DRESS DOWN DAY IS A HUGE SUCCESS!

THANK YOU FOR YOUR PARTICIPATION

By Carol Rutgers

The fellows join Dr. Alexander, Dr. Barone, Stephen Giordano, and company representatives to show their support to the citizens of Haiti by wearing red and making donations to Haiti Earthquake relief fund.

The PDD Dress Down for the Haiti Earthquake Relief Effort was a huge success. Donations from fellows, staff and our presenter, Stephen Giordano from Jeff Dorman and Associates, along with Stephen's book auctions of two copies of Survival of the Savvy (by Rick Brandon, Ph.D., and Marty Seldman, Ph.D.) totaled $1,135. A check was mailed to the American Red Cross Haiti Relief and Development Fund.
Currently a Clinical Assistant Professor in the Pharmacy Practice and Administration Department at Rutgers University, in his past life, Dr. Lucio Volino was an integral part of the Rutgers Pharmaceutical Industry Fellowship Program.

About five years ago, Dr. Volino accepted a two-year fellowship position at Novartis Pharmaceuticals Corporation, where he was primarily focused in Clinical Research and Regulatory Affairs. He soon became the “face” of the Fellowship Program by serving as a Chief Fellow during his final year. Throughout his two years with the program, Dr. Volino was successful in fulfilling his commitments to his company and to the peers he managed. It was also during this time that he was able to make his way into the world of academia and develop such a strong love for teaching that he would eventually find his way back there again.

With a previous experiential teaching rotation under his belt, Dr. Volino was no stranger to the ins and outs of a pharmacy school lecture hall. He continued cultivating his teaching abilities by lecturing in the Pharmacy Communications course for four semesters. Once his teaching responsibilities and fellowship came to an end, he accepted a regulatory position at Novartis, but his passion for academia never really left him. He remained with Novartis for a short period before making the difficult decision to leave the pharmaceutical industry and pursue a career in a university setting. “I realized how much I enjoyed my academic position,” he says, “but it was tough because of my love for the industry.”

Dr. Volino soon accepted a Community Practice position affiliated with Rutgers University through The Great Atlantic and Pacific Tea Company (A&P). He became a full-time faculty member at the Ernest Mario School of Pharmacy and was designated as a Course Coordinator of Pharmacy Communications. Since then, Dr. Volino’s responsibilities have evolved. He currently serves as a preceptor to rotation students and frequently lectures in Self Care, Herbs and Alternative Medicines, Community Practice Management, Leadership for Pharmacy Professionals, and Physical Assessment. Outside of the classroom, he serves on department committees, supports student organizations, reviews students’ CVs, arranges mock interviews, and helps answer career and life-related questions for pharmacy students ranging from their first to fourth professional years.

It is his hope that his efforts will prepare students for the real world and allow them to be more genuine in their intent when they develop and pursue their goals. When he receives a thank you email or phone call from these students, “it is very rewarding. You can’t put it into words. It’s the feeling of helping other people—it justifies all the other work you do. People in the past have taken the time to mentor me, and that motivates me to help others.”

Along with giving back to his students, Dr. Volino gives back to his community. Throughout the year, he is involved in multiple Medication Therapy Management (MTM) programs, adult immunization clinics, blood pressure screenings, patient education programs, and Continuing Education programs.

His motivation to go beyond the call of duty for his students and patients stems from his mantra: “Leave something better than the way you found it.” This was the motivation that secured his success as a fellow, and it continues to be the stimulus that drives him as a faculty member. This is also the advice that he gives to the current fellows of the RPIF program. “In the program, fellows can absorb like a sponge and have the opportunity to take in everything,” but it is equally important to remember that it must be a continuous cycle of give and take.

Looking back at his career path after graduating from the Albany College of Pharmacy, Dr. Volino says he wouldn’t change anything. The lessons he learned from the fellowship program and the pharmaceutical industry continue to help him as a professor, and his love for academia grows daily.

To those who are nearing the end of their fellowship and are thinking about their next steps, he says “Any decision that you make about career paths that has been well thought out and evaluated will be right at the time, but it won’t be the last [one] that you make. Have faith and be positive.”
BICKNELL FAMILY JOINS THE FIGHT AGAINST HUNGER

By Payal Patel

Kim Bicknell, Fellowship Coordinator, and her husband, Bob, along with their children Connor and Chloe, hosted a holiday party in December to support the Rutgers Against Hunger (RAH) organization. The mission of this organization is to help raise awareness on the issue of hunger and to invite both Rutgers affiliates and non-affiliates to donate their time, services, or contributions to help support their cause.

In an effort to help fight hunger, the Bicknell family invited friends, family, and Rutgers staff members to their holiday party, and each guest brought gifts and Shop-Rite gift cards for the needy family members who were identified by RAH.

To find out more about RAH and to learn how you can help, please visit:
http://rah.rutgers.edu/

ALTERNATIVE MEDICINE

PHOTOGRAPHY BY CHRISTIE WILLIAMSON

Far Left: New Hope Lambertville Delaware River Bridge

Left: Orchid
Dear Fellows,

My final months in Southern Africa proved to be a wonderful time for reflection. The initial challenges of being in a foreign land have long faded into the background. These challenges have been replaced with shattered barriers, lifelong friendships, and invaluable personal and professional experiences. I know that the lessons learned have made a great impact on my career trajectory. Moving forward, I am obliged to continue with a career that focuses on addressing the great medical need across the world. I am also interested in learning how to tackle the HIV epidemic using many different angles.

I think I’m on the right track! From Southern Africa to the Southern United States…..the upcoming six months will mainly focus on projects that build an advocacy infrastructure that supports increased access to care for people living with HIV/AIDS in the South. I have an exciting opportunity to work with Harvard Law School’s Health Policy Clinic on researching the state of HIV/AIDS policy in Mississippi. Already, I can see how similar issues surrounding access to antiretroviral treatment, such as housing, transportation, and stigma have impacted the quality of care in certain US states just as it has in Africa. I am sure that drawing from some of the principles and strategies used in Southern Africa will help in my current endeavors.

One of the major highlights of returning to the US, of course, has been the warm reception from the Rutgers Fellows. I already feel like part of the family. I thank you all for that!

My South African and Lesotho families also thank you for the generous donations. They were very well-received.

I look forward to my journey here with all of you!

Best,
Imbi
Dear Fellows,

I know it seems like your fellowship has just flown by, but I am sure that you are all very excited to start your professional careers in the pharmaceutical industry. Below are some key points that helped me attain a job at my host company, Hoffmann-La Roche.

“Always let your conscience be your guide” - from the Disney Movie Pinocchio

This is extremely important, especially on your CV. It is important to describe in detail what projects you have worked on and what experiences you have garnered. However, never exaggerate your accomplishments. Remember that if there is an interview, detailed questions will be asked and you will have to back up every detail on your CV with a personal story.

Garner support from a mentor who is invested in your future

This is a key part of your learning and development plan as a fellow. When you decide what you want to pursue in terms of career path, your mentor can be your biggest champion. Pick someone who understands where you are coming from. A past fellow would be an ideal pick. Remember, a past fellow has walked a mile in your shoes and best understands your thoughts and concerns.

Never take anything for granted

Nothing is for sure unless it is written and documented. If someone tells you that they will create a position for you or hire you on after your fellowship, be sure to obtain this in an email or some other form of documentation. This is your biggest ally in terms of working with Human Resources—no matter what company you are looking to be employed at.

Ask a lot of questions

We have all heard that “there is no such thing as a stupid question.” However, it is important to know who to go to for answering certain questions. In terms of past experience with the Human Resources department, the alumni at your company can help guide you. It is important to note that through the Rutgers Pharmaceutical Industry Fellowship Program, you have over 500 alumni at your disposal - make use of them! Ask all the questions you can, so that you are prepared for all interactions in terms of your career.

The art of negotiation

The salary survey developed by the fellowship program is a good place to start when trying to benchmark what a Pharm.D. Fellow who has completed a one or two year fellowship should be making. However, it is also important to speak to past fellows and your fellowship director to ascertain what is reasonable to expect. Remember that your bonus is based off of your base salary, so this should be your first and foremost concern. If there is a choice between a sign-on bonus and raise in base salary, go for the base salary boost as this will determine all future bonuses. Also, the sign-on bonus is taxable and is a one-time payout. Additionally, I would look into vacation time if base salary adjustment is not an option.

I hope this has been helpful. If you have any further questions that you think I can help with, my contact information is provided.
It was a great turnout!!

Plenty of work

Even more fun...

**TAKE 22: FROM FELLOWS TO CANDIDATES?**

*Looking back at our fellowship candidate experiences...*

Directed by: The 2009-2010 Schering-Plough Fellows

Assistance from: The J & J Fellows

By Tonia Nesheiwat

The Schering-Plough and Johnson and Johnson fellows took on a unique project during this year’s ASHP Midyear Clinical meeting. We decided to capture the hustle and bustle surrounding Rutgers Nation in a documentary video-no small undertaking. While fellows, company representatives, and Rutgers Stakeholders speed-walked their way around the sign-in area and company booths, we were videotaping them.

When we initially volunteered for this project, we did not exactly know what we were getting ourselves into! From the initial stages, we assumed all that was required was to capture some footage and piece it all together as a simple recap of the interview process. Little did we know that this project would take flight into the intricacies of our experiences as candidates. Given our responsibilities to Rutgers and our partner companies, the task became more and more daunting as we approached and finally arrived at Midyear. The Schering-Plough fellows spent countless hours recording, transferring footage, and editing the documentary which included J & J “actors.” As we reflected on each memory, our bonds as fellow fellows strengthened with laughter. Through our hard work and determination, we were able to go above and beyond what was asked and it proved to be a hit!

Some highlights included:

"I’m going to walk through airport security with my work laptop, my home laptop, a video camera, a microphone, and a boatload of wires and tapes. Thank God someone else took the tripod...otherwise I would look suspicious."

"Why can’t they ask me a simple question like...If I were a color, what would I be? And I would say, PURPLE...because it’s regal and royal."

"Damage control at the company receptions is all I can do."

"Why does my voice sound so low? I can barely understand myself."

"Why is the A/V guy telling ME to set up the audio?!?!"

"As the years go by and another Midyear concludes, Dr. Alexander’s hair gets more and more grey. The key is to tell him that he looks more and more distinguished."

"DON’T TOUCH THE WIRE DR. BARONE!!...and...he did it anyway."
Rutgers Fellows Share their New Year’s Resolutions . . .

Rachel Anhorn: To find a “real” job.

Jenny Choi: To drive more safely and be more open to new experiences.

Krista DeLissio: One of my resolutions is to take the stairs at work instead of the elevator.

Minal Dhebaria: To wean myself off of coffee and to stop using a night light and finally face my fear of the dark.

Dominic Lai: To eat healthier and work out at least twice a week.

Duong Nguyen: My new years resolution is to spend less and get totally fit and healthy.

Payal Patel: To learn to cook Indian food.

Puja Patel: To try to be a little less aggressive when I’m driving.

Teresa Patel: To STOP eating junk food (especially ice cream) at midnight.

Tierra Ryan: To eat healthy foods and exercise more. I’ve started a group called the Philly All-Stars on the 50 Million Pound Challenge website and invited my friends and family to join me in this initiative.

Raj Trivedi: To spend one hour daily technology-less (no cell phone, PC, IPhone, Bluetooth, TV, etc.).

Anonymous:
- To read more, work out more, and get a job!
- Go somewhere exotic this year =)
- Have a better work/life balance
- To hit the gym and lose some weight! I need to shed those pre-wedding pounds!

Jersey Roots, Vegas Reach!

By Tonia Nesheiwat

During our ASHP Midyear stay at the Venetian Palazzo in Las Vegas we quickly noticed the Jersey Boys Theater next to the hotel elevators. Outside the theater, the billboard read:

Jersey Boys, an exciting musical, celebrates the story of four blue-collar lads and their surprising rise to fame as American pop stars! If you love the music of Frankie Valli and the Four Seasons, including songs “Big Girls Don’t Cry” and “Can’t Take My Eyes Off of You”, you’ll love Jersey Boys!

After a very long day of recruiting at the Rutgers Nation booth, we wanted to sit back, relax and listen to some great “oldies” music. The show was absolutely amazing! You don’t have to be from the Northeast or have grown up in the 50s or 60s to enjoy it. There were great songs, great singing, great energy, and a great way to tell the story of these boys from Jersey. We were dancing in and, at times, out of our seats. I think the entire crowd could have sat in their seats and watched for another two hours. It was a bonding opportunity among fellows and we highly recommend it to anyone looking to have a good time!
**MARK YOUR CALENDAR**

**Upcoming Events**

**Annual Fellow Ski Trip**
When: 2/19/2010—2/21/2010  
Where: Poconos, PA  
Cost: $100/attendee  
Ski the slopes, snow tube down a bunny hill, or just lounge around in the Jacuzzi! Contact the CDC Committee for more details.

CE Credits: Allergies and Pulmonary Diseases Update  
When: 05/10/10  
Time: 8:00 a.m. - 4:15 p.m.  
Where: Radisson Hotel, Piscataway, NJ  

**TIME TO CELEBRATE**

**HAPPY BIRTHDAY TO YOU:**

1/10 Rinal Patel  
1/12 Arshdeep Pooni  
1/16 Dominic Lai  
1/20 Adrienne Aiello  
1/22 Ameet Khara  
1/26 Brian Manning  
1/28 Sunny Kumar  
1/28 Tapan Patel  
2/6 Christopher Morrison  
2/14 Pujja Patel  
2/18 Sheiva Ghazanjfari  
2/23 Georgina Dall  
3/6 Vickie Laurent  
3/7 Teresa Patel  
3/10 Lyh-Ping Lam  
3/10 Shih-Yi Kim  
3/13 Zachary Cain  
3/15 Jay Patel  
3/22 Christie Williamson  
3/31 Samuel Lee  
3/31 Joshua Cirulli

**CONGRATULATIONS!**

**Just Married!!**  
Congratulations to Mercy Mathew-Abraham and Aby Abraham on their wedding!

**Recently Engaged!!**  
Congratulations to Brett Kritzberger and Christine Bohovic on their engagement in NYC!

**Welcome Baby Reyna Rani Darouian!!**  
Fellowship alumni, Priya (Maheshwari) Darouian ’04-05 and Payman Darouian ’03-05 welcomed their first child into the world on 1/28/10!

Check the web for important forms and guides:  
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