Welcome!

The Donations and Design Committee of the Medicare Class of 2017 is pleased to present the first issue of the sixth volume of our class newsletter, The Donut Hole.

In this issue, we will be introducing you to students in our new Medicare class and giving readers an opportunity to meet Dr. Bahar Sadiq in our “Spotlight” section. This newsletter will also highlight our 7th Roast n’ Toast event, over-the-counter (OTC) medication patient handouts and much more. We will introduce a new permanent feature in this newsletter (“The Educational Corner”) and include a tribute to Dr. Woelfel in honor of his commitment to the Medicare class and in celebration of his retirement.

Thank you for your interest in The Donut Hole. We hope you are as excited as we are for what this upcoming Medicare season has in store and we hope that our newsletter keeps you in the loop as to what the Medicare Part D class at Pacific is up to!

Sincerely,

Medicare Donations & Design Committee 2017
Emily Chang, Joanne Kim, Trisha Macaraeg, Summer Rego, Patricia Tam, Mary Tran, Catherine Trinh and Michelle Vo
Design and Layout by Catherine, Mary and Joanne
# 2017 Fall Medicare Event Calendar

## October

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# 2017 Fall Medicare Event Calendar

## November

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Meet The 2017 Medicare Class

By Patricia Tam

Elaine Bui
Laguna Hills, CA
University of the Pacific

If you could add any word to the dictionary, what would it be and what would it mean?
Snow - past tense of the word snow, because the past tense of the word blow is blew.
If you could trade places with someone for a day, who would you choose and what would you do?
Emma Watson - live her magical life.

Wenwan Cao
Beijing, China
Peking University

If money weren’t a concern, where would you go on vacation?
Outer space.
If you could add any word to the dictionary, what would it be and what would it mean?
Glibberish: Glib comes from a Chinese phrase, and -able is used for many adjectives. So this word is an adjective, and would mean "extremely good".

David Carranza
Stockton, CA
University of the Pacific

What would you do if you could freeze time for 24 hours?
Celebrate Christmas for 48 hours.
If you could add any word to the dictionary, what would it be and what would it mean?
Teleshy - a person who never answers a phone call from an unknown number.
What’s the funniest thing you’ve ever seen?
The TV series 30 Rock.

Kevin Chan
Millbrae, CA
University of the Pacific

If you could trade places with someone for a day, who would you choose and what would you do?
Steph Curry and I would just make a lot of 3’s.
If you could add any word to the dictionary, what would it be and what would it mean?
Steph-oh-tel-less - splashing three pointers with admirable ease.

Emily Chang
La Puente, CA
UCLA

If you could add any word to the dictionary, what would it be and what would it mean?
Divalicious - a strong and independent woman who is also graceful and down to earth.
If money weren’t a concern, where would you go on vacation?
The Great Barrier Reef (off the coast of Queensland, Australia).

Carrie Cheong
Honolulu, HI
UH Manoa

What’s the funniest thing you’ve ever seen?
It’s always funny watching my best friend’s Snapchat stories.
If money weren’t a concern, where would you go on vacation?
If money wasn’t a concern, I would travel everywhere. I really want to see the Northern Lights so probably Iceland or Alaska.
Michelle Chinn
Millbrae, CA
University of the Pacific

If money weren’t a concern, where would you go on vacation?
Kakslauttanen Arctic Resort in Finland to stay a few nights in a glass igloo to look at the Northern Lights

What’s the funniest thing you’ve ever seen?
A 3-year-old in a munition costume falling on his face because he lost his balance and then reassuring his parents, “I’m okay!”

Donna Cruz
Rockland, CA
University of the Pacific

If you could add any word to the dictionary, what would it be and what would it mean?
TTTF - too tired to function

If money weren’t a concern, where would you go on vacation?
Australia!

What would you do if you could freeze time for 24 hours?
Go hike Yosemite!

Dorothy Do
San Jose, CA
University of the Pacific

What’s the weirdest thing you’ve ever eaten?
Roasted snake

If you could trade places with someone for a day, who would you choose and what would you do?
I would be a baby so I can sleep and eat all day and it’ll be cute

If money weren’t a concern, where would you go on vacation?
A food tour across Asia

Caleb Fiedor
Sheridan, WY
Fresno Pacific University

What’s the weirdest thing you’ve ever seen?
Dr. Patel (don’t tell me)

What would you do if you could freeze time for 24 hours?
Rob a bank and take a nap

If you could trade places with someone for a day, who would you choose?
Arnold Schwarzenegger so I could be a charapion

Emily Fok
Fresno, CA
UC Davis

If you could add any word to the dictionary, what would it be and what would it mean?
Kuntuffle: when you start an argument, then halfway through you forget why you were mad in the first place

If money wasn’t a concern, where would you go on vacation?
Japan, and eat at expensive sushi and dessert places

Anthony Gumberg
San Francisco, CA
University of the Pacific

What’s the weirdest thing you’ve ever eaten?
Frog

If you could trade places with someone for a day, who would you choose and what would you do?
Michael Jackson, I’d do the moonwalk

If you could add any word to the dictionary, what would it be and what would it mean?
Kobe - to be amazing

Susan Her
Fresno, CA
UC Berkeley

What’s the weirdest thing you’ve ever eaten?
Frog legs

Do you like to sing karaoke, and if so, what is your favorite song to sing?
Yes, Halo by Beyonce (it like a challenge)

What would you do if you could freeze time for 24 hours?
Sleep and study for all our upcoming quizzes and exams

Kristina Hoh
Poway, CA
UC Berkeley

Do you like to sing karaoke, and if so, what is your favorite song to sing?
All Star - Smash Mouth

If you trade places with someone for a day, who would you choose and what would you do?
Dr. Beverly Crusher of the USS Enterprise-D. In the world of Star Trek, I would explore space and get to have breakfast with Captain Picard
Do you like to sing karaoke?
Yes, Barbie Girl
What’s the funniest thing you've ever seen?
A dog wearing clothes walking on two legs
If you could trade places with someone for a day, who would you choose?
Vivaki
What’s the weirdest thing you’ve ever eaten?
Ostrich

What would you do if you could freeze time for 24 hours?
Sleep more

If you could trade places with someone for a day, who would you choose and what would you do?
Dr. Patel, and adopt like...10 cats.

What would you do if you could freeze time for 24 hours?
Sleep more

If money weren’t a concern, where would you go on vacation?
Maldives
What’s the weirdest thing you’ve ever eaten?
Sleep more

If you could add any word to the dictionary, what would it be and what would it mean?
Neep - between a nap and a sleep
Do you like to sing karaoke, and if so, what is your favorite song to sing?
I'll Make a Man Out Of You

What’s the weirdest thing you’ve ever seen?
My dad bought a llama at a farm
If you could add any word to the dictionary, what would it be and what would it mean?
Weaw - a more emotional weaw
Do you like to sing karaoke, and if so, what is your favorite song to sing?
Yes, Taylor Swift songs

If money weren’t a concern, where would you go on vacation?
The Maldives to rent a hut in the middle of the ocean
What would you do if you could freeze time for 24 hours?
Travel to Puerto Rico to see the brightest bioluminescent bay in the world

What would you do if you could freeze time for 24 hours?
Travel to Puerto Rico to see the brightest bioluminescent bay in the world

What’s the weirdest thing you’ve ever eaten?
Balut
Basirh Nagin
Sacramento, CA
Sacramento State University

What's the funniest thing you've ever seen?
A chicken wearing boots

If you could trade places with someone for a day, who would you choose?
I want to be a cat for a day, so I can sleep

What's the weirdest thing you've ever eaten?
Cow brain

Benjamin Nguyen
San Jose, CA
University of the Pacific

If money weren't a concern, where would you go on vacation?
Mars

What's the weirdest thing you've ever eaten?
Grilled grasshopper

If you could trade places with someone for a day, who would you choose and what would you do?
Leonardo da Vinci, paint a beard on the Mona Lisa

Olivia Page
Stockton, CA
UCLA

Do you like to sing karaoke, and if so, what is your favorite song to sing?
I love to sing karaoke. One of my favorites is Say My Name by Destiny's Child

If you could trade places with someone for a day, who would you choose and what would you do?
Beyoncé (but not while she's pregnant). I'd want to perform and then hang out with her friends afterwards

Janice Park
Santa Rosa, CA
University of the Pacific

If money weren't a concern, where would you go on vacation?
Dubai

What's the weirdest thing you've ever eaten?
K-pop star. Be fabulous.

What's the weirdest thing you've ever eaten?
Pig intestine, silkworm cocoon

Sheel Patel
Palm Springs, CA
University of the Pacific

What's the weirdest thing you've ever eaten?
Vegetables 😅

If you could trade places with someone for a day, who would you choose and what would you do?
Trade places with Jay-Z and throw a giant party with Beyoncé

What's the funniest thing you've ever seen?
Poster on Dr. Patel's door

Aman Raikhy
Yuba City, CA
UC Davis

If money weren't a concern, where would you go on vacation?
Octopus

What's the weirdest thing you've ever eaten?

If you could trade places with someone for a day, who would you choose and what would you do?
Kobe Bryant - learn his work mentality

Bradley Ramos
Chula Vista, CA
University of the Pacific

If you could add any word to the dictionary, what would it be and what would it mean?
Bruh - an exclamation used in response to something ridiculous

What would you do if you could freeze time for 24 hours?
Run as far away as possible from my responsibilities

What's the weirdest thing you've ever eaten?
White bread

Summer Rego
Oakley, CA
Sonoma State University

What's the funniest thing you've ever seen?
Off the top of my head, I would say the video of the kitten that gets scared by a lizard

What's the weirdest thing you've ever eaten?
Blood sausage in Germany

If money weren't a concern, where would you go on vacation?
New Zealand
If you could trade places with someone for one day, who would you choose and what would you do?
Kobe, to know what it is like to actually be good at basketball
What’s the funniest thing you’ve ever seen?
My life
What’s the weirdest thing you’ve ever eaten?
Live octopus

If money weren’t a concern, where would you go on vacation?
Spain
What’s the funniest thing you’ve ever seen?
The Office, for sure.
Funny and cringeworthy.
If you could trade places with someone for one day, who would you choose?
Beyoncé, just to see what it’s like to be perfect

If money weren’t a concern, where would you go on vacation?
Japan
What’s the weirdest thing you’ve ever eaten?
Fried Squid
If you could trade places with someone for a day, who would you choose?
Kylie Jenner

If you could add any word to the dictionary, what would it be and what would it mean?
Mellon - Elvish word for friend
Do you like to sing karaoke, and if so, what is your favorite song to sing?
YES. Go to song is This Love by Maroon 5
If money weren’t a concern, where would you go on vacation?
Backpacking through Europe and Asia

If money weren’t a concern, where would you go on vacation?
I’d take a Northern European cruise
If you could trade places with someone for aday, who would you choose and what would you do?
James Madison and I would be at the Constitutional Convention in 1787 witnessing the framing of the US government and constitution

What’s the funniest thing you’ve ever seen?
I think watching people play Beanooodled is hilarious!
If you could trade places with someone for a day, who would you choose and what would you do?
I’d trade places with an Olympic figure skater and compete in the Olympics

What would you do if you could freeze time for 24 hours?
I’d pet as many cats and dogs as I could. Or sleep for all 24 hours, and then some.
What’s the funniest thing you’ve ever seen?
Someone accidentally maced themselves - they didn’t know what it was, so they sprayed the tube of pepper spray into the air and it blew into their eyes

Do you like to sing karaoke, and if so what is your favorite song to sing?
Any Taylor Swift song
If money weren’t a concern, where would you go on vacation?
Greece
What’s the funniest thing you’ve ever seen?
Probably a funny Yelp review
This year’s Medicare class would like to introduce Dr. Bahar Sadiq! We are honored to work alongside someone with her skill set, expertise and passion. Dr. Sadiq is a non-traditional pharmacist who has experience in a variety of pharmacy settings including: managed care, retail, independent, youth/adult incarceration facilities, and a community medical center.

Through her wealth of pharmacy experience, Dr. Sadiq has noticed two major issues that continue to present a challenge for both patients and our healthcare system; 1) polypharmacy and 2) medication noncompliance, especially in the elderly population. Her desire to better address these issues has brought her to where she is today. After being a preceptor to pharmacy students and taking medication therapy management courses, she realized the importance for pharmacists to have access to patients’ electronic health records and their medication history in order to best impact patient outcomes. Her focus on pharmacists playing an active role as healthcare providers alongside other medical professionals inspires all of us to continue growing in this profession. Thank you Dr. Sadiq for being a part of another Medicare season!

Continued on next page...
Welcome Dr. Sadiq

By Trisha Macaraeg

WHAT WAS YOUR REASON FOR DECIDING TO JOIN THE MEDICARE CLASS?

“One of the reasons I became involved with the Medicare class was because I started actively participating in the events targeted to the elderly during which health screenings were provided. I really enjoyed my time at these events. I was quite impressed with how positively patients reacted to the student pharmacist/pharmacist intervention recommendations. I am very close to both of my parents and seeing their health requirements evolve with age has made me more interested in preventive care.”

WHAT DO YOU ENJOY MOST ABOUT UOP’S MEDICARE OUTREACH EVENTS?

“I came back to UOP to make students more aware of opportunities in outpatient pharmacy; an area that is quite commonplace, but perhaps under-discussed during school. We have a great opportunity to enhance OTC and self-care for elderly patients; instead of having technicians direct patients to aisles in the pharmacy, we could develop more tailored or possibly 'pharmacist-initiated' OTC recommendations.”

WHAT DO YOU HOPE TO ACHIEVE THIS UPCOMING MEDICARE SEASON?

“My goals for the upcoming season include showing our value as pharmacotherapy providers, improving self-care/OTC medication use, and helping patients understand the importance of preventive therapy. I have been out of school since 2006 and truly appreciate the opportunity to see how pharmacy education has evolved and how we, as practicing pharmacists, can give back to current pharmacy students and further our own knowledge in the process.”

Hometown: Tehran, Iran
Undergraduate: UCLA
Pharmacy Education: USC/University of Florida Gainesville
Hobbies: Playing tennis, walking on the beach and swimming

Click here to go to the cover page.
Last year’s Medicare class (Medicare Class of 2016) collaborated to create an easy-to-read, easy-to-use set of over-the-counter (OTC) medication handouts so that our older Medicare patients would be able to make more informed and safer decisions when self-treating common conditions. Handouts were created for each of the following 10 areas: eye care, headache/pain, heartburn/GERD, allergy, cough and cold, sleep aids, anti-diarrheals, laxatives, vitamins, and minerals.

Each handout was created to be patient friendly and included “safer choices” among different OTC drug products used to treat various conditions, names of generic ingredients (and brand name examples) of different OTC products, warnings and counseling points, and medications that should be used with “caution”. In addition, each handout provided references in case the patient and/or their health care provider wanted to look up additional information.

We also know the importance of front line pharmacists and prescribers and encouraged patients to consult with these knowledgeable health care professionals whenever making OTC product choices.

Continued on next page...
We understood that information about making safer choices among different OTC products is not readily available for many patients. Based on the feedback received by beneficiaries who received these handouts last year, we think we took a step in the right direction of helping alleviate that problem. This year's Medicare class is going to continue to expand on the development of these handouts. If you are interested in receiving a copy, let us know and we will send one your way!

Some quick notes about a few of our OTC handouts:

◊ Eye care handout – is divided into common eye problems
◊ Sleep aid handout – contains a section on principles of good sleep hygiene
◊ Vitamins and minerals handouts – contains the recommended daily dietary allowance for adults/older adults

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Educational Corner

PREVENTATIVE VACCINE COVERAGE:
MEDICARE PART B OR PART D?

By Emily Chang

Based on reader feedback, we have decided to introduce a new permanent feature to *The Donut Hole*. Beginning with this issue, we will include an educational article about the Medicare benefit. Given the constant source of confusion regarding vaccine coverage for those who have Medicare, we decided to make that the focus of our first “Educational Corner”.

All available preventative vaccines are covered by Medicare. However, depending on the vaccine, the Part of Medicare that covers such can vary. Certain vaccines are covered under Medicare Part B. Other vaccines are covered by a beneficiary’s Medicare Part D plan. The table below highlights which vaccines are covered under Part B versus Part D. Moreover, it is important to note that beneficiaries typically **pay nothing for Part B vaccines** and conversely have a **co-pay for Part D vaccines**.

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<thead>
<tr>
<th>Medicare Part B covers</th>
<th>Medicare Part D covers</th>
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<tr>
<td>• Influenza vaccine</td>
<td>All commercially available vaccines with the following <strong>exceptions:</strong></td>
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<td>• Pneumococcal vaccines</td>
<td>• Influenza vaccine</td>
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<tr>
<td>• Prevnar 13</td>
<td>• Both pneumococcal vaccines</td>
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<td>• Pneumovax 23</td>
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<td>• Hepatitis B vaccine</td>
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<td>• For medium- to high-risk patients only</td>
<td>**Vaccines typically require a <strong>co-payment</strong></td>
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**These vaccines are fully covered with **no out-of-pocket cost to beneficiaries**

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Educational Corner

PREVENTATIVE VACCINE COVERAGE: MEDICARE PART B OR PART D?

Hepatitis B Risk Categories

Intermediate Risk Groups
- Staff in institutions for the mentally handicapped
- Workers in health care professions that have frequent contact with blood/blood-derived bodily fluids during routine work

High Risk Groups
- Patients with ESRD, Diabetes, or Hemophilia
- Patients who live in the same household as a HBV carrier
- Homosexual men
- Illicit injectable drug abusers
- Clients of institutions for the mentally handicapped


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Congratulations
Medicare student grads!

On May 20, 2017, 48 former Medicare students (see names below) graduated from our Pharmacy School. We want to sincerely thank all of you for your contributions to our Medicare program. We wish you all the best in your future professional careers!

Dr. Max Araim  Dr. Cindy Hsieh  Dr. Shaun Manuel  Dr. Shiva Shahabi
Dr. Kevin Cameros  Dr. Michelle Ito  Dr. Daryl Marasigan  Dr. Dilraj Sohal
Dr. Christine Chang  Dr. Tobi Knepler-Foss  Dr. Elhaam Mesghali  Dr. Christine Sun
Dr. Sandra Choi  Dr. Nichole Koshki  Dr. Allyssa Nalula  Dr. Thao Tran
Dr. Connie Chong  Dr. Naomi Le  Dr. Annie Nguyen  Dr. James Urbiztondo
Dr. Jackie Chou  Dr. Elena Lenkova  Dr. Thao Nguyen  Dr. Kiara Velazquez
Dr. Heidi Chung  Dr. Elizabeth Lieu  Dr. Susan Nguyen  Dr. Monika Wan
Dr. Lauren Clark  Dr. Rebecca Liu  Dr. Liz Qi  Dr. Jason Wang
Dr. Gina Copak  Dr. Cynthia Liu  Dr. Sadaf Rashidi  Dr. Maegan Wang
Dr. Stephanie Diaz  Dr. Lily Liu  Dr. Gabrielle Reyes  Dr. Janet Yoon
Dr. Szarisse Fernandez  Dr. Victor Loi  Dr. Mohamed Saleh  Dr. Karen Zhao
Dr. Rachael Hernandez  Dr. AnnMarie Magnasco  Dr. Parjosh Sangha  Dr. Leona Zhu

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By Summer Rego

On the evening of May 18th, 2017, the ‘circus’ came to visit the University of the Pacific School of Pharmacy to help in the celebration of another graduating Medicare class. Attendees of the 7th annual Roast ‘n Toast came dressed as animals, mimes, clowns, a ring leader and many other creative costumes. However, the most prominent and memorable costume was that of Dr. Patel who dressed as a popcorn concession seller with his booming voice shouting “Get your popcorn here” as attendees were lined up to fill their plates with typical carnival fare: hot dogs, pizza, nachos, churros, cookies, and of course popcorn.

Attendees savored the delicious circus-themed food that was graciously provided as three generations of Medicare students and faculty mingled and shared stories with one another. Some yielded warnings to current 1st year Medicare students, while others expressed their gratitude for the class. As anticipation heightened for the evening’s main event, Dr. Ranson, dressed in elephant ears, approached the podium and announced that it was time for the roast! The roasting began on a mild note with stories of one’s first experiences in Medicare and the ever-high expectations of Dr. Patel. The evening became quite emotional and nary was a dry eye in the house when Liz Oi delivered a very thoughtful and powerful message of the endless support that Dr. Patel provided during her pharmacy school journey. The mood quickly changed to being light-hearted again when person after person shared Dr. Patel’s love of cats (Editorial note: He DOES NOT like cats!!!). Another former student, Sadaf Rashidi, shared a number of humorous stories about her time deliberating applying for the Medicare class, her interactions as an IPPE student with Dr. Patel’s wife Annie and what it is like being a Medicare student. The laughter and enjoyment was palpable in the room and ended on a delightful note when Shiva Shahabi shared a slide deck containing highlights from previous Medicare events and hysterical snapchats involving Dr. Patel and various Medicare students.

Before the event neared its end, Dr. Ranson announced Dr. Woelfel’s retirement and presented him with congratulatory gifts. This event was truly a success and seemed to be enjoyed by all. We owe our deepest gratitude to Hali De Prima, Bianca Khishaveh, Sandra Lee and Emily Highsmith (students from the 2016 Medicare class), Dr. Ranson and Dr. Annie Patel for helping put this wonderful evening together. Click HERE if you’d like to see more photos

Click HERE to go back to cover page!
A Tribute To Dr. Woelfel

For the past 10 years our Medicare Class has evolved, adapted and tried to improve what we do. However, there has been one constant...the presence of Dr. Woelfel. He has been intimately involved in the delivery of the course and our community outreach efforts since the inception of the class a decade ago. Dr. Woelfel has been a pillar of our program, so it was with mixed emotions when Dr. Woelfel announced that he would be retiring from the University effective May 12th of this year. Dr. Woelfel is appreciated by his patients, loved by his students, and revered by his colleagues. He is a wonderful man who has made an indelible impact in everything he does, and our Medicare program would be nothing like it is now without his endless support and dedication.

Here are just a couple of thoughtful notes from former Medicare students that exemplify the type of person Dr. Woelfel is:

“Dr. Woelfel is one of the sweetest people ever! He always is smiling and willing to go out of his way to help someone that needs assistance.” – Elizabeth Lieu

“Dr. Woelfel, thank you for everything you’ve done for us! We all appreciate the time and effort you’ve put into making our school a great place!” – Rebecca Liu

“Dr Woelfel was always so helpful providing valuable input for enhancing patient care through our advocacy group. His heart of service was evident at every Medicare event.” – James Urbiztondo

On behalf of 362 former Medicare students, the Medicare faculty past and present, and all of the patients whose care you impacted, THANK YOU FOR BEING YOU Dr. Woelfel! You are the best and we wish you nothing but happiness and the creation of wonderful memories during your retirement.