

Washington State University College of Pharmacy

Educating Future Leaders in Pharmacy

COUGARx
alumni news

CALENDAR

CougaRx Nation Alumni Event

Date TBD
Seattle Area
Event details coming soon!

APhA Conference

Alumni & Friends Reception
March 29, 2015
San Diego, Calif.
Event details coming soon!
RSVP

CougaRx Nation Regional Coordinators Board Meeting

April 17, 2015
3:00 - 5:00 p.m.
Spokane, Wash.

WSU Pharmacy Donor Appreciation and Awards Night

April 17, 2015
5:30 - 8:00 p.m.
Health Sciences campus
Spokane, Wash.
RSVP

Cougar Football

Crimson & Gray Game
CougaRx Nation Tailgate
Apr. 25, 2015
Albi Stadium
Spokane, Wash.
RSVP

CougaRx Nation



JANUARY 2015

A Message from Linda Garrelts MacLean
Associate Dean for Advancement

Dear Alums, Colleagues and Friends of Pharmacy,

Happy New Year! For those of you who have not decided what your New Year's resolution will be for 2015, here are a few recommendations from the College of Pharmacy:

Renew your membership to (or join) the CougaRx Nation



It's quick and easy, and can be accomplished in just a few clicks! <http://bit.ly/join-coug-rxnation>

- If you are already a lifetime member of the WSUAA, [email us](#) for your complimentary CougaRx Nation membership card.
- If you are a WSU Golden or Diamond Grad, [email us](#) for your complimentary CougaRx Nation membership card.

Volunteer

This is a popular resolution for many people, and if this is on your list for 2015, why not get involved with your alma mater? Here are two easy ways to get involved:



• Serve as a mentor to a student pharmacist. We were able to match every first-year student pharmacist with an alumni mentor last year, but we still need mentors for our incoming class of 2019. See more information on how you can make an impact as a volunteer mentor here: <http://bit.ly/wsupharmacymentors>

- Serve as a regional coordinator for the CougaRx Nation. Regional coordinators serve as a WSU pharmacy contact to the other alumni living near you and help to host alumni events in your area. (Don't worry, we help with the logistics!) [Learn more](#).

Learn something new about one of your patients or clients

Alumni Event

May 2015

Portland Area

Event details coming soon!



The number one most popular New Year's resolution is to improve physical well-being. Whether it's to eat healthy food, lose weight or exercise more, some variation of this goal tops the list of most Americans every year. As pharmacists, we are in key positions to make an impact on the physical well-being of our patients

by helping them understand and properly follow their drug therapy regimens. Developing relationships with your patients is the best way to keep them on track to being happy and healthy in the new year, and it starts with learning one new thing about them.

College of Pharmacy Commencement

May 7, 2015

2:00 - 4:30 p.m.

Fox Theater

Spokane, Wash.

[RSVP](#)

Northwest Pharmacy Convention

· Alumni & Friends Reception

May 30, 2015

Coeur d'Alene Resort

Coeur d'Alene, Idaho

[RSVP](#)

· CougaRx Nation Regional Coordinators Board Meeting May 30, 2015

Coeur d'Alene Resort

Coeur d'Alene, Idaho

Details on upcoming events will be posted as they become available on our [CougaRx Nation events web page](#) »

NEWS FROM THE DEAN

Subscribe to get monthly messages from Dean Pollack

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COLLEGE NEWS

Dean Gary M. Pollack met with the Dean's Advisory Council (DAC) earlier this month in Renton, Washington. The DAC is a panel of accomplished pharmacy professionals that provide a key connection between the College and the greater pharmacy community. This volunteer board shares advice and makes recommendations on the opportunities or challenges facing the College. Information on the DAC members can be found on our website: [Dean's Advisory Council](#)

The meeting covered updates on our Pharm.D. program and Yakima extension, and on our graduate program and research initiatives. Information on the College updates discussed at the meeting, plus much more, can be found in the 2014 College of Pharmacy Annual Report. Keep an eye out for your copy in the next few weeks, the annual report will be hitting mailboxes soon!

ALLEN I. WHITE LECTURE SERIES



The College will be hosting the annual Allen I. White Lecture Series on campus in Spokane on February 27. Nahum Sonenberg, Ph.D., from McGill University will be our speaker this year. If you would like more information about attending the Allen I. White Lecture this spring, please email Lisa Price at lisa.price@wsu.edu.

STUDENT NEWS

Student pharmacists from WSU will be attending the WSPA Legislative Day on March 9 in Olympia, Washington. This important event brings together pharmacy students from across Washington state to advocate for the pharmacy profession before members of the state legislature. Thanks to WSPA for organizing this important effort each year! I would also like to thank Fred Meyer for helping to underwrite the cost for students to attend. Look for photos from the Leg Day event in an upcoming newsletter!

ALUMNI EVENTS

We have more than 20 events planned for the College during 2015, so please plan to join us for fun with fellow alumni and friends of pharmacy. Our [online events calendar](#) will be updated as details get announced. Two

JOIN US!



Click Here!
Membership is
\$50 per year
(\$75 for joint membership)

UPDATE YOUR INFO

Has your email address changed? Let us know!
[Update your info](#)

Pharmacy alumni
are social,
Join Us!



WSU Pharmacy



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WSU Pharmacy



Go Cougs!

events to highlight quickly:

- WSU Alumni & Friends Reception at the APhA Convention in San Diego—this will take place on Sunday, March 29, at 5:30 p.m. More details to come, but please email gocougs@pharmacy.wsu.edu if you want to RSVP now.
- Donor Appreciation and Awards Night April 17, from 5:30—8:00 p.m. on the WSU Health Sciences campus in Spokane. This is one of my favorite events every year, and a great opportunity for the College to say ‘thank you’ to you, our generous alumni and community partners. I hope to see you there! [RSVP](#)

And speaking of 2015 calendars, if you would like a complimentary copy of the WSU wall calendar for your office, please [let us know](#) and we will get one delivered to you.

Happy New Year and Go Cougs!

P.S.—Next month, we are planning a special Valentine’s CougaRx issue! If you met your spouse or partner through WSU or the College of Pharmacy, we would like to feature your story in our newsletter. Please submit your story and a photo (or a few photos!) to Kelly Sylvester at gocougs@pharmacy.wsu.edu

Linda Garrelts MacLean, BPharm, RPh, CDE

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ALUMNI UPDATES

- **Suellyn Olson**, class of 1970, passed away in October 2013. As a way to honor her memory, several of her sorority sisters from WSU and her son Eric Olson have put together a scholarship that will be awarded to a pharmacy student this year. If you knew Suellyn and would like to contribute to this effort, please [email us](#) for more details.
- **Julie McCoy**, class of 1997, checked in with us after a recent trip to Port Au Prince, Haiti. Julie and colleagues from Providence St. Pete Hospital in Olympia are working with pharmacy colleagues in Haiti and just finished initial planning for a pharmacy collaboration in global health. For a photo, [click here](#).

Want to be listed in our alumni updates? Send us your career information or let us know what you've been up to!
gocougs@pharmacy.wsu.edu



Have you included the College of Pharmacy in your estate plans?
For more information, please [contact us](#) or visit the [WSU Foundation website](#).

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