

The Connection

July 2019

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President's Message

Thank you for allowing me to represent you this next year as President of ASCLS-North Dakota. It is an honor and privilege to serve you, the ASCLS members and dedicated laboratorians across this truly beautiful state. Currently, I work at the University of North Dakota, as a faculty member much like our past two presidents. I grew up as a military dependent, moving annually from hospital to hospital until my father chose to retire here in North Dakota. After working in clinical chemistry, and later as a generalist in Grand Forks for many years, the infamous Flood of 1997 brought me an unexpected opportunity to teach. What luck, I now get to talk about what we do to a captive audience!



Linda Ray
2019-2020 ND President

At the last state meeting, I enjoyed visiting with many of you. Hearing your stories. Stories of pride in our profession, and all that you have accomplished to get to where you are today. Whether you are a new professional or a seasoned laboratorian at the sunset of your career, I heard the pride. You are the lab, the hidden profession, doing what you do for your communities. For your patients, your neighbors, friends, family, and strangers – those in very vulnerable positions and many times, very critical stressful situations. Moving beyond the pride and the profession, I would like to know what it is that makes your job difficult.

Nationally, workforce shortage has become the top focus. Does this resonate with all of you? Do you feel the shortage in North Dakota labs? Is this your number one issue too?

Our national organization is a very organized. Of course it is! We are laboratorians. They are mindful of the trends and issues that face our profession. ASCLS has the network and resources to support us at the state level. Yet, improving our jobs, our profession, and care to our patients can only happen through our efforts and actions. "North Dakotans make things happen. And we know how to roll up our sleeves and do the work required to make a difference."



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BIKE GIVE AWAY UPDATE

We had the pleasure of giving the bike to Chad, a 10 year old who had just recently had his bike stolen. Officers at the Minot Police Department informed us of the theft and were present when we delivered him his brand new bike! There was a pretty big smile on Chads face!! Thank you everyone for attending and making this possible.



This groups bike was given to the Domestic Violence Crisis Center in Minot. They were going to keep it in one of the main shelters so all of the kids can use it.



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Our work as the ASCLS-North Dakota leadership during legislative days, and the delegation at the national meeting did spend time discussing workforce shortage. ASCLS and other allied health organizations are presenting The Allied Health Workforce Shortage Act of 2019 on Capital Hill. This Act has a champion on the House side, and is now in consideration by our North Dakota Senator, Kevin Cramer. We do have our senator’s attention. His staff is working in the background to research our profession and our issues. We as ASCLS-ND are working to provide any information required to help facilitate this legislation. This is a relationship important to our profession, and is due to the efforts of ASCLS-ND over many years. We have told our story, again, and again. Continuing, relentlessly to ask for help.

So, if workforce shortage is an issue that is affecting you in North Dakota, please consider telling your story. Our senator is listening at the national level, but specifically wants to know how it affects us here at home, where we live, and where we work.

Again, as we move forward this year, my question is to you “What makes your job difficult, and how can we help?” North Dakotans and lab professionals know how to work together to make a difference. Help me identify what is important to you. I love to listen. linda.ray@und.edu

Message from the Editor

I would like to thank you all for allowing me to publish your state newsletter. I have recently retired and have a new contact email. I would love to have any and all of you send me articles, comics, pictures and anything you would like to share with all ASCLS ND members. Please send anything you would like published to: sreistad@srt.com If you need to contact me or mail me anything my address is 7340 37th Ave SE, Minot, ND 58701 and phone is 701-240-7219. Hope to hear from you soon. Sharon Reistad



ASCLS NATIONAL MEETING CHARLOTTE, NC

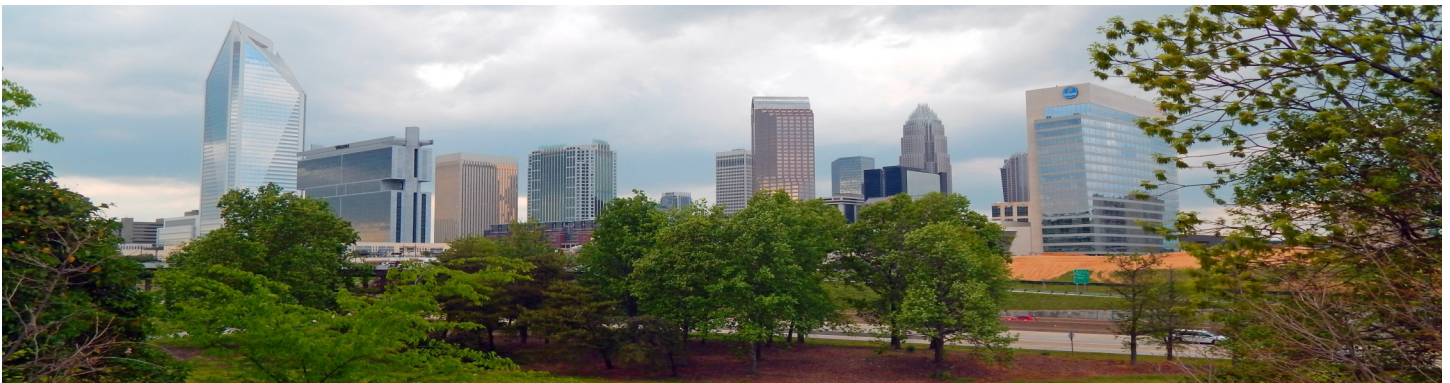
A look back from those that attended.

I recently attended my second Annual Meeting with ASCLS. My five days in Charlotte, North Carolina flew by. They always say time flies when you're having fun, and I definitely had a great time. The sessions this year were especially interesting, with some amazing speakers who exuded passion about their respective topics. I have been working at a blood center for this past year, so I felt like it was only fitting for me to attend as many immunohematology sessions as possible. Some hot topics in blood bank right now are the possibility of whole blood transfusions being the norm in MTPs and new pharmaceuticals that could affect type and screens. I also checked out some fascinating non-blood bank sessions. One was about microbes being synthesized into things like treatments for diseases and even food. I also learned about sodium imbalance in the body, and how media has tried to portray the idea that we're never drinking enough water, when actually, our body naturally knows just how much we need to stay within sodium balance. Drinking too much can even be harmful. Besides educational sessions, there were great networking opportunities at the President's Reception and our Region V dinner. There was also plenty of time to sight see, and it was fun checking out what downtown Charlotte had to offer. I couldn't have asked for a better follow up year to my first annual meeting, and I'm grateful to ASCLS for the opportunity.



Leah Runyan
ND New Professional

Best wishes,



The national ASCLS in Charlotte, NC was a wonderful experience! The meetings and sessions were all so informative. I learned so much about the society by attending the board meeting and talking with regional members. I also went to the developing professional meeting where we learned about what has happened in the past year, talked about hopes for the future, and nominated new members for the chair, vice chair, and secretary positions. These positions were filled by some amazing members that will do great things. One major thing talked about during the meeting was getting more MLS students to join ASCLS.



Friends were also made while in Charlotte :)



Lauren Bratberg
ND Student Representative

National meeting update – Zac Lunak

The national meeting this year was held from June 23rd-28th in Charlotte, NC. Myself (Outgoing President), Linda Ray (President), Tammy Windish (President elect), Leah Runyan (Ascending Professional), and Lauren Bratberg (Developing Professional) were the delegates representing ASCLS-ND. This year marked the first time ASCLS held the meeting jointly with the Association of Genetic Technologists (AGT). I personally enjoyed this because it allowed for a nice way to not only collaborate between the 2 organizations but also provided attendees to attend some integrated educational programs as well as engage with a variety of vendors.



One thing that always stands out to me during the national meeting is not only the strength of ASCLS-ND, but the active participation of Region V (ND, SD, MN and WI). During the meeting, Region V raised the most money for ASCLS's HOPE (Helping Other People Event) Project. This year it benefited Classroom Central, which provides school supply kits for students in need. In addition, ASCLS Region V donated the most money to the political action committee (PAC) this year at the national meeting. Lastly, the newly elected president at the national level, Cindy Johnson, is from Region V (MN). All of these are good examples that the region is very active and passionate about ASCLS and the profession.

The continuing education programs at the meeting are always top notch. All of the talks I attended were well worth it. One talk that will always stick out to me was the closing keynote by Devin Hughes: "A Happier U: Work Habits to Enhance Performance & Well-Being". He gave great advice on how we can choose

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PAC UPDATE

Thank you Mary Coleman for keeping us updated

Hey Ladies,

I wanted to give you an update of what I learned from the National meeting last week. First off, GO US!!! We took home the Regional PAC traveling trophy for winning the regional PAC competition. Our region collected \$2,610 over the course of the year.

Patrick Cooney came to our meeting this year to talk about how he uses the funds raised from PAC. Although, he did not specifically mention who the money impacted, he did say that it assists his actions 1.) because it is easier to make an ask when we've done something for them and 2.) the PAC donations gets him in front of key people that can make a difference for our profession.

Patrick told us that he specifically targets individuals from the Ways and Means, Commerce, Finance and the Health Labor committees. Therefore, if we have representatives in our states within these committees, it may be beneficial to reach out to them.

Lastly, I have been informed that you guys are welcome to join the PAC community page as an interested observer. This would allow you to see any communications we have as a committee and any votes we make. To be honest, we do not communicate often but it would let you to be more informed. Let me know if you would like to be added to the page.

Otherwise, I will continue to do my best to keep you guys informed and will regularly reach out to you for the presidents council meetings. Let me know if you have any questions or need anything.

Ali Nussbaum
Region V PAC Trustee



Mary Coleman
ND PAC Trustee



For information on how to donate please contact:
Mary Coleman at
Mary.coleman@und.edu

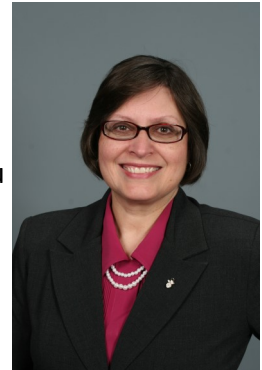


LEGISLATIVE DAY UPDATE

Just to give you an update on our Legislative Days work. As Region V Director – we want to keep you in the communication. As Region V Director – we want to keep you in the communication.

It was a great way to Kick-off National Medical Laboratory Science Week. today we had coffee and treats and some lab games with gift cards for the whole medical school, and we have had an overwhelming positive response from all.

As you know, our ND Senator, Kevin Cramer is reviewing the language of the Allied Health Personnel Workforce Shortage Act.



Jean Bauer
Region V Director



Patrick Cooney has now been connected to his aide – and the conversation is just beginning.

We had a visit from Bree yesterday here at work, and I have attached a picture from this visit.

We had a very rewarding visit. I appreciate that this visit was focused on the Medical Laboratory Department and our Profession.

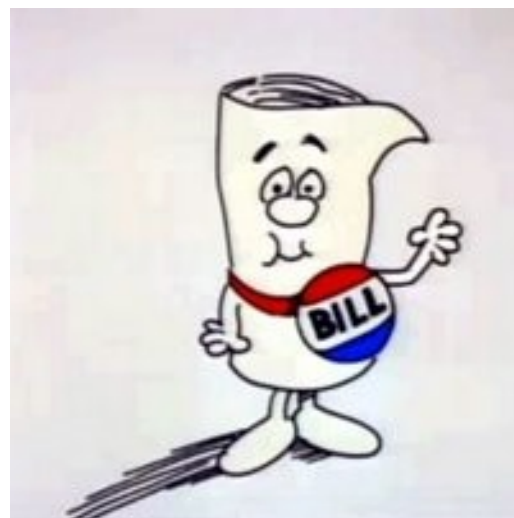
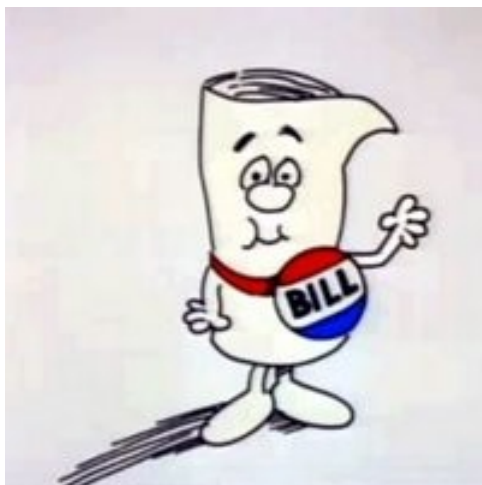
Leah Runyan – Student Representative

Zac Lunak – current President

Brooke Solberg – past President

Bree Vculek – Legislative Assistant for Health & Science, Senator Kevin Cramer – North Dakota

Linda Ray – President-elect



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to be happy at home and in the workplace. Devin was an excellent speaker, and it was just a great way to end the meeting on a high note.

I am truly grateful that ASCLS-ND has given me the opportunity to go to the national meeting the last couple years. It never disappoints. All of us from ND had a good time networking with other ASCLS members, taking in excellent continuing education, and of course exploring the city of Charlotte. Next year the joint meeting will be held in Louisville, KY. I hope you consider to attend!

Zac Lunak

Past-President

Picture of Charlotte Downtown from the rooftop bar at our hotel/conference:



CONGRATULATIONS
TAMMY WINDISH
FOR BEING ELECTED VICE CHAIR FOR THE
PHLEBOTOMY ASSEMBLY AT THE
NATIONAL MEETING.



REGION V AT ASCLS NATIONAL MEETING



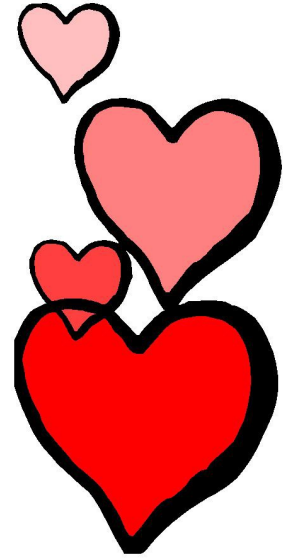
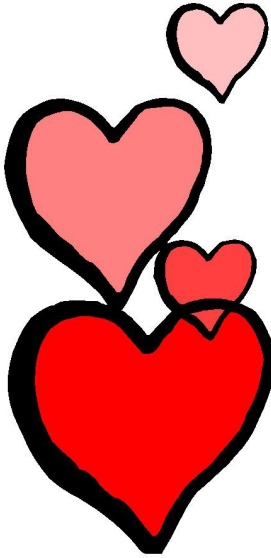
ND DELEGATES and REGION V Director
Tammy Windish-President elect, elect
Lauren Bratberg-Student Rep
Leah Runyan-New Professional
Jean Bauer-Region V Director
Zac Lunak-President
Linda Ray-President Elect



All Region V delegates attending the National meeting.
Region V includes: ND, SD, MN, WI

ASCLS ND State meeting to be held in Bismarck in 2020. Stay tuned for more information.
If you know of speakers, vendors, or helpers please contact Mari Volk at mari.volk@bismarckstate.edu

Big congratulations to Jozy Keith (past secretary/treasurer) and her husband Jacob on the birth of their first child Liam Rexford Keith, born July 15, 2019. He joined his mom and dad a little early but is doing great.



For those of you who have had the privilege of meeting and spending time with Pam Kieffer of SD I would like to share some sad news of her family. On July 13, 2019 Pam's daughter-Betina K Basso—lost her fight with cancer. Please keep Pam and her family in your prayers.

To see Betina's obituary please [click here](#)



SAVE THE DATE!
September 26-27, 2019
Holiday Inn
Fargo, ND



**Calling All Clinical Laboratory Professionals
& Industry Partners!**
Mark your 2019 calendars!

★ ★ ASCLS Region V ★ ★
Fall Symposium

Hosted by: ASCLS-MN, ASCLS-ND, ASCLS-SD & ASCLS-WI
Location: Holiday Inn
Fargo, ND

Hot Topic CE Sessions
Keynote Speakers
Exhibits & Social!
Networking at its Finest!

Registration, Meeting Updates & Program Info Posted in 2019 as available
Visit:

<http://www.regionvascls.online>