



# BLUE & GOLD TRIANGLE



*Lambda Kappa Sigma*

*"Promoting the Profession of Pharmacy Since 1913"*

## Welcome, Newly Chartered LKS Chapters!



### Alpha Omega

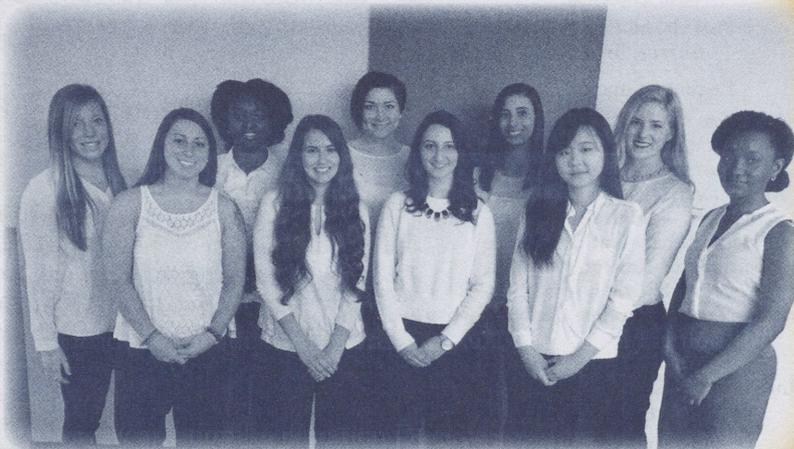
Sullivan University College of Pharmacy  
(Louisville, KY)

Chartered: September 13, 2014

### Beta Alpha

D'Youville College  
School of Pharmacy  
(Buffalo, NY)

Chartered: April 18, 2015



### Beta Beta

Western New England University  
(Springfield, MA)

Chartered: February 21, 2015



Turn to page 3 for more information about these newly chartered chapters!

ALSO, see pages 4 and 5 for 2015 Convention details!



## The Blue and Gold Triangle of Lambda Kappa Sigma

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Mission Statement

Lambda Kappa Sigma provides lifelong  
opportunities for women in pharmacy through  
professional excellence and personal growth.

Core Values

In addition to the Code of Ethics, Lambda  
Kappa Sigma is guided by professionalism and  
the core values of Integrity, Sisterhood,  
Service, Leadership, Scholarship.

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# Message from the Grand President



**Jenny Brandt**  
Grand President

It's hard to believe that it is finally  
spring! Many of us suffered through a  
long, cold winter and are now finally  
being rewarded. Spring is one of my  
favorite times of the year. I often feel  
rejuvenated—days are longer, and I can  
finally go enjoy the outdoors. Not to  
mention that it's the start of baseball  
season, and I'm a big Phillies fan, if  
you didn't know!

## Congratulations, Graduates!

Spring is a time of change, too, and  
not just the weather. Many of you are  
finishing the school year and some are  
graduating. For new graduates, you  
may be moving to a new city, starting a  
new job or a residency. These are huge  
milestones in your life which, while  
exciting, can be rather unsettling.  
Please know that your sisters are here  
to help. It is almost a guarantee that no  
matter where you end up, there will be  
a sister nearby. (Use the Member Portal  
to find fellow Lambs in the area!)

There are multiple Alumni Chapters  
throughout the country that you can  
join regardless of your Collegiate  
Chapter. You are a Lamb for Life, and  
I encourage you to be an active one.

Also, in the transition from collegiate  
member to alumni member, it is  
imperative to renew your membership.  
(It's free the year after you graduate!)  
To do so, just go to [lks.org/Graduates](http://lks.org/Graduates)  
to complete the online form.

## Member Portal Benefits

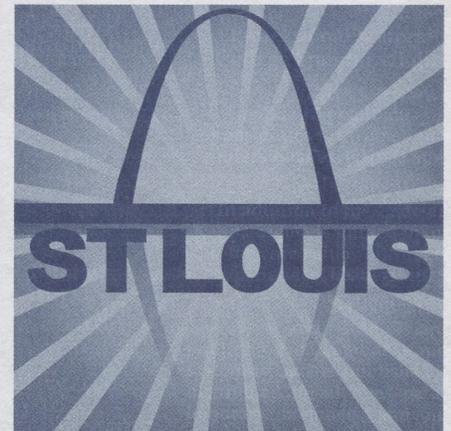
Things have been changing  
on the national level, too. Grand  
Council and Headquarters have been  
working on making the Member  
Portal as functional and user friendly  
as possible. Many of our standing  
committees are using it to store their  
documents and to communicate with  
committee members. Chapters will  
be able to do the same in the near  
future. As you know, dues renewal  
and new member processing is now  
done through the Member Portal (no  
more MMIS forms!).

## Risk Management Program

Grand Council is working diligently  
on making our risk management  
program more robust. In light of  
recent events on campuses around the  
country regarding Greek life, this is  
a high priority for Lambda Kappa  
Sigma. The program is targeted for  
roll-out next fall.

## Here Comes Convention!

The Convention Planning  
Committee has been busy planning  
Convention. This year, the meeting  
will be in St. Louis with the theme  
of "New Century, Old School".  
We'll be focusing on getting back to  
basics, providing lots of collegiate  
programming and opportunities for  
collegiate and alumni interaction. It  
looks to be a great time. I sincerely  
hope that all of you will join us! (See  
pages 4 and 5 for more information.)



# Welcome Newly Chartered Chapters!

We are thrilled to announce that Lambda Kappa Sigma continues to grow. Since our Centennial celebration in 2013, three chapters have been chartered. Congratulations...we look forward to hearing about your group and individual successes!



## Alpha Omega

Sullivan University College of Pharmacy

Chartered: September 13, 2014

Charter Members: Rachel Backert, Emily Blaiklock, Kailey Bystrek, Allison Hugg, Diana Kuznetsova, Chelsea Mouser, Courtney Newby, Erin Striegel and Lauren Willis



## Beta Alpha

D'Youville College School of Pharmacy

Chartered: April 18, 2015

Charter Members: Oyinda Adebayo, Aeilee Ahn, Danelle Backert, Diane Bofinger, Ashley Caster, Jessica Cichoki, Alison Hall, Jaclyn Healy, Stephanie Hough, Courtney Jarka, Rebecca Klein and Olatundun Olawoyin



## Beta Beta

Western New England University

Chartered: February 21, 2015

Charter Members: Arianna Bonzagni, Courtney Brown, Lauren Brzozowski, Ashley Burdick, Lisa D'Angelo, Rebecca Marcinak, Kaylee Maynard, Ann Murray, Christine O'Donnell, Chelsea Thompson, Erica Wegrzyn and Lindsay Worthmann

## And Welcome Back...



...to Alpha Sigma Chapter (Texas Southern University), which was reinstated on April 9, 2015:

Members: An Alvarez, Renika Carter, Nhu Lam, Sonia Paz, Lilia Vera, Reina Vera, Brandy Ceril, PharmD (Fraternity Advisor) and Dr. Shirlette Milton (Faculty Advisor)



# MEET ME IN ST. LOUIS!

## Lambda Kappa Sigma Annual Convention

### July 29-August 1, 2015

### St. Louis, Missouri

Meet Me in St. Louis is not only the name of a 1944 musical film classic, it is also your invitation to join us for the 2015 Lambda Kappa Sigma Annual Convention this summer!

As LKS begins another century of growth and development, we gather with our hosts, Alpha Zeta Collegiate and Alumni Chapters, in the city of the Gateway Arch (a symbol of Westward Expansion during the 19th century). There's no better place to come together for this year's Convention, themed "New Century, Old School".

#### New Century, Old School



You asked for it...we listened. Convention programming this year is highly focused on the topics and issues identified in the Convention surveys from previous years.

We're getting back to basics by allowing plenty of time for discussion so chapters can meet and learn from the successes and challenges of other sisters.

You can also expect to find educational topics, business sessions and tried-and-true events, like the Educational Trust auctions, Blue & Gold Banquet, Ewe Can Shop, Core Values Poster Presentation, awards program, and, of course, the group photo and final banquet!

At the same time, we'll welcome members from our three newly chartered chapters (see page 3 for more information), who are very excited to meet their new sisters and to learn from fellow Lambs so that their chapters can experience the same kind of success for decades to come.

#### HOPE waLKS Around the World

This year's HOPE waLKS will be a twist on the traditional. Instead of a walk, this fundraising event will allow you to take a table-side "journey" to the countries where Project HOPE has a presence. See first-hand how people are being helped by the programs Project HOPE provides through the support of LKS.



#### Keynote Speaker: T.J. Sullivan

Lambda Kappa Sigma Fraternity is excited and honored to have T.J. Sullivan as its keynote speaker at the Convention.



T.J. Sullivan is one of the most sought-after college leadership speakers in the nation. He has spoken to more than 3 million students at more than 2,000 colleges and universities in all 50 states. His first book, "Motivating the Middle: Fighting Apathy in College Student Organizations" is currently being used in more than 50 college leadership classes nationwide.

#### Women's Health Issue: Substance Abuse



Did you know that between 4% and 10% of college students use stimulant medications for non-medical reasons?

For our 2015 Women's Health Topic of substance abuse, Grand Treasurer Sandy Mullen will discuss the risk factors that increase the potential for stimulant abuse as well as the numerous adverse effects that may occur.



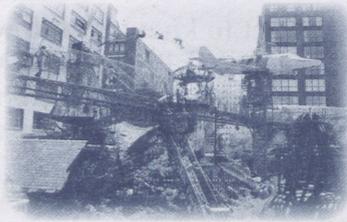
## Optional Off-Site Events

St. Louis offers a host of fun activities to enhance your experience. At the time of registration, you will have the option of signing up for one of these optional off-site events on Friday, July 31:

- **One, Two, Three Strikes You're Out!** Join us at the renowned Busch Stadium as the St. Louis Cardinals (11-time World Series champions) take on the Colorado Rockies for what is sure to be an exciting match-up!



- **A Night at the City Museum.** An eclectic mix of interactive playground, fun house, surrealistic pavilion and architectural marvel, the City Museum is a must-see for the young and young at heart.



- **Paint the Town Red Night.** Enjoy a night exploring St. Louis! Customize your night out and enjoy the city at your own pace. Shuttles will transport you between the hotel and downtown.



## Book Your Hotel Room Now!

Be sure to reserve your room at The Renaissance St. Louis Airport Hotel. (See [lks.org/Convention15](http://lks.org/Convention15).) The rate is only \$128! Book before July 15 to get the discounted rate.

## Call For Party Favors & Goodie Bag Items

To help add a personal touch to the different events during convention, we are asking chapters and individual members to donate party favors or goodie bag items.

Please note that you need to be able to provide 175 of each item to ensure no convention attendee is left out. Also, you need to ship the items to the hotel. (We will provide shipping information later.)

Would you or your chapter be able to help us? If so, please complete the online form at [lks.org/FavorForm](http://lks.org/FavorForm).

The deadline is May 29. Thank you for your consideration!



## Convention Registration Is Now Open!

Visit [lks.org/Convention15](http://lks.org/Convention15) for the registration link.

<b>Early-Bird Registration</b> (on or before June 30)	\$325.00
<b>Regular Registration</b> (between July 1 and July 15)	\$375.00
<b>On-Site Registration</b> (After July 15, registration will only be accepted on-site.)	\$375.00
<b>Alumni Weekend Package</b> (Friday @ 1 p.m. to Saturday)	\$195.00
<b>Alumni One-Day Package</b> (Saturday Only)	\$150.00
<b>Alumni Trust Reception &amp; Gala Package</b>	\$100.00

*Please note that there will be a \$50 fee charged on all cancellations; no refunds will be provided for cancellations after July 15.*

## Place an Ad in the Program

The Convention Printed Program is the perfect, high-profile place to get some national attention! Consider placing an ad in the Convention Printed Program to promote your business or to send some lamb love to an LKS sister or chapter.

A full-page (7-1/2" x 10") ad is \$500, a half-page (7-1/2" x 5") ad is \$350 and a quarter-page (7-1/2" x 2-1/4") ad is \$250. All ads are full-color, no bleed.

Please email your print-ready ad to [communications@lks.org](mailto:communications@lks.org) no later than May 15.

Visit [lks.org/Convention15](http://lks.org/Convention15) for all the latest convention information.

# Educational Trust Update

By Elicia Fauvel DeParolesa, Trust Liaison Committee Secretary

The members of the TLC are getting very excited for the upcoming convention in St Louis! Convention time gives us a great stage to talk about why the Trust is in integral part of LKS and to discuss its history and its future.

Jennifer Rhodes, the TLC Chair, has been a busy lamb organizing the Trust appeal letters to the membership and assigning each member of the Trust a piece of the puzzle in spreading the word on the importance of the Trust. Currently, we are reviewing our financials, looking at a marketing campaign and contacting chapters that have separate funds for educational grants.

At last year's convention, much planning took place to get the silent and live auctions, pop pull and 50/50 raffle up and running. We received great feedback about the events, and we hope to have similar events this year to educate our members and to help build the Trust for future recipients. Keep an eye out for communications on this event!

As secretary of the TLC, I wanted to let the membership get to know us and why we decided to become a part of the TLC. So we are going to spotlight TLC members Jennifer Rhodes and Marilyn Harris.

## Meet Jennifer Rhodes



### What do you hope the members of LKS know about the TLC?

I want our members to know that the members of the TLC are all volunteers, usually working full-time in our chosen profession of pharmacy. Our interest is to provide, through the Educational Trust, educational opportunities to the members of LKS by providing educational grants and programs.

We formally meet once each year during convention to conduct necessary business according to our mission. Our primary responsibility is to oversee the management of the funds residing in the Educational Trust. This includes determining and developing all Trust fund-raising plans, deciding on the number and dollar amount of the educational grants each year, working with the grantor of the Trust (the sitting LKS Grand President) in a coordinated fashion to engender Trust activities and opportunities throughout our Fraternity.

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## Meet Marilyn Harris



### How long have you been involved in LKS?

I joined LKS in 1972 as a Tau alumni member and then was the Tau faculty advisor for 28 more years. I was aware of the Trust and always encouraged sisters to apply for the grants.

### Which Educational Trust Grant/Award means the most to you and why?

The Cora Craven was the first and major grant for a number of years. It wasn't until much later that the criteria was defined to separate the grants. Named for a founder, the Cora Craven Grant is the most well-known. In more recent years, the Haberle Grant has

### How long have you been involved in LKS?

I was initiated in 1980 into Rho collegiate chapter at Oregon State University.

### Which Educational Trust Grant/Award means the most to you and why?

I don't have a favorite. What I like is the possibility of naming a grant in honor or memory of people important to LKS.

### Why did you want to join the TLC?

I felt it was a natural progression after serving on Grand Council. I am honored that Grand Council felt that I could be of service to our members in this regard.

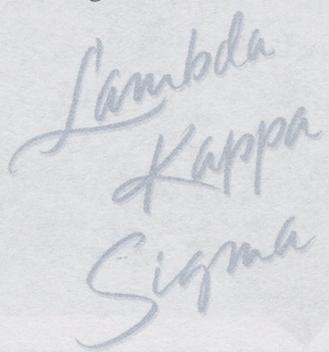
become close to my heart. I initiated this grant and feel honored to have worked with both Joe and Marilyn, who have deep involvement and dedication to LKS.

**Why did you want to join the TLC?**

I joined the TLC after we lost Adele Lowe in the tragic accident after the 1994 LKS Convention. LKS (not the Trust) was in financial difficulty, and I had just finished my term as Past Grand President. I was intimately involved with the campaign to raise the funds to stabilize the fraternity. I assume after this success, Grand Council appointed me to the TLC since they felt I had the skills needed to work with the TLC to help build the Trust from a conservative minder of the funds to an advisor on the growth of the funds. The Trust at this time moved from a bank to an investment firm with major input from the TLC. I am not sure if I wanted to join the TLC, but I felt a responsibility to use the special skills I had to work on the change in direction of the Trust and to support the fraternity.

**What do you hope the members of LKS know about the TLC?**

I hope the membership realizes the importance of the Trust to the fraternity. Not only are the Trust grants significant to a recipients, the grants bring status and prestige to the fraternity. The TLC is merely the committee responsible for the functioning of the Trust.



**Congratulations, 2015 Grant Recipients!**

The Lambda Kappa Sigma Educational Trust and the Educational Grants Committee are pleased to announce the recipients of the 2015 Educational Grants.

**Adele Lobraico Lowe Leadership Grant**



Brittany Wills, Alpha Phi Chapter

**Cora E. Craven Educational Grant**



Danielle Corbett, Alpha Nu Chapter



Shawna Gervais, Alpha Zeta Chapter



Chelsea McDonnell, Alpha Beta Chapter



Katelyn Toeniskoetter, Alpha Zeta Chapter

**Marilyn & Joe Haberle Educational Grant**



Ashley DePuy, Alpha Alpha Chapter

**Mary Connolly Livingston Educational Grant**



Jamie Ebert, Alpha Omicron Chapter

**Norma Chipman Wells Loyalty Grant**



Erika Green, Alpha Phi Chapter

To learn more about the Grants Program (including the namesakes for each grant), visit [lks.org/Grants](http://lks.org/Grants).

## Substance Abuse: An Overview

By Courtney DesJardins, PharmD

Substance abuse is a problem that is becoming increasingly more common but is often overlooked due to the stigma associated with mental illness and addiction.

According to data collected from Healthy People 2010, there were approximately 22 million Americans suffering from a drug or alcohol problem in 2005, 95% of who were not aware of their problem. Of those who were aware of their drug problem, nearly 273,000 were unable to obtain treatment successfully.<sup>1</sup>

Additionally, there has been an increase in substance abuse in adolescents and veterans. Adolescent abuse of prescription drugs has been on the rise within the past 5 years, most likely due to the increased availability of prescription drugs in the household and based on beliefs that

prescription drugs are safer than illegal “street” drugs. Similarly, 7.1% of veterans reported having a substance abuse problem between 2004 and 2006.<sup>1</sup>

Prescription drug misuse and abuse is defined as, “the intentional or unintentional use of medication without a prescription, in a way other than prescribed, or for the experience or feeling it causes.”<sup>2</sup>

Prescription drug misuse can have many negative repercussions, ranging from unpleasant side effects to legal consequences and even death. Pharmacists are in a unique position to help identify

patients who may be at risk for prescription misuse or abuse and can refer patients for treatment when applicable.

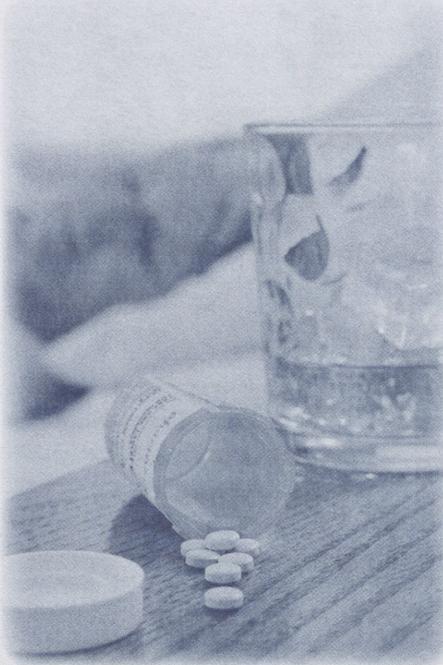
**“...prescription drug abuse costs our country over \$72 billion each year.”**

From 1999 to 2010, there has been a four-fold increase in opioid sales and in opioid-related treatment admissions and overdose deaths. While men are more likely to die from drug overdose than women, it is still an important issue for pharmacists to be aware of because substance abuse can affect people from all walks of life. Risk factors for drug overdose include male gender, age greater than 21 years, history of substance abuse, concurrent mental illness, and lower income populations.<sup>3, 4</sup>

The costs due to prescription drug abuse are substantial. A 2008 report by the Coalition Against Insurance Fraud estimated that prescription drug abuse costs our country over \$72 billion each year.<sup>2</sup> The costs can be broken down as such: 46% related to the workplace (loss of productivity), 45% related to healthcare (medical bills) and 9% related to criminal justice.<sup>5</sup>

Pharmacists working in a retail setting should look for “red flags” when filling controlled substance prescriptions and take the appropriate actions when necessary. “Red flags” include<sup>3</sup>:

- Prescribers writing prescriptions for medications that are not within their specialty
- Certain drug cocktails, prescribers or patients that are not local to your pharmacy
- Patients who pay cash only for controlled substances
- Patients requesting a specific brand of controlled substance
- Prescriptions with directions written in full with no standard abbreviations



1. Available at: <http://www.healthypeople.gov/2020/topics-objectives/topic/substance-abuse>. Accessed February 15, 2015.
2. Available at: <http://www.samhsa.gov/prescription-drug-misuse-abuse>. Accessed February 15, 2015.
3. Available at: <http://pharmacistsletter.therapeuticresearch.com/ce/cecourse.aspx?pc=13-230>. Accessed February 15, 2015.
4. Available at: <http://www.mayoclinic.org/diseases-conditions/prescription-drug-abuse/basics/definition/CON-20032471?p=1>. Accessed February 15, 2015.
5. Available at: <http://www.cdc.gov/homeandrecreationalafety/overdose/facts.html>. Accessed February 7, 2015.



Any prescription that does not look legitimate or that raises any questions should be verified with the prescriber. It is always recommended to follow all state and federal laws, as well as company policies when dealing with the dispensing of controlled substances. Pharmacists have a

responsibility to prevent drug abuse and diversion. It is always best to follow your instinct when filling controlled substance prescriptions.

Lastly, pharmacists can help patients who are undergoing detoxification by counseling them on the side effects of medications, setting expectations for possible withdrawal symptoms and screening for any drug interactions, as detoxification medications sometimes cannot be dispensed at the community pharmacy with the rest of their medications.

It is essential that pharmacists counsel patients to take all medications exactly as prescribed, to never share medications with others and to teach correct medication disposal. Additionally, pharmacists and student pharmacists can promote awareness of drug abuse and misuse by giving presentations at local schools and community centers. I encourage each and every one of you to get involved with your schools and communities to help raise awareness about prescription drug misuse and abuse over the biennium.

## From the Vault...

*The following article was written by Virginia Osol, who served as Grand President of Lambda Kappa Sigma from 1940 to 1946. The article was published in the Blue and Gold Triangle Winter Issue, 1959 when she was serving as Honorary Advisor.*

At a recent convention of the Professional Panhellenic Association, it was my privilege to hear Judge Frank H. Myers give a splendid talk entitled "The Weak Sister" in which he stated: "a weak sister is one who never contributes anything to the work

and welfare of her chapter, who takes no part in chapter projects, who resents any assignment of work and usually shirks the same, who is too busy or too lazy to hold a chapter office or committee assignment, who falls behind in her scholastic standing and who cares little about her fraternity or its welfare."

He also said this: "Each fraternity member is a living example of the image of her own group's high ideals. She contributes to the character of other chapter members and to the reputation of the chapter by her own conduct and deportment on the campus and elsewhere. Within her own circle, and with the aid of like members, she is responsible for

activities which either add to or

detract from the prestige of her chapter, and of the national to which her chapter belongs and of the college fraternity system in general."

When one ponders these facts it becomes a rather frightening responsibility to join any fraternity. At this time in our fraternity year when new members are joining our ranks and we again hear our impressive rival, it would be well for us all to re-dedicate ourselves to the high ideals of our organization.

Are we living up to our highest potentials? Are we contributing our time and talents fully to the betterment of our fraternity? Are we really doing anything to advance our profession? Or have we become slipshod in our chapter organization; lazy about chapter and national obligations; too busy to care about the welfare of others? In short—are we "weak sisters" or sisters who really care?



## Collegiate Chapter News



**Alpha, Massachusetts College of Pharmacy & Health Sciences**

The Alpha Chapter sisters came together at our Spring Retreat on January 18 to plan the coming semester and orientation month and to discuss new ideas. On National Drug Fact Day (January 27), we started off the semester by presenting a poster debunking myths on medication abuse.

Continuing the chapter's efforts to educate ourselves on global women's issues, we came together to host the Dining for Women Professional event on February 4 to raise funds for Sustainable Health Enterprises (SHE). Two sisters informed the chapter on SHE's operation in Rwanda, which is to educate girls and boys about menstruation health and to provide eco-friendly pads to girls.

The Alpha sisters have successfully executed two of the four presentations on teamwork and leadership on February 3 and 11. We were able to continue chapter and initiate education to better ourselves both professionally and personally. We discussed what traits we saw in our fellow sisters that made them good leaders and also participated in team-building activities that strengthened our bond as sisters.

For our February Health Topic of the Month, we informed the public about health issues at pharmacies in our community. The new orientation class is practicing their professional skills by creating the poster and pamphlets about heart and Lyme disease.

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**Delta, Univ. of Pittsburgh**

On January 22, we hosted the third annual Dr. Salk Hall Competition. Ten of the finest men from the University of Pittsburgh's School of Pharmacy and School of Dental Medicine competed to be crowned Dr. Salk Hall. Contestants showed us their best in such categories as professional wear, talent and interviewing. Not only was the event one of the most entertaining of the year, but it was also for a great cause. This year's winner elected to donate \$1,300 to St. Jude's Children's Research Hospital. Delta Chapter donated \$300 from the ticket sales to Project HOPE.

For Hygeia Day, our professional project co-chairs invited a speaker to come and discuss the community pharmacy's role as it relates to the dispensing of Naloxone.

This semester, we are also continuing our work with the National Ovarian Cancer Coalition and are planning an event called Teal Tap to raise money for this outstanding organization.



**Lambda, Univ. of Southern California**

We are happy to announce the addition of 20 new initiates to the LKS family. We had many successful events last semester, including professional workshops and health fairs.

This semester, we have already attended one health fair, during which

we screened 28 participants. We also helped out at the annual Women and Children's Health Symposium hosted by Keck School of Medicine. Our advisors held workshops pertaining to osteoporosis awareness/bone health education and hormonal contraception in the pharmacy. Our January Alumni Dinner took place at Osawa restaurant in Pasadena featuring Dr. Lisa Lum, one of our most dedicated Lambda Chapter Alumni mentors. Our VPs of Social Affairs hosted an ice-skating social at the Pasadena Ice Skating Center.

We are also planning a workshop for students who need guidance on developing the skills related to their particular area of interest within pharmacy in order to be successful in the job market upon graduation. Our end-of-the-year banquet will take place at Monterey Hill Restaurant in Monterey Park on April 26, 2015.



**Xi, Univ. of Rhode Island**

We were very excited to initiate 42 new lambs into Xi Chapter! Our Academic Committee hosted a Beyonce Booty Barre Work-Out class as a finals stress reliever. It was a great opportunity for our lambs to get together for a fun exercise class. Our Alumni Committee put on a rotation roundtable where our final year sisters came back to talk about their experiences on rotation and to give advice to our younger sisters. Our Fundraising and Community Service Committee teamed up to put on a benefit concert for Project HOPE called Hope Rocks. The concert was held in our Memorial Union and was a two-hour show containing four local bands. To promote the event, Project HOPE and our HOPE waLKS in April, we had booths located throughout campus. Our Sisterhood Committee held a Thanksgiving Potluck for some sister bonding.



**Pi, Rutgers Univ.**

Our biggest achievement from last semester was raising \$2,600 for Project HOPE through Meal Swipes for Charity. We also welcomed five new girls into the LKS family. We're putting a big focus on professional events this semester. After our successful "Rx Rotations" (an informational event where alumni, current P4 students and faculty gave younger students a glimpse of what to expect while on rotations), we're bringing back "Dress to Impress". Also, we'll be hosting an informational event about the dual degree programs.

**Phi, Butler Univ.**

Last semester was our largest recruitment class with 25 lovely lambs joining our Chapter, and we couldn't be more excited!

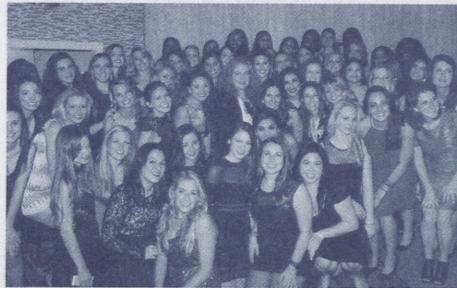
We ended last semester with our holiday party, where we did a gift exchange and prepared for the semester ahead. Each month, we tally up "participation" points that the members get from attending different social events, mandatory meetings and other volunteer activities. Whoever has the most points is awarded "Sister of the Month." This is always a fun way to keep everyone involved in the different activities.

We celebrated Hygeia Day with a speaker who is an alumni of LKS and who talked about her career path and how being a member of Lambda Kappa Sigma helped her become a successful woman in the pharmacy field today. For the remainder of the semester, we are looking forward to more opportunities to reach out on campus and also to provide more social and philanthropy events.



**Chi, Univ. of Washington**

This quarter, we participated in quite a few service events. First, we held a clothing swap/drive to benefit a local women's shelter. Then we joined Dignity for Diva's to help pass out hygiene kits to the homeless. Chi Chapter also partnered with Rho Chi and another student organization to have a trivia night, where students competed with professors in a Jeopardy-style game to raise money for Project HOPE.



**Alpha Alpha, Temple Univ.**

We are proud to welcome 21 new initiates! During the fall semester, our members were involved in the following: Raising funds for both the Walk for Hope and Project HOPE, presenting a poster on women's heart disease during Pharmacy Week, collecting over 200 pounds of food in conjunction with KY and PDC during Thanksgiving, and participating in the Adopt-A-Family Program, where we were able to bring Christmas gifts and a festive spirit to a family in need.

This spring, we have many great events taking place. Our members is working with APhA to participate in Temple University's first Teddy Bear Toss, which provides hundreds of stuffed animals to children in need. In addition to this, our faculty advisor, Dr. Pulvino, has created a team to participate in the Medication

Adherence Challenge, where several of our members are involved in creating and hosting various events which promote medication adherence. And lastly, we are in the process of reaching out to our alumni in hopes of holding a professional development luncheon. We also hope to develop an alumni chapter.



**Alpha Beta, Univ. of Connecticut**

To promote sister bonding, our Social Committee has set up several events, such as a "Do it Yourself Craft Day", secret valentines, a clothing swap and an end-of-the-year banquet.

Our Alumni Committee is planning an end-of-the-year dinner for our P4 sisters to wish them good luck in their upcoming careers. They are also putting together a wine glass decorating event with the P4 and alumni sisters. The Alumni and Professional Committees plan to host an etiquette dinner for the chapter and alumni.

The Professional Committee's goal is to raise awareness about various health issues by displaying posters and having events about monthly health topics. They are also looking to put together an evening with a panel of LKS alumni to speak about how they continue to work towards the mission of our fraternity.

The newly created Project HOPE Committee plans on educating the public on the mission of Project HOPE and hosting several events to raise money for our philanthropy.

The Community Service Committee volunteered at a blood drive and plans to continue teaching children at Discovery Depot, volunteering at a soup kitchen and making blankets for the children's hospital.

This semester, the Fundraising Committee has a fundraising goal of \$1,000, which they plan to meet by selling "School of Pharmacy" lanyards

# Collegiate Chapter News (continued)

and by holding an event in the spring.

## Alpha Zeta, St. Louis College of Pharmacy

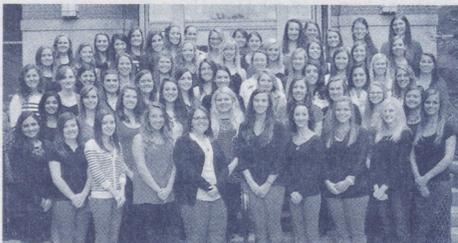
Our most recent and noteworthy activity that we did as a chapter was volunteering at the Hope Lodge. The Hope Lodge is a place where cancer patients from outside the St. Louis area can stay for free while they receive treatments at Siteman Cancer Center.

At Hope Lodge, we set up an ice cream sundae bar and served residents dessert. We also provided a craft for the residents, which gave us a chance to sit and talk with them during the toughest journey of their lives.



## Alpha Theta, State Univ. of New York at Buffalo

Alpha Theta Chapter hosted its annual Weinberg Thanksgiving event with the Weinberg Senior Living Center. The event was coordinated by Service Chair, Jeffrey Obciana ('17). Students who participated served senior citizens a warm Thanksgiving lunch with their families and friends. Responsibilities of the volunteers included setting up tables, serving the food, interacting with families and providing a warm Thanksgiving experience. As in past years, it was a great success!



## Alpha Kappa, Univ. of Georgia

At the end of October, four sisters

and our advisor participated in the "In Their Shoes Walk" benefitting a local cancer center. We far exceeded our goal of \$4,500 by raising over \$6,000 for the Loran Smith Center. We finished the fall semester with our winter formal, Thanksgiving potluck dinner and a Christmas ornament swap.

In January, our wonderful Regional Supervisor, Arielle Bibeault, visited and participated in our newest professional event, a Networking Night for Women in Pharmacy. Eight female pharmacists across different areas of pharmacy came to a roundtable networking dinner to discuss their careers with the female students in the College of Pharmacy. We had a great turnout with 65 students and a lot of great professional connections were made.

We have been keeping up with our monthly community service events at the Food Bank and the Athens Area Homeless Shelter, as well as various other social events. This spring, we are anticipating our Girl Scout First Aid Badge event with 70 local Scouts and the Summer Sendoff for the College of Pharmacy in collaboration with Kappa Psi and Phi Delta Chi.



## Alpha Lambda, The Univ. of British Columbia

Our most noteworthy chapter event is our Manufacturer's Night Event. It was a very big success, and the biggest event we will hold this year.



## Alpha Mu, The Univ. of Toledo

On January 24 and February 28, a firefighter, nurse student, pharmacist and pharmacy resident participated

in our Girl Scout events, where over 50 girls earned their first aid badge. The pharmacist taught them about some basic common medicines, such as insulin, Epipens and inhalers. We are also excited to be joining the rest of our university again this year in the Big Event service project, where students give back to our community through small service projects.

We have been very active in fundraising as well. For our next Project HOPE fundraiser, we will be having a baked potato sale. We will also be selling our infamous peanut butter eggs this Easter. Through different workshops, such as mock essays and interviews, and CV/Resume building, we have been developing our professionalism.

We are sad to say goodbye to six of our senior sisters who are leaving for rotations, graduate programs and employment opportunities.

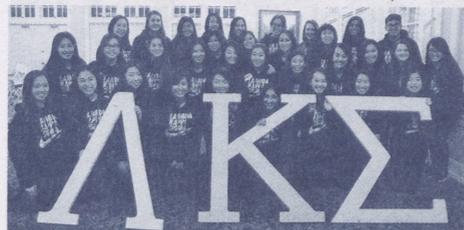


## Alpha Nu, Univ. of Kentucky

In December, our chapter teamed up with the Student National Pharmacists Association (SNPhA) for our annual AVOL (AIDS Volunteers, Inc.) Tree. Students and staff from the College of Pharmacy select a name of a child from the tree and fill a stocking with \$20 worth of items. We also had our annual Valentines for Vets event, where we hand-made Valentine's Day cards and delivered them to the veterans at the VA Medical Center. These are always two of our favorite service events.

In January, we had one of our favorite social events of the year, Mistletoe Mingle. Students from all of the healthcare colleges at UK were

invited to an evening of fun and dancing. The photo booth was a huge hit! Additionally, we had our Wine and Cheese night, where we enjoyed an evening of socializing with our sisters. We are looking forward to more social events coming up in the spring, including Painting with a Twist and our annual Spring Brunch (where we will initiate our new officers).



### Alpha Xi, Univ. of the Pacific

Alpha Xi Chapter started off the New Year with recruitment season! We had a lot of fun, exciting events geared towards meeting new students, including a Hawaiian Luau, a Night Market and a wonderful sit-down dinner. It is always a special time when we have the opportunity to share personal experiences and memories with other students in the hopes of not only gaining new additions to our family, but also in sharing the mission of our fraternity.

For professional events, our chapter had success with our weekly blood-glucose/blood-pressure clinic at a local Walgreens. This outreach event provides members with hands-on practice and allows them to learn more about specific issues affecting our community.



### Alpha Omicron, West Virginia Univ.

Our biggest event for the spring

semester is Relay for Life. Our chapter is in charge of coordinating the team for the School of Pharmacy and raising donations. Our primary fundraiser is Vera Bradley Bingo. Last semester, we raised \$2,000 towards our \$5,000 goal.

Our chapter came together and bonded over delicious food at our annual Christmas party. We all participated in our "Dirty Santa" ornament exchange and started a new tradition of wearing ugly Christmas sweaters. Our other social events for the winter included painting pottery, ice skating and an ice cream social.

In February, many of our members took a break from studying and made Valentine's Day cards for the local nursing home. We are also still participating in the Karing with Kroger program and educating patients about their health. This semester, our chapter will also be volunteering at an afterschool program for kids called Kaleidoscope.



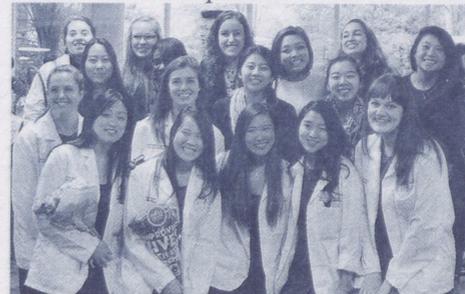
### Alpha Pi, St. John's Univ.

This past semester, we were blessed with seven new sisters. We have been celebrating our sisterhood by honoring one sister each month for her accomplishments in leadership, scholarship, service and sisterhood. Two of our members won the 2014 local ASHP Clinical Skills Competition, while another took third place.

For fundraising, we held bake sales for Project HOPE and had a pie sale for Thanksgiving. In conjunction with the American Cancer Society's "Great American Smoke Out", we hosted a Smoking Cessation Day. Information on the negative effects of smoking--and counseling on how to quit--was provided and supervised by our alumni pharmacists. Our alumni also helped us host a Diabetes Education and Management Workshop, which included hands-on experience with

meters and insulin pens.

Alpha Pi is excited to maintain our devotion to Relay for Life by continuing to be the top donors at St. John's. Additionally, we will be visiting high schools to give insight on the world of pharmacy. Other in-progress events are a chapter yearbook, several community service drives and an End-of-the-Year Banquet.



### Alpha Rho, Northeastern Univ.

We wrapped up the fall semester with a successful fall retreat and the First Annual Pharmacy Fraternity Thanksgiving Scavenger Hunt/Pot Luck with Phi Delta Chi and Kappa Psi. We split up into teams consisting of members from each fraternity and then all met up together for a potluck dinner.

Along with Rho Chi, our chapter hosted a Residency/Fellowship Workshop focusing on interview preparation for students who have applied for residencies or fellowships.

We have been fundraising to prepare for the Relay for Life by hosting fundraising nights at local restaurants. This Martin Luther King Day, we attended the MLK Day of Service and made fleece scarves and blankets for homeless children and valentines for elders and veterans. Sisters have also been spending the weekends doing neighborhood cleanups in the areas surrounding campus.

We are currently working on our cookie dough fundraiser and hope it will be as successful as the Yankee Candle fundraiser we did earlier this winter. For the rest of the semester, we have an alumni dinner planned to connect past and present sisters.

## Collegiate Chapter News (continued)

We are also excited to be having our annual midnight cruise formal with Phi Delta Chi and Kappa Psi.



**Alpha Phi, Wilkes Univ.**

This past semester, Alpha Phi Chapter hosted its annual Turkey Tea, a buffet-style lunch where ticket proceeds are sent to Toys for Tots. We also held several Vials-for-Life events, where we helped elderly patients fill out a health and medication history to put in a vial and keep in their refrigerators for emergency use. We are hoping to incorporate this event into the Longitudinal Care course for third-year pharmacy students at Wilkes.

This year for Hygeia Day, we created an event to promote women in the health and medical field to some local Girl Scout troops. Around Easter, we look forward to hosting a "Bunny Hop" 5K Fun Run/Walk event as a fundraiser for Project HOPE.

Throughout the semester, we will be continuing our fundraiser of baked goods and capsule-shaped earrings as well as a popcorn fundraiser. To continue bonding as sisters, we have

some events planned, such as going to a local Bounce Place, having a movie night, going bowling and enjoying our annual banquet.



**Alpha Psi, Univ. of New England**

Last semester, we initiated a variety of new events, such as a self-defense class and a gym clothes drive, where collected sneakers and shorts for Portland-area schools. We also continued to help our community with the Adopt-A-Child program and fundraiser events for Crossroad. Also, we are excited to hold our first bake sale/quilt raffle event for Project HOPE. The quilt was beautifully made by the grandmother of one of our sisters, Aimee Nordmeyer.

With 13 new members and another faculty advisor joining us, we are beyond enthusiastic about what we will be able to accomplish next year! A big shout out to Jordyn Magil, who organized events, like Pharmacy Feud Game Night, Cupcake War, Luncheon with Active & Potentials, and Wine and Cheese Night. We are looking forward to our Gamma class initiation ceremony on March 6th.

We also want to congratulate Erin Kany, who won the APhA-ASP sponsored Counseling Competition and will be representing UNE and LKS at APhA's Annual meeting at San Diego, California!



**Alpha Omega, Sullivan Univ.**

We are excited to report that the first LKS hosted, school-wide dance in January was a success, and we were able to donate half of the funds earned to Project HOPE. During the dance, we transitioned in our new officers in. The plan is to make this an even greater event next year!

In the middle of March, we also have a sisterhood event scheduled at a local spa, where we can spend time together and unwind after finals.

## Alumni Chapter News



**Alpha Alumni**

Boston and the rest of Massachusetts got to experience a historic snowfall this February, and Alpha's Alumni

members and pharmacists continued to make sure their patients were taken care of. As essential employees, we all traveled to our respected places of work to ensure patient safety, care and consultations occurred despite Mother Nature's strength.

Many of the Alumni are receiving their student's names for their rotation sites and are excited to mentor the next batch of future pharmacists! Professional growth and mentorship is a large part of the core values we value within Alpha Alumni.

Other things going on with the Ladies of Alpha Alumni include preparing for Hygeia Day, our new member Welcome Brunch and submitting nominations for our Fraternity Awards. We've also submitted By-Law changes and are eager to see them and every submission being discussed at this year's convention. We firmly stand by the idea that the membership must always have a say in the direction of our Fraternity!

# Alumni Chapter News (continued)



## Tau Alumni

The Tau Alumni Chapter has done several activities this year. Alumni sisters Marilyn Harris, Patti Lozano and Missy Sherer Krause attended the Hope Ball, a fundraiser for Project HOPE hosted by the Tau Collegiate Chapter. The alumni then held an event on campus for the collegiates in February. We also held our annual raffle fundraiser to support the Manzione scholarship. We look forward to awarding the scholarship at the upcoming Hygeia Day celebration.

## Chi Alumni

We had a meeting in December for routine business and also wrote holiday cards to far away sisters, donated food and money to local food banks, and exchanged cookies and other goodies. Officers were re-elected to their current positions: Nancy Horst (President), Joyce Tsai (Vice President), Elizabeth Fuchs (Secretary) and Linda Rupnick (Treasurer).

We will meet in April to plan the annual May dinner to honor the graduating Chi Collegiates, and send out applications for our spring scholarship award to one or more undergraduates.



## Alpha Beta Alumni

We wish our collegiate sisters the best of luck applying to residencies, fellowships and all types of pharmacy careers. This is an exciting time for our graduates as they are navigating where their careers will begin. We hope to offer all the encouragement and guidance as possible. We look forward to welcoming collegiate sisters to our chapter upon graduation this spring!

We are looking forward to upcoming events with our collegiate chapter, including planning a professional event to celebrate Hygeia Day and an etiquette dinner. We would like this year's Hygeia Day topic to align with the biennium's Women's Health topic of mental health. We are excited to highlight the pharmacist's role in medication management, patient education and counseling, and lifestyle modifications.

At the etiquette dinner, we want to provide helpful tips surrounding professional functions, including appropriate attire, correct dinnerware use and general networking skills. We hope to organize more social events for sisters to attend this year, such as attending live CE events as our newest alumni members embark on their first full year as licensed healthcare professionals.

## Alpha Zeta Alumni

As a renewed and growing chapter, we are excited about our upcoming gathering on March 15, 2015. We are busy planning for the upcoming convention here in St. Louis and cannot

wait to see you all in July! Before that day arrives, we will also be celebrating our newest alumni this May.

## Alpha Phi Alumni

Our chapter was recently reactivated in February, and we are excited to reconnect with our fellow sisters. Our chapter members live in many states, making it difficult to have in-person meetings at this point in time, but our goal this year is to help the collegiate chapter in any way possible. We plan to hold a "Life After Pharmacy School" event, where the alumni members will discuss various career paths and offer tips on what to do after you get that expensive diploma. We will also be assisting the collegiate chapter with their Hygeia Day event of helping local Girl Scouts get their first aid badge. Some alumni members attended the collegiate Christmas party. We also plan to attend the annual banquet and annual convention in St. Louis.

## Alpha Iota Alumni

We have had some exciting progress over the last couple of months. We plan to send postcards to Alpha Iota alumnus to inform them of the activation of the alumni chapter and to give them details on how to become involved. We are also setting up a Facebook and email account to make communication amongst chapter members easier. Other future plans consist of hosting continuing education events, a Women's Leadership Conference and strengthening both social and professional relationships with current collegiate members through mentoring programs, sisterhood activities, and co-hosting the previously mentioned events. We are incredibly excited about our future ventures and hope to pique the interest of other Alpha Iota alumnus as well. The current Executive Board members will be meeting again at the 62nd Annual Spring Seminar at Ferris State University on May 18 and 19.

*Lambda  
Kappa  
Sigma*



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## SCHEDULE OF DEADLINES & UPCOMING EVENTS

### May 15:

- Core Values Poster Presentation Entry Forms Due
- Deadline for submitting ads for the Convention Printed Program

### May 29:

- Ewe Can Shop Registration Due
- Convention Party Favors Forms Due

### June 1:

- Deadline for completing the new Alumni Chapter Annual Report. (This replaces the Annual Financial Summary Report, Annual History Report, Convention Delegate Credentials Form and Convention Report.)

### June 15:

- Early Bird Registration for Convention Ends.

### July 15:

- Last day for the discounted Convention hotel room rate.
- Online Registration for Convention Ends. (Registration after this date must be done on-site.)

### July 29-August 1:

- LKS Annual Convention in St. Louis, Missouri. See [lks.org/Convention15](http://lks.org/Convention15) for all the latest information!