

The
PITT CAPSULE

Volume 17 | Issue 6

Rho Chi

Olivia Marchionda (P3), Historian

March was an exciting month for Rho Chi, as the chapter welcomed 23 new P2 members on **March 21st** at the University Club; congratulations again!

In March we also welcomed the distinguished Dr. William Shrank, this year's Rho Chi Koch Lecturer. Dr. Shrank, the Chief Medical Officer for UPMC's Health Plan Division, discussed how he works to improve population health and advance UPMC's business strategies. Thank you to all who attended the lecture. We hope you enjoyed hearing Dr. Shrank speak as much as we did. And with that, it is time to bring this year to a close from the members of Rho Chi! Good luck with finals!

The new Rho Chi inductees were honored with a ceremony and dinner at the University Club.



CPFI: CHRISTIAN PHARMACISTS FELLOWSHIP INTERNATIONAL

Olivia Marchionda (P3),
Vice President

Happy April! Time has been flying and it is hard to believe that we are nearing the end of the semester. Over this past month CPFI members have been discussing topics related to the season of Lent and how we can prepare for the celebration of Easter. If anyone needs information regarding on-campus Easter masses/services, please let us know. We hope everyone has a wonderful rest of the semester, and we wish everyone good luck on finals!

SAVE THE DATE!

Leadership Retreat

Monday, Apr. 10th
5-7 PM

Salk Hall 402

Legislative Day

Wednesday,
Apr. 19th

Harrisburg, PA

End of the Year Party

Thursday, Apr. 27th
6-8 PM

Steel Cactus, Shadyside



SCCP: STUDENT COLLEGE OF CLINICAL PHARMACY

Mikhaila Rice (P2), Secretary

First, SCCP would like to congratulate all members of our 2017-18 executive board, including Morgan Casal as President, Dan Schrum as President-Elect, Jenna Borowski as Vice President, Mikhaila Rice as Secretary, Neha Poladi as Treasurer, Kathy Monangai as Student Liaison, and Chris LaFratte as Project Outreach Chair. We are looking forward to another busy year full of new energy and new ideas.

If you were not able to participate in the Clinical Research Challenge this year, stay tuned for more information regarding the Clinical Pharmacy Challenge, which will take place this month. The Clinical Pharmacy Challenge is a team-based competition in which student pharmacists test their clinical knowledge in a “quiz bowl”-type format. If your team of three advances to the quarterfinal round, you will each receive full registration reimbursement for the ACCP Annual Meeting in Phoenix, Arizona from **October 7-9th**. All students are welcome to compete!

We will be hosting our second fundraiser of the year at Chipotle on **April 10th** from 5–9 PM. Be sure to stop by to support our chapter, all while enjoying a mouthwatering burrito. In addition to the Chipotle fundraiser, as the semester begins to “wine” down, we will be introducing another brand-new fundraiser... stay tuned for details!

All in all, it has been an eventful year for SCCP. If you ever have any questions

about our organization or if you have any ideas or initiatives, feel free to reach out to any member of our executive board – we want to make our organization meaningful to you. As always, find us on Facebook for updates. Have a great last month of school, and be sure to enjoy your summer break!

SIO: STUDENT INDUSTRY ORGANIZATION

Paul Stangl (P2),
Communications Vice President

Student industry Organization has had a very successful year! Coming into this last month before summer break, we would like to thank all of the students who came to our events and helped SIO grow. Not only have we seen an increase in the amount of students interested in SIO, but we have also increased the number of activities available for students, including the Biotech Investment Fantasy League pioneered by executive board members Collin Wolf and Sam Bott. For those looking for information about our new executive board, new positions have been posted to our Facebook page. We would like to acknowledge the large pool of applicants this year, which resulted in us adding new positions into our organization. Looking forward to this month, on **April 4th** we will be hosting Dr. Nicole Ansani from Pfizer's Department of Medical Affairs as an alumni guest speaker. This is our last event of the year, and more information about this will be posted on our Facebook page as details become available. With that, we would like to wish you all a great summer and good luck during finals week!

SSHP: STUDENT SOCIETY OF HEALTH-SYSTEM PHARMACISTS

Heather Johnson (P3), Business
Manager

Over the past month, the SSHP executive board has continued to expand. We would like to congratulate our new officers, Domenica Ricciuti, Cameron Karnick, Hannah Akerberg, and Funto Babalola! We also held our Story of You workshop with PLS; many students were able to receive advice on how to improve their interviews. One important tip from Dr. Smith is to never state that you have a weakness. If you are asked about your weaknesses, say what you need to improve on without admitting that it is a weakness. Residency directors Dr. Brandon Bookstaver and Dr. Nicole Bookstaver from South Carolina Palmetto Health also attended the workshop to provide advice and discuss ambulatory care and infectious disease residencies.

On **April 13th**, Dr. Bob Weber will be visiting from Ohio State! We will also be appointing students to our project chair positions. This is a really great way to get involved, and there are positions available for Poison Prevention, Behavioral Health Support, Travel Vaccines, Men's Health, and the Contraceptive Project. Leading a project is a really fun way to get involved in SSHP! National members should keep checking for emails about your benefits and options like the CV review and writing contest. It is never too late to get involved in SSHP or ASHP, so please come out to our events!



SNPhA: STUDENT NATIONAL PHARMACEUTICAL ASSOCIATION

Martha Ndungu (P2), President

SNPhA is still working tirelessly to develop and participate in more community outreach events. This month we had our Regional conference and our chapter's elections!

The Regional conference was in Birmingham, Alabama. While in the deep south, our President, Top Triamwong, and our active member, Brittany Lewis, competed to defend Pitt's Clinical Skills. Our President-Elect presented a poster and served as our chapter's delegate. Overall, it was a busy weekend of repping the blue and gold!

As democracy has it, SNPhA will be having elections this month, which are the most unique within the pharmacy school because our executive board is made up of both pharmacy and pre-pharmacy students. We have no doubt that the best people for the job will be chosen.

And finally, a quick shout-out to our executive board for working hard to set up blood pressure and chronic kidney disease education dates, ICP food pantry volunteering, tabling at the Lothrop Health Fair, and many other events just in the month of March!

PLS: PHI LAMBDA SIGMA

Gabby Dziuba (P3), Secretary

With the induction of our new members in late March, Phi Lambda Sigma is happy to not only welcome our initiates but also to hand over the reins to the incoming officers. We know that they will grow as leaders and continue to foster new ideas for the organization. Congratulations to the new members on their new leadership positions!

The Spring Leadership Retreat is scheduled for Monday **April 10th** from 5–8 PM. We encourage all students to participate in order to learn how to have an impact on our school and community as well how to grow as a leader. Moreover, PLS members will be returning to the Ronald McDonald House on **April 18th** to show off their cooking skills and get to know the new members. We are looking forward to returning to the Ronald McDonald House, and we thank them for welcoming us again.

With the semester winding down, Phi Lambda Sigma would like to thank their officers, especially their president, Billy Wilkinson, for expanding Phi Lambda Sigma's outreach into not only our school but the community.



Pictured left: new PLS inductees
Pictured right: outgoing PLS officers

LKS: LAMBDA KAPPA SIGMA

Andrea Bejjani (P2), Corresponding Secretary

The semester is quickly coming to an end, and time is flying by as we have been planning two of our biggest fundraising events of the semester. The date for our 3rd Annual Teal Tap has been confirmed, so mark your calendars for Friday, **April 7th**. The event will be at Carson City Saloon from 6–8 PM for everyone 21 years and older. For those who don't know, this event is held to raise money and awareness for the National Ovarian Cancer Coalition, an organization dedicated to saving lives by preventing and curing ovarian cancer, while improving the quality of life for survivors. So, if you're looking to support an amazing cause while having a good time with friends, come out to Carson City. Last year, the event had raffle prizes and beer specials, so stay tuned for more details on this year's event through our social media accounts!

The very next day, on Saturday, **April 8th**, LKS will be hosting our 3rd Annual HOPE WaLKS event, a 5k run/walk held in Schenley Park. The proceeds of this event will be going to our philanthropy, Project HOPE. Project HOPE delivers medical care to those around the globe, preventing disease, and promoting wellness for all. Consider signing up for the event if you want to help a great cause while simultaneously staying in shape! Even if you don't want to run/walk, there will be delicious food to enjoy after the run. More details about the event are coming soon, so stay tuned!

As this school year is coming to an end, we have a lot to look forward to and are excited to see what is still to come. Good luck with upcoming exams, and have a happy April! As always, please follow us on Facebook (@PittLKS) and Instagram (@LKSDeltaChapter) for updates on all of our exciting events and activities!

PDC: PHI DELTA CHI

Alex Miller (P1), Worthy
Keeper of Records and Seals

March: Everyone's favorite month to pretend that they're Irish, spend money on college basketball brackets, and party in Florida over spring break. The brothers of Phi Delta Chi have been hard at work this March, however, planning events and electing new officers.

On **March 24th**, a legendary event took place, as the boys of PDC Mu organized a social mixer between the boys of PDC at Pitt and the lovely ladies of LKS at Duquesne. This event was held on the rooftop of the fabled Carson City Saloon, and it was the debut of many great things to come from our newly elected social chair, Spencer Schlecht.

Tensions are high right now with the excitement of March Madness. For many, it is just a game, but for the brothers of Phi Delta Chi, we are fighting for honor. Who will be the big winner this year?

The P2s are holding a portfolio conference for the P1 brothers, helping them to develop excellent resume and CV building skills. Additionally, they will provide tips to us young bucks as to how we can build our pharmacy portfolios to be top notch.

I would like to give a special congratulatory shout out to our P2 brothers, Max Prokopovich, Seth Stahl, and Rami El Chammas (pictured below), who were inducted into the Rho Chi Society. This is an outstanding honor and demonstrates our brothers' hard work throughout their pharmacy school careers.

Elections for our fraternity have been finalized and all our new officers have officially taken charge in their respective positions. All of us are very eager to get the ball rolling and are planning some big things for Phi Delta Chi. Expect great things from our organization starting in the fall of 2017!



PITTSBURGH SPRING BUCKET LIST

Brought to You by the Publication Committee

For many pharmacy students, it is easy to bundle yourself in blankets and never leave your poorly heated South O home during the [mostly] winter months. However, as the temperatures [hopefully] start to rise with the start of spring, we must remember to emerge from under our piles of class notes, tell Netflix that - no, thank you - we will not be watching another episode, and enjoy all three days of warm weather as much as we can. If you're looking for some motivation to get you out of the house to experience the wide range of activities Pittsburgh has to offer, check out some of our editors' favorites, listed below. How many of these have you done?



Get Outside

- Walk the trails in Schenley Park
- Check out Phipps Conservatory
- Visit Point State Park (pictured)
- Go hiking
 - Frick Park Tour Loop Trail
 - Three Rivers Heritage Trail
 - South Side Trail

Study in New Places

- Hang out at local coffee/tea shops
 - Biddle's Escape-Regent Square (pictured)
 - Té Cafe-Squirrel Hill
 - Delanie's Coffee-South Side
 - Dobra Tea-Squirrel Hill
- Study in Schenley Plaza



Be a Pittsburgh Tourist

- Visit Museums
 - Andy Warhol-Downtown
 - Mattress Factory-North Side
 - Carnegie museums-Oakland
- Watch the Pittsburgh Pirates: free T-shirt Fridays (pictured)
- Get student rush Penguins tickets
- Go on the incline and visit Mt. Washington
- Attend a Pitt arts event (open to Pitt juniors and seniors)

PPA: PENNSYLVANIA PHARMACISTS ASSOCIATION

Nicolette Diehl (P3), Communications Ambassador

It is officially the month of Legislative Day! On **April 19th**, the entire P2 class and select P1 and P3 students will be visiting the Capitol Building to meet with legislators to discuss important pharmacy issues. This year our first priority will be reformulation of Medicaid reimbursement and many other secondary issues. The PPA staff will be hosting a conference call on **April 12th** at 12 PM to prep students and pharmacists on these issues. Details about the call can be found on the PPA website under the Legislative Day tab. The day will start at 8 AM with breakfast, and legislative appointments will occur throughout the morning and into the early afternoon. The rally will take place at 10 am in the Rotunda, and the day will conclude with a group picture at 2:45 PM. Tours of the Capitol Building are also offered every half hour from 8 AM–4 PM at no charge— just stop by the visitor's center for more information. Please refer to PPA's website for more information about Legislative Day or ask any executive board member.

Time to complete the GRASP program before Legislative Day is quickly running out! This program will teach you about the current legislation that we will be discussing at Legislative Day and prepare you to talk to your state legislator with a mock legislative session. It is a great way to feel more comfortable talking about the pharmacy legislation with your legislator. The program is free of cost to all students, and details can be found on the PPA website.

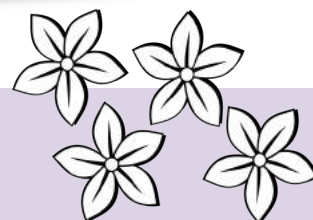
Lastly, before Legislative Day, please consider writing to your legislators concerning the campaign for provider status bill. If this bill is passed, pharmacists will be allowed to utilize Medicare Part B to their full capability by providing services to the underserved. Sending a letter only takes a few minutes, and any executive board member can give you the direct links!



Legislative Day
2016

KY: KAPPA PSI

Emily Craine (P1), Corresponding Secretary



The brothers of Kappa Psi are busy bees this spring! Recently, we had our Black and White event, where we elected the best dressed, the most likely to nap in class, the best Snapchat stories, and more. There was a seven-way tie for the winner of the brother who brightens your day. We also had lunch with the professors of Kappa Psi recently. We shared what is new with our chapter, and we heard personal stories from the professors about their experience as members of Kappa Psi. There was a dessert contest at the lunch to determine the best Kappa Psi student baker; results pending!

The Kappa Psi brothers are ending the semester with a jam-packed April schedule. We are planning the annual inter-fraternal football game in early April, and we are excited for a chance to test our physical capabilities instead of our brains for a change! Province will be in Reston, Virginia from April 7-9th, and our formal will be on **April 15th**. We are looking forward to getting dressed up and having a good time with the entire chapter. On **April 20th**, we will be saying farewell to our beloved P4 brothers before they enter the real world; they have taught us so much. Our mixer with the dental students is still in the works, and there may be some medical students

in attendance as well. We will have plenty of opportunities to practice our inter-professional communication and to get to know fellow health care providers.

We also have plenty of philanthropy events coming up for this semester. We have a team participating in Relay for Life on **April 1st** to raise awareness and money for the American Cancer Society. Additionally, we will be volunteering with global links to help sort medical supplies to send to areas in need as well as with Family House to cook dinner and socialize with the families staying there.



Winners of the awards from Black and White

APhA-ASP: American Pharmacist

Alexa Hospodar (P3) and Olivia Berger (P2), Social Vice Presidents

Thank you to everyone who attended the APhA-ASP Annual Conference with us in San Francisco! We as a school had a very successful year, and we were awarded the 2015-2016 Chaper Patient Care Award and Rho Chi Chapter of the Year. Congratulations to everyone involved and thank you to anyone who

participated in our patient care events! We would also like to extend our congratulations to Dr. Coley for her blue ribbon on her poster about Pennsylvania pharmacists providing care for the underserved.

With the end of the semester in sight, we would like to invite you to attend

the Spring Leadership Retreat on **April 10th** from 5-7 PM in Salk 402. We will be brainstorming and discussing events for the Dean's Theme of OTC Medication Safety for next year. We hope to see you there!





LETTER FROM THE EDITOR

At the APhA-ASP annual conference, Alex Sheen, founder of “because I said I would,” gave a moving keynote speech. Alex, who at one time worked at a software company in my own corner of the world, gave it all up to focus on building an international social movement and non-profit dedicated to bettering humanity with a simple, yet powerful, message:

because I said I would.

His father, a pharmacist, taught him the power of a promise, and Alex decided to share this power with the world. What promises have you made and not kept? What promises could you make to better yourself, to better someone else, to better the world?

Yours,
Mikhaila Rice

The Pitt Capsule Editor-in-Chief
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