



Lambda Kappa Sigma

Elevating Women In Pharmacy



Lambda Kappa Sigma
Chapter Reports: Spring 2019

Alpha Chapter:

Massachusetts College of Pharmacy and Health Sciences



Alpha Chapter is happy to be back at school together for a new year and a new semester. We have many events already planned including; professional, fundraising, and social events. Our main focus last semester was on recruitment and finding girls who embody our core values. We are extremely happy to have welcomed many potential new members into Lambda Kappa Sigma. After the orientation process is complete and we induct our new sisters into Alpha Chapter, we hope to mentor and help further their development as professionals in the world of pharmacy.

We have several events coming up including Dining for Women, in which we fundraise through a Potluck dinner for a non-profit organization that enables communities across the world to improve healthcare, education opportunities and provide supplies for women and children. We are also furthering our relationship with Alpha Rho chapter and planning a bowling night.

We have plans to celebrate Hygeia Day with Dr. Kathleen McTernan who will be our guest speaker this year. She will be talking about sterile compounding, which is very important in the world of pharmacy.— **Submitted by Caroline Letendre**

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Alpha Member Update: Tammy Le



This past July, I had the privilege of volunteering at Deer Park Monastery's teen camp, which I've also previously attended as a camper. Located on the serene mountains of Escondido, Deer Park Monastery is a mindfulness practice center founded by Thích Nhất Hạnh, a Vietnamese Buddhist monk/peace activist. It hosts several retreats year-round, including the 6-day teen camp, through which teens learn to live in the present moment, connect with others and them-

selves, and foster peace within themselves. The heart of it all is cultivating mindfulness.

Activities include walking meditation, mindful eating, and sitting meditation. These may sound mundane, but mindfulness is the practice of being fully engaged in our experiences. It means making conscious efforts to become aware of our emotions, sensations, and thoughts without distraction or attempting to escape reality. Learning how to become mindful can dramatically change perspectives and elucidate the beauty that lives in every moment that we spend being present. It's not just silence and meditation however; other activities include Dharma talks, sharing circles, (mindful) hiking, an Olympics game day, and a performance night!

It's touching to see how many teens enter the camp feeling apprehensive, unenthusiastic, or defiant leave it feeling transformed, nourished, and liberated. Unfortunately, many find that the hardest part of the whole experience is leaving because the "real world" isn't always so peaceful. The hope, however, is that they leave with a piece of the peace they found at Deer Park, and bring it out to the real world.

— Submitted by Tammy Le

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Delta Chapter:

University of Pittsburgh, School of Pharmacy



Delta chapter recently hosted our seventh annual Dr. Salk Hall male beauty pageant and competition. Each year contestants participate in an array of events including professional dress, talent, personal wear and a question/answer portion in order to compete for the title of “Dr. Salk Hall” and the opportunity to donate money to a charity of their choice. Contestants are chosen on a volunteer basis from both the University of Pittsburgh Schools of Pharmacy and Dental Medicine. This year our winner chose to donate half of the proceeds to St. Jude's Children's Research Hospital. Overall Delta chapter was able to raise a total of \$1,200 and the proceeds were split between Project Hope and St. Jude's!

— Submitted by: Carson Shoemaker

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Lambda Chapter:

University of Southern California, School of Pharmacy



Our recruitment period occurred in the Spring with three awesome events: Meet the Lambs, Alumni Night, and Game Night. All three events had great turnout and we were able to recruit 23 new members, which continues to trend upward from our 6 members in 2017.

— Submitted by: Justin Chung

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Nu Chapter:

Drake University, College of Pharmacy & Health Services



Nu chapter is preparing for Spring recruitment events, and we are very excited to add new members. Our first event will be a hot chocolate bar where current members will interact with potential new members by holding different hot chocolate toppings, so new members are able to rotate around and meet lots of new people. Second, we are having popcorn and board games. This event will again allow for interaction with potential new members and current members. Our last event will be our formal recruitment where we dress up, answer any last questions about LKS,

and have cake for our potential new members. We then vote in chapter on who will be extended a bid to join LKS! We are hoping for a great turnout as we have been advertising and making announcements around campus.

Nu Chapter also got involved in the Des Moines community in February at Girl's in Science Day held at the Science Center of Iowa in Des Moines, Iowa. This event is held every year to encourage elementary school-aged girls to pursue careers in STEM. LKS members had a blast teaching the girls about what pharmacists do and why pharmacy is a great career for women!

Submitted by: Danielle Strelecki

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Xi Chapter:

University of Rhode Island, College of Pharmacy

Xi chapter has had a very busy, fun-filled last few months, and has more exciting things coming up this semester! In November we initiated 55 new members into our chapter. Our community service committee hosted a Hope TaLKS bingo night to support Project Hope and was able to raise a total of \$400 for their organization. The academic committee set up a flu prevention booth in our Memorial Union to educate students about the importance of getting the flu shot, how to prevent getting sick, and what to do if they start feeling symptomatic.



Xi chapter has many things in the works for this semester. We recently made online Valentine's Day cards for kids at St. Jude's children's hospital, and are busy planning fundraisers and another sister bonding event. We have a very important event coming up in March, our annual GALA, organized by our professional committee. The speaker at this year's event will be a pharmacist talking about his personal story with opioid addiction. The money we raise at GALA will go towards the Providence Center, a place that provides support and treatment to people suffering from addictions and mental illness right here in Rhode Island.

— Submitted by: Hope Corrow

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Omicron Chapter:

Wayne State University, College of Pharmacy & Health Services

Hello from the Lambs at the Omicron Chapter! It has been a busy year for us so far, and it's shaping up to be one of our best years yet! As the school year began, recruitment was in full gear. After a successful recruitment season, we were thrilled to have welcomed 12 dedicated women into our sisterhood. We have also had huge success with one of our fundraisers, the Double Good Popcorn. We look forward to continuing our fundraising success with online Yankee Candle, Little Caesars Pizza Kits sales and our famous biannual Taco Bar. Another goal at the Omicron chapter is to continue to host professionalism events each month. These seminars are intended to help our members realize and work toward their goals. This semester included a new topic that many women can relate to, Imposter Syndrome. Individuals with imposter syndrome live with a constant fear of being exposed to as a fraud and not feeling worthy of their accomplishments. This sensitive topic was brought to light by our very own Dr. Susan Davis. We still have seminars on nuclear and compounding pharmacy coming soon! We continue to lead the pharmacy school in volunteering with a local metro-Detroit organization, Vista Maria, by holding an informational session for all student leaders within our college this semester. Vista Maria has been LKS's philanthropy organization for several years now. For many of you who are not familiar with this organization, Vista Maria is a group home for young girls and older women. During the Fall, we implemented a new topic presentation at Vista Maria on the importance of being vaccinated. We look forward to continuing this year's success and building lifelong relationships with our new sisters!



— Submitted by: Natalie Brikho

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Tau Chapter:

Duquesne University, Mylen School of Pharmacy



The sisters of Lambda Kappa Sigma Tau Chapter had an extremely busy fall semester, but amidst the commotion came a tremendous feat. At the beginning of the semester, our executive board proposed a challenge to our current sisters: raise \$5,000 for our philanthropy over the course of the 2018-2019 school year. Although at the time the goal seemed daunting, our sisters collectively became more enthused about our philanthropy leading to our current success! Our Project HOPE committee began working diligently to plan several events. The objective of the events were not only to raise money for our philanthropy, but more importantly to raise awareness. We planned our first ever Project

HOPE Luncheon where alumni, university faculty, sisters, and friends came together to support our philanthropy. At the luncheon, information regarding the mission of Project HOPE was presented. The keynote speaker informed about the relevance of Global Health, which tied in wonderfully with Project HOPE. The event was a major success, and we look forward to further improving it in the coming years. Our service chairs offered a helping hand by planning service events to raise money for our philanthropy. By the end of the fall semester, our chapter was able to raise \$4,841.03 for Project HOPE. Being more than halfway towards our goal, another semester provides new opportunities to fundraise and educate.

— Submitted by: **Carla Daniel**

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Phi Chapter:

Butler University, College of Pharmacy & Health Sciences

Since October, we have raised over \$200 for Project HOPE, initiated around 15 members, and held a service event! We have already written cards to nursing homes and are planning to make blankets to donate to an organization in need at our next chapter meeting. We are excited for this activity, our big/ little paddle night, our Hygeia Day event, and our next fundraiser at Smallcakes.

— Submitted by: Taylor Fruits



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Alpha Alpha Chapter:

Temple University, School of Pharmacy



The Alpha Alpha chapter had a great start to the semester. First, we were very happy to welcome 12 new girls into our organization. We have multiple sister bonding events planned throughout the semester to get to know each other even more.

We also held a fundraiser for Adopt a Family with the Salvation Army where we purchased Christmas presents for a family of four. This is an event our chapter holds every year and our sisters were excited to spread the holiday spirit to a family in need. We also celebrated Valentine's day by crafting valentine cards for children at Shriner's Hospital for Children where other students and faculty were able to get involved as well. Last but certainly not least, we are participating in a MATCH (Medication Adherence Team Challenge) program organized by our advisor. We held an IPPE event where we counseled students on campus about how important it is for them and their loved ones to stay adherent to prescriptions. Our chapter looks forward to an eventful semester!

— Submitted by: Aleksandra Langowoska



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Alpha Beta Chapter: University of Connecticut, School of Pharmacy



Alpha Beta kicked off the semester with our annual lock-in where we reconnected with our sisters and brainstormed event ideas for the semester. Most recently, our community service, fundraising, and social committee heads all planned great events to spread the love this Valentine's Day. Our Valentine's Day Candy Gram fundraiser was a huge success, and over 200 students purchased candy grams to send to classmates in the School of Pharmacy. For community service, we hand wrote and decorated Valentine's cards which we delivered to veterans at the VA Medical Center in West Haven. Finally, we showed love for our sisters with our Secret Valentine activity where we purchased candy for a surprise sister based on clues sent out by our social committee. Coming up later in February, we are looking forward to participating in one of the largest school-wide events on campus, HuskyTHON! HuskyTHON is a year-long fundraising initiative benefiting Connecticut Children's Medical Center, culminating in an 18-hour dance marathon here at UConn. Our sisters have been working hard to fundraise week after week, and our team goal is to raise \$5,000 for the kids at Connecticut Children's. Last year, HuskyTHON raised over ONE MILLION DOLLARS, and we're aiming to do it again this year. We can't wait for our team to participate and to see our Miracle Child, Ally, who has been paired up with LKS for 5 years! We love being a part of such an amazing and inspiring event.



— Submitted by: Samantha Troy



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Alpha Zeta Chapter: St Louis College of Pharmacy

To highlight, we had several successful events that our recruitment chair put on in the latter half of 2018. These events helped us meet and form bonds with potential new members, and eased the stress of finals for them and our sisters. Ending 2018, we had our first Hungry Hippo's Tournament benefitting Project HOPE. This event was not only fun but it is one of our most unique philanthropy events yet! We had a wood slice painting hosted by our recruitment

officers for potential new members to meet and socialize with our sisters. Our chapter had some amazing community service events around the holidays including, making blankets for St. Louis Children's Hospital and holiday cards for Missouri Baptist Medical Center, both hospitals close to our campus. Starting off 2019, our recruitment officers yet again killed it with our annual ice skating and s'mores event. Our philanthropy chair has been working away on planning a big event for this spring but has not slowed down on planning monthly events. In late January, we had a fundraiser at St. Louis Bread Company to benefit Project HOPE. There were not only several sisters at this event but we invited many potential new members to have dinner with us and was a great chance to socialize over good food. HPES, hosted by our professional chair, has had a great start getting our undergraduate students involved in professional events. So far, 2019 has been an amazing start for our chapter. We're all excited about what 2019 has to offer us!

— Submitted by: **Amanda Hanger**

Alpha Eta Chapter:

Long Island University, Arnold &
Marie Schwartz College of
Pharmacy & Health Sciences



Our most noteworthy project took place October 31st 2018. Sisters visited the Brooklyn Hospital Center and handed out candy to children in the inpatient pediatric floor and outpatient pediatric clinic.

— Submitted by: **Amanda Clouser**

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Alpha Iota Chapter:

Ferris State University, College of Pharmacy



This semester, to help raise more money for Project Hope we have continued doing Coffee Hour, where all of the proceeds from buying snacks go towards Project hope, as well as the Chili Cook-Off. Some fun, big social events we have this semester are Winter Formal and Greek Week. Formal is on February 16th and we accepted Sigma Alpha Epsilon's request to participate in Greek Week with them. We have Parent's Day on March 21st where families are welcome to come up to the Ferris State University Campus and learn more about LKS, our philanthropy, and our mission. LKS is continuing the very special event of Mr. Pharmacy on April 3rd, where men pageant to be the

best pharmacist through different tasks and other things pharmacy related. Another big event coming up is Hygeia Day, where all of us go to Grand Rapids and listen in on some pharmacy talks. This year it is about oral contraceptives and appears to be very important and influential. There are also some big community service events coming up including Relay for Life and the Big Event, which is a large event held at Ferris where community, volunteers, students, and staff do yard work and maintenance around different homes in the Big Rapids area. **–Submitted by Rachael Bell**

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Alpha Kappa Chapter:

University of Georgia, College of Pharmacy

The Alpha Kappa chapter has been hard at work this past year raising money for Project HOPE. We held our annual SouperBowl which raised \$330. At this event, students and staff entered their hearty soups/chilis in a competition with the ultimate goal of raising money to benefit Project HOPE. We promoted the event across the College of Pharmacy (COP) and sold tickets to its members. They came out and tasted some of the delicious soups and voted for their favorites in three categories: “Best in Show”, “Runner Up”, and “Most Unique”. One of our biggest successes was our week-long bake sale. It turns out that the UGA COP has a major sweet tooth! We raised a whopping \$551.25 just from baking some delicious baked goods! Our last fundraiser of the year will be a percentage night which we’re hoping will take our earnings to a total of \$1,000!

— Submitted by Parisa Ayers



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Alpha Lambda Chapter:

The University of British Columbia, Faculty of Pharmaceutical Sciences

This Winter Session was an eventful one for the Alpha Lambda chapter, bringing members closer together through a myriad of activities. From our record-breaking sales of over 300 Hobgoblins candygams during our Halloween fundraising event, to our yearly Backpack Run of handing out warm winter supplies for the homeless at the Downtown Eastside, our chapter has accomplished many milestones this year.



There were also plenty of social activities that occurred such as our much-anticipated Big-Little Reveal and Dine-Out event that fostered nights of memories, laughter and friendships forged. The annual Christmas Party was a cozy night of games, scrumptious food and gift exchange. The holiday season also had some members help out with Christmas Gift Wrapping in collaboration with MS Society. Our chapter also held several school-wide events such as hosting a lunchtime talk by Pierre Fabre, organizing the PCCA compounding bootcamp and executing First Aid recertification classes.

Preparations are currently underway with two Alumni talks, Naloxone Training in collaboration with St. John's Ambulance, and our biggest LKS event, Manufacturers' Night, whereby we have a whopping 20 confirmed manufacturers so far. We are excited with all that we have accomplished so far, and look forward to our future feats.—Submitted by Rachel Tandun



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Alpha Mu Chapter:

The University of Toledo,
College of Pharmacy and
Pharmaceutical Sciences

Alpha Mu has had a very successful few months since our last report! Our social chairs put on a great half apps night and our service chairs helped local Girl Scouts (over 50 of them!) get their First Aid badges. Our service chairs also hosted dog walking for shelter dogs which was a huge hit. The corresponding secretary hosted a professional writing workshop that had nearly 50 attendees! Our annual Kate's Closet event allowed us to buy, model, and donate professional clothing to local women and men in need. We hosted a flipped meeting for GAL-entine's day where we received advice from our senior sisters and also had a beautiful Founders' Day ceremony. We are looking forward to Rocketthon dance marathon, Big Event day of Service, Spring formal and senior send off, and peanut butter egg sale coming soon!

— Submitted by Alexis Nieszczur



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Alpha Nu Chapter:

University of Kentucky, College of Pharmacy



Alpha Nu started off spring semester with our annual HOPE Gala 2019 in January. This is a formal dance open to students from the UK College of Pharmacy, UK College of Medicine, UK College of Dentistry, and other healthcare colleges at UK to all come together in support of Project HOPE. This event is also an opportunity to educate others about Project HOPE and why our organization is so passionate about supporting their cause. We are excited about the continued growth of this event and our ability to donate the proceeds to Project HOPE!

The rest of our semester will be focused on professional development, including a CV workshop, and various service events as a chapter. Each year, our members look forward to going to our local VA Hospital and delivering homemade valentines to the veterans around Valentine's Day. We are also giving presentations on women's health and wellness to local women throughout the spring semester. Alpha Nu is looking forward to all of the opportunities that this semester will bring!

— Submitted by Brianna Sullivan



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Alpha Xi Chapter:

University of the Pacific, School of Pharmacy & Health Services



This past semester, the Alpha Xi chapter hosted our annual Medicare Health Fair in San Francisco. We were able to help the community out by providing Part D/ MTM services to patients, and by offering differing screening stations for bone density, blood glucose, anemia, and mental health. We had a great turnout and it was a rewarding experience to see the impact we could have on the community. Through planning and collaborating with the pharmacy school's Medicare team, we were able to pull off a successful event that will hopefully continue for years to come.

— Submitted by Vivian Bee



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Alpha Omicron Chapter:

West Virginia University,
School of Pharmacy



Our chapter has been getting to know our new members and enjoying everyone's company with many planned events. We hosted a holiday party at the end of the semester and had our "big" and "little" reveal. This was very successful. All returning members have 2-3 new littles this semester. The chapter then successfully elected new officers for the open positions in the organization. The new and old chapter officers have successfully been working together to plan, promote, and lead many events for the chapter. So far this semester we have made Valentine's Day cards for veterans and had a paint and sip at a local business. We are still working on many upcoming events including: making blankets for children at the Children's hospital, making dog chew toys for a local animal shelter, organizing the School of Pharmacy team for Relay for Life, volunteering with nursing and medical students to promote "wellness for women" at a local church, and sponsoring a self defense class specialized for women in the School of Pharmacy.

— Submitted by Maddie Harvey



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Alpha Pi Chapter:

St John's University, College of Pharmacy & Health Sciences

Lambda Kappa Sigma focuses on elevating women in pharmacy, and the Alpha Pi Chapter sisters have accomplished just that. From January 25th to 27th, a total of 20 sisters attended the annual Pharmacists Society of the State of New York (PSSNY) Midwinter Conference in Albany, New York. This is the largest attendance our chapter has had thus far at this yearly conference due to the amount of sisters who have spoken so highly of it and encouraged other sisters to benefit



from the experience as well. This conference serves for students to have the opportunity to network with a variety of different companies, attend continuing education seminars, and partake in activities alongside practicing pharmacists. Many of the sisters were able to speak to the different companies during their poster presentations and inquire how their businesses are influencing the future of pharmacy. In addition to the networking opportunities, our sisters used the time they had together to have a sisterhood bonding night at the local Applebee's restaurant for dinner. This casual outing allowed our sisters in their 4th and 5th years to get a chance to create memories with and learn more about the younger sisters in their 2nd and 3rd years who were attending the trip. By spending quality time together, the sisters were able to share the different experiences they had from the conference and gain some helpful tips and tricks that they could use when attending next year's conference.

— Submitted by Melissa Marietto

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Alpha Rho Chapter: Northeastern University, School of Pharmacy

Alpha Rho's philanthropy chair has been creating monthly awareness events to spread knowledge and understanding about various health focuses. Last semester, one of our notable events was Mental Health Awareness. Sisters created goodie bags filled with sweet treats and words of encouragement. Participants would share one of the ways that they handle stress and receive a bag in return.

This semester we have most recently held our event for Heart Health Month. Sisters gathered together to find heart healthy recipes and even made some together on a Friday night! Angela brought ingredients for a delicious avocado ranch dip and some healthy fruit parfaits. Furthermore, the sisters are hoping to compile some mini cookbooks that contain easy and heart healthy recipes for students. This event also provided for some great sister bonding and open communication, which is always excellent.

We hope to continue this event into the future and discover more ways that we can bring awareness of health and well-being to our campus and our community!

– Submitted Celeste LaHaie



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Alpha Sigma Chapter:

Texas Southern University



Greetings from the Alpha Sigma chapter at Texas Southern University! The Spring semester has kicked off to a remarkable start. In January, we promoted LKS to our peers by providing donuts and juice to the P1, P2, and P3 students as a friendly welcome back to school. In collaboration with the University the interest meetings have been scheduled for the second week of February. We hope that these meetings will provide potential new members with valuable information on our great fraternity which is built on lifelong sisterhood that focuses on leadership, service, scholarship, and integrity. We look forward to increasing the membership of our chapter this semester! I

In an effort to raise campus awareness of our chapter, we have updated and redecorated our chapter's display case. This case is filled with the rich history of our chapter, Alpha Sigma, which has been in existence since 1970. As we reactivated our chapter, we adopted the Star of Hope-Women and Family Homeless Shelter as our signature community service initiative. This center houses up to 130 families and 160 single women. We will continue provide these families and women with essential needs such as toiletries and clothing items. We are also planning to participate in the annual campus Spring Festival. This is a massive event that provides students and faculty with several health screenings such as blood pressure, cholesterol, breast cancer, and diabetes. Later this month, we will gather for a sisterhood event at the Houston Livestock Show and Rodeo, the world's largest livestock show! Lastly, we are excited to plan our first Hygeia Day as well as a possible visit from our Region Supervisor. This spring semester we will continue to strive for excellence, build a stronger bond, expand our chapter, and commit to giving back to our community.— **Submitted by Creaque Charles**

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Alpha Phi Chapter:

Wilkes University, School of Pharmacy



Hi Everyone! Alpha Phi Chapter has been hard at work planning and hosting new events this semester! Our main focus was on improving our recruitment efforts by adding new events such as PJs and Pancakes and Trivia Night. We inducted 9 new members into our chapter. Since then, we have held a lot of sisterhood events so all the new members and current members could get to know each other better. We played Lambily Feud during one of our meetings and also had a Holiday cookie exchange. We celebrated Women in Pharmacy Day by hosting a women in pharmacy panel discussion. We have been hard at work implementing new events incorporating reproductive health. This past semester we presented a poster on birth control methods and we are planning a pregnancy education and yoga session with our local YMCA. During our annual Turkey Tea Thanksgiving dinner we were able to make and donate \$490 to a local women's shelter. This semester we will celebrate Hygeia Day by welcoming local Girl Scout Troops to campus and helping them earn their first aid badge and do so much more. Lamb Love, Alpha Phi Chapter!

– Submitted Mia Lussier

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Alpha Psi chapter recently hosted an ice skating and sledding event with free hot chocolate. We also had a pharmacy jeopardy game for the pharmacy students. We also had a dress down day for the College of Pharmacy faculty, staff and students. We raised over \$200 from the dress down day and it's being donated to Project HOPE.

— Submitted by Breanna Copp-Peterson

Alpha Psi Chapter: University of New England, College of Pharmacy

Alpha Omega Chapter: Sullivan University, College of Pharmacy

Alpha Omega chapter recently held elections which took place in early February 2019. We are excited to begin the process of passing the mantle to our lovely and capable Lambs!

— Submitted by Gadeer Hanbali



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Beta Alpha Chapter:

D'Youville College of Pharmacy,
College of Pharmacy &
Health Sciences

Beta Alpha Chapter has been hosting quite a few events these past few months! In December, many of our sisters went to a local school to teach 4th and 5th graders about poison prevention. Some of them are little pharmacists in the making! It's so nice when our fraternity can reach out to the younger generation and help keep them safe and informed!

In February we hosted our annual Chocolate Sucker Sale. Students write notes for other students and we attach them to candy we make ourselves and hand them out. The sisters love getting together to make them, and the whole school loves eating them! We made over \$200 for our chapter!

Our new initiates also held their first social event for the chapter this past Friday. We went bowling and had a ball! We're looking forward to hosting a popcorn sale and game night in March!

—Submitted by Elizabeth Ibbotson



BETA ALPHA CHAPTER



Beta Beta Chapter:

Western New England University, College of Pharmacy

Beta Beta chapter was happy to welcome three new sisters this year to our chapter. As we continue to grow, our group is getting stronger and we are building our very own traditions. We have been busy organizing events on our campus, including educating the students on campus about contraceptive use and where to find services. Additionally, we are in the process of planning a yoga relaxation class before finals.

— Submitted by Carlie Goodreau

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Alpha Alumni

The sisters of Alpha Alumni chapter have been busy pharmacists, each focusing on the realm of her career. Between running the bench, collaborating on special projects, and participating in vaccine clinics, there have been many opportunities to serve our patients. Many have also had incredible adventures and vacations-sometimes with other sisters! We are hoping to plan a few gatherings soon, as the sisters of Alpha alumni are all over the U.S. The alumni chapter is also looking forward to seeing the collegiate chapter soon at Hygeia Day, Awards luncheon, and of course, convention!

— Submitted by Sarah Kheboian

Epsilon Alumni

The Epsilon Alumni Chapter has not been so active lately; however Keely, Jenny B and Dixie did meet for dinner a few months ago. It was eventful as Dixie managed to side swipe a parked car as she was distracted by a story Keely was telling her. No one was hurt and it made for a funny story to start the “meeting”. We are hoping that now that we are all off Grand Council for the first time since activating that we will be able to be more active and help the collegiate chapter reactivate.

— Submitted by Dixie Leikach



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Omicron Alumni

Greetings from Metro Detroit!

We have held 2 chapter meetings since our last update last spring.

Last summer the Omicron collegiate chapter advisor (Mary Beth O'Connell) was nominated as Advisor of the Year by one of our own alumni chapter members (Brittany Stewart) and she received the award at the annual convention in Buffalo. We also had 1 other alumni member (Debbie Bourquin) at the meeting to present the award.

In the spring we had our annual collegiate-alumni brunch and in August we had our annual collegiate-alumni picnic at Mary Beth's house.

Our chapter recently held an alumni meeting where we discussed many exciting things. We are excited to be giving out our second annual collegiate \$500 scholarship this spring and we have another collegiate-alumni brunch planned this spring.

Up next we want to start planning an annual HOPE waLKS 5K event/fundraiser - stay tuned!

— **Submitted by Debbie Borquin**



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Tau Alumni



Tau Alumni have been enjoying interacting with Tau collegiates at a few recent events. Amy (DiPietro) Woods, Laura Boni, and Kate (O'Donnell) Barnes volunteered as alum speakers to speak to the collegiate chapter. Tau alums including Steph Mrozek and Missy Sherer Krause enjoyed meeting collegiates at Galentines Day hosted by Tau collegiates, with fun games, reminiscing over scrapbooks, talking about LKS experiences, and adding memories from long distance alum Mary Meredith. We are excited for more fun events this spring and look forward to seeing everyone at Convention this summer!

— Submitted by **Melissa Krause**

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Chi Alumni



Chi Alumni chapter learned in early December that our cherished sister, Past Grand President Pat Tanac, had passed away at the age of 96. She was an active Lamb for 76 years, since her initiation in 1942. Most of our local chapter members were able to attend Pat's Memorial Service/Celebration of Life on December 8, and shared our memories of Pat and gave condolences to Patron Bob Tanac and the Tanac family. The Grand Council and HQ sent a lovely bouquet to the event, featuring yellow chrysanthemums. The family requested that Pat's LKS history and service be part of the program, and Chi Alum Joyce Tsai wrote and presented a beautiful tribute. An article about Pat with more information on her life and LKS activities will be published in the Spring Blue and Gold Triangle. We plan to have a chapter meeting in April to talk about Convention and spring and summer events.

— Submitted by Nancy Horst

Alpha Beta Alumni

Greetings from Alpha Beta alumni chapter! We are looking forward to starting the new year and learning about what projects all of our fellow sisters are participating in! We are excited to welcome two new baby lambs into our family. Congratulations to our alumni sisters, Marina Trefethen and Kelly Dehne, on the arrival of their sons. In addition, we are in anticipation of a future baby lamb from alumni sister and past chapter President, Ashley Walsh, due in July.

The Alpha Beta alumni chapter is enthusiastic about kicking off the new year by supporting our collegiate chapter in their philanthropic endeavors. They are currently preparing to participate in the annual University of Connecticut HuskyTHON. The core purpose of HuskyTHON is "Together with Connecticut Children's Medical Center (CCMC), we believe in giving children the care they deserve." Last year, HuskyTHON 2018 raised a total of \$1,021,485.37 for CCMC, and Alpha Beta is extremely fortunate to have been a part of that. We are so proud to contribute to this year's anticipated success as well. In addition, our alumni chapter continues to offer our financial support to Project HOPE as well as various collegiate chapter grants. We are currently in the process of planning professional and social events in conjunction with the collegiate chapter as well. We cannot wait to see as many of our fellow sisters as possible in Milwaukee this summer!— Submitted by Courtney Genovesi

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Alpha Zeta Alumni

Our chapter continues to remain active in HPES and we volunteer at the local health screening once a month. One of our alumni members, Nicole Lombardo, has recently taken over as president of HPES. We continue to plan fun events with our collegiate chapter. Alumni and collegiate members attended a breakfast together at IKEA during St. Louis College of Pharmacy's alumni reunion weekend. Most recently, St. Louis College of Pharmacy held a Trivia Night. Thanks to our wonder alumni members, LKS raised the most money out of any Greek organization. A \$1000 scholarship from the alumni association will be designated to a member of our collegiate chapter as a result of the generous donations. — Submitted by Danielle Turlington



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Alpha Iota Alumni

We had our first Skype alumni meeting on December 28th after a long period of inactivity. We are looking to have an in-person meeting during the Ferris State University Spring Seminar on May 20th and 21st. Since Spring Seminar takes place on a Monday-Tuesday, we hope to make an alumni weekend out of it leading up to the seminar. That way members can partake in various events that don't conflict with their schedules! One of the activities we would like to do is attend a West Michigan Whitecaps game that would also be a fundraiser for our chapter. Depending on the success of it, our intentions are to use that money to support the collegiate chapter to help send members to the Milwaukee convention. We also have quite a few members interested in attending convention since a lot of them have migrated to Wisconsin post-graduation. We hope between the two events (Spring Seminar and Convention) that they will help get our members re-engaged with the alumni chapter!

— Submitted by Sara Kolc



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Alpha Pi Alumni



Alpha Pi alumni have been collaborating with collegiates on a variety of professional and community volunteer initiatives throughout 2018-2019. Several alumni returned to volunteer at the New York City Road Runners Marathon to provide medical care providing medications in the critical care area units.

Our group has returned to volunteer for food preparation at Gods Love We Deliver and to bag groceries for Hillside Food Outreach. Throughout the year, alumni have been individually mentoring LKS collegiates and have shared their knowledge at collegiate workshops e.g. Bright Pink/Ovarian Cancer Awareness, Hospital & Long Term Care Careers, Spanish for Pharmacists, Professional Organizations & Networking, Sexual Assault, Mental Health First Aid Certification, Naloxone Certification, Make Up and Professional Dress, Medical Marijuana, Career Building, and CDTM & MTM. We are thrilled to report the establishment of a student scholarship and the 1st recipient will be awarded at the Collegiate/Alumni brunch this spring.



We are very proud to highlight individual accomplishments of several of our members. Jennifer Oh won 1st place for her poster at NYS Department of Health DSRIP symposium on “Building Effective Medication Management Programs.” Lisa Anzisi and collegiate Jolen Lum collaborated on a poster at ASHP on “Orthopedic Surgery Opioid Utilization.” Lisa Anzisi will be recognized at St. John’s University spring gala as “Distinguished Practitioner.” Jacqueline Mullakary is the newly appointed Director of PGY2 Ambulatory Care Residency Program at Mount Sinai Health Partners for interested LKS members. Alumni spotlight has been shined on Stephanie Alvarez— **Submitted by Lisa Anzisi**



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Thank you to all
the chapters that
submitted
reports!



Lambda Kappa Sigma

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