

FALL 2018: ISSUE #1

PRESIDENTS COUNCIL NEWS



What is Presidents Council?

Presidents Council is an organization comprised of both the Presidents and Vice Presidents of each student organization and class within the University of Wyoming School of Pharmacy. As a group, we are motivated to make life as a student more enjoyable and to help encourage fellow classmates to take opportunities that will better the individual and thus the school. Meetings are typically held bi-monthly and topics are varied; some topics that are often seen include the Health Fair, the Student-Run Holiday Party, event planning, fundraising opportunities, and anything that holds promise in bettering students within the School of Pharmacy. This year, a specific goal of Presidents Council is to increase communication regarding what Presidents Council does and to increase student awareness of what organizations and Presidents Council can do for the student body. Born of that goal is this newsletter!

This Year's Members

APhA: Ashley Moore
Joe Shassetz

ASHP: Dylan Ren
Taylor Wilde

NCPA: Ryan Dollerschell
Tristan Cloward

Phi Delta Chi: Kirsten Valcic
Megan Adamowicz

Phi Lambda Sigma: David Baca
Kristyn McKnight

Rho Chi: Lihan Deng
Ryan Dollerschell

P4 Class: Kelsea Zukauckas
Sarah Koontz

P3 Class: Kara Nazminia
Erin Gurney

P2 Class: Madison Bader
Meghan O'Brien

P1 Class: Kenneth Schaar
Fraisher Morales

What we've accomplished so far this year:

FALL INTO GOOD HEALTH FAIR

Presidents Council has a keen interest in helping make the annual Phi Lambda Sigma-organized Fall into Good Health Fair run as smoothly as possible. Over the course of the first few months of the semester, Presidents Council meeting time was utilized to help ensure that organizations were in communication about their doubts, needs, and hopes for this year's health fair.



EMPLOYEE BENEFITS FAIR

A new opportunity for student growth presented to the School of Pharmacy this year and organized by Presidents Council was participation in the University's Employee Benefits Fair. Students were able to administer flu shots and counsel patients on a variety of topics ranging from smoking cessation to proper medication disposal to employees from wide-ranging departments on campus. While this event took place in the middle of the week, we were grateful PIs and P2s stepped up to help give back to the university community in such a meaningful way. We are also thankful for the preceptors that took time out of their busy schedules to make this a reality!

The Student-Run Holiday Party is this Friday from 6:00PM to 9:00PM at Roxie's!

UWSOP POLO SALE

In order to help replenish the recently created Presidents Council Fund, UW School of Pharmacy Polos were sold. If you ordered a polo, they will be available before the end of the semester. Thanks for supporting a good cause!

THE BIG EVENT

Over 40 students participated on the University of Wyoming School of Pharmacy team during this year's Big Event. An effort coordinated by Presidents Council, students were able to head out into the Laramie community to make a difference by helping out with the household tasks of four different Laramites. As one of the biggest teams, UWSOP students were able to touch the lives of many people who need help in the fall with general landscaping and cleaning needs. A big thank you to all of the students that came out to lend a hand!



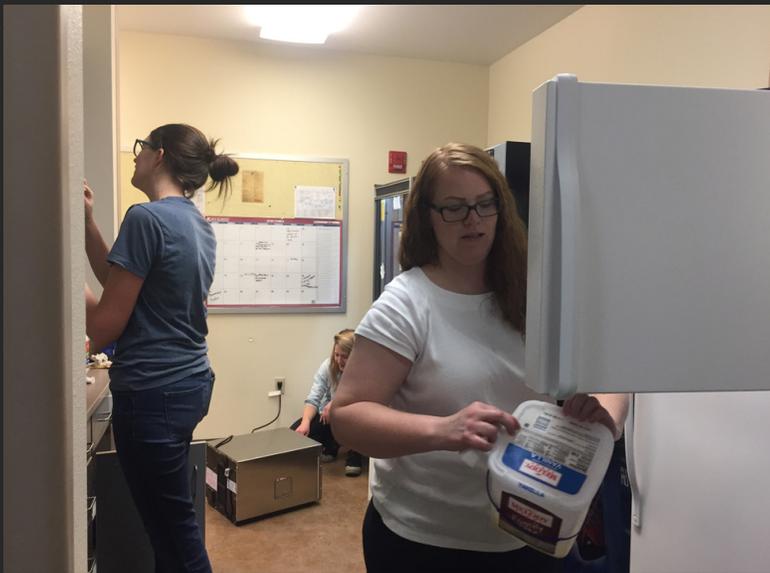
What we've accomplished so far this year:

PHARMSGIVING POTLUCK

Another goal of Presidents Council this year is to provide more social events for all students. One way Presidents Council set out to accomplish this goal was by hosting the Pharmsgiving potluck! Attendees at the event were happy with the offerings which included a traditional, full-sized turkey, pigs in a blanket, and much more! We hope to offer more social events like this in the future, so if you have an event you would like to see Presidents Council sponsor, please reach out to any member of Presidents Council!



STUDENT ACTIVITIES CENTER (SAC) KITCHEN CLEAN UP



As you probably noticed via email last week, the SAC kitchen has not been given the tender loving care that it needs. This past Friday, P3s Erin Gurney, Kara Nazminia, Dylan Ren, and Anna Wehrly, and P2 Kristyn McKnight volunteered to give the SAC kitchen the attention it necessitated! As a result, the kitchen is looking better than it has in years. In addition to the clean up, new rules have been adopted. Please do your part to keep this space clean and tidy as it is a shared space! Thank you volunteers for helping to make our community a better place! Please refer to your email for more detailed information regarding the SAC.

STUDENT ACTIVITIES CENTER (SAC) KITCHEN COMMUNITY RULES

- If you have dirty dishes, please wash them, dry them, and remove them immediately. Dishes left in the sink will be discarded.
- If you make a mess in the sink, please clean and rinse the sink before you leave. Do not leave food crumbs, tea leaves, or anything else in the drain.
- If you get the counter wet from taking care of your dishes, wipe it off before you leave.
- Personal items are not to be stored in the cupboards in the kitchen area. Personal items should not be left in the Student Activities Center either. Please store these in your offices or lockers.
- Every Friday, the refrigerator will be cleaned out. If you have items that you do not want to be discarded, make sure they are removed by lunch time.
- We are all professionals, act accordingly.

What we're hoping to accomplish next semester:

PRESIDENTS COUNCIL FUND

The Presidents Council from the 2016-2017 academic year and certain members of the UWSOP student body worked hard to raise money for the startup of a Presidents Council fund. This year, Presidents Council has been working to generate funds in order to keep the fund growing. This being said, Presidents Council would like students to know that if they have an idea that can better the school and requires finances, they are able to bring it up in front of Presidents Council. If you would like more information regarding this, please reach out to any member of Presidents Council.

Presidents Council Member Highlight:

This year in President's Council, we decided to initiate a member highlight. This is meant to recognize the outstanding achievements that students within the School of Pharmacy accomplish throughout the year. This month, President's Council decided on two members to highlight for their outstanding efforts within the School of Pharmacy. We asked each of these students a few questions, so everyone could get to know a little bit about them and what they do within the school of pharmacy.

ASHLEY MOORE

Ashley Moore is a P3 and is the APhA president, PLS Secretary and RSO liaison, and PDC worthy keeper of records and seals. She was born in Anaheim Hills California, so the weather here in Wyoming is not what she is used to. Ashley is extremely organized and is someone you can always count on to complete the task at hand. Her to-do list is extremely overwhelming to most, but she takes it all in stride. She not only completes everything that is thrown her way, but she goes above and beyond to make sure it is done spectacularly. When most people would get overwhelmed with a situation and either panic or give up, Ashley stays calm and collected and finds a solution. Ashley is someone that should truly be admired within the school of pharmacy. Everything Ashley does to better APhA and the school of pharmacy is outstanding, and we are lucky to have students like her as part of our team.

Ashley's advice for other students about getting involved with organizations within the school of pharmacy is "Definitely get involved, however find your niche. Getting involved is a great way to get to know other classmates, faculty and staff. It is also a great way to network with other schools. However, it is important to prevent getting burnt out. Learning how to say no is very important as well, which is one thing that I struggle with the most."

Therapeutics is Ashley's favorite class because she loves to problem solve and think critically. A fun fact about Ashley is that she is scared of the dark. "When I am home alone, I am always paranoid about the slightest of noises. I create an escape plan in case of a break in."

RELAY FOR LIFE

To continue tradition, UWSOP will have a team at the Albany County Relay for Life. Presidents Council is hoping to have great turnout at this event that is both fun and also meaningful. The structure of the event and the lead up has yet to be planned, but make sure you are looking out as this is sure to be a great event!

ALL-SCHOOL SOCIAL EVENTS

Be on the lookout for more new social events hosted by Presidents Council in the coming months!

KARA NAZMINIA

Kara Nazminia is a P3 student from Littleton, CO. Kara holds the position of P3 class president, is the chair of President's Council, and the Faculty Liaison for PLS. A few reasons that Kara was nominated for this month's outstanding student award are: she puts 100% into everything she does, she is extremely reliable, and she is willing to help wherever she is needed. This year, Kara has organized multiple events to better the school of pharmacy and get other students involved in extremely important work for the community. Her radiant personality and willingness to help is contagious.

When asked what a week as the P3 class president and Chair of President's Council looks like, Kara responded "Usually my time commitment is very low. Some weeks are more taxing than others. Most weeks, I am talking to organization leaders, staff and faculty about what needs to be addressed. I usually take about a half-hour to draw up a meeting schedule in the week before meetings and, of course, there is the time at the meetings. I would say on average, I do 1-3 hours per week with matters pertaining to Presidents Council and being a class president."

Kara was also asked why she decided to get involved within the School of Pharmacy. She responded "Since starting school at the University of Wyoming, I have been fortunate to have a great support system and people who have gone out of their way to help me grow as a student. Because of the experiences I've had as a result of the service of others, I wanted to be able to do the same and to help others have the experience I've had. I also really enjoy the challenges that being involved bring and being able to work on a team with people that can teach me a lot about being a professional."

Being able to unwind and destress is extremely important in pharmacy and any profession. Kara enjoys skiing, playing Mario Kart and intramural sports, drinking coffee with friends and reading short story anthologies to relax.

Thank you both so much for all the hard work you do. You make the lives of so many others better by your willingness to help, and we appreciate everything you do.

Organization Update

AMERICAN PHARMACIST ASSOCIATION

It has been a busy semester for members of the American Pharmacist Association - Academy of Student Pharmacists.

OCTOBER

- APHA members provided 7 booths at the health fair.
- APhA-ASP hosted two UWSOP alumni who spoke to students about the "Secrets to Your Future."
- 10 members attended the Midyear Regional Meeting (MRM) in Fargo, ND.



SEPTEMBER

Our Operation Heart Chair, Kendra Glass partnered with Pole Mountain Pharmacy on World Heart Day. Members of APhA-ASP provided the community with free blood pressure screenings and education.



NOVEMBER

National Patient Counseling Chairs, Erin Gurney and Megan Adamowicz, organized the Patient Counseling Competition. Members were able to gain the experience of counseling a patient with the opportunity to win \$500. The winner will be announced soon and will be traveling to Seattle, WA to compete in the next round. The top 10 winners will also be receiving a prize.



Members volunteered to be back up timers at a UW swim meet to raise money for our chapter. It was a great way for members to bond, raise money, and support a fellow chapter member, Marcela Gramcko Wietstruck. She manages to find time to compete on the swim team, compete in the Patient Counseling Competition, and excel in the pharmacy program.



APhA-ASP has partnered with the Movember Foundation to raise money for Men's Health Awareness Month. APhA would like to thank all students and faculty who participated and donated to a great cause.

COMING UP

This coming spring semester, APhA-ASP will be focusing on professional development of its members. Please keep your eye out for events that will help expand student portfolios, networks, and interviewing skills.

Organization Update

AMERICAN SOCIETY OF HEALTH SYSTEM PHARMACISTS

With the ASHP Midyear Clinical Meeting in Anaheim right around the corner, The Wyoming Student Society of Health-Systems Pharmacist (WSSHP) is fortunate to have a multitude of P4 members in attendance, several of whom will be presenting posters centered around their clinical research over the course of their rotations and year. In addition, we as an organization, are fortunate to be able to participate in the Student Society Showcase and Highlight Poster Session to highlight our own chapter activities and events, as well as to meet and learn from hundreds of other SSHP's around the country. We hope that all in attendance are able to network and learn about the hundreds of residency programs around the country to further their clinical goals!

PHI DELTA CHI

This month for the Alpha Mu Chapter of Phi Delta Chi at the University of Wyoming has been quite busy! We celebrated Founders Day as a chapter by going to a local sushi restaurant and enjoying each other's company and a great meal. We also participated in an event called Operation Christmas Child, where we filled shoe boxes full of goodies for children that are less fortunate and send them off to those in need. This was a great way to give back as an organization, just in time for the holidays! Our candidate class is currently hosting a canned food drive at this time.

RHO CHI

Rho Chi is an Academic Pharmacy Honor Society which has more than 60 chapters across North America. We aim to encourage and recognize intellectual achievement, contribute to the development of intellectual leaders and promote the highest ethical standards.

For the past year, our chapter of Beta Phi has offered weekly tutoring sessions which many fellow students have used. We offered exam reviews per request by class presidents, and we ran the mentoring program together with PLS to help incoming P1 students adjust to pharmacy school. We also hosted Lipid Panel and HBA1c screening at the annual Health Fair and numerous community services and fundraising programs.

Joining Rho Chi is not through an application, and a selection process takes place in each Spring for P2 class, and chosen members will be active for one year. Every pharmacy student is welcome to make use of our services, and all Rho Chi members are enthusiastic to offer assistance when help is needed. Please don't hesitate to reach out to Rho Chi Beta Phi Chapter if you have a question!



Organization Update

NATIONAL COMMUNITY PHARMACISTS ASSOCIATION

Our NCPA Chapter has had quite an exciting semester compared to usual. We are continuing our work at the Downtown Clinic by conducting comprehensive chart reviews. These chart reviews begin with a small group of students getting assigned a patient at the clinic. The students' initial visit to the clinic involves gathering data from the patient's chart and analyzing the data afterward. Once that has occurred, a meeting takes place between the group and Dr. Hunter to discuss what has been analyzed. Then, the group and Dr. Hunter set up a meeting with the patient to discuss the patient's pharmacotherapy plan. After that, the group and Dr. Hunter meet once again to go over the final SOAP note and develop it into a presentation that is given to the prescribers and other volunteers at the clinic. It is certainly very rewarding for the students to get this kind of experience, and the patients at the Downtown Clinic benefit from it tremendously. In addition to the chart reviews, our chapter has conducted two flu vaccine clinics at the Downtown Clinic this fall. Four of our members attended the RxPlus Convention in Westminster, CO this summer to help raise funds for our chapter at their golf tournament and to speak about our chapter at our booth.

PHI LAMBDA SIGMA

The University of Wyoming School of Pharmacy is home to the Phi Lambda Sigma (PLS) Alpha Nu chapter. We are a national pharmacy leadership society created to support pharmacy leadership by recognizing leaders and encouraging leadership development. As an organization, PLS focuses on the growth of members' leadership skills by organizing school-related activities and motivating our student pharmacists to accept leadership service opportunities. This year, PLS has been involved in the organization of the 12th Annual Fall into Good Health Fair and the P1/P3 Mentor/Mentee Breakfast. Additionally, PLS members are currently enrolled in the 5 Voices Online Leadership Program. Under the tutelage of Dr. Alan Spies RPh, JD, MBA, PhD, our members are learning their leadership voices and how to communicate effectively with those we lead. During the spring semester, our chapter will select eight new student members: four P1s and four P2s. If you have any questions regarding PLS or how to join, feel free to reach out to either David Baca (dbaca1@uwyo.edu) or Kristyn McKnight (kmcknig1@uwyo.edu).

We also had our usual Med Take-Back booth at the Health Fair and have been doing some volunteer work at the Laramie Care Center. In October, six NCPA members attended the NCPA Annual Convention in Boston. This was something that this chapter had not done in several years. At the Convention, we were able to learn a great deal about the profession of independent pharmacy; we got to network with students and pharmacy owners from around the country; and we got to see and experience the wonderful city of Boston. Perhaps most exciting, however, was the award presented to our outstanding advisor, Dr. Hunter. She won the NCPA Faculty Liaison of the year award! Obviously, we are very fortunate to have her as our advisor.

Therefore, NCPA has had a very successful semester, and we are excited to see what the rest of the year will hold!

