

# PHARMACY PHILE

SEPTEMBER & OCTOBER 2020

UNIVERSITY OF WATERLOO  
SCHOOL OF PHARMACY

ISSUE 89

**SOPhS**  
SOCIETY OF PHARMACY STUDENTS

## SOPhS COMMUNICATIONS

We are excited to be revitalizing the official SOPhS Instagram (@uw\_sophs) and Facebook (@UWSOPhS) pages. Make sure to follow us on social media to stay up to date with SOPhS Social and Athletics events as well as other SOPhS Clubs events!

We have also been introducing our SOPhS Executive Council 2020-2021 along with a "Club of the Week" feature. Stay tuned to meet all of the executive members and learn more about all the clubs that the School of Pharmacy has to offer.

Lastly, Pharmacy Phile has gotten a new makeover! To match the new SOPhS logo, we wanted to refresh our beloved newsletter's look. We hope you enjoy!

## IN THIS ISSUE:

- 02** **PRESIDENT  
AND VP'S  
ADDRESS**
- 04** **CAPSI CORNER**
- 06** **UW OPA STUDENT  
CHAPTER**
- 08** **FACULTY  
SPOTLIGHT:  
BECKY EWAN**
- 11** **SOPhS  
CALENDAR**

# *PRESIDENT AND VP'S ADDRESS*

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*We would also like to give a formal congratulations to Angad Bains and Kevin Huynh who are our new President and Vice President Elects!*

It's hard to believe, but we are now 8 months into this pandemic. While things have certainly been challenging, it has certainly been great seeing how well we have adapted with running our events virtually. We have had social media challenges, such as the one hosted by the UW Mental Health in Pharmacy (MHIP) club, which served as an excellent introduction to one of our newest clubs. We also had a socially distanced adaptation of Light the Night cohosted by SOPhS Athletics and the Oncology Pharmacy Interest Group (OPhIG). Aimed at raising money to fund programs and services to support patients with blood cancers, this year's event took place virtually with participants posting Instagram stories of walking during the event.

The past two months were also packed with a bunch of informative virtual events with interesting speakers. In an event cohosted by the Pediatric Pharmacy Advocacy Group (PPAG) and Canadian Society of Hospital Pharmacists (CSHP), we had guest speaker, Vivian Bui, a recent UW graduate, talk

about pharmacy practice in neonatal intensive care as well as her experiences during her pharmacy residency at Sunnybrook Health Sciences Centre. We also had guest speakers Angela Chan and Vijay Sarma share their experiences about medical writing and pharmaceutical advertising in a Science to Business Network (S2BN) hosted event. We had former residents and UW graduates Joanna Leake, Robert Taglione, Samantha Dias, and Samuel Dubinsky speak in our annual Ontario Pharmacy Residents Association (OPRA) Institutional Residency Panel planned by our OPRA rep,

Jace Hui. CSHP also ran a co-op information session featuring panelists from Rx2021 and Rx2022 for our Rx2023 cohort who will be entering their first work term in January.

A special shout out goes to Sarah Fallis, who has been great in her new role as second year social rep! In October, Sarah hosted a Post-IPFC Celebratory Week. The weeklong virtual event featured a Rx2023 Trivia Night, Among Us game night on Discord, and Yoga event instructed by Lysha Nobes. Keep up the great ideas and congratulations to Rx2023 for finishing your first ever IPFC! It has been a long year but you guys are inching closer and closer to the end of 2A!

In new club news, we would like to welcome the UW Compounding Club to the SOPhS family. Helmed by Marco Sedik, this club is a collaborative effort with UofT COMPPS, which aims to provide more networking opportunities for students who are interested in compounding. We cannot wait to see what events and workshops you guys have planned!

Lastly, we ran our annual SOPhS elections in September. Congratulations to all of the winners for running successful campaigns. We would also like to give a formal congratulations to Angad Bains and Kevin Huynh who are our new President and Vice President Elects! There is no doubt in our minds that both of you will do great in your new roles and we are so excited for all the ideas you guys have in store over the next year for SOPhS.

# CAPSI CORNER

Welcome to a brand new term everyone! The Rx2023 class has been adjusting to the new hybrid style of learning, while the Rx2021's continue studying fully online, and the Rx2022's are on their second co-op term. Wherever you are location-wise or term-wise, one silver lining of virtual events is that anyone can participate!

## **Annual Textbook Sale**

CAPSI held the annual textbook sale at the beginning of October. Thank you to everyone who placed an order - your books will arrive in late November. They will be available for pick-up at the School of Pharmacy, the GTA, or Bowmanville. We hope they become great resources for you throughout your academic and co-op terms!

## **CAPSI National Events**

CAPSI's National Student Wellness Committee is holding a series of Wellness Weeks throughout the term. Throughout the 3 weeks, a different health topic was highlighted. From September 21-25, Week 1 was focused on Fitness. On September 4, there was a virtual Yoga class held over Zoom. Week 2, October 19-23, was focused on Cooking. On October 22, there was an online cooking class held over Zoom. Each week also includes a social media challenge where participants can post a photo or story and tag CAPSI National to be entered into a \$25 gift card

prize draw. Stay tuned for Week 3 from November 26-22 which will be about Artistic Creativity!

**UW CAPSI  
FALL 2020 EVENTS**

**TEXTBOOK SALE (OCT 3-24)**  
Google order form due  
October 24 @ 11:59pm

**SCIENCE OPEN HOUSE (OCTOBER)**  
A video targeted towards young children on what pharmacists do!

**IPSP HEALTH WEEK (NOV 2-6)**  
Tobacco Alert Campaign  
"Question of the Day" IG polls  
Lunch & Learn with Jane Ling  
(Nov 4 @ 6:30pm)  
Community Outreach presentations

**COMPETITIONS (NOVEMBER)**  
Student Literary Challenge  
(due Nov 15 @ 11:59pm)  
Guy Genest Passion for Pharmacy Award  
(due Nov 20 @ 11:59pm)  
OTC Competition (Nov 28)  
Patient Interview Competition (Nov 29)

**WELLNESS WEDNESDAYS**  
We will continue to share our favourite wellness activities every Wednesday!

**GET READY FOR AN EXCITING TERM!**

CAPSI ACEIP

An overview of the CAPSI events planned for the Fall 2020 term.

### **Science Open House**

Although this year's Science Open House was cancelled due to the pandemic, CAPSI still wanted to get involved. As a Council, we made a short, creative video aimed towards young children which explains what a pharmacist is, what we do, and words that describe us. You can watch the video here:

<https://uwaterloo.ca/science/community-outreach/science-open-house-yourhouse>

### **November Events**

This coming month will have many exciting events! The IPSF Health Week will be happening from November 2-6 and the theme will be

Tobacco Alert Campaign. The annual Competitions will also be occurring throughout the month and includes the Guy Genest Passion for Pharmacy Award, Student Literacy Challenge (SLC), Patient Interviewing Competition (PIC), and OTC Competition. Be sure to follow our social media for reminders on events and application due dates!

That's it from CAPSI! We hope you're getting through this term and excited for the upcoming events we have planned. Good luck with your studies or co-op!

CAMILE HUO

UW CAPSI COMMUNICATIONS/CAPSIL DIRECTOR



@CapsiWaterloo

# OPA UW STUDENT CHAPTER

Pharmacies continue to serve its patients during the COVID-19 pandemic with the second wave on the rise. The public has become more cautious about their health. The demand for influenza vaccinations have increased. If you are currently working in a pharmacy, you are well aware that many pharmacies are being challenged with vaccine supply and demand.

Many of our students have answered the call for this year's busy flu season. Michelle Liang (Rx2022, left) and Michelle Morin (Rx2022, right) are one of our many students administering influenza vaccinations at their co-op work placements.



These two, as well as other UW students have helped pharmacies and its patients. Our Student Chapter wishes to showcase their hard work &

contributions because they deserve credit for their efforts!

Both OPA student chapters are calling all Ontario Pharmacy Students to send us their photos preparing or administering flu shots. Send your photos to [opa.uwaterloo@gmail.com](mailto:opa.uwaterloo@gmail.com) with your name and year. You can message us through our social media handles for any questions!

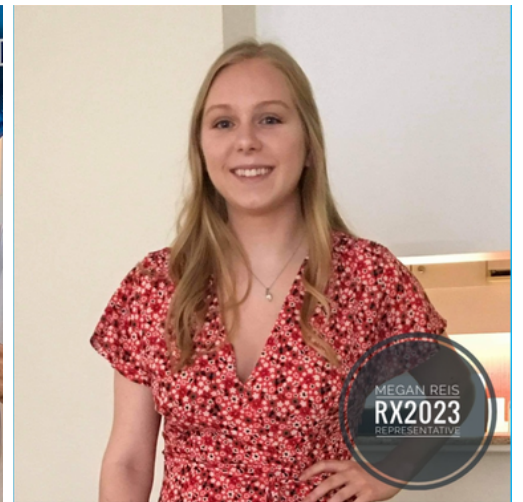
We would also like to announce our executive team for this year's UW Student Chapter (see next page). We welcome Michelle Asselin (Rx2023) as the new Vice-Chair for 2020-2021! Michelle has spoken about her passion for Pharmacy and how she wishes to make healthcare more accessible. You can check out her video on our Instagram page @StudentsOfOpa. We also welcome back Megan Reis as she will continue her term as the Rx2023 representative.

Stay tuned for updates this coming fall as the Student Open Forum featuring OPA's senior leadership team will be happening virtually this November!

JOSHUA PUSONG  
CHAIR, OPA UW STUDENT CHAPTER (2020-PRESENT)



@StudentsofOPA



# *FACULTY SPOTLIGHT: BECKY EWAN*

**INTERVIEW WITH: BECKY EWAN**  
Academic Advisor, Undergraduate  
Coordinator

**INTERVIEW BY: CHERRY CHAN**  
Senior Communications Director

Becky is a familiar face to those at UW School of Pharmacy. Joining the faculty in 2017, Becky has taken on many projects to support undergraduate students throughout their studies. Besides being an Academic Advisor, Becky also participates in admissions and recruitment events, coordinating class/exam schedules, working with the Pharmacy Ambassador Team, etc.

**Cherry Chan: Tell us about your career path and how it brought you to your current role?**

Becky Ewan: I studied Fine Arts at Wilfrid Laurier University with a goal of eventually pursuing a graduate program in museum studies. Art history fascinated me and it is still something I am passionate about. However, after completing my undergraduate degree I took a break and started working at St. Jerome's University (SJU), which is one of the university colleges at the University of Waterloo. My role was within the Registrar's Office and I discovered that I loved working with students,

whether it was through academic advising or handling inquiries from prospective students. My days were never the same and but they were always busy! My plans for graduate school changed as health issues required me to stay close to home. Then, once my contract at SJU ended I briefly worked at BlackBerry. However, it wasn't long before I had the chance to return to Waterloo this time to work in Student Awards & Financial Aid (SAFA). Several years there led me to join the School of Pharmacy where I have very happily been for about 3.5 years!

**CC: What does a typical day on the job look like now that we're all working and studying from home?**

BE: The best part of working from home is having my cat Scooter around. He has proven to be a good assistant and spends his days curled up close by. A typical day starts off with checking emails – Kaitlin and I prioritize emails that come in to [pharmacy.advisor@uwaterloo.ca](mailto:pharmacy.advisor@uwaterloo.ca) because they are often time-sensitive and from students dealing with stressful situations. Other than that I don't generally have a typical day which is one of the reasons I love my job. Student appointments now take place on Microsoft Teams which has its pros and cons as I do miss seeing students in person.





*Becky, her sister (Shauna), and Scooter (Becky's cat)*

CC: Of all the projects you take on here at the School of Pharmacy, which is your favourite and why?

BE: I have really enjoyed working with our CAP students and seeing them develop and grow. It is very exciting and rewarding to see them at the beginning of their journey and then when they join the PharmD program and continue their pharmacy journey. Coordinating admission interviews can be stressful but it is also one of my favourite parts of my role at the School. I like doing anything that involves details and organization!

CC: What is your favourite memory while working here at the School of Pharmacy?

BE: I have many favourite memories but if I had to pick one it would be my very first day working at the School. I did not know anyone of course but my co-workers on the second floor quickly welcomed me and pretty much immediately, I knew that I was going to like working here. The School has a very inclusive close community which makes it a great place to work.

CC: What advice would you offer to students to help them ensure they stay mentally healthy throughout this rigorous program?

BE: Mental health is something that I am passionate about and it is especially important for pharmacy students/future healthcare providers to keep in check. My best advice is advice that I try to follow in my own life: regularly check in with yourself and be aware of how you are feeling so you can seek out help if you need it. Try to be kind to yourself and set realistic goals. Mistakes happen, learn from them and move on. Surround yourself with good people! Manage your time effectively. I can recommend "168 Hours: You Have More Time Than You Think" by Laura Vanderkam which has been helpful to me in my personal and professional life. Lastly, get enough sleep!



CC: What do you do on your spare time when you are not at the School of Pharmacy?

BE: I love animals and am a long-time volunteer at the Kitchener-Waterloo Humane Society. I find spending time with animals is a great de-stressor. I enjoy reading and my favourite author is Margaret Atwood. I also enjoy travelling and hope to travel again some day soon! I love spending time with my family and being an aunt! More recently, pretty much as soon as the pandemic started, I watched (a lot) of YouTube videos and taught myself how to sew! I have since opened an Etsy shop and have sewn close to 500 face masks. So, that is what the majority of my spare time is spent on now!

CC: Just for fun, if you had to choose a different career path...what do you think it would be?

BE: I think I would be an interior designer as it would give my creative side a great outlet. Almost 5 years ago, my husband and I moved into our current house which needed a lot of work and updating. We love taking on projects like this and right now we are close to having re-done every room in the house by doing the vast majority of work ourselves. My favourite part of these renovations is always the design element! I can certainly tell you that picking out paint colours is a lot more fun than putting up drywall!

*“ Try to be kind to yourself  
and set realistic goals.  
Mistakes happen, learn  
from them and move on.*



*Becky on a trip in Barcelona, Spain!*

# SOPhS UPCOMING CALENDAR

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1	<b>Nov 15</b>  CAPSI: SLC Competition Submission Due	<b>16</b>	<b>17</b>	<b>18</b>  OSCE Preparation Club: Mock OSCE	<b>19</b>	<b>20</b>  CAPSI: Guy Genest Passion for Pharmacy Award Due	<b>21</b>
	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>  MHIP: CAMH Pharmacist D&L	<b>27</b>	<b>28</b>  CAPSI: OTC Competition
Week 2	<b>29</b> CAPSI: Patient Interview Competition RxPRN: Virtual Pet Party	<b>30</b>	<b>Dec 1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
	<b>6</b>	<b>7</b>  Last day of classes Fall 2020	<b>8</b>  Study Day	<b>9</b>  Final Examinations Begin	<b>10</b>	<b>11</b>	<b>12</b>
Week 3	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>  Final Examinations End  Last day of Co-op Work Term	<b>24</b>	<b>25</b>	<b>24</b>
Week 4							
Week 5							
Week 6							

**SOPhS Calendar Notes:** Please note that event dates may be subject to change. Contact SOPhS if you are unsure of an event date. You may also find this information on the SOPhS Google Calendar (<http://tinyurl.com/jo3awk7>). If you would like to add an event to the SOPhS calendar please email the SOPhS secretary at [secretary@sophs.ca](mailto:secretary@sophs.ca).