

ASCLS Voices Under 40 Awardee

Karen Larson – Apple Valley, MN



Karen Larson is truly deserving to be among the awardees of the first annual ASCLS Voices Under 40. She currently serves as the ASCLS New Professional and New Member Forum Chair, Mentorship Program Committee Member, ASCLS-MN Metro Area Senior Director (organizing several CE events in the Twin Cities), and ASCLS Region V Leadership Academy Committee Member. In previous years, she has also served on the national level as the Phlebotomy Scientific Assembly Chair, P.A.C.E. Committee Member, BOC Task Force Member, and Annual Meeting Elections Committee Member. On the regional level, Karen served as the Region V Student Representative and Region V New Professional Representative/Communication Coordinator for two years. On the state level, Karen served as the Minnesota Student Forum Chair, Minnesota First Year Professional, Minnesota Metro Area Junior Director, Minnesota Membership Committee Member for four years, Minnesota Mentorship Program Member for two years, and a Minnesota Clinical Laboratory Collaborative Planning Committee Member.

Karen has given several professional presentations despite her youthfulness. She presented, “Functional MRI using Vascular Space Occupancy (VASO) and Vascular Space Occupancy with Tissue Suppression (VAST),” at a University Undergraduate Research and Arts Forum in 2009. In November 2013, Karen presented, “Life as a New Professional and Intro to ASCLS,” at a Student Night at Rasmussen College. In October 2014 at the ASCLS Region V Fall Symposium, Karen presented, “Allowing ASCLS to Assist the Laboratory Community in Professionalism.” In conjunction with her leadership roles within ASCLS, she served on the, “New Professionals Panel – How Do I Fit In?” at the 2015 ASCLS Annual Meeting in Atlanta, GA. At the Region V Leadership Academy Retreat in May 2016, Karen presented on “Strategic Planning.” At the 2016 ASCLS Annual Meeting in Philadelphia, PA, she presented, “Building a Successful Patient and Family Experience Initiative: Proven Results, Powerful Outcomes,” and “The Secret to Exceptional Phlebotomy: Great Customer Service Skills,” in which she gave incredible

presentations based off of personal experiences in her current and previous workplaces. Karen is also well published and has written several articles for the ASCLS-MN eLABorate newsletter, ASCLS-SD VOLUSION newsletter, ASCLS NPNMF E-Newsletter, and the ASCLS Today newsletter.

Karen is also committed to promoting our profession to the public eye. In 2014, she served for the ASCLS Minnesota Food Bank Event. Karen also served for the Medical Laboratory Professionals Week Planning Committee at the University of Minnesota Medical Center-West Bank in 2014 and 2016. In 2016, she also served at the Team Leader for the Fairview Team Lab Heroes - March for Babies Event. She has had a vital role in the extremely successful ASCLS Virtual Lab Week Run as a Planning Committee Member in assisting Ally Storla, Lab Week Run creator, in many planning activities and decisions for the national fundraiser. She also organized a local Twin Cities Lab Week Run in association with the ASCLS Lab Week Run.

In addition, Karen has become extremely involved in professional legislative efforts to allow for the growth of ASCLS in our local and national government. She has attended the National ASCLS Legislative Symposium in 2013, 2014, and 2016. Karen has also taken it upon herself to meet with Representative John Kline's Office, Senator Amy Klobuchar's Office, and Senator Al Franken's Office in conjunction with Legislative Symposiums and has sent several follow-up letters and emails to those representatives asking for their support in clinical laboratory legislative efforts. In March 2014, she addressed a letter to Representative Mike Beard about Licensure Efforts in Minnesota. She has also attended the ASCLS-MN State Legislative Day in 2016.

On a personal level, Karen lives in Apple Valley, MN with her husband Mike and her cat Boris. She is the Laboratory Technical Supervisor at Fairview Health Services. She loves the outdoors, loves to travel with her husband, and is a talented knitter, always making thoughtful gifts for her family and friends. She is the most positive person I've ever met and truly has a gift for always making people feel welcomed and incorporates their ideas to make committee members feel they are integral to any project in which she is involved. Anyone who has ever had the pleasure of working with Karen on any committee, forum, or task-force within ASCLS would agree that Karen leaves her stamp of excellence in everything she does.

Lacey A. Campbell, MHS, MLS(ASCP)^{CM}

ASCLS National NPNMF Past, Past-Chair
ASCLS-GA Past-President and Mentor
ASCLS Awards Committee Vice-Chair
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