For more information on SGA or for more opportunities to interact with current students, please contact the director of student services and SGA advisor, Dr. Irene Favreau, at Irene.Favreau@tu.edu

Alumni Link Feedback:
Contact the SGA, VP of Alumni Affairs, Sonya Babayan, at sonya.babayan@tu.edu
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NEW SENIOR PROVOST

The Touro College and University System is pleased to announce the appointment of former Nevada Congresswoman Shelley Berkley to the position of CEO and Senior Provost of Touro’s Western Division. Berkley will take the helm of both the Nevada and California campuses.

Berkley was elected to the United States House of Representatives in 1998 and represented Nevada’s first Congressional District from 1999 to 2013. She was the first woman to serve the District and held the position for seven terms. Prior to her election to Congress she served as a member of the Nevada State System of Higher Education’s Board of Regents for eight years and previously served in the Nevada State Legislature. Her distinguished record of achievements and her national prominence make her perfectly suited to take on this esteemed role.

A 50-year resident of southern Nevada, Berkley was the first person in her family to attend college. She graduated from the University of Nevada, Las Vegas with a degree in political science and received her juris doctorate from the University of San Diego, School of Law. Prior to her political career, she served as an attorney for the Nevada State Commerce Department, in-house counsel for Southwest Gas Corporation, and Vice President for Government and Legal Affairs for the Sands Hotel in Las Vegas.

During Berkley’s 14 years in Congress, she served on the Transportation Committee, Small Business Committee, Veterans Affairs Committee, Foreign Affairs Committee, and the Ways and Means Committee. Berkley earned the title of “hardest working woman in politics” for her tireless work on issues including job creation, healthcare and renewable energy. She also was a champion for veterans, seniors, immigration reform and human rights. Among her most proud accomplishments was leading the efforts to construct the new Veterans Administration medical complex in southern Nevada and working with the California congressional delegation on important issues like protecting Lake Tahoe in northern California and supporting tourism in both states. While serving as a Regent, she dedicated herself to numerous causes including keeping tuition costs low and creating a new law school at the University of Nevada, Las Vegas.

“I have spent my entire career dedicated to issues related to education and healthcare and am honored to have been given this remarkable opportunity to lead Touro’s Western Division,” said Shelley Berkley. “As a Congresswoman and a longtime resident of southern Nevada, I am well aware of the Touro College and University System locally, in California, and nationally. I share Touro’s commitment to improve the quality of education worldwide and look forward to working with the dynamic faculty, staff and students on the Nevada and California campuses to help educate the next generation of healthcare and education professionals.” We welcome Mrs. Berkley to our campus and look forward to working with her.
New Members of the Alumni Board

RACHNA PATEL – Board President -COM ’09
Dr. Patel completed her undergraduate studies at Northwestern University (Evanston, IL). She then went on to manage a city-wide after school enrichment program at a non-profit organization in Chicago, IL. She then relocated to Vallejo, CA to pursue her medical studies at Touro University. Her background is in Emergency Medicine. She is currently practicing in the area of Complementary and Alternative Medicine. She recently organized a TUC alumni and student bike ride along the Iron Horse Trail in the SF East Bay. She is also very active with the Bay Area Alumni Association Chapter for her undergraduate alma mater.

MONICA TIPTON - GSOE ’10
Mónica has been a secondary educator since 1983. Inspired by her younger daughter, Kate, Mónica completed a late-career masters degree in special education with an emphasis in autism spectrum disorders from TUC in 2010. She is currently working as behavior specialist for McGrew Behavior Intervention Services, Inc. After retiring in 2008 as principal of Napa New Technology High School, she decided in November 2013 to return to the classroom part-time to teach drama at Jesse Bethel High School. Mónica has been a Vallejo resident since 2007 and sits on the city's Housing and Redevelopment Commission. She is eager to contribute to the Touro community through her participation on the Alumni Association board of directors.

JOY DUGAN - MSPAS/MPH ’12
As a clinical instructor for the College of Osteopathic Medicine and one of the newest members of Touro University California's Alumni Association Board, class of 2012 alumna Joy Dugan understands first-hand the importance of giving back to her alma mater.

“I work closely with the Alumni Association's President, Dr. Tami Hendriksz at the Touro University/Solano County Family Health Services Clinic. I admired Dr. Hendriksz as a student and now as a colleague, so I was honored when she asked me to join the Alumni Association Board. Being involved in the Alumni Association is another way to give back and be involved in the Touro family. I look forward to expanding our alumni opportunities as our number of alumni grows.” Joy remembers Touro fondly, between being the PA class president, co-founder of the Student-Run Free Clinic, and member of multiple clubs and organization Joy enjoyed all the opportunities that were available for her. She would like to continue to work with students and now being an alumni board member she would like to see more inter-professional opportunities and more networking among alumni.
Outnumbered but not Outwitted: Touro College of Pharmacy Claims Victory in 2013 CPhA Quiz Bowl

Touro’s Team of Three Celebrates with CPhA Faculty Advisor After 2013 Quiz Bowl Victory

Dr. Kevin Carrasco (PharmD/MPH c/o 2013), Dr. Tony Chou (faculty), Dr. Steve Kim (PharmD c/o 2013), and Ben Malcolm (PharmD/MPH c/o 2014) from left to right respectively

With another round of block exams beginning for P1 and P2 students on the following day, P3 and P4 students Ben Malcolm, Kevin Carrasco, and Steve Kim were the last students standing for Touro University California (TUC) in the quiz bowl at the California Pharmacists Association’s (CPhA) West Coast Pharmacy Exchange meeting in Monterey, California. Per CPhA quiz bowl rules, each of the teams representing one of the eight schools of pharmacy was allowed a maximum of five students and each school participated with a full team with the exception of TUC, who were left with only three. As the questions came and the rounds passed, TUC’s streamlined team began to nudge ahead and ultimately emerged victorious. “Although the larger teams may have had a larger collective knowledge base to pull from, the smaller team of third- and fourth-year students allowed quick and nimble decision making without much group debate on the correct answer choice, which can sometimes introduce confusion, I feel that this factor [a smaller group] may have actually worked in our team’s favor,” quoted Touro Team Co-Captain Kevin Carrasco. Counterpart Co-Captain Steve Kim also weighed in on the team’s victory, “I feel that trust was a big factor in our win at CPhA. We’re [our team] not only fellow students and colleagues but friends outside of pharmacy school. We tried not to deliberate too much if one of our members was confident in an answer; by not moving our answers around much and trusting each other we ended up getting a lot of questions right.” Overall, the win reflected well for Touro University’s College of Pharmacy, and is not an isolated win for TUC in recent student competitions. Our ever-growing presence became the elephant in the room at CPhA 2013 and contributed to continuation of a TUC tradition of excellence.

By: Ben Malcolm, PharmD/MPH 2014
Student National Pharmaceutical Association Regional V Grant Winners

Touro COP’s Prescription for Service:
Building a healthier community

Photo of SNPhA Prescription for Service regional winners (left to right): Terry Pang, Jackie Ho, Emily Chee, Annie Tran, Dennis Kim

A large proportion of Vallejo residents suffer from chronic diseases resulting from poverty and unhealthy lifestyles, which is greatly exacerbated by the city’s bankruptcy in 2008. A combination of first, second, and third year pharmacy students, Annie Tran, Dennis Kim, Emily Chee, Jackie Ho, and Terry Pang, all shared a common vision of building a healthier community. “As future healthcare professionals we feel that it is important to give back to the community.”

An opportunity arose for them to bring their vision into reality by the Student National Pharmaceutical Association (SNPhA) Prescription for Service video competition, which allowed the students to convey how they would advance the pharmacy profession and reach out to the underserved populations through a city-wide health fair. Set to the backdrop of the Vallejo community, the heart-felt video was chosen to represent SNPhA Region V through the stylings of interviews with the homeless, a local business owner, as well as footage from the many events that Touro University California has accomplished in the past.

As winners of the western region, the students were endowed with a $2,500 grant from Walmart to implement their project and be leaders in improving the health of the community. The students will have the opportunity to showcase their project during the Student National Pharmaceutical Association (SNPhA) National Conference, which will be held on July 18-21, 2014 in Arlington, VA. As one of the top five teams selected from the nation, they will compete against four other regional winners for an opportunity to be awarded a $10,000 scholarship.

The health fair will focus on preventative care, health screenings, and a series of patient education services involving students from the colleges of pharmacy, medicine, physician assistant program, and public health. One of the goals of the health fair is to educate the community on lifestyle modifications and prevention practices that lead to many of the chronic diseases that are prevalent in our society. Poor health literacy and language barriers often pose as a limitation for many residents in acquiring knowledge for healthy practices. The other goal is to foster an environment of interprofessionalism and learning. As healthcare reform is trending towards the medical home model, students hope to learn and collaborate among different healthcare disciplines. By doing so, both the patients will gain in receiving a full range of services and students will benefit by learning to collaborate services and work in a multidisciplinary team.

Services to be included are blood glucose testing, blood pressure screenings, distribution of educational materials encompassing topics such as prevention and management of asthma, COPD, diabetes, HIV, and cardiovascular diseases. Workshops on smoking cessation and preventative care will be presented at the fair. The tentative date of the health fair is Sunday, April 6, 2014. Please visit us and support our community! For any questions regarding the health fair, volunteer opportunities, or preceptor availability, please contact Emily Chee at emily.chee@tu.edu.

By: Emily Chee, Annie Tran, Dennis Kim, Terry Pang
Edited by: Jackie Ho and Jasmine Reber

Special Acknowledgements:
The team would like to thank Jasmine Reber, the SNPhA chapter president for her supportive and accommodating involvement throughout the whole process, and Jeremy Supetran (P2) for his absolutely stunning narration in the video entry.
It’s Good to be Back!

Alumni Reunions

Alumni Reunite for Milestone Celebrations

Last summer, the COM Class of 2003 and their families reunited for a 10-year Reunion Weekend to celebrate a decade since they graduated from medical school. Approximately 30 guests were on campus on July 19, 2013 for a campus tour, reception buffet, and to reconnect with faculty, staff, and campus administrators. The celebration continued over the weekend with a class-organized outing to Safari West, where they enjoyed an African Adventure in the heart of the wine country. The weekend was capped off with a farewell brunch on Sunday, July 21 at Scott’s Seafood in Oakland. Special thanks to the reunion organizing committee of: Christine Blonski, Corinna Saldahna, Elizabeth Shaw, Julianne Harrison, and Michael Feddersen.

2014 Reunions

Reunion planning has been in full swing this spring for two more milestone classes – the COM Class of 2004 and the COP Class of 2009. The COP Class of 2009 celebrated its 5-year reunion by honoring Dr. Katherine Knapp, Dean of the College of Pharmacy, who is retiring this year. The celebration took place on Sunday, May 4, 2014 at TERRA Gallery and Events in San Francisco. Approximately 150 people attended – including students, alumni, faculty, staff, and friends of Dr. Knapp and the COP.

The COM Class of 2004 will hold its 10-year reunion the weekend of June 20-22, 2014. Activities are still being finalized, but will include CME courses, a campus tour and reception, as well as a family-friendly outing in the San Francisco Bay. For more information, contact Saskia Lytle Vieira, Class of 2004 Reunion Chair, at slytlevi@gmail.com.

If you would like to organize your class reunion, please contact Jennifer Whitty, Director of Alumni Relations, at tuc.alumni.relations@tu.edu or (707) 638-5282.
Thanks to the kindness of past Touro graduates, the Touro University CA (TUCA) Alumni Association was able to provide two $1000 scholarships to a couple of TUCA students who demonstrated profound leadership skills, a commitment to helping their community and good academic standing. Here is a brief introduction to John Gorman, one of these outstanding students:

Q: Tell me about yourself:
I grew up in San Diego, California and attended the University of Arizona where I majored in Veterinary Science and played lacrosse. At that time I was split between veterinary medicine and human medicine but after working in a hospital I quickly realized my passion was with human medicine. I married my wife Jessica the year before entering medical school and we had our daughter Heidi in the Spring during my third year. I am attending medical school under the Health Professions Scholarship Program with the United States Navy and will serve in the Navy after graduation.

Q: What are your accomplishments?
My greatest accomplishment while at Touro University is being set to graduate as the Valedictorian for the COM class of 2014. During my first two years at Touro I was dedicated to being an active member of the school and community. I developed and chaired the Mare Island 5K which raised thousands of dollars for the community. I also served over 50 hours of community service volunteering at local health fairs, working at the student run health clinic and many other philanthropic events. Another important accomplishment in my eyes was achieving this while also being able to hike and have a date night with my wife every weekend.

Q: What are your hobbies?
In my spare time my wife, daughter and our dog Indie love to be outdoors. We enjoy everything from running to camping, backpacking and kayaking. I also enjoy playing lacrosse with local club leagues.

Q: What do you plan to do after you graduate?
After graduation I will be starting my Transitional Year Internship at Naval Medical Center San Diego. I will then most likely do an operational tour in Flight Surgery before starting my residency in Radiology.

By: John Gorman & Christopher Decker
Success is contagious. Touro's Teen Life Conference is the essence of having fun while learning. Success means that for one afternoon a year, Touro University is taken over by streams of teenagers discussing conflict resolution strategies, dreaming of exciting future careers in the health sciences, learning new dance moves and tasting a colorful array of fruits and vegetables. They learn about vitamins and minerals and have fun experimenting.

The Teen Life Conference has become a staple event in the lives of Vallejo teenagers. Each year they prepare their permission slips in advance and send excited emails with questions about the event. While, we, the head planners have been having meetings and making arrangements, plans, budgets, orders, etc. for months.

When three o'clock rolls around...on the designated day, all that they have been waiting for finally happens. The buses start pulling in, crowds of students excitedly get handed their 'passports,' an info packet full of all their event options and the fun begins. Suddenly, any of the open halls and classrooms of Lander are full of kids learning yoga, practicing 'safe choices' jeopardy, dancing jazz, discussing bullying, getting excited about future careers. Dreams of becoming a doctor, pharmacist or a physician assistant someday seem more realistic. Starting with the fundamental aims of encouraging smart decision making and establishing healthy lifestyle habits, Touro’s Teen Life Conference offers first hand exposure into opportunities in health and education careers.

The Teen Life Conference has become a legacy event. Each year it gets a little larger and a little better. Funded by Touro University and founded by students who are now alumni and headed by an interdisciplinary team of 2nd year students, we provide an exciting and inspiring event each year where the heart of Touro's mission is exemplified in action. Amidst a busy schedule of coursework, Touro students find an opportunity to embody all those principles and dreams of helping others we wrote about in our personal statements. The Teen Life Conference provides the opportunity to serve the community, act locally and provide positive experiences. Our presentations have an impact on the teenagers. We will become role-models to the youth of Vallejo.

Adolescence is a pivotal time. Your dreams, decisions and habits can have a lasting impact on your future opportunities. Self-worth is developed by the depth of your dreams and the realization of those dreams by actions. The growing years of being a teenager are awkward for everyone whether or not it is outwardly apparent. By being around young adult graduate students in their hometown, these teenagers get a glimpse of light at the end of the tunnel. We hope to show Vallejo teens there are still many years of opportunities ahead. Visiting Touro awakens local students to those opportunities making college and graduate school more tangible.

By offering an action packed evening of joking, eating, exercising and interactive learning, the Teen Life Conference has been able to provide a positive experience for the youth of Vallejo for eight years. Most of all, I hope each student had a great time, good memories and gained a little inspiration. I was honored to be a head planner last year and I can't wait to see the smiles and laughter taking over the campus again this March.

By: Caitlin Harris
Bringing HIV Awareness to the Students & Community

The San Francisco AIDS Walk provided us with an opportunity to get students at Touro University involved in Aids awareness. Students from the different programs on campus participated in the AIDS walk, while the HIV project coordinators teamed up with Marin AIDS Project to provide free HIV testing and education at the event. We were able to screen and provide testing to a wide variety of population with different knowledge levels about HIV. During the event, we had two curious girls who were interested in learning more about protecting themselves against STDs. Not only were we able to educate them on the proper uses of condoms and dental dams, we were also given an opportunity to answer questions they were hesitant to ask their healthcare providers.

As HIV project coordinators, we were also given an opportunity to team up with SnPha to participate at the National AIDS Memorial Grove’s community volunteer workday. The National AIDS Memorial Grove is a place in San Francisco dedicated to the many lives that have been affected by AIDS. It is a place for remembrance, sharing, and healing. One week per month from March to October, people of the community gather to maintain the Groove. COP students, as well as COM students were fortunate enough to participate in the final session of the year on October 19, 2013. Activities throughout the year include laying down foundation, planting, weeding, and making the place look beautiful for others to enjoy. We were able to see a place of importance to people of the community, hear personal experiences from other participants, and be a part of something of importance. I found this experience very rewarding and eye-opening. If people of all different backgrounds with a single commonality of AIDS are able to come together and maintain such a beautiful place, healthcare professionals of different background with the common goal of patient care should also be able to work in unison.

By: Angela Nguyen & Emily Chee, COP 2016
1st Annual Diabetes Community Health Fair

Special thanks to our preceptors: Drs: Adrian Palisoc, Clipper Young, Debra Sasaki-Hill, Kajua Lor, and Mark Gloudeman

The first DSHP Diabetes Health Fair took place on Saturday, November 16th, 2013. This event was partnered with Touro’s CSHP (California Society of Health System Pharmacist), and was held at John Muir Medical Center, Concord campus. This community outreach featured Medication Therapy Management (MTM), eye and dental exams, blood glucose and blood pressure monitoring and other health screenings. Some organizations who attended the event included: Touro University California, University of Pacific, Kaiser Permanente, American Diabetes Association, Walgreens, NovoNordisk and much more. Doctors, pharmacists, nurses, certified diabetes educators, ophthalmologists, dentists, and nutritionists were present to make educational presentations, including our very own Dr. Mark Gloudeman (COP) and Dr. Melissa Pearce (COM). The fair also featured family friendly events such as a cooking demonstration on healthy-living with celebrity chef Curtis Aikens, and basketball activities with a former Harlem Globetrotter. With the help of our Touro professors as preceptors and presenters, our Touro P1, P2 and P3 student pharmacists as coordinators and volunteers, this event was a huge success, with over 200 attendees.

By: Shirley Feng and Vincent Largo, COP

Students Talking About Rotation Sites (STARs)

This year, the STARs event was held on January 8th in Farragut Inn by the VP of Alumni Affairs of COP Executive Board. This event would not have been possible without our fellow Touro alumni, Dr. Kristin Wong, and the 14 upperclassmen who returned back on campus to share their rotation experiences. With the rotation site preference selection deadline approach, P2s gained valuable sights on the different rotation sites available from this round table event. Many P1s also attended to learn get a head start on the types of rotations out there. Dr. Kajua Lor presented on preceptors’ expectations of students on rotation, while Amy Kim (P4) provided tips on doing well on rotations. Dr. Lucinda Chan also offered advice to students who had questions regarding their rotation site selections. With over 100 participants, this year’s STARs event was definitely a great success!

By: Carmen Li, COP Board VP of Alumni Affairs, COP 2016
Reaching Out to the Underserved - Berkeley Women’s Suitcase Clinic

While most people expect to have a home to go back to every night, a large population of people in Berkeley actually struggles everyday to have a safe, warm place to stay. When something as simple as a roof above their heads becomes a challenge, one can imagine the health conditions of this group of people. In view of this, the Berkeley Women’s Suitcase Clinic, in collaboration with the Dwight Way Women’s Shelter, reached out to help this underserved community live a better life by providing a home and various services. On behalf of Touro University, we are honored and proud to be a part of this outreach project where we provide blood pressure screening and OTC consultation services to these less fortunate people.

With the help of generous Touro alumni and pharmacists as our preceptors, we have the opportunity to reach out and give back to the community while applying classroom knowledge to real patients. On average, 5-6 clients will sign up for our services during our visits. With the help of our preceptor, we answer their diverse questions, from minor skin cuts or cough/cold to persistent headaches or spotting during pregnancy.

Each clinic visit is an exciting learning experience, as we learn new ways to manage different situations and gain patient consultation skills. Our most memorable encounter involved calling the ambulance and sending our patient to the emergency room. This patient complained of a persistent headache with no sign of distress. We checked her blood pressure, but to our dismay, the blood pressure monitor was unable to get a reading. After measuring again on both arms multiple times, we found that her blood pressure was extremely high at an average of 190/140. Without hesitation, our preceptor decided to send this patient to the emergency room, as her blood pressure readings were indicative of a hypertensive crisis. Immediately, the shelter’s staff dialed 911 and our patient was sent away within 10 minutes. Although we were not able to follow up with this patient’s status afterwards nor find out if she indeed was having a hypertensive crisis, we were all able to sleep better that night knowing we have possibly saved a life. Although not every encounter we have at the clinic is as dramatic as this, the gratifying feeling of having helped someone in even the smallest way, such as changing the diet, is indescribable and irreplaceable. This rewarding feeling motivates us even more to continue to serve the underserved - because everyone deserves to feel that sense of security and stability we all often take for granted.

By: Joyce Cheung & Ching-Yun (Betty) Chang, COP 2016

Thanks to our preceptor, Dr. Han Wang, and all the volunteers - Vivian Li, Angela Nguyen, Carmen Li, Edward Yoo (from left to right)
Generation Rx: The Truth Behind Prescription Drug Abuse

Every day in the United States, more than 2,500 adolescents experiment with prescription painkillers for the first time. In fact, many of these individuals are unaware of what is considered prescription drug abuse. Generation Rx is an initiative through the American Pharmacists Association that aims to deliver education-based interventions regarding the dangers of prescription drug abuse and misuse.

This year, Touro University California pharmacy students partook in Generation Rx with the goal of educating youths from Vallejo, CA. With the approval of the Vallejo City Unified School District, this project took place during the month of September 2013 at Franklin Middle School and Jesse Bethel High School. Over 50 pharmacy students educated 2,400 middle and high school students on the dangers of drug abuse. A PowerPoint presentation was created to expose the youth to the topic of prescription drugs and the dangers of drug abuse. Pharmacy students also created and presented an interactive video to help reinforce the ideas discussed during the PowerPoint.

The project was a huge success. Many of the youth expressed more awareness and concern to the growing problem of prescription drug abuse in the community. We hope in the following years, this project will continue to grow and flourish with new leaders stepping up to further advance this life changing experience.

By: Michael Wong, PharmD Candidate, 2016, Sandy Dong, PharmD Candidate, 2015, and Jackie Ho, PharmD/MPH Candidate, 2015

Special thanks to Emily Chee (P2), Jasmine Reber (P2), the many volunteers of Generation Rx, and our preceptors, Dr. Layla Yousify and Dr. Tony Chou.
The Berkeley General Suitcase Clinic collaborates with UC Berkeley to provide free health and social services to the underserved population every Tuesday night at the First Presbyterian Church. It is a student-run organization that welcomes all ages, income, ethnicity, gender, and residence. The typical population encountered is homeless people that come to the clinic for some assistance and a spot to hang out. UC Berkeley provides services such as dinner, haircuts, foot wash, hygiene products, computers, games, and TV.

Our clinic’s main services include over the counter medication distribution and counseling, blood pressure screening, and recently this year, immunization. We teamed up with Walgreens and held three flu clinics this past winter, where they were able to provide us free vaccines, supplies, and preceptors. The events were very successful and we vaccinated over 45 people. In addition, we got to work with some project coordinators and American Pharmacists Association (APhA) members to improve the community’s health issues and lifestyle.

Besides practicing our clinical skills, the most important thing we gained from this experience was learning to appreciate diversity. Working with the homeless has allowed us to develop understanding and special skills for this particular population that suffer from financial rut, psychiatric disorders, and isolation.

Overall, the homeless community has been very grateful of our services and continual support. In return, it has been a truly rewarding experience to watch them learn more about their health and have motivation to improve their lifestyle and health outcomes overtime.

By: Tiffany Huynh and Vivian Nguyen, COP 2016
Academy of Managed Care Pharmacy

“Our mission is to EMPOWER pharmacy students to play a vital role in the care and course of pharmaceutical treatment as well as contributing to positive patient outcomes”

Roundtable Discussion Event “Building Bridges in Managed Care” October 10, 2013

Each year the Academy of Managed Care Pharmacy (AMCP) chapter coordinates a roundtable discussion event inviting 10-12 managed care pharmacists from a variety of disciplines. The AMCP Chapter at Touro University CA is fairly new, and the careers available in managed care pharmacy are not well known to first and second year pharmacy students. The goal of the roundtable discussion event is to use October, “The American Pharmacists’ Month” to inform students about the many career opportunities available in the field. It is one of the most popular events on Touro University CA campus and each year we have about 80-100 student pharmacists from all four pharmacy classes attend this event.

Students are able to network with each of the guest speakers and learn about their careers which may include coordinating patient care communication management with physicians and patients, outcomes research efforts, drug utilization review, formulary management, disease management, academic detailing, cost analysis programs, directing or managing at clinical institutions, and pharmacy benefit design. In addition, student pharmacists are able to qualify and quantify the results of pharmaceutical treatment and be able to deliver appropriate care by using sound medication management principles.

Roundtable discussion events have become a valuable asset helping student pharmacist network and learn about managed care pharmacy. Each year, our AMCP Executive board, AMCP Chapter Diplomat, Dr. Lily Lee, Novartis, Inc. and our AMCP Chapter Faculty Advisor, Dr. Lucinda Chan work with the current AMCP Student Leadership Board to reach out and invite pharmacists to the Touro University CA campus. This year we invited many well known managed care pharmacists including: Dr. Lucy Saldana, Centers for Medicare and Medicaid, Dr. Jenny Liang, Kaiser Permanente, Dr. Judy Mai, Dr. Jin Yun and Dr. Thomas Pham, Blue Shield of California, Dr. Ronald Sanui, California Department of Health Sciences, Dr. Alan Chuang, Hill Physicians Medical Group, Dr. Daniel Ford, NorthBay Medical Center, and Dr. Adrian Wong, Touro University CA (see group photo below).

Due to the popularity of the event, this year our AMCP chapter hosted another roundtable discussion event “Night Out with Industry” on March 11, 2014. This event primarily focused on pharmacists that have a background in working for a pharmaceutical industry. All student pharmacists were invited to this event.

The TUC AMCP chapter hosts a local P&T Competition each year. The winning local team has the opportunity to submit materials for consideration in the national competition held at the AMCP Annual Meeting & Showcase. This P&T Competition exposes pharmacy students to the inner workings of a P&T Committee; improves managed care pharmacy awareness; enhances drug information, critical thinking and presentation skills; provides “real world” experience and; offers a unique opportunity to pharmacy students. The local and national competition allows students to view different styles and processes that can be used in effective formulary management and provide exposure to, and a working knowledge of AMCP’s Format for Formulary Submissions. AMCP Judges included Dr. Vinson Lee (Amgen, Inc.), Dr. Rodney Gedey (Healthnet), Dr. Douglas Hillblom (Optum Rx), and Dr. Adrian Wong (Touro University, CA).

After a competitive and challenging competition, four students from TUC’s Pharmacy Program won the 3rd Annual AMCP Pharmacy and Therapeutics (P&T) Competition 2014. Students Thuy Vo, Bernice Wright, Olga Shimunova, and Jackie Ho, all third-year pharmacy students, will now submit their materials for the AMCP P&T National Competition held in Tampa Bay, Fla., in April. We would like to wish our team the best of luck and thank them for all their efforts.

AMCP Faculty Advisor: Dr. Lucinda Chan
AMCP Chapter President: Sapna Chhagan
AMCP Vice Presidents: Krista Ouellette, Kayla Coleman, Ridhima Naidu, Nimratpreet Nurpuri
ACCP 1st Residency Workshop – February 19, 2014

The ACCP Residency Workshop is the first installment of a two-part series created by ACCP in hopes of introducing the idea of a pharmacy residency or fellowship to P1 and P2 students. The idea came about when we realized that P1 and P2 pharmacy students at Touro do not receive any formal introduction to residencies or other post-graduate training opportunities. Students I’ve spoken with have said that they’ve heard of residencies, but do not know much about them. Therefore, we decided to create an event where a guest speaker (preferably a residency program director) can give a presentation on residencies and fellowships.

As to not overwhelm P1 students in their first year, the presentation is very introductory in nature and will answer the questions of “what is a residency or fellowship?” and “why should I do a residency/fellowship?” The presentation is intended to introduce the topic and spark some interest in students who would otherwise be unfamiliar until their P3 or P4 year. The learning objectives are for students to be able to identify what pharmacy jobs require a residency, what kind of work a resident does, and what kind of student does a fellowship versus a residency.

The second half of the event includes a presentation by me on how to prepare for a residency early on and what skills to have in your toolkit. My presentation comes from personal experiences and knowledge gained from various residency program directors, residency seminars, and residency preparation books. Some of my topics include: leadership, research, networking, and finding mentors.

The final installment of the series will be a “Residency roundtable” event in collaboration with CSHP on March 2, 2014. The event will be catered toward P3 and P4 students, with P1s and P2s invited as well. We plan to have 10 residents (7 PGY1, 2 PGY2, 1 former resident) sitting at tables and discussing various topics such as “a day in the life of a PGY2 Infectious Disease resident” or “how to prepare for your residency interview.” Students will have the opportunity to ask questions and network with the various residents.

By: Sebastian Al-Saiegh, President, American College of Clinical Pharmacy (ACCP) - Touro Chapter Doctor of Pharmacy Candidate 2016
The pharmacy student leaders of Phi Lambda Sigma Gamma Omicron at Touro University California have been keeping active this fall semester of 2013. To commence the school year, PLS members and alumni hosted an informational booth at a school wide fair in order to establish the chapter’s presence on campus early-on and actively promote the society. Since then, PLS student leaders have been holding informative lunch-time talks throughout the entire semester for the P1 and P2 students on campus, addressing pertinent topics such as surviving pharmacy school, utilizing digital resources, an introduction to IPPEs, a journal club tutorial, and an insider’s tips and tricks for excelling at OSCEs.

In October, the Executive Cabinet recruited PLS advisors and alumni from a variety of pharmacy practice specialties and held a Residency and Fellowship Discussion Panel. This discussion panel provided numerous perspectives from qualified and well-experienced pharmacists regarding residency and fellowship specifics including the day-to-day activities to the long-term career opportunities, what resident and fellowship directors particularly look for in potential candidates, and how best to prepare for and navigate the intricate labyrinth known as the application process. This panel aired live on WebEx, allowing all Touro pharmacy students to attend the session remotely, and have the opportunity to ask questions directly to the panelists. Finally in November, the Executive Cabinet organized the 2nd Annual AMPLIFY Event, a leadership workshop geared at P1 and P2 pharmacy students. This day-long workshop incorporated hands-on group exercises that were conducted by several PLS leaders and alumni in order to learn, understand, and develop skills for current and future pharmacy leaders. Through the various events over the past semester, the Gamma Omicron chapter has propagated the ultimate mission of Phi Lambda Sigma to recognize leaders in the field of pharmacy and foster leadership development, thereby showing their dedication and commitment not only to the society, but to advancing the pharmacy profession as a whole.

By: Amber A. Mann, PharmD/MPH Candidate, 2015
Winter Gala 2014 “The Great Gatsby”

This year’s Winter Gala “The Great Gatsby” had students, guests, and faculty dressed in their best Roaring Twenties attire. This extravagant party was held at Farragut Inn and hosted 600 students, guests, and faculty. Attendees danced and sang the night away with our live DJ in the ballroom, live karaoke in the outside tent, and two double bars serving a refreshing mix of Kosher Beer and Wine. Amazing Hor d’oeuvre and delicious desserts served by our very own Food Services kept guests satisfied. A beautiful back drop allowed attendees to take pictures on their own time and an endless line at our two photo booths captured memories that would last a life time. The night continued with more excitement following the announcement of Mr. and Ms. Touro, Ariff Moola and Grey Wheless, decided by votes from all the attendees. The night also featured a special performance by the 2012 and 2013 Touro Idol winners, Jeremy Supetran and Chandra Char. They both swooned the crowd with a duet performance to “I Need You Now” by Lady Antebellum and with the help of Victor Pham’s beat boxing, they performed a mash up of “No Diggity,” “Insane in the Membrane,” and “Thrift Shop.” The roaring celebration had guests wondering what fun and excitement the following year will bring.

By: Steven Van

Special Thanks to all Volunteers: Dr. Favreau, Rosy Childress, Sharon Kutasy, Apar Singh, Marshal Khant, Joyce Ho, Sonya Babayan, Megan Pokorney, Mey Saephan, Jade Hiu, Rodger Cagawan, Matthew Blaisdell, Melanie Kappadakunnel, Frank Nguyen, Tina Mai, Bestoor Behizadeh, Anahita Amalsad, Michelle Ausilio, Peng Zhang, Michael Phorth, Salma Bahadarakhann, Megan Lung, I-Kuan Hsu, Matt Smart, Karen Huang, Ridhima Naidu.
Working Hard – Working Out Even Harder!

As an institution with a commitment to producing skilled and dedicated education and health professionals, Touro aims to provide its students with the right tools. Our newly updated Workout Room and Core/Mobility/Yoga Loft aim to give students, faculty and staff the space to meet their own Health and Fitness goals while working to improve those same goals in their future patients and students. Seven years ago, the students of Touro converted one of our Raquetball Courts into a Workout Room, adding exercise flooring and mirrors. Additionally, they stocked it with equipment for the dedicated Touro California gym rats. Earlier this year, funding became available for the current students to continue to improve upon what our alumni had started.

We assembled a committee consisting of Dr. James Binkerd of Student Services, Mr. Jay Ritchie-Head of Facilities, Student Doctor Frank Nguyen-SGA President of Athletics, Student Doctor Luke Kane-a Foundations Trainer and Student Doctor Michael Macellari-a Certified Strength and Conditioning Specialist and former Division I Collegiate Strength Coach. Additionally, Faculty Members and fitness enthusiasts Dr. Eric Ip and Dr. Gregory Gayer consulted on equipment selection. In a collaborative effort, members of the committee submitted a floor plan for approval and went about formulating budgets and quotes for equipment. After many meetings, discussions and emails, we were finally ready to place the order.

As our space is small, we sought to maximize its efficiency, utility and safety. We repositioned and reconditioned the existing equipment to make room for new equipment. Also we cleaned and cleared space in the loft above the Workout Room for a Core/Mobility/Yoga Loft. By including as many training modalities as possible we aimed to provide options for everyone, no matter what their training style or Fitness goals.

Some of the notable changes included:

- 2 Complete Olympic Squat Racks with Bumper Plates for Olympic Lifting
- Additionally these come with attachments for Bench Pressing, Dips and Band Resistance Training
- A Glute Hamstring Developer for strengthening of the entire posterior chain
- 2 Brand New Concept II Rowing Machines for combined strengthening and cardiovascular conditioning
- A full set of Kettlebells
- A leg press machine
- 2 TRX Suspension Trainers

We were also able to outfit our upstairs area with several tools for mobility, stretching and soft tissue treatment, as seen in the photo on the right. Since the improvements we have seen a dramatic increase in use. Students are now able to exercise before class, during lunch or after school. There has also been a strong and expressed interest from our younger classmates to continue to add to and improve our facility.

Much thanks to everyone who helped out on this project, including our Alumni, who got it started. We hope that you will drop in and grab a workout next time you are on campus!

By: Michael Macellari
In the spirit of promoting strong leadership and fostering research skills in California pharmacists, every year Touro selects a team of eight students to be members of California Pharmacy Student Leadership (CAPSLEAD). This organization was designed to foster leadership and teamwork skills in beginning pharmacy students. Every year, a newly selected team of students works together to develop a project and perform research which culminates in a poster to be presented at the CSHP seminar.

Last semester in October, our 2013 CAPSLEAD team had the opportunity to present our research on Medication Therapy Management at the conference in Anaheim. The project was designed to ascertain both the extent to which MTM is being taught in California Pharmacy school curricula, and how confident students are in performing MTM after graduation. The poster presentation was truly a unique and rewarding experience for the team. Not only because we finally had the opportunity to show off the hard work we had done over the past year, but also because we got the chance to see the research that other CAPSLEAD teams from around the state had done. It was networking at its best as all of the teams mingled and recounted their collective experiences in creating the posters.

As second year students, it was also a fantastic opportunity to visit the residency showcase held at the conference and see just how many residency options there are available to us. We were so proud to see how many Touro students had just been accepted as residents. Overall, the CSHP conference was a great experience and I for one will definitely plan on attending next year!

By: Megan Pokorney, COP 2016
Holi as a festival has become a celebration of color, spring and love around the world now; however, it stems from an ancient Hindu festival. The word “Holi” originated from “Holika,” who is the evil sister of a demon king, Hiranyakashipu. The king had obtained powers that blinded his judgments and abused them to demand his worship from those around him. He became arrogant and even his own son, Prahlada, disagreed with his father’s views and practices. Prahlada was a devotee of Vishnu and refused to worship his father. This infuriated him and subjected him to cruel punishments, none of which affected Prahlada or resolved with a better outcome. Ultimately, Prahlada was tricked to sit in a fire with his evil aunt, Holika. Holika was wearing a cloak that made her immune to the fire; however, as Prahlada was chanting Vishnu’s name, the cloak flew from Holika and encased Prahlada. Holika burned and Prahlada survived. Also, Vishnu appeared and killed Hiranyakashipu. Therefore, the day before Holi, there are huge bonfires all around Hindu communities to symbolize the victory of good over evil. The day after is celebrated as Holi with playful use of colorful powder and water. Anyone is fair game, friend or stranger, men or women, child or elder. This joyful chase usually occurs in the open streets, open parks, and outside of temples.

We wanted to bring this cheerful and fun festival to Touro University, so this event was made possible by the collaboration of Student Government Association, Indian Student Health Alliance (ISHA), and COM Student Executive Council. It was organized by Marshal Khant, VP of Archives of SGA and VP of Social Affairs of ISHA. The event was held at the Groove with an inflatable slip and slide, inflatable pool, super soakers, water balloons, boxes of various colored powders, and music. On April 25, 2013, a diverse group of Touro students gathered, sang, danced, and played with color and water to celebrate this gleeful event. Holi has a great meaning that can be celebrated by everyone. We hope to continue this with our 2nd annual Holi event this spring; hope to see y’all there.

By: Marshal Khant
Touro, We Got the Beat!

Queue the percussions because Touro University California is pumping up the jams. In September, we had our first Music Social group encouraging students, faculty, and staff to express themselves through music and other performing arts. The Music Socials are founded and created by Chandra Char, MPH student and current Touro Idol winner 2013. Chandra won Touro Idol in November 2013 when she performed “Little Talks” by Of Monsters and Men on her ‘ukulele accompanied by vocals. She was hoping that her win will help bring credibility to the newly established Music Socials.

The goal of the Music Socials is to unite people from all disciplines together to celebrate life through music. Additionally, the Music Socials have a charitable component. In December, we collected new pairs of socks for the homeless in Vallejo through our “Songs for Socks” campaign. We collected approximately 100 pairs of socks. The Music Socials have initiated music on campus and inspired other music groups on campus such as a newly formed a capella group, Degrees of Freedom, featuring Chandra Char (MPH), Odrin Castillo (COM), Jeremy Supetran (COP & Touro Idol 2012) and Matt Schrader (COM). Degrees of Freedom will be debuting at the Big Game on April 3, 2014.

By: Chandra Char

CONGRATULATIONS to ALL...

✓ AMCP Pharmacy and Therapeutics (P&T) Competition Companions of 2014
✓ CSHP Clinical Skills Competition Companions of 2013
✓ Phi Lambda Sigma Outstanding Chapter of 2013
✓ CPHA Quiz Bowl Companions of 2013
The Wellness Newsletter, brought to TUCA by the Student Health and Wellness Council (SHWC), was designed to inform and promote wellness in all aspects of life. In this page, you will get a glimpse of the content published in the TUCA Wellness Monthly. If you would like to subscribe to the monthly newsletter, please contact Jade Hiu @ jade.hiu@tu.edu. Thank you!

Jade Hiu,
Co-Coordinator, Student Health & Wellness Council — Newsletter Project
Project Advisor: Dr. Irene D. Favreau,

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**TIME OUT**

*By Irene D. Favreau*

In a world that’s full of stress and woe.
People need a place to go
To be at peace and then to feel
The soothing things that help them heal.

There must be fragrant tea and cake,
And arts and crafts set out to make.
The air should smell of fruit and spice,
And shelves are full of all things nice.

The chairs should all be soft and plush,
And there is never need to rush.
Things are tidy and in their places,
And mirrors reflect only smiling faces.

For people like me with a cluttered mind,
Places like that can be hard to find.
Then suddenly I realize
That I just need to close my eyes.

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**Words of Wisdom**

“Man surprised me most about humanity.
Because he sacrifices his health in order to make money. Then he sacrifices money to recuperate his health. And then he is so anxious about the future that he does not enjoy the present; the result being that he does not live in the present or the future; he lives as if he is never going to die, and then dies having never really lived.”

— Dalai Lama XIV

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http://4.bp.blogspot.com/-VXC3WtAqnjY/UIEkeZt30YI/AAAAAAAAAO8/ls2m1L7giEQ/s1600/830079500%2Bsimply%2Bspring%2Bletter-760395.jpg
IN LOVING MEMORY OF ALL THOSE PRESENT IN OUR HEARTS

Bersabell Asaye (MPH Student)

Dr. Benjamin Brandwein, D.O. (COM Class of 2002)

Mr. Stanley Bresh (Former Dir. of Institutional Advancement)

Zachary Hauser (Student Doctor - COM Class of 2015)

Dr. Bernard Lander (Touro Founder & Former President)

Dr. Stanley Phillips, D.O. (COM Class of 2009)

Dr. Andricia Ramirez (Pharm D Class of 2014)

Dr. Steven Schwartz (Former COM Faculty)