



the FILTER

NSCLS Wants You!

Hello Nebraska! For those of you who don't know me - which is probably 99% of our members - I am Sheri Kochendoerfer, your new membership chair. Graciously joining me in service to you is Shelly Ballard. Shelly volunteered after realizing the need for an easy point of contact for members in the western part of the state. Shelly and I hope to bring a little more visibility to the membership department in the coming months; i.e. you will be hearing from us a lot more! We want to find ways to help you get the most out of your membership by introducing new and existing members to all the benefits of belonging to ASCLS. Speaking of membership...remember it's renewal time. You can renew on-line or download a renewal form at www.ascls.org under the membership link. We are excited about the changes underway in the membership department of ASCLS. But we can't do this alone. We need your help! Not only do we need your ideas on how to increase mem-

bership
and
ways to

make your membership more valuable to you, we also need you to recruit. We can do more together than we ever could alone! Please feel free to contact us with any questions, feedback or concerns you might have about membership in ASCLS. We look forward to being part of the leadership of Nebraska ASCLS and getting to know you all better.

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The American Society for Clinical Laboratory Science promotes the *value* of the clinical laboratory science profession in all arenas possible, strives to be the *voice* for the laboratory practitioner in the workplace, the classroom, the community, the legislative arena and all for the good health of the public and is actively defining the *vision* of the future of the profession.

President's Page. . .

Melissa Heligso, MT(ASCP)



The NSCLS spring 2005 meeting with IACLS went very well! It was well attended and enjoyed by many. I received a lot of positive feedback from speakers, vendors and attendees. Among the highlights of the meeting was a collaborative session between a forensic pathologist from San Antonio and local law enforcement. Thanks to John for speaking, supporting and socializing at our event!

tional meeting. This summer, NSCLS funding will enable one of our membership chairs and the FYP to attend the meeting. In return for funding, those members attending the National meeting will be required to submit a report to the board that will also appear in the fall edition of the Filter.

I recently traveled to Orlando for the



ASCLS Annual Meeting. Six other laboratory professionals from Nebraska also made the journey to participate in Science Gone Wild. This is the largest representation Nebraska has shown in recent years and hopefully will start a trend. Look for my recap and pictures in the next edition of the Filter.

Next year's meeting is tentatively scheduled for April 19-21st at the Cornhusker Hotel in Lincoln. The meeting will be held in collaboration with ASCP and CLMA.

In the coming year, the board will focus on recruitment within the organization and into the clinical laboratory field. We plan to do this by offering continuing education programs, coordinating recruitment in area schools and creating a database of graduated students.

The NSCLS Board will soon announce the 2005-2006 board roster. This year's roster will bring 3 new positions to the board - FYP (First Year Professional), Student Forum Chairperson and Student Forum Liaison.

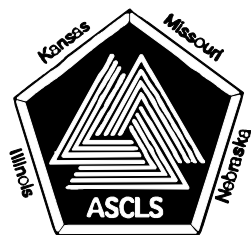
If you would like to participate—big or small- in NSCLS activities, please drop me an email at

mhelligso@nebraskamed.com.

The NSCLS board has agreed to financially support more members attending the Na-

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It's as easy as sending an email with your request to NSCLSfilter@hotmail.com.





Iowa

REGION VI UPDATE

ASCLS Region VI Officers

John Koenig, Director
 Ruby Brower, Chair
 Kathy Leinenkugel, Secretary/Treasurer

Membership

ASCLS finances look good. The Board of Directors hope to end the year with a positive fund balance after 5 years on the other side. Membership is nearly 200 stronger this year. (April 2004 = 9447, April 2005 = 9637) Region VI membership as of April 2005: Illinois - 389, Iowa - 164, Kansas - 163, Missouri - 132 and Nebraska - 158.

Introducing the FYP

Changes to the ASCLS Standard Operating Procedures (SOP) are currently being discussed to accommodate the addition of a First Year Profession (FYP) to the Board of Directors. The discussion also includes the addition of a Young Professional Committee to the ASCLS structure which would include 3 year appointments with the current FYP board member chairing the committee.

ASCLS Collaboration with ASCP

Discussions have occurred between ASCLS and ASCP regarding collaboration. There are many positive aspects to joint projects and ventures.

- Joint membership for students is regarded as an opportunity to mark upon young professionals the benefits of

professional involvement.

- Many laboratory professionals who are not active in either organization do not make a distinction and do not understand the difference between ASCLS and ASCP.
- It would benefit the profession to have more collaboration and less competition and animosity within the field.
- A united front is crucial to the success of congressional lobbying and the licensure debate.

One of the biggest obstacles in the joint venture will be coming to agreement on the terminology to be used for laboratory professionals. There is a general agreement that the Medical Technologist/Medical Laboratory Technician terms need to be updated. Many in ASCP do not like the use of "scientist" and have suggested Clinical Laboratory Technologist and Clinical Laboratory Technician. Many in ASCLS view "technician" and "technologist" as too similar and would like to see the education levels more clearly differentiated.

ASCLS and ASCP collaboration may be viewed as a huge change to some members and leaders in both organizations, especially those who were active during the initial split of the organizations. However, there is much to be explored including the benefit of joint membership for promoting and drawing attendees to state, regional and national conferences.

Submitted by Kathy Leinenkugel



Nurturing Your Success™
a dynamic approach to your career and finances

Roadmap to Your Successful Retirement

By Cindy Diccianni RN, CSA, CLT Financial Advisor

There are many times in life when we are faced with changes that will impact us forever. One of these times is the very first day of retirement. Most of us would define retirement as a time that we totally stop working and begin to enjoy the “things” that we could not do when we were working. Others define retirement as the time that we cut back on our working hours and do some of the “things” that we enjoy. I think that most of us will agree that retirement is a time when we enjoy our lives.

Retiring in comfort is a goal for each of us. The closer you get to retirement the more you begin to think about your life and how you can best enjoy it. Many questions arise, will we have enough to live on and more importantly, will we have enough for the rest of our lives? Let’s discuss some strategic elements of retirement and why it is important to start now.

As much as financial planners would like to assure clients with absolute certainty that they will have enough income to last a lifetime, the plain fact is that retirement planning is not an exact science. No one knows how long they will live and how well our investments will do. We do not know if we will remain in good health or get sick and need care. What we can do as financial planners and advisors is to conservatively project how much income it appears you will need when you retire to support a comfortable lifestyle.

Let’s say that you thought ahead and planned for your retirement many, many years ago. You met with a financial advisor and told her the age at which you and your spouse (if you have one) wanted to retire. You then developed a plan and made the necessary, and regular, contributions. You are now a few months away

from retiring and are ready to take action.

Predicting Your Expenses

An essential element of retirement is to predict your expenses. Initial projections are not that difficult to do. Most of you know when your home will be paid off, if you will need a new car and what your general day-to-day expenses will be. We know what our taxes are, but do not know how any changes in the laws can affect us in the future. As you progress through the first year it is vitally important to keep track of all expenses in order to have a starting point for future years.

Retirement is viewed in three stages:

1. Active Stage: This is the first stage when you want to do all of the “things” that you could not do while you were working. They are usually the most expensive years. This phase could encompass travel, home remodeling, buying a vacation home or spending more time with grandchildren and children. I always recommend to my clients that they stay in their homes and don’t make a move that could create added expense in the future. Often people want to move where it warmer and sell their homes and move south only to realize that they have left their children and friends behind. They then need to travel back and forth for many occasions and find it expensive.

2. The second stage is when you settle into retirement. Many of the active stage items are done and you are more content.

3. The third stage is the Health Care stage and this is when you are older and may be sick or need some care, whether it is in your own home or in a care facility. It is important that at this point in life that you have Long Term Care insurance in



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place to safeguard against catastrophic losses from illness. I encourage my clients to get Long Term Care insurance well before they retire.

Sources of Retirement Income

Sources of retirement income fall into two categories: predictable income and variable income. Predictable income comes from pensions, social security and annuities. Variable income comes from personal and retirement investments and work. It is good to ask your pension plan administrator for a written estimate of your monthly pension income based on your expected retirement date. Also ask how much more monthly income you would receive if you deferred the payments until a later date. The calculations for pension and annuity income are based on your age so the longer you defer the payments the larger the sum of money you will get.

Many people take the value of their home into consideration as a source of income. For many seniors their home is their largest asset. Homes are not income producers and are often costly to maintain. You could use the equity in the home to take a loan or do a reverse mortgage but this is not a good source for future income.

Never consider the possibility of inheritance. If you do get an inheritance it will be an added bonus for you and can be entered into your plan when, and only when, you get the assets. Variable sources of income should be included and the potential gains on these accounts noted as well as the taxable or nontaxable events associated with these assets.

Breakeven

After you have gathered all of the information, you will have a good idea where you stand - if you need more income or if you have enough. It will be easier to assess which assets can continue to create additional income and which assets can be spent. If you are below breakeven, don't despair! There are many solutions, some of which

might involve selling your home or downsizing from what you have to an area that is more financially favorable both tax wise and to decrease your cost of living.

Income Sources

Income sources should be reviewed closely. The sources to use first are the ones in which the taxation event is the most minimal. Often these accounts are bonds, stocks and cash that are not in a retirement plan. If you can, you should delay taking assets out of your IRA until age 70 ½. Your taxable event will be less.

Working even part time can be a big boost for your income. You could get a job in a hobby that you have always enjoyed or doing odd jobs for people. Using your skills and controlling how much you work is still a definition of retirement.

Take Action

As you step into retirement one of the biggest adjustments is not having a regular paycheck. A helpful idea is to put aside one year's income into a money market account to ease the transition.

Also, have all of your retirement income directly deposited into your account. This would include both predictable and variable income. Tracking all of your expenses will be easier this way. Many of my clients have very creative jobs and only work one or two days a week while enjoying themselves the rest of the week. Proper planning prevents problems and shortcomings and permits you to enjoy your latter years without worries and fears. Eventually each of us will reach our retirement years so if you've not yet started planning, the time is now. A successful retirement won't just happen; you need to create it.

TREASURER'S REPORT

SUBMITTED BY KAREN KELLER, MT(ASCP)

	Savings Account	Balance as of May 2, 2005	\$ 0.00
Cash Receipts			
	Transfer from Checking Account		\$ 22,889.72
	Interest Income		\$ 95.69
Disbursements			
	Transfer to Checking Account	\$ 1,000.00	
	BALANCE (As of June 30, 2005)		\$ 21,985.41
	Checking Account	Balance as of July 1, 2004	\$ 31,043.80
Cash Receipts			
	Interest Income from Checking Account	\$ 22.81	
	Interest Income from CDs	\$ 94.31	
	Transfer from Savings Account	\$ 1,000.00	
	UNMC Awards Donation	\$ 100.00	
	ASCLS Membership	\$ 1,395.00	
	BALANCE (As of June 30, 2005)	\$ 2,612.12	
			\$ 33,655.92
Disbursements			
	Awards	\$ 451.08	
	Board Meeting	\$ 64.96	
	Filter	\$ 381.11	
	Legislative Day	\$ 2,269.54	
	Membership	\$ 29.76	
	NMLW	\$ 183.00	
	PACE	\$ 250.00	
	President	\$ 1,843.66	
	President-Elect	\$ 2,357.16	
	Region VI Assessment	\$ 1,000.00	
	State Charter	\$ 20.00	
	Student National Mtg Funds	\$ 1,145.00	
	Treasurer	\$ 112.95	
	Website Maintenance	\$ 50.00	
	Transfer to Savings Account	\$ 22,889.72	
	BALANCE (As of June 30, 2005)		\$ 607.98

NSCLS Summary of Assets

Commercial Federal Savings Account Balance - 06/30/05	\$ 21,985.41
Commercial Federal Checking Account Balance - 6/30/05	\$ 607.98
Scholarship Certificate of Deposit Balance - 4/15/05	\$ 13,503.51
Legislative Certificate of Deposit Balance - 4/18/05	\$ 5,400.00
Spring Meeting Checking Account Balance 10/09/04*	\$ 5,600.61

*This amount is NSCLS net profit from 2004 spring meeting. This account has a balance of \$31,370.18 as of 6/30/05, which includes ASCP proceeds from the Spring 2004 meeting and NSCLS/IACLS monies from the Spring 2005 meeting. Net profit to NSCLS and IACLS from the 2005 spring meeting has not yet been determined.

NSCLS TOTAL ASSETS - June 30, 2005	\$ 47,097.51
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AMA Approved Clinical Laboratory Science

CENTRAL COMMUNITY COLLEGE

[Medical Laboratory Technician Program](#)

East Highway 6, P.O. Box 1024

Hastings, NE 68902

Phone: 402-461-2451

Interim Program Director: Shirl ey Nobl e, MS, MT(ASCP)

Education Coordinator: Lori VanBoening, MT(ASCP)

Email : lvanboening@cccneb.edu

MID-PLAINS COMMUNITY COLLEGE

[Medical Laboratory Technician Program](#)

McDonal d-Bel ton Campus

601 West State Farm Road

North PI atte, NE 69101

Phone: 308.532.8980 or 800.658.4308 (ext. 254)

Medical Advisors: Dr. Byron Barksdal e and Dr. Lyl e Barksdal e

Program Director: Martin Steinbeck, M.Ed., MT(ASCP)

Email : steinbeckm@mpcc.edu

NEBRASKA METHODIST HOSPITAL

[Clinical Laboratory Science Program](#)

8303 Dodge St.

Omaha, NE 68114

Phone: 402.354.4563

Medical Director: Christine Reyes, MD

Program Director: Jul ie Richards, MPA

Email : jrichard@nmhs.org

SOUTHEAST COMMUNITY COLLEGE

[Medical Laboratory Technician Program](#)

Lincol n Campus Admissions

8800 O Street

Lincol n, NE 68520-9989

Phone: 402.437.2760 or 800.642.4075

Medical Director: Aina I. Sil enieks, M.D.

Program Director: Janis Bibl e MT(ASCP)

UNIVERSITY OF NEBRASKA MEDICAL CENTER

[Clinical Laboratory Science Program](#)

983135 Nebraska Medical Center

Omaha, NE 68198-3135

Phone: 402.559.8366

Medical Director: James Wisecarver, MD

Program Director: Phyl Iis Muel Ienberg, M.A.

Education Coordinator: Linda Fel l , M.S.

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Summer Edition—2005

2005 – 2006 NSCLS OFFICERS

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Past President	Roxanne Alter	ralter@unmc.edu
Treasurer	Amy Stanley	astanley@aligent.org
Secretary	Martin Steinbeck	steinbeckm@mpcc.edu
Senior Board Member	Joyce Colombe	jc31946@alltel.net
Junior Board Member	To Be Announced	