

# THE BOND

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EDITION

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## Mission Statement

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The mission of Kappa Epsilon will be to unite pharmacy students, faculty, and alumni dedicated to empower its members to achieve personal and professional competence, to develop leaders within the profession and community, and to provide professional and philanthropic services.

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# Grand Council Connections

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# President's Corner

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*"The best way to find yourself is to lose yourself in the service of others." – Mahatma Gandhi*

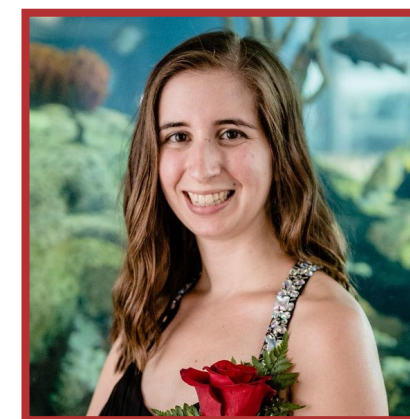
Outside of my role with Kappa Epsilon, I am a Pediatric Clinical Pharmacist. More often than not people ask "how can you care for sick children all the time?". And the answer is really simple, children inspire me. Their view on the world is so optimistic and grateful for everything they get to experience, it's a joy to be part of their care team!

In the recent months, there have been a few patients that I have had the privilege to take care of that reminded of the strong impact one can have on others. One stands out brighter than the rest due to her unwavering dedication to serve the hospital staff, even though she was the patient. This 3-year-old had been admitted to the hospital for 3 months by the time Valentine's Day came around. The night before she didn't sleep a wink because she was SO EXCITED for her Valentine's Day plans. She and her mom spent the day prior to Valentine's Day writing a couple boxes of cards and attaching a piece of candy to each of them. The morning of Valentine's Day, immediately after shift change had been completed and teams started rounding, this girl was rolled around the floor in her pink car for hours on end personally hand delivering Valentine's Day cards and a piece of candy to each and every staff member she passed! With the biggest smile on her face, she would hand you the card & say "Happy Valentine's Day, I hope you have the BESTEST DAY ever!". Didn't matter if it was a nurse, doctor, environmental services, or even a security guard; she shared her joy & appreciation with each and every person there that day! That simple act of kindness & service happened to be exactly what our floor needed that week and every person smiled ear to ear when they took that card from her!

Service comes in many shapes and forms. One of the unifying elements within the Kappa Epsilon membership, is the dedication our members show to service. During the 2019-2021 biennium we started 100 Acts of Service in honor of KE's 100th birthday and it was amazing to see all of our membership giving back one way or another to the communities they live in! This biennium we have integrated an annual KE Acts of Service Week. It was amazing to see our social media pages filled with pictures and videos of our members giving back. I can't wait to see how much the KE Acts of Service Week grows this upcoming academic year! Let the 3-year-old inspire you to find something, even if its super simple, to do to give back to your community, your family, and the pharmacy profession!

In the Bond,

Christine Bryant, PharmD, BCPPS  
Grand President, 2021-2023



## Chapter Updates

# LAMBDA

North Carolina-Chapel Hill | Chapel Hill, NC

The Lambda chapter of Kappa Epsilon here in Chapel Hill is near and dear to many. We are proud to be a part of a great chapter and meeting all of the many wonderful friends through the fraternity. It has been a challenging few years globally that has affected everyone. For our chapter, it meant adjusting to changing community/school guidelines while maintaining our philanthropic work. Lambda Chapter is known for multiple philanthropic events and paying it forward to the community. During fall semesters, we focus on breast cancer and ovarian cancer awareness events by wearing pink and teal. During the spring semesters, we have our long standing Caring Community Walk 4K.

This year we were able to host our yearly Caring Community 4K walk/run (CC4K) with an in-person option. The Caring Community Foundation is a local charitable organization that financially supports cancer patients and their families in the Triangle area by providing assistance with rent, utilities, treatment or other expenses that become difficult to manage during cancer treatment. Both UNC students as well as members of the community attended the 4k. The Caring Community Foundation is a charity we have a long-standing relationship with and it was rewarding to be able to get out and physically participate in such an impactful event.

In the spirit of philanthropy, we ventured outside of our usual service projects and collaborated with The Ronald McDonald House in Chapel Hill. The Ronald McDonald House allows families from out of town to stay in a comforting

environment and stay close to their children being treated at UNC hospitals. To aid in their mission to bring comfort to families with hospitalized children, we as a chapter chose to donate hand-make blankets. It was a wonderful evening of camaraderie and collaboration.

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*L-R: Solomea Asfaw, Lauren Hairston, Christian Brown, Haley Mun, Sunwoo Bae, Eun Bin Lee, Truc Pham*

Continued...

# LAMBDA

North Carolina-Chapel Hill | Chapel Hill, NC

Another major event that affected our chapter outside of the pandemic was the merging of the two UNC Kappa Epsilon Chapters here. Our pharmacy school has a satellite campus in Asheville, NC that houses the Kappa Epsilon Beta Mu chapter. Although we have collaborated for events in the past, the Beta Mu chapter has its own unique appeal and atmosphere than the Lambda chapter. This year is the last year they will be a separate chapter from Lambda as both merge under the Lambda chapter title. However, both executive boards have made notable progress in joining our two chapters while not allowing the unique culture of one to be absorbed by the other.

The biggest lesson we as a chapter have learned within the last 2 years is adaptability. We have been able to adjust to many of the challenges we have faced by working together. Now that Lambda Chapter and Beta Mu Chapter will be merging next academic year, we are inspired to be more creative in terms of creating events that not only are for paying it forward to the local community but also our members and participants enjoy the process.



Top (L-R): Jenni Yang, Sherry Xi, Rachel Lowe, Eue Bin, Christian Brown. Bottom (L-R): Solomea Asfaw, Sun Bae



# Chapter Updates

## XI

### University of Texas at Austin College of Pharmacy | Austin, TX

Hello from the Kappa Epsilon Xi Chapter at the University of Texas at Austin College of Pharmacy! Due to the COVID-19 pandemic and constantly shifting rules on hosting in-person events, our chapter really had to think outside of the box and be creative with our service events for the past two years. We held week-long events with focuses on the national health initiatives of Kappa Epsilon: ovarian and breast cancer. For some events, we would meet via Zoom while other events allowed participants to complete tasks on their own time and submit back to us for credit. For example, some of our favorite events happened during our Kappa Epsilon Ovarian Cancer Awareness Week. To bring awareness about ovarian cancer, participants took pictures of themselves with the saying "Know Your Body: Be Ovarian Cancer Aware" and posted these images to their social media platforms. With the goal of educating and informing our peers, we also posted an educational video for participants to watch, answer a few questions through a Qualtrics survey, and submit their answers for a prize that same week. Finally, we collaborated with the community and brought further awareness to ovarian cancer by contributing auction items to the National Ovarian Cancer Coalition through our DigiTEAL Auction. We also held similar events the next month for Breast Cancer Awareness Month!

Locally, our chapter focuses on poison prevention as our main service initiative. With in-person events being allowed once more, our most successful and beloved event was allowed to be held again at the University of Texas at Austin's Longhorn Halloween, where the Austin community brings their families to enjoy the spooky festivities. Our booth always consists of our educational board for older audiences

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*Kathy Nguyen posing with the phrase "Know Your Body. Be Ovarian Cancer Aware" for our Ovarian Cancer Week social media campaign*



*Ashley Cha posing with the phrase "Their Fight is My Fight" for our Breast Cancer Awareness Week social media campaign*

# Chapter Updates

## XI

University of Texas at Austin College of Pharmacy | Austin, TX

and parents as well as our game and candy for our younger participants. The game is composed of two cornhole boards - one with a nauseous face and another with a happy face - as well as hacky-sacks that have various items and foods found around the house such as tide pods, makeup, juices, and candies printed on them. Kids are asked to place these hacky sacks into which face they associate the item with, and you would be surprised how many say tide pods are okay to eat! This gives us an opportunity to talk to parents about being proactive on medicine safety as well as other ways to keep their house safe from any accidental poisonings. We also hand out small pamphlets on poison prevention and stickers with the poison control number to anyone who is interested.



*KE Members posing in front of our Poison Prevention poster for Longhorn Halloween (Left to right: Amrita Kanwar, Lindsey Sobarzo, La Neria Sanders, and Kathy Nguyen)*

Throughout these events, our chapter has shown strength in small numbers and helped our communities at large. We hope and plan to increase the number of service events we hold in the upcoming year with hopes that we can continue to positively impact those around us and beyond.



*These are some of our hacky-sacks depicting various items and foods from around the house and our cornhole boards used to ask children to tell us if they would or would not eat what is on the hacky-sack*

# Chapter Updates

## TAU

VCU School of Pharmacy | Richmond, VA

The Tau Chapter of Kappa Epsilon, located in Richmond, VA, has been busy this school year helping the community and beyond. The 2021-2022 academic year at VCU's School of Pharmacy was packed with many fun-filled, service driven events that brought the sisters of KE together, while simultaneously serving the community and honoring the special women who paved the way for excellence within the pharmacy profession. Our most notable and popular event was an annual celebration coined "Skate for the Cure," where funds are raised and donated directly to the Virginia Breast Cancer Foundation. Our annual event was held in January of 2022, and the chapter and those participating raised a total of \$2,165! Approximately 30 members of the Tau chapter, additional guests from the School of Pharmacy, and even faculty had a night full of laughter, sisterhood, and bonding at the ice rink. Each year, a new unique theme is chosen to commemorate this special event. "Skate for the Cure" has been a lasting tradition within Kappa Epsilon at VCU's School of Pharmacy and will continue to be so in the upcoming years.

Aside from the larger service events like Skate for the Cure, our chapter does a great job at fulfilling our duty to those in need in the Richmond area. This year alone, we made blankets as well as various themed kits for the local Ronald McDonald House in Richmond. The kits spanned anywhere from activity kits that included coloring books, play-doh, crayons, and stickers, to toiletry kits that included oral care items, shower supplies, and hygiene products. The materials within the kits were donated by sisters within the chapter, both at the Richmond and Charlottesville campuses, and then assembled at the following chapter meeting. In times of need when individuals seek help from Ronald McDonald charities, the supply and need for some of the more 'standard' items-like toiletries-are often overshadowed by the inclination to only provide toys and items for the children

who are receiving care in the local hospitals. This is why our chapter hosted a donation drive dedicated solely to toiletry items for our local charity. Each toiletry kit contained a toothbrush, toothpaste, deodorant, body wash, and paired shampoo and conditioner. Approximately 20 toiletry kits were assembled and donated to our local Ronald McDonald House.



*Pictured above are P2 and P3 sisters with the finished toiletry kits for donation. Donning the chapter's letters, these seven ladies dedicated their time to assemble the kits, and even had time to snap a quick photo. Way to go, ladies! (Sisters pictured: Caitlyn Cason, Christine Li, Jennifer Liriano Suarez, Autumn Brenner, Madison Puryear, Courtney Ciarrocca, Christina Maybush)*



*Pictured above are the KE sisters and faculty advisors who were able to attend Skate for the Cure (SFTC) this year. The theme of 'Cowboys versus Aliens' brought out Richmond's best western attire for some, and accessories out of this world for others. So, the lasting question is: who do you believe stole the show this year at SFTC-the cowboys or the aliens?*

# Chapter Updates

## ALPHA BETA

Southwestern Oklahoma State University | Weatherford, OK

The Alpha Beta Chapter at Southwestern Oklahoma State University College of Pharmacy strives to promote the profession of pharmacy and serve their community through a variety of projects. In Fall 2021, the Alpha Beta sisters held their annual PharmCORP event at the College of Pharmacy which offered a unique experience to high school students from across Oklahoma and Texas who are interested in pharmacy. This day-long camp allows students to do hands-on labs and workshops led by SWOSU pharmacy faculty and students. The event concluded with a panel of pharmacy students answering questions campers had about pharmacy school and college life. PharmCORP is a unique opportunity to invest time into high school students that want to explore what pharmacy is about and encourage them on their journey into our profession.

In Spring 2022, Alpha Beta Chapter participated in Custer County Relay for Life. They set up a booth and sold snacks and drinks to the community as well as ran an oversized bowling game with popping fidget toys as prizes. Alpha Beta Chapter has an annual month-long fundraiser to contribute to their Relay for Life donation that is called "flocking." Every school night from March to April, the KE sisters sent groups out to place lawn flamingos on College of Pharmacy faculty and community members' yards along with an informational sheet about the fundraiser. Those that were "flocked" could make a donation and request another house to be flocked the next night. It is a highly anticipated fundraiser that sparks interest and involvement across the community. All the money raised from the KE Relay for Life booth and the "flocking" event was donated to the American Cancer Society, and this year KE raised \$780 to contribute to this important cause!

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*Students at PharmCORP using Skittles to practice filling a prescription.*



Continued...

## ALPHA BETA

Southwestern Oklahoma State University | Weatherford, OK

The Alpha Beta Chapter hosted their annual College of Pharmacy Chili Cook-Off in February of 2022. This event brought together all the student organizations in the College of Pharmacy to raise money for a charity of KE's choosing. Each organization put its best chili recipe to the test in the hopes of being this year's winner, decided by a panel of faculty judges. This year's proceeds were donated to Harley's House of Hope, a charity that provides emergency childcare and supplies to families across western Oklahoma. Kappa Epsilon also hosted drives to gather donations of diapers and other supplies for the same charity. These supply drives were a part of the chapter's rush events to get the prospective new members involved in service projects that are important to Kappa Epsilon.



*KE Sisters serving at Relay for Life (Pictured left to right: Gabrielle Page, Cassidy Marsh, Caitlin Seigrist, Carolena Oniwa, Rebekah Schuler, Kyla Sampson, Kaylen Schier, Megan Gilliland)*



*KE Sisters at PharmCORP (Pictured left to right: Madison McClelland, Mattison Shepherd, Kyndel Hopkins, Kaitlin Kuehne, Kim Curd, Caitlin Seigrist, Kyla Sampson, Michaela Lombardi, Carley Welch)*

# Chapter Updates

## ALPHA THETA

University of Arkansas for Medical Sciences | Little Rock, AR

Despite having a continued battle against COVID restrictions, our chapter managed to have a successful year inside and out of the classroom. Throughout the year we strived to raise awareness and contribute to our main philanthropies, Breast and Ovarian Cancer. During October, our sisters raised \$600 for care baskets to be given to patients at the UAMS Cancer Institute. These baskets included socks, blankets, hand sanitizer, ChapStick, puzzle books, and a variety of candy/snacks. Our chapter was given the opportunity to volunteer at Synergy Saturday, a weekly pop-up wellness event that provides free health screenings, patient navigation, and preventative services to underserved populations. Through this event, we were able to practice proper screening techniques and improve our patient-centered communication skills. Alpha Theta also hosted a Women and Children First Fundraiser, where we collected donations for a local Domestic Violence Shelter in Little Rock. We were able to make a donation for over \$400. For all of our fundraising events this year, we reached or exceeded our goals. Our chapter strives to make a difference, whether it be monetary or raising awareness for Breast or Ovarian Cancer.

At the spring initiation, we added twenty-six new members. Our Halloween-themed fall recruitment event involved learning about Kappa Epsilon, providing a fun exam review, enjoying Trick-or-Treat candies, and getting to know each potential new member on a more personal basis. This event was our first opportunity to gather face-to-face this school year, which meant that our members were even more excited to be a part of it. Because we were not able to host in-person recruitment or initiation events last year, being together was such a special, heart-warming time.

Our chapter's academic success was showcased at the Rho Chi Society's Spring Induction Ceremony. Our sister, Erica Smith, proudly served as President for Rho Chi this year. New inductees include Amanda Russell, Lexi Jacobus, Tori Hoggard, Whitney Austin, Mary Rose



*Pictured here are Synergy Saturday volunteers: (from left to right) Dr. Melanie Reinhardt (advisor), Morgan Tracy, Claudia Raffo, Kellyn Foster, Elma Abdullah, Mattie Schanandore, and Michelle Hernandez.*



*Rho Chi Induction Ceremony: (back row, left to right) Erica Smith, Mary Rose Siebenmorgan, Lauren Romo, Claudia Raffo, Tori Hoggard ; (front row, left to right) Whitney Austin, Amanda Russell, Lexi Jacobus, Hannah Howard.*

Siebenmorgan, Lauren Romo, Hannah Howard, and Claudia Raffo. Our chapter's leadership skills were shown through our sisters who were inducted into Phi Lambda Sigma this year. This Pharmacy Leadership Society highlights those students who possess valuable leadership qualities. This year's new members include Elma Abdullah, Morgan Tracy, Michelle Hernandez, and Tori Hoggard. We could not be prouder of all of our sisters who were honored throughout the year.

## Chapter Updates

# ALPHA PI

Howard University | Washington, DC

As we entered the fall semester, returning to in-person learning, we wanted to ensure a strong presence on campus. Our goal was to give a warm welcome to all students returning to campus and those new to the campus. We hosted various socials, fundraisers, as well as volunteer events to meet our goal. In our first social event "Breakfast with KE" we welcomed the new P1s and P2s as this was their first time on campus. In our social skate night fundraiser, we met and bonded with potential prospective members. During our annual KE week, we held an alumni panel discussion, which allowed us to showcase the success of our chapter. One of our most successful fundraising events was our Boo Grams held for Valentine's Day. During this fundraiser, students were able to present other students with sweet momentums of gratitude and thanks.

On our return to campus, Alpha Pi also wanted to give back to our community. We held our second annual HopeKit charity event. In this collaborative event, we raised funds and collected blankets, socks, and anonymous words of empowerment. These funds, items and well wishes were used to create over 30 kits which were sent to women battling breast cancer. We also held a snack collection drive for women and children at our local women's shelter. The Alpha Pi chapter donated over 200 snack packs thanks to our members and fellow Howard students!

Beyond their responsibility within the chapter, Alpha Pi members hold at least one leadership position outside of KE. All members are heavily involved on campus which broadens our chapter's ability to positively influence our community. Due to our heavy involvement 10 of our members have been inducted into Phi Lambda Sigma over the course of the past 3 years.



*Brother Essence Bell and Ewanna Brown with prospective members as we finish assembling snack packs for the local women's shelter.*



*Six ladies of the Alpha Pi chapter bonding while taking promotional pictures for our annual KE week.*

The Alpha Pi chapter is extremely proud of the 2022 graduating members. All of our seniors have secured either a residency or fellowship at their top institution of choice. The Alpha Pi chapter is looking forward to another successful year - for both its members and the Howard Community.



# Chapter Updates

## BETA GAMMA

South University | Savannah, GA

The Beta Gamma chapter of Kappa Epsilon has accomplished a lot during the 2021-2022 year. The chapter ran a successful recruitment week with an informational meeting and 3 social/recruitment events that could result in a bid day invitation. Thanks to these efforts, 31 potential new members received a bid day invitation. All 31 completed the entire rush process and were inducted into the Beta Gamma chapter! The Beta Gamma chapter also held multiple events for Breast Cancer Awareness during the month of October and raised \$1,000 dollars. We later held a community service event where members worked together to make Valentine's Day cards for the elderly at a nearby nursing home. The Beta Gamma chapter also held multiple fundraisers. Some of our favorite include a Boo Gram fundraiser where students sent each other Halloween candy, a Krispy Kreme donut fundraiser and a pharmacy themed coaster and badge reel sale. Overall, the year was highly successful for the Beta Gamma chapter of Kappa Epsilon!



*Wear Pink Day: As part of their Breast Cancer Awareness program, KE hosted a fundraiser where students could dress casually to class and wear something pink for a \$3 donation.*



*Initiation Day: Beta Gamma had a record year for recruitment with a total of 31 new KE members becoming officially initiated in December 2021!*



# Chapter Updates

## BETA PI

Concordia University Wisconsin | Mequon, WI

With the number of COVID-19 cases slowly dwindling, the Kappa Epsilon Beta Pi Chapter was finally able to reconvene in person for the 2021-2022 school year. Our members were full of excitement, as that meant that we could once again feel connected to one another and be involved within our local community. On top of prioritizing having a more successful recruitment, we also prioritized putting our community first.

Service has always been at the forefront of our chapter's core values. Our time this year was dedicated to a variety of events. We sent letters to Girls Love Mail and were able to assist another student organization with a Medication Take Back Day. Additionally, we volunteered to help with set-up, check-in, and serve as course marshals for our local Pink Pumpkin Run, to benefit Breast Cancer, and Hot Cider Hustle, to benefit Ovarian Cancer. Another organization that is close to our hearts is the Wisconsin Ovarian Cancer Alliance (WOCA) and we hosted events such as an ice cream social and patient care lab dress down days to fundraise for that cause. Lastly, we wanted to go above and beyond to serve more community members, so we also had an event where we made dog toys out of t-shirts to deliver to a local shelter.

Overall, our members went above and beyond to participate in various service events, especially those that focus on Breast and Ovarian Cancer causes. Although this was the case, we hope to serve a larger population and participate in new events in the future.



*Beta Pi members assist APHA members with Medication Take Back Day.*



*Beta Pi members assist APHA members with Medication Take Back Day.*

# UPDATES FROM THE VICE PRESIDENT OF COMMUNICATIONS

## Knowing Your Limits

I've always been someone who loves staying busy, and while that has certainly helped me keep track of my projects during my first year of residency, I've also learned that recognizing you need a break is of the utmost importance.

For anyone who completed a residency, just started one, or is interested in one, you've already heard that it's a busy and challenging year. I've always been someone that was good with time management and this year has certainly put it to the test. Being that I still had a good amount of momentum from finishing pharmacy school, I went full speed ahead into the first half of residency. I completed a good portion of my major presentations, stayed ahead on longitudinal assignments, and learned a ton on my rotations!

By December, I hadn't even realized 6 months had passed, and that I hadn't taken any days off. I had a trip planned for a long weekend in January, but prior to that I honestly was worried about using PTO in fear of missing out on my learning experiences. It was during December that I realized how my stress manifests itself, and that was when I misplaced the key to a friend's apartment I was watching.

Now it may be a fatal flaw of my own, but I tend to write down where things are or at least put them in places that make sense. For example, when we moved across country from Florida to Texas, I devised a number & color-coordinated system for our boxes that linked to a Microsoft Excel spreadsheet with a list of everything in that box. So, basically, if they need a billboard with a picture of a "Type A" person, I'm your girl!

Unfortunately, after re-tracing my steps and clearing my car and bags out, I never did find the key, but what I did find was how to figure out when I was getting

**Alicia S. Brenner, PharmD**  
VP of Communications



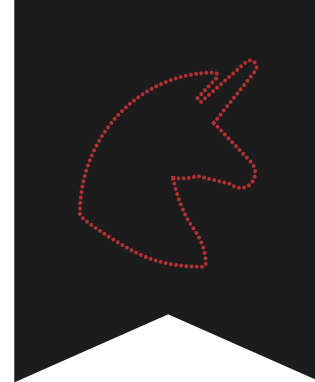
burnt out. I encourage everyone to know their signs of burnout and know when you need a break. For me, it's when small, everyday tasks become exhausting and require more extra work than they should.

This may seem like a small experience to some, but it's a lesson I needed to learn. Now, going into my second year of residency, I'm pushing myself to take a long weekend every other month if possible. As important as it is to maximize your time in residency and stay on top of assignments, you can't do that if you don't make time for yourself. It's easy to think you won't fall into this trap, trust me I thought I would be fine, but take the steps in advance to ensure your mental health is in check.

### Here are some things that may help you during every busy season of life:

1. Use your PTO!!
2. Don't bring your work home with you every night.
3. Talk with your mentors and friends about your workload and be honest when you are stressed.
4. Find at least an hour each day for yourself.
5. Stay well rested.

For those reading this, know that I'm proud of you! You're doing great! Keep reminding yourself of that, on the easy days and the hard days! And continue to know and define your own limits.



# COLLEGIATE SPOTLIGHT

By Betsy Stephens, Vice President of Collegiate Development

Sydney Jablonski is a 3rd year student pharmacist at Purdue University in Lafayette, Indiana. She has been the president of the Pi Chapter for the past two years and was recently featured as the Student Highlight in the Purdue Alumni Newsletter. We asked Sydney to share her #WhyKE thoughts with us, and she did not disappoint! Thank you, Sydney, for being part of what makes KE great!

## Why did you choose KE?

The Purdue College of Pharmacy has an annual "First-Nighter", where every club in the college has a booth, a poster, and lots of members eagerly handing out candy and other materials to try and lure pre-pharmacy students into our upcoming callouts. I had never heard of KE before the First-Nighter, but I was instantly drawn to their booth. Everyone had matching red T-shirts that I loved, but even more importantly, they all actually looked like friends. The KE members working the booth were so approachable and welcoming, and it was clear that they loved KE. I showed up to the callout that week, and just kept showing up!

## What's your favorite KE memory?

It's hard to narrow down my favorite KE memory, but I have a few. Reinstating our annual Over-the-Counter Drug Fair was an incredibly special event to be a part of, and a massive undertaking under our Past President, Erin Flynn. Seeing our group rally to carry out such a large event was amazing, and seeing how we could use our pharmacy skills to directly help other students was really great. Another memory that really demonstrated KE's spirit as a fraternity happened that same year, immediately after we had been told there was an issue with our funding from Purdue and thought (at the time) that we wouldn't be reimbursed for the thousands of dollars spent to carry out the OTC Fair. We were worried

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that a financial loss of this size would decimate our bank account and leave executives in a rough spot for the next year. In a matter of hours, members and executives were able to arrange a last-minute cake pop-making session so we could sell them the next day and make up for the losses. Thankfully, we ended up getting the grant properly reimbursed in the end, but it was incredible to see how much KE meant to those who participated and helped arrange it all...putting their own needs on hold temporarily to help an understandably panicked group of their brothers! The 70th Anniversary of Pi Chapter was another unique event I have been lucky enough to participate in planning. It was great meeting all of our distinguished alumni and seeing all of the memorabilia and scrapbooks we have kept throughout the decades. Seeing how much KE meant to those that came back to celebrate with us was extremely touching. Other great memories I have are our yearly Fall Brotherhood Retreats at Exploration Acres Corn Maze and our annual Thanksgiving potluck dinners.





# COLLEGIATE SPOTLIGHT CONTINUED...

By Betsy Stephens, Vice President of Collegiate Development

What message do you want to give to current and future KE members?

My message for current and future KE members is that you 100% get out what you put in. I was fortunate to find lifelong friends through KE, and I can fully attribute it to showing up to meetings and getting involved in service and social events! My 5 years in this fraternity have shown me that we can achieve amazing things as an organization when all hands are on deck! Also, take advantage of all of KE's fantastic alumni...Pi chapter is extremely fortunate to have such a committed group and they have lots of wisdom to impart!



## Alumni Updates

# AMY'S RAYS OF SUNSHINE

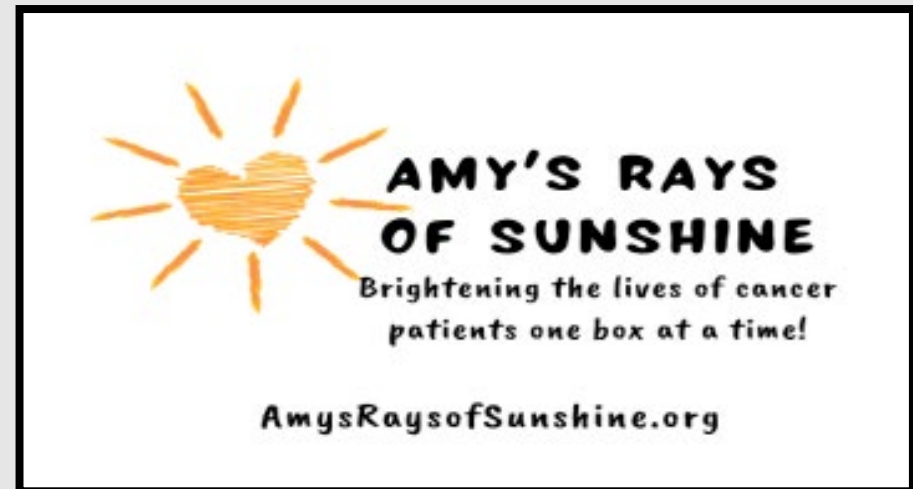
**By: Amy Steeves (Landau), Kappa Chapter Alumni**  
*(Class of 2010, Chapter President 2008-2009)*

Amy's Rays of Sunshine is a nonprofit, 501(c)3 pending organization founded by Amy Steeves. Amy started this organization to pay forward the love and support that she received from her amazing community during her own bone marrow transplant after a cancer relapse in 2019. "During my 90 days away from home I (Amy) could have a new card or note every morning to open and help lift my spirits, make me laugh, or give me some inspiration to keep pushing through this impossibly hard time. Some of my most meaningful and impactful cards were from complete strangers. It helped so much to know that people were cheering me on from afar and rooting for me."

Amy's Rays of Sunshine seeks to provide encouragement, positivity, and hope to young adult patients during bone marrow transplants by giving them a box of handwritten cards, notes, and other items to help them persevere through a physically and emotionally challenging time.

"When I was 28 years old and my first son was 10 months old, I was finally told what had been causing horrible symptoms and a full body rash for over a year but no one could diagnose: it was lymphoma. Cancer. Angioimmunoblastic T-cell lymphoma, which is an incredibly rare type that mostly occurs in elderly patients. I was a young mom with her whole life ahead of her. I had to stop working as a retail pharmacist and undergo six months of really difficult chemo treatment and what felt like endless hospital stays. I was in remission for three years and lucky enough to have another baby. When my second child was seven months old, I found a rash on my arm. I called my cancer center and they sent me in for a scan and a skin biopsy. Unfortunately, the lymphoma was back. This time we knew that we needed a bone marrow transplant. Out of my three siblings, our best option was my brother who was a 6/10 match. I received a phone call that I did not have a match on the bone marrow registry and I felt like my world started to fall apart. We

*continued on the next page...*



went ahead with an autologous bone marrow transplant with my own stem cells, knowing it probably wouldn't be curative but would buy us some time to weigh our options. About five months later the lymphoma reared its ugly head again. I went to my appointment ready to discuss options and make some hard choices. Instead, they told me that they ran me again and I had a 10/10 match in Germany, and he was willing to donate. I cried happy tears!" (And so did a lot of my friends and family!)

"In March 2019 I had a bone marrow transplant with my donor's cells. It was the hardest year of my life, but I have no doubt that without my amazing donor and my treatment team, I would not be here today, raising my family and hugging my boys. I have had countless chemotherapy treatments, radiation sessions, injections, blood draws, bone marrow biopsies, blood transfusions, and holidays spent in the



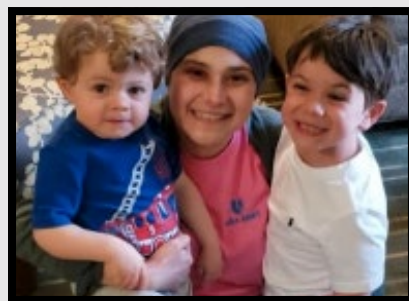
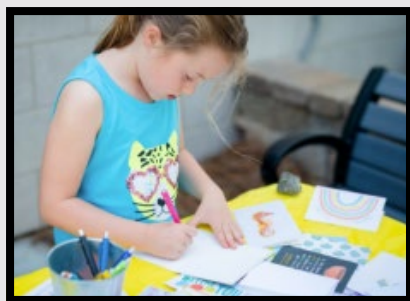
## Alumni Updates Continued...

### AMY'S RAYS OF SUNSHINE

hospital. I have been completely overwhelmed and amazed at my support system and how they have cared for me and my family. I have been able to contact my donor, Sebastian, and we have been getting to know each other across the world. Cancer has changed me forever, and I am grateful for every second in this new life that I have been given."

#### Creating Amy's Rays of Sunshine

After a bone marrow transplant, it usually takes around 90 days for a patient's counts (red blood cells, white blood cells, and platelets) to fully recover enough to no longer need constant medication and blood transfusions. During this time you are required to stay within 10 minutes of the transplant center (Duke in my case) for 90 days with one caregiver. My mom stayed at a long-term hotel with me for this time period. Because my children were so young, I wasn't allowed to visit with them for the first 30 days, and it was so hard being away from my family. When my community learned that I would have to be isolated for this time period, they all came together and made me a "Rays of Sunshine" box. One quote that I had been using to keep me going was "Keep your face toward the sunshine and the shadows will fall behind you." My friends, neighbors, fellow preschool parents, and even strangers in the community put cards, letters, jokes, and messages in the box with the goal of having 90 messages. During my 90 days away from home I would have a new card or note every morning to open and help lift my spirits, make me laugh,



continued on the next page...



or give me some inspiration to keep pushing through this impossibly hard time. Some of my most meaningful and impactful cards were from complete strangers. It helped so much to know that people were cheering me on from afar and rooting for me.

A lot of patients travel from out of state to centers like Duke for their bone marrow transplant to receive high quality care. This distance isolates them even more from their friends and family. The physical recovery from a BMT can last for months and be an emotionally difficult and isolating time. In creating Rays of Sunshine, I wanted to be able to provide young adult patients undergoing a bone marrow transplant a box of inspirational and caring messages from people so that they too can have something to lift their spirits every day. This requires a large number of cards as you may guess, so we are working hard and teaming up with our local communities for help. We have card drives happening around the country from all different types of organizations, individuals mailing in cards, and community events to help fill our boxes! We have already been able to provide completed boxes to Duke and hope to keep expanding and spreading sunshine as far and as wide as we can!

*If you would like more information or want to get involved, please visit our website at [www.amysraysofsunshine.org](http://www.amysraysofsunshine.org) or visit us on social media:*

Instagram: @Amys\_Raysofsunshine | Facebook: [www.facebook.com/amysraysofsunshine](https://www.facebook.com/amysraysofsunshine)

# HISTORY TIDBITS

## THE EVOLUTION OF THE PROVINCE PROGRAM INTO THE REGIONAL RETREAT PROGRAM

By: Sherrill Brown (Omega)



The Province Program was established in 1957 as an opportunity for rapidly growing membership to personally interact between national conventions. Using the American Association of Colleges of Pharmacy districts as a template, six Provinces were defined. Local chapters provided input to the boundaries of the Provinces, and each area was assigned letters of the English alphabet for identification. All KE members (collegiate, alumni, associate, professional, and honorary members) were included as members of the Province. Each Province was to meet in the even-numbered years to alternate with the national meeting held in odd-numbered years.

In 1963, a national vice president was added to Grand Council to oversee and support the Province Program. In 1968, a Province Manual was published to assist members with running their Provinces. Because of discussion at the 1993 Convention, programming presented by national officers at Province meetings were standardized. This helped connect members by providing a similar experience to each Province.

In 2003, the Province Program was dissolved at the national convention, and the Vice-President of Province was replaced with the Vice-President of Communications. However, members missed the regional meetings, and the Province program was revamped into the Regional Retreat Program. KE chapters were divided into 8 regions based on geographic location. Regions are encouraged to meet during even-numbered years, but Regional Retreats are not required by the fraternity.

The old KE Provinces and the current KE Regions are listed below. Note that the Provinces included every state except Alaska and Hawaii. Puerto Rico was also included in Province B. However, the Regions only include states where KE chapters are located.

### KE Provinces:

**Province A:** Connecticut, Delaware, District of Columbia, Maine, Maryland, Massachusetts, New Hampshire, New Jersey, New York, North Carolina, Pennsylvania, Rhode Island, Vermont, Virginia.

**Province B:** Alabama, Florida, Georgia, Puerto Rico, South Carolina, Tennessee, Mississippi.

**Province C/D:** Michigan, Ohio, West Virginia, Illinois, Indiana, Kentucky, Wisconsin.

**Province E:** Idaho, Minnesota, Montana, North Dakota, Oregon, South Dakota, Washington, Wyoming.

**Province F:** Iowa, Kansas, Missouri, Nebraska, California, Colorado, Nevada, New Mexico, Utah.

**Province H:** Arkansas, Arizona, Louisiana, Oklahoma, Texas.

### KE Regions:

**Region A:** North Carolina, Virginia

**Region B:** Florida

**Region C:** Indiana, Ohio, Wisconsin

**Region D:** Arkansas, Louisiana, Mississippi

**Region E:** Minnesota, Montana, South Dakota

**Region F:** Kansas, Missouri, Nebraska

**Region G:** Arizona, Oklahoma, Texas

**Region H:** Georgia, South Carolina

# KAPPA EPSILON DIVERSITY, EQUITY, AND INCLUSION RESOURCE LIBRARY

Greetings from the KE Diversity, Equity, and Inclusion (DEI) Committee! So far, the DEI committee has had a fantastic year. The committee's goal is to create and promote a welcoming environment for the betterment of KE. The DEI resource library is one of the projects we are currently working on. Unconscious and implicit bias, cultural awareness and belonging, microaggressions, and health disparities are among the subjects covered in the library. We would like to highlight a segment from the Cincinnati Edition called "The origins of U.S. drug policy and its ties to systemic racism." In the interview, Dr. Daniel Arendt (University of Cincinnati College of Pharmacy) and Dr. Nicole Avant (Avant Consulting Group) discuss delivering more equitable care in the field of pharmacy. See this link for more information [The origins of U.S. drug policy and its ties to systemic racism | WVXU](#). We are excited to share this impactful interview with our members of KE!

### Health Disparities and Diversity, Equity, and Inclusion

Health disparities as noted in Healthy People 2020 are described as "Health differences that adversely affect socially disadvantaged groups. These groups can include differences according to race or ethnicity, skin color, religion, socioeconomic status, gender, sexual orientation, gender identity, age, location, disability, illness, political affiliation, or any other characteristics associated with discrimination or marginalization." □ Health disparities are prevalent in our society. They can depict the vast inequalities of health resources within our country, and they may result in worse outcomes for disadvantaged groups. Through health disparities, we can measure the progress being made toward health equity and determine the areas that need more development. To achieve health equity in all population groups, there is a need for reducing health disparities and providing quality healthcare for

all. To begin to achieve this goal, we may start by creating community initiatives, dissolving social stigmas, including an assortment of people in research studies, diversifying the healthcare workforce, and educating people on the importance of diversity and inclusion. Together, we can move toward the goal of health equity for all.

### How to Close the Health Disparity Gap

- Educate patients, pharmacists, pharmacy students about health inequities and social determinants of health.
- Connect patients with community resources.
- Identify reasons for inequities at your institution.
- Engage community leaders and learn strengths and needs of their community.
- Change policies and rules that are discriminatory.
- Advocate for change at the city, state, and federal level.

### References

1. Braveman, Paula A et al. "Health disparities and health equity: the issue is justice." *American journal of public health* vol. 101 Suppl 1, Suppl 1 (2011): S149-55. doi:10.2105/AJPH.2010.300062
2. "Healthy People - HP2020 Overview of Health Disparities." Centers for Disease Control and Prevention, Centers for Disease Control and Prevention, 9 Mar. 2022, [www.cdc.gov/nchs/healthy\\_people/hp2020/health-disparities.htm](http://www.cdc.gov/nchs/healthy_people/hp2020/health-disparities.htm).
3. "Strategies for Reducing Health Disparities 2016 - Minority Health - CDC." Centers for Disease Control and Prevention, Centers for Disease Control and Prevention, 3 Oct. 2016, [www.cdc.gov/minorityhealth/strategies2016/index.html](http://www.cdc.gov/minorityhealth/strategies2016/index.html).





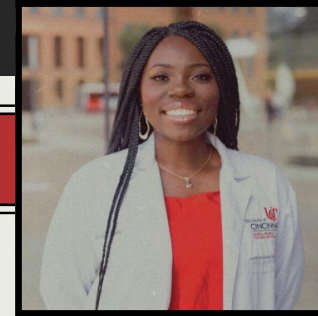
# Awards Announcement

## Linda T. Rodgers Award

Please join us in congratulating Adwoa Sasu (Rho) as the 2022 Linda T. Rodgers Award Recipient. When asked what this award means to her, this is what she said:

To be the recipient of the 2022 Linda T. Rodgers Memorial Award is both exciting and humbling. Linda's slogan, "Do it until they tell you, you can't," resonates with me on several levels, because I am a firm believer in pursuing excellence and never giving up. In the same way that she was passionate about serving the members of Kappa Epsilon, I am involved with the DEI Task Force. As co-chair of the DEI Task Force, I collaborate with my Kappa Epsilon sisters to foster a sense of belonging within our organization. We created a survey last year to get member feedback on the organization's current condition of inclusivity, belonging, and culture. With the feedback from the survey, we want to provide resources, programs, and support so that our members can grow as individuals and professionals. This experience has allowed me to hone my leadership skills while also advancing the pharmacy profession. I have had the privilege of inspiring others to strive toward a common objective for the good of our fraternity. Furthermore, I have formed relationships with my Kappa Epsilon sisters that will last a lifetime as a result of getting to know each committee member better through collaborative projects or during our monthly meetings.

In addition to my service in Kappa Epsilon, I was involved in several organizations at my college of pharmacy. My most impactful role was as Tribunal Vice President.



**ADWOA SASU**  
**RHO**

In this role, I worked with other pharmacy students to educate elementary students about the safety of prescription drugs through presentations and interactive activities. As a person of color who grew up in an underserved community, it was important for me to present to students who attended schools within Cincinnati Public School district, where the health literacy rate is low, and the students would benefit the most from the information we presented. This experience was rewarding because I was able to educate young children about the benefits and potential harm of prescription medications.

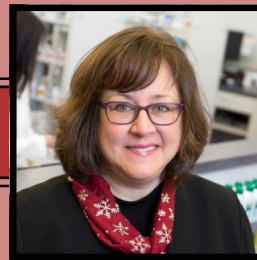
As a future pharmacist, I strive to inspire my colleagues to lead and advocate for their patients as we are the most accessible healthcare providers. Linda Rodgers exhibited all the attributes of an outstanding leader and trusted friend, thus being named a recipient of the Linda T Rogers Award is the highest honor I can receive. She has left a lasting impression on present and future Kappa Epsilon members, and I am honored to receive an award named after her.

# Awards Announcement

## Career Achievement Award

The Career Achievement Award was created in 1965 to honor a KE Member for their professional accomplishments. Kappa Epsilon is very excited to announce Dr. Karen Hudmon, DrPH, RPh as this year's Career Achievement Award recipient! Dr. Hudmon has contributed significantly to the field of pharmacy and is nationally renowned as a smoking cessation expert. She has received recognition and awards from the Academy of Pharmaceutical Research and Sciences, American Association of Colleges of Pharmacy, American Pharmacist Association, among many others organizations for her contributions to the field. She advocates for integration of smoking cessation training for healthcare professionals and has received grants from organizations like the National Institute of Health and National Cancer Institute to continue her research. Dr. Hudmon currently practices as a Professor of Pharmacy Practice at Purdue University in West Lafayette, Indiana.

When asked what this award meant to her, she shared the following: Kappa Epsilon was an important part of my pharmacy training at Ohio Northern University – one of my most influential faculty mentors, Dr. Metta Lou Henderson, encouraged me to join KE and to pursue a variety of leadership opportunities. She was a guiding force early in my career, taking time to connect with me



**DR. KAREN HUDMON,**  
**DrPH, RPh**

on a personal level while I was a young student, and by opening doors for professional growth. For decades, she has served as a strong female role model in our profession through KE and also and through her long-standing leadership in APhA. After my mother died of lung cancer in 1991, despite having been a former smoker for nearly seven years, the confidence that I had gained throughout my prior training was instrumental in my decision to return to school to become a future cancer prevention researcher. I have spent my entire career working to forge pathways for pharmacists to become engaged in helping patients quit smoking – in recent years, this has included facilitating legislation that permits pharmacists to prescribe tobacco cessation medications (now allowed in 16 states, with many more in process). The strong foundational knowledge, skills, and leadership experiences that I gained through KE have been instrumental throughout my entire career and personal life. For these reasons, I am deeply honored to receive this recognition from Kappa Epsilon, and I am hopeful that I am “paying it forward” to others—in similar positive ways—through my current role as a Professor at the Purdue University College of Pharmacy.

Please join us in congratulating Dr. Karen Hudmon!

# Awards Announcement

## Nellie Wakeman Fellowship

Kappa Epsilon Fraternity and the American Foundation for Pharmaceutical Education (AFPE) would like to congratulate Betsy Stephens, PharmD, as this year's recipient of the Nellie Wakeman Fellowship. The Nellie Wakeman Fellowship is for students planning to enroll in the first year of, or are already enrolled in, a Ph.D., Master's, or combined Residency/Master's degree program at an accredited U.S. College or School of Pharmacy. The award is jointly sponsored by Kappa Epsilon Fraternity and the American Foundation for Pharmaceutical Education. Betsy will receive the \$10,000 award to assist in her pursuit of a Master's in Pharmacy Leadership and a Master's of Health Administration at the University of Cincinnati.

Stephens is a 2021 Doctor of Pharmacy graduate from the University of Cincinnati James L. Winkle College of Pharmacy and was involved in various professional organizations throughout pharmacy school, including the American Pharmacist Association, the American Society of Consultant Pharmacists, and Phi Lambda Sigma Leadership Honorary Society. She served on the Kappa Epsilon's National Projects Committee for two years and is serving a two-year term on Kappa Epsilon's Grand Council as Vice President of Collegiate Development. She is currently a staff pharmacist at Complete Pharmacy Solutions.



**BETSY STEPHENS, PHARM D**  
**RHO**

# SPRING 2023 BOND CHAPTER ASSIGNMENTS

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Mu	Alpha Xi	Beta Omicron
Pi	Alpha Rho	Beta Rho
Upsilon	Beta Alpha	Beta Tau
Alpha Gamma	Beta Zeta	

Articles and photos are due **December 15th, 2022** on [kappaepsilon.org](https://kappaepsilon.org). Submissions should be in a Word document, and each photo should have a caption. If you have any questions, please contact the **VP of Communications**, via email at [kevpcommunication@gmail.com](mailto:kevpcommunication@gmail.com).

# Awards & Scholarships

Nominate your colleagues  
for these prestigious awards.

## KE/MERCK VANGUARD LEADERSHIP AWARD

Awarded to an exemplary alumni who has contributed both professionally and within their community. Nominations due October 15<sup>th</sup> annually.

## CAREER ACHIEVEMENT AWARD

Active alumnus member noted for their professional accomplishments. Nominations due October 15<sup>th</sup> annually.

## LINDA RODGERS MEMORIAL AWARD

Honors a KE member who exemplifies Linda's characteristics of leadership, dedication, diplomacy, friendship, and inspiration to others. \$200 award. Nominations due May 15<sup>th</sup> in odd years (Alumni) Nominations due May 15<sup>th</sup> in even years (Collegiate)

## ZADA COOPER SCHOLARSHIPS

Recognizes superior achievement and is presented annually to active collegiate members. \$750 scholarship award. Applications due November 15<sup>th</sup> annually.

## KE/AFPE NELLIE WAKEMAN FELLOWSHIP

Monetary award used to encourage members to pursue an advanced degree in a college of pharmacy graduate program. \$7500 award. Applications due February 1<sup>st</sup> annually.

## FOUNDATION GRANTS

Provides members and chapters with incentive money for innovative educational projects in the profession of pharmacy. May apply anytime!

# GIVE OR DONATE TO KAPPA EPSILON

In a continuing effort to provide financial stability and perpetual support for Kappa Epsilon Fraternity and the Kappa Epsilon Foundation, please consider making a donation to one or both of these entities. **Let us speak with one voice, in strategy and purpose, and share our resources to promote the future of Kappa Epsilon.**

MY GIFT TO THE FRATERNITY IS \$ \_\_\_\_\_

MY GIFT TO THE FOUNDATION IS \$ \_\_\_\_\_

Gifts to the Foundation are tax-deductible.

Please make checks payable to: Kappa Epsilon Fraternity and/or Kappa Epsilon Foundation. Or, pay by credit card.

MASTERCARD/VISA #: \_\_\_\_\_ EXP: \_\_\_\_\_

NAME: \_\_\_\_\_

STREET, CITY, STATE, ZIP: \_\_\_\_\_

Send form to: Kappa Epsilon, 403 W St Charles Rd, Suite 403B Lombard, IL 60148

You may also give or donate at [www.kappaepsilon.org](http://www.kappaepsilon.org)

# CONNECT WITH KAPPA EPSILON



[kappaepsilon.org](http://kappaepsilon.org)

*If you are interested in submitting articles and photos for an upcoming issue of The BOND, please contact Alicia Brenner, VP Communications, via email at [kevpcommunication@gmail.com](mailto:kevpcommunication@gmail.com).*



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