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Alumni News

*The Alumni Newsletter
Of Lambda Kappa Sigma
Pharmacy Fraternity
Fall 2009*

Finding the “Hart & Soul” of LKS

By Justine Dickson

This past August on a beautiful summer weekend in Hartford, lambs from chapters all around the nation gathered to celebrate the "Hart and Soul" of Lambda Kappa Sigma. The 2009 Regional Meeting, held in Hartford, Connecticut, was a time for members of Lambda Kappa Sigma to reflect on the present state of the Fraternity and what it will become in the future.

One of the ways in which that was achieved was during the first ever Recruitment Boot Camp. Sisters from Collegiate chapters attended an intense 3-day program designed to teach sisters how to effectively recruit new members. During the Recruitment Boot Camp, members considered what strengths they provided to membership recruitment process as well as determined areas to improve upon in order to attract the best sisters. By doing this, the Boot Campers were each able to produce a Recruitment Action Plan for their chapter, enhancing strengths and fixing weaknesses in their recruitment process. It was also during Recruitment Boot Camp that the idea of the Brand Platform of Lambda Kappa Sigma was introduced. This theme was present throughout the events of the Regional Meeting, as members focused on portraying the values of Lambda Kappa Sigma.

During the Collegiate and Alumni Programming, each respective group gathered together to discuss our most successful accomplishments and to brainstorm future paths for Lambda Kappa Sigma. The Joint Conference allowed the Collegiates and Alumni to meet

and discuss topics surrounding their professional and personal lives. This was an opportunity for the Alumni to share lessons learned throughout their lives and maybe even learn something themselves.

Not only were members able to reflect on the success, values, and future of our fraternity, but there were also plenty of moments for bonding, sisterhood, and Lamb-For-Life moments. The elegant dinner cruise down the Connecticut River aboard the Lady Katherine provided an evening for sisters to relax and fraternize, while also celebrating our successes with award presentations. Members were also formally introduced to Lambda Kappa Sigma's newest chapter, Alpha Chi, as they were presented their charter from LKS Grand President, Sharon Brown. The much-anticipated Blue and Gold Dinner also provided members with a chance to bond through activities such as the “Lambie Feud Game Show”, performing songs and skits for one another, and dancing the night away to a variety of great songs spun by the DJ.

The 2009 Regional Meeting in Hartford helped all members to remember the values of Lambda Kappa Sigma and how to envision those values in a future that is successful and prosperous. Our current values of professionalism, caring, and sisterhood will be taken to the next level in the future, as we prepare for an organization that is willing to make changes towards an ever-flourishing fraternity of members who are passionate about the values they stand for.

THANK YOU 2009 Campaign For Progress Donors

The Fraternity developed the annual "Campaign for Progress Appeal" as an opportunity to invest, beyond the scope of membership dues, in the future of LKS and its members. With the support received through this annual appeal, LKS has been able to move forward and improve the Fraternity for future generations. LKS has evolved due to the loyalty and commitment of its valued members who have supported the Fraternity through their generous, and voluntary, donations to the Campaign for Progress Appeal.

This year's donations were directly applied to a new initiative to strengthen our Collegiate Chapters and provide to them the resources they need to succeed in a changing campus environment. This investment in them today will make it possible for a bright and prosperous LKS long into the future. More than \$10,000 was raised; we would like to thank all of those who contributed in 2009:

Lauren Aleksunes - Alpha Beta
Nicole Allie - Xi
Charity Andrews - Alpha Nu Alumni
Christina Barbosa - Alpha
Michele Bell - Alpha Xi
Gloria Bernstein - Nu
Baeteena Black - Alpha Epsilon
Betty Bocchino-O'Shea - Alpha Eta
Robin Bogner - Pi
Michelle Bopp - Delta
Jennifer Brandt - Epsilon Alumni
Ruth Brown - Eta
Sharon Brown - Alpha Iota
Lori Brown - Alpha Iota
Gail Bucher - Alpha
Joette Bumbalo - Alpha Theta
Crystal Burleson - Alpha Sigma
Marilyn Burton - Alpha Zeta
Sue Cardey - Nu
Rose Celecki - Tau
Creaque Charles - Alpha Sigma
Kelly Charlesworth - Tau
Linda Clark - Alpha Alumni
Christina Correia - Alpha Rho
Angele D'Angelo - Alpha Pi
Maryanne Davis - Beta
Michelle Debalko - Tau
Portia Devore - Phi Alumni
Cari Dudenhoefter - Alpha Zeta
Pamela Ehlers - Alpha Zeta
Avis Ericson - Alpha Iota
Francine Farnsworth - Alpha Alpha
Eileen Flores - Eta
Lois Fong - Lambda
Susanne Fronczak - Alpha

Susan Fuller - Alpha Xi
Patricia Giganti - Alpha Zeta
Mary Grear - Alpha Zeta
Marilyn Haberle - Alpha Zeta
Veronica Haubert - Alpha Pi
Barbara Hayes - Alpha Sigma
Anna Holstine - Nu
Katherine Huff - Phi
Mary Indritz - Nu
Keely Ireland - Epsilon Alumni
Eileen Jaracz - Gamma
Patty Johnston - Alpha Omicron
Christie Kaye - Nu
Sheila Key - Alpha Nu
Patricia Kienle - Eta
Linda Larson - Tau
Dixie Leikach - Epsilon Alumni
Michelle Ligotski - Eta
Patti Lozano - Tau
Nicole Lyman - Delta
Dorothy McAlanis - Eta
Michelle Mccarthy - Alpha Eta
Anne McDonnell - Alpha
Shirley McKee - Xi
Carolyn Menard - Alpha
Susan Mendelewski - Gamma
Shirlette Milton - Alpha Sigma
Gayle Nissen - Nu
Mary Norbut - Alpha Beta
Andrea Noto - Xi Alumni
Elana Oppedisano - Alpha Pi
Cathy Osborne - Beta
Maria Osborne - Tau
Jane Pai - Lambda

Andrea Pastore - Alpha Pi
Christine Perry - Alpha
Dolores Peterson - Pi
Barbara Piasecki - Alpha Alpha
Rosemary Popino - Sigma
Marie Prewett - Eta
Elizabeth Rawley - Alpha Zeta
Mary Jo Reilly - Tau
Pamela Reynolds - Alpha Zeta
Jennifer Rhodes - Rho
Jane Rogan - Omicron
Dina Rovere - Alpha Alpha
Ginger Scott - Alpha Nu
Amanda Simmons - Tau
Lynn Taylor - Lambda
Sophie Than - Alpha Xi
Sally Tsunekawa - Alpha Xi
Vivian Warren - Alpha Eta
Catherine Weaver - Alpha Zeta
Myrtle Wieand - Alpha Alpha
Mary A. Wills - Delta
Sandra Wolinski - Alpha Iota
Christina Won - Alpha Eta
Yaeno Yorimoto - Eta
Eleanor Zimmerman - Gamma

*A very special thanks is extended to the members of **Xi Collegiate Chapter** who generously supported the 2009 Campaign for Progress Appeal with a gift of \$1590.00.*

Staging of Cervical Cancer

By Dorthea Andrews, PharmD, BCPS

After a patient is diagnosed with cervical cancer, the cancer must then be staged. Cervical cancer is staged using the FIGO (International Federation of Gynecology and Obstetrics) scale and is based on a physical examination rather than what is found during surgery. Staging of the cancer helps to determine how advanced the cancer is and if it has spread to other parts of the body. Staging information helps determine the course of treatment for the patient (which will be covered in a future article) and has an impact on survival. Cervical cancer can be staged as follows:

Stage	Characteristics	5 Year Survival
Stage 0	Abnormal cells found in innermost lining of cervix Not yet cancerous Also known as carcinoma in situ	
Stage IA	Found in cervix only Requires microscope to see	91%
IA1	<3 mm deep and <7 mm wide	
IA2	3-5 mm deep and <7 mm wide	
Stage IB	Found in cervix only Can be seen without aid of microscope	88%
IB1	<4 cm	
IB2	>4 cm	
Stage II	Has spread beyond the cervix	
IIA	Cancer has spread to the upper third of the vagina	67%
IIB	Cancer has also spread into the tissues surrounding the uterus (the parametria)	58%
Stage III	Cancer has spread to the lower part of the vagina	47%
IIIA	Has not spread to the pelvic wall	
IIIB	Has spread to pelvic wall Tumor may have become large enough to block the ureters Cancer cells may have also spread to the lymph nodes in the pelvis	
Stage IV	Cancer has spread to the bladder, rectum or other parts of the body Spread to bladder or rectum and lymph nodes Spread to distant sites such as abdomen, intestines, lungs, or liver	16%

For more information on cervical cancer, please visit:

- American Cancer Society: www.cancer.org
- National Cancer Institute: www.cancer.gov
- National Cervical Cancer Coalition: www.nccc-online.org



LKS Educational Trust Seeks Interested Alumni for Projects

By Avis J. Ericson, Pharm.D., Chair of the LKS Trust Liaison Committee

Would you like to know more about the Educational Trust and its work?

Do you have some spare time to share with the Fraternity's Educational Trust?

Can you help to "brainstorm" some important issues and implement their results?

The LKS Educational Trust and its 11-member Trust Liaison Committee (TLC) encourage you to add another activity to your "to do list". We welcome your involvement in our regular activities, planning for the immediate future, and helping to define long-term goals and strategies. After all, we want our Trust to be the best and do the best for our members – so we ask "the best" (you) to become a part of that journey.

As the TLC Chair, I find that there are many projects to work on simultaneously. Each one demands a review of its usefulness, value, cost, time, effort, and possible outcomes. Each also deserves being viewed from the vantage-point of those with different backgrounds and expertise. Your unique point of view just might make a difference in how we move forward to our 100th year celebration and beyond.

In order to "divide and conquer", I am in the process of creating Trust Working Groups (TWG's) comprised of TLC members and including interested LKS Alumni. The intent is to allow small groups to tackle one or two major issues and bring their recommendations to the TLC for review. TWG's would work fairly independently with an appointed coordinator and with initial guidance and goals provided. Progress reports are expected at regular intervals throughout the biennium.

Trust Working Groups – Ten major topic areas currently exist. Some of the above topics may support one or more sub-groups as issues are more fully identified. In addition, other topics may be added as needed:

- Trust vs. Foundation – pros, cons, why, why not, how
- Centennial Celebration – activities and goals for the Trust
- Fund Raising Efforts – raffles, auctions, yearly appeal, major gift solicitation
- Publicity and Publication – getting the message out
- Increased Recognition of Donors and Communication with LKS Members
- Expansion of our Mailing List – seeking lost members, regaining their loyalty
- Review of TLC Policies and Procedures to insure consistent and appropriate actions
- Development and Cultivation of New Grants, Funding of Research and Educational Programs – any other new directions
- Structure of Trust and TLC v/v Grant Selection Committee and LKS overall
- Working with our Investment Expert – prudent strategies to maximize return.

Do any of the topics peak your interest? If so, please contact me by phone at 702-566-0330 or email at rxaje@embarqmail.com for more information and to be included in a TWG.

The old adage that says "When you really need something done, give the task to a busy person" is quite true. Can you find room on your schedule for one more thing – or maybe even two? I'm hoping to hear from YOU!

The mission of Lambda Kappa Sigma is to promote the profession of pharmacy among women and advance women within the profession by developing its members as individuals and leaders through the support of fellow members while encouraging a high standard of professional ethics and scholarship.

LKS Educational Trust records a “First” – Thank you Portia!

by Avis J. Ericson, Pharm.D., Chair of the LKS Trust Liaison Committee

The LKS Educational Trust is pleased to announce the receipt of a generous donation of Wyeth stock from Portia M. Devore, Phi Alumni. To the best of our knowledge, this is the first time in the 34 year history of the Trust that securities have been used as the donation vehicle.

Portia recalls that the original stock had been acquired in the 1950's by her father. With over 50 years of value appreciation, her personal sale of the stock would have incurred sizeable taxes. By donating it to the Educational Trust, LKS and its members benefit from the full stock value instead of “after taxes” when the IRS is finished.

Portia is well known to all in LKS for her loyalty, generosity, and service to the Fraternity -- and for her exceptional skill in crafting knitted afghans, sweaters, and other items. These are a regular feature of the Educational Trust auction and always evoke spirited bidding. She served for a number of years as a member of the Trust Liaison Committee. In 1996 she received The Distinguished Service Citation. Portia shows no signs of slowing down; she continues to practice pharmacy on a full-time basis fifty-five years after her graduation.

The gift was made in memory of another Phi Alumni sister, Roselene F. Hider who passed away in late August. Roselene was a 1940 graduate of Butler University (then known as the Indianapolis College of Pharmacy). She actively practiced pharmacy for 50 years – first in the family pharmacy (Freije Drugs), then with the VA Hospital, and finally retiring from her own store (Westerleigh Pharmacy) all in Indianapolis.

As a student in 1938, Roselene was a founder of the Phi Chapter at Butler which Portia later joined as an undergraduate. After graduation they both became active in the Phi Alumni Chapter of Indianapolis. Roselene was a loyal sister and strong supporter of Lambda Kappa Sigma. She and Portia were not only tied within the fraternal bonds of LKS and the Phi Chapter, they also shared the same birthday of August 26th.

Portia encourages others to explore unique methods to benefit the Trust. Years of prudent investing in the stock market provided a solid financial base for her family which she generously has shared with the Trust. She cautions that there are two major things to remember about investing: Invest only what you can afford to invest, not dollars needed for daily expenses, be “in it” for the long run; and become actively involved in your investments or seek qualified financial guidance when needed. Sound advice from someone with long experience.

Please see the Autumn issue of The Blue and Gold Triangle for more information on unique ways to donate assets. The article is based on a Regional Meeting seminar in Hartford, August 2009, “Meaningful Giving – A Seminar for Budding Philanthropists”.

Alumni Initiation How-to

Have you found a colleague who would make the perfect addition to our Fraternity, but aren't quite sure how to make it happen? Well, here's how:

- 1) Obtain a CV or resume for the potential alumni initiate to determine that he or she has graduated from a college of pharmacy.
- 2) Determine if she has belonged to another pharmacy fraternity. If so, they would need to write that fraternity and rescind their membership. A copy of that letter should be sent to the International Office.
- 3) Collect \$65 for Initiation fees and a completed Master Member Input Sheet.
- 4) Petition the Grand Council (may be done by email) and once they respond in the affirmative, send the check, CV, letter (if applicable) and MMIS form to the IO. Make sure to give the tentative initiation date.

Once this is done, we would officially have a new sister!

News From Our Readers

Joellen Aymond

Zeta '66

After 40 years in retail pharmacy, Joellen has completely retired! Her time is spent enjoying visits to her four children, two step-children and 10 grandchildren! There is always an important event of some kind to attend and enjoy! Pharmacy was a wonderful career and she misses her patients – many of them were second generation customers she had known throughout their entire lives – very, very satisfying.

Baeteena Black

Alpha Epsilon '71

Currently serving as president of the National Alliance of State Pharmacy Associations.

Jane Charron

Alpha '00

Jackson Francis Charron was born on September 27. He was 19.5" long and 8lb 1oz. Jackson joins big brother Camden. All are doing well.

Angele D'Angelo

Alpha Pi '53

Angele recently retired as vice-president and Editor-In-Chief of US Pharmacist after it was sold. One of Angele's sons has also passed away.

Catherine Darah

Alpha Alumni '09

Catherine recently got married! Her new name is Catherine Darah Jones.

Eileen Flores

Eta '06

Eileen is currently living in Park Slope Brooklyn and working for Duane Reade in Manhattan.

Allene Francis

Tau '09

Allene will be floating for Giant Eagle Pharmacy in the Cleveland District.

Cassandra Johnson

Xi Alumni '09

Cassandra got married on September 19, 2009 and is now Cassandra Stockman. She is currently employed at Walgreens in Rhode Island.

Michelle Kershaw

Lambda Chapter '09

Michelle and her husband, John have moved to Moscow, Russia until March 2011. She is working for the US Embassy, Moscow Medical Unit. Michelle sincerely missed seeing everyone at Regional Meeting 2009 and hopes to see everyone in 2011.

Jill Logan

Alpha Beta '09

Jill is in residency at Inova Fairfax Hospital in Falls Church, VA.

Andrea Noto

Xi '09

Andrea is back home in New Jersey working as a pharmacist for CVS in Clementon, NJ. She was very sad she could not make it to the Regional Meeting.

Emily Peron

Phi '08

Emily graduated from Butler in May 2008 and subsequently moved to Cleveland for a PGY-1 Residency at the Louis Stokes Cleveland VA Medical Center. It was a rewarding experience and she looks forward to completing her PGY-2 Geriatric Pharmacy Residency at the same site.

Amanda Preston

Alpha Omicron '08

Amanda completed her PGY-1 residency at the University of Charleston in June. She married Rodney Ward on July 11, 2009. Rodney is a Clinical Pharmacist at Three Rivers Medical Center in Louisa, KY. Amanda is now working as a Clinical and Consultant Pharmacist for Omnicare in Ashland, KY.

Melissa Prybor

Alpha Mu '09

Melissa is continuing to get her PharmD at the University of Toledo.

Stephanie Romine

Phi '09

Stephanie has started a job at Pharmakon, a long-term care facility in Carmel, IN. She was married on October 24, 2009.

Marissa Salvo

Xi '09

Marissa started a PGY-1 residency at St. Louis College of Pharmacy. Her primary training site is St. Louis County Department of Health; she will also have the opportunity to teach at the college as a Clinical instructor. She is looking forward to this wonderful opportunity.

Tiffany Self

Alpha Nu '04

Tiffany was recently made a fellow of the American Society of Consultant Pharmacists!

Danielle Scafidi

Xi '07

Danielle is loving life out in sunny Arizona. She has been a pharmacist for Walgreens. She is currently dating a lovely man named Travis and has fallen in love with
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Member News

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both him and his three-year old Weimaraner. In their free time, they both enjoy hiking, golfing, boating, traveling, and drinking wine, Cheers!

Kruti Shah

Alpha Nu '09

Kruti will be completing a first year pharmacy practice residency with University of Louisville Healthcare in Louisville, KY.

Marissa Tysiak

Xi '09

Marissa has moved to Charleston, WV to complete a PGY-1 residency at Charleston Area Medical Center.

Stephani Walter

Alpha Phi '09

Stephani got married on May 23, 2008 and is now Stephani Lynn O'Hara. She is living in DuPont, PA. She recently became a proud mommy on January 30, 2009.

Monica Yee

Lambda '09

Monica recently started a PGY-1 residency at the Veterans Affairs Healthcare System of Greater Los Angeles.

In Memoriam

Roselene Freije Higgins Hider of Phi Alumni passed away August 29, 2009 in Indianapolis. She was 92. Roselene was one of the charter members of the Phi Collegiate chapter and also a devout member of the Phi Alumni chapter. She will be missed by her many children and grandchildren and her sisters of LKS.

In Memoriam

Tau Alumni is saddened to share the news that Gerry Manzione passed away on November 27. Gerry was the pillar of our group. Her dedication and devotion to LKS was unsurpassed. Gerry gave her heart to LKS – not only on the local level, but internationally as well. Biennial Conventions and Regional meetings all had a touch of Gerry. This touch may have been a hand-painted ceramic lamb, a crocheted afghan or an idea to enrich membership of the collegiate or keep Alumni members involved. You did not need to know Gerry to be personally touched by her. It is unfortunate that we will not have Gerry's touch for the upcoming Convention in Pittsburgh. We will have her guidance from Heaven to make this our best Convention ever and carry on Gerry's legacy.

~Berni Heron, President, LKS Tau Alumni

Sisters Recognized by APhA

Lambda Kappa Sigma would like to congratulate three of our sisters for being recognized by the American Pharmacists Association and *Pharmacy Today!* These three sisters were among 20 pharmacists awarded the One-to-One Patient Counseling Award. The annual award is given to pharmacists who have proven themselves outstanding in the field of one-to-one patient care.

Tameya Dowell-Sam (Alpha Sigma '06) – Tameya, who works for CVS in Houston, was recognized for her routine work to help ensure that her patients are correctly taking their medications. In one such instance, she helped a mentally challenged patient and his mother develop a plan to help him take his multiple medications properly.

Karen Parkinson (Alpha Rho '06) – Karen has set up an immunization service at Inman Pharmacy in Cambridge, MA. She also works closely with seniors and their family and caregivers to ensure that they are properly taking their medications.

Charlotte Pendergast (Chi '96) – Charlotte works for Walgreens in Sierra Vista, AZ as an overnight pharmacist. Her pharmacy is the only 24-hour pharmacy for miles and working the overnight shift allows her to spend more time with each customer. She frequently sees patients recently discharged from the hospital so they are often tired and confused. She takes the time to make sure they understand their medications and how to take them. Charlotte also makes herself available if they have any problems or questions after they leave her store. There was one instance where a patient came in late one night, clearly shaken up. Charlotte found out that he had been in a car accident and was driving himself home. Charlotte asked the man to call her when he got home, which he did and she followed up with him the next day as well.

**Centennial Celebration Update...
It's Not Too Late to Donate!**

The Centennial Celebration Club was created during the 2002 Biennial Convention to build a fund for LKS's 100th anniversary. Founding members of the club agreed to contribute \$10 a year for the next 10 years to make the celebration a truly memorable event for all members. Each year, other members are invited to join, with a commitment to donate \$100 by the year 2012.

The Fraternity's goal is to have 350 members in the Centennial Celebration Club. Members will receive special recognition at the Centennial Celebration as well as other tokens of the Fraternity's appreciation. We currently have a total of 129 members and a balance around \$9500 in the fund. Letters with updated information will be sent to current members in the near future notifying them of their current balances.

We will also be starting a special fundraiser at the 2010 Biennial Convention specifically to raise funds for the CCC, which will include car magnets, static clings, and license plate holders. Now all lambs will be able to show their LKS pride while driving down the road! More details regarding these items will be available in the coming months and there may even be a sneak peek at our reception during APhA 2010 in March in Washington, DC.

If you have not yet joined the club, it's not too late! The countdown to our 100th anniversary has begun, and "ewe" won't want to miss being an integral part of this event. Please feel free to contact me or the International Office if you have any questions about this special opportunity.

Lamb for Life
Tiffany D. Self, PharmD, FASCP
Grand Treasurer

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