



AMERICAN ASSOCIATION OF  
MEDICAL AUDIT SPECIALISTS

Summer 2020

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# The Monitor

## FROM YOUR PRESIDENT



### Hello All,

I hope all of you are doing well during this crazy time in our lives! It is a challenge to get through every day. But AAMAS is carrying on, using Zoom for our monthly meetings. I feel fortunate to be your President for the next 2 years and hope to live up to your expectations.

I would like to thank everyone from our Board last year! We had a very hard-

working Board. Mary Jane La Belle was a wonderful President and I feel, rescued AAMAS and pointed us in the direction of recovery. I am so grateful she was my mentor for my past year as President Elect and that I can rely on her as Past President for 2020-21.

Our accomplishments in the past year include the new certification, CCFA, and the new exam. Our first member sat for the exam and she passed with a great score. Karen Cooper, former Vice -President, is continuing as Certification Chair and we so appreciate her leadership.

Amy Armstrong is remaining as our Secretary/Treasurer. We have come a long way in securing the financial success of AAMAS under her leadership. Such a relief!

Theresa Crothers (our Program expert) will be the mentor/consultant. We are grateful that the AAMAS conference via Zoom was very successful under her leadership with help from Allan Shane for the CEU application process. Please volunteer to mentor into the Program Chair position with Theresa. The entire Board will provide support and assist with speakers. Most of the arrangements are already made for Louisville, Kentucky, which we hope to keep, depending on what the future brings.

Sandy Tagher (now on Certification Committee) and Pat Hodney-Gould (now Membership Chair) were our mentees last year. David Eklof, who has been on the Board for many years, will be mentoring Pat as well as remaining as Nominations Chair. We are so appreciative of David's leadership and service to AAMAS and his willingness to stay involved.

Our relationship with our Management group, AEG, has grown and flourished. Janet Wilhelms, our Executive Director, has continued to keep us on track in meeting our goals. Courtney Harris, Liz Kutz and Kate Fueling have been wonderful in supporting our membership, web page, finances and conferences. None of us on the Board would have the time or expertise to perform all the functions AEG provides for us.



Welcome to the new Board, Committee Chairs and Committee Members 2020-21

- **Past President:** Mary Jane LaBelle
- **President:** Katie Stanford
- **Vice President:** Mary Stites
- **Secretary/Treasurer:** Amy Armstrong
- **Program Committee Consultant:** Theresa Crothers
- **Committee:** Allan Shane
- **Program Mentees:**
- **Certification Committee Chair:** Karen Cooper
- **Committee:** Sandy Tagher
- **Nomination Chair:** David Eklof  
(and Membership mentor)
- **Membership Chair:** Pat Hodney-Gould
- **Social Media Committee Chair:**
- **Board Mentee:** Pam Price

Our new Vice-President is Mary Stites from South Carolina. We are so happy to have her with us!

We need a Social Media Chairperson to post our events and news on Facebook and LinkedIn. We can offer training for this position.

We would also like at least one more Board mentee to join Pam Price. This position involves attending the Board meetings and giving your opinions about our direction. If you are interested in being a Board member or Committee Chair being a mentee is a great way to start the process.

We have many goals for AAMAS, including growth of our membership and certifications. We would like to hear from you if you have ideas for the future of AAMAS. Please volunteer for a committee position or mentorship and bring your ideas to us!!

Respectfully,  
Katie Stanford, RN, MSN, CCFA  
AAMAS President

## Meet AAMAS' Vice President



Hello AAMAS members! My name is Mary Stites and I am happy to serve AAMAS as your new Vice President. I have been a nurse since 1991. After high school I set out to the Northeast to work for Amtrak in Philadelphia with my dad. However, I found myself starting out as a nursing assistant at a nursing home in South Jersey where it all started and I fell in love with nursing. I went on to obtain my LPN and then RN licensure. I am originally from Columbia, SC and this is where I currently live with my husband of 25 years and our 9 year old daughter. We also have a 25 year old son and 10

## Adding Clarity: CMAS Recertification



We have become aware that many Certified Medical Audit Specialists (CMAS) have received one or two emails from the Certification Council for Medical Audit (CCMA) stating that it was time for you to renew your CMAS “membership.” We want to point out that this is not a “membership” renewal, but a “certification” renewal. I received both emails stating that my renewal date was 6/30/2020. In my case, it is incorrect. I have my CMAS card stating that my expiration is 5/31/2021.

Therefore, if you have any questions regarding CCMA, contact Ernie de los Santos, Executive Director of CCMA. His contact is (760) 792-3858 and email: [execdirector@cmasorg.com](mailto:execdirector@cmasorg.com).

AAMAS has received calls and a few recertification checks. The checks have been returned to the appropriate individuals. **NOTE: AAMAS is not associated with CMAS certification.** We have established CCFA, our own certification, and are here to answer any questions you have about it.

Be well and safe. I can report that being Past President is wonderful and I thank Katie Stanford for taking on the important job as your new President.

Respectfully,  
MJ LaBelle, RN, BA, CMAS, CCFA  
AAMAS Past President

month old grandson. I am a Medical Auditor at Lexington Medical Center in South Carolina in the Revenue Integrity Department. I hold a CMAS certification, CCFA certification and CRCA (Certified Revenue Cycle Analyst) certification. My clinical experience includes Med/Surg, Oncology, Cardiology, Family Practice, Postpartum/Antepartum/GYN, and Geriatric Medical Psych. I also dabbled in OR and Home Health during my clinical years. I was also an Assistant Nurse Manager to a float pool of 100+ CNA's/Student Nurse Techs for 5 years in the acute hospital setting. I have 3 years of Pre-Certification experience, and 1 year of Case Management. I have 10 years of Medical Audit experience. I previously served as a board member for AAMAS as Chair of the Nominating Committee. I look forward to the coming year and watching AAMAS grow!

## AAMAS Membership Report

Given the state of our environment, with people working alone at home, I think that we could and should rely on this organization for knowledge and consensus. We continue to operate the list serve where appropriate questions can be posted and solicit feedback. Our organization is really the source, our knowledge and experience is without measure.

Membership grew by 7% from the last reporting period. Current membership (Current and New) is 194. This is an increase of 13 since the May report.

Six states have the majority of members (56%)

- California - 39
- Michigan - 09
- Florida - 25
- Ohio - 11
- Georgia - 15
- Texas - 09

Three states make up 11% of the membership

- Illinois - 5
- Kentucky - 9
- Pennsylvania - 7

## COVID19 Fun Food



Greetings from California! Here there's a lot of isolation and self-sheltering going on. Going to the grocery store has become an exciting event for me, add going to the post office and it's a real exciting day!

Stroganoff has always been a favorite "fancy" food even though I think it's considered peasant food if you're from Europe Royal Families.

Months ago, dear friends gifted me an Instapot. I stared at it for weeks trying and slowly practicing and experimenting with conventional recipes that I could somehow convert to something that could be used in the Instapot. I failed miserably but did find a good Stroganoff recipe that has been taste tested and approved by yours truly.

### INSTAPOT BEEF STROGANOFF

- 1 tablespoon extra-virgin olive oil
- 1 tablespoon unsalted butter
- 1 medium yellow or white onion — diced
- 1 1/2 teaspoons kosher salt — divided
- 1 1/2 pounds boneless sirloin steak  
(cut into 1 1/2-inch strips)
- 1 teaspoon ground black pepper

- 1 teaspoon dried dill
- 1 teaspoon garlic powder
- 3 tablespoons Worcestershire sauce
- 1 tablespoon Dijon mustard
- 3 cups reduced sodium beef broth — divided
- 16 ounces sliced baby Bella cremini mushrooms
- 2 tablespoons all-purpose flour
- 12 ounces whole wheat or regular wide egg noodles
- 1 cup Sour Cream or plain whole milk Greek yogurt\*  
(do not use nonfat or it will curdle)
- Chopped fresh parsley or thyme — optional for serving

### INSTRUCTIONS

1. Set Instapot to SAUTE.
2. Add the oil and butter. Once hot, add the onion and 1/2 teaspoon salt. Cook, stirring often, until the onion begins to soften but does not brown, 3 to 4 minutes.
3. Sprinkle the beef with remaining 1 teaspoon salt and pepper. (You can toss the beef strips together with salt pepper in a bowl, or to save a dish I like to do this right on the cutting board.) Add to the pot. Cook, stirring occasionally, until the meat is browned on all sides, about 4 to 6 minutes.
4. Add the dill, garlic powder, onion powder, Worcestershire sauce, and mustard. Pour in 1/2 cup of the beef broth. Stir, scraping a wooden spoon or spatula along the bottom of the pot, to ensure you remove any stuck on bits of food (this will avoid a "burn" warning).
5. Stir in the mushrooms, and then sprinkle the flour over the top. Stir until evenly incorporated.
6. Pour in the remaining beef broth. Close and seal the lid. Cook on HIGH pressure (Manual) for 10 minutes. When the time is up, immediately vent the Instant Pot to quick release the pressure. Once you can safely open the pressure cooker, carefully open the lid and add the raw egg noodles.
7. Cover the Instapot, seal, and cook on HIGH (manual) for 5 minutes. When the time is up, allow the pressure to naturally release for 5 minutes, then immediately vent to release any remaining pressure.

Carefully open the lid and stir. Let the stroganoff cool for a few minutes and then stir in the sour cream or Greek yogurt. Serve hot, sprinkled with fresh parsley and/or thyme.

Enjoy!

David Eklof, BSN, CMAS, CCFA  
Nomination Chair

## AAMAS Certification



### THE DEBUT OF CCFA EXAM - ONLINE VERSION

The CCFA exam was presented online following our AAMAS virtual conference. We had three members take advantage of the CCFA workshop and exam package. One of those members has already completed the exam and received certification.

### A HUGE CCFA COMMITTEE CONGRATULATIONS!

Goes to Pat Hodney-Gould for passing the CCFA examination. Pat jumped right in fresh from the conference to sit for the exam. Congratulations Pat, your hard work certainly paid off. Enjoy the many benefits certification will bring to your career.

### CCFA WEBINAR WORKSHOP AND CERTIFICATION

The CCFA workshop presented on May 18<sup>th</sup> of the AAMAS virtual conference was a huge success. We had 14 AAMAS members present for the workshop. All attendees were engaged and participated in the question-answer portion of the workshop. It was a pleasure to see or should I say hear from those of you that attended this workshop. Virtual teaching along with virtual learning seem to be the wave of the future and we all did well.

AAMAS is offering the CCFA workshop as an online webinar to those that are interested in a prep course prior to the exam. Refer to the AAMAS website for further information on this course.

If you are not currently a certified auditor and you're considering certification please visit the AAMAS website for further information. Qualifications are listed on the website at: <https://www.aamas.org/ccfa-requirements/certification@aamas.org>. You may also email questions regarding CCFA to: [certification@aamas.org](mailto:certification@aamas.org).

### EXAM FEES:

The exam fee is \$300.00 Link to the exam application can be found at: <https://www.aamas.org/ccfa-requirements/>

*Karen Cooper, RN, BSN, CCFA*  
Certification Chair

## Virtual Reality Success!



I want to thank all of you who attended the first ever AAMAS ZOOM conference. It was a successful experiment and has shown us that we will have more options for providing education to our members. While I missed seeing you in person, I was able to "see" you in the list of attendees. I did enjoy "greeting" so many of you at the beginning of the sessions. So nice to see so many familiar names! I would also like to welcome the new

members and first time attendees. From the evaluations, it seems everyone found value in the presentations.

The responses in the survey monkey were very valuable. Most of you were glad for the opportunity to attend the virtual conference, but do not want it to be the only venue going forward. It seems that members are interested in having a combination of onsite and virtual conferences. I was very glad to hear that as there is much value in the face to face connections we make, and the networking provided on site.

Once again, I would like to thank Allen Shane for handling all the CEU applications. This was especially difficult as we were moving from an onsite to virtual conference in the middle of a pandemic. Allen is such a valuable part of the team and makes it easier for the Program Chair.

Speaking of Program Chair, we are still in need of someone to step up for this position. I know it sounds daunting, but....finding speakers involves the entire board. The Program Chair is the main communicator with the speakers and works with the Administrator to handle the details. I have set up policies, timelines, forms and templates for the Program Committee, so whoever takes it on will not be starting from scratch. I will be happy to serve as advisor/resource to anyone willing to take it on. Plus, three of the speakers scheduled for the onsite conference this year were unable to accommodate us for the virtual conference and have agreed to speak next year. This includes the Keynote!

The virtual conference would not have been the success it was without the guidance and support of Janet Wilhelms and her assistant Courtney Harris. They have also been through two conferences with AAMAS, one on site and one virtual. They will be an invaluable resource to anyone taking on the position of Program Chair.

Thank you all again, it has been my pleasure to be Program Chair these last four years.  
*Theresa Crothers, RN, CMAS, CCFA*  
Program Consultant

## Treasurer's Report



I was so happy to see so many familiar names for our first ever virtual conference. I am hoping in the future that I will also be able to see your lovely faces. This is something we will definitely work on in the future. Thank you all for your support and positive feedback regarding the conference.

From a budgetary perspective, it was a treasurer's dream. Myself, and the board, can breathe a sigh of relief knowing our bank account is now progressing in a positive direction. As stated in Katie's article, AEG, our Association Management Company, provides services that we, as volunteers, do not have time or expertise to execute. Therefore, we rely on membership and conference revenue to support all operating expenses.

As we round the corner on the COVID pandemic, it breaks my heart seeing all of the racial disparities in our country. I work at the University of Michigan Medical Center. Our Black Medical Association sent out this wonderful poem:

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To the Michigan Medicine community,

**We call on you**

To our instructors, mentors, and administrators

We call on you to stand with us

We call on you to feel our frustration and fear

We call on you to see our truths and tiredness

To the ones we shadow in clinic; those who teach us how to scrub in; those who help us when we are lost

We call on you to stand with us

We call on you to feel our pain

We call on you, the educated and loud, to break the silence; to challenge the system; to change the system

To our friends; those we dance and act with on stage; those we sit across from at happy-hour; those we study with

We call on you to stand with us

We call on you to make your voices heard

We call on you to make our voices heard

We call on you, healers and healers in training, to advocate for a better future

To the Leaders, Victors, and Best

To Michigan

**We call on you**

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I am struggling to know what to do. A theme I have heard a lot this week is to educate yourself. Read, watch and listen so we can make our world a truly diverse and inclusive place. One very powerful video I watched is by Noah Trevor. It really opened my eyes! I hope you will watch it.

[https://www.youtube.com/watch?v=v4amCfVbA\\_c&t=2s](https://www.youtube.com/watch?v=v4amCfVbA_c&t=2s)

Peace and love,  
Amy Armstrong, RN, BSN, CPC, CCFA  
Secretary/Treasurer



**If you haven't done so already,  
please like us on Facebook.**

## BOARD OF DIRECTORS

**Katie Stanford**, *President*

**Mary Jane LaBelle**, *Past President*

**Mary Stites**, *Vice President*

**Amy Armstrong**, *Secretary/Treasurer*

**Theresa Crothers**, *Program Consultant*

**Karen Cooper**, *Certification Chair*

**David Eklof**, *Nomination Chair*

**Pat Hodney-Gould**, *Membership Chair*

**Janet Wilhelms**, *Executive Director*

## YOUR ASSOCIATION MANAGEMENT TEAM

### **Janet Wilhelms**

Executive Director  
ext. 103

### **Courtney Harris**

Customer Care &  
Association Specialist  
ext. 125

### **Liz Kutz**

Chief Financial Officer &  
Membership Manager at  
Association Executives Group  
ext. 102

### **Roy Smith**

Vice President of IT at  
Association Executives Group

The opinions expressed in The Monitor are those of the authors or persons quoted.  
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