

NEWSLETTER

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Addressing the Needs of an Aging Population

Central Ohio's population of adults 65 years or older is expected to double over the next 35 years. To meet the growing need, the Charitable Pharmacy is working diligently to better meet the healthcare needs of older adults.



The average age of Charitable Pharmacy patients is between 55 and 60. So far this year, 748 unduplicated patients 60 and older have been received for services.

The complexity of seniors' medication regimens frequently requires a comprehensive medication review, creation of an action plan to improve the effectiveness and efficiency of the medication regimen, and consultation with the patients' physicians to optimize their medication regimens.

To better serve this population, pharmacists Sarah Tandon and Holly Fahey-Babeaux recently became Board Certified Geriatric Pharmacists, recognized as preferred providers of pharmaceutical care to seniors. They join just over 3,200 pharmacists nationwide with this specialization.

Staff Research Published in National Journal

Lisa J. Bible, a former pharmacist resident at the Charitable Pharmacy, conducted a study here along with Executive Director Jennifer Seifert, Dr. Kristin Casper, and others to explore whether patients with mental health conditions engage in self-care activities such as physical activity, social engagement, and spiritual connectedness as part of their treatment regimens.

The results were published in the *Journal of the American Pharmacists Association*. Overall, Bible found that 81.7% of participants at the pharmacy engaged in activities of self-care, with 98.3% recognizing it as important to improving and maintaining their mental health. Not surprisingly, greater self-reported adherence rates and mental health control were seen in patients who complemented their medicine regimens with other healthy behaviors.

Our Mission

The Charitable Pharmacy's primary mission is to provide affordable and appropriate pharmacy services and coordinate access to health care for people who are vulnerable in our community.

Our Staff

Jennifer L. Seifert
Executive Director

Katherine Bahrey
Resident Pharmacist

Melanie Boyd
Development Director

Carlyn Caldwell
Pharmacy Technician

Kristin Casper
Pharmacist/OSU Faculty

Irene Conn
Registered Dietician

Holly Fahey
Pharmacist

Erin Gordon
Pharmacy Intern

Mariellyn Dunlap Grace
Director of Patient Services

Laura Poling
Business Manager

Kelsey Schmuhl
Resident Pharmacist

Sarah Tandon
Pharmacist

LaTyra Tyree
Pharmacy Technician

Jim Tiedt
Receptionist

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500 Care Kits Assembled for New Project

More than 50 members of Women & Philanthropy at The Ohio State University gathered at the Charitable Pharmacy in October to assemble 500 care kits for women living with diabetes. Each kit includes a water bottle for hydration, toothbrush and toothpaste, pedometer, stress ball, blood glucose log, and helpful literature about the disease.

Women & Philanthropy helps its members realize and celebrate their personal philanthropic abilities. The Charitable Pharmacy is a Women & Philanthropy grant finalist for 2018 funding for a new project, thanks to its interdependent relationship with The Ohio State University College of Pharmacy.

“Our partnership in residency, research and student training greatly contributes to our patients’ care,” OSU shared faculty member Dr. Kristin Casper said. “The fact that the college supports students and faculty working at the Charitable Pharmacy shows the dedication to optimal care for underserved patients. I think this really is a point of pride.”

The project, *Total Care for Women with Diabetes*, will assist underserved women in the community with all aspects of their diabetes care, including medications to help control blood sugar, testing supplies, and educational materials.

Give Back This Season with Amazon Smile

When you shop for the holidays this year, please consider using the Amazon Smile website. You'll find the exact same low prices, selection, and convenient shopping experience as you do at Amazon.com, with the added bonus that Amazon will donate 0.5% of the purchase price to the Charitable Pharmacy. To get started, simply visit smile.amazon.com.



Save the Date - Rx Riders - May 5, 2018



Plan to join us for the second annual bike ride to benefit the Charitable Pharmacy. Participants can choose 8-, 25- or 50-mile treks. The event will kick off at the pharmacy and end with lunch from The Kitchen and a post-ride cool-down at Club 185 across the street. The entrance fee is \$50. To sign up today, please visit charitablepharmacy.com/rxridders.