

THE PITT CAPSULE

THE UNIVERSITY OF PITTSBURGH SCHOOL OF PHARMACY

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**FINALS EDITION
MARCH/APRIL 2021**

Check out what our awesome pharmacy organizations have been up to in March and April!

SHE IS ELLA

Rena Reid (PI), Diversity and Inclusion Committee

Have you ever wondered how many people have touched the same ground you walk on? As I move through the streets of Pittsburgh, I cannot help but imagine whose footsteps my feet are planted in as I stroll through the snow – whose soul has first etched the same path that I am walking. Are their life stories written in gold and seeped in the never ending stories of the world, or are they forgotten, already withered in the minds of those who are long gone? There is one story that has not been adequately told. This story is Ella's.

Ella, born to sharecroppers in a family of eight, had a dream of being an educator. Education was something she never took lightly. But in the 1900s, there were limited options for where a black girl could attend. After graduating high school, she worked as a bookkeeper in a pharmacy. This was where she changed her career path and was driven to become a pharmacist. The now known University of Pittsburgh School of Pharmacy was where she turned to earn her pharmacy degree. She graduated with high marks as the first black female graduate from the school, becoming the first black female licensed pharmacist in Pennsylvania and one of the first in the country.

If only it was that easy... the year is 1914. Deep racism, hatred, and oppression covers America; specifically the University of Pittsburgh. After applying several times to the School of Pharmacy, Ella was denied because of the color of her skin and her gender. The School stated there was no room for her there and admissions were closed. But Ella had a drive, she had a passion, and she had a fight. She continued to apply. Eventually, she was accepted into the school. While a student, she was segregated from the rest of her classmates. At this time, the school was organized with whites up front, Jews after, then Blacks in the back. Ella graduated in 1916 where she continued to work as a pharmacist, business woman, civil rights activist, women's rights leader, and a spokeswoman across the globe.

I, a black woman student pharmacist at the University of Pittsburgh School of Pharmacy, have never heard of Ella P. Stewart. I, a black woman student pharmacist at the University of Pittsburgh School of Pharmacy, have heard of Jonas Salk, a white man. I have heard of Larry Merlo... another white man. Long story short, I have heard the names of many white men listed as "noteworthy alumni". The problem is, the name of Ella P. Stewart is not recognized nearly to the extent that this school is capable of.

Ella P. Stewart in her lifetime was President of National Association of Colored Women's Clubs (NACWC) Inc., served as a delegate for NACWC on the International Council of Women of the World, and is featured on the Ohio Women's Hall of Fame, the National Advisory Committee on the White House Committee on Aging, the Women's Advisory Committee on U.S. Defense Manpower by the U.S. Department of Labor, and the Executive Board of the U.S. Commission of United Nations Educational, Scientific, and Cultural Organization (UNESCO), and goodwill ambassador for the U.S. Department of State. The School of Pharmacy named Ella P. Stewart a distinguished alumni in 1969.

That is not nearly enough for the woman who overcame barriers, one being the School of Pharmacy, to fight racism and sexism. She paved the way for black females and, in her legacy, has shown that education is a tool that can be used to uplift the oppressed.

But this story is not only Ella's. It is the story of Claudette Colvin, Charlotta Bass, Madam C.J. Walker, Tarana Burke, Alicia Garza, Patrisse Cullors, Opal Tameti, Jalaiah Harmon, missing black women, black women attacked and killed by police, and this story is mine. Black women's accolades have continuously been wiped from history. There is a lack of awareness that black women face everyday in America — one that Ella P. Stewart is experiencing now: black women erasure. It is not only the case of Ella's, it is what I am experiencing. A male counterpart's name is remembered, a white male's name is embroidered. This must change. She must be honored and recognized for her achievements. She must be used as a beacon for all students to show that adversity exists and it will be overcome. And she is Ella.

APHA-ASP: AMERICAN PHARMACISTS ASSOCIATION ACADEMY OF STUDENT PHARMACISTS

Abby Reigh (P3), Membership Vice President

Happy April Student Pharmacists! March was a busy month for APhA-ASP. We had several fantastic events from various operations and committees. During our final GBM for the semester, we held a virtual "Pictionary" type game and two of our members won some awesome prizes. On March 23, Operation Diabetes had an APhA social media campaign for the American Diabetes Association's Diabetes Alert Day. This day is dedicated to raising awareness about the seriousness of diabetes, and our Operation Diabetes team did a great job posting educational information on our social media. The International Pharmacy Student Federation and Operation Diabetes partnered to host a Diabetes Trivia Night. This event was fun and educational for all that attended!

The last event of March was a Guided Meditation event in partnership with the University of Pittsburgh's Stress Free Zone (SFZ). Hallie from the SFZ provided information about the resources available at the SFZ and general tips for stress-relief. More information regarding resources available at the SFZ can be found on the Pitt Student Affairs website. Looking ahead to April, there will be a Paint and Plant event on Wednesday, April 14 at 8 PM on Zoom. This event is for APhA members to participate in some creativity and paint terra cotta pots. Finally, please congratulate our wonderful APhA-ASP President, Brooke Kulusich! Brooke has been elected to serve as the 2021-22 APhA-ASP National Speaker of the House. Have a great summer and good luck to the P3s as they start their APPE rotations in August!



Diabetes Trivia Night!

ASCP: AMERICAN SOCIETY OF CONSULTANT PHARMACISTS

Danielle DiGiorgio (P3), Secretary

It's hard to believe that we are already over halfway through the semester. March was a busy but wonderful month for ASCP. Our third GBM was held on March 25 via zoom. During the meeting, we discussed upcoming events such as our CPNP guest lecture collaboration, the Fidget Blanket Drive, and elections for the 2021-2022 school year.

On March 31, we were fortunate to be able to collaborate with CPNP and host Dr. Matt Joseph as a guest lecturer. Dr. Joseph is the PGY1 Residency Director and a Geriatric Psychiatric pharmacist at UPMC Western Psychiatric Institute. This PrimeRx approved event was a great opportunity for students to learn more about psychiatric pharmacy from a distinguished pharmacist in the field.

Fidget blanket grab-bags were disseminated in February so that members could make blankets from home due to COVID-19 social distancing restrictions. Fidget blankets are lap-sized blankets with various objects, such as zippers, sewn onto them to provide sensory therapy for dementia and Alzheimer's patients who may be experiencing anxiety or agitation. Stay tuned for Facebook and email announcements detailing fidget blanket collection in April. If you have any questions, please contact Madi Everingham (MSE29@pitt.edu) or Grace Havens (grh35@pitt.edu).

While the semester is starting to wind down, it is far from over. ASCP will be holding elections at our closing GBM on April 15 at 12 PM via Zoom. We are looking to fill both E-board positions as well as committee chair positions. With ASCP being a smaller organization, there are a lot of great opportunities to plug in and make a difference within the organization while gaining leadership experience. Reach out with any questions/concerns at pittascp@gmail.com. We would love to hear from you! Don't forget to follow us on Facebook (ASCP-Pitt Student Pharmacists) and Instagram (@ASCP_Pitt) for all things ASCP!

CPNP: COLLEGE OF PSYCHIATRIC AND NEUROLOGIC PHARMACISTS

Casey Gudenburr (P3), Secretary/Membership

CPNP was very active during the month of March! We hosted multiple events including Career Round Tables, R U OK? Day, and an Alzheimer's/Dementia Event that was a collaboration with ASCP. At Career Round Tables, various psychiatric pharmacists and residents were present to discuss their careers and answer any questions about psychiatric pharmacy. Shout out to Roisin Sabol, our Education & Training chair, for planning such an informative and successful event! Included in the article is a picture of the R U OK? Day attendees at the virtual event. Phil Matthew, our Community Outreach chair, did an awesome job planning this event, along with all of the other R U OK? Day events that were hosted this year!

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The Alzheimer's/Dementia event was hosted by Dr. Matthew Joseph, a psychiatric pharmacist who specializes in geriatric care. Dr. Joseph discussed dementia and polypharmacy in the geriatric patient population. The event concluded with a Kahoot! game that was based off of the presented information. The winner of this game received a plush neuron as a prize.

In exciting news, Pitt offered a second Mental Health day this month, with the first taking place in February. CPNP encouraged students to utilize this day of self-care and make it as relaxing and enjoyable as they possibly could. In April, we will transfer over to our new executive board – we are so excited and cannot wait to see all that the new e-board has planned for the upcoming 2021-2022 academic year! We thank our current e-board for all of their hard work and wish out outgoing P3 members the best of luck on their P4 APPE rotations!

**(RIGHT) STUDENTS
PARTICIPATING IN THE
SECOND R U OK DAY**



KAPPA PSI: KAPPA PSI PHARMACEUTICAL FRATERNITY, INCORPORATED

Erika Thomas (P3), Corresponding Secretary

Kappa Psi, Beta Kappa Chapter has had a productive March. Over the past month, we have been closely working with LKS and PDC to support Dr. Salk Hall: Virtual 5k and hope you will join the race. We have put together a fabulous movie night basket for one of the top 3 winners, and all proceeds are going to charity. We also volunteered with the Oakland Planning and Development Corp. on March 20 at a lot on Frazier St to clear out remaining debris. It did not look too bad from the street but looks can be deceiving! Luckily, our Brothers are hard workers and got the job done. To round out the month, we have successfully transitioned our executive board and are working on finalizing committee selections now. The next year holds great promise for our beloved chapter!

On April 10, Brothers participated in our virtual regional meeting. It was a great event of brotherhood and fun even though we had to congregate via Zoom. Many of our Brothers were involved in the planning process, so we were proud to support them by attending. Two of our Brothers won the Province Scholarship Awards: Melanie Norris (P4) won the Graduating Brothers Award and Elizabeth Donnelly (P2) won the Resilience Scholarship Award. We will also be saying farewell to our P4 Brothers as they move on to become pharmacists across the country. To send them off properly, we are working on putting together our signature P4 Night to shower them in gifts and well wishes. We are looking forward to finishing the semester and year on a high note!



Beta Kappa Brothers helping out at the March 20 event with OPDC.

LKS: LAMBDA KAPPA SIGMA

Grace Havens (P2), Corresponding Secretary

Hello everyone! I hope you all have been enjoying the warm weather and are having a great final few weeks of the semester. I would like to congratulate and welcome our new executive board and elected chair positions for the 2021-2022 school year. I cannot wait to see what Lambda Kappa Sigma accomplishes next year, and am excited to continue working with all of these amazing ladies!

I would like to shout out our Dr. Salk Hall chairs Casey Holliday and Nicole Pavasko for their hard work in helping to adapt the normal Dr. Salk Hall event into something new! The virtual 5K was a huge success and we are all so grateful for their time and efforts. Our social chairs, Annie Weyand and Kristin Diehl, planned a virtual St. Patrick's day event for all of us. It was so much fun, and we all look forward to even more amazing social events coming from them next year!

Good luck to everyone on final exams, and to the P3s as they go into their rotations in a few weeks! As always, you can stay up-to-date with the lovely ladies of LKS by following our instagram: @lks_delta_chapter.

PDC: PHI DELTA CHI

Tsriztan Oliver (P3), Worthy Keeper of Records and Seals

March: everyone's favorite month to wear green, spend money on college basketball brackets, and go crazy for the start of spring. The brothers of Phi Delta Chi have been hard at work this March, however, planning events and electing new officers.

Tensions were high at the beginning of March Madness. Many brothers completed their brackets and were ready for the most cutthroat of tournaments. For many, it is just a game, but for the brothers of Phi Delta Chi, we are fighting for honor. Who will be the big winner this year?

PDC also participated with the other professional fraternities in the Dr. Salk Hall Virtual 5k Event. Our brothers were hard at work on the treadmills to try and take home the prize for our favorite organization, St. Jude Children's Research Hospital.

Elections for our fraternity have been finalized, and all our new officers have officially taken charge in their respective positions. All of us are very eager to get the ball rolling and are planning some big things for Phi Delta Chi. Expect some great things from our organization in Fall 2021!

PLS: PHI LAMBDA SIGMA

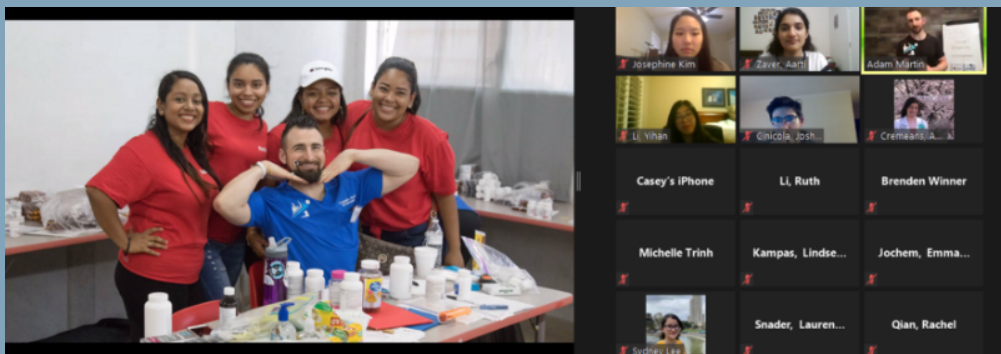
Alina Liang (P3), Secretary

PLS had an exciting month of March! During our March GBM, Phi Lambda Sigma National Director Dr. Brandon Jennings discussed ways to be involved with PLS on a national level and his personal journey within his professional career. Additionally, we held elections for our new PLS executive board. We are excited to welcome our executive board for the upcoming 2021-2022 school year. Congratulations to everyone!

PLS also welcomed Dr. Adam Martin in the month of March in the Thriving through Adversity Workshop. In this collaborative event with SNPhA, Dr. Adam Martin discussed unique ways to transform adversity into opportunity! We are appreciative of Dr. Martin's enthusiasm for students and his dedication to leadership.

Additionally, we wanted to extend a huge thank you to everyone who donated and supported the Grace Lamsam Pharmacy Program Campaign. We exceeded our original goal of \$5,000 and raised \$5,035 for GLPP through the EngagePitt page! In combination with our blanket and apparel fundraisers, we raised a grand total of \$5,647.46!! On behalf of Pitt PLS, we are incredibly appreciative of your help and generosity, and we sincerely could not have done this without you! We are thrilled at the opportunity to make a real difference towards such an inspiring cause and are thankful that GLPP will continue to be supported by Pitt Pharmacy despite setbacks from the COVID-19 pandemic. Hail to Pitt!!

Looking ahead, PLS will be hosting the New Member Initiation Ceremony on April 15 at 7 PM. We will be officially inducting the new members into Phi Lambda Sigma and will be presenting leadership awards to several deserving Pitt Pharmacy alumni! Stay tuned for exciting workshops and events in the making. Follow @pittpls on Instagram and our PLS Facebook page for updates!



**Thriving through
Adversity Workshop
featuring Dr. Adam
Martin**

PPIP: PITTSBURGH PHARMACY INVESTMENT PORTFOLIO

Brooke Kulusich (P3), Director of Communications

The Pittsburgh Pharmacy Investment Portfolio (PPIP) has been busy preparation for our annual Due Diligence Presentations. Each spring, all PPIP analysts gain experience in using stock screeners to identify companies that meet our portfolio's investment criteria. Then, analysts will choose a couple of companies which interest them to complete a thorough due diligence. All analysts will present their due diligence findings on April 21 and 22 via Zoom. Then, as a group, we will vote on whether or not PPIP should invest in the company. At the end of the semester, all of the investments will be executed as decided upon by the group. There are monthly reports available reporting the financial results of investments that can be found on the website. Even if you are not participating in the Due Diligence presentations, we welcome anyone that would like to observe and learn more about the screening process.

Did you know that PPIP has a monthly blog? Learn about industry updates, investing tips, and more written exclusively by the PPIP Board of Directors. Check it out on LinkedIn: <https://www.linkedin.com/company/pittsburgh-pharmacy-investment-portfolio/>.

RHO CHI: ACADEMIC HONOR SOCIETY IN PHARMACY

Gianna Emmett (P3), Historian

It is mind-blowing that it is already the end of another academic year; however, Rho Chi still has a few more events to look forward to! We are proud to share that the Rho Chi Alpha Omicron chapter was recognized at the National Rho Chi Meeting on March 6, 2021. Our chapter was awarded two titles: 2020-21 Chapter Project Proposal Award and the 2019-20 Most Improved Chapter Award, which allows us to send a representative to serve on the 2021-22 Executive Council.

Looking toward some of our last events for the semester, Rho Chi is hosting its annual Tucci-Koch lecture on April 14 at 5 PM via Zoom. This event, titled "Pharmacy's Unparalleled Opportunities", features Dr. Helling, who will be speaking about the plethora of opportunities that exist within the current pharmacy world. This is a great topic, as many of us are getting ready to begin our careers, so be sure to attend this exciting event! Initiation for the new P2 members of Rho Chi and PLS takes place April 15 at 7 PM via Zoom. Congratulations again to our new members! Another congratulations to the new Eboard and Chair positions who were just voted in during the first week of April!

As always, Rho Chi holds its ARC Talks for the men of the Salvation Army Rehabilitation Center on the second Monday of each month. Upcoming ARC Talks include Sleep Health on April 12 and Diabetes on May 10. These talks are a great way to brush up on big pharmacy topics and to practice teaching patients about different disease states. Anyone interested is welcome to participate. Reach out to any member of Rho Chi if you are interested in participating!

Our business card and pocket card sale ended March 31. Thank you for those of you who purchased them, we hope that you find them helpful! A big thank you to everyone who attended any of the Rho Chi events this past academic year; we hope you both enjoyed and learned from them! Wishing everyone the best of luck with finals (or the NAPLEX and MPJE if you are a P4), and good luck to all of our P3s who will be heading into rotations soon!

SNPhA: STUDENT NATIONAL PHARMACEUTICAL ASSOCIATION

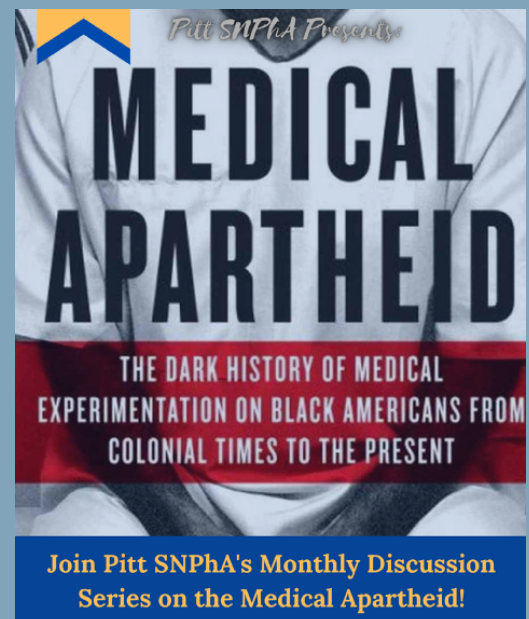
Josephine Kim (P3), President

The Student National Pharmaceutical Association congratulates everyone on a successful school year! Pitt's SNPhA chapter was able to host various events in the past month. In March, we collaborated with Phi Lambda Sigma and invited Dr. Adam Martin, the Fit Pharmacist, to speak to our members. Dr. Adam Martin was incredibly motivational and engaged with members about how to thrive through adversity during difficult times. Our Dean's Theme Chair, Daniel Dahmer (P3), planned a very successful event where Dr. Lauren Jonkman presented about the vaccination rates in underserved populations and facilitated a very important discussion about disparities in the underserved community.

Pitt's SNPhA chapter attended the 2021 Virtual 'Forging the Future' SNPhA Regional Conference. Our President-Elect Caleb Schork (P2) was the delegate for our chapter at the regional conference. The regional conference provided various professional development workshops, a clinical skills competition, opportunities to network, and phenomenal speakers. Our monthly book discussion about Medical Apartheid is still going strong and we are continuing this event throughout the summer. We encourage you all to join us at our next book discussion.

In April, we will be holding elections for the 2021-2022 Executive Board. As we wrap up our semester and welcome our new executive board, we wanted to thank you all for engaging in our events and continuing to serve the underserved. If you have any questions or concerns, please reach out to us via email (snpha.pitt@gmail.com). Good luck with finals and have a wonderful summer! Best of luck to the P3s as they start their APPE rotations!

A very special thank you from me to Pitt SNPhA's 2020-2021 Executive Board for an incredibly successful year: Caleb Schork (P2), Ruth Li (P1), Alina Liang (P3), Julie Mercer (P3), Daniel Dahmer (P3), Tsriztan Oliver (P3), Rachel Qian (P2), Michelle Trinh (P2), Emma Carrock (P1), Devon Zheng (P2), Nidhi Vedati (P1), Anneliese Harp (Pre-Pharm), Athena Tolentino (Pre-Pharm), Mia Como (Pre-Pharm), and Jessica Abbott (Pre-Pharm). Thank you for being the best Eboard!



**The book used for SNPhA's
monthly discussion**

SSCP: STUDENT SOCIETY OF CANNABIS PHARMACISTS

Ryan Sitko (P3), Patient Care Committee Leader

SSCP recently held the second event of our two-part Racism in Cannabis series. We were joined by Mykel Selph, Vice President of the Social Equity and Education Development (SEED) initiative at Cresco Labs. The SEED initiative aims to provide those who have been negatively impacted by the war on drugs with a pathway to develop a career within the cannabis industry. Mykel talked to us about some of the challenges that are faced by people who had previously been in jail for cannabis, as well as the actions she has taken to help those people pursue a career in cannabis.

Additionally, we also held our elections for next year, and we would like to congratulate Rose Rattner on being elected as our next president! Congratulations to Sydney Lee (VP), Amanda Chiaravelle (Secretary), Andrew William (Business Manager), and Brenna Taylor (Public Relations). Although elections have passed, there are still plenty of leadership opportunities in the form of committees. Feel free to reach out to any E-board member for more information on committees.

SSHP: STUDENT SOCIETY OF HEALTH SYSTEM PHARMACISTS

Alina Liang (P3), Internal Career Development Chair

Happy April! SSHP would like to extend a warm welcome to our new executive board for the 2021-2022 school year. Congratulations to the following elected and appointed e-board members: Travis Vanotterloo (President), Carolyn Ross (President Elect), Cassandra Morales (Vice President), Lauren Maurer (Secretary), Collin Kruczek (Business Manager), Nicholas Truong (External Career Development), Jamie Kim (Internal Career Development), Riya Tipnis (Professional Projects Chair Elect), Lingyue Zhou (Fundraising Chair), and Delaney Mccarthy (Dean's Theme Chair). We are excited to see what is in store for the upcoming year!

March was a busy month for SSHP! We held our collaborative Residency and Fellowship Applicants Panel with Phi Lambda Sigma on March 15. During this interactive event, students had the opportunity to network with current fourth-year student pharmacists and learn about the application, interview, and match day details of post-graduate residency and fellowship programs. Thank you to all the guest speakers who joined us!

SSHP is highlighting members who have been involved in the COVID-19 vaccination efforts. If you would like to be featured on our social media pages, please email Anika Roy at anr153@pitt.edu with a picture of yourself (preparing vaccines, etc.) and a small description of your experience and the impact of pharmacists/students.

We also wanted to extend a congratulations to all the P4 students who matched with unique residency programs across the nation! This is a huge milestone in your professional journey and we could not be more proud! Looking forward, we have a variety of unique events planned for the end of the semester. Stay tuned for updates to come and an exciting end of the semester!

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LETTER FROM THE EDITORS

We would like to thank everyone for all of the work and effort they have put into the *Pitt Capsule* this year. We are so proud to have continued the tradition of releasing this newsletter regardless of the current status of the COVID-19 pandemic. Special shoutout to the newest editions to our Communications Committee for Pitt APhA-ASP: Caroline McKenna (P1) and Ben Davic (P1). These two student pharmacists will be working on continuing the legacy of the *Pitt Capsule* alongside next year's Communications VP, Elizabeth Donnelly. We thank all of you for reading our newsletter and we hope that you have enjoyed our editions throughout this semester. We hope that everyone has a wonderful last couple of weeks of this semester. Hail to Pitt Pharmacy!

PITT PHARMACY ORGANIZATIONS

Here at Pitt Pharmacy we have a lot of organizations, and sometimes there are no new updates for the *Pitt Capsule*. In an effort to feature all organizations, here are the ones that did not have any updates this month:

- AMCP: Academy of Managed Care Pharmacy
- CPFI: Christian Pharmacists Fellowship International
- ISPOR: International Society for Pharmacoeconomics and Outcomes Research
- PPA: Pennsylvania Pharmacists Association
- SASP: Student Association of Specialty Pharmacy
- SCCP: Student College of Clinical Pharmacy
- SIO: Student Industry Organization

We are so excited to be able to showcase the accomplishments and events of all our organizations in the School of Pharmacy! If anyone would like to reach out about writing an article for the next edition of the *Pitt Capsule*, please email Elizabeth Donnelly (EAD85@pitt.edu) for more information.