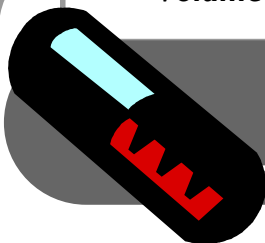


The Pitt Capsule

University of Pittsburgh School of Pharmacy



Happy Holidays from LKS!

By Hoi Yee Lung

As the fall semester comes to an end, the end of the new member period concluded also as well. The sisters of LKS are looking forward to the upcoming holiday events, but are also anxious to celebrate the holidays with family and friends from home.

LKS is happy to announce the addition of our twelve new sisters! Their induction occurred at the annual LKS/PDC Formal which was held at the Pennsylvania Athletic Association in Oakland on Friday, November 6th. Along with the hilarious skit performed by the new sisters, the PDC brothers also provided entertainment as they competed for the title of PDC Sweetheart. Congratulations to Sean John, our new sweetheart. Like last year, the sisters gathered for group picture, which will be sent out as holiday greeting cards to other chapters around the nation. Special thanks to Hannah (P2) and Steph (P2) for all their time and hard work in organizing the formal.

With your help, LKS was able to collect over 200 food items to benefit the Greater Pittsburgh Community Food Bank. Thank you for every-

one who participated, and congratulations to the P3 class for collecting the most non-perishable items.

Also, in the spirit of the holidays, LKS

raised over \$450 to purchase gifts and toys for ten children from the Angel Tree Program and sponsored a family of five from the Adopt-A-Family Christmas program. Because we were able to brighten Christmas for these members of the community, we will be continuing this service project for years to come.

Before the P3's start block 2 of their IPPE rotations, the Delta Chapter will celebrate the end of the semester at the annual Holiday dinner party on Thursday, December 3rd. Following tradition, the dinner will be held at the Spaghetti Warehouse in the Strip District and will involve a white elephant auction gift exchange. Also, the sisters had a very productive and insightful lunch meeting with Stephanie Guzman, the Northeast Regional Supervisor. The meeting was fun and successful as we reflected on our



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The Pitt Capsule

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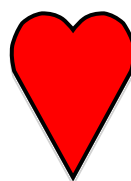
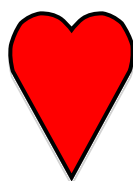
Blood Drive

TODAY!

From 11AM to 5 PM in the PCLC

Hosted by Rho Chi and ASDA to benefit the Central Blood Bank.

Win a Target Gift Card — See Page 3 for More Details!



APhA-ASP Celebrates a Great Semester

By Alexa Ray

The end of the semester marks a great time to reflect upon our achievements for the year so far, and to look ahead in hopes of a successful spring. APhA-ASP kicked off the year with a successful Back-to-School Picnic and a Student Outreach Visit from APhA-ASP National Associate Director of Student Development Crystal Atwell, and continued the semester with Patient Care meetings, IPSF events, Social Committee planning and more. Our Halloween Candy-Gram sale, the annual Career Expo, and Patient Care Smoking Cessation project rounded out a busy and successful fall.

We are very excited to kick off the spring semester with Pharmacy Weeks! For those P-1s who haven't experienced Pharmacy Weeks before, this is a time when all the student organizations collaborate to celebrate the school and the profession that we are so proud to be a part of. Pharmacy Weeks will run from Monday, January 11th through Friday, January 22nd and will culminate with the Annual School of Pharmacy Formal on Saturday, January 23rd! You can find a full schedule of all the Pharmacy Weeks events in this issue of the Pitt Capsule as well as on the student portal (<http://www.students.pharmacy.pitt.edu>). We hope you will learn about all of the exciting events planned, and attend as many as you can. Each is unique and is guaranteed to leave you with some great memories.

Another exciting event coming up in the spring is the Annual APhA Annual Meeting and Exposition. This meeting is held in a different city every year and is the only place you will find thousands of pharmacists and students pharmacists at one convention! This year's meeting will be held in Washington, D.C. from March 12-15, 2010. The close proximity of this year's meeting is a huge advantage—in

the past, the financial obstacles to attend have been considerable for students, but with the meeting being held just a hop across state lines, the cost to students will be lower and many more will be able to attend. If you are unfamiliar with the meeting, I encourage you to visit www.pharmacist.com and find more information including a tentative schedule of events.

This meeting always proves to be a great opportunity for our students to attend informational seminars regarding education and the profession, meet prospective employers at the APhA Exposition, network with students from other chapters, and much, much more.

Some funding will be available through the school based on ASP participation throughout the year, but exact amounts of reimbursement will not be known until the number of students attending is determined. P-3s and P-4s can also apply to the Graduate and Professional Student Association (GPSA) for funding. If you have any questions or think you might be interested in attending, please contact myself or ASP President-Elect Shailly Shah (skshah@pitt.edu).

If you have not yet explored the different opportunities ASP offers for students to get involved outside of the classroom, we encourage you to learn more about what we do by attending our General Body Meetings, committee meetings, and events or even just e-mailing our executive board members to see what their committees are up to. Pharmacy school has so much to offer outside of classes and exams—you just have to take the initiative to find what interests you! If you have any questions about ASP or need contact information for one of our officers or committee chairs, feel free to e-mail me at alexajray@gmail.com.

PLS Updates

By Anastasia Elmiger

The Phi Lambda Sigma Ice Cream Social will be held on Thursday, December 10th in the PCLC from 12-1pm. The PLS Ice Cream Social is an event where students interested in applying to PLS can learn more about the organization, the application process, and what we do throughout the year. Prospective applicants will also be able to mingle with current PLS members. This is an informal event, so feel free to bring a friend, build an ice cream sundae, and ask any questions you might have about the Pharmacy Leadership Society! Applications are now available on the Student Portal and are due on January 8th, by 9pm.

The annual PLS Faculty Charity Auction will be held at the Wyndham Garden Hotel Ballroom in Oakland on Thursday, January 14, 2010 from 6-9pm. Half of the proceeds will benefit the Grace Lamsam Pharmacy Program, which provides various pharmacy services to the underserved population here in Pittsburgh. The other half of the proceeds will go to the University of

Mark Your Calendars!

- 12/2—Pharmacy and Dental School Blood Drive
- 12/3—AMCP P&T Competition Information Session/Sign Up
- 12/10—PLS Ice Cream Social
- 12/11—Dean's Advisory Board Meeting
- 12/14-12/19 Finals Week
- 12/20-12/5—Winter Break!**
- 1/6—Spring Term Classes Begin

Rho Chi Updates

By Morgan Adams

Rho Chi would like to invite all students to participate in the Pharmacy and Dental School Blood Drive held today (December 2nd) from 11-5 in the PCLC! Anyone who attempts to donate will be entered into a raffle for a \$50 gift card for Target. Contact tms47@pitt.edu if you have any questions.

As for Rho Chi activities, look for lab cards to be distributed in the next few weeks. Also, look for information about the Rho Chi Pharmacy Week Activity, a scavenger hunt around Salk Hall, to be held on Wednesday, January 13th from 12 -1 PM.

Rho Chi wishes all students the best of



luck during finals and happy holidays!

Rho Chi Student of the Month—Jenny Bacci



Jenny Bacci—P3

Rho Chi would like to congratulate Jenny Bacci for being selected as the November Student of the Month. Jenny was nominated by her peers because she is a dedicated member of many school organizations and because she is actively trying to make our

school better for everyone.

Jenny belongs to APhA-ASP, Kappa Psi and Phi Lambda Sigma. Along with being a member of each of these organizations, Jenny holds several positions. She is the Chair to the Council of Professional Activities for ASP, which allows her to be the Pharm.D. program representative for the Graduate and Professional Student Assembly. She is also the ritual chair for Kappa Psi. And for PLS, Jenny is a co-chair for the PLS Auction for the second consecutive year. Also, she is the chair for the P1 mentoring program for two years in a row now and has helped to expand the program to help both the P1s and P2s with their portfolios by offering portfolio training sessions.

While Jenny has worked in the community for over a year now, she is excited to explore some of the varied options available to her in the profession in the coming P4 rotations. She would also like to invite all students to come to the PLS Auction Thursday, January 14th at 6pm at the Wyndham.

To nominate a fellow student or for ques-

IPSF Medical Spanish Classes Starting Soon!

By Alexa Ray

It's that time of year again...Medical Spanish classes are almost here! For those of you who have not heard about the classes or want to know a little more, you're in the right place. These classes were offered for the first time last spring as a way to introduce students to the Spanish language and equip them with a basic understanding of how to communicate with Spanish-speaking patients, and they were such a success that we decided to offer them again this year.

The classes are offered as a 6-week course, with one class a week held on Fridays from 12:00-1:00 p.m. All students are welcome to sign up for the course, whether you have never learned a word of Spanish and need to start from the beginning or you took it for years and in high school and just want a refresher course. The classes are held in a laid-back atmosphere, and the amount of time you want to dedicate to them outside of class time is completely up to you. The only strict requirement is that if you sign up

for the class series, you must attend all 6 class sessions.

There are still spaces left in the classes. To sign up, either e-mail me at alexa-jray@gmail.com for an electronic sign-up sheet, or fill out the sign-up sheet at the end of this issue of the Pitt Capsule and hand it to me before January 13, 2010. Space in the class is limited, so students will be added to the roster on a first-come, first-served basis. Feel free to e-mail me with any questions

Happy Holidays from Kappa Psi!

By Kendra Mueller

The brothers of Kappa Psi hope everyone had a wonderful Thanksgiving break and wish everyone a great end to the semester. The fraternity had a busy November filled with pledge events, service projects, and accomplishments. We are very excited to announce that Beta Kappa is the Province II Chapter of the Year for the eighth year in a row! The award was announced at our Fall Province Assembly at the end of last month. We are all very proud to be a part of something so great. We would also like to congratulate Jessica Klunk for making an amazing slide show featuring events throughout the past year. The slide show was voted best at the assembly, a tribute to both Jessica and the fraternity as a whole.

Pledging continued this month with our

annual lineage dinner to the Spaghetti Warehouse in the Strip District. The dinner was a great time for the pledges to bond with their Kappa Psi families and meet graduate members as well. The fraternity enjoyed a delicious pasta dinner followed by a very special performance of "Run This Town" by four members of the pledge class. It was definitely a night to remember.

As most brothers spent the month busy with school assignments and tests, we could not forget about all that we do to help the community. Kappa Psi is proud of the hours that we spend helping others around us and making the profession and community better. The brothers participated in many service projects this month including



hosting two blood pressure screenings, cooking brunch for Family House, passing out cards at the VA hospital, and donating our time to the Global Links foundation. We always look forward to these events and hope that our small contributions help to make someone's day brighter!

With the end of the semester right around the corner, the brothers are looking forward to our final events together this year before

PPA Legislative Update: Scope of Practice Expansion

Building Collaborative Care between Physicians and Pharmacists

By Nick Wytiaz

House Bill 1041 has passed the House of Representatives and has been referred to the Senate Consumer Protection and Professional Licensure Committee. This bill would expand collaborative drug therapy management to the community instead of restricting it to simply the inpatient or institutional setting where it is currently permitted in Pennsylvania.

Many other states already allow pharmacists to provide these services in both the community and within institutions. Pharmacists are in the unique position to provide focused disease state counseling and medication therapy management to all patients.

Now, more than ever, a greater focus is being placed on patient care in the outpatient setting. HB 1041 would expand the

opportunities for pharmacists to be involved with services such as anticoagulation and chemotherapy treatments in community settings, in addition to their current involvement in institutions. PPA fully supports the collaborative practice proposal and is urging the passage of this bill.

As we all know, the role of the pharmacists is quickly expanding as our health care system continues to undergo changes. This bill will allow pharmacists to practice direct patient care as members of a healthcare team comprised of physicians and other health practitioners.

As the "medication experts", pharmacists can utilize their knowledge and experience to work with physicians to guide a patient's medication therapy and optimize outcomes.

With pharmacists already administering immunizations, managing diabetes care, counseling for smoking cessation, and assisting in anticoagulation treatment and monitoring, it only seems logical to expand their roles into the outpatient setting. PPA encourages all Pennsylvania pharmacists and students to promote the expansion of practice proposed by this bill.

To help make this possible, our chapter is organizing a "letter writing" campaign to ask our state Senators for their support of this bill. We have created a template letter to be emailed to Senators on the Professional Licensure Committee and those who represent our district.

Be on the lookout for an email in the coming week! Hopefully, with your help, we can get the bill introduced in the senate and

The Issue Is Income

Part 2, Continued from the October Issue of the Pitt Capsule

Building Up Your Human Capital

This sounds obvious, but in a time when other asset classes are faltering and the economy is struggling, steady income from a job is critically important to your long-term financial wellbeing. And like any other business that wants to remain profitable, your human capital must remain competitive in the market place. You may need to consider an investment in continuing education, or an upgrade in your technology skills. And “underemployment” – i.e., working in a position below your qualifications – may be better than not working, because of the future opportunities that may arise from connections with other productive people.

But even if you remain employed, there are other threats to your human-capital dividend production. Your human capital doesn't last forever. At some point, you may get tired or break down. Eventually age takes some or all of your productive capacity. So unless you die young, it isn't reasonable to expect you will remain fully productive for your entire life. This is the biggest financial challenge in using human capital to provide an ongoing income: At some point, there will need to be a transition from income/dividends from your human capital to income/dividends from other capital. But when?

The Longevity of Human Capital

The statistical realities of human capital in developed nations are eye-opening.

First, consider life expectancy. According to the Social Security Administration, a 40-year-old American male has an average life expectancy of another 37.28 years. And the older you are now, the greater



your life expectancy – while an average 40-year-old male can expect to live until 77, an average 60-year-old male can expect to live to 80.

But there's a distinction between being alive and being healthy enough to work. In most cases, people will not be able to work as long as they are alive. To account for this distinction, longevity statisticians have developed a Healthy Life Expectancy (HALE) calculation. HALEs (pronounced *haleys*), are defined as the average number of years that a newborn can expect to live in "full health," and are used by statisticians to adjust life expectancies for the amount of time spent in poor health.

The World Health Organization (WHO) provides a HALE calculation for each country in the world. In the United States, the current HALE is 67.0 years for males and 71.0 years for females. When compared with current **life** expectancies for newborn Americans, the difference is 8 years for males and 9 years for females. From this data, it might be possible to consider average human capital to be “used up” 8 or 9

years before the end of one's life.

But this data is for newborns – those born today. Other current information, while not providing an apples-to-apples comparison with the HALE data, is even more sobering:

The following statistics come from reports issued by the Urban Institute in December 2008 and February 2009:

- About one-third of all Americans develop a health-related limitation in their fifties and sixties.
- Four in 10 workers in their fifties have jobs with some physical demands, which they might not be able to meet as they grow older.
- Even for workers in jobs that aren't strenuous, health problems can keep many from working. More than a quarter of adults age 65 to 69 have a health problem that limits the work they can do.
- As a result, 37% of American workers do not retire on their own timetable, but rather are forced into retirement due to layoffs, illnesses or injuries.

In other words, human capital, while the key to all wealth production, is a fragile asset. It needs to be protected, and eventually, must be replaced by other assets.

Part 3 – Protecting Human Capital and Don't Undervalue Your Human Capital- will appear in the next issue.

Hurley Associates is a full service financial services firm located at 3508 Fifth Avenue in Oakland. Their representatives are frequent contributors to the Pitt Capsule and frequent lunch and learn presenters. They invite you to participate in their presentations and to contact them with your comments, concerns and questions.



IPSF Medical Spanish Classes



IPSF is pleased to announce that we will be offering Medical Spanish classes for pharmacy students again this year. Last year's classes were a great success and we have made several improvements in hopes of facilitating the success of participants. Students with any amount of Spanish proficiency are welcome.

IPSF Medical Spanish Classes will be held on Friday afternoons in January and February 2010. The dates are as follows:

Friday, January 15th
Friday, January 22nd
Friday, January 29th
Friday, February 5th
Friday, February 12th
Friday, February 19th

All classes will be held from 12:00-1:00 p.m. in 457 Salk Hall.

Students who sign up for the class series are required to attend all 6 classes. Sign-up sheets are due no later than Wednesday, January 13th but students are encouraged to submit their forms as soon as possible as space in the class series is limited. Forms may be submitted in person or electronically (via e-mail) to the IPSF Liaison, Alexa Ray. Feel free to contact me with any questions! (alexajray@gmail.com)

Name _____ **Class year** _____

Email address _____

Level of Spanish Proficiency:

Beginner Beginner-Intermediate Intermediate
 Intermediate-Advanced Advanced

What are your goals for this class series?