Employee Program Focuses on Many Dimensions of Wellness

Creating a healthy workforce is an important goal for Midwestern University. As an educational institution that teaches students to be health professionals, the University is committed to offering a wellness program that helps employees reach their optimum level of health in several areas.

“The wellness programs are an outreach of our overall culture and curriculum,” said Kathleen H. Goeppinger, Ph.D., President & CEO of Midwestern University. “The comprehensive program we have today has been evolving over the past 10 years, as we identified new and innovative programs that encourage participation and had positive results on members of the community.”

Managed by the Human Resources Office with the guidance of campus wellness committees, the program is based on six dimensions of wellness that include:

- Physical wellness
- Spirituality
- Emotional health
- Intellectual health
- Social health
- Occupational/Vocational health

“Our wellness program is a positive program that aims to get everyone engaged. If you look at all we offer, it is really all-encompassing. We don't focus on just one aspect; instead we deal with the whole person, which relates to our mission as a University,” said Amy Gibson, M.S., PHR, Director of Human Resources.

Some components of the MWU workplace wellness program include:

- tracking/health surveys
- incentive programs for vacation & cash
- unique fitness classes at the Recreation & Wellness Center
- national pedometer step tracking program
- wellness in-services
- free flu shots
- health lectures for the community
- national weight management program
- on-campus clinics
- and more

Midwestern University faculty, staff, and students participate in a variety of programs and activities at the Recreation and Wellness Center.

Continued on page 2
Dear Faculty and Staff,

As you read this issue of Vital Signs, you will see so many examples of how we are a very special University. This issue brings you great stories, from our emphasis on wellness for our faculty, staff, and students, to our emphasis on service. Service to others is found in so many ways. Just look at the community outreach like our five optometry students who spent their spring break providing eye care and glasses to the needy citizens of Hermosillo, Mexico. Another great example of service was our “Give Kids a Smile, Educational and Treatment Program” organized and held on our Glendale Campus where our dental students treated over 250 children with free dental care and dental education to their parents and guardians. This gift to the community equaled over $96,000 in free care to those who can least afford dental care. Our mission to Guatemala was most successful, as were the special cultural events that took place on the Downers Grove Campus. Giving to others is so very well illustrated in the special fundraiser on the Downers Grove Campus that contributed to the Japan Relief Fund. Yes, this is a very special University with people who really care about others.

All of these events and activities are taught and modeled by our dedicated faculty and staff. This past spring, we lost an important member of our campus community when Dr. Craig Johnston passed away. His dedication to service, students, education, and his colleagues was an inspiration to all of us. He is missed, but his memory and influence lives on and the alumni of Midwestern University will always remember him.

And finally, we have just been named as the 6th Best Place to Work in Academia, by The Scientist magazine. What an honor! I could not be prouder to know that we are ranked so very highly by those that work, research, and teach here. You make this a wonderful University and I cannot thank you enough for being part of our mission.

Sincerely,

Dr. G.

Employee Program Focuses on Many Dimensions of Wellness

continued from page 1

“If you took all that we offer and looked at who on campus participates in one of those things, we are probably close to an almost 100 percent participation rate,” Ms. Gibson said. “Most people don’t do it all, but they at least do some portion of those things. And, that’s what we are trying to do—find something for everybody so they can all be engaged in wellness.”

All these efforts are paying off as Midwestern University was recently named one of the Valley of the Sun’s Healthiest Employers for 2011 by the Phoenix Business Journal. The award cited Midwestern’s “outstanding health and wellness program” and the University’s “innovative strategies” for maintaining a healthy workforce as just some of the reasons why the University earned this prestigious distinction. The honor serves as an affirmation of the wellness course set by the University years ago. “Midwestern’s approach to wellness has always been that it’s the right thing to do for our employees. It’s not about the return on investment,” Ms. Gibson added. “We have been extremely fortunate that Dr. Goeppinger is very committed to wellness. You will see her at the Faculty/Staff Recognition Dinner in a formal dress with her pedometer on. She is a fabulous role model of our top management supporting wellness.”

As for the future, the Wellness Program will continue to evolve and add new opportunities to get more people involved. A recent change includes offering a healthier food menu at all Wellness events. Also, the Human Resources team will continue to rely on feedback and information from employees to help develop new in-service topics or wellness initiatives. “We are always looking for great new ideas. If employees come across something either through their community, professional organizations, or networking that they think is something of value to be offered, please bring it to our attention,” Ms. Gibson said. “The most success is going to come from everyone getting involved.”
Faculty, Staff, and Student Research and Activities Update

APPOINTMENTS, AWARDS, AND GRANTS

Layla Al-Nakkash, Ph.D. (AZCOM), Associate Professor, Physiology, received funding from the Soy Health Research Program totaling $10,000 for her project “Understanding the Mechanism for Genistein-mediated Chloride Secretion.”

Jon Benfield, MS-III (AZCOM), was elected as the American Osteopathic College of Physical Medicine and Rehabilitation (AOCPRM) Immediate Past President.

Michelle Bradley, MS-IV (AZCOM) and Gina Hart, MS-IV (AZCOM), took first place in the clinical-case poster competition at the American Academy of Osteopathy (AAO) Convocation in Colorado Springs, CO., in March.

Maxwell Braverman, MS-II (AZCOM), was elected as a Council of Osteopathic Student Government Presidents (COSGP) National Parliamentarian.

Emily Burk, MS-III (AZCOM), was chosen as the Student Osteopathic Medical Association (SOMA) National Board Clinical Clerkship Coordinator.

Shari Burns, CRNA, Ed.D. (CHS-AZ), Program Director, Nurse Anesthesia, was among those selected to receive the 2011 Mary Hanna Memorial Journalism Award from the American Society of PeriAnesthesia Nurses (ASPA) for her article entitled “Incidence of Postoperative Hypothermia and the Relationship to Clinical Variables,” published in the Journal of PeriAnesthesia Nursing.

Troy Bushman, MS-II (AZCOM), was named as an American Osteopathic College of Physical Medicine and Rehabilitation (AOCPRM) Bylaws Committee Representative and Membership Committee Member.

Michael Downey, PMS-III (AZPod/CHS-AZ), was selected to receive a $5,000 Kaiser Permanente Northern California scholarship in recognition of his community leadership and population-based research.

Ryan Eubanks, MS-III (AZCOM), was elected as the Student Osteopathic Surgical Association (SOSA) National Executive Board Vice Chair.

Karen Farrell, Psy.D. (CHS-DG), Professor, Behavioral Medicine, has received funding from the Illinois Violence Prevention Authority in the amount of $11,650 for her project “Bullying Prevention Grant—StronGirls Program.”

Charles Finch, D.O. (AZCOM), Chair, Integrated Medicine, was named Physician of the Year by the Arizona Osteopathic Medical Association.

Dr. Finch also joined Randall Ricardi, D.O. (AZCOM), Clinical Assistant Professor, and Carlton Richie, D.O. (AZCOM), Clinical Associate Professor, Osteopathic Manipulative Medicine, in being recognized by Phoenix Magazine in its “Top Docs” special issue.

Jack Garcia, NAS-I (CHS-AZ), won the National Hispanic Nurses Association Scholarship.

Kathleen H. Goeppinger, Ph.D., President & CEO of Midwestern University, was named as one of Arizona’s Most Admired CEOs by the Phoenix Business Journal. Dr. Goeppinger was one of 25 top-level executives in Arizona to be recognized for the annual honor, which was bestowed at a special dinner held at the Westin Kierland Resort in Scottsdale, AZ., on May 19th.

Anil Gulati, M.D., Ph.D. (CCP), Professor, Pharmaceutical Sciences, and Associate Dean, received funding in the amount of $13,910 in direct and indirect costs from APP, LLC for his study, “A Pharmacokinetic Study in Rats with Fulvestrant Injection.”

Monsoor Jatoi, MS-III (AZCOM), was elected as a Council of Osteopathic Student Government Presidents (COSGP) AOA Board of Trustees Student Delegate.

Adam Lundberg, MS-III (AZCOM), was appointed as a Student Osteopathic Medical Association (SOMA) Foundation Chairperson and Board of Trustees Member.

Jasmin Mosley, MS-II (AZCOM), was named the American Osteopathic Academy of Sports Medicine (AOASM) Western Region Representative.

Nicole Mullins, MS-III (AZCOM), was elected as the Student American Academy of Osteopathy (SAAO) National Council Chair.
Karen Nagel-Edwards, Ph.D. (CCP), Associate Professor, Pharmaceutical Sciences, was appointed Chair, Section on Basic Pharmaceutical Sciences, APhA-APR5, at the American Pharmacists Association Annual Meeting in March in Seattle, WA.

David Parrack, D.O., FACOS (AZCOM), Chair, Surgery and Anesthesia, was named Mentor of the Year by the Arizona Osteopathic Medical Association.

Regan Riley, MS-II (AZCOM), was elected as the Student Osteopathic Surgical Association (SOSA) National Executive Board Treasurer.

Denton Shanks, MS-II (AZCOM), was named as a Student Academic Member on the American College of Osteopathic Family Physicians (ACOFP) Board of Governors.

Timothy Todd, Pharm.D. (CCP), Associate Professor, Pharmacy Practice, was elected to Board of Directors for the Pediatric Pharmacy Advocacy Group.

Luis Vargas, P.T., Ph.D. (CHS-AZ), Associate Professor, Physical Therapy, received the Leadership Award from the Aquatic Physical Therapy Section of the American Physical Therapy Association (APTA) in recognition of his outstanding contributions and service to the section.

Anthony Will, D.O. (AZCOM), Chair, Osteopathic Manipulative Medicine, was honored as a Patients’ Choice Physician.

**PRESENTATIONS, SPEECHES, AND COMMUNITY SERVICE**

Sally Arif, Pharm.D., BCPS (CCP), Assistant Professor, Pharmacy Practice, presented “An Evidence-Based Approach to Stroke Prevention and Managing Thromboembolic Disease” at Midwestern University’s CPE Program in April on the Downers Grove Campus.

Meghana Aruru, Ph.D., M.B.A. (CCP), Assistant Professor, Pharmacy Practice, et al., presented the poster, “Evaluation of the Readability of Patient Education Materials” at the American Pharmacists Association Annual Meeting, in Seattle, WA.

Kimberly A. Brown, Ph.D. (MWU), Director of Finance, presented the webinar “Making a Difference with Financial Literacy Education: Changing Student Financial Decision-Making” as part of the National Student Loan Program’s Financial Literacy Education Lessons for Life Series in April.

Susan Cornell, Pharm.D. (CCP), Assistant Director, Experiential Education, presented “Motivational Interviewing: Improving Adherence Workshop—Diabetes and Depression” at the Rhode Island Department of Health: Diabetes Prevention and Control Program Annual Symposium in April in Providence, RI. Dr. Cornell, et al., presented, “Incretin-based Therapies: How and What to Tell Your Patients for Improved Adherence” as part of a satellite symposium at the American Pharmacists Association Annual Meeting, in March in Seattle, WA, and presented, et al, “2011 Diabetes Update” at the same meeting. Also, she presented, et al., “Cardiovascular Disease in Diabetes: 2011 Pharmacotherapy Update” at the Texas Society of Health-System Pharmacists annual meeting in March in El Paso, TX; “Strategies for Improving Adherence and Outcomes for Patients with Type 2 Diabetes” at the California Association of Physician Assistants Annual Meeting in February in Napa, CA; and “Improving Adherence: A Motivational Interviewing Workshop—Type 2 Diabetes in Children and Adolescents” at the February Alaska Pharmacists Association Annual Meeting in Anchorage, AK.

Shari Burns, CRNA, Ed.D. (CHS-AZ), Program Director, Nurse Anesthesia, presented “The Relationship Between Admission Selection Criteria and Academic Progression for Student Nurse Anesthetists” at the International Alliance for Teacher Scholars’ 23rd Annual Lilly Conference on College and University Teaching-West at California Polytechnical Institute in March.

Christian Evans, P.T., Ph.D. (CHS-DG), Associate Professor, Physical Therapy, Laura Moulton, M.B.S. (CHS-DG), Mary Stancukas, M.B.S. (CHS-DG), Kathy LePard, Ph.D. (CCOM), Associate Professor, Physiology, and Mae Josephine Ciancio, Ph.D. (CCOM, CHS-DG), Assistant Professor, Biomedical Sciences, presented a poster on “Voluntary Exercise Prevents Diet-Induced Obesity” at the Experimental Biology in Washington, D.C. in April.

Karen Farrell, Psy.D. (CHS-DG), Professor, Behavioral Medicine, was invited by the American Psychological Association, Education Government Relations Office, to Washington, D.C. to participate in a hill visit with Congressman Jesse Jackson, Jr., Senator Dick Durbin, and Senator Mark Kirk to urge support for increased FY 2011/FY2012 funding for the Graduate Psychology Education (GPE) Program. The GPE is a competitive grant program within the Health Resources and Services Administrations’ Bureau of Health Professions.

Margaret Felczak, Pharm.D. (CCP), Assistant Professor, Pharmacy Practice, presented “Pharmacotherapeutic Treatments for Obesity” at the 2011 Obesity Epidemic: Treatment Strategies for the 21st Century, CME in the City, for the Chicago College of Osteopathic Medicine and Illinois Osteopathic Medical Society’s joint conference in April in Chicago, IL.

Julie Fusco, Pharm.D. (CCP), Associate Professor, Pharmacy Practice, presented, “Best Practices in Managing Medications in the Older Adult” at Humana, Great Lakes Regional Health Services in March in Oak Brook, IL.

Tudy Hodgman, Pharm.D., (CCP), Assistant Professor, Pharmacy Practice, presented, “To Bleed or Not to Bleed, That is the Question. A Review of New Anticoagulant/Antiplatelet Agents,” at the Northwest Chicago Area Chapter of American Association of Critical Care Nurses in April in Arlington Heights, IL.
Kevin Hynes, Ph.D. (MWU), Director, Institutional Research, et al., presented “Utilizing a Rubrics Cube to Strategically Plan Assessment Validation,” at the annual meeting of the Higher Learning Commission in Chicago in April.

Brooke Griffin, Pharm.D. (CCP), Associate Professor, Pharmacy Practice, Kathy Komperda, Pharm.D. (CCP), Associate Professor, Pharmacy Practice, et al., presented the poster, “The Use of HMG-CoA Reductase Inhibitors in Type 2 Diabetes for Primary Prevention: a Retrospective Chart Review,” at the 2011 Illinois Council of Health-System Pharmacists and Missouri Society of Health-System Pharmacists Spring Meeting in April in St. Charles, MO.

Anil Gulati, M.D., Ph.D. (CCP), Professor, Pharmaceutical Sciences and Associate Dean, presented “Modulation of Adrenergic Receptors by Endothelin—Therapeutic Implications” to the Department of Biopharmaceutical Sciences, College of Pharmacy, University of Illinois at Chicago in March.

Mary Ann Kliethermes, Pharm.D. (CCP), Associate Professor and Vice Chair, Pharmacy Practice, presented “Medication Therapy Management: Health Care Reform and Home Infusion” at the 2011 National Home Infusion Association Conference and Exposition in April in Orlando FL. Dr. Kliethermes also presented “PPM in the Ambulatory Setting” at the Illinois Council of Health-System Pharmacists and Missouri Society of Health System Pharmacists Meeting in April in St. Charles, MO.

Kathy Komperda, Pharm.D., B.C.P.S.(CCP), Associate Professor, Pharmacy Practice, Jill Burkiewicz, Pharm.D., B.C.P.S. (CCP), Professor, Pharmacy Practice, et al., presented the poster, “Prescribing Patterns Before and After the Publication of Literature Describing a Potential Interaction Between Clopidogrel and Proton Pump Inhibitors,” at the 2011 Illinois Council of Health-System Pharmacists and Missouri Society of Health-System Pharmacists Spring Meeting in April in St. Charles, MO.

Rosalyn Padiyara, Pharm.D. (CCP), Associate Professor, Pharmacy Practice, presented “Pharmacy Careers” at the University of Illinois at Chicago College of Pharmacy Alumni and Student Social in April in Oak Brook, IL.

Thomas Reutzel, Ph.D. (CCP), Professor, Pharmacy Practice, et al., presented the poster, “The Use of Stimulants to Enhance Academic Performance,” at the Annual Meeting of the Illinois Council of Health-System Pharmacists in April in St. Charles, MO.

Susan Winkler, Pharm.D., BCPS (CCP), Department Chair, Pharmacy Practice, Ana Quinoñes-Boex, Ph.D., M.S. (CCP), Associate Professor, Pharmacy Practice, et al, presented the posters, “Patients’ Perceptions of a Pharmacy-based Nutrition Service,” at the American Pharmacists Association Annual Meeting in March in Seattle, WA. Dr. Winkler, et al., presented the posters, “Over-the-Counter Product and Dietary Supplement Usage in Patients with Chronic Medical Conditions: A Survey Investigating Patient Knowledge, Use, Perceptions,” and “Pharmacists’ Assessment of Depression During a Community-based Medication Therapy Management Session Using a Depression Screening Tool,” at the same meeting.

As part of the MWU Community Health Lectures Series, the following Glendale faculty have presented in 2011 at the Glendale Library-Foothills branch:

Lindsay Davis, Pharm.D. (CPG), Assistant Professor, Pharmacy Practice, Vitamin D: The Basics on April 19;
Suhindra Gadagkar, Ph.D. (CHS-AZ), Assistant Professor, Biomedical Sciences, What is a Genome, and Why Does It Matter? on May 17; Kelly Meehan, O.D. (AZCOPT), Clinical Assistant Professor, Optometry, Vision and Learning: An Unbreakable Link on June 21.

STUDENT GROUPS AND UNIVERSITY AWARDS & SERVICE

The Arizona College of Osteopathic Medicine (AZCOM) shared top honors for Best Volunteer Program for the TOPS (Team of Physicians for Students) Outreach Project at the American Association of Colleges of Osteopathic Medicine (AACOM) Awards Banquet in Baltimore, MD. Students and volunteer physicians performed over 2,800 health screenings for high school athletes through the TOPS program in 2010.

AZCOM students volunteered over 17,000 hours to the Translating Osteopathic Understanding into Community Health (TOUCH) program. TOUCH is a national initiative of the Council of Osteopathic Student Government Presidents (COSGP) whose goal is to encourage osteopathic medical students to work towards improving the health of their local community through service.
Security Adds
Text Message Option

Midwestern University has added a new service to help ensure campus safety. Students, faculty and staff can now report suspicious activity or problems on campus using text messaging on mobile phones. This system is set up for non-emergency situations. In the case of an actual emergency, please contact 911.

The text messages will be sent and logged at the Welcome Center where Security will address all issues immediately.

You can also contact Security by phone at: IL: 630-515-7111 or AZ: 623-572-3201.

New RepayReady Student Financial Planning Tool Being Implemented

By Thomas Billard, M.B.A., Director, Student Financial Services, Glendale

Midwestern University has made a commitment to launch RepayReady, a leading edge planning tool that assists students in tracking and monitoring their student loans as well as planning for repayment. This is particularly important with the complete transition to Federal Direct Lending and the nearly complete loss of resources formerly provided by guarantors and servicers.

Developed by Northstar, a Minnesota-based firm with a strong background in the private loan business, RepayReady has become one of our premier offerings for students. While RepayReady is being offered to students without charge, participants are required to attend an interactive workshop where the product and its features are demonstrated. The product is available to students without charge for life as long as they log into their secure account at least once a year.

While the product assists currently enrolled students in managing and tracking their loans (FFELP, Direct, Perkins and Private), the greatest strength of RepayReady is in assisting graduates planning for repayment. Understanding that repayment is very challenging given the dramatic changes in the student loan market over the past few years, our students will be uniquely prepared to make choices that fit their personal circumstances through RepayReady. Midwestern University’s commitment to currently enrolled students and graduates is unique among comprehensive health sciences universities across the nation.
In Memoriam:
Craig Johnston, Ph.D.

By Hope and Christopher Johnston, Dr. Johnston’s children

Craig Alan Johnston, of Glendale, Arizona, died Monday, April 11th, 2011 after a courageous 40-year battle with Juvenile (Type I) Diabetes. Born in Butte, Montana, May 25th, 1955, to Clayton and Jean Johnston, Craig was an excellent student and a talented athlete. He spent his formative years in Butte, Montana, and then moved to San Diego, California, where he graduated as valedictorian from Poway High School in 1973. He was diagnosed with Type I Diabetes during his sophomore year of high school, which set the course for his future career in research and education. After high school, he attended Massachusetts Institute of Technology in Cambridge, Massachusetts, on a full scholarship, where he received his Bachelor of Science in Chemistry in 1977. During his time at M.I.T., he was very involved in clubs, joined the Sigma Alpha Epsilon fraternity, and played lacrosse where he was named All-American. While attending school at M.I.T., he married Sharon Estabrook, his high school sweetheart in Butte. Shortly thereafter, Craig continued on to receive two Doctorates in Neuroscience and Pharmacology from Michigan State University in 1982. He continued to do post-doctorate work at the University of Texas Southwestern Medical Center in Dallas, Texas, and the National Institute of Health Sciences in Durham, North Carolina. He worked for Washington State University and the University of Montana before being appointed the Chair of Pharmaceutical Science at Midwestern University.

Of the things that mattered most to Craig were his children. His love and constant humor encouraged them to exceed expectations. Craig was known throughout his own life for his humor, athleticism, drive, and passion for music and education. Craig spent his entire career trying to further science in the fields of fertility and diabetes. He made a name for himself at a very young age, authoring at least 18 publications before he graduated, co-authoring many books, and chairing an International Endocrinology conference held in Rome, Italy. Craig also dedicated much of his time to the professional pharmaceutical fraternity Kappa Psi, in which he held many positions including the top honor of National Grand Regent. Craig’s most proud accomplishments included establishing the international group of Christian Pharmaceutical Fellows International, and recently he received the Midwestern University Littlejohn Award presented each year to one faculty member who best embodies the qualities of service and commitment to the University. This award acknowledged his commitment to excellence in mentorship, encouraging other faculty to engage in research, write grant applications, and pursue publication. Since joining the Midwestern faculty, publications from his department quadrupled. Not only was Craig a committed faculty mentor, he was also a strong advocate for student involvement, and he recently won a national award as the most outstanding student chapter advisor for the Kappa Psi pharmaceutical fraternity.

Craig will be dearly missed by his two children and many others whose lives he touched. He was preceded in death by his mother in 1982 and father in 2003. Survivors include his ex-wife Sharon Johnston; daughter, Hope Capon and son-in-law, Seth Capon (Missoula, Montana); son, Christopher Johnston (Glendale, Arizona); sister, Debbie Johnston (Sacramento, California); and fiancée, Debbie Taylor (Peoria, Arizona). Sharing in their grief are countless other cousins, friends, colleagues, and students.

If Craig were here to speak to us he would remind each of us to live to our fullest, laugh every day, and find the joy in life. In lieu of flowers, you may make donations to a Memorial Scholarship that his children have set up in his name at Midwestern University’s Glendale Campus. Contact Christine Clouse, Director of Development at (623) 572-3286.
Dr. Shridhar Andurkar Receives Golden Apple

By Damienne Souter, Assistant to the Dean (CCP)

The Chicago College of Pharmacy (CCP) named Shridhar Andurkar, Ph.D., Chair and Associate Professor, Pharmaceutical Sciences, as the recipient of the 2010 Golden Apple Award. This honor is awarded by fourth-year CCP students who vote for the one professor who has had the greatest impact on their pharmacy education at Midwestern University during the past four years.

Dr. Andurkar joined the faculty in 1999 and teaches both required and elective courses in the area of medicinal chemistry. He earned his bachelor of pharmacy degree from University of Poona, India; completed his M.S. and Ph.D. in medicinal chemistry at Auburn University; and conducted postdoctoral studies at the University of Houston, Department of Chemistry.

He has been teaching for roughly 20 years and credits his first teaching experience in his final year of pharmacy school in India with giving him the inspiration to pursue it. “I delivered lectures in Physical Pharmacy to the first year students,” says Dr. Andurkar. “That experience was very enjoyable to me, and I saw how my teaching benefited the students in the class.”

In his advice to students, he says, “Approach every subject with an open mind. An open mind is key to receiving knowledge. Seek to understand. Respect your teachers; they are the catalysts to your success.”

Other CCP teaching awards included: PS-III Teacher of the Year to Carrie Sincak, Pharm.D., BCPS., Vice Chair of Pharmacy Practice; Preceptor of the Year to Brooke Griffin, Pharm.D., Associate Professor of Pharmacy Practice; New Preceptor Excellence to Megan Corrigan, Pharm.D., and Shaunte Pohl, Pharm.D.; and CCP Outstanding Faculty to Dr. Sincak.

Campus Events

CDMA Introduces Give Kids a Smile Educational and Treatment Program

Midwestern University’s College of Dental Medicine-Arizona presented its first annual Give Kids a Smile program on April 2nd, benefitting local 3rd to 6th grade children and their families. Over 250 children received $96,000 of free dental care from Midwestern faculty and students at the Midwestern University Dental Institute. Midwestern volunteers also provided informative educational presentations to the children and their families about dental health and disease prevention.

“It was a huge success because of the awesome students and doctors we have at Midwestern,” said Brent Woodmansee, DMS-III, one of the event’s student organizers. “When speaking with patients and parents, they were thoroughly impressed with the passion our students demonstrated towards educating children about prevention and dentistry. We also had a number of important people from Phoenix and our local community swing by the event just to check out the great work we were doing.”

Brent Woodmansee, DMS-III, offers dental care advice to parents and kids at the first-annual Give Kids a Smile program, hosted by the College of Dental Medicine-Arizona and the Midwestern University Dental Institute.
Chicago College of Pharmacy Hosts Graduation

Students from the Chicago College of Pharmacy celebrated the beginning of their professional careers at a commencement ceremony on Friday, March 4th on the Downers Grove Campus. A total of 196 students graduated from the University with a Doctor of Pharmacy (Pharm.D.) degree.

Paul Stranges, Pharm. D., a member of the graduating class, addressed his classmates, their family and friends at the ceremony. “We’ve all been fortunate to get the chance to learn from and work alongside some great people, and they have shown us what it takes to be great pharmacists,” Dr. Stranges said.

U.S. Assistant Surgeon General Visits Midwestern University

Midwestern University recently welcomed U.S. Assistant Surgeon General, James M. Galloway, M.D., to the Downers Grove Campus to talk about his Build a Healthy Chicago initiative. Dr. Galloway is a Rear Admiral in the United States Public Health Service (USPHS) and the Regional Health Administrator for Region V. In this capacity, he serves as the lead federal physician, the principal federal public health official, and the senior USPHS officer for Region V, which encompasses the states of Illinois, Indiana, Michigan, Minnesota, Ohio and Wisconsin.

Dr. Galloway spoke to students about the Build a Healthy Chicago program, which aims to increase physical activity, improve nutrition, and prevent, detect, and control high blood pressure by improving the environments where Chicago residents and employees live, work, eat, play, pray, and learn.

During his address, Dr. Galloway identified the prevalence of obesity throughout the United States as a major public health concern. “When you look at the future of healthcare and the future health of our population, it is clear that obesity is having a massive impact on where we are going,” Dr. Galloway said. He outlined statistics about the obesity epidemic, its relationship to mortality rates, and its financial effect on the U.S. healthcare system.

“We’ve been telling our patients forever to eat less, to eat right, and to exercise and it’s not working. We are not winning this battle. What we need is a much more focused and yet comprehensive push for wellness that really focuses on changing our culture. We really need to make this a social movement,” Dr. Galloway added. He made a special appeal to Midwestern University students who will soon become healthcare professionals. “You all are—and will be—leaders in your communities. What I am asking of you is to help. It’s incredibly important that we work together to try to change this biggest challenge that America now faces,” he said.

Dr. Galloway campus visit was coordinated by students Farooq Junaid, Kendra Davis, and Umber Ahmad, all in their second year of study at the Chicago College of Osteopathic Medicine.
Glendale Campus Hosts Armed Forces Day

By Thomas Billard, M.B.A., Director, Student Financial Services, Glendale

On April 27th, Midwestern University’s Glendale Campus hosted Armed Forces Day, a unique event that featured recruiters from the Army, Navy, Air Force, and the Arizona National Guard.

The Armed Forces offer a variety of scholarships, attractive loan repayment programs, and benefits that are open to students in many of the academic programs on campus; familiarizing students with these opportunities has been one of our objectives. A second objective has been to acquaint our students with the myriad of medical practice opportunities that are available in the uniformed services.

Participating in the event were five Air Force recruiters, two from the Navy, one from the Army, and two from the National Guard (both of whom, First Lieutenant Kevin Donlin and First Lieutenant Ben Buntrock, are third-year College of Dental Medicine-Arizona students). The recruiters brought with them two doctors, two dentists, and one other medical professional for students to meet with and discuss how they practice medicine; all had very impressive credentials and experience.

“Armed Forces Day provided an opportunity for students interested in serving in the military as healthcare providers and receiving assistance to attend school to explore these options in greater detail,” said Lt. Donlin following the event.

Josh Kirk, DMS-II, a work-study student who has conducted a number of RepayReady workshops, said, “I learned more about other programs that the Armed Forces have to help students pay off their loans as quickly and painlessly as possible. My plan as of now is to apply for the 1925i program, which will guarantee me a position with the Navy when I graduate and will repay some of my loans, but I will still have the ability to walk away if something else comes along before I graduate.”

“Bonuses and loan repayment options are always liable to change, but I like the 1925i program because it allows me to make my decision when I graduate rather than making a commitment now.”

Student Award Gala Recognizes Top CCP Students

By Damienne Souter, Assistant to the Dean (CCP)

On Friday, April 15, the Chicago College of Pharmacy hosted its 16th annual Student Award Gala on the Downers Grove Campus. The evening featured 60 CCP students from all four classes who were awarded 39 college- and externally-sponsored awards and scholarships totaling $65,450.

Jacob Gettig, Pharm.D., M.P.H., BCPS, Assistant Dean, served as the master of ceremonies for the event, and Nancy Fjortoft, Ph.D., Dean of the Chicago College of Pharmacy, welcomed guests for the evening. Scholarships and awards were sponsored by a variety of pharmacy corporations, organizations, institutes, and memorials. The College also sponsored a number of awards.

The first CCP student award program took place in November 1995. At that event, 18 externally sponsored awards and scholarships were awarded to 30 students. “This year, a new award was added commemorating the 20th anniversary of the College,” commented Dr. Fjortoft. “And it was awarded to PS-II student Sandra Naegele.” Chair of the CCP 20th Anniversary Planning Committee, Edward Cohen, Pharm.D., alumnus from the Class of 2000, presented Ms. Naegele with her award.
Cuts for Kids Program Exceeds Charity Goals

Volunteers from all over the Midwestern University Glendale Campus participated in the 12th annual Cuts for Kids event, held March 14th to benefit Phoenix Children's Hospital and the Locks of Love charity.

Cuts for Kids, organized by the Midwestern University Pediatrics Club, offered haircuts from professional stylists to benefit children with special health and social needs in a fun carnival-style atmosphere. Over 130 people donated 10 or more inches of hair to receive their haircuts free of charge, and 158 ponytails totaling over 1,700 inches of hair were collected and donated to Locks of Love to make wigs for kids with long-term hair loss.

Proceeds from Cuts for Kids supported the Phoenix Children's Hospital "Crews 'n Healthmobile," a 35-foot Mobile Medical Unit that brings free, comprehensive medical help directly to at-risk youth who lack health insurance and do not have access to appropriate health care. In addition, the MidFirst Bank fundraising van was onsite to collect and count donated change with a pledge to match all donated change up to $1,000.

"I think this was our most successful year yet," enthused Julie High Horse Munstedt, M.C., Assistant Dean, Student Services. "We raised over $5,000 for Phoenix Children's Hospital. We actually had to stop accepting people to have their hair cut at around 6:30 pm that night!"

TOPS Program Provides Vital Screenings, Educational Opportunities

By Ross Kosinski, Ph.D., Dean of Students & Director of Community Outreach, Glendale Campus

The Team of Physicians for Students (TOPS) program offered its annual free sports physicals day for high school athletes on Saturday, April 30th at Sunnyslope High School in north Phoenix and at Mesquite High School in Gilbert.

The combined events screened over 3,100 athletes from over 75 Arizona high schools.

Student athletes took advantage of the opportunity to receive a complete physical exam and cardiac screenings, including ECGs and echocardiograms to identify potential cardiac sudden death problems. Under the direction of cardiologists from the Arizona Heart Institute and Gilbert Hospital, all 3,100 student athletes received ECGs, and over 300 received follow-up echocardiograms on site.

As always, this year's TOPS program was truly a team effort of the Midwestern University family and local medical agencies. Sponsored annually by the Arizona Osteopathic Medical Association (AOMA), the Steingard Medical Group, MWU, Arrowhead Hospital, Physicians Physical Therapy, the Arizona Heart Institute, and Gilbert Hospital, the program also relies on many clinical volunteers, including physicians, physician assistants, nurse practitioners, pharmacists, and physical therapists, many of whom are MWU faculty or alumni. We also had over 350 of our students from across campus volunteer to perform physicals, ECGs, echocardiograms, and vital signs, as well as asthma, nutrition and tobacco education.

Please look for notices next year so you can be part of the team as well.
CPG Provides Screenings, Counseling at Inaugural 2011 Diabetes Forum

By Amanda Carter, PS-II, and Heather Thoreson, PS-II

For seven consecutive years, Midwestern University’s College of Pharmacy-Glendale (CPG) has played a major role in the Diabetes Expo sponsored by the American Diabetes Association (ADA).

This year, the Expo was scaled down and renamed the Diabetes Forum, and the kick-off event was held on Saturday, April 9, at the Midwestern University Glendale Campus.

On Saturday morning, various speakers presented information on diabetes, diabetic related complications, and diabetes in the elderly. Elizabeth Pogge, Pharm.D., BCPS, Assistant Professor, Pharmacy Practice, presented on the importance of diet and nutrition in the diabetic patient. In the afternoon, a variety of screening tests were offered. Students from other colleges also participated in the screenings, including podiatry students who provided free foot exams, and optometry students who provided free eye exams.

Student coordinators included Amanda Carter, PS-II; Erica Jansen, PS-II; Kaylie Nguyen, PS-II; Kelee Smith, PS-II; and Heather Thoreson, PS-I. Melinda Burnworth, Pharm.D., BCPS, Associate Professor, Pharmacy Practice, and Dr. Pogge were the faculty event coordinators and also served on the Diabetes Forum Planning Committee. Eight CPG faculty and staff members and 30 pharmacy students volunteered at the CPG booth. The booth offered bone density screenings to assess osteoporosis risk and body composition analyses to assess body weight, body fat, and hydration levels, as well as post-screening counseling. By the end of the event, 54 patients received health screenings and/or medication counseling at the CPG booth.

Through continued participation with the ADA and the Diabetes Forum, CPG hopes to increase patients’ awareness of diabetes and the role the pharmacist plays in their health and quality of life.

Glendale Students Celebrate Cultures During Diversity Week

By Dinah Buensalida, MS-II and Rina Patel, DMS-II

Health profession students may not be able to afford to travel around the world, but during one week in April the world came to Midwestern University during the 3rd Annual Diversity Week featuring A Night Around the World.

A Night Around the World was a campus-wide event focused on bringing everyone together to celebrate culture and diversity through informational booths, potluck food sampling, and entertainment from various countries such as China, India, Polynesia, Mexico, Morocco, and the USA. Also as a part of Diversity Week, student groups held the following events: Fiesta Night, Interfaith Awareness Day, Multicultural Activities Day, and a Community Group Healthcare Panel.

Participants staffed informational and food sampling booths representing various countries, presented cultural performances, modeled cultural attire, and contributed to many other events during the week.
Kenneth A. Suarez Research Day Puts Midwestern University’s Academic Prowess on Display

The annual Kenneth A. Suarez Research Day brought out the best of Midwestern University’s student and faculty research on both campuses. Facilities in Downers Grove and Glendale were filled to capacity with posters and Midwestern faculty, staff, and students examining the results of long hours of painstaking research.

“Research posters are an excellent way to present findings to a large audience,” said Gerald Call, Ph.D. (CPG), Assistant Professor, Pharmacology, who had two posters – one on instructional methodology and one involving lab research – on display during Research Day. “With a poster, you can present a generalized, high-level summation of your topic or research and then directly engage with interested parties who want to learn more. It is a more personal and direct approach than a PowerPoint presentation or general lecture.”

“Presenting and being able to communicate this knowledge to other people has been really great. It will help me communicate better in the future,” said Robyn Weber, MBS-II, who presented research on how nitrate protects HDL against myeloperoxidase-mediated oxidation. “Honestly, I wasn’t sure going into it how it would be working in the lab day in and day out, but I actually really enjoyed it. It was fun,” she added.

Most students spent countless hours in various labs across campus fine-tuning their research projects. “The process that we came up was mind-numbingly frustrating. We had so many failures where we didn’t get the timing quite right, or the temperature was off by a degree,” said Andrew Olsen, MS-II. “Then, having gone through all of that and finally having something where it worked and we could see really clear correlations made it all worthwhile. It was exciting to see how all of that hard work paid off to answer some real scientific questions.”

The Annual Research Day is named in memory of Kenneth A. Suarez, Ph.D., who spent 25 years in Midwestern University’s Office of Research and Sponsored Programs (ORSP) and who conceptualized and implemented the annual event in 2002 as a way to encourage student interest in academic research.

High School Students Visit Campuses

The Health Sciences Career Day took place in March at both the Downers Grove and Glendale campuses. The all-day event attracted hundreds of high school students from area schools, who got the chance to visit Midwestern University labs, tour the campuses, and attend interactive presentations by healthcare professionals. Classes also had the opportunity to experience hands-on workshops highlighting careers in osteopathic medicine, optometry, dental medicine, pharmacy, physician assistant studies, occupational therapy, biomedical sciences, bioethics, perfusion, podiatric medicine, clinical psychology, physical therapy, and nurse anesthesia.
AZPod Continues Long-Standing Relationship with Special Olympics

For the past six years, faculty and students from Midwestern University’s Arizona School of Podiatric Medicine (AZPod) have participated in the Healthy Athletes Fit Feet program, an initiative designed to benefit Special Olympics athletes. Fit Feet focuses on Special Olympics athletes’ ankles, feet, lower extremity biomechanics, and proper shoe and sock gear, as well as recommending follow-up services for athletes that require them.

Directed by David Jenkins, D.P.M., FACFAS, FAAPSM, Professor, Podiatric Medicine, AZPod participation in Special Olympics Fit Feet events has not only been enthusiastic, but has also expanded the understanding of podiatric abnormalities in Special Olympics athletes thanks to critical data analysis and studies. Dr. Jenkins has also served as an invited clinician to National and World Special Olympics Games, including the 2007 World Summer Games in Shanghai, China.

“Since involving AZPod students in Fit Feet late in 2005, the interest and enthusiasm by the students to evaluate the athletes has exceeded all expectations,” Dr. Jenkins says.

Student involvement has been a major asset to Fit Feet and to the advancement of related podiatric research. Two significant research papers – one published in 2011, and one slated for next year – have been published based on information acquired through Fit Feet by students and Kimbal Cooper, Ph.D., Professor, Biomedical Sciences. Midwestern University also sponsored a Fit Feet Training DVD for Special Olympics featuring AZPod students.

Cultural Night Features Dance and Fashion

Several students showed off their talents at the annual Cultural Night on the Downers Grove Campus.

The APhA (Association of Indian Pharmacists in America) Student Chapter held a Cultural Night on the Downers Grove Campus this spring.

The function began with a welcoming speech by the president of the student chapter, Jalpa Thakkar, PS-II, and was followed by the singing of the American National Anthem by Al Barreto, PS-III, and the Indian Anthem by Jenise Stephen, PS-III. This was immediately followed by the Bharatanatyam, a classical dance performed by first-year osteopathic medical student, Anisha Gohil. The theme of the dance revolved around the story of Lord Krishna, whose exploits of valor, love, and heroism have appeared across a broad spectrum of Hindu philosophical and theological traditions for generations. This form of dance reputedly originated over two thousand years ago by the sage Bharata.

A Midwestern Faculty Fashion Show was performed to the tune of Bollywood music. The participants were Shaifali Bhalla, Ph.D., Assistant Professor, Pharmaceutical Sciences; Dr. Seema Briyal, Ph.D, Research Associate, Pharmaceutical Sciences and daughter Tanishi; Anil Gulati, M.D., Ph.D., Associate Dean, CCP and Mrs. Vandana Gulati; Rosalyn Padiyara, Pharm.D., Associate Professor, Pharmacy Practice and daughter Ava; and Teresa Dombrowski, Ph.D., Dean, Student Services. A student fashion show called Cultural Couture followed.

Several other student groups sang, danced, and performed at the event.
DOCARE Medical Mission Offers Service Opportunity of a Lifetime

By Stephanie Bailey, PS-III (CPG)

Every spring, Midwestern University, in collaboration with DOCARE International, sends 30 students—medical, podiatry, pharmacy, and others—on a trip of a lifetime to Guatemala to provide much-needed medical care to its citizens. The students are joined by healthcare practitioners from all over the country who come together to participate in the annual medical mission. Specialties vary from year to year, and this year, pediatrics, OB/GYN, dentistry, podiatry, vision services, and dermatological services were available in addition to general practice and pharmacy services.

This year’s group led by John Burdick, Ph.D., Dean of Basic Sciences & Vice President, Clinic Operations, and Alan Schalscha, D.O. (AZCOM), Clinical Assistant Professor, helped over 2,000 people in eight days of clinics. Every day was a new location, with new people and new interesting cases to treat.

As a first-timer on a medical mission, it was challenging to know what to expect from this trip. The first day of clinics set the pace for what would come in the next two weeks: lines of people waiting even before we arrived, a nonstop pace of people seeking help, and the overwhelming gratitude each and every Guatemalan expressed after seeing us.

The life of the average Guatemalan is one of hard labor, with little monetary compensation on which to survive. The environment in which they live is highly polluted with smoke, and very few have access to clean water or electricity. Parasites, gastrointestinal disease, pulmonary disorders, sun overexposure, and subsequent malignancies are very common. Our goal for this trip was to provide not only medical services and medications to treat the patients’ chief complaints, but to educate patients about small things they could change in their daily activities to improve quality of life. For the first time, we also were able to establish continuity of care with many of our patients via a clinic based out of San Martin.

One of my most memorable experiences on the trip revolved around a little girl, around seven years old, who came to the clinic during our first week. I recognized her symptoms right away: shoulders up to her ears, strained muscles in her neck, and the look of panic that washes over you when you really can’t breathe. As a lifelong asthmatic, I saw myself in her, with one big difference: she had never seen an inhaler, let alone used one to help her breathe.

As her mother ushered her over to the pharmacy booth, I set to work quickly. Albuterol inhaler, some inhaled corticosteroids, and a week-long course of oral steroids should really make her feel better, I thought. When I opened the inhaler box to show the mother and girl, they looked confused. I tried explaining how to use the inhaler and the confused looks did not dissipate. I asked the girl to try to use the inhaler to show me what her understanding was, and all of the medicine just created a cloud around her mouth, with little of the dose reaching her lungs where she needed it most. Then I remembered a trick one of the other veteran pharmacists showed me—making a spacer out of a plastic cup. I quickly returned with the makeshift device and we tried again, this time with much success. Her shoulders and neck relaxed and it was clear she was no longer struggling with each breath. I had her practice for me a few times before sending her home and was confident she would be able to handle her asthma after we were gone.

The medical mission with DOCARE was really an opportunity of a lifetime, especially as a student. Being exposed to patients who have little money and little opportunity to receive medical treatment, yet have such a large capacity for gratitude and love, is something every healthcare professional should experience. It brings perspective to the reasons why you choose to serve the public and why you choose to heal, and it provides a worldly view for treating patients here in the United States.
Pharmacy Student Awarded Prestigious Service Fellowship

Chicago College of Pharmacy student Ayesha Khan, PS-III, will soon be spending a year putting her idealism into action. Recently, Ms. Khan was selected for the prestigious Schweitzer Fellowship, a program that enables university graduate students to design and implement innovative projects to help vulnerable Chicago communities.

Ms. Khan will create and implement an adolescent health and wellness curriculum at the East Aurora Magnet Academy in Aurora, Illinois. She will educate middle school students on ways to prevent disease and injury and improve health, and will also train them to become leaders and promoters of healthy choices. “I picked adolescent health as my focus because I’ve always liked working with younger kids. They have so much enthusiasm and they are very receptive to change,” Ms. Khan said.

Starting next fall, Ms. Khan will teach an intensive five-week course at the magnet school which focuses on math, science, and technology. “I wanted to do something to help these students, because I know they are great bunch of kids who are really smart and motivated, but they often don’t have the family background or support at home that they need,” she said. “If we can reach these kids and can get them to change their health through better choices or habits, then maybe in the future we’ll have people who have developed better lifestyles,” she added. Ms. Khan intends to end her course with a health fair where students will present their research on various healthcare topics to fellow classmates, family members, and the community.

Ms. Khan believes her participation in the fellowship will prepare her well for her future career as a pharmacist. “Being able to lead and implement a project like this will make me better equipped for the workforce,” she said. “I think it’s going to be a lot of work, but also a lot of fun. I’m really looking forward to working with the kids and inspiring them and maybe becoming a mentor to some of them.”

Named in honor of Nobel Peace Prize Laureate Dr. Albert Schweitzer, the Chicago Area Schweitzer Fellowship encourages exceptional students to “make their lives their argument” by addressing the serious health challenges faced by members of society whose important needs are not currently being met. In collaboration with existing community organizations, schools, or clinics, each of the Schweitzer Fellows provides 200 hours of direct service.
AZPod Team Raising Funds for Three-Day Komen Walk

By Samantha Price, PMS-II

On your mark. Get set. WALK! The Midwestern University student chapter of the American Association of Women Podiatrists (AAWP) has established “Team Ultimate DeFeet” for the upcoming Susan G. Komen 3-Day for the Cure event.

According to cancer.org, in 2010, an estimated 207,090 women in the United States were diagnosed with invasive breast cancer, and an estimated 1,970 men. It is estimated that 40,230 deaths (39,840 women, 390 men) from this disease will occur this year. So what can be done to change these statistics? Research. The three-day Susan G. Komen event, taking place November 11-13, is a 60-mile walk that raises money for breast cancer research and awareness.

In order to be eligible for the event, each team member must raise a minimum of $2,300. AAWP faculty advisor and team captain, Tanya Thoms, D.P.M. (AZPod/CHS-AZ), Assistant Professor, Podiatric Medicine, has set a team goal of $35,000. In order to reach the team goal, team members have established a number of on-campus and off-campus events to raise money.

During the recent Diversity Week festivities, a silent auction was held to raise money for the Susan G. Komen walk. Team Ultimate DeFeet made $130 during the three-day auction, and plans to hold a future raffle on-campus. Some of the prizes will include a free pair of orthotics (a $500 value), a two and a half foot customized hot pink Power Truck, dinner, movie, spa certificates, and more! Team members are also collecting spare change and selling pink cancer bracelets in the Cafeteria in Barrel Student Center II on Wednesdays from 12:00 to 1:00 PM.

Online donations can be made by visiting the Susan G. Komen website (http://www.the3day.org) and clicking on the donation link at the top of the page. Simply type in the team name (Ultimate DeFeet) and make a contribution to the cause! If you have any questions about making a donation or are interested in joining Team Ultimate DeFeet, please contact Dr. Thoms at tthoms@midwestern.edu or student leader Melissa Curry at melissa.curry@azwebmail.midwestern.edu.
Pediatrics Club Rallies Glendale Campus for March for Babies Walk

By Kristina Bruns, MS-II

Midwestern University’s Glendale Campus came together for a good cause on April 9th, as student and faculty volunteers participated in the March of Dimes’ March for Babies Arizona walk sponsored by Cardon Children’s Hospital.

The walk took place on a three and a half mile scenic course centered around Wesley Bolin Plaza at the Arizona State Capitol in Phoenix. 75 participants from various Midwestern University programs braved a rainy Saturday to take part in the walk wearing matching team shirts provided by the Arizona College of Osteopathic Medicine (AZCOM).

The Midwestern University team was primarily organized by Midwestern Pediatrics Club leaders Angela Dustin, MS-II, and Kristina Bruns, MS-II. Walkers were recruited from various University programs, while money was raised through generous online donations via the school’s March of Dimes team website, an iPad 2 raffle, and a box lunch sale sponsored by Oggi’s Pizza. In total, over $8,500 was raised for March for Babies in just four weeks.

March for Babies works to support the mission of improving the health of babies by preventing birth defects, premature birth, and infant mortality through research, education, community service and advocacy.

Students Two-Step their Way to Providing Memorable Night

A new name and several new participants created an unforgettable night of fun on the Downers Grove Campus this spring. Dance! Midwestern is the new name of the former Seaspar Dance held for people in the western suburbs who have developmental disabilities. More than 50 students from the osteopathic medicine, pharmacy, physician assistant, physical therapy, and clinical psychology programs volunteered at the event and provided a night of dancing for more than 85 participants.

“There were far more participants this year than any other year,” said Manny Gonzalez, CPS-II, who organized the event. “The participants are excited to come every year and we all just have a great time dancing. While dancing with some of the participants, you can just see how excited they are.”

This year’s dance theme was the “Wild Wild West” and featured a new picture area where dance-goers could take photos with themed props and decorations. “Some of the participants may have never had a prom or a dance like this. The gratitude that they have really makes the volunteers feel that they’ve made a great difference in someone’s life, and all they had to do was have fun. A simple gesture goes a long way. This is always a memorable night for the participants, as it is for the volunteers,” Mr. Gonzalez said.

Mr. Gonzalez would also like to acknowledge the assistance he received from Student Services, Dustin Summers, CPS-II, and Casey Noreika, CPS-II, for help with the event. He added, “It was such a great night and I hope that next year we have more participants and more volunteers with whom to share this wonderful annual experience.”
Students on the Downers Grove Campus organized a variety of fundraisers to help the people of Japan after the devastating March earthquake, tsunami, and aftereffects of the disaster.

Through an event at a local Downers Grove restaurant, a class competition, and a pasta lunch, Midwestern University students raised more than $2,600 for the Peace Winds—America/Japan organization, to be used for earthquake relief in Japan. Also, several student organizations raised an additional $500 for a donation to the American Red Cross for Japan Earthquake Relief.

While some of the students worked with their campus organizations, at least one student had a very personal connection to the tragedy.

“I grew up in Japan and came to Chicago for college. Japan is home to me and with my entire family and a lot of my friends still living there, it was a really scary experience for me to witness it all on TV,” said Yui Sugiura, MBS-II. “I had just missed the earthquake by a matter of hours as I had boarded the direct flight from Tokyo to Chicago earlier that day. As soon as I got home, I turned the television on and that’s when everything just hit me hard, to see what I call my home completely destroyed within a matter of minutes and to see how unavoidable the natural disaster had been. It only made it worse to realize that I couldn’t get in touch with my family. When I did get a hold of them, I was relieved to find out that no one was directly hurt nor affected by the earthquake or tsunami, but in a matter of days, I realized that they were all going to be affected indirectly as a result of what had happened.”

Ms. Sugiura decided to raise money for Peace Winds—Japan, a long-standing aid organization headquartered in Japan. She organized a competition to see which class could raise the most money. The contest kicked off at the Ballydoyle Pub in Downers Grove, which agreed to allow part of the proceeds from the event to be donated to the relief effort. During the rest of the week, each class was encouraged to raise as much money as they could and Ms. Sugiura also organized a pasta lunch to further help raise funds.

“Hearing my family and friends talk about the tremors that continued, the lack of essentials at the grocery stores, the inaccessibility that they were facing with a lot of the public transportation still not working and not having any fuel at the gas station, really energized my fervor to want to be able to do something to help out in any small way possible,” Ms. Sugiura added. “They all needed the most basic things. I knew that even if I only raised a small amount, it would be going towards something, and moreover, I’d be doing something from across the ocean to hopefully make a small difference back in Japan.”

Several other student organizations also hosted fundraisers. The Rho Pi Phi Pharmaceutical Fraternity collected funds during their annual PI Day, which features free pies in the Commons during the lunch hour. “We extended the collection of donations for that entire week by setting up a table in the Commons with the collection jar and encouraging everyone that passed by to donate for the cause,” said Michelle Yu, PS-III and Rho Pi Phi Chancellor. The Association of Indian Pharmacists in America student chapter also helped out by collecting donations during their Cultural Night. The funds raised went to the Red Cross.

In addition, the MWU chapter of the Fellowship of Christian Healthcare Professionals sold hoodies, fleece zip-ups, sweaters, hats, and tote bags with Midwestern embroidery to raise funds for the relief effort. “We decided that 100 percent of the proceeds would be donated to the Japan relief effort,” said Ryan Szaniawski, PS-III. “Though it may not be an enormous donation, we felt that every little bit can go a long way when tragedy strikes. Our only real goal was to raise awareness of the tragic events in Japan and inspire our fellow students to think about the impact that we can have on the lives of people across the globe. I believe that we met our goal.” Their donations went to Samaritan’s Purse, a non-denominational Christian humanitarian organization.

These efforts to help the people of Japan are just a few examples of the good work being done by Midwestern University students to help those in need.
CPG Student Pharmacists Educate Legislators

By Amanda Carter, PS-II; Theo Graphos, PS-II; Geoffrey Pesanka, PS-II; and Elnaz Zoghi, PS-II

Every year, student pharmacists wearing white coats come from Midwestern University College of Pharmacy–Glendale and the University of Arizona College of Pharmacy to the Capitol lawn in downtown Phoenix to educate legislators about topics that are important to the profession. In addition, the legislators visit many booths that educate and inform them about the variety of duties pharmacists are able to perform, thereby increasing access to medical care.

Hot topics this year included expanded immunization practice rights for both pharmacists and pharmacy interns, and modifications to current rules on the locations in which medication therapy management agreements can be established. Almost 200 student pharmacists participated in this year’s event along with 15 faculty members. More importantly, more than 50 legislators and their staff members working in the buildings next to the lawn attended the event to learn about pharmacy practice. This represents more than half of the legislature attending the event.

Pharmacy Day at the Capitol is coordinated by a representative from each of the schools, and this year’s event was organized by CPG student Geoffrey Pesanka, PS-II, and the University of Arizona’s Tracy Post. The hard work and dedication shown by these two individuals is why this year’s event was such a success.

The American Pharmacists Association–Academy of Student Pharmacists (APhA-ASP) provided blood pressure screenings and educated visitors about the dangers of high blood pressure. In addition, information regarding healthy food choices, lifestyle changes, and warning signs were provided. Pointing out the increased risk to Native American and Hispanics reinforced the relevance of this disease and associated costs to our state.

Phi Delta Chi members educated legislators and their staff about the impact of smoking on healthcare and various ways to help reduce the economic burden placed on our healthcare system by smokers. We discussed smoking cessation, including nicotine replacement therapy and hospitalization due to complications, as well as the amount of money lost due to loss of productivity at work as a result of smoking-related issues. The legislators and staffers were very receptive to our information and informed us that they would look into taking necessary steps to help decrease the burden on our healthcare system from smoking.

This year’s event is just one example of how students of the College of Pharmacy–Glendale are promoting the profession of pharmacy in the state of Arizona. We look forward to continuing this event and the collaboration between Midwestern University and the University of Arizona in the coming years.
Sports Medicine Club Makes PADS Donation

The MWU Sports Medicine Club invited Shannon Williams, the Development Manager for DuPage PADS to the Downers Grove Campus this spring for a club meeting. During the meeting, Michael Chiappone, MS-II, presented Ms. Williams with a $3,000 check from the proceeds from the Groovin’ in the Grove 5K Race. The money will help support the work DuPage PADS does to provide shelter to area homeless people. The Groovin’ in the Grove 5K Race is put on by members of the MWU Sports Medicine Club every year on the Saturday before Mother’s Day.

Students Learn Finer Points of Etiquette at Dinners

The author Oscar Wilde once said, “The world was my oyster but I used the wrong fork.” Midwestern University students on the Downers Grove Campus had the opportunity to learn the exact right fork to use and many more important etiquette tidbits during two separate dinners hosted by the College of Health Sciences (CHS) Council and the Gamma Epsilon Chapter of Phi Lambda Sigma (PLS), a national pharmacy leadership society.

More than 30 students attended the CHS dinner and wine tasting held at the Olive Garden in Downers Grove. Mary Katherine Krause, M.S., FACHE, from Rush University, instructed the students in etiquette. “Students were taught about proper dining etiquette while at a business interview or a professional meeting that could occur at a restaurant,” said Cassi Larimer, MBS-I, and CHS Council Secretary. “Ms. Krause had students set their own silverware and quizzed them on how much they knew before teaching them the proper way to do things,” she said. Following the dinner, students had the option to participate in a wine tasting. A manager and sommelier at the Olive Garden taught the students some basic details about the origin of different wines; how drinking wine involves sight, smell, and then taste; and some etiquette details regarding wine.

The dinner, “An Evening of Etiquette,” took place in the Hyde Atrium and was open to all pharmacy students. “Our local chapter of PLS believes that proper etiquette is key in leadership development, as proper etiquette is needed in a multitude of professional pharmacy settings,” said Manali Shah, PS-III, and Gamma Epsilon Vice President. “Also, we thought it would be a good idea to have the event before the American Pharmacists Association Academy of Student Pharmacists (APhA-ASP) Annual Meeting in Seattle so that students could put the information they had learned to immediate use.”

About 40 pharmacy students listened attentively as Ana Quiñones-Boex, Ph.D., Associate Professor of Pharmacy Practice, presented etiquette tips ranging from how to confidently introduce oneself to the proper way to eat a dinner roll.

Both dinners were a success and plans are being made to make them annual events.
AZCOPT Students Make Clear Vision Their Mission in Mexico

By Matt Gill, OS-II

In the United States, proper eye care is something most people take for granted; however, in many parts of the world access to care is unattainable. For children and adults, uncorrected vision can result in lost educational and employment opportunities, lower productivity, and an impaired quality of life.

During spring break, five Arizona College of Optometry students from Midwestern University’s Glendale Campus had the opportunity to travel with VOSH (Volunteer Optometrists Serving Humanity) to Hermosillo, Mexico to help provide eye exams and glasses to the needy in their community. Second-year students Rehna Ismaily and Matt Gill, along with first-year students Pierce Kenworthy, Rozaliya Shimonova, and Chris Johnson, had the privilege to participate in this unique service opportunity and learning experience. They were able to assist Arizona-based practitioners Dr. David Stacy, Dr. Deon Whipple, Dr. John Reid, and fifteen opticians and other VOSH volunteers to provide vision care to over 1,000 patients.

Prospective patients were screened in advance by the local Rotary Club in Hermosillo to assess need. The VOSH team’s site (a local community center) was modified into an eye clinic for the week. Patients were taken through stations where their visual acuity was checked and an auto-refraction of their rough prescription was taken. They met with a doctor or student-doctor to have their prescription refracted and any other ocular conditions addressed. It may appear to be a quick process on paper, but due to the high volume of patients many had to wait upwards of six hours to complete the exam.

Finally, each patient visited the lens library to be fitted with an appropriate pair of glasses. Creating a lens library takes thousands of hours by a group of volunteers over the course of the entire year.

In addition to the large effort by VOSH volunteers, there is an SVOSH club (Student VOSH) at AZCOPT under the direction of faculty advisors Kelly Meehan, O.D., Clinical Assistant Professor, Optometry, and Stephanie Mastores, O.D., Adjunct Faculty, Optometry. Monthly meetings are held where donated glasses are cleaned, and prescriptions are read, labeled, and sorted for trips of this kind. Since no patient that is seen on a VOSH trip will have exactly the same prescription as a pair of glasses that is in the lens library, thousands of glasses need to be part of the lens library. The volunteer in the lens library selects three to four pairs of glasses that are close to the prescription needed and then asks the patient to try them on for best visual acuity, appropriateness of style, and comfort. If all goes well, one of the pairs meets the patient’s needs and they will be able to see the blackboard in school again, see the route number on an approaching bus, or be able to have better vision to read or cook. Helping people in this way and improving the quality of their life is one of the most satisfactory experiences for any optometrist.

The trip to Hermosillo was entirely student-funded and all agree that it was well worth their efforts. Second-year AZCOPT student Rehna Ismaily’s impression of the trip was shared by the other members as well. “During the VOSH trip, I was able to use the education I received in optometry school in the lens library, visual acuity station, auto refractor station, and in the exam rooms. The optometrists and the opticians on the trip were an excellent source of education as well and I learned a lot from them.”

First-year AZCOPT student Pierce Kenworthy added, “It was very exciting to have my first-ever opportunity to interact with real patients.”

The AZCOPT SVOSH Club hopes that they can continue their mission work and that many more Optometry students can experience a different culture while benefiting from this amazing opportunity.
Pharmacy Students Take Home Softball Trophy

A group of third-year pharmacy students successfully defended their championship in the Annual Rush Medical School 12” Softball Tournament at Chicago’s Washington Park this spring. The team, Off Constantly, won all seven games on the day, winning three games by one run, including the final game. Along their way to the championship, they defeated two other Midwestern University teams, winning a rematch in the Championship Game vs. Wildin Out (a group of physical therapy students) by a score of 15-14 in an exciting game. There were a total of six teams from Midwestern University that participated in the tournament. Midwestern gets to keep the traveling trophy for another year.

OMM Scholarship Program Helps AZCOM Students Excel

By Kyle Biggs, MS-IV

As triple-digit temperatures settle in for the long, hot summer in Glendale, Arizona, the Osteopathic Manipulative Medicine (OMM) department at AZCOM has made a welcome splash on the national scene of osteopathic medicine. Driven by changes in leadership which included the promotion of Anthony Will, D.O., as Department Chair, AZCOM’s OMM faculty and Student Scholars have fortified their commitment to excellence in the three major pillars of osteopathic medicine: patient care, education, and research.

The OMM Scholarship is a program that provides one additional year of intensive training in osteopathic patient care, education, and research to students selected through a rigorous application process. The lion’s share of the Scholars’ time is spent treating patients using Osteopathic Manipulative Treatment (OMT) in the OMM specialty clinic under the guidance of a practicing osteopathic physician and AZCOM OMM faculty member. Another of the Scholars’ major responsibilities is weekly instruction of osteopathic principles and techniques to first- and second-year osteopathic medical students in the state-of-the-art OMM lab. In return for their commitment, Scholars receive a full academic scholarship, an annual stipend, and opportunities to attend national conferences and workshops.

Katherine Worden, D.O., M.S., Clinical Associate Professor, OMM, is the faculty liaison for the OMM Scholarship program and is the primary impetus for the increased productivity of the Scholars this past year. With an advanced degree in education, “Dr. Kate,” as she is affectionately known, has provided continued individual mentorship and motivation to all 10 of the current OMM Scholars since assuming the newly-created position in the summer of 2010. Her more recent efforts have resulted in the official formation of the AZCOM OMM Department Research Committee, which seeks to advance the field of osteopathic research within the Midwestern University community and beyond.

As the graduating AZCOM class of 2011 bids farewell to its four current senior OMM Scholars, the Department will welcome three new members into its fold—Pua Hopson, MS-II; Brad Jahnke, MS-II; and Stephanie Manberg, MS-II—and will anticipate continued growth and success.
April 30 marked the date for the Special Olympics Opening Eyes Event hosted by the Arizona Optometric Association along with the Lions Club. Thirty-eight first and second-year optometry students from the Arizona College of Optometry traveled to Mesa Community College to volunteer for this event. Students performed clinical skills on each athlete including cover test, pupil testing, direct ophthalmoscopy, refraction, and a slit lamp examination, which were used to assess ocular health. Pictured (l-r): Mary Beasnett, OS-II; Michelle Nguyen, OS-II; Brandon Sudduth, OS-II; and Jenny Mathew, OS-I.

The annual "Groovin' in the Grove" 5K Run and Fun Walk is coordinated by the Sports Medicine Club and draws people of all ages, abilities, and fitness levels.

A mother goose guards her newly hatched goslings. Several geese built nests throughout campus this spring.

The community was invited to a Healthcare Professions Career Day this spring to learn more about the University. Staff from the Admissions Office helped attendees register for different sessions at the event and answer questions.

Construction work continues on the Barrel Student Center II Dining Hall on the Glendale Campus.