



# The Pennsylvania Newsletter

Official Publication of the American Society for Clinical Laboratory Science-Pennsylvania  
"Your Professional Organization for over Seventy Years"

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## Message from the President

**Jean Buchenhorst**  
ASCLS-PA President

Thank you for your membership! The strength of a professional organization is in its members; members who share common interests and experiences. In this time of political transition it is good to be an active part of a community. The ASCLS-PA board is busy beginning plans for the annual spring meeting. The spring meeting will be in Plymouth Meeting this year on Monday May 8, 2017. We're planning four break-out rooms with topics on each of the four major disciplines running all day. The program will be out in February 2017. The ASCLS-PA Delaware Valley chapter is planning a bowling event on a Saturday afternoon in January, most likely January 14. Reservations at a small bowling alley in South Philadelphia are under way. Expect an email from me with the official invite soon. In February, the Delaware Valley chapter also plans to have a continuing education session with a microbiology topic. I'm looking forward to the Clinical Laboratory Educators' Meeting which will be in Boston, Massachusetts this February. I've never been to Boston in the winter, and this will give me an opportunity to see the city during a different, less travelled season. Legislative days are coming up too, March 20 and 21st. Alexandria and the Capitol area are lovely to walk around in the spring, and the experience of going to Capitol Hill and speaking about laboratory issues with your congressional representative's staff is unique and stimulating! The ASCLS Education and Research Fund has travel grants available for up to three undergraduate or graduate student ASCLS members to attend the Leg Days. The application for a travel grant is due mid-January. See the ASCLS website or Stephanie Noblit's article for more information.

Speaking of scholarships, the ASCLS-PA offers two really great scholarships, one for undergraduates, and the other for graduate students who have been ASCLS members. For more details, see Michelle Nguyen's article, and the applications are on the ASCLS-PA webpage. There typically are very few applicants for these scholarships (some years only one applicant!).

The ASCLS website also has active online member communities. The Pennsylvania Society and Region II (Pennsylvania's region) online member communities. I posted the October board meeting to our community webpage, and then an email is generated and sent to you as a member. I'll do this for future meetings as well. Recently as part of the ASCLS Leadership community I've received this: "The ASCLS Membership Committee is looking for a couple of volunteers to assist our Value-Based Membership Subcommittee review and evaluate other professional memberships in comparison to our current membership tiers. We are on a short turn-around so please spread the word." If you are interested, please contact me and I will connect you to the member forming the subcommittee. Please let me know if you'd be interested in helping with our state spring meeting in Plymouth Meeting as well.

I hope to see you at one of these events in the New Year—Happy Holidays!

Jean

Jean Buchenhorst, Jean.Buchenhorst@uphs.upenn.edu

**The Pennsylvania Newsletter is the official publication of  
The American Society for Clinical Laboratory Science – Pennsylvania**

*President:* Jean Buchenhorst    *President-Elect:* Ann Spjut    *Past President:* Michael Osborne

*Editor:* Joshua Cannon    *Editorial Staff:* The ASCLS-PA Board of Directors

*Website:* [www.ascls-pa.org](http://www.ascls-pa.org)



# Opportunities and Scholarships for Medical Laboratory Science Students

**Michelle Nguyen**

ASCLS-PA Delaware Valley Board Member

At this time of year, many medical laboratory science students are well immersed in their studies and clinical rotations. The field of medical laboratory science is small but inclusive, so I encourage students to take advantage of the many opportunities that are available in our profession. This support includes both financial assistance and travel aid for professional growth.

ASCLS is greatly committed to supporting future generations of medical laboratory scientists and regularly gives out a large number of scholarships to deserving students and members. Alpha Mu Tau Fraternity (AMTF) annually gives out AMTF Graduate, AMTF Memorial, and AMTF Undergraduate Scholarships, and the ASCLS Education and Research Fund, Inc. also awards graduate and undergraduate scholarships. For MLS or MLT students demonstrating financial need, the Diversity Advocacy Council also has an undergraduate scholarship available.

Outside of ASCLS, keep an eye out for the Thermo Fisher Scientific Antibody Scholarship, Tylenol Future Care Scholarship, and American Proficiency Institute Scholarships. The deadlines for these scholarships have already passed this year but will likely be available again next year.

Throughout the year, professional organizations such as ASCLS host continuing education, annual clinical laboratory meetings, and other events geared toward professional growth and advancement of the profession. The ASCLS Student Forum gives out Travel Scholarships to attend the Annual Meeting held near the end of each summer. Students can also obtain up to \$400 to attend the Legislative Symposium, where medical laboratory professionals from across the country visit Washington, D.C. to not only learn about lobbying but also visit their

state Senators and Representatives to voice concerns about specific issues currently affecting the field.

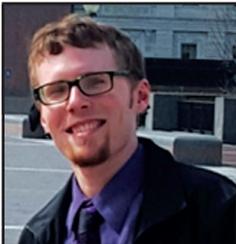
When I entered the profession last year, first as a medical laboratory student and now as a medical laboratory scientist, I was very grateful to all of the support offered by my professors, peers, and organizations like ASCLS. Their assistance was invaluable to my professional growth and work ethic. I was fortunate to receive an AMTF scholarship and ASCLS Student Forum support to travel to Legislative Day, which was a very different and eye-opening experience. I strongly recommend that students attend this symposium to obtain a more 'behind-the-scenes' look at how the medical laboratory is regulated by the government and to become more proactive in advancing this field. All in all, there are so many opportunities available for students - just apply!



**Stay in Touch with us on our Website**

Make sure you bookmark [www.ascls-pa.org](http://www.ascls-pa.org) to stay in touch with us. You can find numerous updates and information on the web site about upcoming meetings.





## Motions from the Latest Board Meeting

**Travis Bicher**  
ASCLS-PA Secretary

MOTION 1: Moved by Bicher, seconded by Spjut, that the ASCLS-PA Board of Directors approve the Board Meeting and Annual Business Meeting minutes dated 4/11/16 as well as the Planning Meeting notes dated 6/11/16, with attached email motions dated 6/17/16, as presented. Motion carried.

MOTION 2: Moved by Bicher, seconded by Cannon, that the ASCLS-PA Board of Directors accept the Treasurer's report dated 9/1/15 - 8/31/16 for both the Operating Fund and the scholarship funds and file for audit. Motion carried.

MOTION 3: Moved by Strauss, seconded by Downes, that the ASCLS-PA Board of Directors move \$6532.03 from FY 15-16 General Use Funds to FY 16-17 Reserve Funds. Motion carried.

MOTION 4: Moved by Spjut, seconded by Strauss, that the ASCLS-PA Board of Directors allocate \$1,500 for each scholarship fund, Dolby and Memorial. The remaining balance for the Memorial will be taken from O&A. Be it noted that future Memorial Funds will be taken from the Operating Fund. Motion carried.

MOTION 5: Moved by Strauss, seconded by Spjut, that the ASCLS-PA Board of Directors open an account in the Wells Fargo Lord Abbott fund for \$25,000 of the scholarship funds. Motion carried.

MOTION 6: Moved by Downes, seconded by Strauss, that the ASCLS-PA Board of Directors move funds from Merrill Lynch assets into investment funds with Wells Fargo in the amounts of \$30,000 in the PIMCO fund and \$20,000 in the Lord Abbott Fund, with the remaining balance placed in checking. Motion carried.

MOTION 7: Moved by Bicher, seconded by Downes, that the ASCLS-PA Board of Directors remove the requirement that the Estolle Gross Award be presented to a recipient one time only. Motion carried.

MOTION 8: Moved by Bicher, seconded by Strauss, that the ASCLS-PA Board of Directors approve the proposed Bylaw and SOP changes and direct the Bylaws Chair to forward them to the ASCLS Bylaws Committee for review. Motion carried.

MOTION 9: Moved by Cannon, seconded by Derrouche, that the ASCLS-PA Board of Directors cover the cost of early bird registration for up to 6 people to attend the Legislative Symposium. Motion carried.



## Meet Me at the Hill

**Stephanie Noblit**  
ASCLS-PA Mentorship Program Chair

It's almost that time again! Every year in March, the ASCLS hosts its Legislative Symposium. The Legislative Symposium is a two-day event held in Washington, DC, and its purpose is to get medical laboratory science professionals on Capitol Hill to lobby for our profession. The first day is spent in a daylong workshop where you are taught what the issues are and how to lobby. On the second day, you get to head to Capitol Hill to put those lobbying skills to the test during appointments with your senators and representatives. Because the Legislative Symposium is so important, ASCLS-PA has decided to pay the early bird registration fee to attend the symposium for the first 6 people agreeing to attend. This year, the Legislative Symposium is March 20-21, 2017. Registration for the event opens in January. The

early bird registration fee is \$205 until February 20 and \$260 after that. Accommodations are being held at the Hilton Alexandria Old Town in Alexandria, VA, and ASCLS offers attendees a discount on room reservations. Please consider attending and help us educate our Pennsylvania Congressmen. If you are interested, please send an email to [snoblitmls@gmail.com](mailto:snoblitmls@gmail.com) by February 1, 2017. This is a great opportunity, so don't miss out!

*We have a responsibility to educate congress about our profession. The decisions they make on the Hill impact us every day in the lab and these decisions affect our patients as well. Come join us on the Hill this year and help make a difference!*

# A Student's Perspective: How to Stay Sane and Manage Stress as a Student

**Khadidja Derrouche**, ASCLS-PA Student Representative

**Nassouh Mourabet**, ASCLS-PA Delaware Valley Student Representative

Healthcare students are at a high risk of experiencing burnout syndrome. Between classes, family and work, there may not be many hours left in the day for relaxation. Without any time to unwind, students are left feeling stressed and frustrated, which leads to low performance in school, work and general deterioration of quality of life. Successful completion of a heavy school load while working can easily become problematic, hindering students' psychological and physical wellbeing.

How do students cope with all of their day to day responsibilities? Is it possible to manage doing well in school as an MLS or MLT student, have a job and keep healthy relationships, all while caring for your own wellbeing? I invited three students with a full-time course load and a part-time job to talk about their secrets to successful time management. I asked them to show us a glimpse of their lives and to describe how they cope with the stress that comes with being an MLS student.

## **Greg Battaglia**

*Full-time MLS graduate student, working an average of 8 hours per week*

My major responsibilities include work, family obligations, maintaining a relationship with my girlfriend and, of course, schoolwork, which occupies a majority of my time. Sometimes managing everything can be overwhelming and it feels like there is just not enough time in the day to get everything done and still make everyone happy. Something that has helped a lot is using time management skills, like scheduling out my weeks in advance using Google calendar, which allows me to schedule exactly what I will be doing each hour of the day and keep track of all my tasks, including scheduling time to relax and do some enjoyable things outside of work and school. My main piece of advice for fellow students is to schedule everything in advance and make sure to have time to get everything done, while including some downtime in your schedule so you don't burnout.

## **Nikki Costa**

*Full-time MLS graduate student, working an average of 16 hours per week*

I don't have many responsibilities outside of school, work, and bills. I had been working 20 hours a week until recently when my course load became too much to handle. I now do 16 hours a week. It's a challenge, juggling school and work while maintaining a social life with little sleep. You can't have all three and still get good grades. So I chose to give up on a social life, for now. If I didn't have a supportive family, boyfriend and friends, I don't know how I would manage! My advice would be to make friends with other students! I honestly don't know what I would've done if I had remained a hermit. Form groups so you can all help each other out. Each person has a different perspective and can help others understand the material better.

## **Cindy Escajadillo**

*Full-time MLS graduate student, working an average of 12 hours per week*

My responsibilities include working part-time to pay bills while being a full-time graduate student. I am very family oriented so it is important for me to spend time with my family when I am home. I also help to take care of my younger sister, who just transitioned into high school. It can get hard juggling everything along with a relationship, but I manage by making a routine. It took a few weeks to adjust to my new school schedule, but I have set days that I work and set times where I know I can do schoolwork, help around the house, or spend it with family and friends. It can be very stressful but I've had the support of my family, boyfriend, and friends to help me get through it! My advice for other students it to manage your time wisely. Make lists, prioritize your responsibilities and maintain a balanced life. Also, talk to the students around you! You are all going through the same thing and it can definitely give you a sense of comfort.



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<https://www.facebook.com/#!/ASCLSPennsylvania>

or just search for ASCLS Pennsylvania





## As a Business Partner, Why Join ASCLS-PA and Volunteer

**Michael Osborne**  
ASCLS-PA Past President

I joined ASCLS-PA in 2007 as a way to get more business. It turns out I got a lot more than just business by joining ASCLS-PA, our 80-year-old Pennsylvania laboratory professionals group. It gave me the opportunity to learn more about the technical and operations side of the hospital lab, and meet and work alongside many tremendous, loyal, dedicated, friendly, knowledgeable laboratorians from across the Commonwealth. As in most things in life, the more you give leads to the more you get, and especially when it comes to volunteer work. The group even entrusted me to lead them as president for a year for which I am eternally grateful.

The backbone of this organization for the last several years

has been Scott Aikey at CHOP, Bill Hunt at Pennsylvania Hospital, Mary Beth Miele at PSU Hershey and Sharon Strauss from Reading/Chester County. All excellent institutions and laboratorians.

So what will be your reason to join? How can you benefit by joining and leading? I promise you many tangible and intangible rewards are yours, and our ASCLS-PA group will benefit and grow.

Thank you and the best of the holiday seasons to you and yours, and a very happy, healthy, prosperous New Year–2017. We are Pennsylvania's laboratory professionals and proud of the contribution we make to patient care and medicine. Come join us!



## Updated ASCLS-PA Bylaws

**Mary M. Gourley**  
ASCLS-PA Bylaws Chair

The ASCLS Bylaws were amended by the 2016 ASCLS House of Delegates. To be in compliance with the ASCLS Bylaws, the ASCLS-PA Board of Directors have approved proposed amendments to the ASCLS-PA Bylaws and refer them to the members for action at the Annual Business Meeting in 2017. The proposed amendments follow; the deleted wording is struck through and the new wording is underlined in red.

### ARTICLE X – BOARD OF DIRECTORS

Section C.1 The number of voting directors shall be ten (10) – the President, President-elect, Secretary, Treasurer, Immediate Past President, and three (3) Directors-at-Large elected at the Annual Business Meeting in a manner prescribed by the Board of Directors of this Society. There shall be one (1) voting Student Director and one (1) voting ~~First Year Professional~~ New Professional and New Member Director, each appointed by the President of this Society.

Section C.2 Each Director shall serve a term of three (3) years or until a successor is elected with the exception of the Student and ~~First Year Professional~~ New

Professional and New Member Directors, who shall serve for a term of one (1) year. The Student Director, if eligible, shall move into the position of ~~First Year Professional~~ New Professional and New Member.

Section C.3 A board member may be eligible for re-election, except the Student and ~~First Year Professional~~ New Professional and New Member Directors, but may not serve more than two (2) consecutive terms. The appropriate number of directors shall be elected by majority vote at the Annual Business Meeting.

Section C.4 A vacancy occurring among the ~~elected~~ members of the Board of Directors or ~~in the position of immediate past president~~ shall be filled in a manner defined in the Standard Operating Procedures of this Society.

# SAVE THE DATE

## ASCLS-PA Annual Continuing Education Meeting and Exhibits

ASCLS-PA Board of Directors Meeting: Sunday, May 7, 2017

Continuing Education Meeting and Exhibits: Monday, May 8, 2017

Location: Doubletree Hotel  
640 Fountain Road  
Plymouth Meeting, PA 19462

On Monday, May 8th there will be breakout rooms for sessions all day in Microbiology, Chemistry, Hematology, and Blood Banking as well as other miscellaneous sessions.

Breakfast and Lunch will be provided.

Come attend the latest education sessions in Clinical Laboratory Science and interact with the area's vendors who will be exhibiting their latest equipment.

For more information, check the ASCLS-PA website at [www.ascls-pa.org](http://www.ascls-pa.org) or contact Scott Aikey at [aikey@email.chop.edu](mailto:aikey@email.chop.edu)

## ASCLS-PA WELCOMES NEW MEMBERS

ASCLS-PA would like to welcome all the new members who have joined our organization between September 1, 2016 and November 30, 2016. If you work with one of these new members, please welcome them to the Society and encourage them to become active!

Stephanie	Aunspach	York	PA	Zachery	Kendra	Philadelphia	PA
Sydney	Baker	York	PA	Nicole	LaBonte	York	PA
Leon	Beggs	York	PA	Paula	Matthews	Bristol	PA
Allison	Bolio	New Freedom	PA	Sierra	Miller	Palmerton	PA
Khadidja	Derrouche	Philadelphia	PA	Marek	Mioduszewski	Philadelphia	PA
Candice	Dillard	Athens	LA	Sam	Pasco	Philadelphia	PA
Janet	Duncan	Allentown	PA	Alexandra	Pavliukova	West Chester	PA
Kate	Garbrick	York	PA	Audrey	Siana	Chester Springs	PA
Weichao	Guo	Philadelphia	PA	Vidusha	Udayalal	York	PA
Erin	Henry	Philadelphia	PA	Brittany	Underkoffler	York	PA
Kyley	Hughes	Spring Grove	PA	Carolyn	Webster	Trebose	PA
Chloette	Hunt	Yeadon	PA	Emily	Zelger	Red Lion	PA
Carmelo	Jacinto	Cheltenham	PA				
Megan	Johanson	York	PA				



## ASCLS-PA Call for Award Nominations

**Mary M. Gourley**  
ASCLS-PA Bylaws Chair

Nominations are now being accepted for the following awards to be presented at the Annual Meeting in 2017.

Dolbey Award – Member of the Year

Estolle Grosse Award

Corporate Award

Lifetime Achievement Award

Each nomination must be accompanied by a short essay by the nominator explaining the reason as to why the nominee is deserving of the award. There is a separate nomination form for the Dolbey Award which must be submitted along with the essay.

The president and the Board of Directors are responsible for nominations for the Key to the Future Award. The

president is responsible for submitting names for the Omicron Sigma Award to both ASCLS and to the state Awards Chair by the deadlines.

Deadline for receipt of nomination forms is FEBRUARY 1, 2017. Please submit completed nomination form electronically to Mary Gourley at [m.gourley@verizon.net](mailto:m.gourley@verizon.net) by the deadline. Incomplete forms will not be considered.

Nomination forms may be found on the website; please refer to the ASCLS-PA Handbook. Or you may contact President Jean Buchenhorst, Scott Aikey, or Mary Gourley for nomination forms. All nominations are welcome and anyone can nominate.

Let's have a banner year for awards 2017.

## ASCLS-PA Scholarships – Apply Now!

Did you know that ASCLS-PA offers a graduate and undergraduate scholarship every year, but most years no one applies for them?

**Edward P. Dolbey Graduate Scholarship - \$1500**

**ASCLS-PA Memorial Undergraduate Scholarship - \$1500**

The deadline for both scholarships is February 28, 2017.

Check out the ASCLS-PA website for more details and for the application

<http://www.ascls-pa.org/scholarships.html>



***The Pennsylvania Newsletter***  
***8 Lakeview Court***  
***Sinking Spring, PA 19608***

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**Or send your attached label  
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ASCLS-PA  
8 Lakeview Court  
Sinking Spring, PA 19608  
to insure uninterrupted service**

## Coming Events

### **ASCLS-PA Board Meeting**

February 4, 2017 (Philadelphia, PA)

### **ASCLS-PA Annual Continuing Education Meeting and Exhibits**

May 8, 2017 (Plymouth Meeting, PA)

### **ASCLS National Meeting and Clinical Lab Expo**

July 30–August 3, 2017 (San Diego, CA)

All members of ASCLS-PA are welcome and encouraged to attend any meeting of the Board of Directors.

To get involved, simply email Jean Buchenhorst at [Jean.Buchenhorst@uphs.upenn.edu](mailto:Jean.Buchenhorst@uphs.upenn.edu)