

the
Unicorn News

Kappa Epsilon – Tau Chapter

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Save the Date!

Making Strides

Sunday October 20,
2013 at the Virginia War
Memorial. We will be
walking in memory of
Dr. Rudenko.

Skate for the Cure

Saturday January 18,
2014 at Farm Bureau
Winter Park. Join us for
a night of ice skating in
your best 80's attire.

A MESSAGE FROM
THE PRESIDENT:

This summer as I thought about my goals for Tau Chapter in the coming year, I found myself asking questions with answers that are ever elusive for people leading organizations.

How will I get members involved? How can I provide activities to suit many different tastes and styles? Will I know when something isn't working? The list went on and on, but I realized I had a choice to make as I continued in my planning: I could wonder and worry about what might happen, or I could just dive in and let myself be led by the amazing women that make up Tau Chapter. My choice to dive in has allowed me to enjoy the journey as we continually plan and adjust to suit the needs of our current sisters while doing our best to honor the traditions that have been passed down. I look forward to a dynamic year of leading and learning, and hope that each of you will continue to fall more in love with KE.

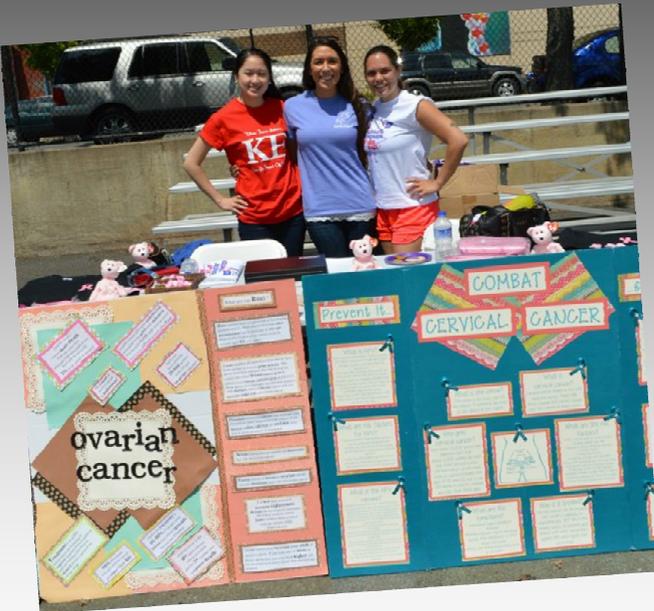


Unicorn Love,
Tina Lowe

Cogit Ergo Sum.

I think, Therefore, I am.

Spring 2013



Pledging

Last spring we welcomed 42 new sisters into our chapter. The pledge class was very active and eager to become involved with the fraternity. They put on several amazing events during their pledging period which included: a dessert social, a Plaza Azteca dinner, a clothing/magazine drive for Massey Cancer Center, and even surprised the chapter members with sweet treats. Their biggest event was throwing the most successful Cup Night to date, raising \$1150.

Relay For Life

Thanks to all the KE members who participated in Relay For Life which took place at Cary St. Field on the Monroe Park Campus. We set up tables and were able to display our education boards and our breast cancer shirts, while other members walked around the field in support of the fight against cancer.



Armstrong Health Fair

KE was well represented at the MCV Armstrong Health Fair where we were able to educate local members of the community on topics such as ovarian, cervical, and breast cancer.



Spring 2013



Teal Day

KE put on its very first Wear Teal Day in support of women's health and it was a big success. We were able to debut our brand new Cervical/Ovarian Cancer boards and baked several teal-colored goods. There was a lot of participation outside of KE and a big thanks to Lauren Grecheck for designing our Teal Day Shirt.



Bake Off

KE continued its Bake Off tradition at the School of Pharmacy Spring Picnic.



Spring/ Summer 2013

End of the Year Celebration

We helped our P3 sisters celebrate their KE memories with a send-off dinner held in Larrick. We then surprised them with awards and photo books. There were a lot of tears but we wished them the best of luck on their P4 rotations!



Kappa Epsilon National Convention

This summer, Kappa Epsilon held its 49th National Convention at the Richmond Marriott. The event brought together KE chapters and alumni from many states and created service projects for everyone to participate and bond, which turned out to be a success. Everyone had fun making boo boo bunnies, tote bags with crafts, awareness ribbons and pillows.

Our very own, Dr. Brigitte L. Sicat, gave a CE lecture on Diabetes. Dean Yanchick and a few of the VCU School of Pharmacy staff members joined KE for dinner, where the Dean gave a very inspirational speech. Kathy Nguyen, a recent alumni, will represent our



chapter as VP Communications on grand council. A big thanks to: Anna Wu, Jessica McDaniel, Mimi Baker, Tina Lowe, Dr. Peron, and Kathy Nguyen for representing our chapter and helping out. Overall, the convention went well and every chapter felt very welcomed in Richmond.



Summer Trips

HOMBRE

Congratulations to Shelby Evans and Lauren Flynt who took part in trips to Honduras and the Dominican Republic to serve on medical teams with medical students. Here is what Lauren had to say about her trip to the Dominican Republic: “Students were able to jump in with questions and helped with the physical exam. I learned how to look into the ears and nose to decide if it is allergies or an infection. Working with medical students was one of the best things about the trip. I was able to teach them about all the medications on the formulary... This was a life-changing trip both personally and professionally.”



VSU Cares

Lauren Grecheck, Shae George, Linda Barstow, Katelyn Nguyen, Abbie Arches and Ashley Street were all members on a trip to Petersburg, VA to work with VSU students on providing dental services to the community. Over 500 patients were seen and pharmacy students were involved in taking BP, BG, A1C, and INR in addition to processing medication orders for the patients and counseling. The student leader was Shae George, and Lauren Grecheck served as the student co-leader. The preceptors were Dr. Sisson, Dr. Dixon, and KE alumni, Dr. Van Tran.



Summer Trips



RAM-Remote Medical Area

This past July, 13 Kappa Epsilon sisters volunteered at Remote Area Medical (RAM) in rural Wise, Virginia. During the 3-day clinic, over 5,000 patients were seen for desperately needed dental care. Sisters worked alongside of other healthcare providers to triage patients, perform A1c screenings, pre-medicate patients before oral surgery, educate about smoking cessation, and counsel patients at the pharmacy upon discharge. We were fortunate to have sisters Rose Salzberg and Stephanie Culbertson (Class of 2013) as pharmacy preceptors and Natalie Nguyen as a student leader for the pharmacy team. Participating sisters

included Erika Lambert, Sara Ayele, Jessica Cerullo, Mimi Baker, Serena Barden, MaryBeth Jones, Jenna St. Pierre, Margaret Robinson, Kelley Miller, Allison Smith, and Rebecca Saunders.

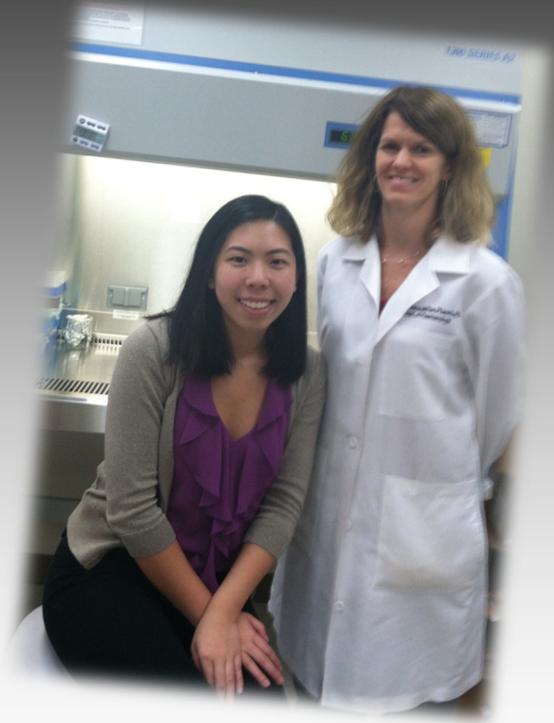


Summer Research

This past summer two of our sisters had the opportunity to participate in the Summer Research Fellowship offered here at the school of Pharmacy.

Here's what they had to say:

“My summer research focused on characterizing an in-vitro model of the bloodbrain barrier in order to understand the effects of HIV infection on the transport of therapeutic drugs across the barrier. Working with Dr. McRae this summer has been a great experience. I got hands-on practice in the lab and I saw how the material that was taught in the biopharmaceutics course was applicable to understanding the focus of the lab. Dr. McRae and her lab team were welcoming to me and patient in teaching me how their lab runs. By the end, I was able to build great relationships with them, as well as with faculty from other departments during collaborative projects. The most rewarding moment was having the opportunity to present the research to the rest of the fellowship program participants.”



Jenny Phung
Class of 2016



“This past summer I had the opportunity to work with Dr. Gerck in his lab doing transporter research on antiretroviral agents for the management of HIV. Outside the lab I got experience planning and researching for experiments that I later got to perform in the lab. My favorite part of this summer experience was being able to work with other students and faculty of the pharmaceuticals department on our research in a collaborative effort. I found that although scientific research is competitive in nature

there are many benefits if researchers work together, much like the benefits of healthcare providers working together in a clinical setting.”

Zaneera Hassan
Class of 2016

Weddings and Engagements

Weddings:

Amanda Bagley
Amanda Walls
Amanda Higuchi
Sydney Whitaker

Engagements:

Hibah Rehman
Lauren Grecheck
Armeen Hassan
Juli Jones
Cat Quinn
Holland Parrish
Jessica Cerullo

*Congratulations to our beautiful sisters
who got married or engaged recently!*

Alumni Spotlight: Rose Salzberg

"After the excitement of graduation wore down, the reality set in. Boards in a month! I spent all of June studying for the Virginia pharmacy law exam and the NAPLEX. Sounds glamorous, right?? During the midst of studying for the NAPLEX, I moved from Chesapeake back to Richmond. Talk about stressful! The most stressful part of the whole ordeal was waiting to hear if I passed the NAPLEX before the start of my residency. It was such a relief to walk into work on July 1st knowing I was a fully licensed pharmacist!



I started a PGY-1 residency with Bon Secours Richmond Health System on July 1st. Everybody has been more than welcoming and I love Bon Secours so far. By being a Bon Secours resident, I was able to participate in RAM this year as a preceptor. It was my first experience with being a pharmacist and a preceptor. Having students (some of them you all!) come up to me asking for my help and for my advice was such a positive experience. I won't sugar coat it - residency life has been stressful and hectic at times. However, I am learning a ton and gaining a lot of experience in the process. Be on the look-out for me as one of your lecturers for the Dermatology module and the Psychiatry module!"

~Rose Salzberg

In Memory of KE Sister: Dr. Amy Rudenko

“Dr. Rudenko made achieving look so effortless. When I first met her in my P1 year, I remember thinking that she was the perfect representation of the pharmacist I strived to be. I am confident that her legacy will live on as each of us continue to strive for the best and achieve our goals in the pharmacy world and in our communities.”
~Tina Lowe

“Dr. Rudenko had an unmatched passion for her students, her patients, and the practice of pharmacy. I am blessed to have been able to learn, even if for a short time, from such an incredible woman.”

~Jessica Cerullo

“One of my favorite things about Dr. Rudenko was how down to earth she was as a professor. I still remember when she was being interviewed for Contemporary and admit to the class that she had a fear of public speaking. It amazed me what an amazing public speaker she was despite this fact. I admired her passion for teaching and health promotion and wish the best for her family.”

~Sarah Park

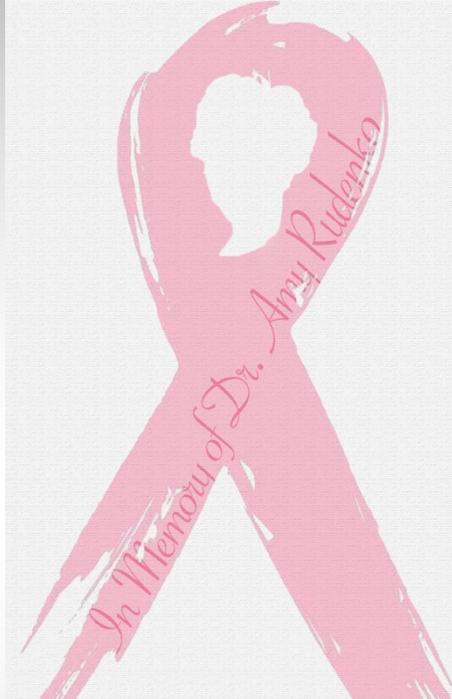
“Amy Rudenko is a shining example of what women in pharmacy can accomplish. Not only was she a successful pharmacist, a caring professor, and of course a member of Kappa Epsilon, but she balanced work and family life in a way that enabled her to feel happy and fulfilled.

Dr. Rudenko's ability to connect with students both professionally and personally is evident when I talk to students about her. Dr. Rudenko was often one of the first professors students encountered in the School of Pharmacy, and for many she became a mentor, a confidant, or a shoulder to lean on. Dr. Rudenko was just a joy to be around, and her absence in the classroom and in the lab will continue to be felt by students and faculty alike.

Although incoming cohorts will not have the opportunity to know Dr. Rudenko, those who were lucky enough to have her in class and in their lives can certainly be grateful.”

~ Dr. Emily Peron

“One time, after she seemed like she had a rough day at school, I went up to her office and gave her a hug. She was the only professor I ever felt comfortable giving a hug to because she was just so openly caring. That didn't mean that she rolled over when it came to kids not doing well in her classes; she was firm with them because she wanted them to learn from their mistakes. In turn, she produced capable and smart pharmacists that will forever be grateful for her steady guidance.”
~Mimi Baker



“One of my favorite memories of Dr. Rudenko was when I wanted to order a blood pressure cuff and stethoscope for my personal use. I was overwhelmed with the choices but saw a leopard print one that I absolutely loved. After having professionalism drilled in my head in pharmacy school, I was unsure of whether or not to purchase the cuff I wanted. I asked Dr. Rudenko. She

told me that the cuff was mine to keep, and it was not unprofessional to have something with a little personality. Through this brief discussion, Dr. Rudenko taught me that you do not have to compromise between professionalism and personality.”

~Marybeth Jones

A Special Thanks!!!

Thanks for reading this edition of the Unicorn Newsletter: Spring/ Summer 2013.

A special thanks to everyone that made contributions to this issue of the Unicorn news especially Dr. Peron, Lauren Flynt, Erika Lambert, Anna Wu, Lauren Grecheck, Tina Lowe, Rose Salzberg, Jenny Phung, Uzma Khan, Marybeth Jones, Mimi Baker, Sarah Park and Zaneera Hassan.

Ladies of the Tau Chapter of Kappa Epsilon 2013



Congratulations to our new Exec Board members: 2013-2014

President – Tina Lowe
Vice President – Anna Wu
Treasurer – Jess McDaniel
Corresponding Secretary – Kimberly Means
Recording Secretary- Amy Hahn
Sergeant-at-arms – Sheryl Villanueva
PNM Educators – Jessica Cerullo,
Marybeth Jones, & Katelyn Melton
Historians – Sarah Park, Zaneera Hassan
Webmaster – Mimi Baker
Scholarship Chair – Chunandi Patel
Chaplain – Uzma Khan
Alumni Liaison – Lauren Grecheck
IFC Rep – Jenna St. Pierre
Fundraising Chair – Kate Thompson
P4 Rep – Kristen LaCoe
KY Big Brother – Tuan Pham

Calling All Alumni

If you are still in contact with other KE alumni, please inform them about updating their contact information with our President, Tina Lowe (lowetk@vcu.edu) so that we can let them know about upcoming events and to just stay in touch! Thank you!

Kappa Epsilon – Tau Chapter

VCU School of Pharmacy
Richmond, VA