

The Journal of the Georgia Pharmacy Association 

Georgia Pharmacy[®]

June/July 2020



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CONVENTION
PREVIEW**

**MEMBERS IN
ACTION**

**FUN FOR
A CAUSE**

THE ROAD LESS TRAVELED

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Georgia Pharmacy

The Journal of the Georgia Pharmacy Association

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From the CEO

The times they are a changing



BOB COLEMAN

It was 1964 when Bob Dylan released the song, *The Times They Are a' Changin'*. Although Dylan disputed the characterization, the song is often viewed as a reflection of the generation gap and the political divide in America during the 60's. Four years later, starting around July 1968, the world found itself in the midst of a pandemic named the Hong Kong flu. Many of the readers of this magazine were around in 1968 and may recall the event.

But for those of you who weren't or for those whose memory may have faded over the last 52 years, according to the CDC, the virus killed over one million people globally with 100,000 deaths in the US from July until it began fading out in the winter of 1969-1970.

At the time there were no orders given to close the economy and schools or even shelter in place. After class, I could run out to the local theater to catch the top grossing movie of 1969, *Butch Cassidy and the Sundance Kid* with no problems. Of course, I was a bit younger then and invulnerable. I wasn't alone with that thought. 400,000 young people gathered during the pandemic at Max Yasgur's farm in Bethel New York (actually 43 miles southwest of Woodstock) for three days of peace and music at an event now known as Woodstock in August of 1969.

The US entered a mild recession in December 1969 with GDP falling to a negative .254. While there are several reasons cited for the cause of the recession, the Hong Kong flu pandemic is not one of them.

Fast forward, 51 years where terms like, "shelter in place" and "social distancing" have become commonplace to most people. Where both federal and state governments are trying to find ways to reopen schools and the economy without causing a second wave of infection like the one experienced during the Spanish flu of 1918.

So, what changed? Why is the reaction to Covid-19, so different than the Hong Kong flu?

John Fund, in an article published in the April 26th edition of *The National Review* said it best, when he stated, "We're living through a new crisis in which a highly virulent virus arrives at the very moment when ubiquitous media coverage, global interconnectivity, and a certain amount of scientific conformity amplify everything. All of this has combined to create an unprecedented public-policy response."

So, how does one cope in this COVID-19 world?

1. Step back, take several deep breaths and remember this is not the first pandemic, nor will, unfortunately, it be the last.
2. And, while any death related to COVID-19 is tragic, the vast majority of the population will still be here after it is gone, just as it was after the Hong Kong flu. In fact, the percentage of people living who have been infected with COVID-19 is currently 94.4%
3. A vaccine was available only four months after the Hong Kong flu started.
4. Realize that "experts" can be wrong. If we can agree this is an unprecedented event, then how can there be an "expert" in it?
5. Be flexible. If you don't like change or might describe yourself as a control freak, accept that this is going to be a difficult time period for you, because not only are times changing all around you, you also have less control of events around you than you did several months ago.
6. Lastly, disconnect from media and social media more often or at least limit your use.

We're excited about going back to the beach for convention this year. The date is set for August 13-16th at Amelia Island. See you there! [📍](#)

Bob Coleman is chief executive officer of the Georgia Pharmacy Association.

WELCOME NEW MEMBERS

Alexis Davis; Nicholson
Allison Bachtle; Thomaston
Cozette Manus; Carthage, TN
Dhara Patel; Bonaire
Griffin Reynolds; Atlanta
Jessie Stone; Murrayville
Pearl Kang; Augusta
Samantha Austin; Atlanta
Sydney Snow; Lyons

Academy of Clinical and Health-System Pharmacists

Beth Stephenson; Woodstock
Brian Soles; Brookhaven
Elysha Roberts; Woodstock
Selina Moon; Marietta

Academy of Employee Pharmacists

Alex Bahr; Atlanta
Benjamin Starr; Buford
Edie Swaggard Green; Douglasville
Gavin Hutson; Atlanta
Hollie Hightower; Macon
Jane Goldstein; Roswell
Jennifer Richardson; Canton
Jessica Spivey; Lakeland
Joseph Williams; Dunwoody
Kinsey Spivey; Homerville
Kristen Hampton; Chickamauga
Lisa Sommers; Richmond Hill
M. Joseph Cooley; Lawrenceville

Ryan Slack; Conyers
Shauna Markes-Wilson; Buford
Sonal Patel; McDonough
Stacey McCoy Duggar; Ellabell
Stephanie Henklein; Lawrenceville
Victor Allen; Savannah
William Linder; Jesup

Academy of Pharmacy Technicians

David Southard; Tucker
Stephanie Wideman; Harlem



These are the newest members of GPhA's President's Circle — people who recruit their fellow pharmacists, technicians, academics, and others to become part of the association. Recruit a member and join!

SILVER LEVEL

Hannah Head; Bonaire
Hien Vo; Lawrenceville
Ivey B. McCurdy; Lakeland
Kyler Miller; Athens
Mahlon Davidson; Oxford

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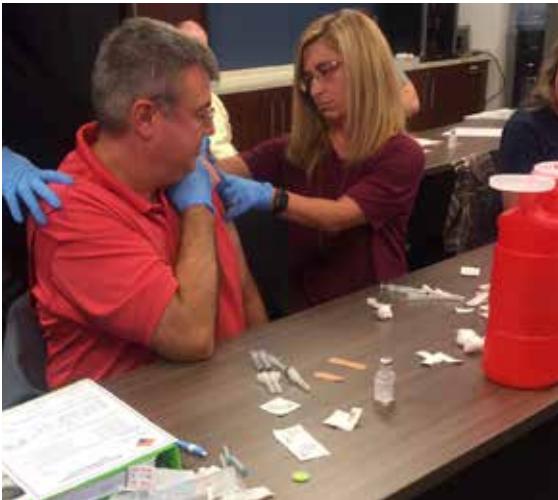
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WHAT'S HAPPENING AT GPHA?



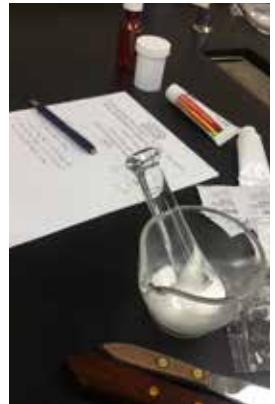
OCTOBER

Sunday, October 4th
NACDS Community Pharmacy-based Point-of-Care Testing Certificate Program

Dates TBD
GPhA's Regional President's Briefings

Thursday, October 22nd
GPhA Board of Directors Meeting

Saturday, October 25th
AIP Fall Meeting



NOVEMBER

Sunday, November 8th
APhA's The Pharmacist and Patient-Centered Diabetes Care Certificate Training Program

DECEMBER

Sunday, December 6th
APhA's Pharmacy-Based Immunization Delivery Certificate Training Program

Thursday, December 10th
GPhA's Board of Directors Meeting

JUNE

Sunday, June 14th
APhA's Pharmacy-Based Immunization Delivery Certificate Training Program

JULY

Saturday, July 25th
GPhA's Practical Skills Refresher Course

Sunday, July 26th
NACDS Community Pharmacy-based Point-of-Care Testing Certificate Program

AUGUST

Sunday, August 2nd
APhA's Pharmacy-Based Immunization Delivery Certificate Training Program

Georgia Pharmacy
CONVENTION 2020
DON'T MISS OUT!
August 13-16, Amelia Island

Thursday, August 13th – Sunday, August 16th
The Georgia Pharmacy Convention at Amelia Island!

SEPTEMBER

Friday, September 25th
Ready, Aim, Phire! A sporting days event benefitting the Georgia Pharmacy Foundation

Sunday, September 27th
APhA's Delivering Medication Therapy Management Services Certificate Training Program

Saturday, October 24th
TECH-U: A continuing education and networking event for Georgia's pharmacy technicians.



Check the calendar at GPhA.org often as new education and networking events are added throughout the year!



DUES ARE COMING

Your annual GPhA membership ends August 31, and you will see the official renewal notice in your mailbox (paper and electronic) in July.

Don't let your membership expire! Don't wait for the mail – cross renewal off your to-do list by going to GPhA.org/ and renew today.

Even Better, make it easier in the future by opting for annual auto renewal.

And don't forget to support PharmPAC – your investment helps us elect legislators who understand and appreciate the value of pharmacists across the state.

A Sporting Clays event benefiting the Georgia Pharmacy Foundation

Friday, September 25, 2020 ▪ 1:00 p.m. - 5:30 p.m.



Have fun together outside with some friendly competition at the first sporting clays fundraiser hosted by the Georgia Pharmacy Foundation (GPhF) at Big Red Oak Plantation Shooting Preserve in Gay, GA.

What is sporting clays? Some have called it

“redneck golf” or “golf with a shotgun.”

Event proceeds will fund GPhF initiatives. We fund student pharmacist scholarships, offer free CE and resources to stay mentally well, and give pharmacists a path to become a Champion for Opioid Safety.

Visit gpha.org/ready-aim-phire now to register, sponsor, or get more information.

GPHA HEROES ON THE FRONT LINE BY GLADYS SYKES

In Luke 23, we are told of a time when darkness came over the whole land and the sun stopped shining. Can you imagine the shock and the silence that must have spread all around the world?

Fast forward to early 2020 where the pandemic known as COVID-19 reached all corners of the earth and stunned most into silence once again.

Health systems and public services reach maximum capacity, long standing businesses are forced to close their doors. The public square is empty.

While much of the population sheltered in place, pharmacists and technicians moved quickly to

join with other healthcare providers in playing a front-line role in controlling the spread of this new enemy. GPhA members could be found compounding hand sanitizer, donating supplies to local law enforcement, volunteering at local health facilities, keeping their patients informed, and offering their expertise and pharmacy sites as COVID-19 testing locations.

Following are photos of GPhA members in action, doing good, serving their communities!

From all of us here at GPhA, we sincerely say “wow!” and “thank-you!”



Social distancing at Wynn's Pharmacy.



Drew Miller and Annette Duncan of Wynn's Pharmacy donate hand sanitizer to local law enforcement.





Tuxedo Pharmacy in Atlanta hosted a walk up COVID-19 testing event. They tested an impressive 292 members of their community! What an awesome way to provide for neighbors!



Amy Gibson, an employee at ADD Drug in Athens, started making masks for employees and family, but once she saw how many people needed them, she started making them to sell at the pharmacy! Her masks feature fun designs and inserts for extra filter material.



GPPh member Cassie Riley put her Point-of-Care Testing Certificate to good use during the pandemic. She offered her skills as a volunteer with the MAG-MRC and assisted at free COVID-19 testing sites.

MEMBERS IN ACTION



Wyatt's Pharmacy staff masked up and ready to go!



Torie Permenter, CPhT and Elaine Bivins, PharmD with Amerimed Pharmacy in Valdosta keep staff and patients laughing because laughter is the BEST medicine!



A week before the pandemic occurred, Karl Simon opened Suwanee Pharmacy. Things haven't gone exactly as planned, but they've done their best to help the community. They've donated masks, gloves, and hand sanitizer to several organizations in their area and trained PCOM students on proper compounding technique.



Lula Pharmacy & Foothills Gift Shop with their protective barrier, continuing to serve patients.



Through a partnership with the Department of Health and Human Services (HHS), Chancy Drugs Hahira, a Healthmart Pharmacy, was able to provide testing to the public free of charge to help address the COVID-19 crisis.



Pharmacists and student pharmacists conducting COVID-19 tests at Physician's Pharmacy in Austell.



Rising P3s at Mercer University College of Pharmacy and Executive Directors of the GPhA Student Leadership Board, Savannah Cunningham and Alex Reaves, worked at the Walgreens COVID-19 Testing Center in Alpharetta.



Not only has Integrity Compounding Pharmacy in Sandy Springs been making and selling hand sanitizer, their patients have also been helping them raise funds to donate to local organizations! Their latest hand sanitizer donation was to the Chaplains at Emory Hospital!

COVID - 1

TESTING

DRIVE THRU



GPhA TAKES THE PATH LESS TRAVELED

BY GREG REYBOLD

Across the country, pharmacists and technicians have been front and center in providing care to patients during the COVID-19 pandemic. Naturally, with the central role they have played there have been a myriad of emergency rules, orders, and other actions which have had to be navigated at the state and federal level.

Just as pharmacies themselves have adapted quickly and shifted focus during the pandemic, so too has GPhA's advocacy and public policy work. From letters, emails, and phone calls to boards, policy makers, lawyers, and lawmakers to conversations with public health officials, these past several months have proven to be busy ones for GPhA and other state and national associations across the country.

One issue, amongst many, that has occupied a huge amount of time, is pharmacist involvement in COVID-19 testing. While GPhA, and several other states, had advocated for pharmacist ability to order and administer COVID-19 testing at the state level

cover story

(which typically moves faster than the federal government), it was the U.S. Dept. of Health that acted on authorizing pharmacists to order and administer COVID-19 testing.

The guidance from the U.S. Dept. of Health and Human Services was issued on April 8th and authorized pharmacists to conduct COVID-19 tests that have been authorized by the FDA. While this guidance was welcome news, with the Department recognizing the value of pharmacist testing as “trusted healthcare professionals with established relationships with their patient,” it did trigger much confusion nationwide in the pharmacy world as the authorization was silent on its relation to state law. This was significant because many state laws regarding testing were quite specific and onerous, and Georgia is no exception.

As a result, many state associations began petitioning their state leadership for authorization to conduct testing and for exemption from applicable laws and rules.

Here, in Georgia, GPhA took a different, though not uncontroversial, approach. Within two days of the Department’s authorization, GPhA researched the underlying law granting pharmacists authority to test, the Public Readiness and Emergency Preparedness Act. That act not only provides for certain immunities during emergency situations, but it also preempts state law with regard to prescribing, dispensing, and administering covered countermeasures during periods of declared emergency.

With this information in hand, GPhA forged an alliance with the Georgia Retail Association, who represent several chain pharmacies, and within two days of the guidance being issued, engaged with the Georgia Department of Public Health (DPH) regarding the pharmacists’ availability and willingness to assist with ramping up testing. GPhA also engaged with the Board of Pharmacy, wholesalers, and testing manufacturers and laboratories regarding our interpretation of the law.

Understanding the legal implications of the Department’s authorization and engaging with Georgia officials quickly and accurately regarding



pharmacist authority as well as data reporting helped position Georgia pharmacists to play a central role in COVID-19 testing.

While this approach was not embraced nationwide and many organizations in other states believed pharmacists could not act until specific authority was granted at the state level, GPhA’s interpretation was ultimately supported by the U.S. Dept. of Health and Human Services May 19th Advisory Opinion indicating that the authorization of pharmacists to order and administer FDA authorized COVID-19 testing did in fact preempt state law and regulations during the period of emergency.

GPhA will continue to chart its own path forward during the period of emergency and beyond in order to empower pharmacists to do what they do best—care for patients. Recognizing there is more work to do, GPhA will advocate for the permanent ability of pharmacists to administer COVID-19 testing as well as COVID-19 vaccines as they become available.

GPhA has prepared an in-depth analysis related to testing in an Association white paper. To ask for a copy email: membership@gpha.org. There is no charge to Association members. [T](#)



GET CONNECTED WITH THE GEORGIA PHARMACY FOUNDATION AT CONVENTION!

The Georgia Pharmacy Foundation (GPhF) is looking forward to connecting with you at the 2020 Georgia Pharmacy Convention this year in Amelia Island. And we are offering plenty of fun activities along with some great education opportunities that we hope you will attend.

EDUCATION



Strategies of Effective Pharmacy Leaders

Presented by Greg Alston, PharmD

Coach, Command and Create are the three keys to effective leadership; This session will teach attendees the three essential skills an effective leader must possess to create a high functioning team.

Pharmacy Work-Life Balance

Presented by Greg Alston, PharmD

Work life balance, is it even possible in the 21st century? Given the ubiquitous nature of smartphones and the internet can you really ever be away from work?

ACTIVITIES

Thursday

Join GPhF in the exhibit hall and try your hand at our first ever wine-toss! \$10 buys you 3 chances! Can you ring your favorite bottle?



Friday

It's baaaaaack!! DrawDown 2020! Offered only one time at convention this year. Don't miss out on this opportunity to win big while supporting a good cause. It's a real nail-biter...with a twist!



The Georgia Pharmacy Foundation is proud to announce these new Foundations of Opioid Safety Champions!

Elysha Roberts, Emory Healthcare
Christa Russie, The Pharmacy at Emory Midtown
Lou Woods, The Pharmacy at Emory Midtown

Find out more at GPhA.org/champion!

The Georgia Pharmacy Foundation is a 501(c)(3) nonprofit whose mission is to advance the quality of healthcare for patients in Georgia communities through the profession of pharmacy. Proceeds benefit the Foundation's initiatives: providing student pharmacist scholarships, offering free CE and resources to stay mentally well, and providing pharmacists a free path to become a Champion for Opioid Safety. Learn more at GPhA.org/foundation.

IT'S ON!

GPhA's Georgia Pharmacy Convention is set for August 13-16

About the time this article was being written, GPhA members, friends, guests, and exhibitors would have been packing their bags for hiking, horse back riding and perhaps a light sweater to ward off the mild evening chill, while enjoying breathing in some crisp, cool, clean mountain air.

But, as of this writing, COVID-19 is still very much a reality. So, when the Governor of North Carolina announced the state's three phase plan for reopening, the staff at GPhA quickly realized the dates for convention would fall right in the middle of phase 1 of the Governor's plan. The phase that would restrict gatherings to 10 or less! Plans needed to change and change quickly.

Staff began to evaluate and research options including a later date at Omni Grove Park in Asheville, going to a different location, and even potentially holding this year's convention virtually. Many other meetings and events previously planned for spring & early summer were also seeking new dates, pushing these events into late summer. As a result, sadly, Asheville was no longer an option for our convention. And, then there's the even bigger challenge of finding a date that doesn't coincide with an SEC football weekend!

Fast forward to August 13 -16, 2020, when instead of mountain air, we'll be breathing in fresh salty sea air, while unpacking bathing suits, suntan oil, and flip flops at GPhA's member's favorite location - Amelia Island, FL! After plenty of negotiation, staff was able to secure, and the GPhA Board approved, signing a contract to bring the Georgia Pharmacy Convention back to GPhA's home through 2027, the Omni Amelia Island Plantation Resort.

What better place to be than the beach in the summer?

SOME THINGS REMAIN THE SAME

What can convention goers expect to see, hear, and do at this year's convention? The GPhA staff is working diligently to assure attendees have an even better

experience than prior years despite having to make adjustments due to COVID-19.

Training

With this being a renewal year for Georgia pharmacists, gaining CE credits for some members is at the top of their priority list for attendance. As in past years, GPhA educational offerings cover a variety of topics of interest to members. The educational committee has focused on providing offerings that appeal across practice settings. Attendees can easily acquire 13 hours or more of CPE credit choosing from 28 hours of offerings. Learn how to be an effective leader. Hear examples of how to transform your practice. Choose from a variety of clinical topics including patient access to hormonal contraception, solutions for quieting creaky joints, improving medication therapy as patients transition through the healthcare system, pharmacogenomics, and more! Hear about new Georgia pharmacy law and regulations. Learn to be a better Pharmacist in Charge. And more — lots more. And, **every course is ACPE accredited** for pharmacists and most are accredited for pharmacy technicians, too. Visit GPhAconvention.com for more details.

General Sessions

Again, as in past years, GPhA will be hosting three general sessions with keynote speakers. Day one starts out with keynote speaker **Becky Sneed**, Executive Vice President/CEO of National Alliance of State Pharmacy Associations. (NASPA) Becky brings the unique perspective of experiencing pharmacy through the eyes of State Association Executive Vice Presidents/CEOs.



Day two's keynote is none other than **Miss America, Camille Schrier!** Camille also happens to be a student pharmacist at Virginia Commonwealth University and an outspoken champion of women in science, technology, and engineering. Be sure not to miss her presentation and the opportunity perhaps to even meet the reigning Miss America.

Day three – Stand by- check the website for the latest information

And, of course you do not want to miss the usual prestigious awards and recognitions including the Bowl of Hygeia winner or the annual membership meeting on Saturday.

President's Bash

Speaking of Saturday, what would the convention be without the President's Bash? For those convention goers that never miss a year, you know that the past



three years, GPhA has raised the bar each year on entertainment and this year is no exception. Rather than a dance band (kinda hard to stay six feet apart on the dance floor), attendees at the Bash will enjoy the sound of Zach Brown tribute band, *20 Ride*. Check them out on [youtube.com](https://www.youtube.com) or from the link on [GPhAconvention.com](https://www.gphaconvention.com). If you close your eyes, you won't know the difference!

Food

If you haven't experienced the food during convention, you are missing out on some fine dining. No, chipper chicken here! Year after year, the Omni kitchen staff never ceases to prepare meals that are simply incredible. Don't be surprised if you put on a little weight during the convention...

Expo

Talk to and learn from the variety of vendors in the exhibit hall. In order to decrease the number of people in the hall at any one time, we're increasing the hours the hall will be open this year.

Student Pharmacists

Once again, the convention will have a special "Student Central" area designated for student pharmacists attending the convention. In addition, student pharmacists will have a separate area for their courses and presentations. Students will not want to miss the student cocktail party and the opportunity to engage with Georgia pharmacists, state leaders, and vendors or getting their second-year attendance pin!

The Omni Amelia Island Plantation Resort

GPhA's home for the convention through 2027, the Omni Amelia Island Plantation Resort just keeps getting better each year. Sun, sand, and surf will again be available, so don't miss the opportunity to disconnect, chill a bit, learn, enjoy and catch up with friends and families during the convention.



SOME THINGS CHANGE

Of course, convention goers may notice a few differences during the convention this year. In a recent survey, GPhA members expressed their concern about

attendance at the convention and COVID-19. GPhA and Omni staff take those concerns very seriously and are taking precautions.

Wide Open Spaces

GPhA will have all of the hotel's convention space available for the convention's use. Air walls that were normally closed will be opened, creating vast space to place chairs with respect to social distancing at CE's and General Sessions. GPhA reduced exhibitor space by approximately 20% to create more area for members in the exhibit hall. As mentioned previously, this year, rather than a dance band, sit back with your favorite libation and enjoy the concert by 20 Ride as they perform some of Zach Brown's greatest hits and other favorites. Instead of serving yourself from the buffet, servers will be stationed along the buffet.

Your Stay

In addition to changes GPhA is making, the Omni has made changes at their properties as well. A link can be found from GPhA's website to Omni's comprehensive 23-page brochure, *Stay a Part of Safety*, detailing the changes they are making due to COVID-19 from your arrival to your departure. Just a few examples include; self-parking is encouraged, daily health screening for all Omni Associates, face mask use by Associates, increased sanitation and cleanliness in rooms and throughout the property and supplying single-use wipes and face masks for guest use in every room. For families who wish to cohabitate, GPhA also negotiated Villas into our rate plan, so be sure to ask the Omni about availability if interested.



In a letter to guests, Peter Strebel, President Omni Hotels and Resorts, writes, "All processes and procedures listed below follow the guidelines set forth by the CDC and each individual Omni location will adhere to local and/or federal standards....Similarly, these guidelines meet or exceed the "Stay Safe" initiative set forth by the American Hotel and Lodging Association."

We look forward to seeing you at the 2020 Georgia Pharmacy Convention. Feel free to contact the GPhA staff if you have any questions or concerns. Our goal is to continue to raise the bar and provide members an exceptional experience.



INVESTING IN PHARMPAC IS INVESTING IN YOUR PRACTICE.

2020 PHARMPAC INVESTORS

The following pharmacists, pharmacy technicians, students, and others have joined GPhA's PharmPAC for the 2020 calendar year.

The contribution levels are based on investment through May 27, 2020.

Diamond Investors (\$4,800 or \$400/month)



RALPH BALCHIN
Fayetteville



CHARLES BARNES
Valdosta



MAC McCORD
Atlanta



SCOTT MEEKS
Douglas



FRED SHARPE
Albany

Titanium Investors (\$2,400 or \$200/month)

ROBERT DYKES
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DAVID GRAVES
LON LEWIS
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HUGH CHANCY
GEORGE CHAPMAN
KEITH CHAPMAN
DALE COKER
W.C. CONLEY
BEN CRAVEY
BLAKE DANIEL
AL DIXON
JACK DUNN
VIC JOHNSON
MARSHA KAPILOFF
IRA KATZ

JEFF LUREY
JONATHAN MARQUESS
AMY MILLER
DREW MILLER
CASSIE RILEY
HOUSTON ROGERS
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TERESA SMITH
CARL STANLEY
DENNIS STRICKLAND
CHRIS THURMOND
DANNY TOTH
ALEX TUCKER
THOMAS WHITWORTH
JULIE WICKMAN

Gold Investors (\$600 or \$50/month)

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WILLIAM BREWSTER
LIZA CHAPMAN
MAHLON DAVIDSON
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BENJAMIN DUPREE
KEVIN FLORENCE
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JOHNATHAN HAMRICK
ROBERT HATTON
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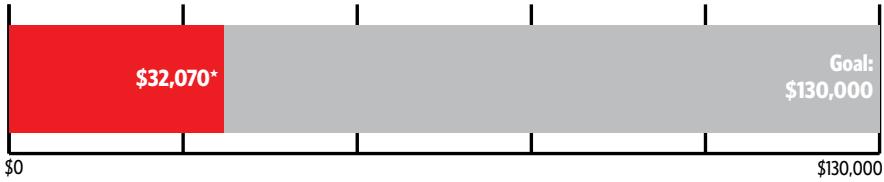


David Graves, Macon,
PharmPAC chairman

2020 PHARMPAC INVESTORS

HELP US REACH OUR GOAL FOR 2020!

Visit GPhA.org/PharmPAC to find out more.



*As of May 27, 2020

Silver Investors (\$300 or \$25/month)

Nelson Anglin
Michael Azzolin
Claude Bates
James Carpenter
Michael Crooks
Ed Dozier

Marshall Frost
Hannah Head
Joe Holt

Jason Jones
Susan Kane

Laura Ko
Willie Latch
Michael Lewis
Ashley London
Hilary Mbadugha
Donald Piela
Thomas Sherrer

Jonathan Sinyard
Renee Smith
Austin Tull

Bronze Investors (\$150 or \$12.50/month)

Phil Barfield
Ashlyn Carter
Bryce Carter

Matthew Crist
Michelle Cruson
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vildrug@bellsouth.net

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weschapmanpc@gmail.com

Immediate Past President
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tshort@gpha.org

Directors
ASHISH ADVANI
ashish@inpharmd.com

MAHLON DAVIDSON
mahlondavidson@hotmail.com

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add.drug@gmail.com

JOE ED HOLT
jholt@pruitthealth.com

ASHLEY LONDON
ashleyslondon@gmail.com

AMY MILLER
amylulapharmacy@gmail.com

FRED SHARPE
fsharpe@u-save-it.com

JONATHAN SINYARD
sinyardj@gmail.com

Chief Executive Officer
BOB COLEMAN
bcoleman@gpha.org

For questions about education or the Georgia Pharmacy Foundation

Teresa Tatum
Director of Education & Foundation Director
(404) 419-8120
ttatum@gpha.org

For questions about the GPhA board or governance policies

Diane Coleman
Executive Assistant and Governance Manager
(404) 419-8173
dcoleman@gpha.org

For questions about governmental affairs

Greg Reybold
Vice President of Public Policy
(404) 290-9279
greybold@gpha.org

For questions about accounting issues

Patricia Aguilar
Accounting Coordinator
(404) 419-8124
paguilar@gpha.org

For questions about insurance products

Ruth Ann McGehee
dcoleman@gpha.org
(404) 231-5074

For membership questions

Mary Ritchie
Director of Membership Operations
(404) 419-8115
mritchie@gpha.org



For assistance with independent-pharmacy issues

Jeff Lurey, R.Ph.
VP of Independent Pharmacy
(404) 419-8103
jlurey@gpha.org

For questions about your AIP membership

Verouschka "V" Betancourt-Whigham
Manager of AIP Member Services
(404) 419-8102
vbwhigham@gpha.org

AIP Member Service Representatives

Rhonda Bonner
(229) 854-2797
rbonner@gpha.org

Charles Boone
(478) 538-6425
cboone@gpha.org

Melissa Reybold
(678) 485-6126
mreybold@gpha.org

Gene Smith
(423) 667-7949
gsmith@gpha.org

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Georgia Pharmacy
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A Tale of Two Cities:

*“It was the best of times, it was the worst of times,
it was the age of wisdom, it was the age of foolishness,
it was the epoch of belief, it was the epoch of incredulity,
it was the season of light, it was the season of darkness,
it was the spring of hope, it was the winter of despair.”*



CHRIS THURMOND

I do not think that these words of Charles Dickens have ever been more accurate or applicable than in the times we currently inhabit.

Coronavirus Disease 2019 (COVID-19), and the response to it, has impacted almost every aspect of our lives. Personally, my daughter had to move out of her dorm at Rhodes College in Memphis and return home half-way through the spring semester of her Freshman year. My son’s Senior golf season was canceled (after years of practice and hard work), along with his Senior Prom. His high school graduation will also look quite different, and while we are making plans for him to attend the University of Colorado at Boulder in the fall, there is the unknown of what any of this will look like. Professionally, I have had multiple employees go down with COVID-like symptoms, and while all tested negative for COVID-19, several of them were out for up to 3 weeks. Trying to juggle multiple staffs, providing coverage while at the same time limiting cross-contamination, ensuring that all staff members have the necessary PPE, all while taking excellent care of patients has been more than a little challenging. Add in the fear of “bringing my work home”, which has limited my interactions with my family since mid-March, has only intensified the stress of the unknown.

I assumed that my “reign” as the President

of GPhA would be memorable and people would be talking about it for generations to come. However, I was in no way prepared for just how memorable it would be. The 2020 Legislative Session was postponed, APhA was forced to cancel its annual meeting, as did GPhA with its Spring Region meetings. And while we tried our best to hold on for the June GPhA Convention at the Grove Park Inn in Asheville, it was not meant to be and the 2020 GPhA Convention had to be postponed (**hear this: postponed, not canceled**). At the time of this writing, we are making plans for other dates and locations to have the 2020 GPhA Convention. Stay tuned for more information, for if you are like me, you can not wait to get back together and fellowship with the friends and colleagues we have acquired through GPhA. Professional and personal relationships and networking are integral to the work of GPhA and is yet another great benefit of GPhA membership.

My last article touted the benefits of GPhA Region meetings. While it was yet another example of great American Literature, it proved to be somewhat humorous timing as our lives changed dramatically before it was published. Here is my hope that the same thing will happen here, and by the time you read this article, all of this will be just a past memory. Stay safe and remember, “together we are better, together we are stronger.” 

Chris Thurmond is GPhA’s 2019–2020 president and owner of Village Drug Shop of Athens. Write to him at vildrug@bellsouth.net.

Eat the salmon already

Researchers are getting to the bottom of fishy findings. Previous research linked omega 3 consumption to lower levels of triglycerides in the blood (good), and also to a non-specific increase in LDL cholesterol, which increases cardiovascular disease risk (not good).

New analysis of 26,034 women's lipoprotein samples found omega 3 is associated with larger, less fatty LDL cholesterol, and in fact, offers protection from heart disease.



Spice of life (or are there 13?)

Penn State researchers found that adding 6 grams of a spice blend to fatty, sugary meals reduced acute inflammation post-nosh. They can't say which spice caused the benefit. So go crazy and use 'em all!

The 6 gram blend: basil, bay leaf, black pepper, cinnamon, coriander, cumin, ginger, oregano, parsley, red pepper, rosemary, thyme, and turmeric



Zebrafish give clear arguments for country livin'

Scientists studied zebrafish to test a theory about diesel exhaust and Parkinson's. Previous research found areas with high pollution levels had higher numbers of people with Parkinson's. This study uncovered evidence that air pollution in fact leads to damaged brain cells and Parkinson's disease.

Why zebrafish? The freshwater fish allow scientists to study molecular changes in the brain easily because their neurons interact in a way that is similar to humans. And, they are transparent.



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- ✓ Help buying and selling a pharmacy

They get benefits

- ✓ Audit relief (AIP efforts saved members more than \$320,000)
- ✓ Services specifically for compounding pharmacies
- ✓ Free business consultations with pharmacy experts
- ✓ Access to the comprehensive AIP Pharmacy Manual, which offers extensive material about buying, selling, and managing a pharmacy – including information about regulatory issues and agencies

They get connections

- ✓ Connections to other independent pharmacies throughout the state
- ✓ Partnerships with OTC and nutritional supplement companies
- ✓ A chance to learn and network at AIP's fall and spring statewide meetings
- ✓ Access to telehealth and chronic care management resources through CriticalKey

With AIP, **independent** never means **alone**.

No other state association in the country has an organization like the Georgia Pharmacy Association's Academy of Independent Pharmacy. We are proud to represent our members and our profession!

