



THE CONNECTION

ASCLS-ND

The Connection
September 2008

PRESIDENT'S MESSAGE

Hi everyone! I hope you are all having a great summer. I'm sure it has gone as fast for you as it has for me! Our ASCLS-ND Delegation has just returned from the National Meeting in Washington, DC. I always find the meeting very eye opening. The scientific and governance sessions are always excellent and it's nice to see what is going on outside our little corner of the world.

One of the main themes of the meeting was the emphasis on patient safety and evidence-based practices in clinical laboratory science. A case study presented in a scientific session involved a CLS student who was new to the Urinalysis bench. A specimen was received from a child suffering from genital itching. The ER was suspecting sexual abuse. The student saw what she

thought were pinworm eggs and consulted with her instructor who, unfortunately, did not give her suspicions credence because it was her first day on the bench. Wanting to do what was best for that patient, the student was insistent. Indeed, pinworm eggs were present. The child was not being abused and the parents were saved from a horrible nightmare.

This was one of many stories that showcase how the laboratorian has a direct impact on improving patient outcomes, and in some cases, saving patient lives. The case studies underline the fact that the time has come where we must become the "face" of the laboratory and work closely with others on the healthcare team. For those who are educators, your job is also important be-



Dawn Michelson
ASCLS-ND President

cause you must prepare students for this new role. We must start to share our expertise with others. We will gain respect and more importantly, the quality of patient care will improve.

On to some statewide news! If you have been to our ASCLSND.org website lately, you will see it is under reconstruction. Elaine Ramstad and Victoria Welton are our new website managers. The goal is to make it user friendly and enhance communication between members.

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The 2008 ASCLS Annual Meeting was held in Washington, D.C. from July 29th through August 2nd. See inside this edition of *The Connection* for more details.



The Art of Successful Juggling... In a 3-Ring Circus!

By: Lezlee Koch, ASCLS Region V Director

Every year when I attend Region V State Society meetings and then the national ASCLS meeting I am "WOWed" by all the clinical laboratory science practitioners that are 3-Ring Circus shining stars because they master the "Art of Successful Juggling" and find time to give of themselves for ASCLS, their profession and their states! ASCLS's voice, value and vision are ALIVE in REGION V. A sincere thank you to each of you that are currently serving or have served ASCLS at the local, state, regional, and national levels. It is through the giving of yourselves that ASCLS is what is today and what it will be in the future... you are the face, the heart and the strength that will allow us to make a difference in healthcare one step at a time.

Now on to the "Art of Successful Juggling"! When you balance or successfully juggle the meaningful things in your life, you're able to achieve

maximum value from all. In our whirlwind society, many of us find ourselves juggling family, friends, work, professional involvement and personal time. When all of these are in perfect balance, we achieve more, grow more, and feel more fulfilled, powerful and effective. But if our juggling act crashes to the ground, it leads to feeling frustrated, anxious, apathetic, unhappy with work, and we begin to feel we are the victim of circumstances out of our control. It is at this moment that we need to realize that something in our life is out of balance and it's time to take action on the imbalance. This imbalance may not be from taking on another project or task, it may merely be that we have "dropped an essential ball" and that ball may be how we reinvest or nourish our personal and professional self because we are consumed with caring for the needs and wants of others.

So if you find yourself in the middle of a 3-Ring Circus, sitting on the floor

with all your juggling balls laying on the ground around you.... It's not too late... just start successfully juggling again! Begin each new day with the urgency that you would if it were your last. Focus your efforts while keeping your spirit confidently relaxed. Value and enjoy all those around you while taking full responsibility for yourself and your professional growth.

Take time to be professionally involved in ASCLS and your profession through networking and sharing of your God given talents. Allow yourself to become the best you can be. Remain open to new ideas and find a new meaning to happiness in giving when you share your knowledge with co-workers and professionals across the nation. Remember, you were born to do great things in clinical laboratory science. Live each moment with balance, enthusiasm, passion and purpose... and you will once again master "the art of successful juggling".

President's Message continued from page 1.....

This newsletter also contains the ASCLS-ND Leadership Roster. Our new Area Contacts are listed on the roster. If you have any fresh ideas, questions, concerns or would like to volunteer your time and talent in

some capacity, please let them know. Getting new people involved in ASCLS-ND will result in a stronger society and improved membership service.

Don't forget to plan ahead and get time off to attend the 2009 State Meeting in Grand Forks April 22-24. The theme is "Rolling out the red carpet for laboratory professionals". I hope to see you there!



Membership Update:
Refresh, Rejuvenate, Revitalize, Recruit, Retain
 by Mary Belanus

Everyone has heard of the “3R’s” in education. I would like to talk about the “5R’s” in membership. I am just back from our National meeting that was held in Washington DC, July 29th – Aug 2nd and it was once again a **refreshing, rejuvenating** and **revitalizing** experience to get together with so many of my ASCLS colleagues from all over the country. These “3R’s” always resonate with me after attending our state, regional or national meetings.

Recruiting and **retaining** our members is again a topic of membership. First off, it is time for renewal of your membership. ASCLS membership expires July 31st. So far 80 members of ASCLS-ND have renewed their membership and we have 113 members. Please visit ASCLS online at <http://www.ascls.org/membership/index.asp> and renew today.

Many of our students are graduating and it is a time of transition for them. However, it is also a time where

they need to be involved or have a connection with ASCLS as a professional organization. If you know of students moving out of our state, let’s connect them to ASCLS members in other states.

The first graduating class of the ASCLS Leadership Academy provided ASCLS state leadership and all members with fabulous tools for marketing ASCLS. These will be located on ASCLS website for use by all. The tools include a 2 minute membership video, new brochures on *Involvement Matters* and a booklet of stories compiled from ASCLS members on why they belong to ASCLS. I was really honored to be selected as having my story published and I was even more honored when several ASCLS members at the national meeting asked me to autograph the book for them. The booklet has personal, professional and ASCLS stories in general. These stories will be available online as well.

NEW MEMBER BIOS

Heather Sease, Collaborative member, Northern Plains Laboratory, Bismarck, ND

I finished school in May at the University of Mary in Bismarck. The Clinical Laboratory Science program was through the University of North Dakota in Grand Forks. I am currently employed at Northern Plains Laboratory in Bismarck, where I have been working as a laboratory technician assistant for two years.

In June of 2006 my husband and I had a beautiful little girl. That fall I went back to school to double major in CLS. I had a major in biology and a minor in chemistry. I am so happy to have completed my studies so I can give more attention to my husband and daughter. They have been so great and supportive through it all.

I wanted to become a member because I too wanted to be a professional, and be in contact with others in the same field. I hope to continue learning as the technical world continues to grow

Other new members:

Bios have not been received at the time of publication however ASCLS-ND would like to welcome you again.

Jessica Young, PFI, Pracs Institute, Fargo, ND

Cathleen Smesrud, PFI, Medcenter One

Carisa Allen, CLS Student, NDSU, Fargo, ND

Linda Ray, MT (ASCP), UND Instructor, CLS Program

Catherine Janikowski, PFI, Bismarck State College

James Breen, CLS student, Fargo

Thank you for your professional contribution to ASCLS.

Our Value, Our Voice, Our Vision



Government Affairs: August 2008

By: Elaine Ramstad

Are you a news junkie, like me? I need to know what's going on in the world. On my day off, the television is always on in the background. I check BBC and Reuters on line.

If my schedule is crazy, I know which of my coworkers reads the paper before work, and who watches the news channels faithfully. They will fill me in. I need to know!

We, as ASCLS members, have been concerned with the competitive bidding trial for Medicare laboratory services that was set to start in California, and would soon begin at other sites. If you have been following the story, you know that a group of concerned professional organizations and clinics filed an injunction, put the trial on hold, and that the judge was very supportive to our cause.

Our North Dakota legislators were very involved in the bill on Medicare that went for a vote on July 9th. This bill would reverse the implementation of the competitive bidding, among its many tasks. When Jess Irion and I were lobbying in Sen. Conrad's office during ASCLS Legislative Days, the level of their involvement was apparent.

The story of the passage of the bill is almost like a movie plot. To quote the Washington Post:

Senator Edward M. Kennedy made an extraordinary return to the Senate on Wednesday to deliver Democrats a decisive victory on a signature health care issue despite his own treatment for brain cancer.

Skip to next paragraph, Mr. Kennedy, Democrat of Massachusetts, flown in virtual secrecy to Washington, stirred the normally staid chamber to a rousing ovation and moved many colleagues to tears when he made a surprise appearance in the Senate in the late afternoon to break a Republican filibuster on a Medicare bill.

Looking steady but flushed in his first visit to the Capitol since

his cancer was discovered in late May, Mr. Kennedy was quickly surrounded by senators who could barely keep from overwhelming him despite cautions to keep their distance because his treatments have weakened his immune system.

Democrats were overjoyed and Republicans stood, smiled and applauded as well, though some looked uneasy as it dawned on them that once again Mr. Kennedy was about to hand them a stinging defeat on health care policy. The defeat was sealed once Mr. Kennedy delivered a clear "aye" in his familiar but recently absent baritone accompanied by twin thumbs-up.

"I didn't want to miss the opportunity to be able to express my voice and my vote," Mr. Kennedy told reporters as he left the Capitol to return to Massachusetts and resume his treatments.

Mr. Kennedy's appearance was the product of a covert operation coordinated with Senator Harry Reid of Nevada, the majority leader, after the bill to block a cut in doctor fees paid by Medicare fell one vote short two weeks ago. Few Democrats were made aware of the plan until minutes before the vote, and Republicans were blindsided, giving them no time to plot a counterstrategy...

Mr. Dodd said that Mr. Kennedy's medical team had cautioned against the visit but that Mr. Kennedy would not be deterred.

"This is an act of courage," said Mr. Dodd, a close friend.

To add to the drama, after the passage of HR6331, the President vetoed the bill, and then the House and Senate overrode the President's veto!

I was cleaning my kitchen, and listening to it all. A smile of satisfaction spread across my face, as I saw, on national television, what our lobbying efforts had helped to accomplish.

STUDENT'S CORNER

ASCLS-ND STUDENT REP REPORT

BY: SHELLY WITT

I am a recent graduate from The MeritCare School of Clinical Laboratory Science in Fargo, North Dakota. I learned about ASCLS through a co-worker that works at MeritCare. She helped me get involved and nominated as the ND student representative. When I found out I was going to be attending the national meeting in Washington, D.C., I was very excited. It was such a great opportunity for me. However, I was also not sure what to expect. There were numerous meetings for the students to help get them involved, and also many opportunities for continuing education credits. Once there, it really opened my eyes as to everything this organization does for our profession. It is a wonderful opportunity to network and meet others. I recently moved to Minnesota so I will no longer be able to be the North Dakota ASCLS student rep. I will remain an ASCLS member with the Minnesota society. However, I will continue to do what I can as a student representative for my home state.



ASCLS STUDENT DIRECTOR 2008-09

BY: MICHELE YOST

I was born Michele Yost on September 6, 1981 in the southern Philippines. My mother (Filipina), father (American-born of German parents), and I moved to Maggie Valley, NC right before I turned six so I would be able to enjoy an American education. After high school I moved to Charlotte, NC to try my hand at International Business. Even with good grades, I soon learned that this was of little interest to me.

I tried my hand at the wild (to say the least) side of life, which grew stale after a few years. I came to decide that I wanted to become a contributing member of society, so I went on to finish my Associates in Business, which really didn't open many fruitful doors (from my perspective). I needed to choose a major for a Bachelors degree. The Buddhism kicked in and I thought maybe I should help people, but I knew I no longer possessed the TLC or patience to be a nurse. (See what years of customer service can do to a person!)

Ahhh! The lab! Where the names of the innocent (and not so innocent) will remained undisclosed and I could be an equal opportunity do-gooder! I enrolled at Western Carolina University in Cullowhee, NC with the goal of entering the workforce as

soon as I graduated, working as a traveling clinical lab professional. I became involved as the VP, Treasurer, and SGA representative for the CLS club and once the classes got started I fell in love with all of the subjects. Parasites and viruses just fascinate me, so I would like to obtain a PhD with that concentration.

Being an involved student had more ups than downs so I ran for the NC Student Forum Chair at the Carolinas Clinical Connection in Wilmington, NC of March, 2008. This brought me to the 2008 ASCLS National Meeting in Washington DC where I got to rub elbows with some really important and really cool people in the CLS profession. Being at ASCLS really made me see what the Society does for its professionals, how important it is to the profession itself, and how important the profession is to our communities, our country, and our world. While I was in DC I was graciously appointed to the position of Region III Student Forum Chair as well as elected the ASCLS Student Director. I am enthusiastic about my new privileges and responsibilities and have already gotten some duties underway. Being a firm believer in doing things "like you mean it", I hope to represent the students well and make a positive difference in the CLS world while I am in office.



Leadership Academy

By: Shannon Jongeward



2008 marks the second year for the ASCLS Leadership Academy (LA). I am happy to say that I am a part of this year's class. Just to give you a little background information, the ASCLS Leadership Academy was started in hopes of helping "grass roots" members become successful leaders at the state, region and national level by providing a structured program of study of critical leadership topics. There are 10 members in our class from all over the US including North Carolina, Georgia, California, Pennsylvania, Hawaii, Virginia, Iowa, Michigan and North Dakota! The LA is a one year-long program that will run from July 2008 through July 2009. We meet three times throughout the year: at this year's national meeting, at the 2009 Legislative Symposium in Washington, D.C., and at the 2009 national meeting in Chicago. There are also conference calls, an average of one every other month, a class project, four book reviews, and numerous other assignments.

Our class is headed by Lynn Ingram of Tennessee. We met as a class for the first time at this year's ASCLS national meeting in Washington, D.C. Sunday evening was an informal get-together to meet each other, as well as members from last years graduating class. We were able to see their finished class projects. Their class put together an ASCLS Recruitment Toolkit. This kit includes presentations on everything you wanted to know about ASCLS past, present and future. There are also five different brochures that highlight a different aspect of ASCLS membership including a focus on continuing education, legislation, leadership, involvement, and networking. The last piece of the kit is a professionally-produced video that is a fast-paced introduction to the benefits of becoming an ASCLS member. They also put together a "Stories Book" which includes personal, professional, and ASCLS stories from our members, Mary Belanus has a story published in it!

All day Monday was spent in class. The LA committee has purchased a program developed by a company called HDRQ. It is a series of booklets that help teach leadership skills. We completed two of these booklets,

"What's My Communication Style" and "What's My Leadership Style". Tuesday we finished up our booklets and started talking about what our class wants to do for our class project. We walked away from the meeting with two ideas for projects. However, those ideas have been scratched (for now) and we are starting over. The ASCLS BOD, Leadership Development Committee and the Membership Recruitment Committee threw out some ideas, so we are now starting over with selecting a class project. Our first conference call is being scheduled for the end of September and the topic is Time Management/Organizational Skills. We also have our first book review this month, as well as other reading assignments. Also, we have to select two typical days, one a work day the other a non-work day and account for all of our time on these two days!! September is going to be a busy month!

All in all I think the ASCLS LA is going to be a great experience. I have already made 10 new friends for life, and we have only just started! I want to thank ASCLS-ND for the opportunity to be a part of this.

National Meeting Highlights



Members of the North Dakota Delegation: Shelly Witt, Mary Belanus, Dawn Michelson and Sue Hollister.



A great view of the city. From left to right: Mary Coleman, Shannon Jongeward, Sue Hollister, Dawn Michelson, Mary Belanus and Shelly Witt. (The Capital Building is behind Sue's head!)



Sue and Dawn at the WWII Memorial.

TREASURER'S REPORT

JULY 1 2007 - JUNE 30 2008

ASCLS-ND Checking Account

Interest Earned	\$29.70
Meeting Income	\$10,515.00
State Dues	\$475.00
Total Income	\$11,019.70

Checking Beginning Balance	\$8,391.74
Income	\$11,019.70
Expenses	\$11,897.35
Ending Balance	\$7,514.09

EXPENSES

Annual Dues	\$15.00
Awards	\$21.00
Legislative Days	\$2,171.73
National Meeting	\$5,467.19
Newsletter	\$188.76
PACE	\$250.00
Postage	\$9.40
Region Dues	\$163.50
Region V Expenses	\$370.00
Science Fair	\$50.00
Scholarships	\$1,500.00
Spring Board Meeting	\$328.00
Spring 2008 Meeting	\$494.72
State Meeting Advance	\$500.00
Website	\$368.05
TOTAL EXPENSES	\$11,897.35

Money Market Savings

Beginning Balance	\$7,481.96	
Interest Earned	\$200.52	
Ending Balance	\$7,682.48	
12 Month CD—5/16/2009	\$4,948.46	4.25%
12 Month CD—12/7/2008	\$8,288.25	4.75%

Upcoming Events

Fall Board Meeting:

November 21st, 2008
Bennigan's Moorhead

ASCLS-ND Spring Meeting

April 22-24th, 2009
Holiday Inn, Grand Forks, ND

Publication Submission Deadline

The publication submission deadline for articles for the next issue of The Connection is Monday January 19th, 2009. Submit any articles to:

Shannon Jongeward

shannon@gra.midco.net



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Student Forum Rep	Nikki Dillman	nikkijo_03@hotmail.com		
New Professional Rep	Victoria Welton	Victoria.welton@meritcare.com	406-581-5740	701-234-7795

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