



Lambda Kappa Sigma Pharmacy Fraternity Newsletter

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2015 Convention

March 2015



Dear **##Individual.FirstName##**,

Greetings from your Grand Vice President for Collegiates!

Springtime is my favorite time of year. It is hard to believe that it is right around the corner given that many of us were welcomed into the "spring"



Stay tuned for more information regarding the 2015 Lambda Kappa Sigma Annual Convention, which will be held in St. Louis from July 29 through August 1.

Alpha Zeta Collegiate Chapter, host chapter, is hard at work in preparation for all visiting Lambs!

LKS Trivia

It is time for the spring trivia question! The first 5 collegiates who answer the question correctly will win a prize! (Sorry, you cannot win more than once a year.)

Just email your answer to me at afton.m.wagner@gmail.com.

Here is the question...

In what year and in what city was it decided that it should be traditional to observe Hygeia Day by the presentation of a

semester with winter chill, ice and snow! While we may not believe it now, we will soon shake off those winter layers and signs of spring will soon appear to provide hope and promise for the remainder of the semester. As days start to get a bit longer, buds appear on trees, and beautiful flowers start to bloom, I can't help but to admire these new awakenings and get inspired to try something new and make a fresh start!

What awakens and inspires you in the springtime? The start of the baseball season? Outdoor spring sports? Studying outside on the grass on a beautiful spring day? Whatever your inspiration, share it with your chapter members, create a new event to participate in together and celebrate Sisterhood – an LKS Core Value – along with the beginning of a new chapter tradition. As you power through the last winter days and dream about fun events to break out of cabin fever, keep in mind this quote from Hal Borland, “No winter lasts forever, no spring skips its turn.”

As we enter spring, LKS also prepares to celebrate a very special Fraternity holiday, Hygeia Day. Hygeia is the Greek goddess of good health. The Fraternity celebrates this holiday on March 15th of every year. Its purpose is to publicly call attention to the dedication of the members to the profession of pharmacy and to the advancement of knowledge in the health sciences and each chapter presents a professional program to which the general public is invited.

Chapters are encouraged to put on a professional event for local pharmacists and health care professionals, such as a continuing education program, or a public health outreach program for the community, such as blood pressure screenings. Refer back to the Fall Issue of LinKS for a great article by Eastern Atlantic Region Supervisor Amanda Higgins on inviting a speaker to campus. Other ideas that chapters have incorporated in the past to celebrate Hygeia Day include:

- Inviting alumni to speak on a women's health topic to School/College of Pharmacy Students
- Coordinating a CE event for pharmacists to attend on a health topic
- Hosting an event such as a jeopardy game on a health care topic or a health fair event for your student body and/or general public

presentation of a professional program?

(Hint: Look in the Member Manual!)

LKS Contacts



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Mid-Atlantic
Melissa O'Brien

Northern Lakes
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Midwestern
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Southern

How is your chapter celebrating Hygeia Day in 2015? Your Region Supervisors and I cannot wait to read all about it in upcoming chapter meeting minutes later this spring!

I hope you all enjoy this Spring Edition of LinKS. Feel free to email me at afton.m.wagner@gmail.com about suggestions for future LinKS publications.



Fraternally,

Afton Y. Wagner

Grand Vice President for Collegiates
LAMB 4 LIFE

LKS Presents New "Lamb TaLKS" Webinar Series

In November 2014 and February 2015, LKS held the first two webinars in the Lamb TaLKS live webinar series that were presented by Alpha Collegiate Chapter. The presentations were focused on chapter obligations and fraternity structure. Kudos to Alpha Chapter for Lambtastic presentations!

For those who were unable to attend the live webinar, [click here](#) to view the recording on Chapter Obligations and [click here](#) to view the recording on Fraternity Structure. We hope you find this information helpful to your chapters! Stay tuned for more information about registration for a third webinar on Chapter Recruitment and Orientation in April.

Risk Management, Code of Conduct and Statement on Hazing

Lambda Kappa Sigma adopted a Risk Management program in 2008 to

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protect our members and our Fraternity. Through this program, LKS has taken a strong stance against hazing, drugs and alcohol. A [Code of Conduct](#) and [Statement on Hazing](#) were created and should be read by all chapter members.

In addition, LKS has implemented an event-planning approval process for overnight and weekend chapter events, as well as events that are held greater than 40 miles from the campus. If your chapter wishes to plan such an event, please submit a petition and an [event planning form](#) to the Grand Council 30 days prior to the date of the event.

Please contact your [Region Supervisor](#) if you have any questions regarding Risk Management and/or the Code of Conduct.

Professional Development

Learn more about the topic of proper documentation [in this article](#) written by Northern Lakes Region Supervisor, Nathaniel Ngo.

If you wish to contribute articles pertaining to Professional Development, please email your article to me at afton.m.wagner@gmail.com.

Region Supervisor Spotlight

Meet Nathaniel Ngo, Northern Lakes

Company, Position, Brief Job Description: Costco, Staff Pharmacist

What was your chapter of initiation and/or alumni chapter? How long have you been an LKS Member? Alpha Lambda, University of British Columbia, Initiated in 2009.

How has LKS contributed to your leadership skills and experience?
The bond and support from Lambs within



[Look for us on Linked in](#)

Upcoming Events

March 15:
Hygeia Day

March 27-30:
APhA Annual Meeting &
Exposition in San Diego

March 28:
LKS Member Social at
the APhA Annual Meeting

July 29-Aug. 1:
LKS Annual Convention in
St. Louis, Missouri

Alpha Lambda, and across North America have been instrumental in my growth as a pharmacist. When I was initiated in 2009, Alpha Lambda was a small group. On a whim, I gave my full commitment to the Chapter. Taking on a few projects and applying myself, commitment turned into passion. It was not long before my efforts were reciprocated by Alpha Lambda Sisters.



Leadership is a two-way street--the members gave me unconditional support, and I believed in their abilities to grow LKS. Some takeaways I've learned are: 1) Delegate, delegate, delegate. LKS is a family and a team; everyone has a purpose in the family. It's important to distribute responsibilities, whether it's to utilize someone's strength or an experience to improve on their weakness. 2) Keep an open mind. Don't be afraid to try something different. Anyone can repeat a tried-and-true method, but LKS is about learning and experimenting. 3) Do unto others as you would have them do unto you. Be supportive of your sisters, especially those who are timid. They are the ones who need the most support. It will not be long before the support is reciprocated. Remember the whole chapter is greater than the sum of its members!

What is the biggest challenge you have faced as a pharmacist and how did you overcome it?

Our academic formation teaches us to be great clinical pharmacists, but it's the on-the-job experience that teaches you to be better at building patient relationships. Each of you, especially in community pharmacy, will experience non-clinical complaints ranging from "why is it taking so long?" to "why do I have to pay this much?", among other negative interactions. There is no point in sugarcoating this. These interactions can ruin your day, even for experienced pharmacists. We all have pride when we don the white coat because we spent a large part of our life earning it and respecting the profession. Being empathetic and nonjudgmental is essential in interacting with patients, especially difficult ones. You need to be in their shoes. They are seeking your expertise because they have health concerns. An unexpected illness or an added expense is tough on anyone. Lastly, our profession has significantly evolved over the last several decades, and some

of our toughest critics are seniors who are used to the old pharmacy ways and do not realize how much we have to offer. There are about 300,000 pharmacists in North America. If each of us spend a fraction of our day educating one patient about our profession, it would take 3.5 years for all of North America to understand and appreciate what we do. Word of mouth would help it spread even faster when we provide positive experiences.

Tell us a fun fact about yourself.

I am an avid coin collector. I have been collecting since I was 10, and I have not stopped since. I have bank notes from the 1920's to the latest coins produced by the Royal Canadian Mint. I don't come across many American coins, but I am more than happy to trade with you! I recently picked up golf as a hobby. My first time on an 18 hole course, I hit 180+. For those who don't know, that's 110 strokes over par. But I am not giving up!

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