MAINE/NEW HAMPSHIRE STATE SOCIETY OF AMERICAN MEDICAL TECHNOLOGISTS LEADERSHIP

Kim Cheuvront, PhD, Judiciary Councilor
kimberly.cheuvront@gmail.com

Ivette Rivera, BS, RMA, RPT, AHI (AMT)
Eastern District Councilor
917-864-3227

Susan Constable, MT(AMT), President
jagsec@roadrunner.com
257 Heywood Road, Winslow, ME 04901
Home 207/872-5538

Pamela Kriegel, MT(AMT), Vice President
pvkriegel@aol.com
1337 Augusta Road, Winslow, ME 04901
Home 207/877-9901

Laura Gilbert-Caret, MT(AMT), Secretary & Editor
lauracaret@gmail.com
81 Oak Street, Oakland, ME 04963
Home 207/465-2666 Cell 207/649-7598

Steven Stockford, MT(AMT), Treasurer
sstockford@parkviewamc.org
25 Springview Lane #4, Brunswick, ME 04530
Office 207/373-2371 Cell 207/992-7126

Denis Arbour, MT(AMT), Board Member
darbour.nlc@gmail.com
36 Malta Street, Augusta, ME 04330
Office 207/623-8411 ext. 5613 Cell 207/215-5085

EASTERN DISTRICT COUNCILOR’S MESSAGE

Congratulations to Diane Powell, Director of AMT Publications and Annual Meetings who has retired after completing 23 years serving AMT and its members.

Officers of the AMT Board of Directors:
President: Jeannette Hobson, RMA, RPT, CMAS, AHI
Vice President: Christopher Seay, MT
Secretary: Deborah Westervelt, RMA, COLT
Treasurer: Ken Hawker, MT

For meeting updates, please navigate to the AMT website and check the State Society website, newsletter or email blasts announcements. All members can enter onto your digital calendar, the

“In District Councilor’s Message” continued on page 10
It certainly was a very long winter, but at last “ole man winter” is begrudgingly departing us and spring is trying to make its entrance. I know we are all looking forward to the warmer weather and sunshine. Spring brings with it the promise of renewal as the earth warms and the plants awaken from their long winter nap. I love seeing the bright yellow faces of the daffodils and the joy and promises of new beginnings they bring to everyone this time of year. There will be many students graduating and starting out on their chosen careers. The MNHSSAMT gave out scholarships this year to five very deserving MT/MLS and MLT students at our April Spring Business meeting. Congratulations to all of them. As we all know, the Medical Laboratory Science curriculum is a tough program and requires lots of study time and preparation for classes. We certainly help take some of the guess work out of medicine for the doctors. With that being stated, I hope everyone took the time to celebrate and promote Medical Laboratory Week.

The MNHSSAMT delegates are preparing for the upcoming AMT National Educational and Business meeting in July. We will be going to our District meeting, meeting the candidates that are pursuing a position on the National AMT Board of Directors and attending a meeting about resolutions for the national by-laws that are being presented to the membership. There will be many educational sessions to attend as well, and then we will wrap up our responsibilities with the annual business meeting on Thursday. We certainly hope some of you will join us in Chicago that week in July.

This fall we have the Northeast Laboratory Conference, the 15th, 16th and 17th of October 2019. There will be great educational and networking opportunities at this conference as well.

This year is an election year for MNHSSAMT officers. If anyone is interested in becoming involved with the State Society, please reach out to us. You do not have to be an officer to be actively involved in the State Society. Attending the business meetings, writing an article for our newsletter, The Spectrum, and remaining current on your national certification with AMT is all it takes. Please join us at our fall business meeting in October, with the date, time, and place to be determined. An email blast invite will be sent to the MNHSSAMT general membership announcing the information.

Regards,
Susan Constable MT
President MNHSSAMT

CALANDAR OF EVENTS

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
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<tr>
<td>National Medical Laboratory Professionals Week</td>
<td>April 21-27, 2019</td>
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<td>April 19-25, 2020</td>
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<tr>
<td>81st AMT Educational Program and National Meeting</td>
<td>July 1-5, 2019</td>
<td>Chicago, Illinois</td>
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<td>Northeast Laboratory Conference</td>
<td>October 15-17, 2019</td>
<td>Portland, Maine</td>
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<td>National Medical Assistant's Week</td>
<td>October 21-25, 2019</td>
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— CELEBRATING LABORATORY PROFESSIONALS —
HAPPY MEDICAL LABORATORY PROFESSIONALS WEEK 2019

MNHSSAMT Members, Students and Faculty

RMA's Celebrating Medical Laboratory Professional's Week at Lakes Region Primary Care in Windham, Maine

Susan Constable, MT(AMT) President MNHSSAMT

Brianna Goud, MLT Student & Steven Stockford, MBA, MT(AMT)

MLT Students Brianna Goud, Bayley Cianette, and Sarah Bouchard

“RMA’s” photo courtesy of Desiree O’Toole, other photos courtesy of Carole Fecteau.
MAINE/NEW HAMPSHIRE STATE SOCIETY SCHOLARSHIP 2019

The Maine/New Hampshire State Society of AMT offers a $1,000 scholarship to an MLS student (bachelor’s degree program), and a $500 scholarship to an MLT student (Associate degree program). The state society reserves the right not to award the scholarship for any reason.

Application Instructions
1. Complete the application available for download on the ME/NH State Society of AMT at AMT’s website.
2. Send a transcript of college grades.
3. Provide two letters of recommendation from teachers or employers.
4. Provide a paragraph that describes why you have chosen your career and why you are applying for AMT scholarship.
5. Applications must be received by Mar 5, 2020 to:
   Pamela Kriegel, MT (AMT) (ASCP)
   1337 Augusta Road, Winslow, Maine 04901
   email: pvkriegel@aol.com

Decisions will be based on academic performance, character, commitment to laboratory medicine and financial need. All applicants must have completed at least one semester of study and have a grade point average of 3.0 or greater. Recipients may be asked to provide proof of tuition payment.

STATE TECHNOLOGIST OF THE YEAR
LAURA GILBERT-CARET, MBA, MT(AMT)

The MNHSSAMT awards the Technologist of the Year each year to a deserving active member of the Maine New Hampshire chapter of AMT taking into consideration years as an active member, and service to the state chapter including board positions, publication activity, committees, and attendance at state meetings.

Laura Gilbert-Caret is the recipient of the 2018 Technologist of the Year Award. She has served as president and secretary in the past, and currently serves as editor of The Spectrum and secretary. As editor, Laura is a member of the national Communications and Publications Committee and has been a MNHSSAMT delegate to the national business meeting numerous times. She has also been the Chairperson for the Northeast Laboratory Conference Committee for the past five years. The Northeast Laboratory Conference provides a wonderful three-day educational opportunity to the medical laboratory science community of the New England states.

Selecting her for Laboratory Technologist of the Year for 2018 is our way of saying thank you for all her hard work and commitment to the membership of MNHSSAMT as well as our profession. Congratulations Laura.

Susan Constable, MT(AMT)
President MNHSSAMT

Photo courtesy of Carole Fecteau, MT(AMT)
FOUNDATION AWARD
SUSAN CONSTABLE, MT

Pamela Kriegel, MT presenting
the Foundation Award and Susan
Constable, MT, recipient

The Foundation Award is given by the
Maine/New Hampshire State Society
to an AMT member in good standing
in recognition of continued service to
MNHSSAMT. For an organization to
continue to exist to build and thrive
it must have a solid foundation. The
people who provide the support for
growth are those individuals who,
year after year, will do any job and can
always be counted on to serve. They
must have been a state officer for at
least ten years and have been involved as
a state board member or officer, including
contributions to the state publication, meeting attendance, as well as the recipient of state awards. This is a one-time award.
This year the MNHSSAMT nominated and awarded this to Susan Constable, MT(AMT). She has been president since
2010, and served as Vice-president and board member in previous years. As our president, she has diligently worked to
increase state involvement at meetings and contributes to the publication, *The Spectrum*, on a regular basis.

Congratulations Susan.

Laura Gilbert-Caret
Secretary MNHSSAMT & *Spectrum* Editor

Photo courtesy of Carole Fecteau, MT(AMT)

MNHSSAMT
BOARD OF
DIRECTORS

MNHSSAMT Board of Directors
from left to right – Laura Gilbert-
Caret, MBA, MT(AMT),
Secretary & *Spectrum* Editor,
Pamela Kriegel, MT(AMT),
Vice President, Steven Stockford,
MBA, MT(AMT), Treasurer,
Susan Constable, MT(AMT),
President, and Dennis Arbour,
MBA, MT(AMT), Board
Member.

Photo courtesy of Carole Fecteau, MT(AMT)
HOW DOES WISDOM DIFFER FROM INTELLIGENCE?

By Desiree O’Toole, RMA

Intelligent people tend to process information in a logical way whereas wise people process the emotional, the spiritual, and the subtle side of the logic as well. They look at the situation from all perspectives. Socrates’ claimed, that “nobody does wrong knowingly: people only do wrong because, they used a limited perspective, it seems like the right or best thing to do”. Sometimes putting ourselves in situations where we haven’t been before empowers us to grow at a rate we never have before (Walsh, 2015). It’s almost as if you experience ten years in a span of six months, which leads to wisdom. Wise people seek new information already knowing they are not the most intelligence person in the world (Grossman, 2012). I just assumed wisdom came with age. Everything I have read thus far, disagrees, age has little to do with wisdom. Being smart is a process of learning while being wise is a product of experience (Walsh, 2015). One who has wisdom allows their thinking to be challenged, and can apply their knowledge into wisdom. If you learn and apply that knowledge, even though you may make mistakes, you’re working toward becoming wise, and by doing so, you will notice a difference in the way you handle people, overcome challenges, resolve issues, and manage money, thus increasing your value (Grossman, 2012).

While traditional intelligence refers to the treatment of things, emotional intelligence refers to coping with people, and that requires different attitudes and skills (Mueller-Merbach, n.d.). In my opinion, emotional intelligence is a mix of intelligence and wisdom where your experiences and emotions come together with knowledge. The two most important things that Blackburn and Dumas state, is that wisdom facilitates a holistic and integrative approach to life’s problems. They also state that wisdom and wellbeing are tied together and one does not exist without the other. This reaffirms that it is a mixed approach to me.

References:


Deserie O’Toole grew up in Bangor Maine and now resides in Poland Maine. She has been a career student graduating in 1996 with an Associates. “I knew I wanted more. I am now a PhD candidate for 2020, earning my other degrees along the way in psychology and behavior.” Her PhD will be in Health Psychology with a focus on bringing mental health and physical health together. She wants to take the stigma away from mental health and help others live their best life. Desiree is always looking for opportunities to grow and network, and currently works for Maine Medical Center. She enjoys learning, dancing, nature walks, and her rescue dog Oliver!
Behavior change is a complex action that has many theories and models of how to accomplish. It is also one of the hardest things you will have to do. Our behavior comes from seeing and doing the action over and over again. Take smoking for instance, this negative behavior was not a behavior when you first picked up that cigarette. You saw somebody either in person or on TV that introduced you to their behavior. Smoking therefore looked fun or it was relaxing and with enough repetition it became your behavior.

The chances that you can change a negative behavior are multifaceted. Education comes to mind first and foremost. As a kid, I didn’t realize smoking was bad for you. Everyone in my family smoked, TV commercials and magazines were filled with advertisements for cigarettes, and the “Marlboro Man” in all those commercials was quite handsome. As I got older and more educated, the need to change my behavior increased. I became increasingly aware of what it was doing to my body. I would get up in the morning and cough and then I would have a cigarette. I would walk to the store in twenty below weather to get a pack of cigarettes. This education produced a fear. Fear is a great motivator (Glanz, 2015). As I watched my grandfather die from lung cancer the fear became a reality and I stopped my own negative behavior of smoking. I had “quit” many times before but I knew I could do it this time because I had self confidence in my ability to change. The fear and education motivated, and then the self confidence almost came naturally after those two components engaged.

The chances of behavior change decreases when the person is in denial or does not have an education (Glanz, 2015). Maybe they don’t see it as a problem. They have the money and it relaxes them or is a coping mechanism for stress. It looks and feels good for the time being. Why would you want to change a behavior that appears to be helpful?

Motivating change can come from accountability. I now do smoking cessation and my clients check in with me once a week. This is the exact reason programs like Weight Watchers and Jenny Craig have weekly check ins. This creates accountability and nobody wants to feel ashamed that they didn’t meet their goal for the week. Education again plays a big part in motivation as well. If a diabetic does not know how to use an insulin pen injector, then the likelihood of them using it decreases. The same goes with checking their blood sugars on a daily basis. Blood glucose monitors are all different. The idea is the same but some get a little complicated to operate. What is easily understood for some people is not for others and we have to take that into consideration when teaching. I have seen diabetic educators at my office teach the same way to everyone. Just because this is what they do day in and day out does not make them a good teacher. So, teaching according to the persons abilities is crucial.

Theory has an important role in behavior change and many theories seem to overlap but are most valuable when they are logical, relevant and reasonable (Glanz, 2015). There are models of change developed for different circumstances and we must be careful not to use random ones (Glanz, 2015). Use the ones that have been researched in a qualitative and quantitative manor. Evidence based practices are the most effective (APA, 2009). The goal of a theory in healthcare is to prove a better outcome in overall health (Aguilera, 2008). In conclusion, motivation, theory, education, models of change, fear etc., can all help facilitate behavior change. Change in behavior is not easy but can be accomplished. You may have to try several times with different techniques. When one techniques fail, it’s important not to get discouraged and to try another. Prepare for failure and keep trying. There is not one answer or way to change. Everyone is different and so must be the approach that you take.

References:


In 2018, the MNHSSAMT gave three $500.00 to each of three MLT students. One went to Bayley Caouette who attends the University of Maine at Augusta (UMA) MLT program. Bayley works in Client Services at Northern Light Laboratory in Bangor, Maine while attending school full-time. Brianna currently has a degree in Biochemistry from the University of New England and currently works full-time at Midcoast Hospital in Bath, Maine as a Laboratory Assistant/Phlebotomist. The third scholarship went to Sarah Bouchard who attends the University of Maine at Presque Isle. Sarah is a member of the National Society of Leadership and Success and maintains Dean’s list status. She currently works full-time as a cosmetologist and will be continuing studies for a degree in Biology.

The MNHSSAMT also awarded two $1,000 scholarships to two four-year MLS students. One was given to Katherine Anderson who attends the University of New Hampshire (UNH). Katie works part-time as a Technical Lab Aide at Wentworth-Douglass Hospital in New Hampshire while pursuing her degree. She is a Marble Scholar, one of UNH’s highest honors. The second was given to Jamison Freedman (not present for the presentation) who attends the University of Maine at Orono (UMO). Jami is a learning assistant for the general Microbiology course at UMO, works as a Certified Nursing Assistant at the Maine Veterans Home and is also the recipient of the Dean’s Merit Scholarship.

Congratulations to all these excellent students and MNHSSAMT wishes them the best in their future endeavors.

Laura Gilbert-Caret
MNHSSAMT Editor and Secretary
From Left: Adele Marone, Clinical Associate Professor at UNH & Katherine Anderson, MLS Scholarship Winner

From Left: Brianna Goud, Bayley Caiouette, Sarah Bouchard MLT scholarship winners and Judy Clukey, MT, UMA MLT Program Administrator

MNSSAMT Spring Business Meeting Attendees, Student Scholarship Winners, Faculty, and Board of Directors April 20, 2019
date, time, and place of the State Society Meetings and the AMT National Meeting.

Members – please attend and participate in your state society meetings. Learn about your state officers, board members, and the various committees. At the AMT convention, please participate in the committees, attend various events, and meet fellow members. The educational programs offer a selection of topics to earn continue education units to maintain certification. The meetings offer an opportunity to network with the best and brightest allied health professionals.

The 81st AMT Educational Program and National Meeting will be held July 1-5, 2019 in Chicago, IL, the “Windy City”, at the Chicago Hilton Hotel. A preliminary educational program will be available April. The May 1st early bird registration and the link for the hotel reservation is available on the AMT website. This year, I wonder who will take home the state society gift basket or gift card at the AMT Welcome Party raffle drawing!

The state society delegate should be a member in good standing, have paid renewal dues, and if required to, has completed the CCP requirements. Remember to record continued education points using AMTrax on the website. Be ready for that possible surprise audit.

A full day Leadership Training will be included in the AMT Educational Program for Friday. All members are invited to attend. Although CE points will not be granted, the sessions will be an enjoyable learning experience with power point presentations and games. However, only the delegate members attending the leadership training sessions will receive reimbursement for the Friday.

In 2020 the 82nd AMT Educational Program and National Meeting will be held at Albuquerque, New Mexico.

Step up and be involved, attend the state society meetings and the AMT National meeting.

Best regards,

Ivette Rivera, RMA. AHI. RPT (AMT)
Eastern District Councillor

EDITOR’S MESSAGE
Laura Gilbert-Caret, Spectrum Editor

It is with great pleasure that I serve the MNHSSAMT. It is wonderful to celebrate students, faculty, and team members of the AMT family. We were fortunate to be able to give five scholarships this year. We have highlighted the talented recipients in this newsletter. We hope you enjoy it!

Photo courtesy of Carole Fecteau, MT(AMT)