LETTER FROM THE EDITORS

The 2013 Donations and Design Committee would like to thank you for browsing the first issue of the 2nd year of The Donut Hole! We are excited to continue this tradition and hope you find our newsletters engaging, informative and fun to read.

Inside this issue, we will be introducing the Medicare class of 2013, as well as sharing words of wisdom from graduates of the 2011 Medicare Class. Read our faculty spotlight and find out the latest addition to the Medicare Part D faculty. On page 11 you will find a recap of the 2013 “Roast-and-Toast” and have a chance to see critiques of Dr. Patel’s stunning 80’s themed costume. Continue on to page 12 to see the Medicare research of students presenting at NCCCP’s Research Symposium. In addition, we hope you enjoy the statistics, class polls and have a laugh at the comic. Finally, we are thrilled to share the schedule of Medicare outreach events slated for this fall (page 17).

From intensive, high-speed Medicare lectures taught by Dr. Patel, to comprehensive MTM lessons led by Drs. Gundersen, Galal, Carr-Lopez and Woelfel, this year’s Medicare Class is rapidly acquiring the knowledge and skills needed to assist patients during this year’s upcoming outreach events. We look forward to our continued journey and hope to see you at our events!

-Donations and Design Committee

WHAT COLOR IS YOUR PASSION?

Medicare Part D 2013— Deep berry
Medicare Part D 2012— Teal
Medicare Part D 2011— Blue
Medicare Part D 2010— Grey

Medicare Part D 2009— Grey
Medicare Part D 2008— White
Medicare Part D 2007— White
Greetings from the newest Medicare class! As we come close to wrapping up our first semester of Medicare, we are eager to apply what we have learned in the classroom to helping patients at the Medicare health fairs. With 14 events lined up for next Fall in the back of our minds, we have been dedicating our Fridays to cultivating a knowledgebase of what comprises Medicare itself, inevitably focusing on the Part D aspect, developing the MTM skills amongst various drug classes, and learning more about each other.

More importantly, we have been getting to know Dr. Patel, Dr. Carr-Lopez, Dr. Galal, Dr. Gundersen, Dr. Woelfel, and Dr. Norton in the classroom. From sharing our favorite desserts to divulging our most embarrassing stories, we are fortunate for Dr. Patel’s enthusiastic spirit, his engaging learning environment, and for personally catering Hot Cheetos, Ferrero Rocher chocolates, and fruits and veggies trays to students during every class.

Looking forward to our outreach events in the Fall, most of the Medicare Class has had some experience with the elderly, but we definitely have room to grow. As we have been sorting out supplies and beneficiary bags, voting for a deep-berry colored polo, and making plans within each of our subcommittees, we are grateful to have been given this opportunity and are anxiously awaiting the semester ahead.

The following pages are meant to familiarize readers with the new Medicare class. How does your class compare?
### Meet Michael Cheung

I am looking forward to servicing the Medicare beneficiaries that require help in choosing the best plan for themselves, especially those who need help in a language other than English.

### Meet Anna Cho

I was interested in Medicare because I wanted to start practicing being a resource to the community so that I can hopefully start something like this in the community in which I reside.

### Meet Heidi Cho

I look forward to bonding with the Medicare team and seeing how many different personalities and opinions can come together as a group.

### Meet Kristin Dang

To be honest, I am in Medicare to remember why I chose pharmacy and get more of a personal touch into my career.

### Meet Sandeep Dosanjh

I am looking forward to interacting with all of the attendees at the Medicare events. I loved volunteering last year and talking to beneficiaries who shared some of their life experiences. Those types of interactions and experiences are not found in a classroom.

### Meet Marc Edmundson

I’m looking forward to reaching out to more people than years past.

### Meet Benjamin Fong

I’m looking forward to becoming close with everyone on the Medicare team and taking part in the health fairs this fall.

### Meet Stephanie Ham

I am looking forward to the many outreach events!

### Meet Caroline Ha

I am looking forward to getting to know and work with everyone on the Medicare team this year. Although we may not all know each other very well yet, it already feels very special to be able to be a part of a wonderful team.

### Meet I-Hsuan (Ally) Hsu

I want to help more people, learn how to provide the best patient care, and obtain an invaluable experiences from my involvement with the Medicare class.

### Meet Tiffany Huang

I’ve heard from friends about how taking the Medicare class changed their lives, and I want it to change mine too!

### Meet Melanie Jee

I am looking forward to applying what we learn in the classroom and turning it into a service for the community.
I’m looking forward to becoming a better pharmacist, serving the geriatric population, and learning more about Medicare. As important as it is for pharmacists to be drug experts, I find it equally important for pharmacists to assist patients in finding affordable medication plans.

I find community outreach, such as the Medicare Part D program, not only exciting but even more a humbling opportunity.

I chose Medicare because I wanted to practice what I love to do, assist the elderly with their medications and help them analyze and understand their prescription drug plan.

I’m looking forward to receiving smiles from beneficiaries at the outreach events!

I look forward to being able to make a difference in patients’ lives during the Medicare events.

With the increasing aging population, serving this group of patients is an important component of the pharmacy profession. I also have a deep seeded interest in public health and want to gain additional skills in coordinating patient care and promoting health and wellness.

I hope to gain the knowledge and skills that can help me better serve my future geriatric patients.

I look forward to getting to know everyone in class and working hard together to create great outreach events for the community.

I am looking forward to learning and bonding with the Medicare team.

After taking a Disability and Society course at San Diego State University, I am most excited about interacting with these beneficiaries at our new site in Berkeley.

I’m so excited to be a part of such a superb group and look forward to what we will accomplish as the Deep Berry crew. I’ve heard great things about the food associated with Medicare, so I’m looking forward to that as well.

I’m looking forward to working with an awesome group of people while helping our Medicare beneficiaries save money by choosing a plan that best fits their needs.
**I wanted to be a part of the Medicare Part D team because I believe that giving back to the community is rewarding and gratifying—this is the reason why I chose to pursue a career in the health professions.**

**I want to be a part of Medicare because I enjoy doing service projects and getting gratification from assisting beneficiaries.**

**I am especially looking forward to successfully planning healthcare events and applying what we learn in the classroom to serve the community in a meaningful way.**

**I wanted to be a part of Medicare to help offer such a unique and unbiased service to the patients.**

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**As part of my future plans I would like to work at a community pharmacy, possibly my own, therefore this is a great opportunity to gain knowledge about the Medicare/ Medicaid system as it includes the big bulk of who we will be working with in the near future.**

**I’ve always really loved service work and have always had a huge part of my life devoted to volunteering so I thought the Medicare class would be a great way to merge two of the things I love: medicine and service.**

**I wanted to be a part of Medicare so that I can help beneficiaries pick a Part D plan that will fit their needs and save them money.**

**I look forward to working with my classmates at health fairs with real patients and addressing their concerns about Medicare and their medications.**

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**As a freshman at Pacific, I had the opportunity to observe Medicare students helping patients with care, excellence, and knowledge. As I saw this interaction, I hoped that one day I would be able to be a part of this.**

**I’m mostly looking forward to applying my knowledge and expertise to help patients save money and optimize their medication therapy.**

**First, I love helping the community so that I can improve the lives of others. Second, I think this class is good for personal growth, especially in terms of building character and knowledge.**

**I appreciate the idea that we learn first, then practice later. I am most excited for the fall semester outreach events as I will truly utilize what I’ve learned in class and also through my experiences working at a retail pharmacy.**
I joined Medicare because I wanted to make a difference and I heard that the class and outreach is very rewarding.

I am looking forward to better getting to know the people in my Medicare class as we work together this year.

I look forward to the health fairs and all the memories we’ll make.

I’m truly hoping to better the lives of our participants and those we serve.

I wanted to be a part of Medicare to reach out to my community and to grow more as a person, student, and future healthcare professional.

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CONGRATULATIONS GRADUATES OF THE MEDICARE CLASS OF 2011!

We have just introduced our 45 students from the class of 2013, now, we are pleased to list students from the Medicare Class of 2011 who recently graduated from the Thomas J. Long School of Pharmacy and Health Sciences. The Donut Hole congratulates the following students:

<table>
<thead>
<tr>
<th>Dr. Aesun Kim</th>
<th>Dr. Dina Hoang</th>
<th>Dr. Lauren Ujihara</th>
<th>Dr. Seth Gomez</th>
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<td>Dr. Alyssa Hobby</td>
<td>Dr. Erin Boos</td>
<td>Dr. Marlyn Nicolas</td>
<td>Dr. Stephanie Chen</td>
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<td>Dr. Andrew Miller</td>
<td>Dr. Henry Lee</td>
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<td>Dr. Angela Wong</td>
<td>Dr. Jennifer Rodriguez</td>
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<td>Dr. Anh Hoang Pho</td>
<td>Dr. Jodi Ott</td>
<td>Dr. Nataliya McElroy</td>
<td>Dr. Tina H. Tran</td>
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<td>Dr. Anil Mallya</td>
<td>Dr. Jonathan Schmidt</td>
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<td>Dr. Mika Bhakta</td>
<td>Dr. Katie Nguyen</td>
<td>Dr. Nichole Saqueton</td>
<td>Dr. Vivian Tran</td>
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<td>Dr. Binita Patel</td>
<td>Dr. Keira Domer</td>
<td>Dr. Orkideh Moghaddam</td>
<td>Dr. Xiao Wen “Lisa” Jiang</td>
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<td>Dr. Caitlin Mizoshiri</td>
<td>Dr. Kenny Cheng</td>
<td>Dr. Runyu “Jennie” Chen</td>
<td>Dr. Yousef Trabouly</td>
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<td>Dr. Carly Ranson</td>
<td>Dr. Laura Hwang</td>
<td>Dr. Sean Chu</td>
<td>Dr. Yvonne Mai</td>
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WORDS OF WISDOM FROM THE 2011 MEDICARE CLASS

As another Medicare class advances, they leave behind great pearls of advice and guidance for the current students. Article by Megan Shimada.

Since its inception in 2007, the Medicare Part D class has seen six exceptional groups of students build and improve our program. The Donut Hole congratulates students from the Medicare Class of 2011, many of whom crossed the stage this past May to receive their Doctorate of Pharmacy. Recognizing the achievements and expertise of this outgoing class, we couldn’t miss the opportunity to solicit the feedback of this group and to gather the great words of wisdom they had to offer.

From fun survey responses and remarks, to elegant motivational prose, the class of 2011 reveals what it takes, and what can be gained from the special opportunities granted to students in the Medicare class. In the next few sections, we highlight some of our favorite shared responses by this group.

What is one special skill you have developed because of the Medicare class?

Most students can anticipate that from taking this class, they will learn valuable information about the fundamentals of Medicare, however, veteran students offer more insight into the strengths and rewards of the course. Recent graduate Stephanie Chen reveals: “I learned how to communicate with the elderly regarding their medications -- most of the time, they have no idea what they are taking!” As shocking as this statement may be, students can rest assured knowing that they will soon have the skills to empower patients and provide them with the information they need to safely and knowledgeably use their own medications.

In three words, how would you describe your Medicare experience?

In a flood of moving adjectives that included words like: unique, worthwhile, fun, hilarious, fulfilling, thrilling, amazing, awesome, inspiring, rewarding and educational, graduate Lauren Ujihara only needed two words to sum up her experience in the Medicare class, “best experience”. What other words will be used to define the Medicare experience in the upcoming year?

If you could have one superpower, what would it be and why?

Individuals who are acquainted with great responsibilities often have had experience with yielding a great amount of power. The Donut Hole was curious as to what kind of powers the class of 2011 would want, if given the opportunity. Many superpowers had very practical uses—the ability to predict the future and avoid the undesirable parts (Jon Schmidt), the power to fly because driving around for work, IPPEs and Medicare could be troublesome (Sean Chu), or super speed, to be able to put together and break down poles and banners quickly (Jennifer Rodriguez). If it takes superpowers to get through Medicare Events, we sure hope we’ll be granted our powers soon!

Additional words of wisdom for the new Class:

A Medicare veteran, Keira Domer elegantly sums up a common sentiment from the class of 2011:

Enjoy this time! It will be intense and, at times, hellacious. But these will be the memories that stand-out years from now... While it may not feel like it at times, you are all infinitely blessed to be inducted into this privileged family and have a responsibility. Enjoy your patients, learn from the wisdom they so desperately wish to share...This is the last of the 'greatest generation,' and you are fortunate beyond measure to be entrusted with their care. Never forget the responsibility you have, no matter how tired or stressed or overworked and underfed you feel...you are a small salvation to these patients. Act like it and enjoy the ride! This is the good stuff, kids...

By imparting great advice, they become our strong support. Cheers to the Medicare Part D Class of 2011.
BRIDGING CLASSES: QUESTION OF THE DAY
IF YOU COULD VISIT ANY PLACE IN THE WORLD, WHERE WOULD YOU GO?

Special thanks to everyone who responded to the survey! There were a plethora of interesting answers—we’d feature all of them if we could! Look forward to your answers to other questions in future editions of The Donut Hole! Article by Brittney Kubota.

**CLASS OF 2007**
“New Zealand” – Nicholas D. Baker
“Bora Bora!” – Vahe A. Guerbidjian

**CLASS OF 2008**
“Helsinki, Finland” – Tony Stricker
“Almost anywhere in Europe because of the history...everywhere. In particular, Greece because I am a huge Greek mythology fanatic and France because of The Louvre. I could spend my entire French vacation in The Louvre and hitting up Michelin star restaurants.” – Amanda Wight

**CLASS OF 2009**
“Brazil” – Jennifer Dang
“I would love to see the Great Barrier Reef in Australia at some point in my life! I think it's amazing that this structure is made of living organisms and can actually be seen from space! I just hope by the time I get there, it's not too damaged from the pollution that we've all created!” – Lyna Dao

**CLASS OF 2010**
“Costa Rica, Aruba, Bali, or Thailand” – Katie Highsmith
“Spain! The thought of spectacular Spanish food, impressive history, and siestas every afternoon sounds particularly appealing to me.” – Vinay Panchal

**CLASS OF 2011**
“Backstage VIP Meet and Greet with Britney Spears” – Dina Hoang
“VANCOUVER- it looks so beautiful. This is one of my Internet security questions.” – Sean Chu
“Patagonia for the marble caves, white water rafting, and other outdoor adventures” – Yvonne Mai

“Cinque Terre, Italy. The best of all worlds...nature and hiking, the ocean and swimming, and Italian food, culture, and hospitality. I can't wait to get back there!” – Keira Domer

**CLASS OF 2012**
“To be honest, one of my dreams is to visit Japan. Besides my passion for pharmacy, I have a huge fetish for cosmetics and skin care. I actually own many products that I order from eBay! One of the best products I’ve purchased is actually Biore eye patches that help with reducing dark circles and fine lines. There now you know my secret for looking human in pharmacy school! In addition to the cosmetics, I also love the culture, clothing, and of course ANIME! Some people say in my past life I must have been Japanese, regardless, if you ever need any skin consults you know where to find me.” – Zohal Fazel

“I would want to visit Hogwarts! (Not the one in Florida...The real one) Since I’m not a wizard however, I would go to New Zealand.” – Kimberly Kwok

**CLASS OF 2013**
“If I could go anywhere in the world right now, I want to visit the Happy Feet penguins down in Antarctica. I couldn't think of a better place in the middle of this scorching central valley summer.” – Udom Vang

“As weird as it may sound, I would like to visit North Korea. Having grown up being constantly aware of the Korean culture, I always found North Korea to be such a mysterious place. Unlike my parents, I would be able to enter North Korea being an American citizen. Also, I know I wouldn't be able to see the true side of North Korea, but to see the façade, even, would be interesting.” – Anna Cho

“I would visit my ancestral village in Hoisan, China. My grandparents were born in the countryside there in a time before technology and the modern world. I want to be able to experience and appreciate where I come from by seeing our family village with my own eyes.” – Benjamin Fong
**FACULTY SPOTLIGHT:**

**Dr. Linda Norton**

**DR. NORTON AT A GLANCE**

**ALMA MATER:**
University of the Pacific

**POSITION:**
Assistant Dean of Operations

**TEACHES:**
- Informatics, Statistics and Research Design
- Journal Club
- PhD Graduate Seminar

**PASSIONS IN PHARMACY:**
Patient education, natural products and how they impact patient care, and making sure people have the most current information possible.

**HOBBIES:**
Reading (especially cozy murder mysteries), and listening to music from the 50’s, 60’s, and 70’s.

**PETS:**
Dr. Norton is a dog person (and especially likes hounds), but owns many barn cats.

**DR. NORTON DESCRIBES HERSELF IN ONE WORD:**
*Work-in-progress*

“I if we are not all working towards improving ourselves, we end up staying in the same place. I am always trying to improve myself and make the world better each and every day.”

**The Donut Hole was lucky to grab an interview with our newest faculty member, Dr. Linda Norton. Read on and discover the passion and drive of this brilliant woman. Interview by Yvi Le.**

**Why did you choose to teach at Pacific?**

“I always wanted to teach, but I didn’t know what. I thought about math or chemistry but the subjects did not click for me. I got married at 19, and when my kids (two sons) were in school, I decided it was time to grow up and go back to school. My youngest son was sick a lot, so I spent a lot of time in pharmacies and doctors offices. I never thought about pharmacy school before, but I checked it out and decided to come to Pacific. I went to Pacific because I really liked the atmosphere and environment—it is really like a family and people look out for each other so it suited me very well.”

**What is your favorite thing about Stockton?**

“I don’t live in Stockton but my favorite thing about Stockton is the school. I love the sense of community and attachment that it brings to the surrounding area. This school is a real stabilizing environment for this part of Stockton. Our public safety is doing a lot of work with the city to make that bond closer. This tie to the community is what makes it really special. As the Assistant Dean of Operations, I am given a lot of opportunity to reach out.”

**What made you interested the Medicare Part D Class?**

“Dr. Patel asked me to come to as many classes as I could and I did that for a couple of years. I saw some of the amazing work and the challenges the class faced. I thought there were ways that I could help. We’ve been working on improving the data collection, and are trying to put together an application for our phones. Also, I would love to do an MTM on sleep, and sleep medications.”

**How do you like the class so far? Did you learn anything new?**

“Before I did not know all the nitty-gritty details about Medicare issues. I’ve been amazed at how much detail we are getting on all these things and how well you have all responded to these very high expectations. It is an amazing program and I consider it one of the flagship programs for this school. It’s something I would really like to continue to be a part of.”
What are you looking forward to this year in the class and the upcoming health fairs?
“My youngest son was the tech person last year and I hope he will do that again. This is to ensure that Medicare can run more smoothly with a full-time IT person. I really want to see the technology improved and have fewer issues in connectivity at the outreach fairs. I’m looking forward to reducing those potential problems and make it easier for us to do what we need to do. Last year internet routers worked pretty well but there’s been problems. We have some new ideas for bigger, better and faster!”

What is your favorite memory at UOP?
“I love graduation! I love to see my students reach their dreams. It is amazing to see those 4,000 people in the auditorium be so excited for that 1 person out of the graduating class of 200. It is the beginning of so much for their futures and the feeling of promise makes it so special.”

If you could give any advice to current pharmacy students, what would it be?
“Don’t limit your dreams. If you don’t have a dream, you will never get there. You should have unlimited dreams and be willing to take the chances to get there.”

Do you think you have fulfilled your own dreams?
“I think I fulfilled my dreams but of course I still have more. I’m very happy with what has worked out for me. I’ve been working with both of my sons for small business projects. If those work out, that will be a dream for me because both of them are so independent. I’ve been very blessed.”

What is a life passion of yours?
“Smile Train- an organization that I’m a real strong supporter and have had a long-term commitment for. Smile Train does cleft palate repair for people in 3rd world countries. I’m pretty passionate about that because here in the US, we have everything. Our dreams can be unlimited, but when you think about people with no resources and have a child with an anomaly, it is so devastating for that child and the family. If we can do something to help, we can give them a new life.”

What do you think you will be doing in 10 years?
“I hope to still be teaching and I hope my husband will be retired by then. That will give us more flexibility to travel where we want to. We go to Alaska 2-3 times a year and we love to travel internationally. We want to go to China and my husband wants to go to Africa to go on a photo safari.”

Dr. Linda Norton
...Visiting Roswell

Dr. Norton really enjoys travel and it would seem that she meets very interesting life forms along the way!
ROAST-n’-TOAST 2013
From hot-seat roasting to unexpected toasting, The Donut Hole recaps the fun and entertaining event. How much do you remember?
Article by Stephanie Ham

May 16th marked this year’s annual Medicare Roast-’n-Toast. It was a great opportunity for Medicare classes past and present to come together to celebrate the conclusion of another Medicare year! At this 1980s themed party we celebrated graduation week with lots of food, fun, and a little bit of tough love for Dr. Patel.

The evening started off with food and mingling and went right into the roasting of Dr. Patel. Several of the students from the Medicare Class of 2011 roasted Dr. Patel—all in good fun! The night continued with a game of Family Feud. According to current student NhuAnh Le, Medicare Class of 2013, “The Family Feud game gave me some valuable pointers and tips for the upcoming year!”

If you were at this year’s Roast-’n-Toast, or even if you weren’t, The Donut Hole would like to know if you can guess the most popular answers to some of Family Feud questions! Can you pass this “opportunity for excellence”?

How many hours of sleep/night does the average Medicare student receive?
A) 4  B) 5  C) 6  D) 7

Besides English, which language is the most valuable for a Medicare student to speak?
A) Chinese  B) Vietnamese  C) Spanish

Which snack provided by Dr. Patel is most popular among Medicare students?
A) Chips  B) Donuts  C) Fruit snacks  D) Cookies

What can’t a Medicare student live without?
A) Dr. Patel  B) Snacks  C) Medicare website  D) Laptop

Answers at the bottom of the page.

The highlight of the night had to be Dr. Patel’s 80’s costume. Dr. Patel was styling some old blue vans, ripped jeans, orange collared shirt, mustard yellow jacket, aviator sunglasses, and to top it off—an earring! Here is what some of the students thought about his costume!

“I know he tried to look cool, but nothing topped Dr. Woelfel’s costume!”
“What was he thinking and the earring made it worse!”
“He looked pretty good for the 80s, a little overdone with the earring though.”
“I’m surprised his wife let him wear that in public!”
“I liked it!”
“It brings another side to him than what we’re used to seeing. But I would really like to see him in his Lakers jersey!"

Overall it was a great time of celebration and many can’t wait for next year’s Roast-’n-Toast!

Answers to Family Feud Questions: B, C, A, D—How well did you do?
The 2nd Annual Northern California College of Clinical Pharmacy (NCCCP) Research Symposium was held on Wednesday, June 26th at the Thomas J. Long School of Pharmacy and Health Sciences. The symposium showcased 20 research projects that were presented by pharmacy students working with Pacific pharmacy faculty. In total, 14 Medicare research projects were presented at the symposium. Some of the Medicare research topics included minimizing out-of-pocket Part D drug costs, medication adherence behaviors of beneficiaries, pain assessment in the ambulatory Medicare population, prescriber adoption of student pharmacist MTM recommendations, as well as research projects that measured the development of students’ learning throughout the two-semester Medicare elective course. The following pages provide short descriptions about the teams and the research behind each vibrant poster.

Prior to presenting their research at national meetings, Medicare Part D students had the opportunity to practice their presentation skills and gain valuable feedback from both students and faculty at UOP. Article by Katie So

Above: “Development of Student Pharmacists Confidence in the Delivery of MTM Services: Classroom to the Community” (Students: Aaron Tran, Kelly Chen, Lana Nguyen [above], and Susan Deng) This group examined the change in students’ confidence in providing medication therapy management (MTM) and found that students’ confidence on a variety of measures progressively increased throughout their involvement in the Medicare Part D course.

Above: This group of students (Aaron Tran, Jodi Ott, Kelly Chen [above right], Lana Nguyen, Susan Deng [above left]) researched “Prescriber Adoption of Student Pharmacist Recommendations” and found that prescriber acceptance rates of student pharmacist MTM recommendations ranged between 82 to 90% depending on the type of medication related issue that was identified.
Above: Eilbra Younan [above left], Joshua Fu [above right], and Natalie Hajian [above far right] presented their project “Student Leadership in Action: Organization and Delivery of Community Outreach Events”, where they found that students who are given the opportunity to organize, develop, and implement outreach events will build leadership skills that will allow them to better deliver care and services to their patients.

Above: Benicia Ortiz [far left], Jessica Liang, Kimberly Kwok, and Yolly Liu [above right] did their research on “Pain Assessment in an Ambulatory Medicare Population”. Their research assessed pain prevalence, severity, and treatment in Medicare beneficiaries who attended the 2012 Medicare outreach events. Overall, they found that pain is inadequately assessed and frequently under treated in seniors and that routine pain assessment in a Medicare population will be beneficial in pain management for this population.

Above: “Closing the Loop: Evaluation of a Comprehensive Community Health Outreach Program” was presented by Eilbra Younan [above right], Joshua Fu, and Natalie Hajian [far right]. Recipients (92%) of Part D and MTM services at Medicare outreach events reported having a “slightly” or “much better” understanding of their Part D plan, 96% indicated being “very satisfied” with the overall performance of pharmacy students, and 96% were “likely” or “very likely” to return to a future event. Site coordinators were also “extremely satisfied” with student performances.

Above: Benicia Ortiz, Jessica Liang [above right], Kimberly Kwok [above left], and Yolly Liu evaluated regular exercise when it comes to an individual’s overall well-being and quality-of-life (QOL) and found that increased exercise correlated with improved current health and health as compared to the previous year; therefore, they concluded that increased exercise should be routinely assessed as part of each beneficiaries’ medical history.
...CONTINUED FROM PG 12

Above: Tien Tran gives an overview of her team’s project on “Medicare Beneficiary Feedback on Information Provided by Pharmacists During Consultative Services”. Their research, based on surveys given to beneficiaries during Medicare outreach events, found that there were critical elements of medication consultation such as what to do if a dose is missed and if it is safe to take with other medications that were omitted during consultations beneficiaries received from their pharmacists. (Students: Janine Lastimosa, Lauren Epperson, Tien Tran, Vittoria Ledesma)

Above: Su Kang explains their project “Collaboration Between a School of Pharmacy and County Public Health Departments to Improve Vaccination Rates in Medicare Beneficiaries”, which showed an increase in vaccination rates in Medicare beneficiaries when partnerships were formed between the San Joaquin and Santa Clara County Departments of Health and our school of pharmacy at various Medicare Outreach events. (Students: Athena Xides, George David, Sila Ozdemir, Su Kang)

Above: Vittoria Ledesma and her research team focused on “Medication Adherence Behaviors of Medicare Beneficiaries”, where they researched variables that impacted self-reported medication adherence in an ambulatory Medicare population, and concluded that improved medication adherence is essential for optimal therapeutic outcomes in Medicare beneficiaries. (Students: Janine Lastimosa, Lauren Epperson, Tien Tran, Vittoria Ledesma)

Above: Athena Xides explains her team’s project “Student Pharmacists Target the Million Hearts Initiative for Potentially at-risk Medicare Beneficiaries”, a project focusing on the use of the “ABCS” model (Aspirin use, Blood pressure control, Cholesterol management and Smoking cessation to identify at-risk Medicare beneficiaries, and to provide them with education. (Students: Athena Xides, George David, Sila Ozdemir, Su Kang)
Above: Tiffany Chu [far left], Kim-Anh Vo [2nd from left], Shu Lu [2nd from right], and Kenny Wang [far right] focused on Medicare Part D cost control. This team found that, with the assistance of trained student pharmacists in selecting a Part D plan, Medicare beneficiaries expressed a higher level of plan satisfaction than those who selected a plan without the help of student pharmacists. In a second project, “Minimizing Part D Costs for Medicare Beneficiaries ‘Not Just a Drop in the Bucket’”, the same group of students found that targeted assistance to beneficiaries can help lower their out-of-pocket costs and in turn, decrease cost-related medication non-adherence.

Above: Dr. Galal [2nd from right] accompanies students Chrissy Go [far left], Zohal Fazel [2nd from left], Peter Lai, [middle], and Karen Kaur [far right] who focused their research on students in the Medicare class. They did a qualitative assessment of the impact outreach participation had on pharmacy students’ cognitive and affective development through evaluation of student reflections. As a result, they found that students acquired increased respect and empathy for patients, improved communication skills, better understanding of drug compliance and cost issues, and ability to apply meaningful drug information to impact patient care. In another project, “Assessing Student Proficiency and Confidence in Providing Medicare Part D Assistance”, the same group of students explored how classroom (didactic and simulation-based) learning and outreach experience affected pharmacy students’ knowledge and confidence of Medicare and efficiency in utilizing the Medicare Plan Finder Tool. They found that all three parameters significantly improved through completion of the didactic and experiential course components.
...CONTINUED FROM PG 12

And the NCCCP Research Symposium awards go to:

The Outstanding Poster Presentation Award goes to Radha Changela (Medicare Class of 2012; pictured on the right) and Renae Minnema’s project “The Effect of Age on General Cardiovascular Risk Profiles Comparing Laboratory-Based and Non-Laboratory Based Predictors” where they compared the total cholesterol and HDL cholesterol method and the Body Mass Index (BMI) method for determining cardiovascular risk in a diverse senior population. Radha is pictured with Dr. Carr-Lopez (left).

The Research Excellence Award goes to Aaron Tran (left), Susan Deng (2nd from left), Lana Nguyen (2nd from right), and Kelly Chen (far right) for their project on “Prescriber Adoption of Student Pharmacist Recommendations”

The Audience Favorite Poster Presentation Award goes to Vittoria Ledesma [left], Janine Lastimosa [2nd from left], Tien Tran [2nd from right], and Lauren Epperson’s [far right] research project on “Medication Adherence Behaviors of Medicare Beneficiaries”.
CHARTING OUR PASSION: TWO NEW LOCATIONS TO SERVE

New outreach cities coming this year: Tracy and Berkeley

Each year during the Medicare open enrollment period from October 15th to December 7th, pharmacy students from the Medicare Part D class at the University of the Pacific Thomas J. Long School of Pharmacy and Health Sciences reach out to different communities across California to help beneficiaries evaluate and find the most cost-effective Part D plan based on their medication needs and personal preferences. Also, students provide Medication Therapy Management services as a way to evaluate the appropriateness of a patient’s drug regimen and ensures that patients are getting the most out of their drug therapy. A variety of health screenings and services are also available free of charge to each attendee. Our fall Medicare outreach schedule can be found below...mark your calendars!

<table>
<thead>
<tr>
<th>DATE</th>
<th>START TIME</th>
<th>END TIME</th>
<th>SITE BOOKED (CITY)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesday, October 15th</td>
<td>1:00pm</td>
<td>5:00pm</td>
<td>Jene Wah (Stockton)</td>
</tr>
<tr>
<td>Friday, October 18th</td>
<td>1:00pm</td>
<td>6:00pm</td>
<td>Casa de Modesto (Modesto)</td>
</tr>
<tr>
<td>Saturday, October 19th</td>
<td>10:00am</td>
<td>6:00pm</td>
<td>University of the Pacific (Stockton)</td>
</tr>
<tr>
<td>Sunday, October 20th</td>
<td>10:00am</td>
<td>6:00pm</td>
<td>Seven Trees Community Center (San Jose)</td>
</tr>
<tr>
<td>Thursday, October 24th</td>
<td>1:00pm</td>
<td>7:00pm</td>
<td>Hutchins Street (Lodi)</td>
</tr>
<tr>
<td>Saturday, October 26th</td>
<td>10:00am</td>
<td>4:00pm</td>
<td>McGeorge Law School (Sacramento)</td>
</tr>
<tr>
<td>Sunday, October 27th</td>
<td>10:00am</td>
<td>6:00pm</td>
<td>O’Connor Woods (Stockton)</td>
</tr>
<tr>
<td>Thursday, October 31st</td>
<td>1:00pm</td>
<td>6:00pm</td>
<td>LOEL Center and Gardens (Lodi)</td>
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<tr>
<td>Friday, November 1st</td>
<td>1:00pm</td>
<td>6:00pm</td>
<td>Franco Center (Stockton)</td>
</tr>
<tr>
<td>Thursday, November 7th</td>
<td>1:00pm</td>
<td>6:00pm</td>
<td>Northeast Community Center (Stockton)</td>
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<tr>
<td>Saturday, November 9th</td>
<td>10:00am</td>
<td>6:00pm</td>
<td>Lytton Gardens (Palo Alto)</td>
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<tr>
<td>Thursday, November 14th</td>
<td>1:00pm</td>
<td>6:00pm</td>
<td>Lolly Hansen Senior Center (Tracy)</td>
</tr>
<tr>
<td>Friday, November 15th</td>
<td>1:00pm</td>
<td>6:00pm</td>
<td>First Congregational Church (Stockton)</td>
</tr>
<tr>
<td>Saturday, November 16th</td>
<td>10:00am</td>
<td>6:00pm</td>
<td>Ed Roberts Campus (Berkeley)</td>
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</tbody>
</table>
The Donut Hole

HAPPY CORNER

Good news is better shared. Please consider sending your happy news to the Donut Hole Team at uopmedicare@gmail.com

Congratulations again, to the Medicare Class of 2011.

Dr. Patel is proud to announce that his wife has officially published her book! The book’s title is Kung Fu Kellie and the Legend of Anguo. You can get it on Amazon (linked) today!

We can’t wait to hear about your happy news, send us pictures, stories or announcements. Email us today!

Did you know... Naked mole rats don’t get cancer, their noses and mouths are unaffected by acid, they live six times longer than other rodents, they can survive long periods of oxygen deprivation and can live in areas with severe pollution. [Source]

(Right: Rufus the naked mole rat from Kim Possible)

MEDICARE COMIC OF THE DAY

COMING UP IN OUR NEXT ISSUE...

- An interview with Mr. Ken Gardner of the Centers for Medicare & Medicaid Services
- 2014 Medicare Part D Updates
- More interesting Medicare Part D Class poll results
- And a whole lot more! Stay tuned and thanks for reading!