

# MNABB NEWSLETTER



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December, 2025 / Vol. 04

## As We Close Out 2025, We Celebrate a Fantastic MNABB Conference

As we close out 2025, we're excited to reflect on a truly memorable MNABB Annual Conference. What began months ago as careful planning and collaboration came together as a fun, engaging, and highly successful event—made possible by the energy, expertise, and enthusiasm of our members.

The conference was more than just a gathering; it was an opportunity to reconnect, share knowledge, and celebrate the important work being done across our blood banking community. From meaningful discussions to valuable learning opportunities, the spirit of collaboration was evident throughout the day.

In this final newsletter of the year, we extend our sincere thanks to everyone who attended, presented, volunteered, and supported MNABB in 2025. Your continued dedication to advancing transfusion medicine and patient care is what makes this organization thrive. We look forward to building on this momentum as we move ahead together.

### What you will find in this issue:

- Our Mission
- A look at 2025's Conference
- Thank you to our Vendors!
- 2026 Get Ready!
- Blood Bankers Recommend
- About the Author
- Suggestions for the Future



## Our Mission as MNABB

We are dedicated to:

- Provide educational opportunities and to support the education of those practicing Blood Banking and Transfusion Medicine in order to encourage high standards of service in blood product collection, testing, and administration throughout the state of MN.
- To foster, promote, aid, and encourage additional activities that may extend the best possible blood banking service throughout the state of MN.
- To encourage communication and networking between Blood Banking and Transfusion Medicine professionals.
- To increase the visibility of Blood Banking and Transfusion Medicine and those working in this field.



<https://www.mnabb.com/>

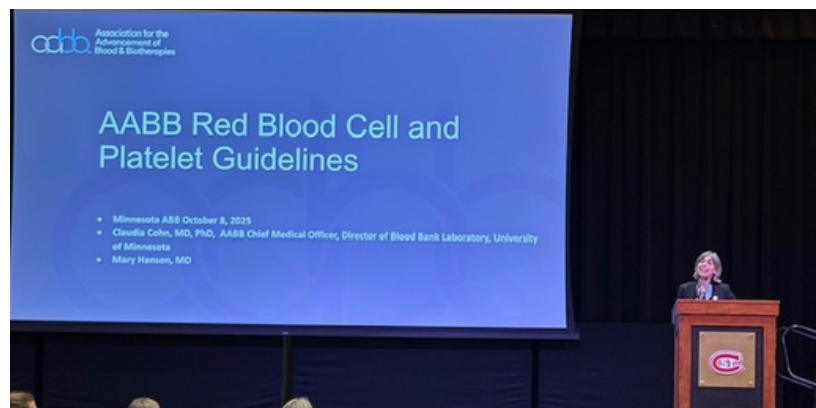
MINNESOTA ASSOCIATION OF BLOOD BANKS



# 2025 MNABB CONFERENCE

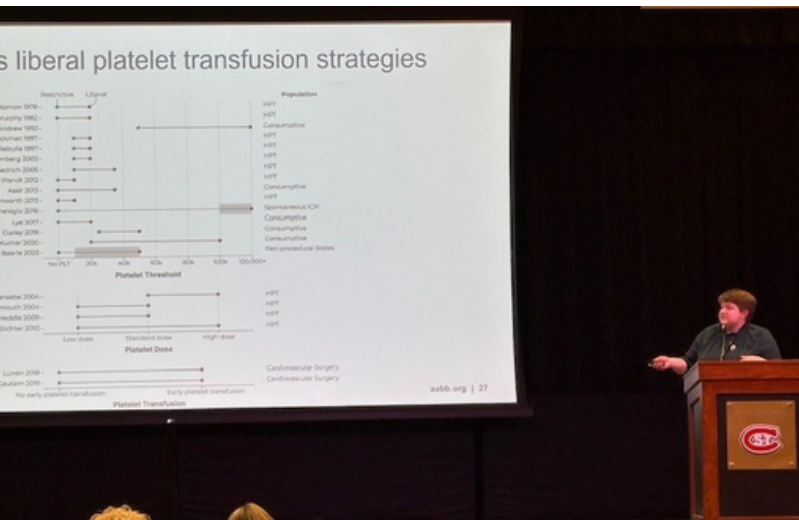
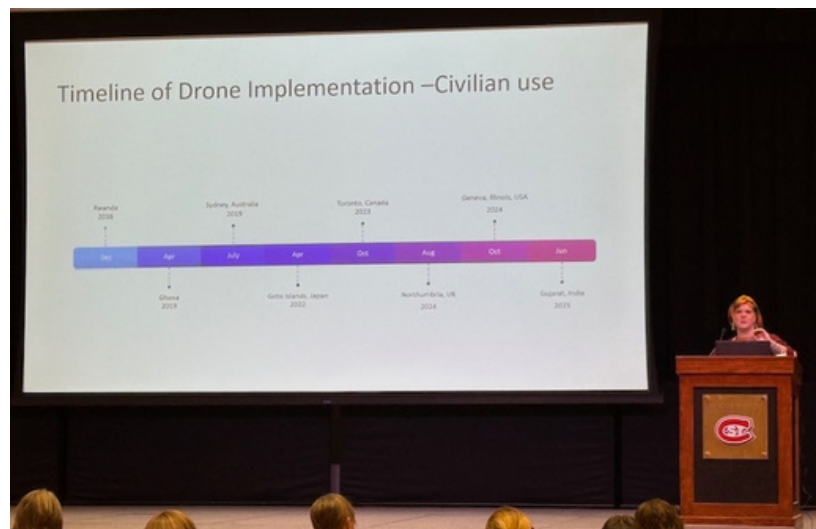
## Connection, Collaboration, and Learning

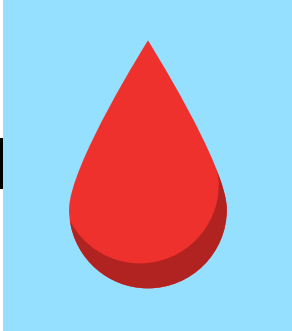
We would like to sincerely thank everyone who attended and contributed to the 2025 MNABB Annual Conference. It was a pleasure to spend the day together, reconnect with familiar faces, and welcome new ones into our community. Your participation and engagement made the conference enjoyable and meaningful, and we truly appreciated the opportunity to be there with you. Thank you for helping make this year's conference such a positive experience for all involved.



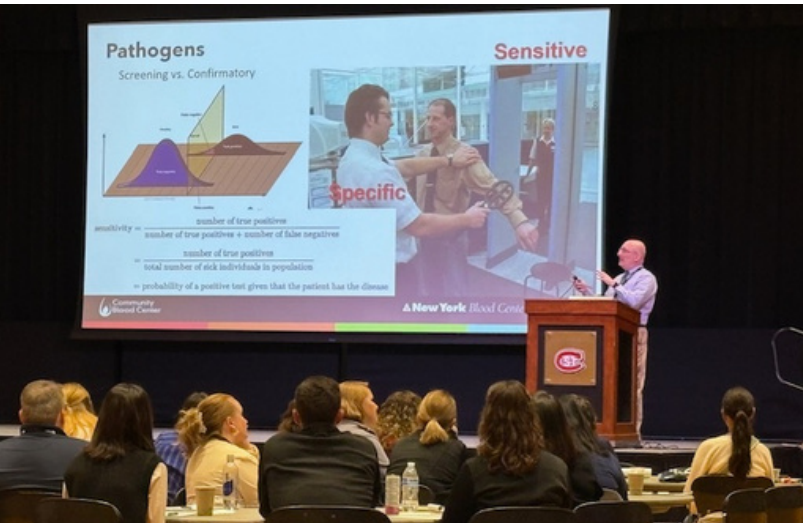
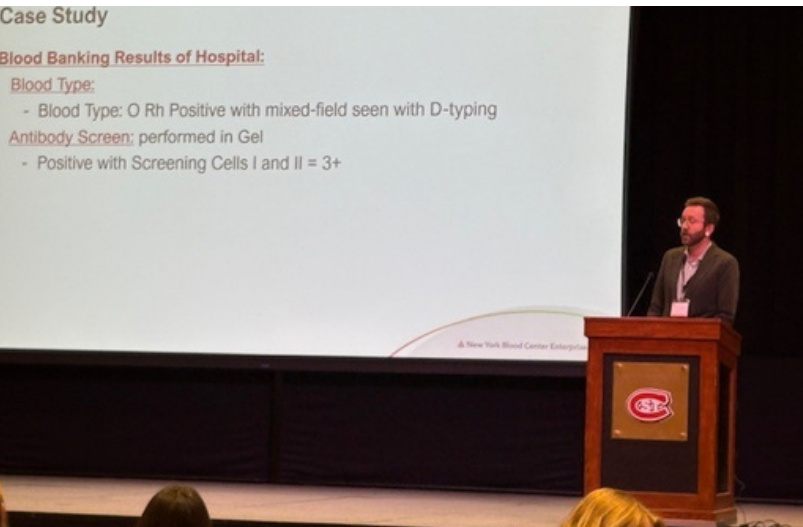


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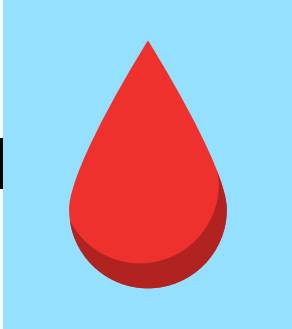
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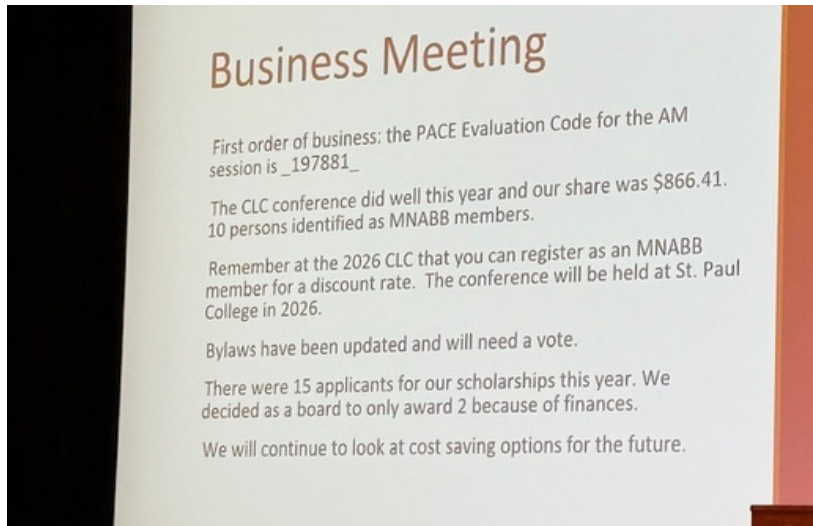
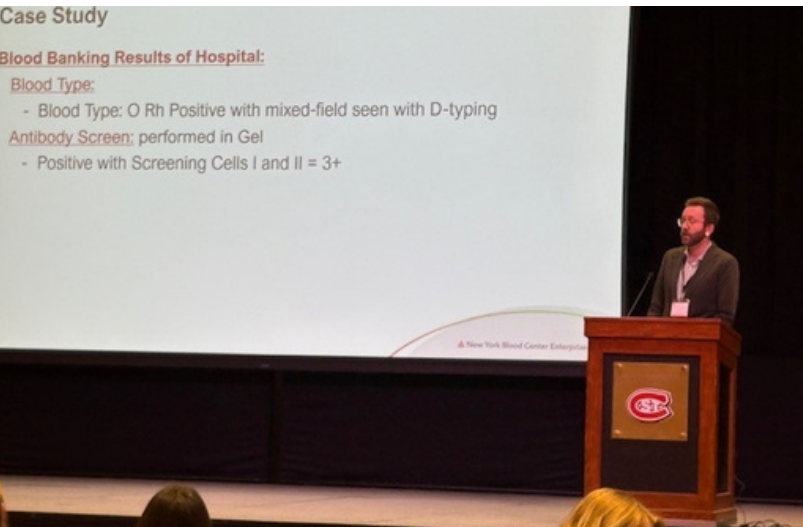


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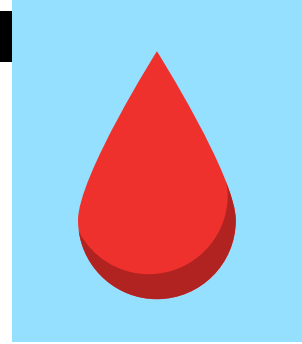




# 2025 MNABB CONFERENCE



# THANK YOU TO OUR VENDORS!



Our Work Is Stronger With Your Support

We would like to extend a sincere thank you to our vendors and sponsors for their continued support of MNABB. Your partnership plays an important role in the success of our events and our organization as a whole. As we move into 2026, watch for sponsor highlights throughout the year as we recognize and showcase the vendors who help make our work possible.



## 2026 — Get Ready!

Planning is already underway for the 2026 MNABB Conference, and we're excited for what's ahead. Be on the lookout for upcoming announcements, dates, and details as we prepare for another year of learning, collaboration, and connection. We look forward to sharing more information soon and hope you'll join us for another great conference experience in 2026.



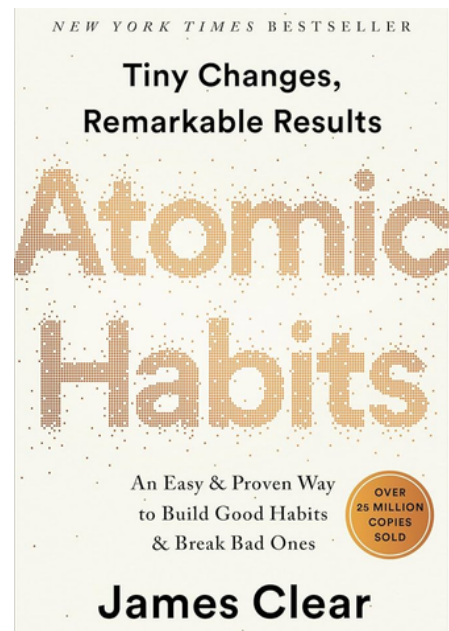


# WHAT ARE BLOOD BANKERS RECOMMENDING...

## Books to check out:

### ***Atomic Habits by James Clear***

Atomic Habits: An Easy & Proven Way to Build Good Habits & Break Bad Ones is a 2018 self-help book by James Clear. It presents a science-based framework for behavior change, focusing on how small, consistent improvements —“atomic habits”—can compound into significant personal and professional transformation over time. The book has sold more than 20 million copies worldwide and remains a long-running New York Times bestseller.



## Music to look into:

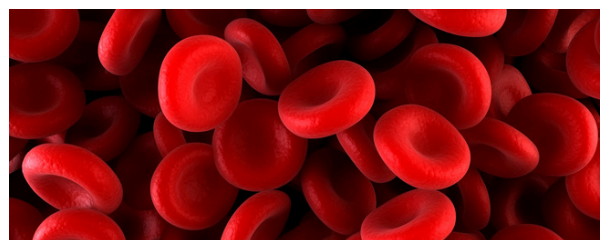
### **The Lumineers**

The Lumineers are an American folk rock and Americana band formed in 2005 by Wesley Schultz and Jeremiah Fraites. Known for their raw, heartfelt storytelling and acoustic-driven sound, the group became a defining act of the 2010s folk revival with global hits like “Ho Hey,” “Stubborn Love,” and “Ophelia.”

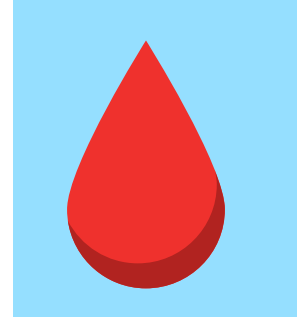


### **Have something to recommend?**

Send me an email at  
[negro.alexander@mayo.edu](mailto:negro.alexander@mayo.edu)



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## Until We Meet Again, Happy Holidays and Best Wishes for the New Year

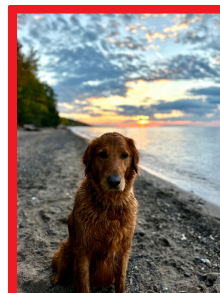
Thank you for taking the time to read the MNABB December 2025 Newsletter. We truly appreciate your continued engagement, support, and commitment to the blood banking community. As we close out the year, we wish you and your loved ones a happy holiday season and a healthy, successful New Year. Until next time, thank you for all that you do and for being an important part of MNABB.

### A Note from Your Editor

Hi everyone! I'm Alex Negro, your MnABB Newsletter Editor. I currently work in the FISH (Fluorescence In Situ Hybridization) genetics lab at Mayo Clinic as an Assistant Supervisor. Though I've transitioned into the genetics world, I spent several formative years in transfusion medicine, including time as an Education Specialist in Donor Services, and still carry a strong connection to the blood banking community.

Outside of work, I'm a proud dad to my incredible sons Asher and Bennett, and two goofy pups (Mowgli and Aldo). I love spending quality time with my family, diving into music and motivational content, and staying curious about all things science.

My goal is to make this newsletter something you genuinely look forward to—so if you have ideas, features you'd love to see, or voices you'd like amplified, please reach out. This is your newsletter, and I'd love your help shaping it into something great!



## Suggestions for the future?

Have ideas or feedback? I'd love to hear from you! Feel free to email me at [negro.alexander@mayo.edu](mailto:negro.alexander@mayo.edu) with any suggestions. I'm excited to be working with such an incredible team! Hope your 2025 is wrapping up well and let's get after 2026!

