, RN, CMAS
Membership Chair



Career Opportunities



Houston Methodist Hospital has an opening for a nurse auditor.

To apply, go to:

<http://www.houstonmethodistcareers.org/job/9287/nurse-auditor/>

Chart Check

We all have favorite sayings—little nuggets of wit and wisdom that get us through the rough patches. Those who know me won't be surprised by my favorites. Those who don't know me are about to get a good idea of who I am. Some of these are anonymous and others are of disputed origin. I think the words are more important than who said or wrote them first.

Perhaps your greatest weakness is not realizing your own power!

Don't resist change—contribute to it! Make the changes YOURS!

The difference between a dream and a goal is a deadline and a sense of urgency.

The definition of insanity is doing the same thing over and over again, and expecting different (and better) results.

We are absolutely in a time of change, and change can be scary. However, change isn't necessarily bad. In fact, change can be a time of huge personal, professional, and financial growth.

When Tim and I worked to establish Excell in 1991, motivational sayings and positive thoughts are what got me through trying days. With the changes in medical cost containment over the years and our transition to working from home online, the same thoughts absolutely carried me through.

If you have a saying that's important to you, that helped you through tough times in

life—please, feel free to email me or Gaye. With your approval, we will share it with the rest of our TMAA family. You never know who you might help!

Sometimes we are just the right jockey on the wrong horse! Change horses, and when the race!

Linda Hutchinson, FCLS, CMAS, BS, RN



TMAA Members Out and About



Left to right, Debbie Moore, Judie Spafford, Shonna Macaulay, and Linda Hutchinson at our January TMAA board meeting.



Check the website often for details as they unfold.

<http://www.tmaa.info>

Debbie Braddock, RN, CMAS
Website Coordinator



Website News

Have you looked at our website lately? Well, you should—you might just be there! The photo gallery has been updated with new seminar photo's and you may have gotten snapped. Take a look, it will put a smile on your face. We never have enough happy moments each day, but this could be one.

We have several changes to the board this year and a new board photo is in the works. Since we meet only in January and September each year to control costs, we haven't gotten to photograph the new comers. I am happy to welcome the return of three previous board members who answered TMAA's call and stepped in as replacements. They are Nancy Odom as Secretary, Cindy Strait as Program Chair and Cathy Mezmar as the Nurse Planner. We are so grateful to them for their contributions and leadership.

Stay tuned to the website and the upcoming newsletters for all the latest news regarding the 2015 fall seminar. Be sure to reserve September 24th and 25th for two days of skills building and fun in Sugar Land.

Scenes From Conference 2014:



TMAA 2015 Conference

As we fly toward September and approach the 2015 TMAA Conference in Sugar Land, Texas on the 24th and 25th I wanted to share some additional information.

Accommodations: our 2015 conference is being held at the beautiful, Hyatt Place located at:

16730 Creek Bend Drive,
77478 Sugar Land Texas

Located 28 miles from Houston Hobby Airport and 48 miles from Bush Intercontinental Airport, the hotel offers the following amenities:

- Free parking
- Free Wi-Fi throughout the hotel
- Complimentary shuttle service within a 5 mile radius, 7:00 am – 10:30pm
- 24/7 e-room with public computers and remote printing
- 24-hour fitness center
- Outdoor pool
- Starbuck's onsite

Each room features:

- 42" flat-panel HDTV
- Media center for laptop or to connect media devices to the TV
- Sofa-sleeper
- Refrigerator and coffee maker
- Work space

Dining (hotel):

- Guest Kitchen, complimentary breakfast, 7:00am – 10:00am featuring: sandwiches, waffles, French toast, pancakes, and oatmeal

The Gallery Menu is available 24/7

Close by (just to name a few):

- Salata
- Fish City
- P.F. Changs
- Ruggles Green
- Jimmy John's
- Japeñeros

Don't forget to enjoy Local shopping at the Sugar Land Town Center stores include:

- Ann Taylor LOFT
- Charming Charlie
- Em & Lee's Boutique
- First Colony Mall with over 100 local stores

I can't wait to see everyone and to hear about your discoveries!

Debbie Moore, RN, CMAS
Event Coordinator



Healthy Habits



So, you've decided on a healthy diet. GOOD FOR YOU!!! Most of us know diet isn't enough we also need to exercise. Many of us have tried one form of physical activity or another but how do you know which exercise is for you? Maybe you've heard about interval training. But what is it?

Interval training is simply adding bursts of intense activity with intervals of lighter activity. With walking—if you're in good shape, you could add in short (30-60 second) bursts of jogging into your walks. If you're less fit, you might alternate slower walking with periods of faster or speed walking.

Whether just starting exercising or even for those who have been exercising for years, interval training can help with a “pick up” to a workout routine.

What we now know about interval training includes:

- The more vigorously you exercise, the more calories you burn—even if you increase intensity for just a few minutes at a time.
- You'll improve your aerobic capacity. As your cardiovascular fitness improves, you'll be able to exercise longer with more intensity.
- Increasing intensity in even short intervals adds variety to your exercise routine.

- Best of all, you don't need any special equipment to do this!

The principles of interval training are the same for everyone, but you can take interval training to many levels as you get more into the routine. YOU determine the length and speed of each high-intensity interval based on how you feel that day.

After warming up, which is as important as the exercise you will do, you might increase your intensity for 30 seconds, and then just resume your normal pace. The next burst of more intense activity may last two to three minutes. How much you pick up the pace, how often and for how long is up to you. What you will likely find is the more you do the interval training, the more you can tolerate the more intensive bursts of activity.

Recent studies suggest that interval training can be used safely for short periods even in individuals with heart disease. Like any exercise program, start slowly. Try doing just one or two higher intensity intervals during each workout at first. If you think you're overdoing it, slow down. As your stamina improves, challenge yourself to vary the pace. You may just be surprised by the speed of the results.

HAVE FUN!

Gaye McClellan, RN



Autism Speaks to Me

What happens to adult children with autism—and their working parents—after high school graduation?

It is estimated that 1 in 50 school-age children are diagnosed with some form of ASD, (autism spectrum disorder) in America. While educational programs have slowly begun to address the varied needs of children with ASD, resources for adults remain scarce. And when available, the programs are often difficult to navigate. The burden then falls on the parents of these dependent adult children.

Many ASD adults will require support beyond high school. While the support may be minimal for some on the low-to-moderate scale, many need continuous supervision with structure similar to the school system in order for them to remain functional and to prevent loss of learned skills. More than “daycare,” these adults require continuous reinforcement of their skills to live up to the limits of their disability. Others require life-long care for basic function.

My son graduated high school 2009. Edward is nonverbal and communicates through limited sign language. Like many, he is unable to live independently. He requires support and constant care while I work. A caretaker provides respite care in the form of supervision and structure in the hours between day-habilitation (9:00-2:00pm) until my spouse or I arrive home. We care for Edward the rest of the time.

Adequately trained staff is costly and the turnover rate is high. I must hire a new

caretaker regularly.

Publically funded programs pay for day-habilitation or respite care. But funding is limited. Finding a good Day habilitation can be as difficult as finding a creditable provider to take care of a nonverbal individual with limited communicated skills. Support groups for families with autism are indispensable.

Parents of adult children with autism face daily challenges to insure not only security and structure but also education and skill-support.

As the numbers of children diagnosed with autism spectrum disorder increases, so does the need for support and care. For more information, please see Sam Donaldson’s report on this topic.

Donaldson, S. (2013, August 30). *Children With Autism 'Fall Off the Cliff' After Graduation*. Retrieved April 12, 2015, from ABC News:

<http://abcnews.go.com/Health/kids-autism-fall-off-cliff-turn-21/story?id=19068035>

Jerry Lee Hubbard, RN, BSN, MHA Nominations



Editor's Notes



Do you have an idea for an article? Is there something you would like covered? Please contact me: gamezgaye@yahoo.com to share your ideas.

This is your newsletter , let's make it great!

The opinions expressed in The Observer are those of the authors or persons quoted. They do not necessarily reflect the views of the TMAA Board of Directors.

TMAA Members Would Love to Read Your Ideas, Contribute Today!



More Scenes From Conference 2014:



TMAA BOARD of DIRECTORS

PRESIDENT

Linda Hutchinson, RN, CMAS
abiznurse@hotmail.com
210-497-3218

VICE PRESIDENT

Debbie Hewitt, RN, CMAS
hewitt@sbcglobal.net
713-202-5503

PAST PRESIDENT

Shonna Macaulay, RN, BS, CCM, CPHM
shonnamac@satx.rr.com
210-386-7593

TREASURER

Linda Hempfling, RN, CMAS
Linda.hempfling@att.net
713-729-7303

SECRETARY

Nancy Lee Odom, RN
otond@sbcglobal.net
972-227-4470

BYLAWS & STANDARDS

Judy Spafford, RN, MSN
jspaff8073@att.net
210-882-6702

NURSE PLANNER

Cathy Mezmar, RN
catherine.mezmar@va.gov
956-364-0440

PROGRAM CHAIR

Cindy Strait, BS/PA, CMAS
cstrait@tmlrp.org
512-491-2596

EVENT COORDINATOR

Debra Moore, RN, CMAS
dmoore1010@sbcglobal.net
281-437-4499

HISTORIAN

Terri Harding, RN
Terrif_harding@yahoo.com
972-965-7316

MEMBERSHIP/WEBSITE

Debbie Braddock, RN, CMAS
dlbraddo@baptisthealthsystem.com
210-341-7900

NOMINATIONS

Jerry Lee Hubbard, RN, BSN, MHA
jhubbard@sleh.com
281-261-0416

Guadalupe Flores, RN

Mrsjcarflo@yahoo.com
956-445-9966

NEWSLETTER

Gaye McClellan, RN
gamezgaye@yahoo.com
832-248-5144

