



Winter 2020 Edition

Focus

ASCLS- Idaho

Upcoming Events

Lobby Day

20 February 2020

Legislative Symposium

7 March 2020

Deadline to Submit Nomination for open Positions

29 Feb 2020

Spring Convention

2-4 April 2020

Medical Laboratory Professionals Week

19-25 April 2020

National Meeting in

Louisville, KY

28 June – 2 July



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Message from the President: Chris Doran

“Ch-Ch-Ch-Ch-Changes” -*David Bowie*

Here’s to a new year 2020 and a new decade! Throughout the many events in 2019, I am reminded yet again of the new normal: constant change.

At my work, a reorganizational restructuring created a large amount of change for many employees that is still being worked through.

At home, I suddenly found myself living with a new puppy and a returning (adult) daughter after some life changes.

At ASCLS-Idaho, we begin the count-down to our Spring Meeting in Pocatello, with the accompanying changes to next year’s board and committee members. If you have wanted to get more involved with your professional society, learn about important issues, or make new connections, I encourage you to **consider running for one of the open positions**, or volunteering for a committee! It’s our awesome members who keep our society strong and vital.

Transition can be difficult even if it is leading you to a better place. Even though the first few months with a new puppy left me wondering “What was I thinking??”, I can honestly say now she is a sweetheart, very smart, and honestly further along in toilet training than my grand-daughters at the moment.

Here’s to positive changes in all our lives, personally and professionally. And may we learn and grow through it all with grace.

“Change is inevitable. Growth is optional.” – *John Maxwell*

Legislative *symposium*



ASCLS-IDAHO LEGISLATIVE SYMPOSIUM 2020

St. Luke's Magic Valley Regional Medical Center
Twin Falls, Idaho

Saturday, March 7, 2020
1:00-4:00pm

ASCLS-Idaho is pleased to present the 2020 State
Legislative Symposium.

This Symposium provides great education on legislative and regulatory issues important to Idaho laboratory professionals. Debbie Shell, ASCLS-ID Government Affairs Chair, and Jessica Lawless, Ascending Professional, will update attendees on national issues impacting laboratories, including:

- PAMA Medicare Reimbursement Update
- Workforce Shortage
- Laboratory Developed Tests
And More!

This is a great opportunity to ask your questions and get the most current information.

Lunch is included in the cost of your registration

**Registration Fee
Postmarked by
February 29:**

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

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)

Calling all ASCLS Idaho Members

It is that time of the year again- spring is just around the corner, we hope, and so is the chance to become involved in your professional organization!

You may nominate someone you think would be an excellent addition to the ASCLS-ID team or nominate yourself to become a vital part of our profession's future.

Open Positions:

President Elect

Secretary

2- year Board Member

All professional and emeritus members in good standing may be nominated and elected to offices.

Please have your nominations turned in no later than **February 29th 2020**.

Nominations can be emailed back to me at lanetys2@isu.edu or mailed to:

Tyson Lane
Attn: ASCLS ID
245 N. State St.
Rigby, ID. 83442



Lobby Day at the Idaho Capitol Building

Thursday February 20, 2020
8am-noon
700 W Jefferson St, Boise, ID

ASCLS-Idaho will co-sponsor a lobby day with the American Nurses Association-Idaho at the Idaho Capitol Building rotunda on Thursday, February 20, 8:00am until Noon.

Governor Brad Little is scheduled to stop by at about 8:45am, and light refreshments will be available. Anyone that would like to help promote our profession is welcome to come and talk with legislators, the Governor and others in the Capitol Building that day! Come and help us advocate for the Medical Laboratory Science profession!

Medical Laboratory Professionals Week April 19-25, 2020

There is no better time to be the face of the lab than lab week! Celebrate with lab tours to promote the professions, have a lab themed bake off, set up a lab photo booth, or join the [virtual fun run](#). There are so many options and we want to see them.

Submit your lab week photos and activities to lewis.jn@gmail.com to be featured in our next newsletter.



**#1 Reason we love the lab:
We get results!**

Ascending Towards the Future

By Kate DeAngelo

I attended the 2018 Annual Meeting, so going in the 2019 Annual Meeting, I knew what to expect: networking, becoming more involved with ASCLS, and learning cutting edge technological information. Since this was my second meeting, I was more familiar with the structure, and I was able to immerse myself in this professional environment further than I had even anticipated. Prior to my immersion into the 2019 Annual Meeting, I still felt the same sense of pride for representing Idaho as the Ascending Professional Delegate.

My positive experiences from the previous meeting pushed me to participate in more events and venture to obtain leadership roles. In 2018 – 2019, I graduated from the Region VIII Leadership Academy and served as the Ascending Professional representative on the National Awards Committee. During my time in these positions, I met many professionals of a plethora of backgrounds. I was looking forward to reconnecting with these individuals. I visited with the professionals I had previously interacted with, as well as made new connections with others; my list of contacts grew significantly.

Quite possibly my favorite moments during the 2019 Annual Meeting were the education sessions. I broadened my knowledge of laboratory medicine and was reminded of my love for science. The particular session that resonated within me was regarding variable efficacy of vitamin D from sun versus from a supplement. The seminar concluded with results of 20 minutes of sun exposure and is far superior than a supplement, especially in the winter. The reason why I particularly enjoyed this seminar is due to my lack of sun exposure from working graveyard shift.

I was eagerly looking forward to the Ascending Professional Event, which was planned to be at a local restaurant. Due to some unforeseen circumstances, including a broken water main, the event was moved to Dilworth Grille. Despite this sudden change, I was excited to venture into trying some authentic Southern food. While I waited for dinner, I conversed with other professionals from around the country and compared and contrasted our facilities, as well as realized the relative benefits and challenges that each present.

Through all of my experiences at the 2019 Annual Meeting, I had firm affirmation that I have chosen the ideal career for me. It was wonderful to see how passionate hundreds of professionals can be towards a common goal, helping others through the basis of scientific testing. I am incredibly thankful for the opportunity to attend the Meeting, and will contribute my learned perspectives to the Twin Falls laboratory.



The Tie That Binds

Laboratory

Professionals

Past, Present, and Future

ASCLS Idaho Spring Convention

April 2-4, 2020

ISU Student Union Building
Pocatello, Id 83209

Convention Raffle



The annual Spring Convention is just around the corner and you know what that means. It's time to start thinking about The Basket raffle!

Donations of gift baskets, gift cards or homemade items will be accepted and 100% of the proceeds will benefit the American Red Cross.

We can't do our job without them. So, put your thinking caps on or start crafting items that can be donated and let's make this raffle the most profitable yet!

Contact Chris DeAngelo at DEANGELOID@msn.com with basket and gift submissions.

The Tie That Binds: ASCLS ID Spring Convention

We are so excited to announce this years ASCLS Spring Convention: The Tie that Binds. There have been so many changes in the laboratory over the last 70 years. Technology and discovery of new and improved methods have resulted in faster turn around times from blood bank to bacterial identification. Technology has streamlined our work processes eliminating errors and resulting in better patient care. Through it all one thing has not changed, ASCLS.

We have continued to advocate for our profession supporting each other through continuing education and professional development and encouraging our government leaders to support policies that protect the patient.

Join us as we celebrate where we have been, where we are, and where we are going as laboratory professionals.

April 2-4, 2020 at the ISU Student Union Building

1065 Cesar Chavez Ave, Pocatello Idaho

Registration opening soon

Lab Laughs



Adventures in Charlotte

By Kate DeAngelo

Ever since I was a child, I have enjoyed traveling to new place and learning about their unique culture. Before travelling to Charlotte for the 2019 Annual meeting, I researched different activities to do, so I could learn about what it had to offer. I knew I didn't have an unlimited amount of time to explore Charlotte, but I still wanted to be able to experience life in the South.

I kicked off the week by having a drink with some lab professionals from Colorado at the City Lights Rooftop Bar; I was immediately taken aback by the view of Queen City and realized I was no longer in Twin Falls, Idaho. Upon the 18th floor overlooking the city, we enjoyed appetizers and each other's company.

After the Region VIII Council Meeting, myself and the professionals from Idaho ventured downtown for dinner. We ended up at Stoke, which served a wide variety of food with a Southern flare. What had originally drew me to this restaurant was their dessert menu. I had seen on an online article that this restaurant served a one pound doughnut. Given my interest of trying extreme foods, I knew I had to try it. Without the blink of an eye, I splurged and ordered the one pound doughnut; it was served with warm with diplomat cream in the center and topped with Heath candy bar crumbles and powdered sugar. This doughnut was nearly three inches in diameter and was everything I had imagined and then some.

One of my colleagues, Marj, grew up in Charlotte, which meant she automatically became our tour guide. Marj showed us some of her favorite parts of the city and highlighted some places of interest for us to explore. One of my favorite parts of Marj's tour was the multi-million dollar mansions in the city. I gazed at them in complete amazement due to their architectural prowess.



During my own exploration of Charlotte, I stumbled upon a restaurant, Amélie's, which served French food and had breathtaking décor. I had never seen such beautiful presentation of food; the peach tart looked pristine and gave me inspiration to rekindle my baking skills.

A highlight of the week was spending time with the Idaho, Montana, and Wyoming lab professionals at Mac's Speed Shop. This restaurant was recommended to us by some locals. Luckily, the staff was very accommodating to our large group and put together several tables for us. It was wonderful for all of us to share the moment of enjoying classic southern food before we left to our relative homes.

On the last night, I tried something completely foreign to me, an aerial skills class. I have experience in dancing and acrobatics, but have never had the opportunity to take those skills into the air. I manage to find a studio in Charlotte that was walking distance from the hotel I was staying at, which made this class easily accessible. Despite my previous experiences with dancing and acrobatics, I was not prepared for the grip strength the aerial skills class required. Regardless, I learned the fundamentals of the aerials class including properly wrapping the feet and hands, climbing, and basic maneuvers.

The week I spent in Charlotte was very busy, but I truly enjoyed every single one of my packed days. I took advantage of the opportunities I was given to grow professionally, as well as broaden my horizons. I'm looking to future adventures with ASCLS, more learning opportunities, and to become a better medical technologist.

[Be Informed...Stay Connected...Get Involved @ asclsidaho.org](http://asclsidaho.org)

Questions, Comments, & 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.

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