Campus Diary

Born to be a Pharmacist

Getting to Know: Amy Panza, clinical pharmacist

What do you do as a clinical pharmacist?
I evaluate the appropriateness of medication orders. I evaluate for effectiveness of medication safety. I fill orders pursuant to laws and regulations.

How did you get into that field?
My great-grandfather was a pharmacist and my uncle had a pharmacy. So I guess it’s sort of genetic.

What is it about the field that you like?
I like helping people and then the science of pharmacy is so complicated that it’s always challenging and fascinating. There’s never an easy day.

What did you do prior to UCH?
I was working at an acute-care psychiatric hospital at Highlands Behavioral in Littleton for six years. But prior to that I’ve always been a community pharmacist.

What brought you to UCH?
I worked in a hospital outpatient pharmacy at the University of Nebraska Medical Center and that’s where I essentially got most of my training ... so in an environment much like this. And I wanted to get back to that and just being on the cutting edge of research, working with students, both on the medical side and the pharmacy side. It’s like I’m going back to my roots by coming here.

Welcomes

Who’s new on campus

Jessica Abell, Chaplain Resident
Spiritual Care Services

Patrisha Adkins, Clinical Nurse
Neonatal ICU

Kristi Albright, Clinical Nurse
Emergency Dept.

Joslyn Axinn, Charge Nurse
Infectious Disease

John Bath IV, Care Team Assistant
Emergency Dept.

Megan Brandt, Clinical Nurse
Express Admit Unit

Caitlin Brateng, Cardiovascular Device Tech
EP Lab

Kerrie Brawley, Perioperative Services Asst.
OR - ACAM

Mark Busse, Advanced Care Partner
Medicine Specialties

Jamie Carlson, Clinical Nurse
Cardiac Intermediate Care Unit

Debra Carpenter, Program Dir. Lone Tree Health Ctr.
Ambulatory Services Administration

Sandy Castro, Clinical Nurse
Pre-OP - AIP

Melissa Chacon, Supervisor
Food & Nutrition Svcs. - AIP

Lan Chuong, Food Service Worker
Food & Nutrition Svcs. - AIP

Elisabeth Churchill Fantz, Certified Nursing Asst.
Pulmonary

Michael Collins, Storekeeper
Central Supply

Briana Connel, Pharmacy Tech
Inpatient Pharmacy

Continued
What do you like to do in your spare time?
Bicycling, road biking, yoga, Pilates, hiking, going to the mountains and finding an ocean somewhere.

What's your favorite thing about UCH so far?
Everybody has been extraordinarily nice and understanding inside the training aspect of it. And [I like] just being surrounded by people who really need help – people with complicated diseases and complicated situations. You have to think very critically all the time.

What was the last great book you read or movie you saw?
“Bel Ami,” an independent film. It was remarkable for a number of reasons.

[Note: Amy has great curls and, as a curly girl, I always want to know what products girls with curls use. So I had to ask, although she appeared to be bewildered by this interview question.]

What products do you use in your hair?
I use Aveda. I use their Shampure conditioner and shampoo and their Brilliant gel. If I’m traveling to humidity I use a lot of Frizz-Ease products. Is that really one of the questions?

How long have you lived in Colorado?
I’ve lived here since I was six. I’ve lived in Massachusetts, Memphis and Nebraska. I was born in New Jersey, but Colorado always pulls me back.

Family Unit
Longtime (almost engaged to) significant other Terese is a pharmacy director. Pets include two dogs, Atticus, a boxer/greyhound mix, and Lula, a Chihuahua/terrier mix, and her (very old) cat, Sasha.

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Listings Cont.

Margo Cordova, Clinical Pharmacist
Atrium Pharmacy

Kyle Coronato, Emergency Dept. Technician
Emergency Dept.

Rachael Corrigan, Cook
Food & Nutrition Svcs. - AIP

Michael Cousins, Respiratory Therapist
Respiratory Care

Elisabeth Crawford, Clinical Nurse
GI/Surgical Onc. Clinic

Cassandra Cross, Advanced Care Partner
Cardiac ICU

Tatiana Cross, Advanced Care Partner
Cardiac ICU

Judy Davidson, Advanced Care Partner
Neurosciences

Adrian Davis, Traveler RN
Medicine Specialties

Gabrielle Deschamps, Clinical Nurse
NICU

Anne Dondapati Allen, Chaplain On Call
Spiritual Care Services

Mike Dwamena, Certified Nursing Asst.
PACU - AIP

Anita Dwomoh, Certified Nursing Asst.
Internal Medicine

Natasha Dyer, Certified Nursing Asst.
Medicine Specialties

Ashley Dymesich, Advanced Care Partner
Emergency Dept.

Linda Edmondson, Traveler RN
Resource Pool

Daniel Evans, Emergency Dept. Technician
Emergency Dept.

Breanne Fackler, Traveler RN
Resource Pool
Can You Vacuum Yourself Skinny?

When someone first brought me an article titled “Obesity: Is the Vacuum Cleaner to Blame?” about how one researcher attributed the rise in obesity to the efficiency of vacuum cleaners and a reduction in time women spent doing household chores, I was pretty irritated. Was this guy trying to imply that if women spent more time doing housework, they’d be thinner or healthier? I spoke to Holly Wyatt, MD, a clinical researcher at the University of Colorado’s Center for Human Nutrition, who tried to calm me down by explaining her take on the study.

I don’t know where to start, this study irritates me so much. What are your initial thoughts on it?

I think they made the title of it to intrigue people and get people to read it. I think that because it irritates you, it did what it’s supposed to. I think the purpose of the study is to call attention to the greater idea that our everyday activities that used to burn calories, be it vacuuming, be it walking or raking the yard or picking up our kids at school by walking, have changed over the years and that might be impacting our energy expenditure and impacting obesity. So I don’t think it irritated me quite as much as it irritated you.

Do you think it’s significant that a man conducted the study?

No. Honestly, I don’t think that it matters.

Listings Cont.

Amber Fenstermacher, Care Team Assistant
Endocrine/Diabetes

Amanda Field, Pharmacy Tech Level I
Atrium Pharmacy

Christopher Figueroa, Database Report Analyst
Epic - PVHS

Chelsey Finamore, Care Team Assistant
Emergency Dept.

Devon Garcia, Certified Nursing Asst.
Medicine

Brian Gaulrapp, Nuclear Med Technologist
Radiology - Nuclear Med

Sara Gilbertson, Traveler RN
PACU - AIP

Gabriel Gomez, Storekeeper
Central Supply

Ashley Grablin, Advanced Care Partner
Medicine Specialties

Laura Hall, Perioperative Svcs. Assistant
OR - AIP

David Hammel, Clinical Nurse
Express Admit Unit

Julie Harris, Traveler RN
Resource Pool

Kaylee Hassick, Occupational Therapist
OT Rehab Unit

Karen Havens, Traveler RN
Emergency Dept.

Brian Haygood, Emergency Dept. Technician
Emergency Dept.

Kirsten Haynes, Clinical Nurse
NICU

Megan Hellrung, Clinical Nurse
OR - AIP

Shannon Hobbs, Clinical Nurse
PACU - AIP
Campus Diary continued

Do you think the study is a subversive way to get women to do more housework?
[Laughs.] No, I think it's a way to show that our lifestyle has changed. And I don't really think that it matters whether it’s housework or what it is – but the idea is just that we don’t move as much. And we now spend more time sitting and looking at screens and not moving and that can really add up. We definitely see that at the Anschutz Health and Wellness Center. It's all that lifestyle change making a big difference.

Do you think that this study sounds like it’s calling women lazy for spending more time in front of a screen and less time moving a vacuum cleaner around?
I didn’t read it that way. But maybe it’s because I’m in the field and I run up against it all the time. I think they were trying to say that you should consider where all your physical activity has gone and where you can put it back into your life. Just moving is really what I try to get my patients to do. I tell them if they’re on their cell phone, don’t just sit there – walk around. At the grocery store, go the long way. If there’s a bathroom on another floor, use it. I don’t think we’re going to go back to vacuuming. I know I’m sure not.

Fish Fan
We heard that Center for Dependency, Addiction and Rehabilitation (CeDAR) chaplain Deanna Lowell (a.k.a. D.Jo) is way into fishing and loves to take her grandchildren whenever she can. We sat down with CeDAR's spiritual leader and asked her what got her interested in the sport and what she loves about it so much.

CeDAR Chaplain Deanna Lowell (a.k.a. D.Jo) nurtures her spiritual health by fishing as often as she can.
**Campus Diary continued**

**What do you do here at the hospital?**
I’m the senior chaplain of the Spiritual Care Department at CeDAR. Our job is to educate on the subject of spirituality and provide emotional and spiritual support for the patients and guidance as they struggle with the whole issue of spirituality and why it’s important to recovery.

**How long have you been into fishing?**
The first time I remember fishing was when I was 10. I was with my parents and grandparents over on the Western Slope where they lived, on Grand Mesa, and we went fishing and spent most of the morning in a rowboat. We caught 50 fish, back when the limit was 10 apiece (now it’s four, generally). I fish for trout unless I’m doing special fishing like deep-sea fishing. I didn’t fish much when I was raising children, just a little. And then I took it on actively again, about 25 years ago.

**Why didn’t you take your children fishing?**
I did a little, but I was a single parent, working in a parish ministry. There just wasn’t that much time.

**How many children do you have?**
I raised six children. Once they were grown and on their own, and when I moved back to Colorado, I got back into [fishing]. It was always trout and that came from childhood experiences.

**What is it that you like about trout fishing so much?**
They’re good to eat. They’re fun to catch. They’re good little fighters. They’re beautiful fish. I love the environment of being in the mountains, which is where you typically find them.

**Do you see a connection between what you do as a chaplain and your passion for fishing?**
Oh, yeah. It’s a ritual for me in terms of nurturing my own spiritual health and well-being. It’s a way to stay connected to nature and to what’s important in my life. I have a cabin up in the mountains, and the children and grandchildren love to come up and fish with me. And it’s a way to remind myself, consistently, of the importance of balance in life and a slower pace.

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**Listings Cont.**

- **Mackenzie Lintz**, Sr. Executive Assistant Development
- **Daniel Lynch**, Food Service Worker
  Food & Nutrition Svcs. - AIP
- **Barbara Manser**, Medical Laboratory Scientist
  Clinical Lab
- **Ernesto Marenco**, Cook
  Food & Nutrition Svcs. - AIP
- **Erin Markley**, Advanced Care Partner
  Orthopedics
- **Shyela Marquet**, Emergency Dept. Technician
  Emergency Dept.
- **Shea McClanahan**, Emergency Dept. Technician
  Emergency Dept.
- **Michelle McHugh**, Emergency Dept. Technician
  Emergency Dept.
- **Paizley McKibbin**, Ancillary Health Tech
  Ancillary Health Techs
- **Lisa McLain**, Advanced Care Partner
  Oncology
- **Desmond McNeal**, Emergency Dept. Technician
  Emergency Dept.
- **Araceli Merino**, Care Team Assistant
  Emergency Dept.
- **Joan Mickus**, Respiratory Therapist
  Respiratory Care
- **Stacey Miller**, Advanced Care Partner
  Surgery
- **Michael Miller**, Emergency Dept. Technician
  Emergency Dept.
- **Lauren Mochan**, Advanced Care Partner
  Birth Center
- **Monica Moellering**, Care Team Assistant
  Radiology Admin.
- **Nicholas Mohr**, Emergency Dept. Technician
  Emergency Dept.
Do you ever do any other type of fishing?
Yes. For example, when I visited my brother in Alaska we went deep-sea fishing for halibut and king salmon. But that's hard work. It takes a lot of upper body strength. I've done ice fishing. It's not my thing. I prefer to be more comfortable when I'm fishing. I don't fish public lakes very much anymore. I'm fortunate enough to have a place where I can fish private lakes. There are about eight private lakes at the cabin. As soon as the ice is off any lake I usually have a line in. I go every weekend.

Do you cook them up as well?
Sometimes I do. Sometimes I catch and release. We have a neighbor in her 80s who can't physically fish much anymore so I bring fish down to her on a regular basis and she'll cook it up for three meals a day.

Do you have a favorite recipe?
No. I just cook them many different ways. I do love cooking it stuffed with fruit and some sort of fruit-based sauce as opposed to onions and lemons. Bu I'll grill them, bake them, I'll pan fry them. Depends on what's in the fridge and how hungry I am.

How long do you see yourself continuing to fish?
Until I can't do it anymore. It's a great way to spend your time. I have a dog who is my fishing buddy and she goes with me and stays right by me and it's so sweet. I have a fishing kayak and she loves to sit in the back and will go out on the lake with me. She's not a water dog so that's kind of special.
Attack on UCH!
Yes, it’s true. We’ve been attacked – by a knitter with a lot of time on her (his?) hands! Apparently the bike rack at the entrance of the Leprino parking garage has been knit-bombed, a.k.a., yarn-bombed.

Not familiar with the term? Neither was I. But you may or may not have noticed the bike rack covered with what appears to be a hand-knitted sweater (or scarf?). Apparently there’s a group called the Ladies Fancywork Society, an underground society of crocheters, that go around Denver dropping these artful “knit bombs” on unsuspecting trees and structures such as park benches, chain-link fences and even the giant bear sculpture outside the Denver Convention Center.

When I heard about them and the sweater-clad bike rack, I assumed it was their handiwork. Right? I mean who else would take the time to actually knit (or crochet?) a jersey for a bike rack? I emailed them to find out why we were “hit.” They wrote back, “Actually that wasn’t us! But it’s good to know that yarn-bombing is doing well in Denver!”

Anyone want to confess? There’s no financial reward but it would be nice to know who is bringing this welcome bit of color to the front of a drab garage.

Grammar Gets a Goat
An anonymous aggrieved cafeteria patron had this to add to another anonymous grammarian’s rants re: the confusing sign

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Listings Cont.

Laurel Paris, Food Service Worker
Food & Nutrition Svcs. - AIP

Rodney Parker, Pharmacy Tech Level I
Pharmacy - Lone Tree

Jefferson Peak, Advanced Care Partner
Medical ICU

Noel Pena, Care Team Assistant
Emergency Dept.

David Pierre-Bell, Specialty Instrument Tech
Sterile Processing - AIP

Tammie Pineda, Clinical Nurse
PACU - ACAM

Kimberly Pope, Implementation Trainer
Epic - PVHS

Jeremy Prince, Care Team Assistant
Emergency Dept.

Holley Reitz, Advanced Care Partner
Transplant/Medicine

Briana Ridgway, Certified Nursing Asst.
Internal Medicine

Bryant Rivero Jimenez, Specialty Clerk
Corporate Compliance

Kristyn Romanowski, Clinical Nurse
Oncology

Daniel Rosenthal, Advanced Care Partner
Cardiac ICU

Jessica Rueda, Medical Interpreter
Patient Financial Services

Rosie Sabetay, Implementation Trainer
Revenue Cycle Applications

Brittany Schmidt, Radiology Tech Asst./Scheduler
Radiology Admin.

Stefanie Segraves, Business Systems Analyst
Revenue Cycle Applications

Elizabeth Sewczak, Clinical Nurse
Oncology

Continued
in AIP's Garden View Cafeteria (above).

“I must agree that the sign makes absolutely no sense and IS a huge disservice to our beloved apostrophe,” the ranter wrote.

“First of all, there are no ‘seasons’ – did someone mean seasonings? Still, no seasonings – just beverages and coffee/tea supplies (sugar, sweet-n-low, etc.). Are there packets of salt/pepper/other types of seasonings in that location?

“Next: What is ‘Pleas’N’ about the beverages? They are overpriced. I can get refills at Dazbog cheaper than the cafeterias, which do NOT offer a refill discount for using your own cup.

“I suggest the sign come down. It makes ‘us’ look ridiculous and ill-educated.”

The writer also wants to know: “Who picked those colors and the coordination of the colors in the Garden View Café? They really don’t match much other than the ’artwork’ on the walls. I get the idea of ‘We’re off to see the wizard’ when looking at the floor design.”

Tough stuff. Anyone in FNS care to address these grievances?

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**Listings Cont.**

Veronica Shephard, Advanced Care Partner
Surgery

Brian Shields, Process Improvement Consultant
Oncology Services Admin.

Mary Rose Sivik, Clinical Nurse
Resource Pool

Ashley Slack, Advanced Care Partner
Oncology

Nathan Smiley, Storekeeper
Central Supply

Deanne Smith, Advanced Care Partner
Oncology

Andrew Smith, Exercise Physiologist
Cardiac Rehab

Christina Sotelo-Johnson, Traveler RN
Resource Pool

Jennifer Spears, Clinical Pharmacist
Atrium Pharmacy

Gary Starkey, Senior Systems Analyst
IS Operations

Ashley Stephenson, Care Team Assistant
Emergency Dept.

Stephanie Storch, Advanced Care Partner
Surgical ICU

Alana Stout, Advanced Care Partner
Medicine Specialties

Claire Thurmond, Advanced Care Partner
BMT

Rebecca Tompkins, CT Technologist
Radiology – CT Scan

Scott Tremblay, Clinical Nurse
Cardiac Intermediate Care Unit

Ashley Tullio, Advanced Care Partner
Oncology

Patrick Turgeon, Emergency Dept. Technician
Emergency Dept.
See anything weird, wonderful, amusing and/or interesting around UCH Anschutz Campus? Please let us know at uch-insiderfeedback@uch.edu. Or send ideas directly to Diary dynamo Joelle Klein (pictured) at joelleklein@yahoo.com.

Klein is a Denver-based freelance writer who specializes in health and wellness issues. When she's not searching for quirky UCH campus incidents or interviewing fascinating new employees, she's reading, enjoying the outdoors or spending quality time with her family.

Listings Cont.

Christina Vaughan, Medical Assistant
Lone Tree Health Center

Joel Vaughan, Emergency Dept. Technician
Emergency Dept.

Stacie Veatch, CT Technologist
Radiology – CT Scan

Tyson Walter, Cook
Food & Nutrition Svcs. - AIP

Kati Walters, Care Team Assistant
Radiology Admin

Devin White, Applications Analyst
Epic Operating

Lauren Williams, Food Service Worker
Food & Nutrition Svcs. - AIP

Mark Williams, Clinical Nurse
Oncology

Rebecca Winters, Charge Nurse RN
Pre-Procedure Services

Teddi Woerth, Certified Nursing Asst.
PACU - AIP

Krista Wolf, Clinical Pharmacist
Inpatient Pharmacy

William Yates, Ophthalmic Technician
UCH Eye Center - Cherry Creek

Laura Zdrowski, Advanced Care Partner
Pulmonary