Welcome from the Director

As I reflect on being program director for the past five years, I am extremely grateful for the opportunity to be part of this residency program. Despite the challenges of these past years in the pandemic and our dynamic profession, our residency program continues to advance and graduate amazing pharmacists. This past year we officially welcomed two new sites to our family, Geritom Medical and Mille Lacs Health Systems.

Some highlights from this year include our enhanced focus on the career development and residency project curriculum throughout academic days. We also brought in Dr. Okah from the University of North Carolina at Chapel Hill to speak to our residents and preceptors on “Race in Medical Decision-Making” during the fall retreat. We transitioned into virtual everything and have found some balance in trying to optimize efficiency and connection. Our residents have continued their new tradition of spring and fall resident retreats and our 2022 class started an Instagram account (umncopresidency) — check it out!

We thanked Dr. Caity Frail for her wisdom and excellent service as associate program director this year and wished her all the best as she moved on from the college. We also welcomed Dr. Stephanie Swanson, a former residency graduate of our program with additional training as a health coach, who also co-developed the resilience curriculum we now use at every academic day. She currently teaches at the college and practices at Mill City Clinic, she is a naturally gifted mentor and a welcome addition to our administrative team!

Personally, I have found so much joy and renewal in our residents, preceptors, and administrative team. The energy, passion, and fun our residents bring into every academic day and learning experiences is a great reminder of why I am in this profession. The numerous examples of how our preceptors continue to go above and beyond in their dedication to support our residents motivates me to be a better preceptor and director. Amy Pavelka, our program coordinator, and our associate program directors Jody Lounsbery and Stephanie Swanson remind me of how valuable it is to have a fantastic team to rely on. Thanks for another great year!

Sincerely,

Jean Moon, Pharm.D., BCACP
Associate Professor, Pharmaceutical Care & Health Systems
Program Director, Postgraduate (PGY-1) Pharmacy Residency Program
Clinical Pharmacist, Broadway Family Medicine
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Meet Our Residents, 2021-2022

Athena Cannon, PharmD
Site: Pharmaceutical Care Leadership Year 2 - Federal Urban Health Network
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Athena Cannon was born in Early, Texas. She completed her pharmacy pre-requisites at the University of Texas at Arlington and received her Doctor of Pharmacy at Texas Tech University Health Sciences Center Jerry H. Hodge School of Pharmacy in Abilene, Texas. She was involved in Phi Lambda Sigma, Phi Delta Chi, and the American College of Clinical Pharmacy locally and nationally with the Endocrine and Metabolism Healthcare Committee. Athena’s over-arching passion in pharmacy lies in ambulatory care, lifestyle education, and academia. Athena spent her first year as a Pharmaceutical Care Leadership Resident at Broadway Family Medicine clinic where she provided comprehensive medication management to those with chronic conditions and collaborated with a large interprofessional team of family medicine practitioners, behavioral health, and dietetics. Athena’s second year site is with the Indian Health Board Medical and Dental Center in Minneapolis where she will be challenged to establish clinical pharmacy services. Early on in her career, Athena developed a passion for the role of pharmacists in sports medicine and anti-doping (aka sports pharmacy). Since then, she has worked with many professionals in sports medicine on the collegiate and elite level, served as the first pharmacy intern for the U.S. Anti-doping Agency, created the U.S. Sports Pharmacy Group, and guest lectured at pharmacy schools throughout the country on performance enhancing drugs and her involvement in sports pharmacy. In her free time, she loves to spend time with her husband and two pups, explore coffee shops in the cities, travel, and attend live performances.

Madeleine Davies, PharmD
Site: Pharmaceutical Care Leadership Year 1 - M Health Fairview - Smiley’s
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Madeleine spent most of her formative years in Vacaville, CA. After tiring of the monotonously sunny weather, she fled to Rochester, NY, where she earned a degree in Biochemistry. While completing a PharmD at the University of Michigan, Madeleine avidly participated and occasionally did leadership stints - in Health-System Student Pharmacists (HSP), American Pharmacists Association (APhA), Phi Delta Chi (PDC), Rho Chi, and the Interprofessional Health Students Organization (IHSO). Because pharmacy school and professional organizations were not time-consuming enough, Madeleine decided to accumulate money as a Medicinal Chemistry study group leader, as well as a pharmacy intern at CVS and Michigan Medicine. Throughout her experiences in pharmacy school, she became energized by the potential for ambulatory care pharmacists to improve patients’ lives while also saving money for everyone involved. Madeleine looks forward to learning from the experienced preceptors and interdisciplinary team at Smiley’s, the diverse patient population, and her future students.
When not immersed in pharmacy, she can be found consuming food with friends, reading in a corner, or trying out a new music-related hobby.

Laurie Grund, PharmD
Site: Geritom Medical, Inc.
sabat025@umn.edu

Laurie is originally from Rochester, Minnesota and currently resides in the South West Metro area with her family. Before returning to school, Laurie worked for over six years in a Cardiac Cath Lab through the Mayo Clinic Health System. While living in Mankato, she completed her Bachelor of Science in Biomedical Sciences at Minnesota State University. Laurie is a 2021 graduate of the University of Minnesota College of Pharmacy. While in pharmacy school, Laurie was active in Kappa Epsilon-Alpha and the CHIP Interprofessional Student-Parent Community. Laurie's interest in ambulatory care grew as she progressed through the PharmD curriculum and while interacting with patients during her APPE rotations. Laurie has a passion for optimizing pharmaceutical care while developing long-term relationships with patients. Laurie is looking forward to working with the Geritom Medical patient population while learning how to integrate pharmacogenomics into ambulatory care practice. In her spare time, Laurie enjoys cooking, spending time with her family, reading, and cheering her kids on at their sporting events.

Debesai Hailemicael, PharmD
Site: Minnesota Community Care
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Debesai grew up in Eritrea, East Africa, and earned a degree in pharmacy from the University of Asmara, Eritrea. After graduation, he worked as a graduate assistant at the University of Asmara. Debesai moved to the States in 2012 and enrolled at Duquesne University in Pittsburgh, PA, where he earned a master’s degree in pharmacology. Subsequently, Debesai was hired at CVS and then UPMC Shadyside Hospital as a pharmacy technician while working to license his foreign pharmacy degree. After obtaining his US pharmacist license, Debesai was hired as a staff pharmacist at UPMC Shadyside Hospital and enrolled at Massachusetts College of Pharmacy and Health Sciences’ (MCPHS) post-baccalaureate online Pharm.D program. He earned his Pharm.D from MCPHS in 2020. Debesai is a member of the American Association of Pharmaceutical Scientists (AAPS), the Student Society of Health Systems Pharmacists (ASHP), and the Pennsylvania Pharmacist Association (PPA). In his free time, he enjoys playing soccer and ping pong, reading, listening to podcasts, and spending quality time with his family. Debesai developed a passion for underserved communities early in his career and more strongly while working as a pharmacist at UPMC Shadyside Hospital. Access to quality healthcare by immigrants and communities of color can be impeded by cultural, linguistic, and structural racism, and socioeconomic obstacles, which can be further exacerbated by mistrust and misinformation. Debesai aims to help reduce such healthcare disparities. He was drawn to Minnesota Community Care (MMC) due to its focus on underserved communities and is looking forward to serving and advocating for the diverse patient population at MMC.
Makoto Hang, PharmD
Site: Minnesota Community Care
hangx042@umn.edu

Makoto is originally from Onalaska, WI, and earned his Doctor of Pharmacy degree from the University of Minnesota College of Pharmacy in 2021. Throughout pharmacy school, Makoto held the role of the class representative for all four years helping to advocate for student success. He also spent three years volunteering at the Phillips Neighborhood Clinic (PNC) primarily as the Clinic Coordinator and the Co-Chair, as well as volunteering in the dispensary pharmacy located inside the clinic. Additionally, he was involved in other organizations such as the Multicultural Pharmacy Student Organization (MPSO), Pharmacy Leadership Society (PLS), and the Clinics and Relief Efforts (CARE) for Haiti. Prior to pharmacy school Makoto had set his goal of working towards ambulatory care pharmacy as a lifelong career. This end goal was further solidified following his APPE rotations at the Phalen Village Clinic in the east side of St. Paul, MN as well as North Memorial ambulatory care sites in Maple Grove and New Hope, MN. In his free time, Makoto can be found on local lakes or the Mississippi River fishing for trophy large mouth and small mouth bass, bouldering at the Minneapolis Bouldering Project (MBP), playing volleyball with friends and family, or at home relaxing and binging shows on Netflix. He is looking forward to serving the diverse patient population at Minnesota Community Care over the next year.

Erica Hanson, PharmD
Site: Cash Wise Pharmacy / Carris Health
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Erica grew up in Aberdeen, SD. She graduated from North Dakota State University with her Doctor of Pharmacy in 2021. As a pharmacy student, Erica spent time with Rho Chi and CPFI. She also spent a large portion of her time being on the Club Tennis Team, being involved in Bison Ambassadors, and giving NDSU campus tours. She enjoyed completing APPE rotations across a variety of locations around SD, ND, and MN, where she found her passion for ambulatory care. She is looking forward to starting her residency at Cash Wise Clinic Pharmacy in Willmar, MN, where she can develop relationships with patients and make an impact in their care. Outside of pharmacy, Erica enjoys fishing and being at the lake, playing tennis, attending NDSU football games, and spending time with family and friends.

Hailey Haugen, PharmD
Site: CentraCare - St. Cloud
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Hailey is originally from Alexandria, MN. She attended the University of Minnesota where she earned her Bachelor of Science in Genetics, Cell Biology, and Development and stayed in the Twin Cities to obtain her Doctor of Pharmacy degree from the University of Minnesota in May 2021. Throughout pharmacy school, Hailey was actively involved in her pharmacy fraternity Phi Delta Chi, Rho Chi Honor Society, and Minnesota Pharmacy Student Alliance (MPSA). She enjoyed learning about all areas of pharmacy practice as an intern at Blue Cross Blue Shield, Methodist Hospital, and Fairview Pharmacy Services. Ultimately, she discovered her passion for ambulatory care through APPE rotations where she was able to build relationships with patients and advocate for the role of a pharmacist on the primary healthcare team. Hailey is very excited to head up to central...
Hayley Kytta, PharmD
Site: Allina Health
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Hayley grew up in Blaine, MN and attended Winona State University where she earned a Bachelor of Science in Cell and Molecular Biology. In 2021, Hayley received her Doctor of Pharmacy degree from the University of Minnesota - Duluth. Throughout her time in pharmacy school, Hayley was active in student organizations that fostered outreach and education. She served as the Duluth President of the Minnesota Pharmacy Student Alliance and as a Health Fair Coordinator for Phi Delta Chi - Beta Psi. Hayley is ecstatic to be joining the Allina Health MTM Pharmacy team, and is looking forward to empowering patients through shared-decision making and reducing polypharmacy in older adults. In her free time, Hayley enjoys visiting Minnesota state parks, gardening, and spending time with family and friends.

Anna Lange, PharmD
Site: Goodrich Pharmacy / HealthPartners
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Anna grew up in Maple Grove, Minnesota and graduated from South Dakota State University with her Doctor of Pharmacy in May 2021. During pharmacy school, she was involved in her student chapter of APhA and served as a co-chair for Operation Immunization, in addition to serving as a Patient Care Trainer for P1 students. Direct patient care is what she enjoyed most about her involvement within APhA. Anna has had an interest in ambulatory care and community pharmacy since her P1 year, and during her clinical disease state management rotation, she made the decision to pursue an ambulatory care based residency. She is looking forward to her dream residency at Goodrich Pharmacy and gaining experience with providing clinical services to patients in both the pharmacy and clinic settings. When Anna is not in the pharmacy, she enjoys spin class, cooking, baking, walking her AussieDoodle, traveling, and trying new restaurants. Following residency, she hopes to find a career in an ambulatory care clinical setting, long-term care, or pursue a second year residency focused on ambulatory care.

Reid Larson, PharmD
Site: Welia Health
lars4642@d.umn.edu

Born and raised in Grand Rapids, MN, Reid earned his Bachelor of Arts in Chemistry at Gustavus Adolphus College in 2017 and his Doctor of Pharmacy at the University of Minnesota - Duluth in 2021. He also graduated with a Leadership Emphasis. As a pharmacy student, Reid had various extracurricular opportunities, including acting as a Class Representative, student ambassador, member of Kappa Psi Pharmaceutical Fraternity, member of the Student Initiative for Integrity in Pharmacy, and spent time working as a pharmacy intern at both Walgreens Pharmacy and Mount Royal Medical Clinic. Reid has always had an interest in
ambulatory care and working with patients one-on-one to help them better understand and optimize their medications, and he is looking forward to cultivating that passion during his residency year at Welia Health. After residency, Reid plans to continue practicing in a rural healthcare clinic. In his spare time, you can find Reid relaxing in a boat, curling, hiking, checking out a new brewery, or golfing, all of which are likely enjoyed with family and friends.

Riley Larson, PharmD
Site: Walgreens / M Health Fairview Clinic - Bethesda
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Riley is originally from Red Wing, Minnesota. He earned his Doctor of Pharmacy in 2021 from Cedarville University School of Pharmacy in Ohio. Throughout pharmacy school, Riley held committee chair positions for the Student Society of Health-System Pharmacists (SSHP) and the Student National Pharmaceutical Association (SNPhA). Aside from organization involvement in pharmacy school, Riley had the unique opportunity to work as an intern for an inpatient transitions of care team, a managed care LLC, and Walgreens in the retail and specialty setting. Clinical rotations in ambulatory care solidified his passion for making evidence-based and patient-specific interventions and providing prescriber education in a family practice setting. He is thrilled to continue boarding his perspective of pharmacy with a residency at Walgreens and M Health Fairview Clinic - Bethesda. As for future plans, he hopes to find a career in ambulatory care, transitions of care, or specialty pharmacy. Outside of pharmacy, Riley enjoys spending time in the Boundary Waters, finding new crockpot recipes, and trying local breweries with friends.

Bobby LeDuff, PharmD
Site: Essentia Health
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Bobby LeDuff, a New Orleans, Louisiana native, is a 2021 graduate of Xavier University of Louisiana College of Pharmacy. He is an active member of several pharmacy organizations in which he has served as a chapter executive board member during his time as a student: Phi Lambda Sigma: Pharmacy Leadership Society (Selection Committee Chair), Student National Pharmaceutical Association (Vice President, Recording Secretary), American Pharmacists Association-Academy of Student Pharmacists (Patient Care Vice President, Policy Vice President Operation Heart Chair), Vanguard Interactive Mentoring Scholars (Organization Chair), and Xavier’s Pharmacy Student Association (Mr. College of Pharmacy). Also, Bobby previously worked as a Center of Excellence Research Scholar, a pharmacy intern at Behavioral Health Group’s methadone clinic, and as the lead teaching assistant in the Division of Basic Pharmaceutical Sciences for the Pharmaceutics Lab and the Anatomy and Physiology Lab. He enjoys participating in community service events that aid underserved populations such as health fairs, educational seminars, and mentoring programs. Some of Bobby’s hobbies include taking scenic pictures, traveling, fine dining, and cooking for anybody who wants to eat. He also loves spending quality time with family and friends and playing UNO, Phase 10, and Spades. He will complete his PGY-1 residency at Essentia Health in Duluth, MN with a focus in ambulatory care. Upon completion of his residency, Bobby plans to teach as a clinical assistant professor at an academic institution and eventually work his way up to division chair.
Angelyn Leipold, PharmD  
Site: M Health Fairview  
leipo007@d.umn.edu

Angelyn grew up in Lakeville, MN, just south of the Twin Cities. Prior to pharmacy school, she earned a Bachelor of Science degree from the University of Minnesota Twin Cities in 2017. She graduated from the University of Minnesota Duluth with a Leadership Emphasis in 2021. Throughout pharmacy school, Angelyn was involved in Minnesota Student Pharmacy Alliance (MPSA) as the Vice President of Communications and Co-Coordinator of Generation Rx. She developed a passion for providing direct patient care while working as a pharmacist intern for Fairview Pharmacy Services and CVS Pharmacy. Angelyn enjoyed helping others through their pharmacy journey while acting as a mentor, student ambassador, and teaching assistant for the Pharmaceutical Care Skills Laboratory courses. She was inspired to pursue a residency early on after shadowing various ambulatory care pharmacists, but her decision was solidified after completing an ambulatory care APPE rotation with Fairview Pharmacy Services. She is thrilled to continue serving and building relationships with patients throughout the Twin Cities metro area at Fairview Pharmacy Services. In her free time, Angelyn loves crafting, hiking new trails, listening to the Office Ladies podcast, and enjoying time on the boat.

Sandra Leo, PharmD  
Site: Mille Lacs Health System  
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Sandra grew up in St. Paul and Maplewood, Minnesota. She attended the University of Minnesota, receiving both a Bachelor of Science in Genetics, Cell Biology and Development, as well as graduating with her Doctor of Pharmacy in 2021. During her time in pharmacy school, she took several leadership positions with the Multicultural Pharmacy Student Organization, an organization aimed at enabling future pharmacists to practice culturally competent care. Sandra is passionate about ambulatory care, and hopes during her career to improve the delivery of pharmaceutical care to underserved population as well as advancing the practice of mental health and pharmacogenomics. Sandra is excited to work with Mille Lacs Health System and exploring the many outdoor activities in the area. In her spare time, she enjoys travelling, watching baseball, spending time with her nieces and nephews, and reading about American history.

Yesenia Lopez-Mendoza, PharmD  
Site: Community-University Health Care Center  
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Yesenia grew up in South Minneapolis, Minnesota, before moving to Duluth and receiving her Bachelor of Science in Biochemistry and Molecular Biology and then earned her Doctor of Pharmacy degree with a mental health focus from the University of Minnesota (Duluth Campus) in 2021. Yesenia was inspired to become an ambulatory care pharmacist after witnessing the lack of Hispanic/Latinx representation in the healthcare field. She also wanted a career that would give her the opportunity to directly work with members of the community one-on-one to improve their health and quality of life. Throughout pharmacy school, Yesenia was passionate about advocating
for communities vulnerable to health disparities and finding opportunities to empower the diverse student population and neighborhood. She led many student-run events through the Multicultural Pharmacy Student Organization and volunteered at the student-run clinic, HOPE. Yesenia is looking forward to joining the compassionate interprofessional Community-University Health Care Center team and dedicate herself to doing her part for advancing health equity. Outside of pharmacy, Yesenia enjoys anything that allows her to be creative or provides an opportunity to learn a new skill like baking, painting, or recycling old cardboard into scratching posts for her rambunctious orange tabby, Simba.

Deandra Lundeen, PharmD
Site: Park Nicollet Health
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Deandra is originally from a town just an hour north of the twin cities called Cambridge, MN. She completed her Bachelor of Science Degree in Biology from the University of Wisconsin-Superior and graduated from pharmacy school in 2021 from the University of Minnesota (Duluth campus). While in pharmacy school Deandra worked as a teaching assistant for the Pharmaceutical Care Skills Laboratory course and was a pharmacy intern for Essentia Health working for the Transitions of Care Discharge Delivery Program. These experiences along with others have shown Deandra that she thrives on working with patients and their families one-on-one to help improve their health and accomplish their goals. She truly enjoys the value a pharmacist is able to provide to a patient's healthcare team within an ambulatory care setting. She is excited to help patients within Park Nicollet make lasting lifestyle changes, and be able to adapt their medication therapy to better fit the needs and health goals of each individual. In her free time Deandra loves to spend time outside with her husband and 2 daughters. She also enjoys traveling, cooking, and playing or watching all kinds of sports.

Ann Nagle, PharmD
Site: Pharmaceutical Care Leadership Year 2 - M Health Fairview
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Ann is a 2020 graduate of the University of Minnesota College of Pharmacy. Ann came to pharmacy after an almost 10 year career in forensic science where she specialized in controlled substances and toxicology. Her pivot to pharmacy school after an enlightening career in forensics is rooted in passion to help advocate for change and education for patients and communities. Growing up in a rural community, Ann looks forward to learning about and growing pharmacy practices in underserved communities to help promote health equity. She credits her Liberal Arts degree from Hamline University in St. Paul, MN as the catalyst for acting locally and thinking globally. Ann has a Master’s degree in Public Health which is also an area of interest that she looks forward to marrying to her evolving pharmacy practice and understanding. Ann is a Leadership Resident whose first year of residency (2020-2021) was on the team at Smiley’s Clinic in the Phillips Neighborhood of Minneapolis. Ann’s second year (2021-2022) site is with Entira Family Clinics in Inver Grove Heights and Woodbury where she will be helping to develop and expand pharmacy services. In her free time, Ann enjoys cooking, learning new recipes, going for leisurely strolls and bike rides, listening to podcasts, and TRAVEL!!!
Kris grew up in New Ulm, Minnesota. He earned his Doctor of Pharmacy Degree at South Dakota State University in May of 2021. Throughout college, he held leadership roles in Jacks Give Back and Helping Everyone Reach Optimal Health (HEROH) which are community and health-based organizations, respectively. His experiences working at his local retail pharmacy and serving his community piqued his interest in pharmacy. The direct patient care that he experienced along with his APPEs solidified his passion in pursuing a career in ambulatory care. He is looking forward to providing his own care to his hometown and improving the health of his community. During his free time, he enjoys reading, playing sand volleyball, and crushing his fiancée in board games.

Lauren is a double alumni from the University of Minnesota, acquiring her Bachelor of Science from the Duluth campus and her Doctor of Pharmacy with an emphasis in Mental Health from the Twin Cities campus. She grew up in west central Minnesota where she developed an appreciation of the benefits that come from a connected community. Before and during pharmacy school, she gathered work experience in both retail and hospital pharmacy practice settings. Throughout her time in pharmacy

Lauren discovered her passion for ambulatory care pharmacy through her rotations and volunteer experiences at a student-run clinic in an underserved community. Lauren was involved in collegiate roles including service as a class representative and as a co-president of the Student Initiative for Integrity in Pharmacy (SIIP), while also participating in Phi Lambda Sigma (PLS), the Phillips Neighborhood Clinic (PNC), and the Medical Reserve Corps (MRC). She is excited to continue her development as a Pharmaceutical Care Leadership Resident and is grateful to be joining the Broadway Family Medicine Team. She enjoys hiking, traveling, and spending free time with family and friends.

Sonal was born and raised in Dar es Salaam, Tanzania during which time she earned a diploma in pharmaceutical sciences and progressed onto a bachelor’s in pharmacy. As her move to the United States loomed closer, she learned of the differences in pharmacy education and health care between the two continents. Sonal’s passion for healthcare drove her determination to continue the journey and she completed an expedited pre-requisite pathway from Metropolitan State University and eventually earned her Doctor of Pharmacy degree from the University of Minnesota in 2021. Sonal’s pharmacy journey began in 2007, and regardless of the continent, she has always enjoyed connecting communities whether it’s through health outreach programs or mentoring fellow and upcoming pharmacy colleagues. Through her educational and internship experiences, she learned of the extent to which a PharmD could play a role in optimizing health outcomes. This inspired her to pursue a residency in ambulatory care that would allow...
her to serve as a link not only between a provider and patient but also within different health system units. She is excited about working in an environment that resonates well with her fourteen years of pharmacy journey. Sonal’s life outside the pharmacy world includes spending time with her husband (Akshay) and fur baby (Infi) taking on all the walking and biking trails the state has to offer and seeking various ethnic cuisines.

**McKenzie Pfeffer, PharmD**  
Site: St. Cloud VA Medical Center  
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Originally from Bloomington, MN, Kenzie graduated with her Bachelor’s degree in Health Sciences in 2017 and PharmD in 2021 from Drake University in Des Moines, IA. While in school, she thoroughly enjoyed working as an intern at a community pharmacy as well as at an outpatient pharmacy at a local hospital. From there, her passion for helping patients in the ambulatory care setting started to develop. Several of Kenzie’s IPPEs and APPEs over the years were at the Central Iowa VA, where her passion for serving Veterans continued to develop while managing several unique disease states. After many rewarding patient encounters and interventions, Kenzie knew that pursuing an ambulatory care residency in her home state was her calling. During residency year, she looks forwards to making a positive impact on her patients, honing her ambulatory care skills, and continuing to develop herself as a leader. Kenzie stayed busy in pharmacy school by regularly volunteering at a homeless shelter, playing an active role as a student pharmacist committee member in the Iowa Pharmacy Association, serving as a TA for pharmacology, and working at an outpatient pharmacy. In her free time, Kenzie enjoys spending time with friends and family, being up north at the cabin, fishing/ice fishing, and golfing.

**Abigail Sirek, PharmD**  
Site: CentraCare - Paynesville  
sirek038@umn.edu

Abby grew up in the small town of New Prague, MN. She obtained her Bachelor of Science in Pharmaceutical Sciences in 2019 and her Doctor of Pharmacy in 2021 from South Dakota State University. Throughout pharmacy school, Abby was involved in Kappa Epsilon, APhA-ASP, South Dakota Pharmacists Association (SDPhA), and Phi Lambda Sigma. She interned at Hy-Vee Pharmacy, which drove her passion for direct patient care. Abby was also involved in a research project revolving around the promotion of Medication Therapy Management (MTM) and pharmacist-provided services in South Dakota. Through this project, she learned the tremendous impact pharmacists can make on patients by providing services and collaborating with other members of the healthcare team. Abby is excited for the opportunity further grow her passion and knowledge for ambulatory care and rural health at CentraCare Health-Paynesville. Following residency, Abby hopes to continue to practice in an ambulatory care or hospital setting within a rural community. Outside of pharmacy, Abby loves spending time outside- whether it be at her family’s cabin or finding a new trail to hike. You can often find Abby scoping out local coffee shops, or if she’s feeling adventurous, attempting her own espresso creations in the kitchen!

**Rachel Wedemeyer, PharmD**  
Site: M Health Fairview  
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Rachel is excited about working in an environment that resonates well with her fourteen years of pharmacy journey. Her life outside the pharmacy world includes spending time with her husband and their fur baby. Rachel enjoys hiking and exploring the great outdoors.
Rachel grew up in the small town of Lake City, Iowa. She attended Drake University College of Pharmacy and Health Sciences and graduated with her Doctor of Pharmacy degree in 2021. During pharmacy school, Rachel was very involved in APhA-ASP, ASHP, and Drake University Health Professions Day, serving as Operation Immunization Chair and Patient Care Vice President as part of the Drake APhA-ASP chapter. She also interned at MercyOne Ankeny Pharmacy and MercyOne Medical Center in Des Moines where her interest in ambulatory care began when working with patients in the Ankeny clinic pharmacy. This interest grew into a passion during APPE rotations at a family medicine clinic when she was able to build relationships with patients and work with them to understand their medications and conditions. She is looking forward to helping patients manage their medications and conditions. She is interested in ambulatory care and its impact on patient outcomes.

A true North Dakotan, Sabrina was raised in Carrington before pursuing two degrees at North Dakota State University. During her six years, she earned a Bachelor of Science in Pharmaceutical Sciences with a minor in Chemistry and recently graduated with her Doctor of Pharmacy in May 2021. Sabrina was very involved throughout her college career from working at Linson Pharmacy, a local independent retail pharmacy, to volunteering as a teaching assistant and mentor for incoming College of Health Professions students at NDSU. One of her favorite yearly volunteer opportunities was participating as a mock interviewer for NDSU’s yearly “Pharmacy Interview Bootcamp” to give students applying to pharmacy school feedback on their soft skills. She also was very involved with her local American College of Clinical Pharmacy club and served as the local president for one year. Shortly after becoming a pharmacy intern, and echoed throughout her schooling, she saw the outstanding difference a pharmacist could have on patient care, especially in an ambulatory care setting. Sabrina’s passion specifically lies in developing creative, unique patient care plans for the “every day, silent killers” (diabetes, high blood pressure, etc.). After two excellent APPE rotations at Essentia Health in Fargo, ND, she is more than excited to continue making positive medication impacts at two Essentia Health clinic sites. In her free time, Sabrina loves spending quality time with family and friends, listening to music, hiking, hiking, and traveling. She is very excited to start serving the Duluth area!

Please consider following us on Facebook and Instagram to keep up to date with the latest resident news:

- **Facebook**: “UMN College of Pharmacy Postgraduate - PGY1 Pharmacy Residency Program”
- **Instagram**: @umncopresidency

Hope to connect with you!
Mille Lacs Health System (MLHS) is a Critical Access facility located in Onamia, MN that has served the greater Mille Lacs area for over 50 years. Over time, the facility has expanded to include a hospital, 4 medical clinics, a long term care facility, an assisted living facility, ambulance services, a surgery center, infusion services, an inpatient geriatric psychiatry unit, and home care services. MLHS is committed to providing the highest quality patient-centered care to those living in rural Minnesota and helping its patients to achieve and maintain optimal health.

MLHS pharmacists provide clinical care in a variety of settings including the acute care hospital and inpatient psychiatry unit where they provide patient co-management and medication management consults, the long term care unit where they manage anticoagulation and dispense medications, and the clinic where they provide clinical support and vaccinations. Currently, MLHS is embarking on a $30 million dollar expansion and renovation project to continue developing the services provided to this community. MLHS’s pharmacy department has begun expansion as well, initiating medication management services within the Onamia outpatient clinic for the first time.

Led by site preceptor Jennifer McDonnell, the MLHS residency is designed to provide residents with education in all areas of rural health care, including inpatient and long-term care, with a focus on the ambulatory setting. The current resident, Sandra Leo, has been actively involved in initiation of medication therapy management services, expansion of the site’s outpatient Medication-Assisted Treatment program, as well as other projects to increase the role of the pharmacy staff within ambulatory care and other areas of the health system.
Geritom Medical, Inc.

For over three decades, Geritom has been a leader in the Long Term Care Industry with comprehensive pharmacy, clinical, and MTM/DTM services for individuals with complex chronic health conditions. Geritom works to make sure the pharmacy needs of the most vulnerable patients in the region are taken care of on a daily basis.

Geritom’s approach to Medication Therapy Management is to achieve the highest MTM/DTM standards in the industry. Geritom has earned URAC Drug Therapy Management (DTM) accreditation, joining as the fourth fully accredited program in the nation. Geritom’s practice model has been highlighted at the state and national level with the unique combination of long term care pharmacy, specialty pharmacy, MTM/DTM, and Pharmacogenomics to create a patient centered value based model where positive clinical outcomes and cost savings have far exceeded traditional models of care. Geritom’s practice model for MTM/DTM has profound impacts on reductions in ER visits, hospitalizations, and costs to the healthcare system.

Geritom is a founding member of the Altair Accountable Care Organization to create a better model of care for the LTC population. Altair ACO is the nation’s first disability focused ACO with a mission to bring the collective resources of its members to create quality innovative solutions and service delivery models that promote desired outcomes for people served in HCBS and ICF services.

The Geritom Residency Program is rewarding for the Pharmacy Resident who can very quickly gain experience with seeing nearly every clinical specialty and making drug therapy recommendations on multiple levels of polypharmacy. The Pharmacy Residents work closely with the Geritom leadership team on expanding the program and are involved in meetings with PBM’s, ACO’s, outside healthcare organizations, and physician groups.
Anjoli Punjabi, PharmD, MPH, (pictured right) was recently awarded the 2021 Women’s Health Leadership TRUST award. This award is given to a woman who is viewed by her team, peers, superiors and business partners as an exceptional leader (enthusiastically described as imaginative, creative, resourceful, encouraging and results-oriented).

Please consider making a donation to our residency endowment:

2. Click on “Give Now”, and click “Yes” under the Optional menu to specify gift amount going to the “Residency Program Enhancement Fund”.

Your support is greatly appreciated!
Congratulations to Chrystian Pereira (pictured right), PharmD, BCPS, the 2021 recipient of the Preceptor of the Year award! Chrystian is an Associate Professor in the Department of Pharmaceutical Care & Health Systems in the College of Pharmacy and a Preceptor at M Health Fairview Clinic — Smiley’s, one of two sites in our 1st Year Pharmaceutical Care Leadership program. Chrystian was nominated by 2020 Smiley’s resident Ann Nagle. Residents were asked to provide a story of how their preceptor personified this quote:

“A mentor is not someone who walks ahead of us to show us how they did it, a mentor walks alongside us to show us what we can do.” — Simon Sinek

An excerpt from Ann’s (pictured left) submission:

Chrystian has done an amazing job this year helping me to develop as a new practitioner. He models the kind of patient-centered pharmacist I want to be on a daily basis. He effortlessly makes connections with patients and earns their trust and respect from the get-go. For example, one patient who we met early in my residency required extra effort from the pharmacy team far beyond “clinic hours” to keep him safe. Chrystian jumped into action to help him get the medication he needed for not only safety, but to get that patient to his daughter’s wedding that weekend. I’ve seen that patient several times since that extra effort Chrystian put in and the patient reminds me every time how much it meant to him that Chrystian helped him above any means another healthcare provider has ever done. He models a can-do attitude for our patients that I will take with me for the rest of my career.

Chrystian continues to be an exceptional mentor for me as well, showing some of those same extra efforts to help me grow into a competent and confident pharmacist too. Chrystian learned early on about me and continues to make efforts to help me grow in my areas of interest and maybe more importantly, helps me to expand in areas to which I haven’t had much exposure. For example, he knew from the beginning of residency that I had an interest in public health and helps me to frame many challenges or discussions with a public health lens. This helps me to think critically and expand my views on issues I may have not had thought of previously. Chrystian also has an amazing gift for being able to find incredible opportunities for residents as well. He has helped connect me to discussions, presentations, and publications ranging from health equity and inclusion to clinical blood pressure quality improvement projects.

One of the most significant things Chrystian has done that has led to this nomination is that he has helped me to realize my potential as a pharmacist and community member. From the beginning he saw my potential and has worked tirelessly (even answering random texts when he’s out of the clinic) to help me grow clinically and in my confidence. It has been a rough year for the world. We’ve of course had to deal with a global pandemic and also loss within our program which he helped me to talk through and preserve my emotional health. Chrystian regularly checks in to see what I need and how I’m doing and it has made all the difference. He’s a gifted clinician and preceptor and I hope I can make him proud by going out as a new practitioner providing the patient-centered care that he has modeled so well.
On September 10th, residents once again met in person at Camp Friendship in Annandale, MN for an Academic Day and Resident Retreat. Residents spent most of the time outside and had opportunities for team building activities, bonfires, nature walks, and more! Residents left feeling refreshed and inspired and ready to head back to their respective sites to provide excellent patient care and advance pharmacy practice!