

THE FILTER

American Society for Clinical Laboratory Science-Nebraska
 www.ascls-ne.org

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ASCLS National Meeting: A First-Timers Perspective

Submitted By Marnie Imhoff

The national meeting was held in Los Angeles this year and it was beautiful weather—a nice break from the roasting we were getting in Nebraska at the time. As a first timer to the national meeting, I was not sure what to expect, but I loved every minute of the meeting. I was honored that I was able to represent ASCLS–Nebraska during the meeting. This year was especially interesting since there were so many contested elections for open positions, in the past few years most of people have run unopposed. Being a delegate for Nebraska I was able to meet the candidates and cast my vote for several of the regional presidents, including our own Region VI president. It was wonderful to see so many people volunteering for positions on regional and national level.

There were so many wonderful opportunities at the national meeting that I could not say what my favorite was. The trade expo was AMAZING; I have never seen so many lab vendors in one place before. I fell in love with several new instruments, but nobody would let me bring any of them home in my suitcase. The president’s reception was a lot of fun; dancing, laughter, making new friends and reconnecting with old friends – who could ask for more? I was able to talk with several former UNMC Clinical Laboratory Science students; it was great to see how involved in the promotion of our profession they were. The scientific sessions were great; I learned to FISH in Microbiology, I reaffirmed the fact that everyone in the Midwest is Vitamin D deficient, and I now worry about people using over the counter DNA test kits, I learned about using humor as therapy and so many more exciting things. I am very proud that ASCLS–Nebraska received an award for the money we raised for the Political Action Committee. Way to go Roxanne!

The meeting was only 5 days but the memories and the knowledge I gained in those 5 days will last me a lifetime. If you have the opportunity to go to the national meeting I highly recommend it. Next year it is in Houston, Texas. See you there!



PHOTO BOOTH FUN WITH ROXANNE ALTER, NICOLE MEIER, RIKKI OTTEN, AND KAREN STILES



National Meeting from a Student's Perspective

Submitted by Zacadia Carstens, Ashley Collins, and Ashley Urbach

Being at the end of our student membership, we gained valuable experience at the national meeting to use in the transition to first year professional status. The week was filled with speakers, meetings, and exhibits. We went to similar events as first time meeting attendees, but we also had the opportunity to branch out and explore what intrigued each of us individually.

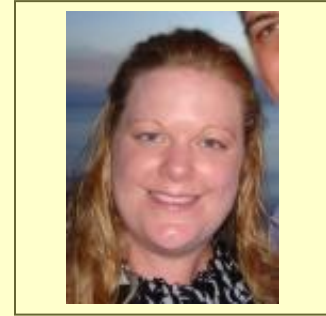
The annual meeting was such a unique and extraordinary experience. It gave me an opportunity to meet with others who have just as much of a passion for clinical laboratory science as I have. It was not only an honor but a privilege to attend. The awards ceremony was such a great experience because it gave everyone the chance to pay respect to all those who excelled. By far my favorite part was the clinical expo which allowed me to meet so many influential companies and learn about new and evolving products in the laboratory. It also gave me a chance to thank them for their continued support. I cannot wait to attend another annual meeting and not only see my fellow ASCLS members, but my new friends. –Zacadia Carstens

“The knowledge I gained about the society made me a more confident member and encouraged me to find ways to get more involved.”

I benefited from attending the national meeting in several ways. First, I learned more about the structure, impact on legislation, and beliefs of ASCLS in the five days I was there than I thought possible. The knowledge I gained about the society made me a more confident member and encouraged me to find ways to get more involved. I also enjoyed being surrounded by all types of laboratory professionals. It was a great way for me to personally learn about different career paths within the laboratory field as well as learn about specific job opportunities throughout the country. Additionally, I learned many things throughout the meeting that will be very useful as I help with this year's student forum. As a recent graduate, I am obviously familiar with concerns that students have that ASCLS can address. I picked up some ideas on staying connected with other students, networking to find jobs, and fundraising to make attending meetings possible despite the college student budget. I fully intend to use the information I learned to help educate the students on the values of ASCLS and guide them in their efforts to become involved. –Ashley Collins

Attending the national meeting allowed me to better understand ASCLS. I learned how the state, regional, and national levels of ASCLS connect and work together. The meeting introduced to me the way legislative issues work in the society as well as getting me up-to-date on all the current issues. I learned so much from each session I attended but perhaps the most beneficial session was one on membership development. As a society, it is critical to have members, particularly those that are involved. The membership session gave me many ideas to help show others the value and importance of ASCLS and what ASCLS can do for them. I hope to use many of the tips and strategies I learned to help recruit new members and help retain current members. –Ashley Urbach

Incoming ASCLS-NE President's Page



Submitted by Linsey Donner, MPH, CPH, MLS (ASCP)^{CM}

I do have to admit it has been a whirl wind of a year for me. In April 2011 when I accepted the nomination to become ASCLS-NE President-elect in August and eventually become President in 2012 I was unaware of where the year would take me. In December, I received my Master of Public Health Degree from the University of Nebraska Medical Center after years of hard work and dedication. In addition, this March my Husband, Dave, and I were blessed with the birth of our first child, William George.

"I believe it is important for our Society to focus on its members and involve all laboratory professionals throughout Nebraska."

Although I have been a member of ASCLS-NE since I was a student in 2003, I have been involved with ASCLS-NE Leadership since 2007. During my time I have held the positions of Student Forum Director (2 years) and Treasurer (4 years). I am now about to embark on a new endeavor as I become the ASCLS-NE President for this 2012-2013 year. During this time I believe it is important for our Society to focus on its members and involve all laboratory professionals throughout

Nebraska. Speaking from experience, before I became involved in active leadership I was unaware of contributions ASCLS makes to health care and more specifically laboratory professionals. To mention a few: ASCLS provides education for laboratory professionals through meetings and publications, advocates on the laboratory's behalf through legislation and the government affairs team, promotes the laboratory profession, provides networking opportunities, and is a communication portal for laboratory professionals.

I know ASCLS-NE faces many challenges this coming year and in the future but I believe with devoted, active leadership we can conquer any obstacles we encounter and involve all laboratory professionals throughout Nebraska to make a positive impact in health care. If you are interested in becoming involved within ASCLS-NE, have any questions, comments, or suggestions feel free to contact me anytime at ASCLS-NEpresident@hotmail.com.

Calendar of Events

November 10-11, 2012	Fall Region VI Council Meeting	Kansas City, MO
February 14-16, 2013	Clinical Laboratory Educators' Conference	Kansas City, MO
March 16-17, 2013	Legislative Symposium	Washington D.C.
April 3-5, 2013	ASCLS Quad State Annual Spring Meeting (NE, IA, MO, KS)	Embassy LaVista Suites and Conference Center; LaVista, NE
April 22-28, 2013	National Medical Laboratory Professionals Week	
July 30-August 3, 2013	81st ASCLS Annual Meeting	Houston, TX



Leadership Development

Submitted by Tracey Vrba

As I write this entry for the Filter, the 2012–2013 ASCLS–NE Leadership team is preparing for the 2012 Leadership Retreat!! We are excited to start the year out with a complete and then some roster!! Each leadership position has been filled (pending an election by the students for their Student Forum President). The Membership Development Chair and the Leadership Development Chair even have committee members!! ☺ Leaders that are on their way out to dedicate more time with family or moving on to new positions are also staying in the loop to mentor their replacements.

The 2012–2013 Leadership Development COMMITTEE ☺ will be hard at work throughout this next year. The committees' goals include completing the ASCLS–NE Leadership Handbook and further improving and expanding the ASCLS–NE Leadership team. If you are interested in joining your ASCLS–NE leadership team, do not hesitate to contact one of the leaders below!! Potential new positions include tasks such as fundraising, promotion of our profession by events and awards, recruitment of students to our profession, and public relations. If you are interested in any of these areas, please contact 2012–2013 President Linsey Donner lm Donner@unmc.edu or the 2012–2013 Leadership Development Chair Brad Hays bhays@chmcook.org.

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Leadership Roster continued from page 4

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Scholarship & Loans	Andrea Schank	andrea.schank@alegent.org
Historian	Nicole Meier	nmeier01@hotmail.com

The Importance of Networking

Submitted by Chelsea Dockins Reischl

I had the pleasure of attending the 80th Annual ASCLS Meeting in Los Angeles this past July. Every year I am introduced to more and more members of ASCLS and AACC as well as the many vendors in attendance. It is definitely an advantage to not only me, but to our state society to network with these professionals, especially the membership and leadership of Region VI (the region ASCLS-NE is a part of).

Networking is critical and is not only beneficial to you, but can lead to the success of an organization. In talking with members and leadership of other state societies throughout the week I was in LA, I gained many new ideas for membership recruitment and retention, society activities, and Spring Meeting topics, and the list goes on and on. The Annual Meeting is a perfect time to network as it is full of like-minded individuals and full of people that I can learn from in some way.

Why Network?

- Learn dynamics within your industry
- Get “plugged in” to your community
- Develop knowledge resources
- Accelerate your professional development

Networking Opportunities Locally:

I encourage members of ASCLS-NE and non-members to attend the Annual Spring Meeting in April 2013 (being held at the Embassy LaVista Suites and Conference Center) as it will be held in conjunction with the societies of Iowa, Missouri, and Kansas. It will be a great meeting not only for the educational benefits, but for networking as you will be able to meet members and leadership from other societies. It is a great time to learn about the new technology on the market, what others are doing in their labs to become more efficient and successful, and to develop your career.

References:

http://articles.businessinsider.com/2011-05-26/news/30066354_1_networking-events-young-entrepreneurs-business-cardse
<http://www.strategicbusinessnetwork.com/about/importance>

UNMC Clinical Laboratory Science Students Win Big!

Submitted by Linda Fell

The American Society for Clinical Laboratory Science recently announced the winners of their national scholarships for 2012–2013.

We are very proud that 13 of the scholarships awarded in the name of ASCLS and Alpha Mu Tau, the national honor society for ASCLS members, were to UNMC Clinical Laboratory Science students.

Martha Winstead Memorial Scholarship

Kari Echtenkamp

Ruth French Memorial Scholarship

Rochelle Finnigan

Alpha Mu Tau Scholarships

John Buller

Sarah Casey (Iowa)

Kimberly Eaves (Iowa)

Kayan Harris

Melissa McAnally (Missouri)

Jessica Skarin

Katy Stahlschmidt (Missouri)

Kate Werges (Iowa)

LaNett Whisler

John Yost

ASCLS Education and Research Scholarship

Sarah Meese

Additionally, the inaugural awardee of the Alyssa Jane Sandmeier Memorial Scholarship is John Buller. This is a very special scholarship to our Program as it was established in memory of a special young lady whose father is a 2006 graduate of our program.

Many of the UNMC students also received University and CLS Program scholarships through the Office of Financial Aid.

Congratulations to ALL of our students!

Student Forum Husker Ticket Raffle

The ASCLS-NE Student Forum is having their annual Husker Football ticket raffle. The students will be selling raffle tickets for the chance to win tickets to the Nebraska versus Michigan game on October 27, 2012 at 7:00 PM. There are a total of four tickets raffled off in pairs. The University of Nebraska Medical Center students will raffle off two tickets to the game donated by Linda Sykora and Kevin McGuire. The Southeast Community College students will also raffle off two tickets donated by Dwayne Ball, husband of the late Shirley Noble. Shirley was a valued member of the laboratory profession and ASCLS. If interested in buying raffle tickets, please see a MLS or MLT student or email Kevin McGuire at kevinmacmcguire@hotmail.com

How We Spend our Money Says a Lot About Who We Are

Submitted by Roxanne Alter MS, MLS(ASCP) Political Action Committee ASCL-NE

I have never really thought of myself as a fundraiser. I am somewhat of an extravert so it is not out of the realm of possibility. Over the years I have dabbled in the art of raising money. My first experience with fundraising was easy. I was on the board for Girls Incorporated and I was in charge of the oral auction for the big fundraising event. I needed to get five to ten high items donated so that an auctioneer could get folks bidding competitively with proceeds to provide programming, food and transportation for girls living in families of incomes less than \$4000. It was relatively easy to get companies to donate trips including Martha's Vineyard, Colorado, Cancun, a Ducane gas grill and assorted jewelry. People were willing to donate to this organization both as items for the auction and buy these items because they considered themselves fortunate. Attendees believed in the cause and showed it by paying more than what the items were worth. I guess you could say they were paying it forward.

Because of the first experience, I was thinking that I had found my calling. I had a knack for getting items, and I could see a future in fundraising! Little did I know that it is really the not the fundraiser but the cause. My next experience was for Marian FEST and it was hard getting items for auction and attendees were looking for bargains. Perhaps the bargaining was a way to offset the cost of tuition because parents felt they were already donating to the cause.

Is it worth it to donate to the ASCLS-NE cause? And what is the Cause of ASCLS-NE?

The real question for me is – how much is my profession worth? What value do I put on my career as a Medical Laboratory Scientist? I am not sure if I really thought in terms of what my career is worth but my CPA husband knows the value of his career. So do three of my children that are CPAs or are in the process of becoming CPAs. They belong to the Nebraska Society of Certified Public Accountants and donate and talk on the subject incessantly.

My passion is Clinical Laboratory Science. It is who I am and what I do. I am vital to the health care of a patient because I provide the information to the clinician so that people get healthy, stay health, or improve based on my numbers. Every time I pick up a patient sample I know that someone down the road will benefit from the work that I do. Recently I picked up a sample from surgery late at night and my husband asked why I do, what I do. And my answer is the same answer that I give to anyone that asks. Every patient is my patient! My contribution to patient healthcare may go unnoticed, may not be rewarded at the same level as an accountant but I love to perform laboratory tests, using my hands and my deductive reasoning skills to provide answers about my patients.

I am grateful for all the mentors that I have had over the years and I appreciate the clinical instructors that educated me in the field of Medical Technology. I still remember Bobbie in the chemistry department showing me how to do a manual Theophylline level using ether extraction so that I could report out results over weekends, which was part of our training requirement.

How We Spend Our Money... continued from page 7

Or Howard's calming voice (he worked at the American Red Cross –before UNMC), when I needed blood at Lutheran Hospital for an emergency car accident. I am indebted to people like Denny Weisenburger and Phyllis Muellenberg because they shaped my world of Clinical Laboratory Science. How about the time that the Methodist Security called the bomb squad to blow up Phyllis Muellenberg's briefcase? I have stories and I am lucky to be part of this professions' history.

So for me the value of being a Medical laboratory Scientist is priceless. And so I belong to ASCLS–NE because I am proud of what I do and I want to improve by associating with like-minded people. Remember by joining you get the Value, Vision, and Voice of our profession. I also belong because I can enhance my professional knowledge through PACE Professional Acknowledgment for Continuing Education. I have always enjoyed continuing education because I want to be on the cutting edge of technology and I am a lifelong learner.

In addition to paying my annual dues, I also volunteer in any capacity that will help the cause. One of the causes is the Voice of the Laboratory. I am the Nebraska Political Action Committee chair person. I represent you on two national committees – Political Action Committee and Government Affairs Committee – PAC/GAC. I am a good steward of your money because I work for free – I am paying it forward. Politics is complicated so I am studying hard because healthcare will be interesting and I want to have a voice in the Affordable Care Act.

My message in this Newsletter is GET INVOLVED. Show your passion for the profession by joining ASCLS. Contact me at ralter@unmc.edu if you are not sure how you can help. Becoming a member is the first step. Next spring we are having a Quad-State meeting and it is not too early to volunteer to help. You Can Make a Difference.

Concerned about Healthcare?

Donate to the ASCLS PAC

To make a donation

<p>VOLUNTARY CONTRIBUTIONS ASCLS/PAC is supported by donations solicited solely from ASCLS members. Federal law requires that these contributions be voluntary. Your support of ASCLS/PAC demonstrates your support of the hard-working, serious and responsible candidates for national office. Your decision will in no way affect your membership in ASCLS.</p> <p>Please clip this coupon and send it, with your PERSONAL check or credit card information (please do not send cash) to: ASCLS/PAC 6701 Democracy Boulevard, Suite 300 Bethesda, Maryland 20817</p>	<p>I would like to support ASCLS/PAC. Enclosed is my personal check for: __\$100 __ \$50 __ \$25 __ Other _____</p> <p>Federal Election Law requires you provide us with the following information:</p> <p>Name _____ Address: _____ City, State, Zip _____ Employer: _____ Signature _____ Date _____</p> <p>Region _____ (for ASCLS Awards)</p> <p style="text-align: center;">VISA MC AMEX</p> <p>Credit Card Number _____ Expiration Date MM/YY _____</p>
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Yearly Treasurer's Report

Statement of Cash Receipts and Disbursements, 1 July 2011 -30 June 2012

Submitted by Linsey Donner, MPH, CPH, MLS (ASCP)^{CM} and Marnie Imhoff, MBA, MLS (ASCP)^{CM}

Money Market balance – 1 July 2011	\$17,245.26
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Cash Receipts

Money Market Interest Income	\$17.78
ASCLS membership	\$1,595.00
Spring Meeting 2011	<u>\$8,736.70</u>
Total Money Market cash receipts	\$10,349.48

Disbursements

Transfers to checking account	<u>\$11,325.00</u>
Total Money Market disbursements	\$11,325.00

Money Market account balance 30 June 2012	<u>\$16,269.74</u>
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Checking account balance – 1 July 2011	\$947.01
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Cash Receipts

Transfers from Money Market	<u>\$11,525.00</u>
Total checking account cash receipts	\$11,525.00

Disbursements

ASCLS National Meeting Attendance	\$6,228.13
ASCLS Legislative Days Attendance	\$2,674.10
Awards	\$418.28
Scholarships	\$500.00
Website Maintenance	\$92.87
Spring Meeting Expenses	\$42.48
ASCLS-NE Board Meeting	\$25.64
Region VI Assessment	\$1,300.00
PACE Provider Fee	\$325.00
Treasurer and President Bonding	<u>\$92.00</u>

TOTAL checking account disbursements	\$11,698.50
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Checking account balance 30 April 2012	<u>\$773.51</u>
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ASCLS-NE SUMMARY OF ASSETS:

Money Market balance 30 June 2012	<u>\$16,269.74</u>
Checking account balance 30 June 2012	\$773.51
Scholarship CD balance 30 June 2012	\$15,105.18
Legislative CD balance 30 June 2012	\$5,303.30
Savings CD balance 30 June 2012	<u>\$11,631.12</u>
ASCLS-NE TOTAL ASSETS – 30 June 2012	<u>\$49,082.85</u>

Spotlight on: Methodist Women's Hospital Pathology



On Left: Healing Gardens



On Right: Main Entrance

- ***What is the Name of Your Laboratory?*** Methodist Women's Hospital Pathology
- ***Is Your Lab Accredited?*** We are accredited by CAP, AABB, and FDA
- ***How Many Employees Work in your Laboratory?*** There are 14 staff members at Methodist Women's Pathology. Several others from Methodist's Pathology Center at the 84th Street Campus are cross trained to support the functions at Methodist Women's Pathology at 192nd Street.
- ***How Many Combined Years of Experience do Your Employees Have?*** Over 150!!
- ***Who Makes Up Your Lab Staff?*** Pathologists, Medical Laboratory Scientists/Medical Technologists, Phlebotomists, and Lab Assistants
- ***What kinds of Patients Do you Serve?*** OB, High Risk OB, GYN, Newborns, NICU, general and orthopedic surgery, and an Emergency Department serving all men, women, and children
- ***How Many Tests Do You Do in a Year?*** Over 150,000
- ***What is One Goal Your Lab is Working on This Year?*** Reducing missing or illegible data on newborn screen forms
- ***Do You Have a Mission or Vision Statement?*** Methodist Women's Hospital Mission: Improving the quality of life through excellence in healthcare. Methodist Women's Hospital Vision Statement: We will be the provider of choice for healthcare in the community we serve.
- ***What are your Hours of Operation?*** 24 hours, 7 days a week. Outpatient lab services are available 7 days a week for all men, women, and children.
- ***What is your contact information?***
 - ❖ Laura Brock, Service Executive, Methodist Pathology Center, Laura.Brock@nmhs.org
 - ❖ Jacque Kester, Operations Manager, Methodist Pathology Center, Jacque.Kester@nmhs.org
 - ❖ Mike Valasek, Pathology Team Leader, Methodist Women's Hospital Pathology, Michael.Valasek@nmhs.org
 - ❖ Methodist Pathology Center Client Services: 402-354-4541, <http://www.thepathologycenter.org>

Spotlight on: Methodist Women's Hospital Pathology Continued...

From the Staff of Methodist Women's Hospital Pathology



Troy Ferdig, Kelsey Kucera, Rachel Deville

What is the best thing about working in your lab?

- ❖ “The professionalism and caring is the best thing about our lab. There isn't a day that goes by, that I am not amazed at the knowledge and work ethic of our Med Techs and Specimen Control people. They care for patients they haven't personally met, but whose blood tests they run. Once we (the phlebotomists) get them the specimen, they are off and running and helping in the care of our patients.” – Mary Beth Leaver, Phlebotomist
- ❖ “I enjoy the fact that we are all working toward a common goal—great patient care. That allows us to work together as an efficient team to do the best job we can to help our patients.” – Erin Koziel, MLS/MT

Tell us about your lab's most rewarding or satisfying experience or your proudest moment:

- ❖ “Being part of a medical team that worked together to save the life of a mom in L&D was probably the most rewarding experience for me. Any time a NICU baby gets to go home is also rewarding. Even though we don't get to see these tiny patients in person, we know their names well and it feels like we know them also. We may not know their whole story, but we have an idea of how they are doing by the testing we do for them and the amount of blood products we provide for them. It is satisfying to know that we play a part in the medical team that works together to help them make it home to their families.” –Tracey Vrba, MLS/MT
- ❖ “We were a brand new lab with a brand new staff. A lot of us had not worked together before. But we made it work and have been doing good work for 2 years.” –Mike Hui, MLS/MT
- ❖ “Working in such a small lab environment, people other than phlebotomists are asked occasionally to draw blood. I once had a ‘hard stick’—a high risk OB patient who always seemed to be drawn through outpatient. We developed a friendly relationship. When she came in to have her C-section, she specifically asked for me to come upstairs and draw her even though I wasn't the phlebotomist on duty. It was nice to know that my phlebotomy skills, even though it is not my primary job, were appreciated so greatly by this woman that she wanted me drawing her on her big day!” – Melissa Bates, Lab Assistant II

Spotlight on: Methodist Women's Hospital Pathology Continued...



Tara Duda



Eric Albin, Maddy Perren, Heather Stuart, Sue Venteicher



Erin Koziel, Tracey Vrba, Mike Valasek, Melissa Bates, Dee Soda

What does your lab team do for fun?

- ❖ “Our lab team’s fun is working with each other sharing in each other’s lives and highs and lows.” –Mary Beth Leaver, Phlebotomist
- ❖ “Celebrate milestones as a group.” – Melissa Bates, Lab Assistant II

Do you have a Lab Mascot?

- ❖ “I think Eric is our only mascot, but he might object to that!” – Mary Beth Leaver, Phlebotomist
- ❖ “No lab mascot, but I vote for Mister Eric Albin!” – Melissa Bates, Lab Assistant II
- ❖ “We currently have ‘Asia’ (the African violet)” – Mike Valasek, Pathology Team Leader

Spotlight on: Methodist Women's Hospital Pathology Continued...

Has anyone in your lab been recognized for doing great work?

- ❖ Melissa Bates, Lab Assistant II was nominated for the 2012 ASCLS-NE Technical Support Award of Excellence
- ❖ Troy Ferdig, MLS/MT, was awarded the 2009 ASCLS-NE Technical Support Award of Excellence
- ❖ Nancy Strong, MLS/MT, was awarded the 2012 ASCLS-NE Award of Excellence
- ❖ Tracey Vrba, MLS/MT, was awarded the 2010 ASCLS-NE Filter Award
- ❖ Dr. Gene Herbek, Medical Director of Methodist Women's Hospital Pathology, is the current President-Elect of the College of American Pathologists. He was awarded the 2005 CAP Outstanding Communicator Award and the CAP President's Honors Award in 2001 and 2004.



Methodist Women's Hospital Laboratory

"The teamwork between coworkers in the lab and between departments in the hospital is the best thing about working in our lab. Providing the best patient care is always everyone's top priority." - Tracey Vrba, MLS/MT