



PHI LAMBDA SIGMA
PHARMACY LEADERSHIP SOCIETY

The Laurel

January 2017

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Executive
Director:
Mary Euler

President:
Kem Kreuger

President-Elect:
Mary Bridgeman

Immediate Past
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Kami Dell

Parliamentarian:
Jillian Foster

Speaker of the
House:
Katelyn Shatz

Members-at-
Large:
John Donnelly
Megan McGugan

Treasurer:
Joe Bonnarans

Webmaster:
Lauren Willis

Welcome to 2017!

PLS is excited to take a look back on all the adventures we had in 2016, and look ahead to what the future holds for us as pharmacy leaders!

We invite you to explore the pages of this edition of *The Laurel*!

~ Megan McGugan and John Donnelly, *PLS National Members-at-Large*



Region 1 – Meet Tim Mathew!



My name is Tim Mathew and I am your Region 1 Liaison. I am currently in my fourth professional year attending St. John's University (Xi Chapter). I am excited to be a Regional Liaison for Phi Lambda Sigma.

As a former Chapter Member/Chapter President, I have enjoyed the growth I have experienced with my fellow chapter members. .

Outside the profession of pharmacy, I enjoy playing the drums and dancing.. Hip-hop and free-styling are my favorite styles of dancing but I have ventured outside of my comfort to try salsa, tango and classical Indian.

Phi Lambda Sigma has provided multiple opportunities for me. I have been able to serve this organization in different capacities:

Chapter Member, Chapter President and now Regional Liaison. Each position has expanded my understanding and capabilities as a leader. I look forward to serving Region 1 and assisting the National Board and Chapters in our region.

I am open to new ideas and meeting new people, feel free to contact me if either peak your interest!

Region 2 – Meet Alison Lieu!



My name is Alison Lieu, and I am a P3 student at the Ernest Mario School of Pharmacy at Rutgers University. Having enrolled in a six-year pharmacy program, I had the opportunity to get involved early in my academic career. By first joining Alpha Zeta Omega, I was encouraged by many upperclassmen to explore other organizations and interests, leading me to

leadership positions in our school's student body government, the Pharmacy Governing Council, the Drug Information Association, and Phi Lambda Sigma.

These organizations have become a focal point of my education and are the driving force for my interest in the pharmaceutical industry.

I look to continue providing the kind of

incredible leadership and mentorship that I had received, the majority of which came from members of PLS. To do so, I was inspired by our current President-Elect, Dr. Mary Bridgeman, to take a more active, national role and have a broader effect. I am looking forward to the challenges and possibilities that come with being a Regional Liaison.

Region 3 – Meet Kimberly Bucher!



My name is Kim Bucher and I'm a fourth year pharmacy student at the South Carolina College of Pharmacy, University of South Carolina campus.

Pharmacy is my second career, and I have learned that the easiest way to avoid reinventing the wheel is to make connections and seek expertise from others—

even if you have a novel idea, there is someone who has figured out a simpler way to put that idea into action. My goal is to make sure chapter leaders know what other leaders in their region are doing so that everyone can be more successful. I hope to find a strong level of collaboration in my career, as well, and plan

to complete an ambulatory care residency after graduation. When I'm not geeking out on all things pharmacy, I'm likely touring a historic building, picking up heavy things at the gym, trying new foods at the local farmers' market, or spending time with my husband and new baby girl we just welcomed in December!

Region 4 – Meet Urvi Patel!

Hey there! My name is Urvi Patel and I am a 4th year PharmD/MPH candidate at the University of Kentucky College of Pharmacy. I am currently out on rotations and loving every minute of it!

Although I appreciate having more free time to travel, spend time with family and friends, and go on hiking and canoeing adventures, I have

thoroughly enjoyed getting to experience a variety of pharmacy specialties.

Rotations have been beyond amazing, but I am now ready and excited to serve as the Region 4 Liaison! PLS has played a huge role in helping me develop as an individual as well as a professional and I am thankful for the opportunity to serve an organization that has

served me so well.

Throughout this year I hope to work with each of the Region 4 chapter presidents to build a community that can learn from one another and grow together. My hope is that we will be able to form a strong unit of individuals that will positively impact pharmacy!



Region 5 – Meet Elizabeth Bald!

Hello, my name is Elizabeth and I am the Region 5 Liaison! I am a P4 at Drake University and am living in six different states this year while I complete my rotations.

During pharmacy school, I have been involved with the American Pharmacists Association, Phi Lambda Sigma, and Rho Chi.

In addition, I have been active with the Iowa Pharmacy Association and the Des Moines Student Healthcare Partnership. After graduation, I aspire to complete a residency and pursue a career in academia.

My professional interests include ambulatory care, legislative advocacy, state

association work, and teaching.

I look forward to working with PLS members within my region and throughout the country and hope to strengthen Region 5 by fostering relationships among chapters.



Region 6 – Meet Terri Frazier!

My name is Terri Frazier.

I'm a fourth year pharmacy school student at Xavier University of Louisiana, College of Pharmacy. I'm a proud mother of one and wife of 9 years, which makes me a non-traditional student!!

Before entering pharmacy school, I received my Bachelor of Science degree in Chemistry. After receiving my degree, I went on to conduct cancer research at Xavier and taught for several years. Outside of school I am president of the youth department at my church,

Mount Calvary Church of God in Christ.

In addition to academics, working, and research I have been very active in leadership. Some positions held were President and treasurer of the Pharmacy Student Association, Pharmacy Student Peer, American Pharmacist Association Co-Chair, Vanguard Interactive Mentoring Scholar, and Phi Lambda Sigma treasurer. Upon graduation, I plan to complete 1-2 years of postgraduate training.

I am truly excited to serve as region 6 liaison for Phi Lambda Sigma. Effective communication is extremely important to strengthen PLS nationally.

I hope to share all the wonderful ideas and activities occurring amongst the national organization. Working together to inspire greatness amongst the leaders of each representing pharmacy school will be my #1 priority! I look forward to a great year with PLS!!



Region 7 – Meet Ben Groves!



I am a fourth-year pharmacy student from the University of South Florida College of Pharmacy in Tampa, Florida, and am incredibly excited to serve as a Phi Lambda Sigma Region Liaison for Region 8 this year!

Originally from Daytona Beach, Florida, I have lived in the Sunshine State my entire life. In my free time, I enjoy lifting weights, watching sports,

reading, listening to podcasts, and meeting new people. A life goal of mine is to appear on the game show Jeopardy! My passion for pharmacy stems from my desire to empower people to become informed decision makers in their own healthcare.

My career interest is in pharmacy administration with the goal of becoming a director of pharmacy or chief pharmacy officer at

an academic medical center. Upon graduation, I will be pursuing an PGY1/2 health-systems pharmacy administration residency with concurrent master's degree.

I am looking forward to my year ahead as a RL for Region 7 because it will give me the opportunity to meet and work with passionate leaders across the country!

Region 8 – Meet Marina Maes

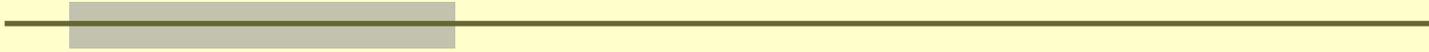


My name is Marina Maes and I am a fourth year pharmacy student at the University of Colorado Skaggs School of Pharmacy and Pharmaceutical Sciences. My goal is to venture outside of Colorado next year to complete a PGY1 and PGY2 residency to prepare me in pursuing a career in academia and ambulatory care.

Throughout my time in pharmacy school, I have been involved in a number

of student organizations and held a variety of different positions including president of Rho Chi, secretary of NCPA, and 9 Health Fair committee chair. I am excited to expand upon the leadership skills that I have developed thus far through serving as the Region 8 Regional Liaison for Phi Lambda Sigma. I am honored to serve an organization whose mission is to support leadership commitment by

recognizing leaders and fostering leadership development because the world of pharmacy needs exceptional leaders to advocate for our profession and enhance patient care. Over the next year, I hope to establish meaningful relationships with the PLS chapters in Region 8 and encourage pharmacy leaders to continue to grow professionally.



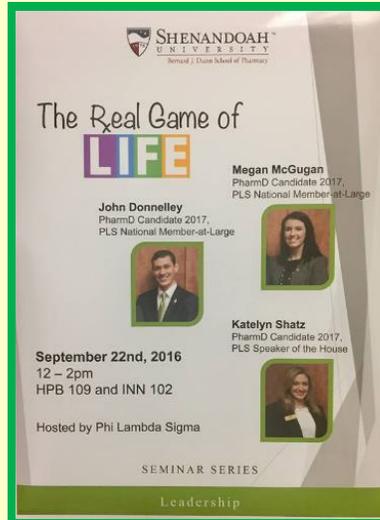
PLS Takes on Pittsburgh!



The entire PLS executive committee was hosted by Duquesne University College of Pharmacy in June. While there, the committee created goals for the coming year. We also took in the sights, and attended a Pirates baseball game! We came away from the retreat energized and optimistic for what PLS can accomplish this year.

There are big plans in the works to continue our expansion outside of the country, engage our alumni, and create leadership development initiatives. There are also plans to begin having executive committee members perform site visits in order to increase our interaction with PLS chapters around the country.

Our executive committee is filled with exceptional individuals, and we all know this will be a great year for PLS!



PLS National Student Leaders Katelyn Shatz, John Donnelly, and Megan McGugan visited Shenandoah University in Winchester, Virginia during the month of September. While visiting with the Beta Phi chapter over brunch they shared insight, ideas, and guidance on both recruitment and the development of leadership skills amongst members.

The student leaders then met with Dean Robert DiCenzo before delivering a presentation called “The Rx Game of Life” to the student body. The presentation took the form of the well-known board game “Life”, which is set up for players to navigate via dice rolls. As a player moves throughout the board he or she can make decisions to meet certain life milestones such as getting married, starting a career, and having children. In the Rx Game of Life, the decisions and milestones were centered around a pharmacy career.

Throughout their presentation, Katelyn, John, and Megan did an outstanding job of engaging their audience. They had incorporated questions in order to encourage a discussion and gave advice about a variety of different topics related to both pharmacy and personal growth. The presentation included such topics as: why a mentor is important and how to build up such a relationship, focusing on your strengths, discovering how to network, and more. The student leaders encouraged the audience to be introspective; students should consider what they want to do and why they want to pursue it.

Following the presentation, feedback from the student body was overwhelmingly positive. First and second year students especially appreciated the advice early in their pharmacy careers and informed PLS chapter members that they were already applying the information to their professional lives. The Beta Phi chapter and the Shenandoah University student body would like to extend a sincere thank you to the national student leaders for devoting their time and energy to encouraging fellow students in the pursuit of the pharmacy profession.

**Credit: Allison Lizer
Doctor of Pharmacy Candidate
Bernard J. Dunn School of Pharmacy
Phi Lambda Sigma Secretary**

Knowing Yourself to Lead Yourself: Five Voices and Five Gears

Saturday, February 11, 2017 8:00am – 4:00pm



Hosted by:
The Beta Chi Chapter of
Phi Lambda Sigma at MUSC



Location:
The College Center at
Trident Technical College
Charleston, South Carolina

Featuring Alan R. Spies, RPh, JD, MBA, PhD, ACC
Senior Associate at GIANT Worldwide

Student Learning Objectives

- Enhance relationships and communication to better impact pharmacy practice.
- Discover your leadership voice.
- Effectively communicate vision and change.
- Determine your health in each of the 5 Gears.
- Develop strategies for applying each of the 5 Gears in your daily life.



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Register:

<https://www.surveymonkey.com/r/513R2FP>

Questions?

Please contact Dr. Cathy Worrall
Email: worrallcl@musc.edu Phone: (843) 792-8451

Do you want to represent your chapter as a delegate at the National House of Delegates?

Make sure your chapter is heard when it comes to voting on bylaw amendments and your 2017-2018 national officers.

The House will be Sunday, March 26th from 1:00-3:00 pm at the San Francisco Hilton.

You can register online any time before the House proceedings begin (Forms tab --> Delegate Appointment). You can also register in person before the House starts.

Call for Delegates and National Officers!

Are you interested in representing your chapter as a National Officer? It's a great way to network with pharmacy students and pharmacy practitioners as you work with the other executive officers to advance the mission and vision of Phi Lambda Sigma. Available positions:

- *Member At Large - Two (2) student positions
- *Speaker of the House - One (1) student position
- *President-Elect - One (1) practitioner position

The deadline to submit your information to run for office is 24 hours before the House (Saturday, March 25th by 12:59 pm). Indicate your intent to run online (Forms tab -> Intent to Run).

****Note**** In addition to indicating your intent to run on the website, you must also submit the following to Dr. Mary Euler (exec_director@philambdasigma.org):

- *A biographical sketch
- *Resume/CV
- *Brief statement about interest in position

For questions about individual positions, we encourage you to contact the current national officer in that position. Their contact information can be found online under the PLS tab --> Executive Committee. For any other questions please contact Dr. Mary Euler at exec_director@philambdasigma.org.