

The Pitt Capsule

2018 Orientation Edition

Welcome Class of 2022!

The American Pharmacists Association Academy of Student Pharmacists (APhA-ASP) Communications Committee publishes a school-wide newspaper, the *Pitt Capsule*, each month. It is put together by our student pharmacists to connect you with everything that is happening within our organizations and school events.

Take the first month or so of pharmacy school to explore the different organizations. You may be surprised by what captures your interest! There will be several opportunities to meet organization members - orientation and first General Body Meetings (GBMs) are just a few examples. You'll have the acronyms down in no time, so enjoy your first year of pharmacy school!

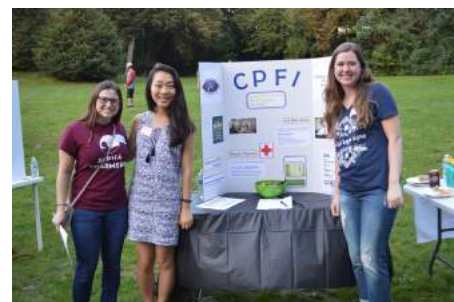


Back-to-School Picnic

The Back-to-School Picnic has been scheduled! Enjoy a cookout with your classmates while learning about our organizations.



Tuesday, September 4
Vietnam Veterans Pavilion
Schenley Park





P1, P FUN: Welcome P1 Students!

Cathy Dziuba (P2), Special Features Editor

The first month here may be hectic as you shape your expectations for the rest of your time in pharmacy school. This feeling is so common among incoming students, that you could consider it to be tradition. Through orientation, Emerging Professional, and the first rounds of club meetings, the one thing that will be clear is that we are heavily invested in giving new students the tools to succeed as well as opportunities to grow. The current P2 class was asked about what advice they would give to the P1 students, and this is what they said. Good luck!

“I wish someone told me how useful it is to study in groups! I had always done self-study before pharmacy school, but there’s so much information we learn that being able to talk to each other, teach one another, and borrow study tactics has been really valuable! I wish I had realized that earlier during first semester.”
– Grace Erdman

“Don’t let the academics of pharmacy school stop you from exploring great opportunities. You may never again have as much time in school as you will in your P1 year.” – Mo Kashkoush

“I would say how important it is to get involved in organizations within the school and different organizations. It provides you with experiences that you won’t get in the classroom.” – Andrew Haddad

“You don’t have to do everything! You believe that everyone is doing everything but what’s really important is finding what you want to do with your energy and invest energy and time into.” – Sejla Jukic

“Caffeine is a drug, and you will become addicted.” – Wei Lin

“I wish I had known how working for the ‘right’ company can shape your career goals. I originally wasn’t sure about working in the retail/community field, but after working for a great company that treats me well, I’ve found that I can see myself there in the future. Where and for whom you work can really make or break a fulfilling career.” – Chloe Alibeckoff

“Keep an open mind about pharmacy and try to explore everything.” – Bobby Lasko

“Stay on top of all of your pharmacy requirements as early as you can. As an international student, I had to go through a lot of administrative trouble to get my intern license. Even if it takes a kazillion emails, don’t let an issue like that stick around for too long.” – Thai Nguyen



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APhA-ASP: American Pharmacists Association Academy of Student Pharmacists

Danielle Weaver (P2), Membership Vice President

To returning students, welcome back! To incoming P1 students, welcome to Pitt Pharmacy! The American Pharmacists Association Academy of Student Pharmacists (APhA-ASP) is thrilled to start the Fall semester with the annual Back-to-School Picnic, which will be held on Tuesday, September 4th at the Vietnam Veteran's Pavilion in Schenley Park from 6:30-9 PM. The picnic is a great opportunity for students to learn more about different pharmacy organizations, connect with other students, and enjoy some great food!

APhA-ASP is the umbrella organization within the School of Pharmacy that provides numerous ways to get involved with a wide-variety of committees and projects. Some of the committees you could get involved with include Patient Care, Policy and Advocacy, Membership, Inter-professional, Professional Development, Media and Communications, and International (IPSF). In addition to offering opportunities to engage in countless projects, involvement in APhA-ASP also gives students the chance to attend both regional and national conferences. These conferences offer invaluable networking opportunities and are a lot of fun! This year, the Mid-year Regional Meeting will be in November at Baltimore, MD, and the annual meeting will be in March at Seattle, WA. APhA-ASP is focused on providing our members with various opportunities to get involved as emerging professionals, to grow as student pharmacists, to network, and to have fun! We'd love to have you join and invite you to learn more about our organization at our first General Body Meeting on Wednesday, August 29th at 12 PM in Salk 456. We hope to see you then, and we are looking forward to an exciting year!

PPA: Pennsylvania Pharmacists Association

Emily Dell (P2), Communications Ambassador

Hello everyone and welcome back! The Pitt Chapter of the Pennsylvania Pharmacists Association is excited for everything we have planned for the following year. Being a member of this organization gives us many opportunities to work on becoming professionals and advocates for the profession of pharmacy.

During the school year, the members of this organization have the chance to attend Annual and Mid-Year conferences that take place in the state of Pennsylvania at a discounted rate. At these conferences, students can present posters and network with students and pharmacists from across the state. This year, PPA's Annual Conference will occur from October 18th to October 21st at DoubleTree Resort by Hilton Lancaster in Lancaster, PA. At this conference, students will have the chance to compete in the Achieving Independence Competition, which helps us learn more about pharmacy ownership and building our resumes.

In June, members of PPA attended the PPA leadership retreat at Toftrees in State College, PA, where they were able to learn more about the organization and network with other schools' PPA leaders. Another important event for the members of PPA is Legislative Day, which is a meeting held in Harrisburg for any student pharmacists, pharmacy technicians, and pharmacists advocating for the pharmacy profession in Pennsylvania. At this meeting, we learn about current events and issues happening in the world of pharmacy.

If you are interested in pharmacy policy or would like to join an organization dedicated to your future profession, we would love to meet you. Becoming a member is easy, and you can remain a member of the organization after graduating from pharmacy school. If you would like to learn more about PPA and what we are doing this year, please come to our first general body meeting on Tuesday, September 4th at lunch. See you there!

SSHP: Society of Health System Pharmacists

Kiana Green (P3), Business Manager



SSHP E-board and Dr. Shullo CORE Donate Life reception.

Schedule of Events

General Body Meeting: August 30th at 12 PM in Salk 402

Back-to-School Picnic: September 4th at Schenley Park

Professional Project Intro Meeting: September 26th at 12 PM in Salk 402

SSHP E-board tabling event at the Petersen Events Center for CORE Donate Life featuring Pumper the Heart.



Summer may be over, but the fun doesn't have to be if you join SSHP! The Student Society of Health System Pharmacists (SSHP) is one of the largest organizations in the School of Pharmacy, and our mission is to provide students with diverse opportunities in the health system sector of pharmacy. Being a member of this organization is a great way to learn about the various careers within health systems, including clinical pharmacy, ambulatory care, critical care, pharmacotherapy, and residency, and much more. You can also get involved with our professional projects. This year, our projects are Poison Prevention, Men's Health, Travel Vaccinations, Contraception, Psychiatric Support, Antimicrobial Stewardship, and CORE Donate Life. These projects are a wonderful way for you to get involved, and there is always room to grow with new projects!

Wherever your interests lie in health system pharmacy, SSHP will assist you on your journey to find a job in the field with CV/resume workshops, guest speakers, and special events. Think you might want to pursue a residency? We have the perfect event for you! Residency 101 gives you a chance to hear from a guest speaker about what a residency is and how the process works. This year, Dr. Bookstaver, PharmD, will be coming to talk to us from University of South Carolina. He is an associate professor and vice chair in the Department of Clinical Pharmacy and Outcomes Sciences at the College of Pharmacy, and he maintains a practice site in infectious diseases. Come join us on September 13th at noon in Salk 402 to hear from him and to ask questions about residency!

Every year, SSHP hosts the Clinical Skills Competition, where you and a classmate work together on a clinical case and defend your plan against a panel of judges. The winner gets to move on and compete at ASHP Midyear Conference, which is one of the largest gatherings of pharmacists in the country. Last year, we had two students, Lindsay Jablonski and Mary Grace Fitzmaurice, compete and win the National Clinical Skills Competition at ASHP Midyear! They did an amazing job last year, and we hope to continue this tradition and bring home the repeat! If this is something that interests you, look out for signs later in September.

Do you know you definitely want to be a member of SSHP? Do you want to get involved but aren't quite sure how? Are you still on the fence and want to find out more? Come talk with us and learn more about all the things SSHP can offer you!

SNPhA: Student National Pharmaceutical Association

Kathy Monangai (P3), President

The Student National Pharmaceutical Association (SNPhA) is an educational service association of student pharmacists who are concerned about pharmacy, healthcare-related issues, and the poor minority representation in pharmacy and other health sciences-related professions. The purpose of SNPhA is to plan, organize, coordinate, and execute programs geared toward the improvement of health, educational, and social environments of the community. SNPhA serves the underserved. Serving underserved patients encompasses increasing awareness and understanding of different disease states in the community and educating communities on better health practices. We serve through seven of the national organization healthcare initiatives.

Our initiatives include Fighting Diabetes, Power to End Stroke, Operation Immunization, Mental Health, Chronic Kidney Disease, Remember the Ribbon (HIV/AIDS), and Legislative. Each initiative has a student leader who creates events for our pharmacy and pre-pharmacy student members to collaborate with one another and other healthcare professional students to educate and empower patients. We are one of the two undergraduate pre-pharmacy organizations on campus, but are unique in the sense that we have both graduate and undergraduate chapters. Students are able to gain patient experience as early as the first month of classes during their pre-pharmacy or professional years. Our collaboration with other healthcare professional students, such as medical and dental students, has been through health fairs and philanthropic efforts.

This summer, Pitt SNPhA chapter attended the National Meeting in Charlotte, North Carolina and represented the school of pharmacy extremely well. Kathy Monangai, the incoming Chapter President, was appointed to the National Elections Committee, which consists of five representatives from each region, National President, and National President-Elect. She had the opportunity to interview



Featured are some of our SNPhA members with National President, Colin Lombardi, during Walgreens Awards Banquet at SNPhA/NPhA National Meeting in Charlotte, North Carolina.

candidates and eventually slated them to be elected by the House of Delegates for the National Executive Board. Also, Martha Ndung'u, the outgoing Chapter President, was honored at Walgreens Awards Banquet by winning a Chapter President Diversity Award! The award was based off her work of creating the first interprofessional health-sciences Black History event at the University of Pittsburgh. We partnered with our brother medical and dental organizations, SNMA (Student National Medical Association) and SNDA (Student National Dental Association). With donations and raffle prizes from the event, we were able to raise \$300 for the Northside Coalition for Fair Housing community organization.



The 2018-2019 SNPhA Presidential Theme is "Strength In Purpose".

Lastly, the graduate members on the executive board for this school year includes: Kathy Monangai (President), Hager Mohamedein (President-Elect), Josephine Kim (Vice President), Lauren Snader (Treasurer), Olivia Fritz (Fighting Diabetes Chair), Kaycie Gavin (Power to End Stroke Chair), Funto Babalola (Operation Immunization Chair), Jessica Mattox (Mental Health Chair), Abby Morrison (Chronic Kidney Disease Chair), Leia Stephenson (Remember the Ribbon HIV/AIDS Chair), Gabbi Hill (Legislative Chair), and Vidya Balakrishna (Dean's Theme Chair). If you have any questions and/or ideas, please reach out to the executive board on our PoRxtal home page or at snpha.pitt@gmail.com.

SCCP: Student College of Clinical Pharmacy

Kathy Monangai (P3), Secretary

The Student College of Clinical Pharmacy, or SSCP, is the student chapter of the national pharmacy organization called the American College of Clinical Pharmacy, or ACCP. Pitt's chapter of SSCP helps orient students to the practice of clinical pharmacy by providing information about careers and opportunities, promoting dedication to excellence in patient care, research, and education, encouraging skill development necessary to function within an interdisciplinary team, and advocating the role of clinical pharmacists within healthcare.

We have several opportunities for you to expand your clinical knowledge, learn from your peers, and learn from faculty who practice in a clinical setting. We offer Mentored Research Fellowship Awards for students who complete research with a faculty member through volunteering their time or participating in a for-credit research opportunity known as Special Topics Research. Fellows are named each year, and they will participate in our joint-organization New Drug Series, present their research to their peers, and win a \$1,000 scholarship to attend the conference of their choice to present their research to an even larger clinical pharmacy audience!

SCCP collaborated with the Student Industry Organization (SIO) to launch a New Drug Series journal club this past year. SSCP initially has one of its Mentored Research Fellows present their

research on a specific drug or a type of innovative drug therapy. In the following event, SIO will host a Medical Science Liaison pharmacist from a pharmaceutical and/or biopharmaceutical company to discuss their knowledge on the drug therapy and its clinical uses. These events are a great way to learn more about how a drug progresses from both the clinical trial and manufacturing phases of the overall drug development process.

Also, we have several student-led projects within our organization. The newest project is Project CMM (Comprehensive Medication Management). Our other projects include Self Care, Geriatrics, Pulmonology, and Continuing Education. There will be opportunities to get involved in these projects next semester. If you're interested in running for a Project Chair position for this school year, feel free to contact anyone on the executive board!

Lastly, the executive board for this school year includes: Dan Schrum (President), Nicole Hume (President-Elect), Chris LaFratte (Vice President), Kathy Monangai (Secretary), Kristina Murray (Treasurer), Jessica Cercone (Project Outreach Chair), and Nikitha Yagnala (Student Liaison). If you have any questions, concerns, or ideas, please reach out to our executive board through our Facebook page ([@universityofpittsburghsccp](https://www.facebook.com/universityofpittsburghsccp)) or at pitt.accp.eboard@gmail.com.



ACCP

AMERICAN COLLEGE OF CLINICAL PHARMACOLOGY

Advancing Clinical Care through Pharmacology®

CPFI: Christian Pharmacists Fellowship International

Alexandria Taylor (P3), President

Christian Pharmacists Fellowship International (CPFI) is a worldwide ministry of individuals working in all areas of pharmaceutical service and practice. Our mission is to serve Christ and the world through pharmacy. CPFI's core values are to provide Godly encouragement and fellowship among like-minded professionals, challenge and promote spiritual growth, encourage the advancement of knowledge and ethics in the practice of pharmacy, encourage evangelism, and integrate faith into practice.

CPFI is excited for the new school year and all the activities we have planned! Please join us for our first meeting on Friday, September 7th at noon in Salk 532. This will be a great time to socialize and learn more about the upcoming year! We will continue to have weekly meetings as an organization this year on Tuesdays during lunch. This semester, we will be diving into *A Missional Life* to help us better prepare for engaging in the world of healthcare and living a missional life.

This year, we will be connecting with fellow medical and dental students as we partner with Pitt's Christian Medical and Dental Association (CMDA) for several events! Last year, we participated in the Dean's Theme for the first time and won the Most Innovative Award for our efforts. We donated over 13 first-aid kits and many extra supplies to Urban Impact. We are looking forward to see what we can accomplish with this year's Dean's Theme. In addition, we have other serving and fellowship events planned for the year that we cannot wait to get started! Finally, we are looking for a P1 representative this year to help CPFI continue to grow. If you have any questions, please stop by our table during the Back-to-School Picnic on Tuesday, September 4th!



CPFI members celebrating another successful school year!

BIFL: Biotech Investment Fantasy League

Samuel Bott (P4), Founder of BIFL

Welcome to pharmacy school!

RUN.

Kidding, of course.

In all seriousness, one of the most important lessons that you will learn during school is that success in your career largely depends on your ability to differentiate yourself. Each year, there are thousands of pharmacy graduates who will all have a PharmD just like you will, so how do you even begin to differentiate yourself?

Developing skills that translate not only to a career as a pharmacist, but a wide array of functional roles both in your career and personal life is a great start. The Biotech Investment Fantasy League was developed to give student pharmacists a leg up in understanding the trends of healthcare as well as understanding the world of healthcare investing. Each year, students compete against one another with (real) healthcare stocks and (simulated) money for some very real prizes. Students that participate in the investment league can be expected to:

- Develop an understanding of the major trends in the healthcare market that will shape future careers.
- Have a solid understanding of the drug development process.
- Become familiar with the big players in the pharmaceutical world.
- Recognize pipeline drugs that will be used to treat patients in the not-so-distant future.
- Learn how to critically evaluate a healthcare company.

Whether you want a career working in a hospital, a pharmaceutical company, or anything in between, the Biotech Investment Fantasy League can help you develop skills that will help you differentiate yourself and recognize career opportunities you did not even know existed. While we have only been active for a few years, our members have enjoyed success through demonstrating their knowledge to gain highly competitive fellowship positions. As founders of the Biotech Investment Fantasy League, we extend this opportunity to you and hope you join us for our combined education and success to come.

CPNP: College of Psychiatric and Neurologic Pharmacists

Catherine Pfindner (P3), Secretary

Mental illness affects everyone. 43.7 million, or 1 in 5 adults, in the U.S. experiences a mental health condition every year. The third most common cause of hospitalization in the U.S. for the age range 18-44 years is mood disorders including bipolar disorder and major depressive disorder.

CPNP is excited to welcome the incoming P1 class! We are an organization driven by dedication to other students and mental health. We will be having our first meeting on September 11th at noon during lunch in Salk 458, and there will be free food! Our upcoming meetings will include a suicide prevention speaker.

The National Alliance on Mental Illness (NAMI) Walk is on October 14th, so be sure to mark your calendar. We will be hosting a Naloxone training soon, so watch for a Facebook invite to learn about how you could save a life. There will also be a sticker sale and care package sale. Thanks for reading and for your interest in CPNP. We hope to see you soon!

ASCP: American Society of Consultant Pharmacists

Emily Kistler (P3), Secretary

ASCP hopes everyone had a fun and relaxing summer! We are excited to welcome back past members and new students interested in our organization. The American Society of Consultant Pharmacists is an organization focused on improving health outcomes for geriatric patients by ensuring appropriate medication use. As a student chapter, we invite various guest speakers involved in geriatrics to talk about their role in pharmacy. We also participate and raise money for the annual Walk to End Alzheimer's. Additionally, ASCP members have the opportunity to volunteer at local nursing homes and partake in events held by Pennsylvania's ASCP state chapter.

Members can also look forward to ASCP's Annual Conference in November. The conference will be held right outside of Washington, D.C. and will provide a variety of lectures and networking opportunities for participants. This summer, our president, Diana Mansour, attended ASCP's Mid-Atlantic Regional Meeting. She had this to say about the meeting:

“Attending the 2018 ASCP Mid-Atlantic Regional Meeting in Linthicum Heights, MD was a truly rewarding experience. Participating in the professional development track and networking with senior care experts reaffirmed my interest in geriatric pharmacy. Through career roundtables, I learned about the education and qualifications required to become a

consultant pharmacist as well as the opportunities, challenges, and regulations currently affecting consultant pharmacy services. During a financial management seminar, I learned how to best manage my student loans. I also gleaned insights about the benefits and qualifications required for postgraduate geriatric pharmacy training by attending the residency panel. Additionally, I had the opportunity to have my CV personally reviewed by the owner of a consultant pharmacy service. Moreover, I was intrigued by seminars on topics affecting the care of older adults, such as antimicrobial stewardship and infection prevention and control, pain assessment and management, deprescribing, and updates on new drugs. Above all, I was inspired by the passion of fellow student pharmacists and practitioners alike to ensure that older adults receive optimal pharmaceutical care.”

Our first GBM will be held on September 18th during lunch. We will be holding two other meetings on October 16th and November 13th as well. We hope to see you there as we start this new school year!

If you are interested in learning more about our organization and events, please reach out to us at pittascp@gmail.com. ASCP wishes everyone a productive start to the semester!



STRONGERTOGETHER

AMCP: Academy of Managed Care Pharmacy

Kimberly Hill (P3), Director of Communications

Welcome back students! And a special welcome to the P1s - you're going to love it here! AMCP is thrilled to begin this school year and let you know of all the fun events we have planned. Managed care pharmacy isn't something that students know a lot about, so we will bring in speakers throughout the year, as well as residents, to show you the various career opportunities.

One of the fun events we have each year is our annual Pharmacy and Therapeutics (P&T) competition! In the past, this event drew a lot of P3 students, but we want to change that and have more P2 involvement. You'll be surprised at how much you know and can actually participate! It's definitely a fun competition you should check out.

Specialty pharmacy is currently being talked about within managed care, and it seems that it will be sticking around for quite some time. You may have heard of some of these pharmacies: CVS Specialty, Panther Rx, Alliance Rx, and many others across the nation. These pharmacies are for medications that are high cost, high complexity, and high touch. Clinical pharmacists work closely with the patients and practitioners to provide the best care possible. It's definitely a rewarding career and one that we plan to highlight throughout the school year!

AMCP is looking forward to Nexus coming up in October in Orlando, Florida, and we'd love to have you there next year! Be sure to check out our social media for updates and pictures along the way. The Annual Conference is coming up in April 2019 in San Diego, California, too! There will be plenty of time for you to learn more and join us in our travels during the upcoming spring semester.

Lastly, be sure to check out the Webinars that are hosted a few times throughout each semester. There's one coming up in September that will explain more of what managed care pharmacy is about and what we aim to do! Register at this link: <http://www.amcp.org/newsletter.aspx?id=23739>.

Once again, welcome back! We can't wait to see what this year brings!



What is Managed Care Pharmacy?
Tuesday, September 18, 2018, 12-1pm EDT
AMCP Members and Non-Members - Free



KY: Kappa Psi

Melanie Umbaugh (P2), Secretary

Welcome to Pitt Pharmacy, P1s! Kappa Psi is a co-ed fraternity, and the oldest and largest professional pharmacy fraternity in the world! The focus of the organization is to promote academic and professional success while also forming lasting connections. We take pride in our sense of family and brotherhood.

Kappa Psi keeps busy throughout the year with a variety of annual events. Last year, we raised \$360 for Birmingham Free Clinic by throwing pies at our friends and professors at the Pies with Kappa Psi Fundraiser. We also partner with Reach Out and Read and Relay for Life, and we prepare meals at Family House. Our patient care initiative this past year focused on sun safety, under the Dean's Theme of OTC Medication Safety. We educated kids and their parents across the city of Pittsburgh, from tabling at the Children's Museum to representing the pharmacy school at Giant Eagle's Kid-a-Palooza. Other highlights of the year include a trip to a haunted house, our annual Christmas Party (we have an inside connection with the REAL Santa), a ski trip to Maryland, a football game with LKS and PDC, a spring formal, and a Pirates Tailgate.

In addition to being active in our school community, our chapter participates in fraternity events all over the country. If you are looking to make connections, we've got connections with members across the US, Canada, and the Bahamas. We have two regional meetings and an international Kappa Psi convention every two years. These gatherings are great opportunities to travel and network with current and graduate Brothers.

Kappa Psi is a great way to get involved in the pharmacy school while making lifelong friendships and building a wide network. Come out and meet us at our first rush event at the Back-to-School Picnic! We have three other awesome rush events coming up that we don't want you to miss. Feel free to contact msu1@pitt.edu or any other Brothers with any questions. Also, check us out on Facebook and the Kappa Psi page on www.porxtal.com!

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Pictured above: Kappa Psi members at our spring send-off for graduating P4 Brothers.

LKS: Lambda Kappa Sigma

Esther Hwang (P3), Corresponding Secretary

Hello everyone! We hope you all had a wonderful summer and are ready for a great school year ahead! P1s, welcome to your first year of pharmacy school. As you settle in, take time to check out Lambda Kappa Sigma (LKS). We are one of three professional pharmacy fraternities here at the School of Pharmacy. A little bit about our organization: we were founded in 1913 and have more than 24,000 initiated members within 49 campuses. Our Chapter (Delta) has over 230 members, and we provide sisterhood, connections, and support to help you with academics and personal growth throughout your professional years.

Each fraternity has their own philanthropy, and ours is Project HOPE, which aims to provide necessary medications, supplies, health expertise, and medical training to people in local and international communities. To support our philanthropy, we organize fun events such as HOPE WaLKS, an annual 5K walk/run, and Dr. Salk Hall, a talent show competition open to both pharmacy and dental students. We also developed a close relationship with the National Ovarian Cancer Coalition (NOCC), and we organize an annual Teal Tap to raise money to benefit ovarian cancer awareness!

The transition into pharmacy school can be a struggle and the sisters of LKS are here to help make that process as smooth as possible. Through LKS, there is always someone to reach out to.

“LKS helped me find a great group of friends to make pharmacy school bearable, especially my big and the upperclassmen I never would have met without joining LKS.”

Emily H., P2

“LKS was a huge contributor to helping me find some of my lifelong best friends, a big who helped guide me to accomplish my professional goals, and the academic guidance I needed to excel and make the most of my time in pharmacy school.”

Marissa C., P3



Earlier in August, LKS president Carson and vice president Madison had an amazing time at the 2018 LKS Annual Convention in Buffalo, New York. Our sisters were very proud to earn multiple awards, including the Northeastern Region Collegiate Chapter of the Year and 3rd place in the Core Values Poster Competition!

“I had the ability and privilege to attend the 2018 LKS Convention in Buffalo, NY. As the current Vice President, I was able to build upon my leadership skills and strengthen my values as a sister of this fraternity. While in Buffalo, I also made important connections and friendships with sisters from all over the country. I credit all of these amazing experiences to the Delta Chapter of Lambda Kappa Sigma.”

Madison M., P3



We are so excited to see you all around Salk Hall this year. Come get to know us (and eat free food) at our first rush event, the Back-to-School Picnic on September 4th, where we can answer any questions you may have! For more information about our chapter, like us on Facebook (@PittLKS), and follow us on Twitter and Instagram (@LKSDeltaChapter).

PDC: Phi Delta Chi

Caleb Lynch (P3), Worthy Keeper of Records and Seals

Hear ye, hear ye! Listen up everyone because you've just stumbled upon an article that is about to change your life for the better. We are Phi Delta Chi, the pharmacy fraternity at Pitt. As a fraternity, we conquer each day of pharmacy school living by our motto "Alterum Alterius Auxilio Eget", or "each needs the help of the others". While the word "fraternity" can raise a red flag for some of you, I would like to remind you that Phi Delta Chi is not like other fraternities. To a large majority of our brothers, PDC is a crucial component in surviving pharmacy school. The bonds that you will make with your brothers will last a lifetime, and there surely will never be a dull moment. All of our brothers work hard together to get through pharmacy school.

Our fraternity is also very active in both the pharmacy school and the community. Our philanthropy is St. Jude's Children's Research Hospital. We raise thousands of dollars every year and are one of the

biggest contributors in the area. Many of our brothers also hold prominent positions in other professional pharmacy organizations as well.

PDC also knows how to make pharmacy school a great time. Our biggest event is our annual formal with the ladies of LKS. In the past, the event has been held at great venues such as the Lexus Club at PPG Paints Arena and the Pittsburgh Aquarium. For the past two years, we also have held mixers with the ladies of LKS at Duquesne. Most importantly though, the brothers of Phi Delta Chi frequently hang out together through grabbing a bite to eat, watching sports, playing video games, or really any other activity to distract us from the daunting pharmacy school life.

By this point, most of you are probably thinking, "Wow! What can I do to become a part of this prestigious organization?". The answer is simple. For one to gain admittance into our fine fraternity, you must earn a bid

from our Brothers. To do this, show interest in our organization by attending our back to school events which will be held in the upcoming weeks. This first event is the Back-to-School Picnic hosted by the School of Pharmacy on September 4th. We will also be hosting several other events throughout September which include a pizza lunch (September 10th), a wing night (September 13th), and a Saturday cookout with LKS (September 16th).

Whether you decide to join us or not, at least give us a shot and see what we're all about! We all look forward to meeting you! If you have any questions about joining or the fraternity in general, do not hesitate to contact myself (cfl12@pitt.edu), Alex Miller (akm65@pitt.edu), or Adam Patrick (arp105@pitt.edu). You can also follow us on Instagram (@pdcmu) or Facebook (@Phi Delta Chi Mu Chapter: University of Pittsburgh School of Pharmacy).



**Leaders in Pharmacy
Brothers for Life**



Rho Chi

Taylor Conrad (P3), Historian

First off, the Alpha Omicron Chapter of the Rho Chi Society would like to extend a warm welcome to all of the incoming P1s to Pitt Pharmacy! To all returning students, welcome back! Now that summer is over, there will be many opportunities available, both service and learning related, offered by Pitt's various organizations. Rho Chi is no exception to this as we offer opportunities to get involved throughout the year and to improve on your academic performance.

Rho Chi is the academic honor society in pharmacy, and its mission is to encourage and recognize intellectual excellence and foster fellowship among its members. Membership is comprised of students in the top 20% of their class, who receive invitations to join the society in the spring semester of their P2 year. Our activities are not restricted to members, and everyone in pharmacy school is encouraged to participate and benefit from the events that Rho Chi organizes.

Some of the activities organized by Rho Chi are the Annual Koch Memorial Lecture, health talks at the Salvation Army: Adult Rehabilitation Center in Southside, professional lectures in partnership with Phi Lambda Sigma, blood drives, lab card sale, and the student and faculty research poster sessions. Rho Chi also offers tutoring services to the P1s and P2s. These come in the form of group preparation for upcoming exams, but we also offer one-on-one tutoring. Our tutor chairs and members are passionate about learning and are eager to help you to better understand any material you may be struggling with. Biochemistry, Top Drugs, and Infectious Disease can all be difficult, to name a few. Please feel free to reach out to any member in Rho Chi with any questions, and we will put you in contact with a member who can help!

Keep an eye out for these events and more as the school year progresses, and keep us in mind if you are struggling with any material. If you are interested in learning more or just want to meet our members, please stop by our stand at the Back-to-School Picnic! Best of luck, and here's to a great year!

PLS: Phi Lambda Sigma

Katie Rudzik (P3), Secretary

Welcome, Class of 2022! Phi Lambda Sigma (PLS) is the national pharmacy leadership society that serves to recognize leaders within our field and foster leadership development. You may have already met some of our members who worked to set up the PLS Mentor Presentation at orientation. Your PLS mentors will be a great resource for you as you start pharmacy school!

In addition to our peer mentoring program, PLS partners with many of the other student organizations to host leadership development events. PLS and Rho Chi partner to host a lecture every year that allows students to network and develop leadership skills. This is a great opportunity to begin exploring the different aspects of pharmacy early in your pharmacy career!

Additionally, we host a leadership development series to help further the development of our students' leadership skills. Each semester, we cohost a leadership retreat with APhA-ASP. This allows

students to seek out leadership opportunities and to learn how to work as a team to accomplish more for our patients. Students from different organizations join together to brainstorm ideas and plan patient care events for Dean's Theme. More information on the Fall Leadership Retreat will be available soon!

PLS also hosts the popular PLS Charity Auction. The auction benefits the Grace Lamsam Fund, which provides pharmacy services at the Birmingham Free Clinic in South Side. The auction allows students and faculty to bid on items such as dinner with the dean or other faculty members, brewery tours, game nights, and much more! Every year, PLS donates an outing to a Pittsburgh Pirates baseball game in May for six faculty members and their families along with PLS members.

We look forward to meeting all of you at the upcoming Back-To-School Picnic and at our upcoming events!



Pitt Pharmacy

Letter from the Editor



Happy back-to-school everyone! I am honored to be the new Editor-in-Chief for the *Pitt Capsule*, and I cannot wait to see what we can accomplish this year. I would like to thank each organization writer as well as Publication Chair and Special Features Editor for taking time out of your summer to contribute to this special edition of the *Capsule*.

And again, welcome to pharmacy school, P1s! I believe that the relationships and connections you form during pharmacy school will be crucial in helping you through school and the beginning of your professional career journey. Be sure to seek out a second-year, third-year, or even professors to ask them why they joined a particular organization!

Ashley Yao, P2
 The *Pitt Capsule* Editor-in-Chief
 APhA-ASP Communications Vice President

Publication Chair

Julia Heo

Special Features Editor

Cathy Dzuiba

Writers

Alexandria Taylor

Caleb Lynch

Danielle Weaver

Emily Dell

Emily Kistler

Esther Hwang

Kathy Monangai

Katie Rudzik

Kiana Green

Kimberly Hill

Melanie Umbaugh

Samuel Bott

Taylor Conrad



Do You Like to Write?

The APha-ASP Communications Committee publishes six issues of the *Pitt Capsule* each school year. We would love to have new editors join our Publication Committee team! If you are interested, please email Ashley at amy51@pitt.edu or Julia at jwh43@pitt.edu.

We will feature several articles written by students and professors in the *Pitt Capsule*. We welcome your contributions! Please submit articles to pittcapsule@gmail.com, and we will see how we can incorporate them.