

Blue & Gold

Winter 2018

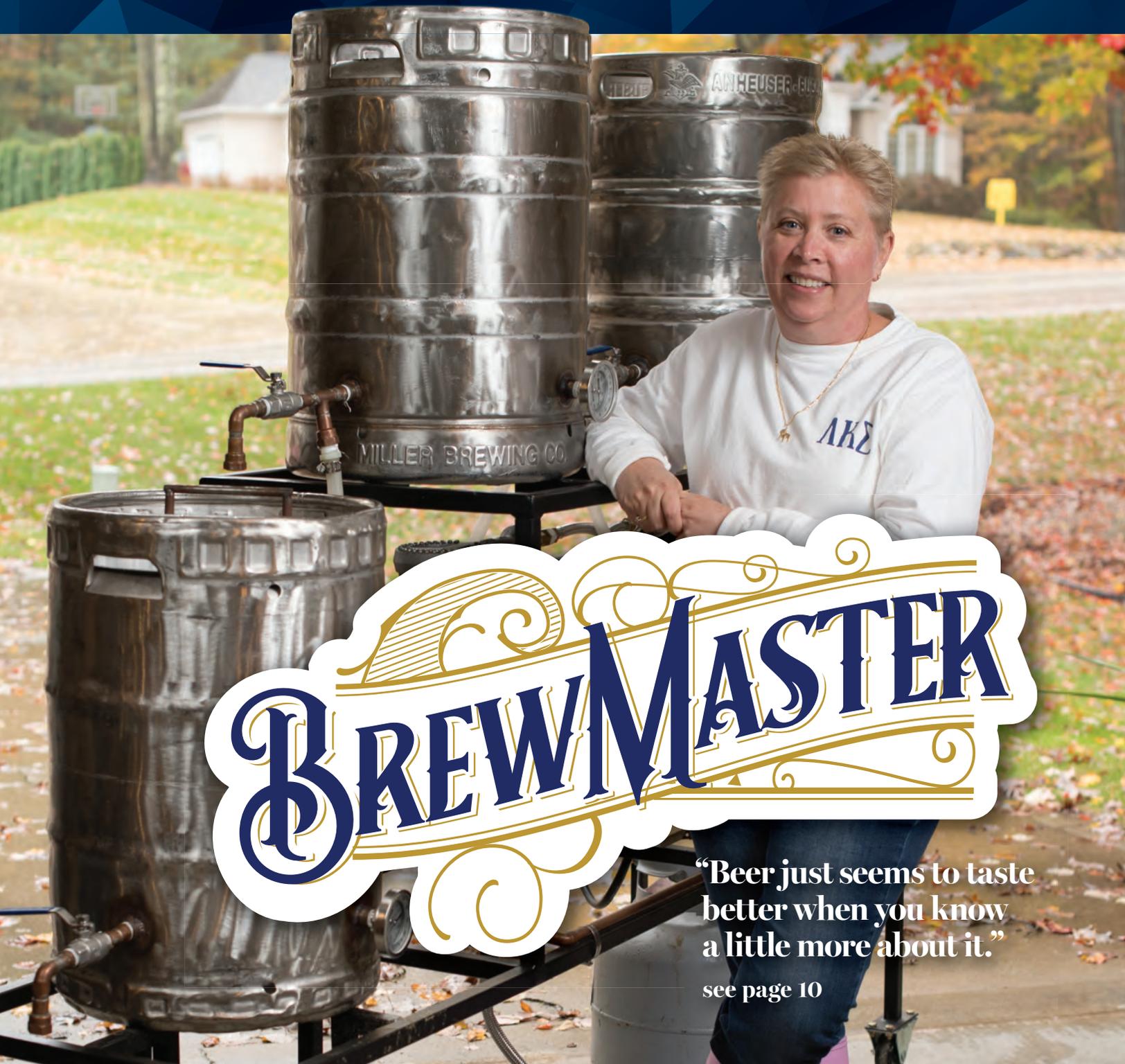
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BREWMASTER

“Beer just seems to taste better when you know a little more about it.”

see page 10



Patti Kienle's encounters with childhood pharmacist brought winds of change to career ambitions.

By Justine Dickson (Alpha Beta Alumni Chapter), PharmD, BCACP

“Find a Job You Truly Enjoy”

WHEN PATRICIA (“PATTI”) CLANCY KIENLE WAS growing up in Wanamassa, New Jersey, Mr. Lieberman was the local pharmacist. Through the years, Patti took notice of how he was the center of the community and how everyone respected him and went to him for advice. Although she had always dreamt of being a TV weatherperson, Patti started to seriously think about pharmacy as a viable career option.

Patti attended Philadelphia College of Pharmacy (now part of University of the Sciences), which at the time was only one of two pharmacy schools that had both women's professional pharmacy fraternities—Lambda Kappa Sigma and Kappa Epsilon. In 1971, Patti was invited to join both but chose LKS (Eta Chapter) because she thought the sisters seemed more professional. She has been a dedicated sister ever since (serving as Grand President from 1984 to 1988) and is currently a member of Alpha Phi Alumni Chapter.

As a student, Patti worked in both community and hospital pharmacies. But since graduation, her career has been in health systems. She is now the Director of Accreditation and Medication Safety for Cardinal Health Innovative Delivery Solutions, helping healthcare administrators develop and execute comprehensive medication management programs in acute and non-acute environments. Patti is considered one of the nation's foremost experts on medication management and safety, accreditation, and regulatory issues.

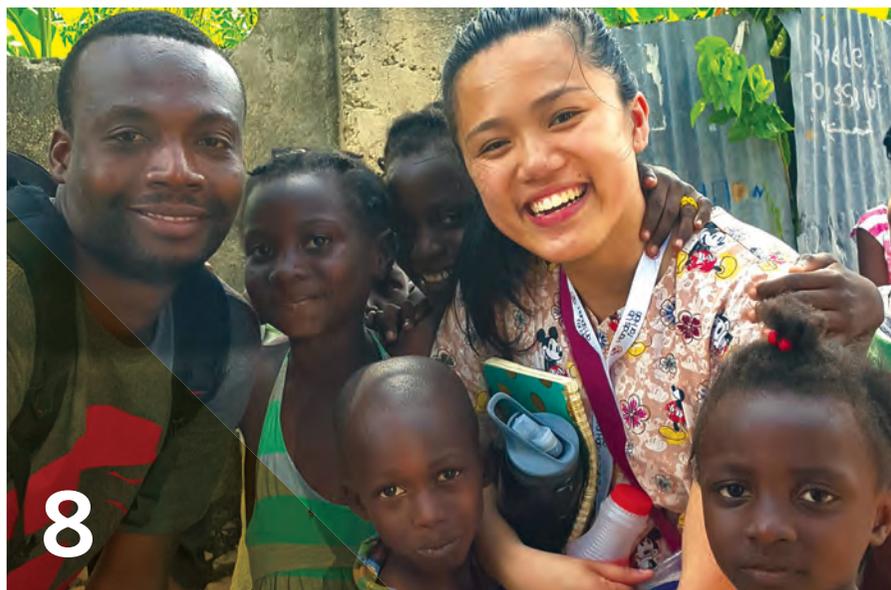
Patti's best advice for current collegiate LKS members is to “love what you do”. She doesn't like to hear anyone complain about his or her job because there are so many opportunities out there to find something that you truly enjoy.

When she's not working, Patti enjoys relaxing (and even took ballet lessons for 34 years!). She prefers beach vacations but took a train trip over the Canadian Rockies last summer. Says Patti, “It certainly wasn't the beach, but it was gorgeous!”

Now settled in Wilkes Barre, Pennsylvania, Patti supports all the Philadelphia-area sports, especially the Phillies. And although a career as a TV weatherperson never panned out, don't be surprised to find Patti tuned into The Weather Channel whenever she has a chance! **AKS**

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.

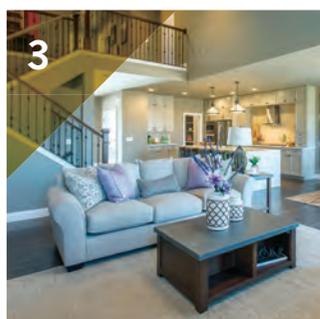
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Her grandfather's passing inspired Alicia Tran to help people in impoverished countries through healthcare and education.



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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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President's Address

Like Our New Look?

GREETINGS, SISTERS! Hopefully, everyone enjoyed the summer and jumped into fall with lots of energy and enthusiasm. If you attended Convention this summer in sunny Atlanta, Georgia, or have been paying attention to your emails, you know Grand Council and Headquarters (with the assistance of Shelle Design) has been very busy developing the new brand platform for Lambda Kappa Sigma. The fresh, new look along with a re-vamped website went live in August. All the same information is available on the website with updates to some key information, like the Membership and Recruitment Manual and new graphics (see page 3), to help attract new members and keep all sisters engaged.

Hopefully everyone celebrated Founder's Day on October 14th with a special event or meeting. Our founders were amazing women who created LKS to help support and mentor one another. This still holds true today as we remember the accomplishments of those before us and continue to move LKS forward as the organization of choice for women in pharmacy.

If you missed the deadline, it's not too late to renew your dues. Just go to lks.org/PayMyDues. (Problems or questions? Contact Managing Director Amy Jurgens at Amy.Jurgens@lks.org or 262-682-4362.) If you are able, consider donating to Campaign for Progress. The funds collected will be used to develop leadership programs, increase chapter development and focus on membership progression for the next fiscal year.

Finally, November was Educational Trust Month. (Please consider donating at lks.org/TrustDonation.)

Jennifer Rhodes and the Trust Liaison Committee voted in August to increase the number of educational grants awarded for the 2017-2018 academic year from 8 to 10. This is awesome news! The increase in the number of grants can be attributed to the hard work of the TLC and their dedication to the collegiate and graduate members of LKS. Don't forget educational grant applications are due January 15, 2018.

Grand Council and Headquarters were very busy this past year creating Lambda Kappa Sigma's new brand platform, increasing communication to the membership and ensuring the Fraternity is running smoothly behind the scenes.

Grand Council and Headquarters were very busy this past year creating Lambda Kappa Sigma's new brand platform, increasing communication to the membership and ensuring the Fraternity is running smoothly behind the scenes.



Please let me know if you have any ideas for things you would like to see or hear about in the upcoming months.

Fraternally,

A handwritten signature in cursive script that reads "Sandy Mullen".

Sandy Mullen
Grand President
grandpresident@lks.org

Our Big Rebranding Reveal

The major elements of the LKS Rebranding Project with Shelle Designs were announced during the 2017 Convention in Atlanta. LKS has a bright new face, with an updated crest, new fonts and a trendy new style as we move forward “Elevating Women in Pharmacy”. Be sure to let Grand Council know what you think at lks.org/ContactUs. **ΛΚΣ**



Lambda Kappa Sigma

Elevating Women In Pharmacy



Educational Trust
LAMBDA KAPPA SIGMA

Alumni Sister Wins St. Jude Dream Home

“Our lives will never be the same”

By Sharon C. Brown (Alpha Iota alumni), MS, RPh



CHRIS GRASS (Alpha Zeta Alumni Chapter) almost didn't take the call from the unfamiliar number on her phone. "I thought it was a solicitation call and wasn't going to answer it," says Chris. But for some reason she picked up, and the lives of her and her husband Andre changed forever.

Chris and Andre live in Florissant, Missouri, in a house they call Green Acres — a beautiful home with many features they worked on themselves and with 4 acres of land for their two dogs to run around on. The Grasses are active in their community, where Andre participates in many charity events.

They have always purchased one raffle ticket for the annual St. Jude Dream Home Giveaway. After winning a cash prize in another event

this year, Andre decided to pay it forward and bought two \$100 raffle tickets for the home giveaway. The result? The Grasses won a 5,200 square foot home in Cottleville, Missouri, about 35 miles from their current home!

When Chris took the phone call and learned they had won the house, she admits it was one of the few times in her life she was at a loss for words. The drawing was on live TV that morning, so they immediately began to get phone calls and texts from friends and family members.

Their visit to the home was a bit overwhelming. With 5 bedrooms, 5 bathrooms, a 5-car garage and every possible feature one could want, it certainly is a dream home. But for these empty nesters, the house has

more space than they need. And in reality, Chris and Andre consider Green Acres to be their dream home in a community where they have strong ties.

Chris says, "Andre and I have had more deep and thought-provoking conversations in the last few months than any other time on our lives!"

So after paying a pretty substantial tax bill, they've decided to sell the house and stay where they are. And they're happy with their chosen course of action.

"In the end, we'll have a nice little nest egg to support our retirement and the lots of traveling we plan to do," says Chris. "We won't be traveling first class, but we'll be able to stay a little longer at the places we visit." Sounds like a dream come true. **AKS**



ST. JUDE DREAM HOME[™] Giveaway

About the Dream Home Giveaway

The St. Jude Dream Home Giveaway has become one of the largest single-event fundraisers for St. Jude Children's Research Hospital nationwide since its inception 28 years ago. Individuals who purchase \$100 tickets to win the St. Jude Dream Home Giveaway or attend the various open houses are eligible to win additional prizes. Thanks to generous donors through programs like this, families never receive a bill from St. Jude for treatment, travel, housing or food – because all a family should worry about is helping their child live. For more information, visit dreamhome.org.



ISTOCKPHOTO / AIVOLLIE

2018 LKS Annual Convention

Save the date! The Adams Mark Hotel and Events Center in Buffalo, New York, is the site of the 2018 LKS Annual Convention! You won't want to miss this meeting. What an exciting venue to gather with your sisters, friends and colleagues from around the country.

Bisons baseball, Albright-Knox Art Gallery (featuring Andy Warhol), Frank Lloyd Wright architecture, Buffalo Philharmonic Orchestra, Broadway shows, and, of course, Niagara Falls are just a few of the activities outside of the many meeting functions you will choose from to make this the meeting of a lifetime. You may want to arrive a day or two early (or stay a day or two later) to take advantage of great room rates in a great vacation city!

Get the latest at lks.org/Convention18 and watch for future emails and social media posts!

Shuffle Off to Buffalo for the 2018 LKS Annual Convention!

- July 25-28, 2018
- Early-Bird Registration Rate: \$325
- Adams Mark Buffalo Hotel & Events Center
- Room Rate: \$129/night (up to 4 people)

PLUS...plan on attending the pre-convention excursion to Niagara Falls!

Get the latest about Convention at lks.org/Convention18!

PART 3 OF 4

The 2016-2018 Women's Health Issues Topic: Skin Cancer

Medical Treatment

By Nicole Croyden Campbell (Alpha Phi Alumni Chapter), PharmD., BCPS

ISTOCKPHOTO / BILL OXFORD

SINCE 2014, THE FDA has approved one new medication for the treatment of basal cell carcinoma and several new medications for the treatment of melanoma. Last issue's article reviewed surgical options for the treatment of skin cancer; however, once patients reach advanced stages of disease, medical treatment options may be required. Skin cancer is considered advanced when cancer cells spread to the lymph nodes or more distant parts of the body, classified

as stage 3 or stage 4 cancer, respectively¹.

Basal Cell Carcinoma Sonidegib (Odomzo®)

Sonidegib is an oral antineoplastic agent approved by the FDA in 2015 for the treatment of locally advanced basal cell carcinoma. It is specifically for patients whose tumors have recurred following surgery or radiation or for those in whom surgery or radiation is not an option.

Sonidegib inhibits the Hedgehog pathway, which sends abnormal signals promoting cancerous growth^{1, 2}.

Like many antineoplastic agents, sonidegib has multiple potential adverse effects, including fatigue, alopecia, nausea and increased serum creatinine³. It is recommended that both males and females use effective contraception when taking this medication as sonidegib can cause severe birth defects¹.

Melanoma Cobimetinib (Cotellic®) + vemurafenib (Zelboraf®)

The FDA approved this combination therapy in 2015 for patients with stage 4 melanoma. Both cobimetinib and vemurafenib are oral antineoplastic agents belonging to a new class of treatments called targeted therapies. The regimen is designed exclusively for patients who have the defective BRAF gene, which leads to out-of-control growth of cancer cells¹.

It is recommended to avoid concurrent use of cobimetinib with strong CYP3A4 inhibitors, and dose adjustment may be required. Cobimetinib may cause cardiac and hepatic toxicity and photosensitivity². Combined targeted therapies have been very successful, leading to elimination of single-therapy regimens; therefore, cobimetinib should only be used as combination therapy¹.

Dabrafenib (Tafinlar®) + trametinib (Mekinist®)

The combination of dabrafenib and trametinib is another example of targeted therapy for the treatment of stage 4 melanoma approved by the FDA in 2014. This regimen is also exclusively for the BRAF mutation, which affects about half of all melanoma patients, and pairs the BRAF blocker, dabrafenib, with a MEK protein blocker, trametinib¹.

Trametinib has a high incidence of dermatologic adverse reactions, but the combination therapy has shown some of the best results for treatment of stage 4 melanoma^{1, 2}. Patients have shown slower disease progression and have lived longer than those patients on either agent alone and with less serious side effects¹.

Pembrolizumab (Keytruda®)

Approved in 2014, pembrolizumab is part of a new class of immunotherapies called checkpoint blockade therapies, which work through the PD-1 protein receptor to release large

amounts of T cells that combat melanoma. Previously, this drug could only be used after trying other therapies; however, the FDA recently approved its use as a front-line therapy for advanced melanoma¹.

Pembrolizumab, a monoclonal antibody, has fewer serious side effects than ipilimumab¹, but may cause hepatotoxicity. Hepatotoxicity during treatment may be an indication to withhold or discontinue therapy depending on severity².

Nivolumab (Opdivo®)

Nivolumab is another intravenous checkpoint blockade therapy approved by the FDA in 2014, and it also boosts the immune system's ability to fight skin cancer by releasing massive amounts of T cells. As with pembrolizumab, nivolumab was originally used only after an earlier checkpoint blockade therapy, ipilimumab, or targeted therapy had been tried unsuccessfully, but it is now approved as front-line therapy¹.

Treatment with nivolumab may have to be withheld or discontinued based on the degree of renal or hepatic toxicity². Otherwise, nivolumab has been proven more effective in fighting off melanoma than ipilimumab with fewer serious side effects¹.

Ipilimumab (Yervoy®) + nivolumab (Opdivo®)

This combination of two immunotherapies was approved by the FDA in 2015 for the treatment of

metastatic or inoperable melanoma. Although ipilimumab is another type of checkpoint blockade therapy, it works by blocking the CTLA-4 protein receptor, keeping the immune system in check. The mechanisms of both medications release waves of T cells to fight melanoma¹.

The progress in understanding skin cancer, specifically melanoma, and the recent advancements in treatment have allowed patients to live longer than in years past.

When compared with ipilimumab alone, combination therapy showed a major reduction in disease progression. However, there is an increased risk of dangerous side effects when compared with using nivolumab alone. Along with pembrolizumab and nivolumab, combination therapy may be used as front-line treatment of advanced melanoma¹.

Talimogene Laherparepvec (Imlygic®)
Talimogene laherparepvec,

or T-VEC, is the first oncolytic virus therapy, approved by the FDA in 2015, for the treatment of melanoma. It specifically targets, infects, and kills cancer cells through direct injection into the tumor. In addition, T-VEC secretes immune-boosting proteins to strengthen the body's immune response to melanoma¹.

Adverse effects caused by T-VEC usually resolve within 72 hours, and its use is contraindicated in immunocompromised patients². It has been shown to delay disease progression for patients with advanced disease, and although benefits are limited, oncolytic virus therapy has opened up an exciting new avenue for treatment¹.

The progress in understanding skin cancer, specifically melanoma, and the recent advancements in treatment have allowed patients to live longer than in years past. Other novel approaches to treatment are also on their way, whether in early stages of development or active clinical trials. Future goals include determining the most effective treatments that provide the best quality of life and making metastatic melanoma a manageable chronic condition rather than a deadly disease state¹. **AKZ**

REFERENCES:

1. Skin Cancer Foundation (www.skincancer.org)
2. Lexicomp (www.online.lexi.com)

Lending a Hand in Haiti

Her grandfather's passing inspired Alicia Tran to help people in impoverished countries through healthcare and education.

By Alicia Tran (Alpha Chapter, MCPHS), Doctor of Pharmacy Candidate Class of 2021

DURING A TRIP TO VIETNAM, MY grandfather passed away due to a skin infection. That tragic event inspired me to travel to impoverished countries and help people through healthcare and education. In memory of my grandfather, I have been on two week-long medical mission trips through Hands Up for Haiti, and they were easily the best and most life-changing weeks of my life.

Hands Up for Haiti is a non-profit and medical humanitarian organization whose mission is to provide health care, guidance and education to the people of Northern Haiti. I always had doubts about being in pharmacy school because I was not a big fan of giving medication but was more interested in providing disease prevention through nutrition and health education. However, Hands Up for Haiti opened my mind to the wonders of medicine and helped instill in me a passion for helping children and their families through clinical pharmacy and health education.

The best parts of my Hands Up for Haiti trips were the people and the ability to be immersed in the culture. For our first six nights in Haiti, we



Hands up for Haiti
Heal Teach Support

▲ Alicia and a boy she has visited at the orphanage in the past two years

stayed at the Open Door Ministry hostel, which immediately became like a second home even though the living conditions were very different. For instance, the sink water was not safe to rinse our mouths with, so it was crucial to use bottled water when we brushed our teeth. Showers were like military

showers since water is very limited. We had to wear mosquito repellent day and night and to sleep with mosquito nets over our beds. The conditions helped me realize how lucky we are in the United States. Despite the conditions, the hospitality and delicious food made Open Door Ministry a place we did not

want to leave at the end of our trip!

Being able to see the Haitian kids in their beautiful uniforms made my mornings. Jamming to Haitian music with my talented friends playing guitar and piano was so fun! One day, we played soccer with the kids in the rain. I only lasted 30 minutes before getting tired, but some boys played for two straight hours, many of them without shoes! The experience definitely opened my eyes to how little some Haitians have but how content and thankful they are for what they do have. Every day, my medical team traveled to an outreach health clinic. It was so rewarding to help the doctors, nurses and nursing students by easing the flow of patients going from triage to the doctor to the pharmacy. Thermitus, a pharmacist for Hands Up for Haiti, was



Another highlight was teaching nutrition to the locals with help from translators. I was given the incredible opportunity to teach groups from the young to the elderly about a topic I am passionate about. Many of the young adults were so attentive and some were even taking notes. I was inspired by their questions and thirst for knowledge. It was rewarding to educate them with information that could potentially improve their health. For instance, when I asked how many teaspoons of sugar they thought were in a can of cola, many guessed two or three teaspoons. They were so surprised to hear that there are ten teaspoons of sugar in a can. It was cool having the students become interested about nutrition and to see them checking the nutrition facts on their own soda bottles.

◀ Alicia and friend Kristen feeding a child crushed Albendazole with peanut butter

We had to wear mosquito repellent day and night and to sleep with mosquito nets over our beds. The conditions helped me realize how lucky we are in the United States.

an amazing mentor. I started my first trip having no real knowledge of medications and no experience working in a pharmacy. By the end of my second trip, I became more familiar with giving medications to patients, making medications specifically for children and writing medication instructions in Kreyol. With my basic Kreyol, I was actually able to communicate with the patients!

One of my favorites parts of working in the pharmacy was learning how to give Albendazole to children who aren't old enough to chew by crushing the pill and mixing it with peanut butter. The kids gobbled it up! Whether it was giving out donated lotions and soaps to their families or playing hand games, I loved interacting with the kids.

I am so grateful for my Lambda Kappa Sigma sisters who supported me through my Hands up for Haiti missions. Joining Lambda Kappa Sigma has helped me develop into a better person and future healthcare professional.

After graduation, I hope to become a pediatric ambulatory care pharmacist and to travel the world helping those who have little education and limited access to healthcare. I strive to be a health educator who empowers others to take charge of their health.

Although pharmacy school is challenging, I'm encouraged and motivated thinking about how my knowledge can help me educate those in need. I can't wait to travel back to help educate the Haitian healthcare professionals as well as the locals! **AKΣ**

Interested in a Medical Mission Trip?

For students or practitioners in the healthcare field, a medical mission can be a very rewarding experience. In addition to providing valuable and potentially life-saving services to a community, volunteers learn new skills, learn about people and life in other parts of the world, and gain a new perspective on what is important.

Most medical mission trips require an application of some kind. Recommended immunizations and required travel documents will require some advanced planning. The Centers for Disease Control and Prevention can provide recommendations for immunizations needed for travel to the area you will be visiting. And a call to the embassy of the country you are traveling to can ensure the correct travel documents are obtained.

Because most medical mission trips will require the volunteer to cover the cost of their trip, some fundraising may be prudent to offset the costs. The largest cost is international travel, which eats up about half of the total expense for a mission trip. Most participants pay between \$1,000 and \$2,000 for the trip. Asking close friends and families for small donations and setting up a GoFundMe page are just two ways to gather support to help pay for medical mission trips.

Many volunteers also bring a small bag with donations that are easy to transport, such as personal care items, medical supplies and any other items the trip organizers might suggest. While many medical mission trips originate from faith-based organizations, not all have such affiliations. Some are organized and run by professionals in various healthcare settings, such as dentists, doctors, surgeons and nurses. Finding a medical mission trip that is right for you can be as easy as a quick Google search!



BREWMASTER

Alpha Iota alumni, Kim Hancock, has a hobby in hops that could lead to a second career.

By Sharon C. Brown
(Alpha Iota alumni), MS, RPh

WHAT HAPPENS WHEN A HOBBY TURNS INTO

a passion? “You just go with it!”, according to Kim Hancock, Alpha Iota Alumni member, long-time Alpha Iota Chapter advisor and up-and-coming brew master. Kim has found a unique and challenging hobby that she refers to as her “midlife crisis” — brewing beer. What started as an interest has developed into something much more.

Kim obtained a certificate in fermentation sciences from Central Michigan University. Brewing beer combines her background in the sciences, the concepts of processing and quality control, pharmaceutical dosage forms, and the fun of cooking. (For the record, her favorite recipe to brew is Black Ale, which is also one of her husband’s favorites to drink!)

Says Kim, “The beer just seems to taste better when you know a little more about it.” So she is happy to patiently answer all the questions thrown at her when she’s with a group exploring the microbrew culture in convention and conference towns. Kim really enjoys sharing her love of brewing and educating others on the unique characteristics of various brews.

PHARMACY FIRST

Growing up in Marshall, Michigan, Kim’s first job was in a local pharmacy, where she enjoyed delivering prescriptions to members of the community. This experience led her to attend Ferris State University.

Kim met her husband of almost 30 years in pre-pharmacy at Ferris State during a Lambda Kappa Sigma Winter Formal. Doug is also a pharmacist, practicing in the community setting, and they have a beautiful home not far from campus where they can enjoy being outdoors when the weather permits. (Their son Tom is in pharmacy school at the University of Michigan, and their daughter Katie graduated from Ferris State with a degree in Architecture.)

Upon graduating from Ferris State, Kim headed to Purdue University, where she entered a non-traditional track in pursuit of her PhD. During her five years at Purdue, Kim had anticipated a career in the pharmaceutical industry. However, she was approached by Ferris State for a faculty position. Kim was impressed by the teacher-scholar model utilized at the university, which focused on teaching and producing practicing pharmacists. She accepted the faculty position and has been very happy with her decision to shape future generations of pharmacy practitioners.

OUTSTANDING ADVISOR

Shortly after her return to Ferris as a faculty member, Kim became advisor to Alpha Iota, the chapter which she herself joined in 1984. Says Kim, “Serving as an advisor is the best part of being an LKS member”. Kim is the only LKS member to be presented with the Advisor of the Year Award twice (2001 and 2017). Kim describes this as a humbling experience, explaining that she feels she gets so much more from chapter members than she gives to them.

Kim was instrumental in guiding the members of Alpha Iota through a difficult period when a hazing allegation was brought against the chapter. She worked closely with chapter leadership, who served as great role models for grace under pressure, and they evaluated the circumstances surrounding the issue. The whole experience provided them with an opportunity to reset their thinking and approach to recruitment and to set a positive direction for all future chapter functions. The Dean of the College of Pharmacy, Dr. Steve Durst, holds Alpha Iota Chapter in high regard, and a chapter representative sits on the Dean’s Advisory Council.

Kim’s involvement with campus life isn’t limited to the College of Pharmacy. She is the Academics and Mental Health Faculty Athletic representative for Ferris State. This group has institutional oversight that targets the overall physical and mental health of athletes who compete for the university.

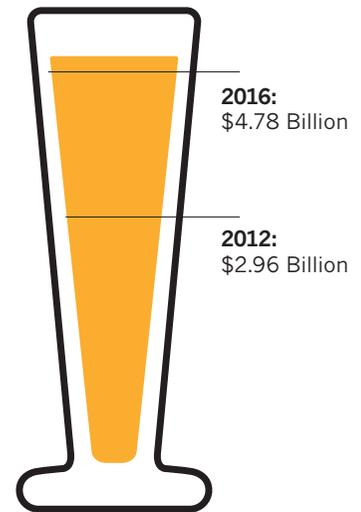
The best advice Kim has given students? “Your grades don’t define you. Don’t give up on yourself. Take risks!” She is following her own advice about taking chances and has a personal goal of becoming a beer cicerone – the beer equivalent of a wine sommelier. There are 4 levels of beer cicerone, and Kim has passed level 1 so far. She has even given some thought to someday owning and operating a brew pub. So when her days of academia are over, Kim’s passion just may turn into a profitable business! **AKΣ**



“Dr. Hancock is genuine in her desire to help her students, her chapter members and anyone who would come to her for guidance. She’s a role model for anyone looking to succeed in the field of pharmacy.”

— Ashley Taylor (Alpha Iota, Ferris State Univ.)

U.S. CRAFT BEER SALES



SOURCE: NIELSEN, HARRIS POLL

Craft Brewery Industry Facts

The craft beer industry has experienced unprecedented growth in the United States in recent years. According to industry statistics, there are over 5,000 operating craft breweries, and almost 2,000 operating brew pubs in the U.S. These specialty breweries account for about 12% of all beer production and 14% of all beer sales in the U.S. Over 2,000 cities in all 50 states have craft breweries. Microbreweries, craft breweries, brew pubs... no matter the nomenclature, these businesses have an extremely high success rate for new businesses. Sounds like a great choice for a fun — and profitable — second career!

Project HOPE



◀ Project HOPE volunteer, Dr. Harry Owens, was onsite in Houston for a week, treating anyone who showed up, filling critical lost prescriptions and sometimes just offering a little bit of comfort to the hurricane's youngest victims. "I had a 5-year-old who was hesitant for me to listen to her heart," he says. "So I instead asked her if I could listen to her unicorn's heart." When the young girl also wanted to hear the unicorn's heart, he admitted, "I can't really hear the unicorn's heart, but maybe we can hear yours instead."

Hurricane Relief

Assisting U.S. Citizens in their Time of Need

By Sharon C. Brown (Alpha Iota alumni), MS, RPh

TENS OF THOUSANDS OF RESIDENTS OF the Gulf Coast of Texas were stranded by flood waters from heavy rains resulting from Hurricane Harvey. Harvey, a Category 4 storm and the most powerful to hit the U.S. in a decade, flattened the city of Rockport before the massive storm dropped upwards of 40 inches of rain in Houston and the surrounding areas. Tens of thousands of victims were rescued from their homes and became residents of shelters set up in local churches, schools, NRG Stadium and the George R. Brown Convention Center.

Project HOPE partnered with Team Rubicon, a disaster response organization that pairs the skills and experience of military veterans with first responders and medical professionals. Team Rubicon assisted

with water rescue services in Houston and the surrounding areas and has supported local authorities in assessing the needs in flooded areas.

The devastation was overwhelming. In the hours and days following the storm, the need for food, water, shelter and medical services was staggering. In the aftermath of the storm, Project HOPE mobilized volunteer teams to help address the most pressing health needs emerging from what is certain to be a very long process of recovery and rebuilding.

On the heels of Harvey, Hurricane Irma destroyed parts of Florida, where Project HOPE provided services that focused on special needs patients displaced by Irma.

As the recovery process expanded along the Texas Gulf Coast and southern

Florida, Project HOPE announced the deployment of an emergency response team (including medical professionals) to Puerto Rico after Hurricane Maria left millions without power, compromising health facilities, the water system and sanitation services.

"The destruction in Puerto Rico is unprecedented and we expect health needs to rise quickly," said Chris Skopec, Executive Vice President, responsible for Global Health and Disaster Response Programs at Project HOPE. "Our team has a wide range of medical expertise and is prepared to deliver a range of health services, hygiene promotion, and psychosocial support."

Now, more than ever, your donations to our chosen philanthropy can provide vital services to U.S. citizens in storm-ravaged areas of Texas, Florida and Puerto Rico. Learn more and donate at projecthope.org. Be sure to inform LKS Headquarters of any donations! **AKS**

Disaster Preparedness: One Hospital's Hurricane Harvey Story

When disaster strikes those who normally respond to the disaster, strong leadership can pave the way to success.

By Sharon C. Brown
(Alpha Iota alumni), MS, RPh

I work as a pharmacist at Houston Methodist St. Catherine Hospital, a long-term acute care hospital in Katy, Texas. While located a seemingly safe 183 miles from where Hurricane Harvey made landfall in August 2017, Katy and many other inland communities suffered devastating rainfall amounts (32 inches!) over the four-day period that Harvey stalled in the Gulf Coast. While hurricane preparedness plans were well tested with Hurricanes Katrina, Rita and Ike, Harvey was a different story. There were no high winds, no flying debris, no crumbling buildings...just non-stop rain and flooding.

From a pharmacy perspective, all was ready with a seven-day supply of medications and IVs along with pharmacists and technicians on the ride-out teams ready to do their part. The biggest challenge came when a nearby reservoir began to overflow, and a high risk for flooding resulted in implementing the first stage of an evacuation plan. Pharmacy staff worked from current Medication Administration Records to put a three-day supply of scheduled medications into zippered storage bags for each patient. Medications requiring refrigeration were noted on a separate list, then prepped and stored under refrigeration for fast, easy access in the event evacuation was necessary.

While amazing stories of rescues and selflessness emerged from all over the Houston area, many small acts of kindness and consideration kept the patients and employees of St. Catherine's safe and sane. Environmental services provided laundry services to employees who stayed longer than anticipated, which was almost everyone! Since daycares and

schools in the area were closed, childcare professionals were brought into the hospital, providing children with a safe area to be cared for and entertained, and working parents with peace of mind.

Many employees stayed overnight because flooding prevented their travel to and from work. So movie nights were held, complete with popcorn. Administrators constantly made rounds with snacks, drinks, a sympathetic ear, and words of support and encouragement.

Disaster preparedness gets you only so far. The ability to improvise, make accommodations and adjust to meet last-minute challenges are the keys to successful survival for healthcare institutions in a disaster.

Staff members not affected by the flooding opened their homes to co-workers. As the flood waters receded, teams showed up to help their co-workers tear down and remove damaged parts of homes (it is imperative that drywall be immediately removed and the wooden inner structure of flooded homes be treated and allowed to dry) and

assist in the heartbreaking process of sorting through recoverable or hopelessly damaged personal items.

Grace under pressure is the sign of a true professional, and the staff in every department at St. Catherine's exhibited kindness, compassion and excellence on all levels. Patients and their family members said that while they knew a major disaster was underway outside, the staff functioned as if each day was just like any another. Disaster preparedness gets you only so far. The ability to improvise, make accommodations and adjust to meet last-minute challenges are the keys to successful survival for healthcare institutions in a disaster.

Harvey may have been a major weather event, but the aftermath of the storm is — and continues to be — the real story. The far-reaching impact of this storm is often unrecognized. School districts have cancelled football and band, and students are being transported to different schools within the districts while entire campuses are being renovated, and resources are being replaced. Special education students in private schools have been displaced. Large families are living in small apartments waiting for homes to be made livable. Small businesses remain closed, unable to overcome the cost to recover and reopen.

But as they say, the worst in Mother Nature brings out the best in human nature. The memory of Harvey fades a little more each day, but the willingness of community members to reach out and help others stays strong — HoustonStrong! **AKS**



Sisterhood



Convention 2017

Last August, sisters gathered in Atlanta, Georgia, for fun, education and friendship at the annual LKS Convention. Thanks to the support of host chapter Alpha Kappa (Univ. of Georgia), the Big Peach did not disappoint!



CHAPTER OF THE YEAR AWARD

Alpha Zeta (St. Louis College of Pharmacy)

1ST RUNNER-UP: Alpha Pi (St. John's Univ.)

2ND RUNNER-UP: Alpha Mu (Univ. of Toledo)



ALUMNI CHAPTER OF THE YEAR

Alpha and Alpha Beta

1ST RUNNER-UP: Omicron and Alpha Zeta



▼ Elicia Parolesa (Alpha Alumni Chapter) and Grand President Sandy Mullen have fun in front of the new LKS step and repeat banner.



▲ **TAU ALUMNI MEMBERS GATHER AT CONVENTION**

Pictured left to right, Stefanie Lanese, Mary Meredith, Marilyn Harris, Marty Pride and Jeanine Ballinger.



▲ **EDUCATIONAL TRUST AUCTION**

Thanks to Mary Meredith and her crew, the Educational Trust silent auction at Convention was a huge success. Between the bids, Memorials & Celebrations program, and raffle/game ticket sales, the Trust raised more than \$8,000!



▲ **CORE VALUES POSTER PRESENTATION**

Alpha Pi Chapter (St. John's Univ.) took home first place for their Core Values Poster Presentation demonstrating Sisterhood. The chapter held a Sisterhood Retreat and used fun games to reconnect with each other and to reflect on how Lambda Kappa Sigma has had a positive impact on their lives.

Alpha Theta (State Univ. of New York — Buffalo) took home second place for their Organ Awareness Donation Challenge (Service), and Delta Chapter (Univ. of Pittsburgh) came in third place for supporting ovarian cancer awareness and the National Ovarian Cancer Coalition (Service). **AKΣ**

A Bit of Our History

Fraternity Awards



▲ Robin Bogner,
2017 Award of Merit recipient



▲ Christine Perry,
2017 Distinguished Service
Citation recipient



▲ Kim Hancock,
2017 Advisor Award recipient

Award of Merit

Lambda Kappa Sigma's awards program was established in 1960 with the Award of Merit, designed to recognize alumni members who distinguished themselves by reason for academic achievement, professional advancement, community service, organizational work or community endeavor.

Dr. B. Olive Cole was the first recipient.

Distinguished Service Citation

In 1978, the Distinguished Service Citation was established to honor an alumna for outstanding service to LKS, with Julia Pishalski being the first recipient.

Advisor Award

Established in 1999, the Advisor Award recognizes a Fraternity or Faculty Advisor of Lambda Kappa Sigma for outstanding service and dedication to the chapter. The first award was given to Christine Perry in 1999.

Program



▲ Starlin Haydon-Greatting,
2017 LKS/Merck & Co. Vanguard
Leadership Award recipient

Vanguard Leadership Award

The Vanguard Leadership Award was first given to Mary Jo Reily in 1989 for sustained exemplary contributions to the profession.



▲ Christina Procaccianti,
2017 Distinguished Young
Pharmacist Award recipient

Distinguished Young Pharmacist

The Distinguished Young Pharmacist Award was established in 1996 and is awarded to a member in their first 10 years of pharmacy practice to recognize excellence in professional practice, community service and other leadership achievements. Christine Perry (Alpha Alumni Chapter), Past Grand President Christine was also the first recipient of the Advisor Award, which recognizes outstanding service and dedication to a chapter and its members.

113

Total Award Recipients

A total of 113 sisters have been honored as award recipients since 1960. (See lks.org/AwardRecipients for a complete list.)

Nominations

You can nominate a deserving alumna for an award. Watch for more information to come in early 2018. Recipients will be honored at the 2018 LKS Annual Convention in Buffalo (lks.org/Convention18).

AKΣ



LAMBDA KAPPA SIGMA

Pharmacy Fraternity
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Muskego WI 53150-0570

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ALPENA, MI
PERMIT 27

Upcoming Events

JANUARY 15, 2018

Educational Grant Application Deadline

Learn more at lks@lks.org/Grants.

MARCH 15, 2018

Hygeia Day

To celebrate this day in honor of the Greek goddess of health, chapters are encouraged to put on a professional event for local pharmacists and health care professionals.

MARCH 16-19, 2018

APhA Annual Meeting in Nashville

Also be sure to see Lambda Kappa Sigma at this event.

JULY 25-28, 2018:

2018 LKS Annual Convention in Buffalo, New York

