

Blue & Gold

Fall 2016

TRIANGLE



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The Heart of Dixie

“I choose to be happy.”

— Dixie Leikach
(Epsilon Alumni Chapter),
2015 LKS/Merck & Co.
Vanguard Leadership
Award recipient

see page 6



Lamb for Life



"Always Be Prepared to Give Back"

Mary Gear has been a proud member of Lambda Kappa Sigma since 1968, making her the perfect inaugural "Lamb for Life."

by Justine E. Dickson (Alpha Beta Alumni Chapter), PharmD, BCACP

GROWING UP IN the quiet town of Charleston, Illinois, Mary Gear didn't see much of the world but was greatly influenced by her mother's strong Midwestern values and by seeing her mother's volunteer work. When Mary was in high school, she worked as a hospital candy striper and as a nurse's aide in a nursing home. Then one fateful day, she was in the pharmacy and saw a brochure for the St. Louis College of Pharmacy. It was the only college to which she applied.

Past Grand President Sharon Brown once introduced Mary by saying, "I could tell you all that Mary has done in pharmacy, or I could just say that she's never been a nuclear pharmacist." Today, Mary is a consultant pharmacist working with 30 ambulatory surgery center accounts.

Her first LKS memory was going to the home of Marilyn Haberle (Past Grand President) for an Alpha Zeta Chapter recruitment party. She was so impressed by the alumni and students and their stories about LKS. Marilyn was her role model in college and taught her an important lesson: "When you are asked to serve, you say yes."

Most people aren't aware that Mary loves horse racing. In 2015, she was able to make it to Del Mar, Santa Anita, Hot Springs, New Orleans, Fort Lauderdale and Louisville for the Kentucky Derby. (Unfortunately, she bet against American Pharoah each time!) Mary also loves to travel, preferably by cruise ship, and her favorite vacation destination is Venice, Italy.

Says Mary, "I love the history, glass, lace, theater and culture." On most weekends, you'll find Mary at the Italian American Club listening to the standards of Frank Sinatra, Dean Martin, Tony Bennett and Engelbert Humperdinck. Mary is also a season ticket holder at the Smith Center and takes in eight to 12 Broadway performances a year.

"Keep your options open and try different things," Mary says. "One of the most amazing things I've found about pharmacy is the multitude of opportunities that are out there."

Mary has one piece of advice for current collegiate members. "Keep your options open and try different things," she says. "One of the most amazing things I've found about pharmacy is the multitude of opportunities that are out there. Your LKS network will be invaluable. Don't hesitate to use it and always be prepared to give back to LKS." **AKS**

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Know a Lamb for Life? We'd love to feature her in an upcoming issue. Please email communications@lks.org to tell us about this special person who deserves recognition.

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THE BLUE & 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, Leadership, Scholarship, Service and Sisterhood.

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Letter from the Editor

New Beginnings

WELCOME TO THE new *Blue & Gold Triangle*! This new format is the result of several years of dreaming, planning and working with a few experts to take our flagship communication tool to a new level. Your Grand Council, along with the Headquarters staff, are committed to the continued success, growth and advancement of Lambda Kappa Sigma and its members. The transformation of the *Blue & Gold Triangle* represents the first step in the rebranding process that the Fraternity has begun.

Lambda Kappa Sigma is partnering with communications firm Shelle Design to assess member wants and needs and to develop a whole new look for our Fraternity—creating clean, contemporary designs that reflect our commitment to our mission and Core Values. With a new portfolio of recruitment and promotional material—and a vibrant, glossy *Blue & Gold Triangle*—Lambda Kappa Sigma will have a competitive edge in expansion efforts and professional organization recognition.

Feature articles in the *Blue & Gold Triangle* will highlight unique and accomplished members. Also appearing will be articles on Women's Health Issues, the Educational Trust, sisterhood, special events and outstanding chapter activities.

This inaugural issue of the *Blue & Gold Triangle* is dedicated to new beginnings. The *Blue & Gold Triangle* begins its life as a true magazine. LKS begins the process of refining itself with a new and exciting portfolio of materials. And the newly installed Grand Council begins the task of harnessing the positive energy from an extremely successful convention and leading the Fraternity to new levels of success.

I hope you enjoy this issue of the *Blue & Gold Triangle*. Your comments and suggestions are welcome!

Esse Quam Videri,

Sharon C. Brown

Sharon C. Brown
Past Grand President
Editor
Scbrph83@yahoo.com



With a new portfolio of recruitment and promotional material—and a vibrant, glossy *Blue & Gold Triangle*—Lambda Kappa Sigma will have a competitive edge in expansion efforts and professional organization recognition.



Convention 2017 Location Revealed

MARK YOUR CALENDARS NOW! Plan your convention fundraisers early! The 2017 Lambda Kappa Sigma Annual Convention will be held at the Sheraton Atlanta in Atlanta, Georgia, from August 3–5, 2017. Details on the meeting specifics are still in the works. As plans move forward, more information will be made available on the LKS website at lks.org/Convention17, so be sure to check frequently.

Many major airlines fly to Atlanta, making

travel by air reasonably convenient and relatively low cost.

Atlanta is the capital of Georgia and has a rich history, diverse culture and many fun activities for visitors. You and your friends may want to arrive a day early or stay through the day on Sunday to visit world-class attractions like the World of Coca Cola, the CNN Center and the Georgia Aquarium.

We'll see you in 2017!

LKS Partners with Shelle Designs for Rebranding Project

Lambda Kappa Sigma has selected Shelle Designs to lead our efforts to update the look and feel of LKS. It has been over 10 years since our full complement of materials

has been updated. Shelle Designs has already begun the process of delving into the thoughts, ideas and visions of our members through focus groups at convention in an

effort to gather information essential to a successful rebranding process. It is anticipated that our new image and coordinating materials (website, social media presence, etc.) will take about 6 months to complete.

Who is that Lamb?

During the 2015 convention, the Lambda Kappa Sigma mascot was introduced to the membership. Attendees were asked to vote on one of several names for the mascot, and the chosen name was Ewegenia Lambeaux. Ewegenia made an appearance at the APhA booth last year and again at convention this year. Be on the lookout for Ewegenia at the next LKS event you attend for a great photo op!

We Need News About Ewe!

Do you have some news you'd like to share with your fellow LKS sisters? Submit your ideas (and high-quality photos) to communications@lks.org. We want to hear from ewe!

Apothecary



**The 2016-2018
Women's Health Issues Topic:**

Skin Cancer

The underlying truths about a killer tan

By Sharon C. Brown, MS, RPh

SKIN CANCER IS the most commonly diagnosed cancer in the United States¹. Most skin cancers are preventable with the primary risk factor for skin cancer being exposure to ultraviolet (UV) light. The most common source of UV light is sunlight and tanning beds. The obvious solution to reducing the incidence of skin cancer would be to reduce exposure to sunlight and indoor tanning beds. But that solution is not always so simple.

Risk Factors for Skin Cancer

Exposure to UV light early in life, especially frequent sunburns, increases the risk of developing skin cancer later in life. Men are two to three times more likely than women to develop some form of skin cancer. Also at increased risk are people with a fair complexion, blonde or red hair, and blue or green eyes. Other risk factors include a large presence of moles, positive family history, long-term skin inflammation and smoking².

Types of Skin Cancer

Basal cell carcinoma is the most common form of skin cancer. It is composed of abnormal uncontrolled growths or lesions that arise in the skin's basal cells. This type of skin cancer is usually caused by the combination of cumulative and intense occasional sun exposure, such as sunburns. Basal cell carcinoma almost never spreads and rarely reaches life-threatening stages. However, it can lead to significant disfigurement if not treated early. More than 4 million cases are diagnosed in the U.S. each year².

Squamous cell carcinoma develops from uncontrolled growth of abnormal cells arising in the squamous cells which comprise most of the skin's upper layers (epidermis). This type of cancer is more likely to result in disfigurement than basal cell carcinoma and can become deadly if allowed to grow. Caused by exposure to UV light, squamous cell carcinoma usually occurs on parts of the body that are naturally exposed to the sun and that tend to show signs of aging, such as

the face and neck. More than 1 million cases are diagnosed in the U.S. each year².

Melanoma is the most dangerous form of skin cancer. It develops when unrepaired DNA damage to skin cells triggers mutations that lead the skin cells to multiply rapidly and to form malignant tumors. The tumors originate in the pigment producing cells in the basal layer of the epidermis. Melanoma resembles moles and are usually black or brown but they can be lighter in color as well. This cancer is usually treatable if diagnosed and treated early. But once it spreads, it is very difficult to cure. Melanoma makes up less than 1% of skin cancer cases but accounts for the vast majority of skin cancer-related deaths².

Fighting the Good Fight

Simple prevention strategies could drastically reduce the incidences of skin cancer. In 2014, the Surgeon General issued a Call to Action to Prevent Skin Cancer³. Identifying skin cancer as a major public health problem, the Surgeon General called on leaders in the business, healthcare and education sectors, as well as community, faith-based and non-profit organizations, to partner with individuals and families to reduce the risk of skin cancer in the U.S. population.

This call to action promotes five strategies to support skin cancer prevention in the general public³:

1. Increase opportunities for sun protection in outdoor settings.
2. Educate individuals so they can make informed decisions regarding healthy choices about UV light exposure.
3. Promote policies that advance the national goal of preventing skin cancer.
4. Reduce harm resulting from indoor tanning.
5. Strengthen research, surveillance, monitoring and evaluation related to skin cancer prevention.

TYPES OF SKIN CANCER



While the Surgeon General issues warnings and encourages reasonable prevention strategies, the multi-billion dollar tanning bed industry claims their products are safe and actually provide benefits, such as boosting mood, reducing cellulitis, looking younger and increasing Vitamin D absorption (the one fact that has been proven).

Safe Tan Myth Falls Flat

Formed in 2012, the American Suntanning Association (ASA) has initiated public relations and lobbying activities to promote tanning and to reverse what it calls “misinformation” related to the risks of UV light exposure. Much of their efforts focus on the benefits of Vitamin D and highlights the sunlamps that are specially designed for Vitamin D production. This industry promotes the idea of a “safe tan” and what they call associated health benefits.

Despite these efforts, the International Agency for Research on Cancer categorized UV-emitting tanning devices as “carcinogenic to humans”—the highest cancer risk category also given to cigarettes and asbestos. According to one report, people who start using tanning beds or sunlamps before the age of 30 increase their risk of developing melanoma by 75 percent².

And regarding the benefits of Vitamin D? Experts suggest supplements as the most appropriate option for boosting Vitamin D absorption.

Love the Skin You're In

As healthcare professionals, we often spend long hours indoors and can't wait to feel the sun on our faces every chance we get. The feeling of looking like you've been “kissed by the sun” is generally a good one. But we do need to be smart about the decisions we make today that will impact our health and the health of our families in the future. Some common sense actions even sun-lovers can live with include:

1. Limit exposure to the sun. Plan outdoor activities for early morning or late afternoon. Stay out for short periods of time. Use an effective sunscreen and reapply often.
2. Wear protective clothing, such as clothes, hats and sunglasses designed to protect from UV light.
3. Use skin care products with SPF every day. Regular daily use of products with an SPF of at least 15 can reduce the risk of some cancers by 40 to 50%.
4. Learn to love your natural skin tone. For a sun-kissed look, try using a light make-up base or well-tested self-tanning product. You will be able to love your skin a lot longer!

Take time during this biennium to learn more about skin cancer and the behaviors that can increase the risk of developing skin cancer. And watch for more information in the next *Blue & Gold Triangle* about screening for skin cancer and treatment modalities. **ΑΚΣ**

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1. Division of Cancer Prevention and Control (<http://www.cdc.gov/cancer/dcpc/abott/>)
 2. <http://www.skincancer.org/skin-cancer-information/skin-cancer-facts>
 3. <http://www.surgeongeneral.gov/library/prevent-skin-cancer/>

The Heart of Dixie

Making an impact on people's lives is at the core of Dixie Leikach.

by Sharon C. Brown, MS, RPh

**"At the end of the day,
if I managed to
make an impact on
someone's life, then it
was a successful day."**

- Dixie Leikach (Epsilon Alumni Chapter), 2015 LKS/Merck & Co. Vanguard Leadership Award recipient

Right: Dixie received the LKS/Merck & Co. Vanguard Leadership Award at the 2015 LKS Annual Convention in St. Louis.





Walk into an LKS gathering and you can pick out Dixie Leikach from the crowd by following her distinct and infectious laugh. She is most often surrounded by smiling faces. As you approach, her arm will instinctively wrap around your shoulder to invite you into the group. And if you are not smiling before you join the group, you will be smiling within minutes.

As the winner of the 2015 LKS/Merck & Co. Vanguard Leadership Award, Dixie joined an elite group of Fraternity sisters who have been recognized for their leadership and service. When asked why Dixie was considered for this award, Past Grand President Jenny Brandt said, “Her dedication to the Fraternity is extraordinary. She volunteers by asking to be put wherever she is needed. She is a major force in Maryland in the pharmacy arena and is actively involved in her synagogue and its outreach programs.”

Dixie grew up in Salisbury, Maryland, where she was raised by her mother, who helped to shape her life. Dixie describes her mother as one of her personal heroes for demonstrating a strong work ethic, a solid approach to overcoming obstacles and an emphasis on simply getting the job done.

She followed in her mother’s footsteps when she joined Zeta Tau Alpha in her pre-pharmacy years at Salisbury University. This experience influenced Dixie’s decision to continue her Greek involvement at the University of Maryland School of Pharmacy, where she was instrumental in the successful reactivation of LKS’s Epsilon Chapter in 1989.

Although Dixie swore she would never marry a pharmacist, she met her husband Neil on interview day for pharmacy school. They were friends

for about a year, then became engaged four months after they “officially” started dating. Not only are they partners in marriage, they are partners in business as well. Dixie and Neil own two community pharmacies and a closed door pharmacy. When asked about the challenges of being married to your business partner, Dixie stated the only bad thing is that the business never really gets turned off. One of the good things? “You don’t have to tell the story behind the story for him to understand—he knows it.”

Dixie’s outstanding commitment to success extends to her personal business as a Mary Kay consultant. Why Mary Kay? She started as a loyal customer and loved the products. She learned that Mary Kay was not really about the lipstick. It’s about opportunity, self-image, self-worth and self-esteem. And perhaps equally important, it’s just plain fun!

Despite a very full calendar as a wife, mother of two boys, business partner and consultant, Dixie always keeps her eye on the horizon for new opportunities to give back to her faith, fraternity and profession. Dixie feels her active involvement in the organizations she supports allows her to gain more than she gives. She strives to help shape and mentor future leaders of the pharmacy profession and of the organizations with which they are affiliated.

Dixie recently launched a non-profit organization called PEER (Pharmacy Ethics, Education and Resources, Inc.), which is dedicated to educating healthcare professionals and providing resources to

DIXIE’S LEADERSHIP LESSONS LEARNED

• • • • •

- 1. Just say Yes! But for the right reasons.**
- 2. Make a difference. It isn’t enough to just say yes.**
- 3. Show up. There is always something new.**
- 4. Surround yourself with smart people.**

“Her dedication to the Fraternity is extraordinary. She volunteers by asking to be put wherever she is needed.”

● Past Grand President Jenny Brandt

The Heart of Dixie



Neil and Dixie Leikach are partners in marriage and business.

PHARMACY ETHICS, EDUCATION AND RESOURCES, INC. (PEER)

With the passing of the Affordable Care Act, there is a shift in the payment model for pharmacies. Fears regarding reduced profitability may influence decisions related to patient care, causing ethical dilemmas. No other association focuses specifically on ethics in healthcare in the U.S. PEER will provide a process for educating healthcare professionals and providing resources dedicated to the safe and ethical provision of quality affordable patient care.



Dixie and Elicia Fauvel DeParolesa, Secretary of the Trust Liaison Committee.

improve patient safety (see sidebar at left).

Dixie says her service on Grand Council is perhaps her greatest accomplishment. She was elected as Grand Secretary just two years after graduation and held three other elected positions, including Grand President in 2004. She credits this experience as the basis for much of her success and lists Past Grand Presidents as her other heroes. "They don't serve then disappear from the landscape," explains Dixie. "They remain active and engaged, and their dedication to the members of the Fraternity is heroic."

As a Past Grand President, Dixie models the behavior she has admired in others. Past Grand President Christine Perry says of Dixie, "She is one of the most generous pharmacists I know. Her dedication, passion for pharmacy and generosity is an inspiration to all." Other sisters describe her as welcoming, supportive to everyone, and the consummate sister. She is also an inspiration to be kind, to lead and to mentor.

In her acceptance speech for the Vanguard Leadership Award, Dixie stated that she was

not an expert on leadership but in fact tends to be the one who buys the book or attends the seminar to learn more.

One of her approaches to leadership advancement is to find that person—the one who will challenge you to stretch your boundaries and make you better. And then be that person for someone else, once again, gaining more than you give.

How does Dixie define success? "At the end of the day, if I managed to make an impact on someone's life, then it was a successful day," she states. Her generosity of time, money and heart toward worthy causes surely makes her days successful.

With a husband, three businesses, two sons and two dogs (not necessarily in that order of priority!), each day presents new challenges and opportunities.

But Dixie does it all with a bright smile, a twinkle in her eye and her signature laugh. Why is she so happy all the time? "You have two choices—you can be happy or miserable," she says. "I choose to be happy." A simple choice in the heart of Dixie. **AKS**



Above: Between 1960 and 1974, the *SS HOPE* made 11 successful voyages.

Our History with Project HOPE

FIFTY-TWO YEARS OF HOPING, HOOPING AND WALKING FOR HOPE

WILLIAM B. WALSH, M.D., served as a medical officer aboard a destroyer during World War II and saw first-hand the poor health conditions in the South Pacific. He knew that many young children could be saved if they only had the most basic healthcare. That sparked a dream of a floating medical treatment facility capable of bringing education and access to healthcare to communities around the world.

In 1958, Dr. Walsh convinced President Dwight D. Eisenhower to donate the *USS Consolation*, a U.S. Navy hospital ship, to this cause. With support from corporations, individuals and volunteers, the ship was transformed into the *SS HOPE* (Health Opportunities for People Everywhere).

On September 22, 1960, the *SS HOPE* set sail for Indonesia from San Francisco. Director Frank P. Bibas captured the maiden voyage in a documentary film, which won the 1961

Academy Award for best documentary short subject.

The LKS Connection

From 1962 to 1964, Margaret Sherwood-Oppedal (past president of Lambda Kappa Sigma's Delta Chapter) served as a pharmacist aboard the *SS HOPE* during voyages to Peru and Ecuador and was awarded the Dr. E.R. Squibb Award in 1965 for her outstanding contributions to pharmacy and public health.

It was Margaret's many reports in the *Blue & Gold Triangle* detailing her work in Third World countries that sparked interest in the compassionate activities of the ship and its volunteers. This led to the adoption of *SS HOPE* as the LKS National Philanthropy in 1964.

Although the *SS HOPE* was retired in 1974, the work of the organization and the spirit of earlier voyages lives on in Project HOPE's many programs. Today, through the partnership of Project HOPE

and the U.S. Navy, medical volunteers are sent all over the world to provide healthcare and health education to countries and communities in need.

Since the convention of 1964, Lambda Kappa Sigma has donated well over \$150,000 to Project HOPE. It is through the creative, ingenious and dedicated efforts of our collegiate and alumni members that such tremendous support for this worthy cause is possible.

Each year, LKS chapters organize coffee hour sales, white coat sales, HOOPS for HOPE, and even Hopscotch for HOPE as fund-raising activities in order to make significant contributions to Project HOPE. And since Nu Chapter at Drake University in Des Moines, Iowa, held the first HOPE waLKS in 2010, LKS chapters across the country have followed suit and now hold their own annual HOPE waLKS events.

Lambda Kappa Sigma is proud of our 52-year affiliation with Project HOPE and looks forward to the next 50 years of supporting Health Opportunities for People Everywhere. **ΛΚΣ**

Sisterhood



Celebrating Our Successes at the 2016 Convention

In July, 150 members gathered together for the 2016 Lambda Kappa Sigma Convention in Scranton, PA.

SCRANTON, PENNSYLVANIA, is home of the Wilkes University Nesbitt College of Pharmacy and was the site of the 2016 LKS Annual Convention in July. Over 4 days, 150 attendees learned, shared, bonded, laughed and celebrated the amazing members that make LKS what it is and the amazing activities that demonstrate to others how special we are.

With “Roadmap to Success” as our theme, attendees traveled through a variety of activities designed to encompass our Core Values and to strengthen the leadership skills needed by the next generation of LKS women and men.

Food and fun were combined as the Opening Reception led into the HOPE waLKS Around the World event, an interactive and playful program that demonstrated the impact Project HOPE has around the globe and the important role LKS plays in support of our philanthropy. (Turn to page 9 for more information about Project HOPE.)

After the Welcome Breakfast by Dean Graham from the Nesbitt College of Pharmacy, Jeff Belkora from CAMPUSPEAK guided members through DecisionSCOPE, a detailed method for making decisions that may be difficult for a variety of reasons. Thursday’s networking luncheon provided an opportunity for members to meet new people and to engage in some informal conversation while relaxing over lunch.

We were fortunate to have Past Grand President and convention

Continues on page 13



▲ OPPORTUNITIES

Convention provides members an opportunity to practice their public speaking.

Sisterhood: 2016 CONVENTION

► TLC AUCTION

Heirloom jewelry is a popular item at the annual Trust Liaison Committee Auction.

▼ LAMB OLYMPICS

(Bottom half photos) The Lamb Olympics at this year's convention provided lots of laughs while developing team-building skills.



Continued from page 11

sponsor Dixie Leikach lead a session about Pharmacy Education, Ethics, and Resources (PEER). Dixie founded this non-profit organization to provide guidance and support for practitioners who face ethical dilemmas in the workplace. (Learn more about Dixie on page 6.) We wrapped up the day with a very competitive and quite hilarious Lamb Olympics—not quite Rio, but fun was had by all!

Friday kicked off with a truly fascinating, in-depth look at the world of addiction and recovery presented by Jake Nichols, a fellow pharmacist and recovering addict who is dedicated to sharing his personal story in an effort to educate others about this devastating disease. A casual lunch and some shopping at Ewe Can Shop combined with Poster Presentations provided a fun-filled and informative afternoon.

LambTalks gave several chapters the opportunity to share with the membership some of their more successful projects and activities during the past year. Following a short collegiate and alumni session, members had a free night out with the option of participating in some of America's favorite pastimes: baseball (see page 16) and hot dogs, wine and painting, or just hanging out in Scranton.

The last day of convention started with the LKS Educational Trust Event and Auction and ended with the Final Banquet. There was lots of mixing and mingling, award announcements, and the installation of the 2016-2018 Grand Council.

Following our roadmap led to great success for the meeting, and we all look forward to our 2017 Annual Convention in Atlanta next summer! **ΛΚΣ**



▲ NETWORKING

Convention provides students an opportunity to network with fellow chapters as well as with alumni members.

► BUILDING BONDS

No LKS convention is complete without the traditional pyramid!



Sisterhood: 2016 CONVENTION

Chapter of the Year Awards



▲ Collegiate Chapter of the Year: Alpha Iota (Ferris State Univ.)

1st Runner-Up: Omicron (Wayne State Univ.)

2nd Runner-Up: Alpha Beta (Univ. of Connecticut)



▲ Alumni Chapter of the Year: Alpha Phi Alumni (Wilkes Univ.)

1st Runner-Up: Alpha Alumni
(Massachusetts College of Pharmacy)

2nd Runners-Up (tie): Chi Alumni (Univ. of Washington)
and Alpha Beta Alumni (Univ. of Connecticut)



▲ EDUCATIONAL TRUST

Chapters were recognized for their contributions in support of the LKS Educational Trust.

Vista Maria
Lambda Kappa Sigma-Omicron Chapter

About the Vista Maria

- Vista Maria is a private, nonprofit agency that provides residential and community based treatment programs for women and girls who are recovering from or caught in situations of substance abuse and/or child abuse.
- Vista Maria also operates intensive residential treatment programs for adolescent girls, as well as independent living and transition services for women ages 18-24.

How It Started

- In May 2014, we began our involvement with Vista Maria organization to support their mission.
- Many of the residents are on multiple medications, for psychiatric disorders without any pharmacy involvement.
- Our academic chapter was created to assist in dispensing on the evenings and weekends so we look forward to educating young women about their medications, but also to forming bonds with our alumni.

Goal of Our Service

- To help fill that gap in health and medication knowledge that exists among residents of Vista Maria so that they can be independent advocates for their own health and well-being beyond the transitional living program.

Medication and Health Education Presentations

- Once a month our chapter coordinates with a student organization from our pharmacy school to prepare and carry out an interactive presentation on a medication or health education topic.

Student Organization

- Students National Pharmaceutical Association (SNPA)
- American Pharmacists Association (APhA)
- Lambda Kappa Sigma Fraternity (LKS)
- Student College of Clinical Pharmacy (SCCP)
- Fighting AIDS with Nutrition (F.A.N.)
- Women On Mission Society
- Kappa Psi Pharmaceutical Fraternity (KPF)
- Lambda Epsilon Sigma Fraternity (LES)

Medication Clinics

- Twice a month our chapter holds medication clinics at Vista Maria to provide medication management services to the residents.
- A student pharmacist gathers information from the resident on her medical conditions and medications to identify gaps in their medication regimen.
- The student then provides a medication action plan to the resident and documents the encounter to be reviewed in follow-up visits.

Future Goals

- Expand the medication and health education presentations to other residential areas on Vista Maria's campus that house younger residents.
- Increase student and preceptor participation in the medication clinics by reaching out to the students and faculty of Wayne State's Pharmacy School.

Accomplishments

- Vista Maria for allowing us to work with their inspiring residents in an environment that radiates encouragement, compassion, and achievement.
- Dr. Mary Beth O'Connell, our mentor and leader, who has been instrumental in helping us to be the most knowledgeable and compassionate leaders in pharmacy that we can be.
- The student organizations from our pharmacy school who have supported our new partnership with Vista Maria with informative presentations.

▲ CORE VALUES POSTER PRESENTATION

Omicron Chapter (Wayne State Univ.) took home first place for their Core Values Poster Presentation demonstrating their service to Vista Maria, a non-profit program that works to empower women and girls who were homeless or in abusive relationships.



2016 Fraternity Award recipients (left to right): Jeanne VanTyle, Donna Horn, Patti Kienle, Stephanie Alvarez and Afton Wagner.

Fraternity Award Winners

At each convention, LKS recognizes the accomplishments of alumni members through the Fraternity Awards program. The 2016 recipients are:

ADVISOR AWARD
Jeanne VanTyle
(Phi Chapter)

DISTINGUISHED YOUNG PHARMACIST AWARD
Afton Wagner

AWARD OF MERIT
Patti Kienle

LKS/MERCK & CO. VANGUARD LEADERSHIP AWARD
Stephanie Alvarez

DISTINGUISHED SERVICE CITATION
Donna Horn

Congratulations to all of the 2016 award winners!
For a complete list of recipients, please visit lks.org/2016AwardWinners.

2016-2018 Grand Council



First row (from left): GVP for Alumni Chris Grass, Grand President Sandy Mullen, GVP for Collegiates Amanda Higgins.

Second row (from left): Debbie Bourquin (Region Supervisor) and Michael VanLaanen (Region Supervisor).

Back row (from left): Justine Dickson (Region Supervisor), Christina Inteso (Region Supervisor), Past Grand President Jenny Brandt, Grand Treasurer Melissa O'Brien, GVP for Development Nicole Lombardo, Grand Secretary Tameya Sam, Madeline Shurtleff (Region Supervisor), Stephanie Mrozek (Alternate Region Supervisor).

Not pictured are Region Supervisors Tracee Abrams, Kaitlyn Harnden and Renee Savory.



Share Your Sisterhood Stories!

Does your chapter have a story to tell about a special event or community service project they participated in? Have you and other fellow alum gathered for a mini reunion? Share your stories (and high-quality photos!) by emailing them to communications@lks.org.

Ewe Can

Right: LKS members meet Champs, the Scranton/Wilkes-Barre RailRiders mascot, during the 2016 LKS Annual Convention.



LKS and America's Pastime

Baseball Adds Fun to Convention Schedule

DURING THIS YEAR'S LKS convention, members had an opportunity to engage in America's favorite pastime by attending a AAA baseball game pitting the Scranton/Wilkes-Barre RailRiders against the Durham Bulls.

Attending a baseball game in the host city has become a mainstay at conventions, and members have enjoyed being taken out to the ballpark to see various Major League Baseball teams, including the Houston Astros, Detroit Tigers and St. Louis Cardinals.

Historically, baseball started being referred to as America's favorite pastime in the 1920's, when the construction of large baseball parks spurred regional support for teams, and people of all ages began to play in rapidly growing local leagues. Admittance to baseball

games was affordable, and there were plenty of games to go to during the season, leading to the development of a strong following and loyal fans.

Here is a quick look at why some of our members never miss the chance to make it out to the ballpark when convention comes to town!

ΑΚΣ



Dixie Leikach:
"I love going because my husband, Neil, enjoys going!"

Patti Lozano:
"I really enjoy baseball games and they are so much more fun when I can share the energy and excitement with my LKS sisters!"

Gloria Bernstein: "Baseball brings to mind being together, enjoying a moment, sharing the concept of team, cheering together for a win and relaxing. It's an opportunity to be outside and enjoy the team and city we are in. I love it!"

Jennifer Rhodes: "Summertime is baseball season for me and my family, and sharing one of my favorite pastimes with my LKS sisters makes it that much better. I get to meet up with old friends and make some new friends that I may not get to know as well during the convention meeting times."

Ruth Brown:
"I have always loved baseball and have been a season ticket holder for years. Going to a game at convention allows me to see other teams and other parks while sharing an evening out with friends."

A Bit of Our History



Lunch and How Lambda Kappa Sigma Got Its Name

Quoting Ethel J. Heath, "Our little society was named Lambda Kappa, the Greek initials for Luncheon Club (there being no "C" in Greek). At its meetings the first two years were always in the form of these informal lunches twice a week."

In 1915, because of class schedule conflicts, it was impossible to continue as a luncheon club and the organization became a society open to all women in attendance at the Massachusetts College of Pharmacy. A new meaning was given to Lambda and Kappa, and Sigma was added to the name.

—Nancy Horst, Past Grand President

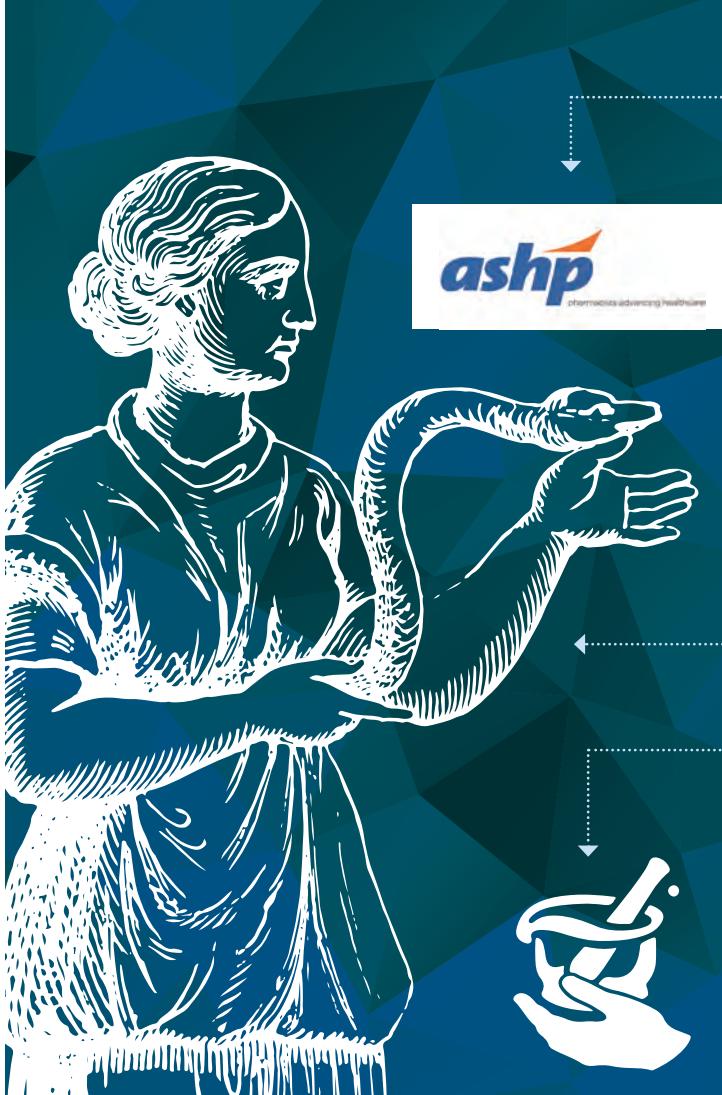


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Upcoming Events



DECEMBER 4-8, 2016
ASHP Midyear Clinical Meeting
Las Vegas, Nevada
Lambda Kappa Sigma will be hosting a booth December 5-7, so be sure to stop by!

JANUARY 15, 2017
Educational Grant Application Deadline
Learn more at lks.org/Grants

MARCH 15, 2017
Hygeia Day
To celebrate this day in honor of the Greek goddess of health, chapters are encouraged to put on a professional event.

MARCH 24-27, 2017
APhA Annual Meeting
San Francisco, California
Lambda Kappa Sigma will be hosting a booth March 24-26. We'd love to see you there!

AUGUST 3-5, 2017
2017 LKS Annual Convention
Atlanta, Georgia
Save the date...you don't want to miss it!