



FOCUS

ASCLS - IDAHO NEWSLETTER

Spring Edition 2018

Message from the President - Jump!

Mechelle Reeve

Let's get ready to Jump! Have you ever jumped into something literally or figuratively that you were nervous to do or that challenged you? Often I find we need these 'jumps' to stretch ourselves from time to time and get us out of our comfort zone. I would consider myself one of those people that like routine and structure in their life, but also enjoy adventure on the side. A few literal instances of jumping that have stretched me in overcoming fear were jumping off of a suspension bridge in the middle of the jungle and doing a pendulum swing, cliff jumping into icy glacier water at Crater Lake, and jumping into and repelling down through waterfalls. A few instances of figurative jumping that have stretched me were running for office in middle school (I was pretty shy then), moving across the country by myself for an internship at the Mayo Clinic, and accepting the nomination for ASCLS President.

Sometimes we need a little help and encouragement from others to jump if we get cold feet when we look down. Sometimes it's easier to jump if you have a friend there watching or participating in the jump with you. Well now you have just one such opportunity to Jump...our [Spring Convention](#)!

Maybe excuses like not wanting to try to ask for time off to attend the meeting, not knowing others there, or not knowing what to expect because you've never attended an ASCLS meeting have

stopped you in the past from attending. Well now is your chance to Jump at the opportunity to attend our Spring Convention. Whether you take the leap yourself or bring a jumping buddy with you, make it a goal to Jump at the chance to attend this. There is an energy at ASCLS meetings being there among colleagues in our profession. This is a great opportunity to meet other laboratory professionals from around the state and country. Some people refer to these meetings and their colleagues there as their second family.

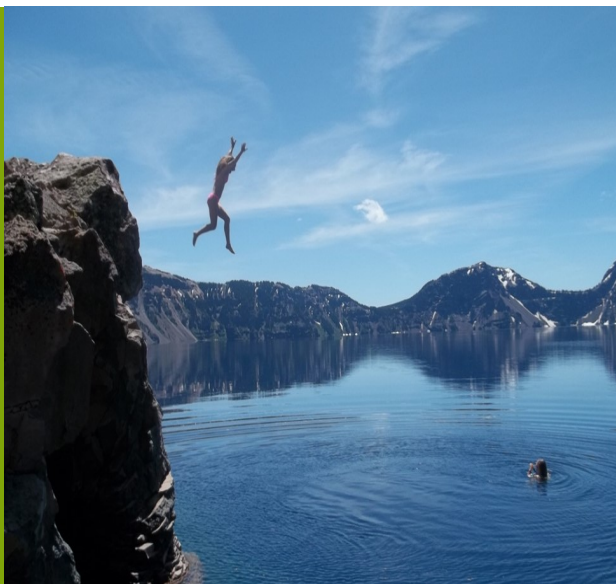
The past few years I've had the opportunity and also made an effort to attend our state, regional, and national ASCLS meetings. It has been so fun for me to get to know others from around our state and make new friends. It has also been fun networking and seeing classmates and professors from other states I use to know, as well as new colleagues I met the year before.

It's energizing to me attending these meetings listening to the amazingly talented professionals and speakers and learning from them and staying up to date on things in the lab. Attending our convention is also a way to meet and network with vendors at our Vendor Expo. It's always nice when they know you and remember you by name when you see them again. Plus vendors always have some new technology, method, or instrument that is fascinating to learn about.

So take our challenge to Jump and please attend our [Spring Convention](#). You will be glad you made the Jump!

Upcoming Events

- [Legislative Symposium](#)
March 24th 1-4 pm
- [Spring Convention 2018](#)
April 19-21st
- [ASCLS Idaho Mini Leadership Academy](#) June
23rd 9-12pm
- [National Convention in Chicago](#) July 30- Aug 2
- [IMSS, Jackson Hole, WY](#)
September 27-29th.



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**Get Ready to
JUMP**

April 19 - 21

**ASCLS - ID Spring
Convention**

**Red Lion Hotel,
Twin Falls, ID**

**Get more info @
www.asclsidaho.org**

Register Now

We are pleased to announce that we are ready...to JUMP! The 2018 ASCLS-Idaho JUMP! Convention has a great line-up of speakers, vendors and now we need some registrants! We are interested in having laboratory professionals from both Idaho and Utah join us so reach out to your friends down south and give them an invitation. Take a look at [our website](#) and see what we have planned for you. Then you can register [online](#) or by mail. Registration forms are available to download online. Registrations received on or after **April 13th** as well as on-site registrations will be accepted, but there is an additional \$25.00 late fee.

Venue:

Our venue for the convention is the **Red Lion Hotel in Twin Falls**. This will be a lovely setting for our meeting. We have reserved a room block for attendees at our convention. When booking your hotel room ask for the ASCLS-Idaho room block to get the discounted rates – **Room Block Code AS-CL0419**. Rooms will fill up fast so hurry and book your room today!

Networking Challenge:

We thought about asking you to jump off a cliff but decided that something far more adventurous and far more valuable would be a challenge to network with other laboratory professionals. If you accept our Networking Challenge you will expand your professional contacts at the 2018 ASCLS ID convention and get entered into drawings to win CASH PRIZES! We will have **Designated Networking Opportunities (DNO'S)** where you will be able to earn tickets which can then be entered into drawings for real cash prizes! The more you network, the better your chances of winning. Accept the Challenge

Questions:

If you have questions about...well about anything really...please feel free to email Diane Stumpf at dstumpf138@gmail.com and I will do my best to answer your questions and help you get prepared for your Professional JUMP! We look forward to meeting with you this spring!



**Children's
Miracle Network**

It's Raffle Time!!

ASCLS Idaho is hosting a raffle to benefit the Ronald McDonald House at the ASCLS Convention

Please bring a gift basket, donation items or gift cards to the convention and help us raise more money than last year!

If you or your laboratory are able to provide a donation or gift basket, please contact:

Chris DeAngelo @ DeAngeloid@msn.com before the convention.

If you are unable to provide a donation item, be sure to bring plenty of cash to purchase raffle tickets to support the Ronald McDonald House.



Nominations for open positions for the 2018-2019 ASCLS Idaho Board

The following individuals have been nominated for the open positions for the 2018-2019 ASCLS Idaho Board. Please read the bios and come ready to vote during the business luncheon at the Convention.

Secretary:

My name is **Mary Brown**, I have been the Secretary for ASCLS Idaho for the past year, actively participating in all of the meetings including face to face sessions in Hagerman, Idaho Falls, and Twin Falls. I also organized and led two Rake Up Boise teams this past Fall. I am of Basque heritage and have one daughter at the University of Idaho and another at the College of Idaho. I have been employed at the Boise VA Medical Center for the past twelve years professionally, enjoy participating with the Dry Creek Historical Society as a volunteer gardener, and love spending quality time with my Labrador Retriever, Birdie.

Board Member:

My name is **Marjorie Montanus** and I have been nominated as 2 Year Board Member. I have only been a member of ASCLS-Idaho since 2013 but have been very involved since I joined. I served as the ASCLS-Idaho secretary in 2014-15, became the ASCLS-Idaho PACE Coordinator in 2014, served as ASCLS-Idaho Treasurer in 2015-16, and graduated from the ASCLS Region VIII Leadership Academy in 2016. I have served on five state convention committees and three regional IMSS committees.

I have been a Medical Laboratory Scientist since 1985. My first job was in the Blood Bank in one of the Chicago suburban hospitals. While there, I had the opportunity to obtain my SBB and my Masters in Health Professions Education and taught immunology and blood banking in the hospital's "Medical Technology" program. My husband and I moved to Washington DC in 1995. While in the DC area, I continued my work in both transfusion and donor services at the Children's Hospital downtown DC then at the Inova Blood Donor Services in Fairfax, Va. I also taught immunology and blood banking in the MLT program at Northern Virginia Community College. My passion is teaching. In fact, during my time off from the bench, while raising my children, I had the opportunity to teach at their elementary school. I made sure those fifth graders did cool science experiments! After returning to the MLS field, I greatly enjoyed my role as Point of Care Coordinator at St. Luke's Magic Valley as I got the opportunity to teach Point of Care testing to nurses, CNAs, respiratory therapists, pharmacists, and other healthcare personnel. I recently left my Point of Care Coordinator position in Twin Falls to become an assistant professor in the MLS program at Idaho State University, Meridian.

I love this profession and want to see it become stronger. I have invested in a great many students over the years and am thrilled to be a part of the ISU MLS program. I have enjoyed my involvement in the ASCLS programs and activities over the past five years and hope to continue as the 2 Year Board Member.

In my free time, I love to make handmade greeting cards and have contributed many to the ASCLS silent auctions. I also enjoy hiking and a few years ago, a friend and I made a goal to hike a little bit of the Appalachian Trail in all 14 states. We have only done three of the states, so we do have a ways to go!

Thank you for this nomination and I look forward to the opportunity to serve ASCLS in this capacity.

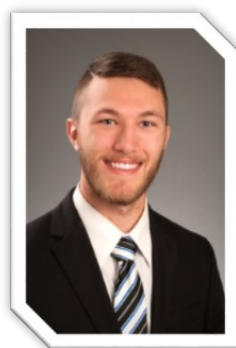
Lab Laughs



Pipette Tip Personalities

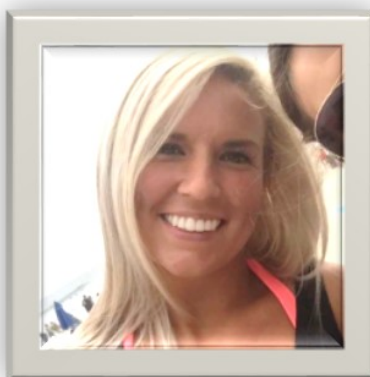
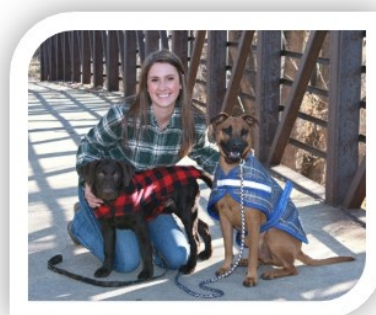


Student Representative Highlights



Christian Keetch was born and raised in Boise and is the oldest of 10 siblings (a mix of step and half siblings). He joined ASCLS so that he could be more involved with his career and also for all of the great leadership and educational benefits it has to offer. His favorite areas of the lab are hematology and molecular applications.

Lauren Downer was born and raised in Idaho and has lived here her whole life. She joined ASCLS because her grandmother was an active member and a previous ASCLS Idaho President and encouraged her to join. Lauren attended The College of Idaho and majored in Health Sciences and was on the ski racing team prior to attending ISU. Her favorite area of the lab is blood bank.



Jordan Graham-Ax joined ASCLS after a presentation on campus. She joined because it is important to remain informed about your profession and have an outlet that gives access to other professionals. She is from Boise and attended Boise State obtaining a BS in Health Sciences and minor in Biology prior to attending ISU. Her favorite areas of the lab are chemistry and blood bank.

Laboratory Professionals Week

April 22-28, 2018 #labweek

By Kami McGann

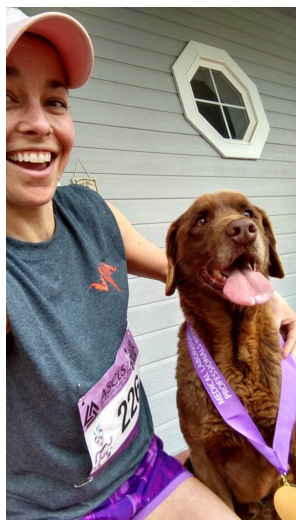
"Oh, so you're a nurse!". "You work in the Lab? Then you must be a phlebotomist". "Well you work at the hospital, so you know first aid." "You have some sort of medical degree, so you could perform a heart transplant!" Ok, maybe not.

To the general public, most laboratory professionals are unnoticed and unknown. The phlebotomist is the 'Face of the Lab' and is often the only contact the patient has with the laboratory. Once the tubes are drawn, labelled and placed into the transport system that patient transforms into a specimen.



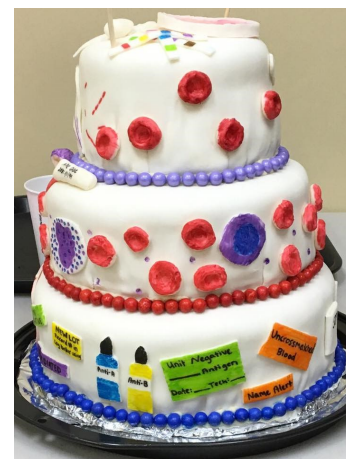
The goal Medical Laboratory Professionals Week is to bring recognition to all laboratory practitioners, to unify members of the profession and to offer education and transparency to the patient.

So, what can your lab do for MLPW (besides teaching first aid and organ transplants)?



- **LabWeekRun:** Virtual 5K run. Organize a fun and creative run with your coworkers. Take pictures—post on FB and submit to labweekrun.com. Registration is open now!
- **Play dress up:** Wear your Superhero costume under your Lab coat.
- **Bring on the bakery:** Cookies that look like white blood cells, cupcakes that look like platelets, decorate a cake with sterile syringes full of cherry syrup.
- **Lab crafts:** Make travelling trophies or crowns using cheap (or expired) lab utensils...like disposable pipets, sterile urine containers, blood tubes and hot glue.
- **Lab trivia:** Send out fun trivia questions vial email to your facility to educate other departments about what the lab does. Prize to the winner!

- **C. the difference?** Increase C.diff awareness with various candy bars mushed up in specimen containers.
- **How many bacteria?** Fill an erlenmyer flask with Mike&Ike candies...they are shaped like bacilli. Patients and coworkers can guess how many bacteria are in the flask. Prize to the winner!
- **Lab Coat decorating contest:** The more contaminated the better!



Created by Kate DeAngelo

Continued on page 6



- **PPE practice:** Come to the lab to practice doffing disposable gloves covered in chocolate syrup!
- **Help the community:** Organize a canned food drive or diaper drive to support a local shelter or non-profit.
- **Lunch 'n Learn:** Enhance the mid-shift meal with free CE!
- **Tour the Lab:** Offer an opportunity to nearby schools to bring students in to tour the lab. Inspire young minds to become the next generation of laboratory professionals.
- **Lab stories:** Showcase (HIPPA-compliant) stories where laboratory professionals showed exceptional impact in a patient's experience. Share this with your facility.



Laboratory practitioners play an essential role in patient care—everyday. MLPW is a one-week opportunity to promote our profession and have fun. **Take photos** and share on FB, Twitter, Instagram, ASCLS website, your State Society's website and your facility's page. Don't forget to hashtag! **#labweek #lab4life**

We want to see which ideas made it to your lab week celebrations. Send us your pictures for our next issue of the Focus Newsletter!! Send [here](#)

Membership Video Contest

Each year ASCLS hosts a [membership video contest](#) to promote the profession, highlight what it means to be a member of ASCLS, and showcase the creative professionals in medical laboratory science.

The best two videos will be awarded \$500 each.

Suggested topics include:

Why should student members continue as professional members?
Benefits of being an ASCLS member
ASCLS' strength as a grassroots organization
Why you joined ASCLS
What being an ASCLS member means to you

Don't delay! The deadline to submit your work is April 9, 2018.

Visit www.ascls.org/videocontest for more details. If you have additional questions, contact **Andrea Hickey**, ASCLS Director of Membership and P.A.C.E.®, at andrea@ascls.org.

View the 2017 winning videos:

<https://www.youtube.com/watch?v=aQEL7ME4fQA>

<https://www.youtube.com/watch?v=PpkGb1EP5ig>



YOU PACK YOUR OWN CHUTE.

**Secrets to being successful
no matter who you work for!**

2018 ASCLS-Idaho
Mini-Leadership Academy
June 23, 2018

You Pack your Own 'Chute:

Secrets to being successful no matter who you work for!

Our Spring Convention will give you the courage to JUMP! The Mini-Leadership Academy will help you prepare for a successful JUMP! Often times we feel that success means changing jobs, finding new opportunities or getting a fresh start. But that is not necessarily true. You can be successful no matter what your shift is, no matter what your position is and no matter where you work. Success...your professional success...is within your power...because you pack your own chute!

The 2018 ASCLS-Idaho Mini-Leadership Academy will be held June 23rd at the Snake River Grill in Hagerman Idaho. Diane Stumpf will be presenting. Please save the date!

ASCLS - Idaho Mini Leadership Academy

When: Saturday, June 23rd 2018

Where: Snake River Grill 611 Frogs Landing Hagerman, ID

Cost: \$25 for ASCLS Members, \$35 for Non-members, \$15 for Students

Who: Anyone who desires to be a leader in their Lab

Lunch is included in your registration.

Mail Registration to:

Debbie Shell

5812 Buckskin Road

Pocatello, ID 83201

Event website:

<http://asclsidaho.org/events/leadership-retreat/>

Speaking of PAC:

Political Action Committee

ASCLS PAC helps provide financial and educational support to encourage candidates and legislative officers to be more responsive to health legislation, particularly that which affects laboratory science.

It encourages awareness in the laboratory profession of governmental involvement in health care and the importance of organized mutual support between the federal government and our laboratory profession.

By donating to PAC, this is helping to support our profession's voice in government.

You can make a donation at the Spring Convention or at <http://www.ascls.org/advocacy-issues/pac>.

PAC...another acronym that you now know what it means.

Legislative symposium



ASCLS-IDAHO LEGISLATIVE SYMPOSIUM 2018
ST. LUKE'S MAGIC VALLEY REGIONAL MEDICAL CENTER

Twin Falls, Idaho
March 24, 2018
1:00-4:00pm

ASCLS-Idaho is pleased to present the 2018 State Legislative Symposium. This Symposium provides great education on legislative and regulatory issues important to Idaho laboratory professionals. Debbie Shell, ASCLS Government Affairs Committee Member, will update attendees on national issues impacting laboratories, including issues discussed on the Hill during the 2018 ASCLS Legislative Symposium held in Washington, D.C.:

- PAMA Medicare Reimbursement Update
- Nursing Equivalency to MLS degree
- Workforce
- Laboratory Developed Tests

Phylis King will be joining us to speak about Licensure. This is a great opportunity to ask your questions and get some answers from someone who really knows.

Lunch is included in the cost of your registration.

Registration Fee
Postmarked by
March 17th:

Member	\$15
Student	\$10
Non-Member	\$25

Onsite Registration:

Member	\$25
Student	\$20
Non-Member	\$35

MAIL REGISTRATION FORM AND FEES TO:

Debbie Shell
5812 W. Buckskin Rd.
Pocatello, ID 83201

LEGISLATIVE SYMPOSIUM 2018 REGISTRATION

Name _____ Email Address _____

ASCLS Member? Yes _____ No _____ ASCLS Member# _____

Address _____

Daytime Phone # _____ Home Phone # _____

Enclosed is my payment of \$ _____ (Make check payable to ASCLS - Idaho)



55th Annual Intermountain States Seminar

*Come and celebrate with your second family
... your ASCLS family.*

SAVE THE DATE

<http://asclsregion8.org/IMSS/>

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[@ asclsidaho.org](#)

Questions, Comments, and Submissions

The ASCLS-Idaho FOCUS Newsletter is published quarterly and is made available to all ASCLS-Idaho members in electronic format. Rights to edit for content and length of material are retained by ASCLS-Idaho. All ASCLS-Idaho members are invited to submit articles for publication.

PLEASE CONTACT:

Jessica Lewis ASCLS - Idaho Editor

3270 Circle S Dr. Ammon, ID 83406

Cell: (208) 403-4798

lewis.jn@gmail.com



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