

# ASCP | Pacific

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## Hello 2021!

ASCP-Pacific hopes everyone had a great winter break and are ready to dive into the new year. This semester, we held elections for our 2020-2021 board. Please give the new board a warm welcome! Also, for those interested in learning more about geriatric pharmacy, keep a lookout for a geriatric residency panel event in March!

## Meet our P1 Liaisons

By Harkeerat Sidhu and An Tran



My name is Harkeerat “Kiki” Sidhu and I am one of the ASCP-Pacific liaisons. I am from Bakersfield, California and I completed my undergrad at California State University of Bakersfield. I joined ASCP because I want to connect with the geriatric population and bring about a positive change in their lives and by doing so, I can give back to our communities. At times the geriatric population is overlooked, and I want to help change that because they deserve the same level of care as other populations. By being a part of this organization, I have a voice and can potentially help the society albeit a small portion of the whole.

My name is An and I am one of the first-year liaisons for ASCP-Pacific. I am from Fremont, CA and completed my undergrad at UOP as a 3+3 pre-pharm. In my free time, I enjoy spending time with my dog, watching anime with my housemates, and trying new foods! I joined ASCP because I enjoy interacting with the geriatric population and am interested in consultant pharmacy as a potential career. Senior citizens make up a huge part of our communities, so I thought it would be beneficial to learn more about how to best serve and give back to them. I am looking forward to learning about more ways to positively impact the health of the senior community through ASCP.

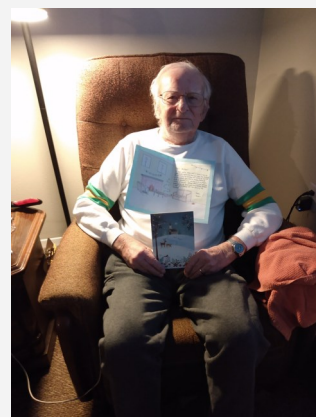
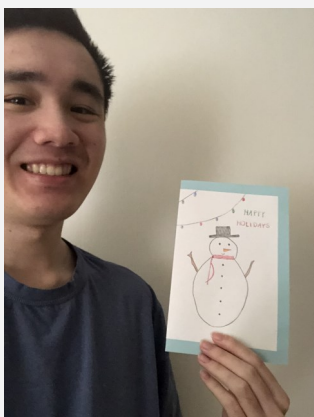


# Hello 2021!

By Harkeerat Sidhu and An Tran

Last November, ASCP-Pacific held its second Cards of Light Luminary Challenge event of the year. Similar to the event held over last summer, students decorated and sent cards to seniors living in an assisted living facility. This time, Camlu Assisted Living Facility in Stockton was kind enough to partner with us for this activity. With the knowledge that many seniors were having a difficult time isolating and not being able to have visitors, students created festive cards to send to the senior residents and brighten their holiday season. The Cards of Light Luminary Challenge allowed students to engage with the geriatric population of Stockton, and helped build a sense of community and togetherness during these challenging times. One new aspect introduced this time was that 8 students were assigned pen pals at the assisted living facility to continue trading letters even after the event was over.

Like in the past, the best cards were voted on by the current executive board and advisors, with the 1st place winner being Amanda Lee, along with runner-up winners, Chanel Tse and Mai Her Thao. To see pictures of the wonderful cards designed by Pacific students and responses from the Camlu residents, please be sure to check out our Facebook page. Lastly, ASCP-Pacific would like to sincerely thank all participants of the Cards of Light Luminary Challenge. We hope your experience was rewarding, and we look forward to seeing more of your creative cards in the future as well!



## 2020 Fall Speaker Panel

By Jessica Choi

On September 30th, ASCP-Pacific had the pleasure to host an event with four different consultant pharmacists, all who were graduates of Thomas J. Long School of Pharmacy. The four guests included geriatric Pharmacist and founder of *PillBoxTalk*, Stephanie Matinpour; Pharmacy-in-charge of Omnicare of Northern California, Irene Solorio; Clinical Manager for CA Omnicare's Consultant Pharmacists, Christopher Wang; Consultant pharmacist and CPhA chair for long-term care group, George Do. Pharmacy students got the chance to sit in on the Zoom event and listen as the ASCP-Pacific executive board members asked questions, such as their experience with consultant pharmacy and how their pharmacy journey looked like. After the questions, students were open to ask any additional questions they had for the guest speakers.



Stephanie Matinpour



Irene Solorio



Christopher Wang



George Do

## 2021 Spring Event: Geriatric Residency Panel

By Jessica Choi

On March 18th, from 6PM—7PM, ASCP-Pacific will be hosting a new Geriatric Pharmacy residency panel, inviting three residents currently working at the San Francisco VA Health Care System. Be sure to come out if you would like to learn about what it takes to get into a geriatric pharmacy residency, and what the day-to-day life is for a geriatric pharmacist!



## About ASCP-Pacific

The American Society of Consultant Pharmacists at the University of the Pacific was founded at the Thomas J. Long School of Pharmacy in 2008. ASCP-Pacific is actively involved in providing and improving senior care, and advocating for the field of consultant pharmacy. ASCP-Pacific is dedicated to serving and improving the health of seniors as well as advocate the profession of consultant pharmacy.

In addition, ASCP-Pacific reaches out to the community by collaborating with the Bone Mineral Density Committee and the Medication Use Safety Training (MUST™) Program. The Bone Mineral Density Committee is a professional committee that provides bone mineral density, osteoporosis screening and prevention strategies, and falls risk prevention at community health fairs.

The MUST™ program provides an educational and interactive experience in which participants have the opportunity to ask questions about their medications and receive individualized assistance. It helps participants mitigate medication misuse, recognize and manage common side effects, and improve medication use knowledge to avoid medication errors.

### Website:

[ascppacific.weebly.com](http://ascppacific.weebly.com)

### Facebook:

[facebook.com/ascppacific](https://facebook.com/ascppacific)

**Instagram** @ascppacific

For more information, please visit our website, Facebook page, or Instagram!

## Honor Cord Requirements

To receive an honor cord at graduation, ASCP-Pacific members must fulfill the following requirements:

1. Be an active member for all 3 years at Thomas J. Long School of Pharmacy (or an additional honor cord event to make up for any missing year of membership).
2. Attend at least 6 general meetings.
3. Accumulate 5 honor cord points by the end of the second year



Taken from [www.pacific.edu](http://www.pacific.edu)

## Contact Us!

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