

The Pitt Capsule

November 2019

School of Pharmacy Organizations: Schedule of Events for November 2019

Monday	Tuesday	Wednesday	Thursday	Friday
4 12 PM Kappa Psi GBM 12 PM PDC GBM 12 PM LKS GBM	5 12 PM AMCP Rotations Panel 12 PM SCCP Journal Club	6 12 PM Rho Chi Poster, Professor, Progress Event	7 12 PM SCCP Inhaler Training with Breathe PA	8 12 PM CPFI GBM
11 12 PM Kappa Psi GBM 12 PM PDC GBM 12 PM LKS GBM 12 PM SIO Speaker Event	12 12 PM ASCP GBM 12 PM SCCP GBM	13 12 PM PPIP Meeting 4 PM RxPrep Internship Panel	14 12 PM Rho Chi Meeting 12 PM CPFI GBM 12 PM CPNP National Past President Speaker	15 12 PM PLS GBM: STAR Method Interview Technique 12 PM SASP PantherRx Fellows Speaker
18 12 PM Kappa Psi GBM 12 PM PDC GBM 12 PM LKS GBM	19 12 PM AMCP P&T Competition 12 PM APhA Unique Internship Event 12 PM ISPOR GBM	20 12 PM SIO GBM 12 PM SNPhA GBM 12 PM SSHP Dean's Theme/GBM	21 12 PM CPFI GBM 12 PM PLS/PPA "Loan Repayments and Budgeting" Workshop	22 12 PM PPIP Meeting 12 PM SSHP Antibiotic Awareness Week Speaker
25 12 PM Kappa Psi GBM 12 PM PDC GBM 12 PM LKS GBM 5 PM APhA Movie and Trivia Night	26	27 Thanksgiving Break	28 Thanksgiving Break	29 Thanksgiving Break

GBM – General Body Meeting, all members are welcome!

Be sure to check the Master Calendar on the PharmD Porxtal for updated information!

SASP: Student Association of Specialty Pharmacy

Victoria Miklus (P2),
Secretary

SASP is one of the newer organizations at Pitt Pharmacy. We officially became a chapter last spring, and we are currently one of the few student chapters in the nation.

The Executive Board would like to thank those who were able to attend the last GBM. We had the pleasure of having Dr. Doug Gebhard from RareMed speak about specialty pharmacy, his career path, and his current role at RareMed. We are also happy to announce that Emma Jochem was elected as our P1 representative.

Currently, the E-board is working on planning more events this semester. We are hoping to organize tours of specialty pharmacies in the area, including Asti's and PANTHERx Specialty Pharmacy. We are also working on inviting more speakers, including residents and fellows to speak about their experiences in specialty pharmacy. Be on the lookout for future announcements!

We plan to continue expanding our outreach and student engagement. Our next GBM will be in November, with the date TBD. We hope to see you there!

APhA-ASP: American Pharmacists Association Academy of Student Pharmacists

Danielle Weaver (P3), Membership VP

Happy November, everyone! Thank you to all those who attended the events this past month. October was busy with numerous exciting and impactful things happening. A few highlights include OTC Med Safety events, HPV presentations, a DEA Drug Take Back event, flu clinics, diabetes talks, healthy heart tabling, the AHA Heart Walk, and so much more! As a school we've been able to accomplish so much and we can't thank you enough for the awesome work everyone is doing! As the year continues, be on the lookout for more patient care events and opportunities to get involved.

Pictured on the right: APhA-ASP President, Haley Fribance (P3) and President-Elect Brooke Kulusich (P2) with 2018-2019 Regional Awards for OTC Medication Safety and GenerationRx at MRM 2019.



Also, just as a reminder, Generation Rx is this year's Dean's Theme! Each organization has incredible ideas for fun and unique ways to engage with our community and spread awareness about safe prescription drug use. Stay tuned for more info on these various opportunities to get involved and be a part of these exciting events!

A few other highlights from October include the APhA-ASP Midyear Regional Meeting in Philadelphia, World Heart Day, Interprofessional Case Conference, Family Feud, and our first ever Phun Friday! Congratulations to House Red for taking first place and House Purple for coming in as a close second during Family Feud! Thank you to everyone that participated and attended our October GBM. We appreciated the support and hope you all enjoyed it!

Looking ahead, there are several things planned for November! Below is a summary of some of the upcoming events:

- World Diabetes Day: Thursday, November 14
- Holiday Party & Ugly Sweater Contest: Monday, November 25
- PPA Midyear Meeting: January 23-26

Finally, stay on the look-out for Pharmacy Week's schedule coming out over Christmas break. There will be tons of events to attend, including a happy hour! We look forward to seeing everyone there. Best of luck to everyone as the semester wraps up!

SIO: Student Industry Organization

Taylor Laffey (P2), Vice President of Communications

This past month has been packed with fellowships, speakers, and lots of delicious food! We started off by hearing from a PittPharmacy alumni who is currently doing a fellowship with Rutgers as he taught us about his roles within the program and his own company. At our next event, two representatives from Northeastern University spoke about the perks of working at a smaller pharmaceutical company, their program, and gave some insight into the interviewing process. Lastly, we heard from a fellow from the Massachusetts College of Pharmacy and Health Sciences, who is also a PittPharmacy alumnus. She taught us about the different functional areas in industry for PharmD's to focus on, her own program, and some tips on how to apply non-industry related experiences to industry roles. On top of these great speakers, each of these events had lunch buffets that were prepared by Mackenzie and Holly from our E-board! We hope that everyone enjoyed our fellows series and learned as much as we did!

Coming up on Tuesday, November 12, we have a collaborative event with SCCP, where Dianne Ammerman, a Genentech medical science liaison, will be coming to talk with us. Also, be sure to attend our CV/resume workshop with Dr. Bertz on Monday, November 11 in Salk 458. Our hope is that this event will be helpful to everyone who is planning to apply to industry-related internships for next summer.

Looking towards the upcoming semester, we have new events and our annual symposium being planned. If you have any ideas feel free to reach out, and we will be happy to hear from anyone! Other than that, we hope that everyone enjoyed the events that we have hosted so far and hope to see the same great turnout next semester. Good luck to everybody on your finals!

Pictured below: Executive board members Mackenzie, Holly, Corey, Leia, Taylor, Michael, and Josh with Northeastern University representatives Katie and Amy who came to talk with us about their roles as fellows within Northeastern and their careers at Alnylam® Pharmaceuticals.



CPNP: College of Psychiatric and Neurologic Pharmacists

Casey Gudenburr (P2), Secretary and Membership Chair

This past month has been very busy for the members of CPNP! We were able to finalize our official member list for the semester with nationals; we were very excited to welcome everyone who joined, and we look forward to working together over the course of the semester.

October was a very important month for our organization because it was Mental Health Awareness Month. This month also included Mental Health Awareness Day on November 10. Our chapter recently created an Instagram account so we were able to further advocate for the importance of these holidays as well as that of our own events.

Our first event that we held this month was a Therapy Event led by Ms. Kelly O'Toole, the Director of Adult Services at the Western Psychiatric Ambulatory Program. At the event, Ms. O'Toole discussed the prevalence and incidence of mood disorders, the benefit of using a medication-therapy combination approach to treatment, strategies used in therapy such as cognitive behavioral therapy, and the importance of health providers seeking help for themselves if needed. This last point is extremely important to our chapter because in addition to advocating for the importance of mental health care for our patients, we aim to emphasize the importance of the mental health of our providers, as well.

Our next event that we hosted this month was our annual Naloxone Training Event. At this seminar, we use a patient simulator in order to teach students how to appropriately administer naloxone. This event extends into additional training sessions at various centers, such as Harbor Light, where students are able to teach individuals at the center how to administer naloxone and the importance of this drug in the reversal of overdose events. This event is always well attended and proves to be very valuable to not only the pharmacy students who attend the session but the individuals who receive their instruction afterwards.

Finally, this month we were able to coordinate shadowing opportunities between members of our chapter and various pharmacists at Western Psychiatric Institute and Clinic. The shadowing program is unique to our chapter in that only members of CPNP are able to participate. This provides a great opportunity for students to experience the various areas within psychiatric pharmacy firsthand.

AMCP: Academy of Managed Care Pharmacy

Vince Piro (P3), Director of Communications

Hey everyone! October was another big month for AMCP. Congratulations to Angelina Bella, our newly chosen P1 representative; we're excited to have her on board for the rest of the year! In addition, thanks to everyone who came out to our interest meeting for the annual P&T Competition. All of the teams are now set, and we are ready to start the competition! We also had an amazing rotations panel event with representatives from UPMC Health Plan, Gateway, and United Healthcare. They gave us a ton of super useful information about the rotations that they offer during P4 year and why a rotation in managed care would be useful to anyone!

Keep an eye out for one more event this semester coming up on Tuesday, November 19, which will be a meeting for all of the P&T Competition teams to get together to work on their monographs and presentations. That will wrap up everything for the semester for AMCP; until next time, *Pitt Capsule!*

CPFI: Christian Pharmacists Fellowship International

Valerie Wan (P3), President

Christian Pharmacist Fellowship International (CPFI) is an international ministry of individuals working in all areas of pharmaceutical service and practice with the mission to serve Christ and the world through pharmacy. Our goal as an organization is to use the opportunities we have as student pharmacists to reach our communities and grow together as we strive to integrate faith into practice.

CPFI has been connecting with the Christian Medical and Dental Association (CMDA) and we continue to join them for weekly devotionals and monthly social events. In addition, we recently welcomed Paige Verona as our P1 Representative, who will be helping us reach out to the P1 class and man our Instagram page! At the recent 2019 Fall Leadership Retreat, CPFI was awarded the achievement of “Shark’s Choice” for our Dean’s Theme idea. We are working to partner with Youth With A Mission (YWAM) and their Kidz Club program, a camp on Saturdays where kids participate in lessons and different activity stations. We are planning to incorporate our Dean’s Theme into one of their stations! Be on the lookout for more info on these events! As always, if you’re free on Thursdays at lunch, please stop by! Pharmacy school can make life a little crazy, but we encourage new students and current members to attend whenever you can. Don’t forget to find us on Facebook and Instagram (@cpfipitt).

SCCP: Student College of Clinical Pharmacy

Lisa Cahill (P2), Secretary

The Student College of Clinical Pharmacy has had a productive school year so far! This past month we have had our PULSE Grand Rounds where students had the opportunity to sit in on pharmacy residents’ discussions on pharmacotherapy for a large variety of disease states. In October, the topics discussed were heart transplants, heparin monitoring, and acute respiratory distress syndrome. These events give students a great opportunity to hear discussions regarding pharmacology topics and the potential they have on patient care.

During our GBM, we discussed the different projects and events that we have available, including: Project CMM, Project OTC, Project Pulmonary, Project Self-Care, and Project Continuing Education/Journal Club. These projects are a great way to get involved and learn more about clinical pharmacy. We are also planning service events for this year, so stay tuned to see how you can sign up and get involved!

This November, SCCP will be holding a variety of events. On November 5, we held our monthly journal club followed by the inhaler training with Breathe PA on the November 7. On Tuesday, November 12, we are hosting an event with SIO (Student Industry Organization) with guest speaker Dianne Ammerman, PharmD from the biotechnology company Genentech. More information about these events will be posted on our social media pages closer to the time of the events, so keep an eye out!

If you have any questions or would like to get involved, don’t hesitate to reach out to us on Facebook (@universityofpittsburghsccp), email (pitt.accp.eboard@gmail.com) or our new Instagram page (@pittsccp).

SNPhA: Student National Pharmaceutical Association

Hager Mohamedein (P3), President



Pictured above: Josephine Kim (left, P2), Dr. Louis Williams (middle), Kaycie Gavin (P3, right).

The University of Pittsburgh SNPhA chapter had a wonderful time attending the JDRF walk on September 21, 2019. We were able to raise a total of \$1,815 surpassing our goal of \$1,350, which will fund research for Type I Diabetes patients around the world. On September 27, we had a visit from Dr. Louis Williams, a distinguished Pitt Pharmacy graduate, current faculty member, and SNPhA advisor at the University of Houston. SNPhA was also able to partake in the Pittsburgh Heart Walk with the Duquesne SNPhA chapter and some members of Pitt APhA. Rain or shine, we were happy to partake in the walk!

Registration for SNPhA Regionals has officially opened! Go to www.snpha.org/meetings and register for regional conference being held February 21-23, 2020 at the Sheraton Hotel. If you would like to help out with the conference planning, contact Hager Mohamedein (ham68@pitt.edu) or Vidya Balakrishna (vidyabala@pitt.edu). Furthermore, if you have any questions, concerns, or ideas, please be sure to reach out to the executive board through our Facebook page (@SNPhA.Pitt) or email snpha.pitt@gmail.com.



Pictured above on the left: Members of SNPhA at the JDRF Walk.



Pictured above on the right: Pitt SNPhA, Duquesne SNPhA, and APhA at the Heart Walk.

PPA: Pennsylvania Pharmacists Association

Emily Dell (P3), Communications Ambassador

Congratulations to everyone for making it past the halfway point in the semester! We are excited to announce that two of our student pharmacists, Emily Liu (P3) and Holly Graber (P3), won the Achieving Independence Competition while at the PPA Annual Conference at the Seven Springs Mountain Resort in Champion, PA. Then, on October 16, Pitt PPA hosted the event Making Your Best Pharmacy Future where we had the CEO of PPA, Pat Epple, come to talk with us about student involvement in the organization and the opportunities we have with advocacy. We learned about the issues that are currently being worked on in the realm of pharmacy and what role we, as students, can play in advancing the profession.

Since it is that time again, we had a voter registration drive in the atrium early in the month of October. Members of PPA's E-board helped several students check their voter registration status, register to vote, and learn more about why voting is so important. With more and more events like this,

students from PPA are working to advocate for and educate about the importance of pharmacy.

We are looking forward to a few different things this coming semester, so keep an eye out for these events. The PPA Mid-Year Conference will be held at the Harrisburg Hilton in Harrisburg, PA during January 23-26, 2020. There will be a number of opportunities for students to network with other students and pharmacists throughout the state, so please consider attending! It is also time to start thinking about Legislative Day, which will be happening sometime in March or April of 2020, where students will have the chance to speak with their legislators in Harrisburg about issues concerning the profession of pharmacy. PPA will also be hosting an event for the completion of Government Relations Advocacy for Student Pharmacists (GRASP) modules to further prepare for that day, so stay tuned! If you have any questions about these events, please feel free to ask one of us or look at the Pennsylvania Pharmacists Association website. See you next semester!



Pictured on the left: PPA E-board members holding a voter registration drive in the atrium of Salk Hall.

From left to right: Mara Cubellis (P3), Hailey Mook (P3), Bryn O'Mara (P2), Michael McDermott (P3)

SSHP: Student Society of Health System Pharmacy

Nikitha Yagnala (P3), Internal Career Development Chair

SSHP has had an incredibly exciting month of October! We started off the month with our annual Clinical Skills Competition. This year, we had a record number of 24 teams compete, comprised of P2, P3, and P4 students! On the first night, contestants worked up a complicated patient case, hoping to advance to the final round the next afternoon, where they must defend their plan to a panel of faculty clinicians. A well-deserved congratulations goes out to our two P4 students, Allie Taylor and Jenna Ingram, who were selected as the top performing team at Pitt and will now be competing at the National Clinical Skills Competition at ASHP Midyear this December! A special congratulations also goes out to the other finalists in the competition, Megha Patel and Kiana Green, as well as Melanie Umbaugh and Jaehee Cho! We want to thank everyone who participated, and we hope to see even more teams compete next year.

On October 23, we hosted Dr. McCreary, an ID clinical pharmacy specialist from UPMC Presbyterian. Dr. McCreary discussed the

importance of promoting antimicrobial stewardship and how she optimizes her role as an ID clinical pharmacy specialist to ensure that each patient is receiving the most effective antibiotic available! On November 1, our very own Dr. Schonder gave us a great lecture on a day in the life of a transplant pharmacist. SSHP's members got some incredible insight into two unique clinical pharmacy specialties this month, and we look forward to hosting more specialists next semester!

Additionally, our SSHP President, Britney Stottlemeyer, and President-Elect, Roisin Sabol, had the opportunity to attend the Pennsylvania Society of Health-System Pharmacists (PSHP) Annual Assembly at the end of October. They had the opportunity to come to various student workshops and have made lasting connections with other student SSHP chapters, and now they are excited to share their new ideas with us! Finally, if you ordered a fleece, keep your eyes out for when they come in; they will keep you cozy and warm throughout the holidays as you Hail to Pitt Pharmacy!

Pictured on the right: Allie Taylor (P4) and Jenna Ingram (P4), winners of Pitt SSHP's Annual Clinical Skills Competition.



ASCP: American Association of Consulting Pharmacy

Alecia Zika (P2), Secretary

Congratulations Panthers, we're almost through this semester! ASCP has been busy with events and planning in order to make this year the best one yet!

First off, I would like to send a big thank you to all participants who helped make this year's Walk to End Alzheimer's a huge success. I am so proud to say that our team raised over \$500 to go towards life-saving research, supportive networks, and education for individuals living with or caring for those with Alzheimer's. This is a cause that is very close to our hearts and we had a wonderful time walking with our friends from the Duquesne chapter of ASCP in support of this organization. It was a very emotional and powerful morning for all of us, so thank you again to everyone for your participation.

Looking forward, ASCP has several events coming up, including the ASCP Annual Meeting in Texas on November 7-10 that occurred this past weekend. We are very excited that several members will have the opportunity to represent Pitt Pharmacy and present a poster at this national meeting. For those of us closer to home, ASCP's next GBM will be on Tuesday, November 12 at 12 PM. We will be going over events for the next semester, including our annual Fidget Blanket Drive and MLK Day Health Fair. As always please reach out to us with any questions at pittascp@gmail.com, and be sure to follow us on Facebook and Instagram (@ASCP_Pitt). Hail to Pitt!



Pictured above on the left: Pitt's chapter of ASCP walking with the Duquesne chapter at this year's Walk to end Alzheimer's on October 13.

Pictured above on the right: Together, the Pitt chapter of ASCP raised over \$500 for Alzheimer's treatment, research, and education.

LKS: Lambda Kappa Sigma

Britney Stottlemyer (P3), Corresponding Secretary

Happy November! Hopefully everyone has been surviving exams and the sudden drop in temperature. It's hard to believe we're almost through the semester – who would've thought it'd come so quickly? So much has happened and all of which we should be proud of. We've welcomed 43 new sisters into the Delta Chapter last month and have been loving every second getting to know them better through our events like the Pirates game, potluck, sisterhood night, and more! Our new sisters completed our Pinning Ceremony and had their Big-Little Reveal afterwards.

Throughout the fall, our sisters have been busy out in the community, making a difference by cleaning up campus through Adopt-A-Block, educating the people with our Rite Aid Pharmacy tabling events, and baking for the "Birthday Parties" at our local Family House. We are so happy to give back to the campus that gave us all so much!

Looking ahead, we are excited to host our Fall Formal with PDC (major props to Annalisa Nguyen and Lexi Mingey for making this event possible this year), sisterhood holiday dinner at Buca di Beppo, handing out the clothing orders, and Pittsburgh Popcorn sales!

We want to wish everyone good luck on upcoming exams, capstones, and finals! Winter break is so close – we can do it! As always, keep up-to-date with our upcoming events and activities by following us on Instagram (@LKS_Delta_Chapter).

Pictured below on the left: Sisters at Pinning Ceremony and Big-Little Reveal.

Pictured below on the right: Sisters at our annual Spaghetti Dinner Potluck.





Pictured above: Our lovely Kappa Psi Brothers at province.

Kappa Psi

Sneha Gaitonde (P3), Corresponding Secretary

Happy November, everyone! The last month brought Kappa Psi a lot of good times to bond and to give back to the community. Most importantly, it brought 36 new members into our chapter! In early October, we had our fall regional meeting, the Mountain East Province Assembly, in Baltimore, Maryland. At the meeting, several members of our chapter were elected to the Province Executive Board: congratulations to Thai Nguyen (P3), Nicole Farah (P4), and Jaehee Cho (P4) on their new posts! Additionally, Jaehee and Blaine Laird (P2) won scholarships, the chapter won the Mountain East Province 2019 Excellence in Academia Award, and Nicole won the Grand Regent's Letter of Recognition! These are all amazing accomplishments, and we could not be prouder!

The Brothers who could not attend the meeting had their own fun in Pittsburgh, going pumpkin picking together at Soergel Orchards. To continue with the fall-themed fun, Kappa Psi held its annual haunted house outing on October 17, with Brothers and pledges heading to the Haunted Acres Mansion to take part in a night of spooks. Kappa Psi also held another philanthropy event this month, which was an evening helping cook for the residents at the Family House in Oakland. Brothers made and served dinner for patients as well as families coming to visit their loved ones being treated at UPMC hospitals.

Looking forward, we're planning more big events. This week, we'll be having our Drug Takeback tabling event as part of our Dean's Theme Project! We are also planning our Lineage Dinner, which is a chance for graduated Brothers to come back for a night of good food and good times. As always, keep an eye on our Instagram (@kappapsi_betakappa) for more updates! Wishing all a great rest of the semester and a lovely winter break from Kappa Psi!

PDC: Phi Delta Chi

Tommy Rust (P2), Worthy Keeper of Records and Seals

While Halloween may be over, the scariest part of pharmacy school has arrived: November. It's a time full of exams, projects, and SP finals that puts fear into the hearts of the innocent. Luckily, the Mu kids have enjoyed some fun times this past month and have some even better things planned for November to help keep our sanity.

This past month, we had an alumni tailgate at the Pitt vs. UDel game. Some of us got to come down, hang out, and relax a little as we talked with our alumni. The best part: Pitt won! Overall, it was a very chill and enjoyable day for the brothers. In addition to this, some of us participated in the 3rd annual Hackathon which was sponsored by the pharmacy school. While we did not take home any hardware, we had a great time with other pharmacy, dental, and computer science students while making innovative projects.

One of our favorite service events, adopt-a-block, was also held this past month, and we had a great time! We always get a great turnout at this event to

give back to the neighborhoods of Pittsburgh, and this time was no exception. Finally, we've been helping our new P1 candidates succeed in their first year at Pitt Pharmacy. P1 year can be a rough transition for many, so we here at Phi Delta Chi are ensuring they get the most out of school while still acing their exams.

This month, we have some huge things planned to go along with our usual shenanigans, and we're all very excited here at Mu chapter! Our favorite event of the year, our formal with LKS, is coming up very soon. On this night, we get to impress everyone with our signature dance moves and dine on some classy food. Additionally, we will be doing our usual fundraising for St. Jude's this month. We've been the top chapter in our region for fundraising for the past two years, and we don't plan to lose that status. Despite the hardships of pharmacy school that will be coming up soon, Phi Delta Chi is making it a time to remember for our brothers and beyond.

PLS: Phi Lambda Sigma

Nikitha Yagnala (P3), Secretary

Phi Lambda Sigma has had a successful month! Kicking off in October, we co-hosted the annual fall leadership retreat with APhA-ASP! We had a phenomenal turnout, where student leaders presented their organizations' projects for this year's Dean's Theme – Generation Rx!

Looking ahead, PLS is extremely excited for our upcoming leadership workshops! In November, we will be hosting a workshop that focuses on using the renowned STAR method for interviewing! The STAR method is a great technique to answer behavioral interview questions in a structured manner – this workshop will train students on the ultimate way to eloquently tackle any situational question thrown their way during interviews. In addition, we are also working on setting up workshops on how to run an effective meeting and how to teach or precept students. Keep your eyes out for the dates to each of our leadership workshops this semester!

Finally, PLS had their official interest meeting towards the end of October, officially opening up our application process for the year. If you have any questions about applying to become a PLS member, feel free to reach out to any of our current members – we will be happy to get to know you and chat about the application process!

Rho Chi

Kristina Murray (P3), Historian

The members of Rho Chi hope everyone had a successful first round of exams and had some time to enjoy the fall weather that is finally here! Rho Chi is excited for the upcoming month of chaos before we reach Thanksgiving break.

In October, Rho Chi had our annual business card sale. If you missed out on the opportunity or you need more for upcoming conferences, be sure to contact a member of Rho Chi to order more. Rho Chi's Tutoring Co-cCairs have also been preparing exam reviews for P1s and P2s. Due to scheduling conflicts, Rho Chi has created a virtual exam review to assist students in the case we cannot find a time to meet. We are planning to continue providing review sessions throughout November. Private tutoring is also available, so if you are in need for additional reinforcement for class material, reach out to your course coordinator to connect you with a member of Rho Chi to help.

Furthermore, we are looking forward to our Posters, Professors, and Progress event being held on Wednesday, November 6 in Salk 402 during lunch. Come out to hear about professors and staff from the School of Pharmacy discuss their research projects. This is a great opportunity to learn about the research that is happening around us and connect with professors whom you may be interested in working with. This event is PRIMERx approved for Education, and we hope you can make it!

Rho Chi members have also been continuing monthly visits to the Adult Rehabilitation Center (ARC) to give our health talks. In October, we educated about 30 men on the importance and indications for common vaccinations. On November 11, we will be presenting to the gentlemen at the facility on sleep health. Any interested students should contact a member of Rho Chi to attend!

Looking forward to December, Rho Chi will be hosting another blood drive on Friday, December 6. Your donation makes a difference, so we hope to see you there! Best of luck to everyone as we start to wrap up the semester!

Acknowledgements

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