



Fall 2018

Focus_{ASCLS-Idaho}

Message from the President: Chris Doran

“Fall has always been my favorite season. The time when everything bursts with its last beauty, as if nature had been saving up all year for the grand finale.”- *Lauren Destefano*

I love autumn. Morning air is cooler and crisper, leaves are starting to change, and at the forefront of my mind this year, a new ASCLS-ID board has begun! I am so honored to serve as this year’s president and excited to build on the great work that has already been accomplished by our dedicated laboratory professionals throughout Idaho.

Looking back at the accomplishments of last year, I want to give a huge thank you to our outgoing president Mechelle Reeve for her dedication and positive outlook. Successful activities under her leadership included Rake Up Boise, the Legislative Symposium, and the JUMP- themed Spring Convention held in Twin Falls.

Other highlights for ASCLS-ID this past year:

Idaho’s Kami McGann graduating from the Region VIII Leadership Academy
The excellent National ASCLS meeting in Chicago
Diane Stumpf’s inspirational mini-Leadership presentation “Pack Your Own Chute”. The title proved prophetic, as a new meeting place had to be found only 2 days before the scheduled seminar after a car drove through the room at the Hagerman Grill!

Looking forward, we will continue to build on existing popular programs while exploring ways to revitalize and increase our state society membership. Several events are fast approaching in September, including presentations to the new ISU MLS students and **Region VIII’s annual Intermountain States Seminar on September 27-29 in Jackson, WY**. If you haven’t attended IMSS before, I highly recommend it! Awesome speakers, cutting edge topics and relationship building with peers will rejuvenate your attitude and your career.

If you have great ideas or want to participate more in ASCLS-ID, please reach out! We are always on the look-out for enthusiastic individuals to help us promote the laboratory profession. Don’t worry if you think you may not have enough experience; we have many members willing to share knowledge and assist any way they can. When I was mulling over the President role, I received sage advice from one of the other board members. She said ‘Don’t worry, Chris, no one has ever died because they were ASCLS-ID President’. That made me laugh- and realize what a great team we have here in Idaho.

Hope to see you in Jackson for IMSS!



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CALENDAR OF EVENTS

- Sept 27-29th IMSS in Jackson
- Nov 10th Rake up Boise
- Nov 10th Best of Fall CE session.
- March 23rd Legislative Symposium



NATIONAL CONVENTION: FACES MATTER

KAMI MCGANN - PRESIDENT ELECT

First of all, Chicago's weather was AMAZING! Bet ya don't hear that very often. It truly was beautiful weather, balmy 70 degrees with sunshine and a light breeze. The food was great—just ask Kate DeAngelo about the pizza! Of course, I had a ballpark hotdog at the White Sox vs. Royals game. As much as I enjoyed Chicago, truth be told, I am glad I left before Lollapalooza hit.

How would I describe this year's National Meeting? Comfortably humbling.

Since the last time I went to National Meeting, I've been appointed to the national Patient Safety Committee, I've participated in the Region VIII Leadership Academy, I've been active on ASCLS Community forums and I've stayed in touch with many of people I met.

This time, I was prepared. I did my homework on the topics coming to Board Meeting, the House of Delegates was interesting and nostalgic instead of intimidating and overwhelming. I had opinions about

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which Scientific Assembly meeting I wanted to listen to—instead of just being assigned one. However, I most of all looked forward to seeing FACES. The faces of those I have been coordinating time zones with over the last year. The faces that turn their webcam off because the GoToMeeting is too early in the morning to look presentable. The faces of those in my inbox that greet me with an '@' and a tiny profile picture.

Many things were accomplished by ASCLS at National Meeting this year. Outgoing leadership was thanked and awarded a job well done, incoming leadership was welcomed and encouraged, meaningful projects were initiated, our Workforce Shortage position paper was approved, and our Membership categories were changed. It was a very productive and successful face-to-face meeting.

With so many ASCLS members from all over the country gathered in one place—I got to see many faces! I saw the faces of brilliant, accomplished men and women. Faces that showed a lifetime of dedication to our Society and our Profession. Faces that were full of excitement and energy. Faces of those courageous members who fight for the benefit of Medical Laboratory Professionals and the safety of our patients. Faces of those who carry memories of the past and vision for the future. Faces whose hard work and passion inspires others to make a difference. However, every face possessed something in common: a heart for Medical Laboratory Science.

I very much enjoy attending National Meeting. Collaborating, debating, conversing and brainstorming with other scientists is comfortable for me. Being in the company of such exceptional champions for our profession is humbling. Congratulations ASCLS, you are making an impact.



'Twas the National Convention MECHELL REEVE - PAST PRESIDENT

'Twas the National Convention and all through the town,
Chicago was bustling with extra laboratorians around.
Roche, Coulter, Sysmex just naming a few,
were vendors at the AACC, a terrific Expo too.
Our group with our badges and bags in hand,
had just settled in for a week of learning with the clan.
When in our governance session there rose such a clatter,
we listened intently to all that mattered.
Discussions on workforce shortages, membership restructures
and dues,

we were excited to be delegates and listen to the news.
Sessions on sickle cell trait, lymphoid cells, and MTP,
one haplotype matched bone marrow transplant, what more
could there be?

New Westgard rules, anemias, and infectious disease,
just choose a session, whatever you please!

And in our free time oh the things we did do,
the sights we did see and the food we did chew.

When what to our wondering eyes should appear,
but Chicago deep dish pizza, the best so we hear.

With our New Professional Kate so lively and quick,
in a moment our pizza she surely did get.

With big eyes and hungry bellies we came,
she sent quick texts and called us by name:

"Now Mechelle, now Mary, now Debbie, now Chris,
on Kami, on friends, welcome to bliss!

To the table and chairs by the wall,
Now Eat away, Eat away, Eat away all!"

The pizza we enjoyed and when we were through,
A walking tour I offered and other things to do.

Millennium Park, The Bean, and Buckingham Fountain,
many river walk tours and buildings tall as a mountain.

Navy Pier, Willis Tower, an architecture boat tour ride,
my excitement for the sights I hardly could hide!

Fabulous weather, a White Sox game, and decadent chocolate
cake,

then a walk to Mariano's Market, oh the yummy food we ate!

And as our time at the convention came to an end,
the House of Delegates we all did attend.

We listened to issues and cast our votes,
then watched as new leaders took their posts.

And when it was through to the airport we flew,
by taxi, Uber, and the train line blue.

As we parted ways, I exclaimed before our group was out of sight,
"Safe travels to all, and to all a good night!"



Annual National Convention 2018: Chicago

Culture and Cultivation in Chi-Town

Chris Doran

This was my second ever national ASCLS convention and once again, I was blown away by the sessions, expertise and knowledge of the speakers, and the venue.

Chicago is an amazing city. The Swissotel, where the ASCLS sessions were held, was steps away from the Chicago River and the Miracle Mile. Also close were the Navy Pier, the Art Institute, the Riverwalk, Shedd Aquarium, the Adler Planetarium and Wrigley Field. Opportunities abound to learn about the history and culture of this Midwestern region, plus just sightsee, and would be hard to beat (riverboat architectural tour, anyone?).

Even better were the keynote and general sessions. Speakers were engaging and possessed an unequaled depth of knowledge. Some personal favorites: Managing Chaos-

Surviving in the Laboratory, Health System Mergers (a real life case-study), and Food-borne Illnesses Be Gone. I came away with a multitude of ideas and plans.

However, always my favorite, was the opportunity to reconnect with peers and meet new friends. These are the relationships which will last throughout your career and beyond! Networking and cultivating your contacts is a priceless resource and cannot be underestimated.

This was also the end of an era; it was the very last convention where ASCLS and AACC were partnered. How exciting to look forward to the next steps in this transition! ASCLS will be meeting in Charlotte, North Carolina in June of 2019 and plans are well on their way to make this another excellent national meeting. My own plan? To attend my 3rd National Meeting! Hope to see you



New Professional, New Perspective

Kate DeAngelo

Due to my inexperience and recent emersion into the field of clinical laboratory science, I was nervous to attend the 2018 Annual Meeting. I didn't know any members outside of the Idaho delegation, and was uncertain that my networking skills were sufficient to effectively collaborate with other state representatives. However, I stepped outside of my comfort zone and was immediately rewarded. I engaged with other young professionals like myself in simple conversations, which allowed myself to gain confidence since this was my first national conference.

Although there were many rewarding moments I experienced at the convention, my favorite was the NPNM scavenger hunt. This event highlighted a major skillset that lab professionals have, working as a team, which many individuals may overlook the

importance of. This event occurred on the first day of the convention, which was beneficial because it broke the rigid feel of the convention into a comfortable atmosphere where networking could take place.

Teams of 5-8 lab professionals were given the task of taking about 15 pictures; we had to decode clues to discern the correct location to take the image. We were told teams who used creativity in their photos and had the quickest completion of the scavenger hunt would receive a prize, which ignited my competitive spirit. I have a background in dance and acrobatics, and I knew I could use this to my advantage to help my team take unique photos. Some of the clues were intricate. We had to brainstorm,

Because of this event, we experienced the heart of Chicago at nighttime. Skyscrapers and bright lights filled the background of our last few photos. All of the teams reconvened at the Billy Goat Tavern, a local hot spot in Chicago. Although the atmosphere was different from any restaurant I had ever been to in Idaho, it had a charming sense of character. Something that made this small fast food diner unique was the full bar.

Due to the variety of NPNM events and new experiences I had, I thoroughly enjoyed my time at the 2018 convention. As I became more comfortable with networking throughout the week, I obtained the contact information from a variety of lab professionals around the country. I was



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delighted to see individuals from various backgrounds unite for a common passion. I polished my professional skills, learned new perspectives and viewpoints, and I'm thankful for the learning opportunity I was given. I plan on attending the conference next year, and I'm excited for another opportunity for professional growth.

collaborate, and rely on each other to determine the correct location.

I created a warm and welcoming environment to allow members of my team to contribute their ideas to make our photo the most creative. I did the splits and had others grab my legs to make it look like I was being pulled opposite directions, and even did a bridge with a team member standing on my stomach. We traveled to a wide variety of locations, including the fire station and the Magnificent Mile. I'm sure we got plenty of weird looks throughout the duration of the challenge, but we were determined to take some unique photos.



ADVENTURES IN CHICAGO

Kate DeAngelo

I was fortunate to explore Chicago during down time at the Annual Meeting. The first adventure I embarked on in the Windy City was the Cloud Gate sculpture inside Millennium Park. Hundreds gathered around the giant mirror bean eagerly waiting to capture their reflections. I joined the crowd and took photos from every angle. As I walked around the park, I saw the beautiful Jay Pritzker Pavilion. With over 4,000 fixed seats and open seating covered by a trellis of surround sound equipment, the Pavilion is home to many cultural performances, concerts, and crowd pleasing movies.



The next stop on my sightseeing adventure was Buckingham Fountain. With fewer crowds, I was able to take photos that captured the beauty of the fountain against Lake Michigan. The fountain was much bigger than I had anticipated while it sprayed straight up into the sky. As I made my way to the coast of Lake Michigan, I was given an ocean impression because of its colossal size. I continued to walk up the coast and explored the Chicago River. Restaurants and bars lined the river which provided a relaxing city vibe.

The Centennial Wheel at Navy Pier was one of the many activities on my Chicago bucket list. The view from the top gave an unobstructed view of the skyline and Lake Michigan. The ride was surprisingly smooth and lasted 10 minutes. Many bright lights lit up the wheel at nighttime allowing it to be seen from far away.

I spent the third evening on the 96th floor of the John Hancock tower. Instead of visiting the observation deck on the 94th floor and paying full price, I decided to take in the city view from the lounge on the 96th floor while I enjoyed a piña colada. The lounge faced west, which provided an excellent view of the sunset. Taking pictures in the lounge was a bit of challenge because of the tables bordering the windows. The best view was in the

bathroom, if you can believe it. With no tables or sun in the way, I was able to take better pictures of the city.

On the 45 second elevator ride down, I popped my ears three times due to the significant elevation change. I felt a little sick afterwards because of the rapid descent.

After the Hancock tower, I headed down to the Chicago River for an architecture boat tour. With skyscrapers outlining the river, we explored the north and south forks. The tour guide talked about the history and design of each building on the river. At the end, I got to view the Chicago skyline where the river met Lake Michigan. I snapped as many pictures as I could while trying to take in the breathtaking view.

Another fun activity was the Chicago Art Institute. The

“The Annual Meeting exceeded my expectations and I encourage everyone to attend at least once in a lifetime.”

building was exquisite from the outside and the inside proved no different. I didn’t allot enough time to explore all of the artwork, but I recognized several paintings from famous artists like Van Gough, Georgia O’Keefe, and John Singer Sargent. I was blown away by the size and conditions of the paintings especially from the 1800’s. I was impressed by how well they stood the test of time.

Now the part you’ve been waiting for: the food of Chicago. *Giordano’s* is one of the famous pizza restaurants with locations all over Chicago. After not being successful on my pizza quest the first two nights due to insane wait times, I was determined to get pizza for lunch on the third day so I pre-ordered it online and fulfilled my quest. I have two words to describe *Giordano’s* deep dish pizza: life changing. The pizza was made up of 2 crusts with a solid inch of cheese sandwiched in between with a homemade red sauce on top.

If you’re into amazing desserts, then take a trip to *Hugo’s Frog Bar and Fish House*. They’re famous for oversized desserts. The dessert menu changes every day based on what the chefs make. We looked at the menu and decided on a slice chocolate mousse pie. Heads turned as the waitress brought the enormous slice of pie to our table. The pie was complete with a steak knife sticking straight up with hot fudge, and chocolate shavings. Holding up the chocolate mousse was a one inch thick Oreo crust. Someone sitting at the table next to us asked where the rest of our family was to partake



in the dessert consumption. He chuckled when we told him it was just the two of us. We ate half and took the rest back to the hotel to share with our room-mates.

Another unique dessert restaurant was the *Nutella Café*. With many dessert options on display, it was hard to pick just one. I settled on the panna cotta because it was something that I'd never had before. Panna cotta is a simple Italian dessert made of sweetened cream and gelatin, typically served with berries. In this dish, the panna cotta was served underneath a mound of berries with Nutella drizzled on top.

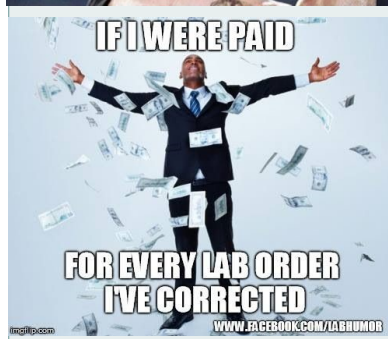


As you can tell, fun memories made up my first Annual Meeting experience and it's something I'll never



forget. Each day provided new learning and networking opportunities that I took advantage of. The Annual Meeting exceeded my expectations and I encourage everyone to attend at least one in their lifetime. I was honored to be a part of the Idaho delegation as a new professional and I look forward to attending more national conferences in the future.

Lab Laughs



GET THE CAMPER PACKED!

The Intermountain States Seminar is a unique convention that **started over 50** years ago when the five intermountain states...**Idaho, Utah, Colorado, Wyoming and Montana**... joined forces to bring a **powerful seminar** into being. IMSS is held each fall in the beautiful setting of **Jackson Hole, Wyoming**. We are fortunate to be able to attend such a renowned event.

Region VIII is kind of like family...crazy aunts, nosy in-laws and too many cousins to count...and just like family...there is nowhere else you would rather be! Come see your long-lost "relatives" in Jackson Hole this fall.

Register [here](#)!



Click [here](#) for the latest in
Region VIII News
from Holly Weinburg our Region VIII
President

PUT ON YOUR **GLOVES** AND GRAB YOUR **RAKES**, IT'S THAT TIME OF YEAR AGAIN!

Last year thousands of volunteers came together and raked **over 800 yards!** That came out to over **18,000** bags of leaves!

Join ASCLS- Idaho again this year. It is a great way to get out of the lab and make a difference to those that matter most, our neighbors!

When is Rake Up Boise? Saturday, **November 10, 2018** . We will decide what time works best for our group of volunteers.

When will the teams receive their assigned houses? Approximately two weeks in advance.

What supplies do we need: Bring your own rake and gloves. Rake Up Boise provides leaf bags.



ASCLS Idaho is ***Making a Difference*** with Rake up Boise!

What is Rake Up Boise?

- Aids seniors and disabled neighbors
- Maintains and improves over 700 yards each year
- Builds neighborhood pride

- Eliminates and repurposes bio-degradable waste
- Brings community members together through service

Where do I sign up? Contact Mary Echonave Brown @ mary.echanove@gmail.com



Can't make it to Boise?

Do your own **virtual Rake -up!**

Gather your friends, family, and colleagues and get out into your neighborhoods and rake-up!

Submit pictures of your virtual rake-up and let's see how many of us can get out there and make a difference!

Be Informed...Stay Connected...Get Involved @ asclsidaho.org

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