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The UF Pharmacy Network of Alumni & Friends Continues to GROW!

Anaheim, CA - UF College of Pharmacy Students, Alums, Faculty and Friends gathered at ASHP's Midyear Clinical Meeting in early December to enjoy friendly reunions and plenty of networking opportunities. This meeting, the largest pharmacist meeting in the country, provides opportunities for continuing education, residency, fellowship and job placement, presentation of research, and more, drew a record number of attendees to the UF College of Pharmacy reception. According to Associate Dean & Director of Experiential Education Tonya Dauterman, "The reception gets bigger and bigger every year. Our preceptors and alums are doing some amazing things at their practice sites. We have alums practicing pharmacy coast to coast, from UC Davis and Stanford all the way to Johns Hopkins and Brigham Women's. Their interest and willingness to support current students at their sites and to mentor them in their career goals are truly gratifying. It speaks to the family culture of our program."

Student Spotlight: Tyler Copus



Supporting Diversity and Cultural Humility with the Help of Walgreens

Incorporating a sense of cultural humility and exposing students to diversity happens inside and outside the classroom and is a continual growing process. "Census data tell us that there will be a minority white population in our country by the year 2045. As health care providers we need to be prepared to be sensitive to and to meet the needs of a wide variety of patients," says Dr. Sandra Earle, who has taught courses in UF's program on cultural humility and been involved in the UF College of Pharmacy's outreach to regional migrant workers. Thanks to Walgreens, supporting our students in their endeavors to be prepared to serve a diverse patient population is a bit easier at UF. For the second consecutive year, UF's program earned the highest marks for its use of past diversity funds and was pleased to receive funding in 2019 for scholarships and diversity initiatives. Says Dean Debra Parker, "Walgreens support means a lot to our program and students. We've been able to do things such as providing scholarships to multilingual students, supporting migrant worker immunization programs, sending students to conferences for additional training and workshops. We are truly grateful".



UF's P3 student Tyler Copus is 26 years old and is from Findlay. Tyler actually transferred to UF's pharmacy program after attending Vanderbilt University where he studied biomedical engineering. He became interested in studying pharmacy after taking an addictive drugs course at The Ohio State University, but decided if he was going to study pharmacy, he wanted to do so in a college with the individualized attention that UF provides. He transferred to Findlay in the Spring of 2017, and the rest is history! In his spare time, he enjoys spending time with his long-time girlfriend and their three cats. As a CVS intern, Tyler enjoys the community pharmacy setting and could see himself practicing in that environment, but also wants to keep his options open at this point! Tyler's best piece of advice? "Stay on top of your studies and don't be afraid to ask for help if you need it!"

Ask an Alumn: Amanda McMullen, Class of 2011



Registration for the 12th annual [Pharmacy Summer Camp](#) is now open!

Taking place June 23 - 2, 2019, this four-day experience on campus will be a unique and fun-filled event. Our camp is open to high school students who will become a junior or senior in the fall of 2019.

The camp will be held on the campus of the University of Findlay. Students are housed in on-campus resident halls and all meals and snacks will be provided through University of Findlay's dining services. The camp has availability for 60 students on a first come first serve basis. The last day to receive a refund is June 16.

The College of Pharmacy faculty is looking forward to meeting future pharmacists! If you know of any high school students who are looking to better understand the pharmacy profession and our pharmacy program, please let them know about this exciting opportunity.



[UF Telehealth Center has New Website, Offering Fellowship](#)



Amanda McMullen currently resides in her hometown of Springfield, Ohio. She is most proud that she is the lucky momma to two beautiful boys, Jaxon-seven and Maddox-four and a wife of ten years to her high school sweetheart Dan! She worked for Walgreens for 14.5 years in many capacities including pharmacy manager, district immunization and MTM lead and most recently opened Walgreens first local specialty pharmacy in Dayton. While tackling the specialty opportunity, Amanda was exposed to industry. Intrigued by the opportunities in industry, she decided last month to make the leap into industry as a Medical Science Liaison. Amanda is honored that GlaxoSmithKline chose her to command their Ohio and Michigan territories. Working as an MSL with key opinion leaders will afford the opportunity to make a larger impact on advancing the immunology field. Currently, she is working in the lupus and vasculitis arena and loving every second of the opportunity to have an impact on these therapies. When asked what was the Most Valuable thing you learned from your education here at the University of Findlay Amanda says "I learned many extremely valuable lessons while at Findlay. I am forever grateful for the opportunity to graduate from UF and the learnings from many phenomenal professors along the way. The power of networking is an

NEWSROOM

The University of Findlay's [Telehealth Center](#), which pairs [College of Pharmacy](#) students with patients for optimal learning and health outcomes, has a new website and fellowship program.

Located at telehealthcenter.findlay.edu, the site explains the program's benefits and services that fill the gaps for patients who need extra care and assistance in medication therapy management and chronic care management. Made possible through UF's full-time staff and local pharmacists, the Telehealth Center, which opened in 2016, particularly helps those with travel limitations, and who live in rural areas. Supervised pharmacy students use video conferencing, telephone and online interactions to help patients. [READ MORE](#)



Navigating the Stressful Waters of Pharmacy School – Lifting Up our Students to Help Them Succeed

Do you remember the stress you felt as you went into an exam as a college student? Well, that has not changed; we are still able to conjure up significant worry and anxiety in our students. However, we have become more concerned about students who feel so overwhelmed that

"pharmacy is a small world". However, I really began to see how true this was when I started practicing. Networking has opened so many opportunities for me and it is something I really try to stress to students that I precept. Findlay began teaching this skill set very early on with exposing us to many aspects of pharmacy as well as with IPPE experiential hours." She also mentioned that a second major point she learned through college was that drive and sheer grit will take you anywhere. Intelligence is great but it's truly persistence and drive that are key with success. "I was not at the top of my high school class, nor was I at the top of my college graduating class. However, I wanted more than anything to become a pharmacist and was willing to do whatever hard work it took to succeed through school. My professors saw the hard work my peers and I were willing to put in to becoming a pharmacist and they believed in us!" This persistence proved successful and she continues to carry this motto throughout her career. "I may not be the best or the smartest but I'm certain few can top my drive and persistence to achieve success." Believing in yourself is key.

Faculty Feature: Dr P.S. Shantanu Rao, PhD



Dr P.S. Shantanu Rao was born and raised in central India and he received his bachelor of pharmacy degree from DAVV University, Indore,

have thought about suicide and 9% reported attempting suicide, and we know that health profession students (including pharmacy) are in a stressful course of study.

With these statistics in mind, UF is not different than many other colleges and universities, and we, too, have noticed an increase in reported anxiety and feelings of being overwhelmed by students. Taking steps to be proactive, we have done several things to try to decrease the stigma associated with mental health concerns and to keep our students and faculty safe. Dean Parker talks with each class about this and encourages students to lift each other up and get help if they need it. During the advising process, each student is asked specific screening questions each semester so faculty can get students help, if needed. We have implemented teaching our student relaxation techniques for them to use, especially prior to exams. Finally, we have trained all students, faculty, and staff in QPR (Question, Persuade, Refer) which is a method for identifying someone at risk for suicide.

We hope to help our students, faculty, and staff to be proactive in improving and maintaining good mental health and help those that need help find the assistance they need without any guilt or shame. We all need a hand from time to time and we know that the pressure on pharmacists, pharmacy students, and our patients will not lessen anytime soon!

joined the Department of Medicinal and Biological chemistry at the University of Toledo. Upon completing his Ph.D., he decided to continue his research endeavors by undertaking postdoctoral training. Dr Rao accepted his first postdoctoral position at the University of Toledo in January of 2012. His postdoc work at Toledo involved studying the neurological effects of alcohol abuse in alcohol-preferring rats. Subsequently, for his second postdoctoral position, he moved to the University of Missouri-Kansas City (UMKC, Kansas City) and then to the University of Tennessee Health Science Center (UTHSC, Memphis). Dr Rao's research work at UTHSC involved studying the effects of alcohol on HIV replication in cell culture and in HIV positive patients. To start my teaching career, in January of 2016, he joined the College of Pharmacy at the University of Findlay. Currently, he resides in Perrysburg with his wife, Anusha.

Teaching has been a career goal for him since his Bachelor's degree in Pharmacy. He has always believed that teaching brings out the best learner in a person. Dr Rao enjoys preparing for his classes and interacting with students. He is motivated by the teachers in our college and feels fortunate to be a part of UF.

Upcoming Dates/Events:

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February 13th- IPE Quiz Bowl

March 15th- Signing Day

Health Professions/

Pharmacy Visit Day

March 16th- Scholarship Competition Day

March 19th, 22nd & 23rd- IPE Event,

Bridges out of poverty

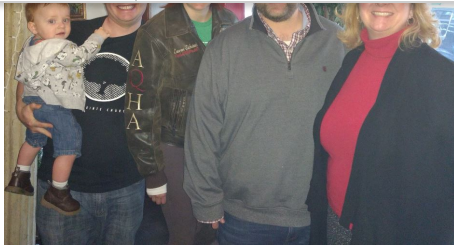
March 29th- IPE Event, Tobacco Free Campus



Very Important Prospective Pharmacists - This Day's for YOU!

Many high school students are familiar with the roles of physicians and nurses, but what about pharmacists? UF's College of Pharmacy has established a "V.I.P.² - Very Important Potential Pharmacist" Event to help students explore the profession in a fun, hands-on day experience. Students learn about the expanding role of pharmacists in clinical, retail and health promotion settings.

We work with high schools to bring in high-achieving students who are considering a career in healthcare. The students get a real taste of pharmacy practice as they spend time in the lab compounding chemicals, learning about physical assessment and filling prescriptions under the supervision of our College of Pharmacy faculty and teaching assistants. If you know of a high school student you'd like to recommend for this program, please email pharmacy@findlay.edu for more information. Space is limited, but there are still some openings for our next event on March 29th!



Home for the Holidays

Lauren Eichstadt Forsythe, PharmD, DICVP, an alumna from the class of 2015, came back to Ohio for the holidays to visit her family and her horse, of course! One of her stops included the UF College of Pharmacy. It was great to see Lauren, husband John, and her one-year old son Paxton. Lauren completed a veterinary residency at Purdue and is now a Clinical Veterinary Pharmacist at UC Davis in California. She is a practicing veterinary pharmacist but also has opportunities to instruct veterinary students. Lauren came bearing a gift; she honored the college with its own hard copy of *Plumb's Veterinary Drug Handbook*, in which she is a co-author. Included in the book was a special note of encouragement to students who may struggle with the monograph writing assignment. Faculty members Ryan Schneider and Tonya Dauterman were able to accompany Lauren and family for lunch, learning about her accomplishments and life in California. It's a pleasure to have our alumni stop by to share their stories. We wish all alumni a happy and healthy new year, and don't forget to stop by or write to tell us your stories!



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University of Findlay College of Pharmacy · 1000 N Main St · College Of Pharmacy · Findlay, OH 45840-3653 · USA

