



The Dose

St. Petersburg Campus Newsletter

March 2015

Editor's Note

It is hard to believe that we are in the 2nd half of this spring semester! As a campus, we have already accomplished so much; I'm excited to see what the 2nd half of the semester has to offer. I want to congratulate and wish all our 3PD's good luck as they start their rotations! It must be very exciting to get the opportunity to apply the knowledge you've learned over the past two and a half years. Also, I want to welcome back our 4PD's, it will be nice to see everyone back on campus as you all complete your final step before graduation.

I have had so many great experiences and created many new friendships over the short semester and a half that I have been a part of this great program. I just wanted to say that I am so thankful to be a part of this "pharmily" and I am grateful to call all of you my colleagues. I also want to thank Dr. Feild, Dr. Childs-Kean, Dr. Patel, Natalie, Veronica, and all of our facilitators for all the hard work they do for us on a daily basis!

Let's finish this semester on great note! Go Gators!

Jimmy Hayden

Student Council Vice President

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AMCP: Bringing in the New Year

Alexa Halburian

President

On behalf of the UF St. Pete AMCP chapter, Happy New Year to all! AMCP started off the new year with an exciting Pharmacy and Therapeutics competition, fun-filled chapter meeting and fulfilling volunteer events.

Congratulations to Melissa Ramsey, Mike Turk, Lindsay Slowiczek, and Erica Walker for putting forth so much hard work to ultimately win the P&T competition out of all the UF campuses!

The first AMCP meeting of the semester involved a Managed Care Trivia Basketball game that got members out of their seats and informed about the various fields of managed care pharmacy.



Managed care is such a rapidly evolving field of pharmacy that it is helpful to be aware of current topics and standards! AMCP members also spent their time during February by being involved in various volunteer events. The first was the "Colon Cancer Alliance Undy Run" race in Tampa. Volunteers helped register the racers and provided encouragement by cheering them on throughout the race. AMCP

also teamed up with USF to hold a Valentine's Day lunch at Moffitt Cancer Center for patients waiting to receive treatment in the infusion center. Volunteers helped serve food donated from local vendors and brought smiles to many patients' faces. I look forward to seeing more great things AMCP will accomplish and learn this semester!



APhA-ASP: Hitting the Ground Running

Brittany Heuser

VP of Communications

This semester, APhA-ASP hit the ground running, hosting numerous events and health screenings throughout the months of January and February. The first screening at MOSI was a huge success! Over 400 patients received health services and wellness information from our members.

APhA-ASP also collaborated with SNPhA at the Fit over 50 event held in Seminole and at St. Jerome's Church in Largo providing blood pressure and glucose readings. In addition to benefiting our local community, APhA-ASP also participated in a



school-wide vitamin collection competition for IPSF. The vitamins collected went towards the Global Health Outreach Trips over spring break.

A fun, unique way of fundraising this year started with the PTX dress down tickets that offered students a way to dress casually to select classes at a price that benefits either "the PAC" or IPSF. The "Back the PAC" campaign is a beneficial competition between the APhA-ASP chapters throughout the country to raise money to fund various political actions and to inform the students of political advocacy in relation to the future of pharmacy. One very exciting event in early March is Legislative Days! This event gives members the opportunity to visit the Capitol, learn more about the importance of advocating for our profession, and to help move the pharmacy practice in Florida forward. Students will also

participate in a huge health fair inside the state capitol building!

Our members got to work off the stress of February by participating in the Zombie 5k race through Operation Heart. Everyone had a great time! Also, be on the lookout for many more exciting events on the horizon including Generation Rx presentations at Sickles High School, a YMCA health fair, Boo Boo Bunnies at St. Joes Children's Hospital, and elementary school safety presentations.

On behalf of the APhA-ASP leadership team, we would like to say congratulations on your accomplishments thus far and thank you for your dedication to the organization. These events could not happen without the hard work, leadership, and compassion of our members. We hope to continue to see this organization reach new heights as we go out with a bang!

FSHP: Tour de February

Sarah Fawaz

Secretary

FSHP began the semester with an exciting agenda, but this time with new leaders at the forefront. Congratulations to our new officers and chairs as they begin their new term as leaders of FSHP!

The transition into January brought us more than just new leaders, it also brought us some exciting competition: the Abbreviations Bowl! Can you decode all the abbreviations? It was held at SPC Campus and for those who RSVP'd, it consisted of several prizes, like CFA gift cards! Great job Tori and Laleh for the first successful event of the semester.

February brought us some cold weather and what better excuse to stay indoors than with exciting tours! Our members got to explore the Bay Pines VA thanks to the wonderful Dr. Steele. We kicked off Spring Break with a Moffitt Cancer Center tour at the end of midterm week! A huge (and warm!) thank you to Alexa and Mark for setting up exciting opportunities for our members to explore different realms of pharmacy.

FSHP welcomed Dr. Vogel-Anderson, UF faculty, clinical pharmacist and President-Elect of FSHP to our most recent general meeting. Dr. Vogel-Anderson gave us crucial advice about how to stand out at a rotation and about the importance of life-long involvement in your local pharmacy associations. Along with great advice for aspiring residents and anecdotes from Dr. Vogel-Anderson, we also got to hear the soundtrack of what keeps her motivated and positive!

The first half of the semester flew by faster than our two-week Florida winter, and we want to thank everyone who has been a part of making it a successful first half thus far! I hope everyone had a relaxing Spring Break and we look forward to our March events and preparing for April's Residency Showcase!



Looking Back

Laura Ossian

4PD student

When asked to reflect on rotations, as well as my last 4 years on campus so many thoughts flooded over me. I remember as a 1PD just focusing on classes and making it through the program. As I got involved in organizations I truly started to understand how valuable this campus had become to me. Interacting with the upper class allowed us to learn from them how to not only survive, but thrive in this program. Our White Coat Ceremony was the biggest accomplishment of this year; I was so honored and happy to represent UF I practically slept in it.

During 2PD year, as our classes intensified, we practically did sleep in our white coats. Eat, sleep, pharm, repeat. This year for me included some difficult personal times. As with my other classmates who have gone through so much during this program we understand how much we depended on our support systems with each other. As I grew closer to my classmates and developed stronger bonds with each I was lovingly given the name Momma Laura. I began to

understand what has been termed from those before us “pharmily.”

As a 3PD, I felt I should pitch a tent and sleep on campus. But then we were given our rotation schedules and realized all we put into learning throughout the previous years is about to be put into application with patients, families, clinicians and medical staff that are real. They look to us for our knowledge as Drug Specialists. These are the interactions that will always stay with us and create the pharmacists we are.

I feel my favorite rotation was Emergency Department with Dr. Katelyn Dervey at Tampa General Hospital. It was one of my hardest rotations with the volume of information to learn and prepare for, but the most rewarding to see it in application each day as pharmacy was called to every trauma. I felt closest with Sarasota Memorial Hospital as a member of their team, and their family. I started to realize, as I have been told, pharmacy is a small world. No matter what path in pharmacy you wish to take, it is important to reflect on each rotation, what you learn, and will put into application. I also took this time to get to know and made lifelong friends with other students from different colleges of pharmacy.

Now as a 4PD and so close to graduation, I am excited to return with the rest of my class. It is becoming all so real that these are the last weeks we will be together in this pharmily. We will soon be going on to new cities and new challenges. Those of us who celebrate our retail positions and those of us still waiting to celebrate our residency matches. I say “our” because my heart is full of pride to see how far each of us has grown. University of Florida, and especially our St. Petersburg campus, has molded us into knowledgeable, confident, ambitious pharmacists ready to help our patients.



SNPhA: A Lot to be Excited About!

Besan Abdel-Khaleq

President

Hello, STP! Hope February has been treating everyone well. These past few months have been quite hectic for everyone, getting adjusted to the start of the school year and the many exams that have quickly followed. Despite this, Power to End Stroke took part in Fit Over 50 and had a great turnout. Diabetes Initiative was at the Peris Center Health Fair and was a great success.

There are quite a few activities and events taking place in March and April. Be on the lookout for a blood pressure screening and fitness class with Power to End Stroke at LA Fitness, so come out and enjoy a nice, stress-relieving workout. Diabetes Initiative will be having a screening at Phil Fest, which is an event

and will have the chance to not only enjoy the beautiful weather, but also interact with the community and afterwards enjoy a cup of coffee, have some lunch, and take home some locally grown produce. There will be an HIV/AIDS guest panel discussion put on by Remember the Ribbon. This is a great way to learn



what it's like living with AIDS/HIV and the obstacles that these guests have faced and how they have coped with them. The Environmental/Public Service chairs will be volunteering with Habitat for Humanity on March 21st and have planned a social at Hamburger Mary's on March 31st. Last year's Hamburger Mary's Drag Queen Bingo was a lot of fun and is a nice way to take a break from studying and go out and socialize with fellow classmates. There will also be a beach cleanup in April, so why not come out, help the environment, and then enjoy the beach afterwards.

As always, please remember to place empty toner cartridges into the bin located in the pharmacy lobby for the toner cartridge recycle contest. The chairs are hard at work planning these great events and looking forward to what they all have in store for us!



organized by the Philippine Cultural Foundation, Inc., full of lots of amazing food, merchandise, and great entertainment. There will also be a Diabetes screening at the Saturday Morning Market in Downtown St Pete

Kappa Psi: Beginnings and Endings

Christine Ramos

Newsletter Editor

"For last year's words belong to last year's language and next year's words await another voice" –T.S. Elliot

Another year has quickly come and gone and this new year that's dawned has already brought new and exciting things for our Chapter. First things first, it would be remiss of me not to mention our Delta Class Initiation this past January. As a Brother of the Delta Class, I cannot express enough just how much pride and honor I feel to finally be a part of such a wonderful Fraternity. As the last class to be initiated to our Chapter, we have a lot to live up to given the great leadership of the Brothers who came before us. With that being said, there is no doubt Epsilon Sigma will



continue to thrive, even as our Brothers move forward in the Graduate Chapters.

February has continually proven to be a hectic academic month. However, it affords us the opportunity to celebrate the end of it by spending time with Brothers from all over for the Southeast Province at Spring Assembly. The Brothers of Epsilon Sigma would like to send a huge thank you to the Brothers of Delta Rho for hosting such a successful event marked by an incredible turnout. Our experiences at this Assembly was nothing short of amazing which can be accredited to their passion and dedication.

Our Chapter recently held elections for new officers and we are proud to acknowledge our first ever female



President, Sammie Parsons. Three years after being founded by an all-male pledge class and we continue to attain new milestones as a Chapter. She will continue to lead our Chapter and guide us in upholding our Fraternity's high ideals as our third year Brothers embark on their rotations.

On that note, we're wishing our third year Brothers the best of luck on their journey and we enjoyed sending them off with our 2nd Annual 3PD Celebration where we reminisced about great memories as we made new ones. While we are discussing send offs, we will be holding a graduation ritual and banquet for our graduating Brothers towards the end of the semester. We're excited for what's in store for the future for everyone continuing their journey beyond pharmacy school. As a Chapter, we're ready to take what we've been given to make innovative moves that will help us better ourselves and better our community, and our profession.

Never forgetting that as future pharmacists, it's important to make concerted efforts for the greater good of the community. On April 18th, our Brothers will be participating in our annual philanthropy event the Great Strides Cystic Fibrosis Walk. This walk is especially important to the Epsilon Sigma Chapter, as one of our Brothers, has cystic fibrosis. Over the past three years as participants of this event, Epsilon Sigma has raised over \$3000 in total. This year, we've set an ambitious goal of \$2000 that will go towards research and drug development, which will help so many effected by this debilitating disease. Please join us in this endeavor to raise funds by visiting our Chapter's Facebook page and clicking on the link!

KAPPA EPSILON: SPREADING LOVE

Alexa Conte
Secretary



During the month of February, one of our members, Erin, put on an amazing Valentine's Day event for the chemo patients at St. Anthony's Hospital. KE was able to bring smiles to the oncology patients and spread love on this special holiday.

KE is also very excited to announce our new officers for the year. Thank you to all of the previous officers and chairs that dedicated themselves to this chapter and

our community. Our new officers have already started collaborating together and planning new events. I am very excited to see what these leaders will accomplish.

Lastly, we wanted to send our love and support to the 3PD class as they start their rotations in March. KE members and our alumni hosted a 3PD farewell event in honor of our amazing 3PD class. This fraternity has some very talented "future" pharmacists and we are all excited to see the impact you will have on the community. You have brought great knowledge, wisdom, and love to this chapter and its members. We are forever grateful!

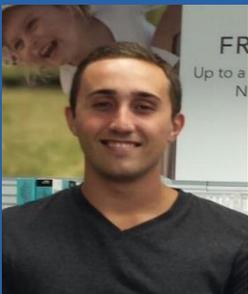




UPCOMING DATES

- March 17th: St. Patrick's Day
- March 20th: First day of spring
- April 5th: Easter Sunday
- April 22nd: Earth Day
- April 25th-May 1st: Final Exams
- April 30th: End of Year Celebration at Gators
- May 4th: PharmD Commencement

Newsletter Staff



Jimmy Hayden
(1PD) Editor and VP of Student Council

