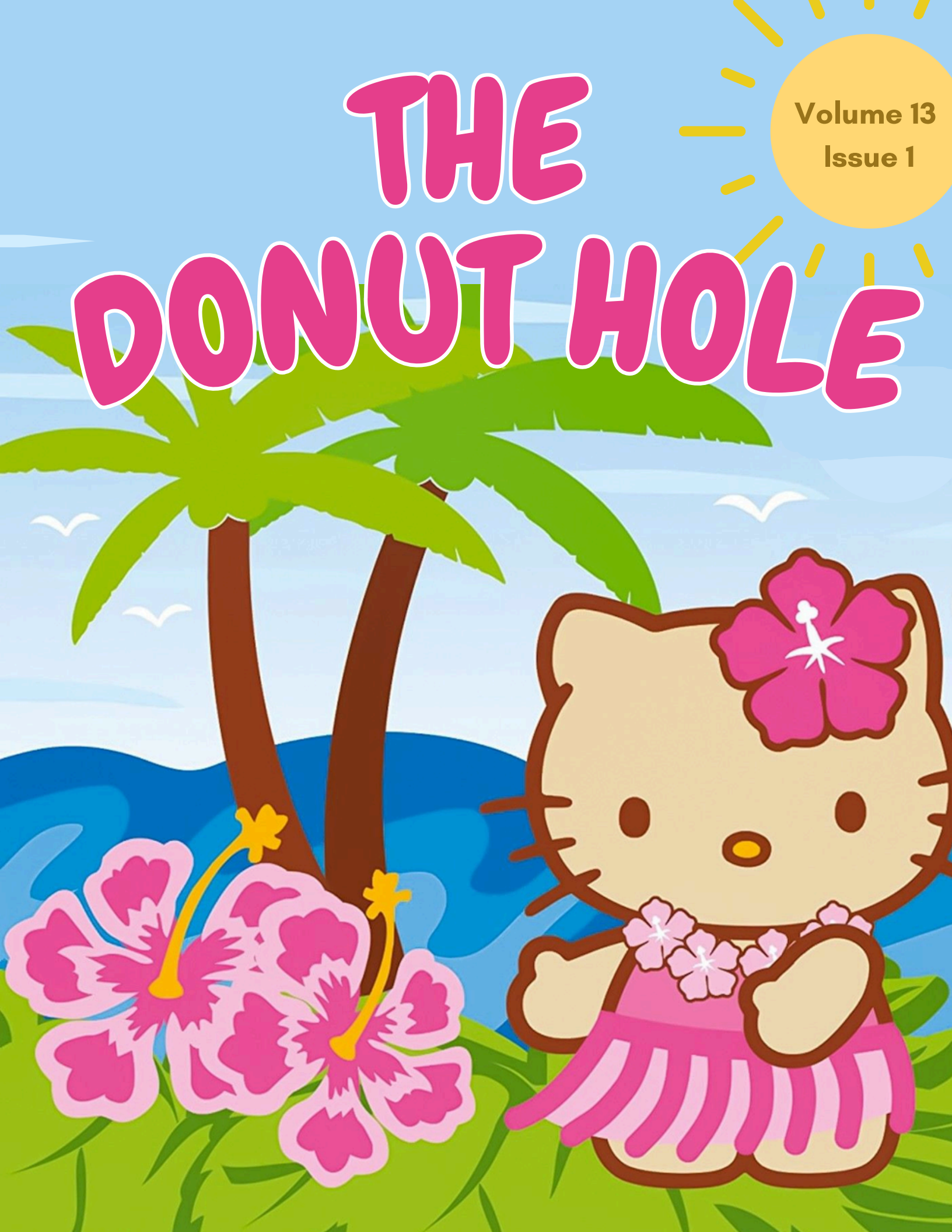


Volume 13  
Issue 1

# THE DONUT HOLE





# Welcome

The Donations & Designs Committee of the 2024 Medicare Class is excited to present: Volume 13, Issue 1 of *The Donut Hole*!

In this issue, we will introduce you to our 2024 Medicare Class and new members of our team. We will also share our favorite highlights from the 12th annual Roast n' Toast, congratulate our most recent Medicare student graduates, highlight summary statistics from the 2023 Medicare season, and acknowledge the pharmacist preceptors who graciously donated their time to precept. We will also spotlight our newest class initiative, Student Wellness, and inform you of other happenings.

The 2024 Medicare Class appreciates your interest and continued support of our Medicare program. We are grateful for the opportunity to be part of something that impacts the community in such a meaningful way. We hope to see you soon!

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# 2024 MEDICARE CLASS





**Alena Wade**



What drug would you name your kid?

Norco

**Alicia Nguyen**



What is a show or movie that you keep rewatching?

Grey's Anatomy

**Allison Lee**



If you were stranded on an island, what 3 drugs would you bring?

Vyvanse, Xanax, Zyrtec

**Alyssa Lee**



What is one thing that is still on your bucket list?

Skydiving

**Andrea Tumanguil**



If you were a fruit or a vegetable, what would you be?

Watermelon

**Anissa Lopez**



If you were a fruit or a vegetable, what would you be?

Lemon

**Brenda Choeun**



What drug would you name your kid?

Moxifloxacin  
(Moxi for short)

**Christine Le**



What is a show or movie that you keep rewatching?

Criminal Minds/  
NCIS



### Christy Xiong

If you were a fruit or a vegetable, what would you be?

Broccoli



### Curtis Chan

If you were stranded on an island, what 3 drugs would you bring?

Z-pak, Tylenol, Epipen



### Daisy Nguyen

What drug would you name your kid?

Senna



### Elisa Nguyen

What is one thing that is still on your bucket list?

Bungee Jumping



### Gianna Fua

What is a show or movie that you keep rewatching?

Ratatouille



### Hannah Yao

What drug would you name your kid?

Zofran



### Jaclyn Dang

If you were stranded on an island, what 3 drugs would you bring?

Tylenol, Claritin, Dramamine



### Jeannie Dang

If you were a fruit or a vegetable, what would you be?

Mangosteen





**Johnson Luu**

If you were stranded on an island, what 3 drugs would you bring?

Tylenol, Zyrtec, Penicillin



**Julie Nguyen**

What is a show or movie that you keep rewatching?

Sofia the First



**Jun Han Park**

What drug would you name your kid?

Codeine



**Kaela Kim**

If you were a fruit or a vegetable, what would you be?

Raspberry



**Katelynn Kim**

What is one thing that is still on your bucket list?

Visiting every state



**Katherine Chanthalangsy**

What is a show or movie that you keep rewatching?

Harry Potter: Goblet of Fire



**Katiana Reedy**

What drug would you name your kid?

Lyrice



**Keen Penkian**

What is one thing that is still on your bucket list?

Snowboarding in Switzerland



**Kelly Zhou**



What drug would you name your kid?

Amaryl

**Kevin Hatley**



If you were stranded on an island, what 3 drugs would you bring?

Tylenol, Loperamide, Amoxicillin

**Khoi Nguyen**



If you were a fruit or a vegetable, what would you be?

Durian

**Megan Dang**



If you were stranded on an island, what 3 drugs would you bring?

Tylenol, Cetirizine, Pepto Bismol

**Megan Tri**



What is a show or movie that you keep rewatching?

The Aristocrats

**Melane Basilio**



What drug would you name your kid?

Meloxicam

**Moises Lopez**



What is one thing that is still on your bucket list?

Building a house with my dad

**Monica De La Torre Gonzalez**



If you were a fruit or a vegetable, what would you be?

Pineapple



**Munachismo Aghasili**

If you were stranded on an island, what 3 drugs would you bring?

Antibiotics, Tylenol, Multivitamin



**Nai Chao**

What drug would you name your kid?

Celexa



**Noah Antonio**

What is a show or movie that you keep rewatching?

Haikyuu



**Pauline Le**

What is one thing that is still on your bucket list?

Going to Asia



**Philip Licup**

What is one thing that is still on your bucket list?

Horseback Archery



**Rachel Tang**

If you were a fruit or a vegetable, what would you be?

Mango



**Rina Kawamura**

If you were stranded on an island, what 3 drugs would you bring?

Xanax, Claritin, Norco



**Sabrina Vu**

What is one thing that is still on your bucket list?

Skiing on the Swiss Alps



**Sarah Paek**



What drug would you name your kid?

Z-Pak

**Sidney Nguyen**



What drug would you name your kid?

Zetia

**Sonia Singh**



If you were a fruit or a vegetable, what would you be?

Carrot

**Sophie Nguyen**



If you were a fruit or a vegetable, what would you be?

Banana

**Taylor Thai**



If you were stranded on an island, what 3 drugs would you bring?

Ibuprofen, Seroquel, Benadryl

**Thao Tran**



What is a show or movie that you keep rewatching?

Lalaland

**Tianyi Zhang**



What is a show or movie that you keep rewatching?

Mean Girls

**Tran Quach**



If you were a fruit or a vegetable, what would you be?

Cherimoya



## Yna Gonzalez



What is one thing  
that is still on  
your bucket list?

Take a surprise  
plane trip to a  
random country

## Vincent Tran



What is one thing  
that is still on  
your bucket list?

Meet Obama



# NEWEST MEDICARE FACULTY/STAFF



## DR. DEREK HUANG

My name is Derek Huang and my journey in pharmacy began at the University of the Pacific, where I pursued the 3+3 pre-pharmacy program. Completing my undergraduate studies in 2.5 years, I gained experience during my semester off by working as a pharmacy technician at CVS. My involvement in pharmacy leadership deepened during my time at our School of Pharmacy, where I took on leadership roles as CC of the Bone Mineral Density Committee and project manager for the American Lung Association.

Now, as an Advanced Practice Pharmacy Fellow, I have the privilege of working in both ambulatory care and academia. However, there was a notable gap in my experience—I had never participated in the Medicare class during my time at our school. This sparked a desire to bridge that gap, as I recognized the significant impact understanding Medicare could have on my ability to serve patients. Engaging in the Medicare class has helped me open my eyes to the ways we can help beneficiaries not only save money but also foster a sense of connection and support within the community. This knowledge has been particularly valuable in my work with diabetes patients at the ambulatory clinic. I have been able to enhance patient compliance with their medications and alleviate the financial burden of high drug costs. Through my journey with Medicare, I am committed to continuing to empower and support my patients, ensuring they receive the care and resources they deserve.



**DR. YVONNE MAI**

I was part of the 2+3 pre-pharmacy program and graduated from our School of Pharmacy in 2013. Afterwards, I completed the 2-year fellowship program at UOP in Pharmacoeconomics, Healthcare Outcomes, and Clinical Services. During my fellowship, I worked at Rite Aid to continually develop my pharmacy experience. In 2015, I started my role as APPE Regional Coordinator for the Stockton region. My main practice area of interest is ambulatory care, and I have experience at Kaiser Permanente, VA Northern California, and San Joaquin General Hospital. I also precept students and residents on their family medicine rotation. I enjoy developing longitudinal relationships with patients and helping them achieve their health goals through an extended period of time so ambulatory care was a great fit for me. I was part of the Medicare class as a student and the experience sparked my initial interest in ambulatory care. I continued being involved in the course during my fellowship by precepting health fairs and co-leading research projects.

Growing up with immigrant parents who did not speak much English, I observed the challenges of navigating the health care system and affording care. One of the reasons why I pursued a career in pharmacy was to be able to provide health education and assist underserved populations, including those who are non-English speaking. Being involved in Medicare as a student equipped me with additional knowledge and skills to achieve this purpose. I'm excited to return as part of the Medicare faculty and help with the continual growth of the program!







## DR. TIFFANY VU

I graduated from UOP in 2022, after completing the 2+3 accelerated pre-pharmacy program. After graduation, I spent some time in the retail setting before coming back to Pacific as one of the Advanced Pharmacy Practice Fellows. As a student, I was a project manager for the Pacific Outreach for Youth Services and Education committee where we aimed to encourage high school and middle school students in the Stockton community to pursue higher education, served as part of the executive board of the Pacific chapter of the Student College of Clinical Pharmacy, and spent my last didactic year as the President of the Rho Pi Phi pharmacy fraternity. I also participated in research projects, including assessing the impact of procalcitonin monitoring in antibiotic use and evaluating the effects of an educational video on vaccine hesitancy. Besides volunteering at health fairs and as part of the Medicare class, I also was a part of the DEA Drug Take Back Day initiative to safely dispose of medications around San Joaquin County.

I was also a part of the Medicare class when I was a student, and during my experience in the Medicare class, I got to see first-hand how our interventions (Medicare plan optimization and MTM) greatly impacted our beneficiaries' lives, including improving their quality of life and lessening the burden of maintaining their health. The training I received as part of the Medicare class is still something that I utilize in my practice and the experience of the health fairs is something I won't ever forget. Insurance is already complicated, and Medicare is a completely different beast – can you imagine how hard it must be to be a beneficiary? It is always a fulfilling moment for me to be able to resolve a patient's problem with their Medicare plan or have an answer for them as to why their medication costs differ throughout the year. Coming back as a part of the Medicare faculty is definitely a full circle moment for me as I can relate to students' questions and struggles, as the summer semester starts and then see how overcoming these obstacles results in an incredible outcome of positively impacting a greatly deserving patient population in the fall semester. Each time I'm in class, it feels just like yesterday that I was in the same shoes as the students, and I feel just as excited and intrigued by the intricacy of Medicare. I hope that I continue to foster that enthusiasm and willingness to go the extra mile for patients, even after the Medicare season ends.



## ADIYYA SABB

My name is Adiyaa Sabb, and my title is Educational Support Coordinator, mainly focusing on Medicare and Rx4 Success. I have been with the Thomas J. Long School of Pharmacy for almost two years, previously working as an Administrative Assistant III in the Pharmacy Dean's Office. I got my Bachelor's Degree from California State University, East Bay in Business Administration with a focus in Human Resources Management and Organizational Behavior. I am currently pursuing my Master's Degree in Leadership with a focus in Organizational Innovation and Change, which will be completed in May 2025.

I'm originally from Woodbridge, VA and I've lived in California for about 10 years. I am the oldest of three and being the oldest has contributed greatly to some of my strengths that I bring to work, school, or in life. In my free time, I enjoy reading with my book club, playing with my dog, napping, trying out new fitness ideas, and solo trips.

Joining the Medicare team was a part of my job description, but I am glad to be able to work with students in the current class and the classes to come. It has been very fulfilling even in these last few months and I am excited to continue to support and watch everyone grow while doing great things for the community.



# MEDICARE 2023 STATISTICS

**Total out-of-pocket savings from  
Part D Optimization:  
\$1,373,624  
Total Services  
Provided: 4,896**



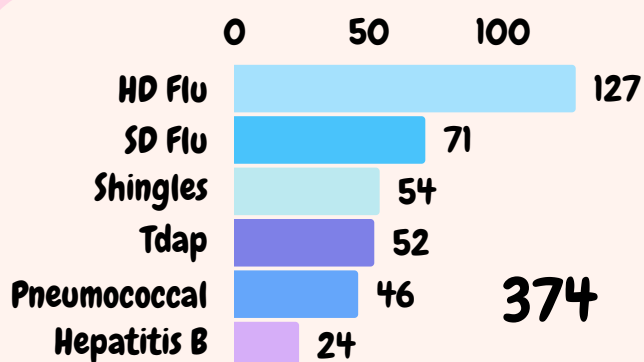
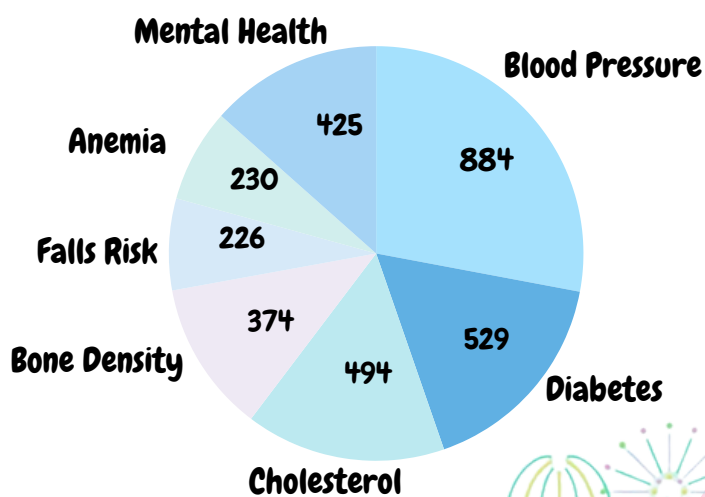
**Part D Plan Optimization  
and/or Medication Therapy  
Management Services  
Total: 1,224**



**14 EVENTS  
11 In-person,  
2 Hybrid,  
1 Virtual**

**Patients  
Served:  
1,343**

## Screenings



## Vaccines Administered



Medication Related Problems	Frequency
Beers List Medications	410
Purpose of Medications Unknown	108
Contraindicated Drugs	106
Untreated Conditions	60
Severe DDIs	60
Discrepancy Between SIG and Patient's Regimen	60
Therapeutic Duplications	50
Adverse Drug Reactions	47
Beers List Medications - Disease State Interactions	42
Other Issues Identified by Pharmacist	22
Medication Without Indication	18





## Student and Volunteer Hours

<b>Total IPPE hours:</b>	<b>7,758 hours</b>
<b>Medicare student IPPE hours:</b>	<b>4,427 hours</b>
<b>Interprofessional experience/undergraduate (USF NP, Pacific MSW, ELMSN, and Pacific Undergrad):</b>	<b>893 hours</b>
<b>Pharmacist preceptors (237 pharmacist preceptors [112 unique pharmacists]):</b>	<b>1,427 hours</b>



## Supplies Provided

**Drug take back envelopes: 241**

**Blood pressure machines: 224**

**Medical sharps containers: 111**

**Glucometers: 78**

**Narcan**

**distributed: 44**

**Medication**

**Affordability: 52**



# MEDICARE PRECEPTOR ACKNOWLEDGEMENT

Abby Kurtz	Emmellin Tung	Klara Kim	Sean McNary
Adam Kaye	Esther Zhang	Knarik Yegiazaryan	Shanesia Nallas
Alyssa Wu	Florence Tan	Kymberli Buyer	Shannon Barker
Amy Clark	Gabby Reyes	Lana Nguyen	Shannondoah Lau
Amy Lee	Gagandeep Kaur	Larry Chang	Sharon Fung
An Tran	George Do	Lewie Deak	Shirley Heinemann
Andrew Haydon	Heather Ha	Linda Norton	Shirley Wong
Ankush Thinda	Herbert Amaya	Matt Cheung	Shu Lu
Anthony Gumberg	Hieu Buu	Matthew Serna	Sila Small
Brandon Chan	Hoang Bien	Maureen Lloy	Stephanie Chu
Caitlin Tipple	Hong-Hanh Xiong	May Lui	Stephanie Ham
Carly Brent	Huy Tran	Mylinh Ho	Stephanie Wong
Carly Ranson	Irene Chia	Nareeta Sharma	Steve Parathathu
Caroline Ko	Irene Solorio	Neel Prasad	Summer Faria
Cherie Kim	Jacqueline (JJ) Shaub	Orhi Khayou	Susan Nguyen
China Spencer	Jason Wang	Pawan Kaur	Tanner Weaver
Christina Nyaung	Jenna Maker	Petrus Nguyen-Tu	Tasha Trinh
Cindy Hsieh	Jenny He	Rachel Khuc	Teresa Dai-Zovi
David Chayka	Jessica Chen	Raquel Gan	Thuan Tran
Derek Fong	Jessica Vuong	Richard Pigao	Tien Vu
Derek Huang	Josephine Quach	Robert Gapuz	Tiffany Vu
Derrick Egi	Kalee Chau	Roy Choi	Tobi Knepler-Foss
Dustin Dang	Kate O'Dell	Ryan Lee	Utsav Patel
Ed Rogan	Kathleen Gani	Ryan Rana	Victor Loi
Edlen Wong	Kathy Pham	Sam Seto	Vy Bui
Edward Lee	Katy Suko	Sarah Chiu	Yvonne Mai
Elena Anne Andrada	Keoni Manzana	Sarah Wong	
Emily Tong	Keren Chen		
Emily Tran			

THANK YOU TO  
THOSE WHO  
JOINED US AT  
OUR 2023  
MEDICARE  
EVENTS



# ROAST N' TOAST

Bring your 'A' game, because it's already time for this year's play-by-play of the 12th annual Medicare Roast n' Toast!

For this year's "sports" theme, PHS 201/202 was transformed into a jam-packed stadium adorned with colorful balloons, sports team flags, a decked-out photo booth, and a curated music playlist to liven up the mood. There were >100 attendees, including 1st year, 2nd year, and just about to graduate Medicare students, faculty, and staff – most of whom were dressed up in their best sports-related garb. Staying true to this year's theme, Dr. Patel confidently sported his Lakers jersey that featured "BIG PATEL" on the back, prompting jestful speculation and heavy laughter about what exactly he might be referring to as "big" (certainly not his thinning patch of hair...).

As everyone cheerfully mingled with one another, conversations flowing freely, and the atmosphere buzzing with excitement, it was soon time to settle down and eagerly wait for the event to truly begin. Anticipation and enthusiasm increasingly grew among the crowd as Dr. Patel prepared to make his grand entrance, filling the entire room with the roaring of drum rolls. The only thing standing in his way was a giant poster, with "MVP" (Most Valuable Patel) boldly written on it, blocking the entrance of the doorway. Using all (yet still relatively little) of his strength, he quickly tore through the poster and slam-dunked into the room, receiving ecstatic cheers and applause from the audience. What a sight to behold!





To get the ball rolling, Dr. Patel quickly made some opening remarks welcoming everyone to the event before releasing all the hungry attendees to enjoy their dinner. The sporting event spread of food also stayed true to the “sports” theme, consisting of pizza, hot dogs, veggie platters, cookies, and various sodas: precisely a winning recipe for a victory dinner.

After everyone was able to fill their all-star appetites, it was time for the evening’s main event: the “roasts.” Although a few “roasts” were attempted at other Medicare faculty—namely Dr. Ranson, Dr. Rogan, Dr. Sharma, and Dr. Haydon—Dr. Patel was ultimately once again the fan-favorite “star” (or should we say victim?) of the show, unsurprisingly receiving multiple digs at his hair (or lack thereof). Despite bravely forcing a grin, it was clear that his usual fierce spirit and determination wavered and dwindled in the face of such undeniable truths.

After a long season of navigating their final year of pharmacy school, the 3rd year students were only mere hours away from finally graduating—the homestretch to the culmination of their journey as pharmacy students. To commemorate and “toast” all their hard work and dedication to the Medicare class, each student was personally given a gift as well as a heartwarming hug from Dr. Patel—a touching and bittersweet end to their Medicare class experience. A huge and well-deserved congratulations to the Medicare graduates! Cheers to all you have accomplished, and wishing you even greater success in your future endeavors! May you achieve all that you desire: the ball is now in your court!





# MEDI AWARDS

## **“SPECIALIST”**

**Student that got most difficult or complicated Part D/MTM cases**  
Chiron Tran, Chelsea Del Rio

## **“WITNESS PROTECTION”**

**Student other Medicare students are still not aware of in the class**  
Alyssa Aspurias

## **“SECONDS BEFORE FIRSTS”**

**Student most likely to want/get a second meal before others have had their first**  
Allyson Pham

## **“GOOGLE MAPS”**

**Student most likely to drive to the wrong event location**  
Amy Nguyen

## **“PROBLEM CHILD”**

**Student who consistently had problems that didn't plague others**  
Jade Bautista

## **“CROWBAR”**

**Student pair always found together**  
Wendy Fang & Scott Thompson

## **“HONORARY INDIAN”**

**Student most likely to brownnose their way with Medicare faculty and staff**  
Michele Truong, Chiron Tran, Priya-Anjali Patel



# MEDI AWARDS

## **“ARETHA FRANKLIN”**

**Student that other Medicare students & beneficiaries alike most respect**

Nancy Nghiem, Sophia Wong, Olivia Laprade

## **“RUSH HOUR”**

**Student who manages to complete the most interventions at every event**

Brittney Wong, Joey Nguyen

## **“SUPER SNACKER”**

**Student who treated the weekly snack offerings as their personal buffet**

Vince Luong

## **“MEDICARE INFORMATIONAL SPOKESPERSON”**

**Student who will do the best job to encourage first years to apply for Medicare**

Ethan Abes, Wendy Fang, Amy Nguyen

## **“PATIENT CHOICE AWARD”**

**Student who went above and beyond to help their beneficiary**

Ariel Wang

## **“MALDING”**

**Student most likely to make Patel lose the few hairs he has left**

Anthony Jiang, Priya-Anjali Patel



# MEDI AWARDS

## **“MOTHER MAY I?”**

**Motherly student who other students look to for comfort**  
Heusny Sou

## **“STORY TIME”**

**Student who shared the most compelling stories during  
“Question of the Day”**  
Michele Truong

## **“CHATTERBOX”**

**Student most likely to chat up the beneficiary they’re  
helping**  
Joey Nguyen

**“IN HONOR OF KYLE LEE, “MR. MEDICARE”**  
**Best Male Representative of the Medicare Class**  
Chiron Tran

**“IN HONOR OF REBECCA LIU, “MS. MEDICARE”**  
**Best Female Representative of the Medicare Class**  
Sophia Wong

## **“POCKET TALKER”**

**Student most likely to cause a beneficiary to ask that the  
pocket talker volume be turned up**  
Clara Chen, Wendy Fang



# HIGH SCHOOL INSTITUTE

Go Tigers! UOP's annual two-week interactive High School Institutes left high schoolers feeling more knowledgeable and intrigued about pharmacy school. The high schoolers were able to get a glimpse of UOP pharmacy life by living in the dorms, eating DUC food, and learning pharmacy topics that we have also learned! The Medicare class hosted students from each of the High School Institutes for an entire Friday afternoon.

The day started off with the high schoolers having lunch with current P1 and P2 Medicare students. The high schoolers were eager to eat the burrito, chips, and salsa from Tepa Taqueria that were graciously served by Dr. Ranson and Linda. During lunch, the high school and Medicare students were able to get to know each other better by playing the game 2 truths and a lie. The students got to know each other better by playing a variation of Bingo which required them to go around the room and find out a little more about their peers and other students. Students who were the fastest in completing their Bingo card were rewarded by being able to choose from a variety of goodies such as crocheted animals.

After lunch, hands-on learning was underway! Dr. Patel and Dr. Haydon provided information to the students about common geriatric disease states and the relevance to current and future aspiring pharmacists. Students were then provided a structured simulation activity where they got to experience what it means to have some common disease states that disproportionately impact older adults such as arthritis, vision impairments (i.e., glaucoma, cataract, diabetic retinopathy, etc.), and tremors. With the arthritis simulation, students wore a device on their hands that restricted their hand movement, placed pressure on their joints, and were asked to do a simple task such as picking up an object or catching a ball. The students soon realized how difficult it is for people with arthritis to do something we do unconsciously. Next, the students wore different glasses that simulated chronic eye conditions. The students were then charged with performing common tasks that older adults do on a daily basis such as opening pill bottles and reading the label on the medication bottle. Finally, the students had devices attached to their arms that created muscle twitching, thus simulating tremors that are hallmarks of certain chronic conditions (e.g., Parkinson's). Students quickly realized that the tremors caused their hands to clench up and make it exceedingly difficult to write legibly. In the end, the geriatric simulation component of this day was important in bringing awareness to the common geriatric diseases that some older adults face and the challenges associated with such.





After the geriatric simulations, high schoolers were treated to a presentation on the pharmacy profession, and educated about opioids and Narcan. The presentation was kicked off with a Kahoot that “tested” their knowledge of what pharmacists do, practice settings, and more. With regards to the Opioids/Narcan part of the presentation, high schoolers learned about opioids including what they are, common names, risks, and relevant county-, state- and national- statistics. They also learned signs and symptoms of opioid overdose, what Narcan is, how to administer it, and where to get free Narcan in the county. At the end of this presentation, there was another Kahoot to see what the students were able to learn and prizes were awarded!

The next activity for the High Schoolers was to utilize their new-found knowledge of opioids and evaluate several printed opioid prescriptions to determine what was wrong. The students were tasked with finding issues ranging from severe drug-drug interactions, incorrect dose, incorrect dosing schedule, and also some calculations. Every pharmacy student loves a “cheat sheet”, and so the high schoolers were also provided a cheat sheet to assist them with each of the above-mentioned prescription verification activities. Second year Medicare student TAs helped facilitate the activities and served as a resource for high schoolers at each table. At the end of the activity, there was a debrief where high schoolers were able to share what they learned and ask questions.



The last activity of the day was getting the students hands-on skills in identifying an opioid overdose and how to administer Narcan.

A mock case was facilitated by the Medicare TAs where students were discussed responding to an opioid overdose. The high school students worked in small groups through an opioid overdose case.

Students were also tasked with figuring out what to do if someone with an opioid overdose does not respond to the first dose of Narcan and how to provide a Narcan counsel . During this simulation, Narcan trainers were placed in each group so students could have a better feel for how the drug was administered.

In conclusion, we hope that the intentional programming for the high schoolers was an invaluable opportunity for them to learn about the profession, pharmacy-related issues, talk to/learn from pharmacy students, and spend some time with School of Pharmacy faculty and staff. We also want to give a shout out to the Medicare TAs who did such an exceptional job in conceiving of and helping deliver the program.



# WELLNESS ACTIVITIES



Mental well-being and wellness are concepts that pervade all of society but are still under addressed. For the first time in the 18-year history of the Medicare class/program we decided to incorporate a weekly wellness activity for students. The wellness activities are structured around six domains (Physical, Psychological, Spiritual, Emotional, Professional and Personal) and rotate each week. Over the course of the year, students will go through three cycles (six domains per cycle) of wellness activities. Each activity is/will be facilitated by a School of Pharmacy staff/faculty including Katy Pruitt, Dr. Mark Stackpole, Dr. Roshanak Rahimian, Dr. Sian Carr-Lopez, Dr. Robert Halliwell, Dr. Raj Sevak, Dr. Tiffany Vu, and Dr. Rajul Patel. Each wellness activity occurs near the end of every Friday's Medicare class. These sessions incorporate activities that also require 'firsthand' participation by the students. Since the beginning of the semester, students have been presented with a variety of wellness exercises including (domain can be found in parentheses):

- Time Management (Professional)
- Healthy Eating (Physical)
- Breathing/Meditation (Spiritual)
- The Laughter Prescription (Psychological)
- Self-Reflection (Emotional)
- Gratitude (Personal)





# WELLNESS ACTIVITIES

More about the first cycle of six wellness activities can be found below:

## Week 1

Our very first ever wellness activity was kicked off by Dr. Stackpole who gave an insightful presentation on time management. The session focused on strategies to prioritize tasks, avoid procrastination, and maintain a balanced schedule. Dr. Stackpole presented useful methods and techniques on how to plan and manage time more efficiently despite a busy schedule. Students participated in discussions about their own time management and reflected on their challenges and successes.

## Week 2

Dr. Carr-Lopez shared with students the art of thoughtful eating. This session focused on mindful healthy eating practices, emphasizing the importance of savoring each bite (we sampled different types of food!) and appreciating the food we consume. The calm and serene atmosphere helped us understand how mindful eating can enhance our overall dining experience and health. We also better understand that the benefits of healthy eating extend far beyond one's physical health.

## Week 3

Dr. Sevak introduced us to different types of meditation and then we got to practice these mindful exercises. This session provided practical techniques to manage stress and improve mental clarity. The guided meditations were a soothing and refreshing experience for student participants.

## Week 4

Katy Pruitt, Staff Therapist at the School, highlighted the power of laughter. She shared some funny videos and facilitated a Q&A session where students shared their own humorous experiences. Katy emphasized the importance, and benefits, of having these lighthearted moments. The laughter in the room was contagious, and it was a great reminder of how humor can positively impact our well-being. The presence of an embedded therapist like Katy at the school is significant as it allows for direct interaction with students, enabling a deeper understanding of their unique culture and needs. This support is crucial in creating a tailored and effective wellness program, enhancing the overall well-being of the student community.

## Week 5

Dr. Rahimian led the session of self-reflection and encouraged everyone to share their accomplishments thus far. This session was incredibly moving as students celebrated their progress and milestones...and each time they did their classmates applauded. It was a positive and supportive environment in which we celebrated each other's successes and thus further fostered a sense of community among us. Additionally, this activity continues to motivate students to acknowledge and be proud of their accomplishments while also learning more about their peers.

## Week 6

Dr. Patel shared his personal story and led us in a moment of gratitude. We took time to reflect on the important people in our lives and expressed our gratitude for their presence and support. We created and decorated a personalized thank you card to someone who has been impactful in our life and then the card was mailed to them on our behalf. This heartfelt session was a beautiful way to conclude the first cycle of our wellness activities so far, leaving everyone with a sense of appreciation and positivity.

We hope that students find these activities helpful and that they learn practical information that they can incorporate into their daily lives. Students have shared that these sessions were not only informative, but are providing them a platform to reflect, share, learn, and grow together as a team.

In conclusion, the wellness activities have been a transformative experience for many of us and something that provides us with valuable tools to improve our mental and emotional well-being. Each session has provided us with unique insights and practices that we can continue to apply in our lives. The sense of community and support we built over these weeks was truly inspiring, and we look forward to continuing this journey of wellness and self-improvement with our peers over the rest of our time in Medicare class.



# MEDICARE GRADUATES 2024



Dr. Abby Lok  
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Dr. Amy Nguyen  
Dr. Amy Sun  
Dr. Anthony Bao  
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Dr. Victoria Lam  
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# CONGRATULATIONS! 28

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