



MAY 2015

G.O.L.D. Gamma Omicron Literary Dose

IN THIS ISSUE

Gamma Omicron Strikes **GOLD**

by Keesha Kline, *Worthy Correspondent*

The 2014-2015 Academic Year has been huge for Gamma Omicron here at the University of Maryland Eastern Shore. Together, we have endured a challenging academic year, survived (enjoyed) a few snow days, and most importantly, *revitalized our chapter* of Phi Delta Chi.

We have confided in Brothers who are now Alumni as well as faculty Brothers in order to research our history and the founding of Gamma Omicron. It is from our past that we gained valuable insight as to what ideas simply are not effective. We have also gathered a few tips and tricks from Brothers at other chapters throughout the Mid-Atlantic Region. New for Gamma Omicron, we have recently placed more emphasis on learning from new Brothers. We have cultivated Brotherhood and passion within the new Brothers that will finally propel us forward with fresh ideas and motivation to accomplish our intentions.

So **WHY** was this year so big for Gamma Omicron? Several factors are responsible for the drive towards revitalization, but perhaps the largest influence has been the upcoming Mid-Atlantic Regional Conference. This year has forced us to look forward to the massive amount of planning and preparing required

to host such a large event. This planning experience has allowed us to reflect on our chapter's accomplishments as well as weaknesses. We know that hosting MARC 2016 will ultimately strengthen our chapter, and we are so honored to have this exciting opportunity. We struck **GOLD!**

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Congrats, Grads!

We congratulate Phi Dex Brothers of the Class of 2015 as they proceed to Alumni Status. PharmD's baby!

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Eastern Shore Mission of Mercy

Gamma Omicron Brothers had the privilege of serving the community at this large dental clinic. A few Brothers wrote about their experience.

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Foreward

by Kapil Patel, *Worthy Chief Counselor*

Prior to becoming a Brother of Gamma Omicron's chapter of Phi Delta Chi, the definition of Brotherhood was new to me. Phi Delta Chi introduced me to what I have found to be such a valuable concept. Brotherhood consists of individuals that share their unique ideas and connect regardless of their age, demographics, background beliefs, and walk of life. The ideals of Brotherhood are what motivated me to seek leadership in Phi Delta Chi. After taking the leadership position as WCC in the Gamma Omicron chapter, I became more involved within the chapter and was introduced even more so to the different views of Brotherhood and the various types of commitments given by each Brother toward the growth of the chapter.

As the semester progressed, I experienced the beauty of true Brotherhood through PDC. It became evident to me that no matter what level



of disagreement may arise between us Brothers, the mutual love of our fraternity allows us to adapt, accept differences of opinion, and ultimately overcome adversity due to the common thread that binds us all. I have seen each Brother commit to the chapter in different ways, whether it's setting up a charity event to volunteer at an elementary school or creating a charity event to help raise money for St. Jude, Brothers have committed their time to help the chapter grow – and with the help of all of the officers, I am looking forward to changes that will make us bigger and better, and make our bond

stronger and everlasting for years to come.

Alterum Alterius Auxilio Eget,

Kapil Patel

BROTHERHOOD

"Individuals that share their unique ideas and connect regardless of their age, demographics, background beliefs, and walk of life."

WCC
Kapil Patel



Worthy Chief Counselor, Kapil Patel, assisting a student from Williards Elementary School with their reading assignment.

RUSH PHI DEX!



Phi Delta Chi Picnic

Brothers and potential pledges mingle at our summer picnic on August 10, 2014.



Pledge Classmates

Part of the pledging process at Gamma Omicron includes a service project. This year, we encouraged the pledges to participate on our chapter's team for the American Cancer Society's Relay for Life event.



Family Lineage

Newest Brother, Nellie Krastel (left), presents her paddle to Big Brother, Bart Anderson (middle) on Paddle Reveal night. His Big Brother is Dallas Tolbard (left).



*Theta Class of Gamma Omicron
Pictured from Top Left:
Mineille Gaku, Greg Hayes,
Ashley Payne, Vishes Velagapudi,
Andrew Lee, and Geoff Saunders.
Middle Row, from Left to Right:
Lidia Abrahalei, Carolyn Cooper,
Sara El-Baff, and Tiffanie Taylor.
Bottom, Left to Right:
Shoghag Aktavoukian and Nellie
Krastel.*

Brotherhood

by Keesha Kline, *Worthy Correspondent*

RUSH 2014

Gamma Omicron proudly initiated 12 new Brothers into our beloved Fraternity on October 25, 2014!

We began RUSH 2014 by hosting a summer picnic. The picnic served as a great way to meet the incoming pharmacy students in a relaxed environment free of distractions. Other rush events included Burger Night at Evolution Craft Brewing Company restaurant, grabbing a sweet treat at Tutti Frutti together, and a coffee break at Get 'N' Grounded Café.

The fine Brothers of our Theta Class have an overwhelming passion to improve our chapter. We couldn't be more excited to see fresh ideas!



Founders Day

Every year on November 2, the spirit of Phi Delta Chi burns a little brighter. Brothers across the nation pause to reflect upon the founding of this fraternity, remembering with thankfulness the Brothers that have come before us to strengthen this bond.

We take pleasure in the day – laughing about old memories, sharing personal experiences, and even recalling times of desperation when it was a Brother that pulled us through and kept us going. The fraternal bond that we share today is the same exact bond that was created between those 11 young men over 130 years ago. The lasting connection between us will be a source of support not only as we practice pharmacy, but also as we endure any of life's hardships.



NOVEMBER 2, 1883

Charles Edward Bond
 Franklin Herbert Frazee
 Llewellyn Hall Gardner
 Calvin Pomeroy Godfrey
 Adolph Gustave Hoffman
 Arthur Gilliam Hopper
 Charles F. Hueber
 George Pawling Leamon
 Arthur Sidney Rogers
 Azor Thurston
 Albert Tenney Waggoner



This year, Brothers of Gamma Omicron wore Old Gold and Dregs of Wine ribbons to honor our Founding Fathers. In addition to this commemorative display, we wanted to show unity for one of our Brothers during a sudden loss of his own father. Our hearts ached for this Brother, and although a ribbon does not come close to representing his situation, we hoped it would be symbolic of our Brotherhood and our support during his difficult time.

Turkey Time

The spirit of thanksgiving continues! Gamma Omicron gathered to enjoy a Thanksgiving meal before we all traveled home for the Holiday break. A little fellowship around the dinner table piled high with turkey and the trimmings never hurt anybody!



Oh the Places You'll Go

GAMMA OMICRON TRAVELS



Ann Arbor, MI

Eric Barybe and Melissa Buff traveled back to where it all began! They enjoyed spending Founders Day visiting with Brothers and learning of our history.



Raleigh, NC

Regional Correspondent, Brandon Hill, planned an informal gathering for the Mid-Atlantic chapters. Spending St. Patrick's day with Brothers from all over was a lucky treat.



San Diego, CA

Brothers from across the nation gathered at the APhA Annual Convention. Gamma Omicron Brothers were thrilled to make it all the way to the opposite coast!



Throughout my experience as a Brother of Phi Delta Chi, it is always my commitment to travel that brings the most growth and learning. Every single one of us have a "network" which extends across the entire country – all we have to do is utilize it! For whatever circumstances, know that you own partial shares on thousands of spare rooms, futons, and couches. With this same mindset, it should also hold true that we return this convenience and offer our best to fellow Brothers. Brothers of this fraternity should always be eager to host a fellow Brother, whether it be for school rotations, business trips, regional meetings, or leisure travels.

It is with utmost sincerity that I urge my fellow Gamma Omicrons to get out and meet other Brothers at every opportunity! The curriculum of our three-year, accelerated program limits flexibility in our schedules, but when possible, we must seek to prioritize visits to other's Ritual Initiations, charity fundraisers, social events, and regional or national meetings.

Financially committing to these trips can be a terrifying decision at times, especially as many students live on loan money. When money is tight, we as a chapter should strive for better fundraising efforts in order to minimize individual burdens so that we may enrich our opportunities to experience Brotherhood outside of the Eastern Shore.

Traveling to meet new Brothers will not only promote self-growth, but will also strengthen the chapter in bringing back new ideas. This concept is very important for fraternal growth. Hope to see everyone at Grand Council in Albuquerque, NM!

Congrats, Grads!

It is with great pride that we watch the Class of 2015 successfully complete their journey towards obtaining their Doctor of Pharmacy Degrees. Together, we know that many late nights, tears shed, and caffeinated beverages have ultimately led to this rewarding endpoint, which brings them to the beginning of their practice in this wonderful profession.

I also congratulate the Brothers of the Class of 2015 for their many accomplishments throughout their educational career. The following Brothers have been bestowed prestigious awards and recognitions:

Rachael McWilliams, *Salutatorian, Summa Cum Laude*

Ross Jones, *Magna Cum Laude*

Ryan Wagener, *Magna Cum Laude*

Mark Church, *Cum Laude*

Cheree Caesar, *Cum Laude*

Natural Medicines Comprehensive Database Recognition Award

Rachael McWilliams

Merck Manual Award

Ross Jones & Mark Church

Best of luck to the Class of 2015 Brothers! Don't forget about your collegiate chapter!



Brandy Inkrote, Pharm.D. proudly displaying her degree! Brandy, Gamma Omicron thanks you for your service to the Brotherhood, and we are SO proud of you! First stop, pharmacy school...next stop, a beautiful wedding! Brandy has also accepted a pharmacist position at Rite Aid. Congrats!



Brothers, Ross Jones and Mark Church proudly accept the Merck Manual Award. Ross will be continuing on to a PGY1- Residency at Peninsula Regional Medical Center, and Mark will be pursuing a Medical Degree from Cooper Medical School of Rowan University while working as a pharmacist at CVS. Best of luck Brothers!

Gamma Omicron's Graduating Brothers received their Phi Dex chords at our end of the year Ceremony on May 8, 2015.



Leadership

Meet Our Worthy's



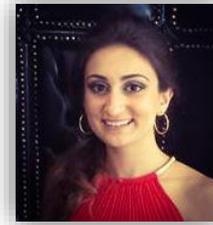
Worthy Chief Counselor
Kapil Patel



Worthy Vice Counselor
Geoff Saunders



Worthy Master at Arms
Sara El-Baff



Worthy Inner Guard
Shoghag Aktavoukian



Worthy Correspondent
Keesha Kline



Worthy Keeper of Finances
Carolyn Cooper



Worthy Alumni Liaison
Melissa Buff



Worthy Keeper of Records and Seals
Andrew Lee



Worthy Prelate
Greg Hayes



Official Business

Much of our planning is orchestrated over dinners and drinks. We often do group messaging if someone has questions or a new idea. Having good friendships within those working relationships is a major strength of this year's board. We enjoy one another's' company and look forward to a productive year.



Spotlight: Bart Anderson

Our Gamma Omicron Brother, Bart Anderson, recently concluded his year-long service as President of the Pharmacy Student Government Association. This leadership position requires much more than is outwardly seen in terms of responsibilities and obligations.

The PSGA President at the UMES School of Pharmacy is responsible for coordinating Legislative Day activities, which includes establishing appointments between pharmacy students and legislators. The size of this event alone is enough work for one person to find difficult when balancing other organizations, part-time work, and studying.

However, Bart also serves as a liaison and an ambassador which effectively gathers the collective voice of the student body and communicates with the administration, campus officials, or the Dean on various affairs. The President of PSGA also is responsible for delegating the student government, distributing the workload, and overseeing many school-wide projects.

In collaboration with the Dean, Bart successfully implemented a financial distribution system which allowed for our student fees to be properly allocated and dispersed to the various student organizations. This new process of course required a great amount of planning, managing, and adjusting to be sure that policies for distribution were clearly defined and as fair as possible.

The student body greatly appreciated Bart's service this year. As our Brother, I thought it would be great to gather insight from him regarding key aspects of leadership.

Q: What are the three main qualities or characteristics you would use to describe a strong leader?

A: A strong leader has to truly care about the vision they are trying to see fulfilled. They should also know and be comfortable with the fact that they cannot please everyone all of the time. Third, a leader sees the word "no" as a setback, but not a final answer.

Q: From your experience, can you offer any advice for those seeking a leadership position with nervousness or hesitation?

A: Jump headfirst, but don't over-commit. I definitely had no idea what I was doing the first few months as PSGA President. If you're persistent and willing to ask questions, you can grow into any position. My advice would be to pick one leadership role and fully commit to it. I made the mistake of taking on too many roles at school and at times I felt spread thin. At the end of the day, a sense of accomplishment is worth it!

Q: What have you gained from your leadership position?

A: Hopefully, I earned the respect of the people that elected me. I also enjoyed getting to work with people in the university I may not otherwise have had the chance to meet.

Phi Lambda Sigma & Rho Chi

Phi Lambda Sigma strives to support pharmacy leadership commitment by recognizing leaders and fostering leader development. The Delta Nu Chapter here at the University of Maryland Eastern Shore School of Pharmacy carefully selected their inductees for this year, and five of them are Phi Dex Bros!

Brandy Inkrote
Bart Anderson
Geoff Saunders

Dallas Tolbard
Carolyn Cooper

Congratulations to those recognized for their leadership!

The Rho Chi Society seeks to advance pharmacy through intellectual leadership. As the academic honor society in pharmacy, Rho Chi encourages and recognized intellectual achievement. The inductees of this year included three Brothers of Phi Delta Chi.

Cheree Caesar
Tiffanie Taylor

Ryan Hines

Congratulations to the Brothers recognized for high academic achievement!

REPPIN' PHI DEX

27%

Phi Delta Chi Brothers comprise 27% of the **PHI LAMBDA SIGMA** membership for the University of Maryland Eastern Shore School of Pharmacy.

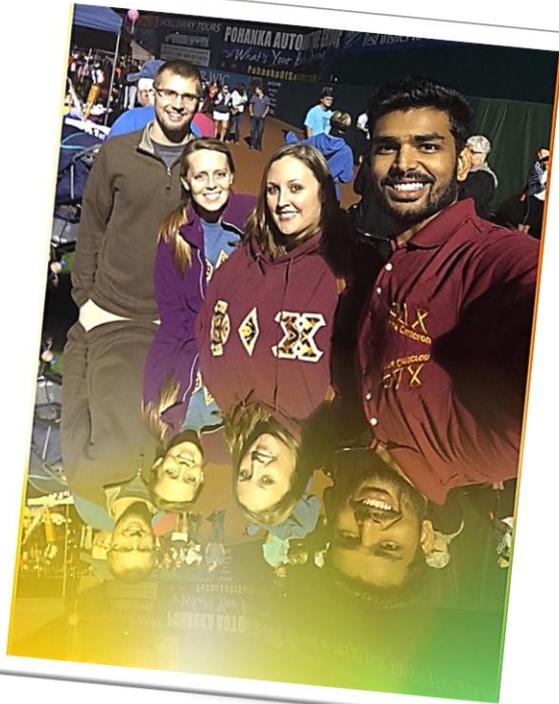
28.5%

Phi Delta Chi Brothers comprise 28.5% of the **RHO CHI** membership for the University of Maryland Eastern Shore School of Pharmacy.

Service

Phi Delta Chi Relays for Life!

Gamma Omicron established a Phi Delta Chi team for the American Cancer Society's Relay for Life. The event took place at the Shorebirds stadium in Salisbury, MD on September 19, 2014. Our team raised over one thousand dollars for the American Cancer Society! This service project was also part of the pledging process for the incoming Theta class. It was a great opportunity for the pledges to bond with current Brothers, all while volunteering our time and money towards a worthy cause. We had a blast walking all through the night together.



Phi Delta Chi pledges bumped into Kappa Psi pledges at the Relay. Both gathered to snap a picture with the UMES Mascot, Harry the Hawk.



Brothers and pledges having fun and visiting exhibit booths before the relay officially begins

Kapil Patel, our WCC, was put in jail by the pledges. We set a "bond" and he had to solicit donations to meet his bond before he could be released! It was a super fun way to raise money for cancer research and development





Gamma Omicron's 2nd Annual Halloween Bash

Phi Delta Chi successfully hosted their 2nd Annual Halloween Bash on October 24, 2014. At this event, Brothers can wear attire that truly shows their true colors. (Okay, some people call them "costumes"....)

The party was held at a local business in Salisbury. Attendees purchased a ticket which covered the cost of admission, drinks, appetizers, and night full of dancing! The proceeds of this event benefitted our philanthropy, St. Jude Children's Research Hospital.

In addition to the dancing fun, we offered raffle give-aways as well as prizes for winners of the costume contest.

Overall, the Brothers had a great night and enjoyed supporting St. Jude!

Walk to End Alzheimer's

Brothers of Phi Delta Chi supported our UMES student chapter of the American Society of Consultant Pharmacists by volunteering as well as participating in the Walk to End Alzheimer's. Collaboration among student organizations benefits both of the organizations as well as the community, as a more collective effort can come from a little cooperation and teamwork.



Collaboration Continues

Gamma Omicron Brothers volunteered at the APhA Health Fair which served members of the community as well as students on campus at UMES. We provided flu vaccines, blood pressure screenings, information about various health topics, and provided information on how the community can join us in the efforts of pursuing provider status.



Eastern Shore Mission of Mercy: Pharmacists Prove to be Integral Part of Free Dental Clinic

by Eric Barbye and Ashley Payne

As support for provider status grows, more people are beginning to realize the true value of pharmacists to the healthcare system. This could not have been better exemplified than at the Eastern Shore Mission of Mercy. The Mission of Mercy was a two-day free dental clinic held at the Wicomico Youth and Civic Center in Salisbury, Maryland on April 17 and 18, 2015. Free clinics like the Mission of Mercy are held at various locations throughout the country. Dental professionals, other healthcare professionals, and hundreds of lay volunteers came together from all over Maryland to provide free dental care for people who could not afford it otherwise. Out-of-state healthcare professionals were granted temporary licenses for this volunteer event.

About the Clinic

The Mission of Mercy was open to anyone 18 years of age and older, regardless of where they reside. Dental services that were provided included cleanings, fillings, extractions, some oral surgery, root canals, denture repair, and oral hygiene education.

Many of the patients seen had not received any oral care in years, and had very poor oral hygiene habits. However, there were also patients who had medical and prescription drug insurance, but no dental coverage. Regardless of socioeconomic status, every patient was incredibly grateful for the volunteers' work and the services that were rendered.

Providing Pharmacy Services

After receiving dental care, patients were given prescriptions that could be picked up at the pharmacy section of the clinic. Patients who were at risk for infection or experiencing pain from procedures were directed to the pharmacy where they received antibiotics, pain medications, or both. Prescribers had a predetermined formulary consisting of amoxicillin, penicillin, clindamycin, cephalexin, ibuprofen, and acetaminophen. In addition, prescribers had the option to write prescriptions for tramadol or hydrocodone/acetaminophen, which the patients were required to fill at an external pharmacy, since no narcotics were kept on site. The formulary medications were packaged and labeled prior to the event to streamline the dispensing process. Student pharmacists and local pharmacy technicians received prescriptions from the patients and screened for allergies and current medications. After assigning a prescription number, the prescription was passed to one of the pharmacists on site, who then labeled the appropriate vial and double checked the prescription for accuracy. The pharmacist (or student pharmacist under direct supervision) then dispensed the medication and counseled the patient on proper medication use.

Making it Count

When taking the Oath of a Pharmacist, one pledges, "I will consider the welfare of humanity and relief of suffering my primary concerns."¹ Pharmacists and student pharmacists alike agreed that the Eastern Shore

Mission of Mercy provided a great opportunity to exercise part of the Oath.

Nineteen pharmacy volunteers staffed the pharmacy during the two-day clinic. Pharmacy volunteers included student pharmacists from the University of Maryland Eastern Shore School of Pharmacy, local pharmacy staff from Community Pharmacy and Pemberton Pharmacy, and pharmacists from a wide array of practice settings including independent pharmacies, hospital pharmacies, and even a federal pharmacist from FDA. Although the Mission of Mercy was held on the Eastern Shore, pharmacists traveled from across the state to help staff the pharmacy. "It is always a pleasure to participate in a Mission of Mercy event," recalled CDR Yvette Waples, a United States Public Health Service pharmacist who volunteered at the event. "This was my fifth time volunteering in this event in various locations and I am proud and grateful to have the opportunity to serve. I grew up on the Eastern Shore, and coming home to volunteer with fellow pharmacists and student pharmacists from UMES by meeting the public health needs of the community was rewarding."

Feedback from student pharmacists was overwhelmingly positive as well. The students were able to practice their patient counseling skills while becoming familiar with prescriptions commonly issued after dental procedures. Ashley Payne, a first-year student pharmacist at the University of Maryland Eastern Shore School of Pharmacy, reflected on her experiences at the Mission of Mercy. "Volunteering at the Mission of Mercy was extremely gratifying. The patients were so thankful for the care they received, and it reaffirmed my decision to become a pharmacist."

The Mission of Mercy served a total of 1,094 patients over two days before operations ceased due to a shortage of dental supplies. Over half of the patients (553) were residents of Maryland, with other patients traveling from Delaware, Virginia, and beyond. At the end of over 24 hours of service, the pharmacy had dispensed 568 prescriptions, comprising 184 antibiotics and 384 pain medications. Due to allergies or drug-drug interactions with current medications, pharmacists consulted with prescribers to make 5 therapeutic interchanges to avoid potentially harmful adverse drug events². Pharmacists were undoubtedly a crucial and valuable asset to the healthcare team at the Eastern Shore Mission of Mercy. Due to the success of the Eastern Shore Mission of Mercy, there are already plans to hold a third event in Salisbury in 2017!

References

1. American Association of Colleges of Pharmacy (AACP). Oath of a Pharmacist. AACP Web site. <http://www.aacp.org/resources/studentaffairs/personnel/studentaffairspolicies/Documents/OATHOFAPHARMACIST2008-09.pdf>. Updated July 2007. Accessed April 28, 2015.
2. Data on file. Eastern Shore Mission of Mercy.

MARC 2016

Got suggestions ?

Gamma Omicron is committed to hosting the Mid-Atlantic Regional Conference with great success, but we definitely cannot do it alone ! We will strive to organize this event with all of our Brothers' best interests in mind.

If you have any suggestions, wishes, or ideas, please submit them to our MARC Planning committee at

gammaomicronwc@gmail.com

AAAE,

Keesha Kline
Worthy Correspondent



*Mid-Atlantic Regional Conference
April 15-17, 2016*
