

VANEOHS

Meet Our 2023-2024 Residents!



Theresa Barrett, PharmD
PGY-1
University of Toledo



Collin Fair, PharmD
PGY-1
UNC Eshelman School of Pharmacy



Anna Russ, PharmD
PGY-1
Ohio Northern University



William Fryfogle, PharmD
PGY-2 Ambulatory Care
The University of Toledo



Taylor Schooley, PharmD
PGY-2 Ambulatory Care
Ohio Northern University



Mariah Verdin, PharmD
PGY-2 Psychiatry
University of Minnesota



Emilie Muvundamina, PharmD
PGY-2 Infectious Diseases
The Ohio State University



Natalie Gordon, PharmD
PGY-2 Geriatrics
Notre Dame of Maryland
University



Sarah Lee, PharmD
PGY-2 Geriatrics
Chapman University

"Tell me and I forget, teach me and I may remember, involve me and I learn." - Benjamin Franklin

Theresa Barrett, PharmD - PGY-1

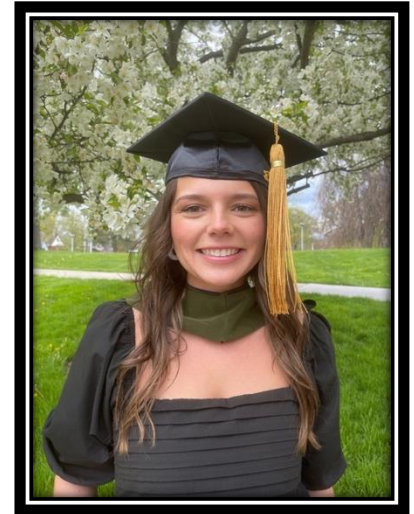
Name (or preferred nickname): Theresa Barrett

Hometown: Cuyahoga Falls, Ohio

Alma Mater: University of Toledo

About Me:

- I was born in Reston, Virginia, and my family moved to Northeast Ohio when I was about 6 months old to be closer to extended family. I grew up in Cuyahoga Falls (near Akron) and attended the University of Toledo for 6 years for pharmacy school. My interests are Infectious Disease and Ambulatory Care and hope to potentially pursue a PGY-2 in one of these areas.



Fun Fact(s)

- I went to the same high school as LeBron James and for some reason love to tell people that- I'm a big fan of his and will go to bat for him in the Michael Jordan vs LeBron debate but usually end up losing since I truly don't follow basketball much
- I recently moved to downtown Cleveland and am enjoying finding new restaurants and coffee shops in the area with my friends; I am a Cleveland sports fan but again, to be honest, I go to the games more for the atmosphere- dollar dog night at Progressive is always a must!
- I also love perusing Amazon and ordering things I don't need

If you knew you were going to be stranded on a deserted island, what 3 drugs would you bring with you and why?

- Loperamide- I have a sensitive stomach and a deserted island is the LAST place I would want to be dealing with that
- Diphenhydramine- for any allergies/allergic reactions I may have; bonus points for helping me sleep at night (as needed of course)
- Flintstone multivitamins- not exactly a drug but they sure do taste good; I would imagine I'd be lacking some essential nutrients from my diet as well, so it's a win-win

What is your current cellphone wallpaper?

- A picture of the sunrise at the beach from a recent trip with my friends to St. Simon's Island in Georgia

If you were a color, what color would you be and why?

- I would be green; it's my favorite color and there's so many different shades that can sort of match how I am feeling for the day; I think it usually is a happy color and can exemplify luck but also lighter tones can give a more relaxed vibe.

If you could spend the day as either a bird or fish, which would you choose and why?

- A bird, for sure- I love going to the beach and wading in the ocean, but going any further than waist deep scares me a bit- the fact that it's so large and the possibility of being eaten by a shark are factors in too.

What is your favorite card/board game?

- Euchre-my friends and I used to play in between classes and I am always down for a pick up game

What is the most unique shop or restaurant you have ever been to?

- I went to Harry Potter World at Universal Studios and went to The Leaky Cauldron and had a butter beer there- I'm a Harry Potter fan so that was definitely a fun experience!

Collin M. Fair, PharmD – PGY-1

Name (or preferred nickname): Collin Fair

Hometown: Richmond, VA

Alma Mater: UNC Eshelman School of Pharmacy (PharmD)
Virginia Commonwealth University (BS- Biology, BS- Psychology)

PGY-1 Residency (if applicable): N/A



About Me:

I am a cat dad of two rescue kitties, Cleo (6) and Olive (2). My favorite activities include trying out new coffee places, breweries, and binging Netflix/Hulu as time allows. I just moved from North Carolina to downtown Cleveland, so I am looking forward to exploring the foodie scene! My primary practice interest is geriatrics, but I am also passionate about LGBTQIA+ health care and mental health, so my dream job would likely involve an overlap of these areas!

Fun Fact(s):

I was born on February 29th, so I've only had 6 "real" birthdays (7 this upcoming year)!

I am an extremely picky eater and my go-to is the classic chicken tenders and fries.

I named my first cat Cleocin but shortened it to Cleo after learning how terrible of an antibiotic it truly is.

If you knew you were going to be stranded on a deserted island, what 3 drugs would you bring with you and why?

I would bring hydrocortisone cream, normal saline, and my Adderall (prescribed)! I'd bring the hydrocortisone for any potential bites or rashes from things that I encountered on the island because I absolutely hate the feeling of itchiness and would be miserable otherwise. The normal saline would be beneficial as I'm already likely dehydrated at baseline, and I wouldn't have my trusty Limoncello La Croix to rely on in my time of need. My Adderall would help me to keep my focus on trying to figure out how to get off the island as well as to help distract from how hungry I would truly be!

What is your current cellphone wallpaper?

It is a picture of my two cats curled up sleeping. Follow them on Instagram @cleo_and_olive!

If you were a color, what color would you be and why?

I would be sage green (think like a mint-adjacent shade, but NOT mint green)! It's my favorite color and I find it very calming. I keep buying home décor exclusively in that color whenever possible and it's becoming a bit of a problem!

If you could spend the day as either a bird or fish, which would you choose and why?

I think I would prefer to be a bird, because I just know that I would get eaten as a fish. I'm not sure why, but I am very convinced about this. In general, I think it would be fun to get the full, unhinged pigeon experience for a day.

What is your favorite card/board game?

I got into Jackbox Games during the pandemic and appreciate how it has both virtual and in-person options. My favorite of those games is probably Quplash! I also enjoy the card games Who's Most Likely To and Cards Against Humanity.

What is the most unique shop or restaurant you have ever been to?

I went to a brewery in Asheville, NC called Whistle Hop that is a former train, and all the flights of beer are served in little train holders. In general, Asheville has so many unique places and experiences that it's hard to pick just one!

Anna Russ, PharmD – PGY-1

Name (or preferred nickname): Anna (and if that's too boring, you could always go with Rusty)

Hometown: Alliance, Ohio

Alma Mater: Ohio Northern University

About Me

Between classes at ONU, summers working in Detroit, MI, and extended visits with my parents in Alliance, it's safe to say I am very excited to finally be settled in one location for longer than 4 months. My fiancé, Donnie, and I recently moved to Cleveland Heights with our cat, Doug, who is very cute but also a complete terror. I enjoy many different hobbies and am proudly mediocre at all of them (tennis, skiing, hiking, piano, singing, embroidery, cooking, and baking). Professionally, I am most passionate about internal medicine and am looking forward to gaining diverse inpatient experiences as a PGY1.



Fun Fact(s)

- Last summer I visited Iceland with my parents and trekked through a glacier tunnel system.
- If I could retire today, I would love to train for a multi-month thru-hike on a section of the North Country National Scenic Trail.

If you knew you were going to be stranded on a deserted island, what 3 drugs would you bring with you and why?

Sunscreen... anything less than 70 SPF doesn't cut it. Unfortunately, my translucent complexion has no hope for a bronzy glow. Next, I would say LR... but I'm certainly not giving myself an IV, so I'll stick with Pedialyte. And most importantly, Flonase. My allergies definitely can't handle the tropics.

What is your current cellphone wallpaper?

Donnie and me during our hike through Cascade Canyon in the Grand Teton National Park

If you were a color, what color would you be and why?

Dusty blue. On a scale from boring to over-the-top, I'd say I'm right about in the middle. I'm pretty laid-back and try to keep a "go with the flow" mentality when I can. I'm also a huge softy and wear my heart on my sleeve, so I think a muted/pastel color is pretty fitting.

If you could spend the day as either a bird or fish, which would you choose and why?

A bird, but definitely not an early bird. I wish I had a more interesting answer, but I would like to experience flying since I already know how to swim.

What is your favorite card/board game?

Very hard to choose. Some of my favorites are Code Names, Ticket to Ride, Rummy, and Euchre.

What is the most unique shop or restaurant you have ever been to?

Unfortunately, it's no longer open, but "Alpine-Alpa" in Wilmot, OH was a Swiss-Amish restaurant decorated like an old ski lodge with a massive moving diorama of the Swiss Alps in the main dining room. It was also home to the world's largest cuckoo clock!

William Fryfogle, PharmD – PGY-2 Ambulatory Care

Name (or preferred nickname): Will

Hometown: Sheffield Lake, Ohio

Alma Mater: The University of Toledo

PGY-1 Residency (if applicable): Ann Arbor VA, Ann Arbor, MI

About Me

Originally from the Cleveland area, so it is good to be back after pharmacy school and my PGY1. I am excited for Residency: The Sequel!

Fun Fact(s)

- I love video games, and my current (5/2023) obsession is Legend of Zelda: Tears of the Kingdom.
- I love food, whether it is cooking/baking or trying new restaurants, so I am excited to explore all of the options in Cleveland.



If you knew you were going to be stranded on a deserted island, what 3 drugs would you bring with you and why?

- Ibuprofen – any pain and inflammation
- Augmentin – pretty good general coverage and easy administration
- Droperidol – if you get creative enough with the IM injection to make a blow dart out of the syringes, it can be used either offensively/defensively in the event of an animal attack or for hunting. (Would I be able to do this? Almost certainly no)

What is your current cellphone wallpaper?

Stock Apple image of earth (I promise I'm not boring I just like it because it moves).

If you were a color, what color would you be and why?

I would have to pick light purple, I don't know exactly why per se but it is my favorite color.

If you could spend the day as either a bird or fish, which would you choose and why?

Definitely a bird, I would love to have the ability to fly.

What is your favorite card/board game?

I love board/card games so this changes all the time, but a recent one I have been playing is called Codenames. You work in pairs, and there are a bunch of tiles in between you with words on them. Each pair has certain words assigned to them randomly, and one team member has to get their team member to guess which words by saying how many they want them to guess and a single word that connects them.

What is the most unique shop or restaurant you have ever been to?

Last December, mid-year was in Las Vegas and there was a store that was 4 floors all based around M&Ms, and there was another similar store based around Hershey chocolates. Both of those stores were pretty interesting and I bought too much candy.

Taylor Schooley, PharmD – PGY-2 Ambulatory Care

Name (or preferred nickname): Taylor Schooley

Hometown: Paulding, Ohio

Alma Mater: Ohio Northern University

PGY-1 Residency (if applicable): VA Northeast Ohio Healthcare System

About Me

I completed my PGY-1 here at VANEHOS and early committed to complete my PGY-2 here as well. I'm excited to stick around for round 2! I got engaged in November 2022 to my high school sweetheart and will be getting married on August 3rd, 2024. Outside of work, you can catch me wedding planning or mindlessly strolling through Target.



Fun Fact(s)

- I am an Oreo fanatic and every time I see a new flavor, I HAVE to buy them to try.
- When I was in pharmacy school, I helped diagnose my dad's super rare and debilitating neurologic condition called Stiff Person Syndrome (Celine Dion was just recently diagnosed with this same condition). Because of this, I have a growing passion and interest in neurology.
- I have a 100 lb goldendoodle named Reggie.

If you knew you were going to be stranded on a deserted island, what 3 drugs would you bring with you and why?

- Lactated ringers/NS – to stay hydrated.
- Caffeine – to stay awake.
- Ativan – to stay calm.

What is your current cellphone wallpaper?

- A picture of Zach and I after the proposal.

If you were a color, what color would you be and why?

- Pink, because it is superior to all other colors. Also, pink Starbursts are the best.

If you could spend the day as either a bird or fish, which would you choose and why?

- Fish, because this will get me one step closer to the beach!

What is your favorite card/board game?

- Poetry for Neanderthals – word-guessing game in which you must explain words using only simple vocabulary/minimal syllables. If not, you get whacked in the head with an inflatable stick.

What is the most unique shop or restaurant you have ever been to?

- Barroco in Lakewood, OH – delicious Latin American food and the décor inside the restaurant is fun and trendy. The arepas are a must try!!

Sarah Lee, PharmD – PGY-2 Geriatrics

Name (or preferred nickname): Sarah Lee

Hometown: Orange, California

Alma Mater: Chapman University

PGY-1 Residency (if applicable): University Hospitals – UH Meds

About Me: Born and raised in Orange County – Southern California
Pharmacy interests include geriatrics, ambulatory care, and diabetes management. Hobbies include cooking, watching Netflix, photography, drawing, making things (beaded bracelets, crystal puzzles/puzzles in general), playing guitar, and eating good food/boba with family/friends.



Fun Fact(s)

- Halloween baby
- Foodie (my social media stories are mainly for food/dessert)
- Midnight online shopper
- Can read, write, and speak in Korean

If you knew you were going to be stranded on a deserted island, what 3 drugs would you bring with you and why?

- Aspirin: 4 in 1 with anti-pyretic, anti-inflammatory, anti-platelet, and analgesic properties
- Neosporin: for any possible skin infections/wounds/cuts/scrapes
- Benadryl: for allergies

What is your current cellphone wallpaper?

- Picture of Ohio's summer sky with pink clouds taken by me

If you were a color, what color would you be and why?

- Pastel lavender/purple because it is my favorite color and also gives off a calming/relaxing effect

If you could spend the day as either a bird or fish, which would you choose and why?

- I would love to spend a day (with amazing weather conditions) as a bird and soar in the sky. I love looking out the windows of an airplane, and as a bird, I think I will be able to see the same view while feeling the breeze.

What is your favorite card/board game?

- Speed card game – I like the speed and excitement of the game.

What is the most unique shop or restaurant you have ever been to?

- The Grove in LA has many unique shops/restaurants but to choose a single place overall, I think Boiling Crab is unique in that it is a Cajun seafood restaurant with amazing sauces (especially the whole sha-bang) and is eaten with just hands (gloves if requested) and a plastic bib. Marugame udon is a close second with all their unique flavored broths and sauces!

Natalie Gordon, PharmD- PGY-2 Geriatrics

Name (or preferred nickname): Natalie Gordon

Hometown: Hampstead, Maryland

Alma Mater: Notre Dame of Maryland University

PGY-1 Residency (if applicable): Erie Veterans Affairs Medical Center, Erie, Pennsylvania



About Me

- Small town girl from the “country” in Maryland, but I am excited to move to Ohio, as this is where some of my relatives have lived/ grew up!
- My interest in pharmacy sparked from my grandfather’s experience with transplant management at the Baltimore VA. He always spoke very highly of the VA team and the pharmacists managing his medications.
- Prior to PGY1, I worked in an independent community pharmacy for 6 years and at a community hospital for 3 years. Through these experiences I gained a passion for clinical pharmacy as well as developing close relationships with patients.

Fun Fact(s)

- I collect a Starbucks mug for each new state I travel to... I have over 30 mugs- yes, I have an Ohio one now!
- 3 things I am obsessed with are food, coffee and cats. I love traveling and trying new food or coffee at restaurants or coffee shops. I also have a fluffy orange cat named Dewey, who everyone will likely hear about at some point!

If you knew you were going to be stranded on a deserted island, what 3 drugs would you bring with you and why?

- 1) Diphenhydramine- to help with sleep and to reduce itching from any bug bites
- 2) Acetaminophen- to alleviate a headache or any muscle aches, as I am sure I will develop pain from walking far to find food or build myself a shelter
- 3) Ciprofloxacin- for some decent Gram positive and Gram negative coverage if I develop an infection (I am allergic to a few antibiotics so I don’t have many oral options)

What is your current cellphone wallpaper?

A photo of the Eiffel Tower when I took my first international trip to France in 2016. I have not changed it since!

If you were a color, what color would you be and why?

Purple- specifically lavender. It is my favorite color and it is calm and relaxing to me. My dad even calls me “purple girl” because a lot of items I purchase are purple.

If you could spend the day as either a bird or fish, which would you choose and why?

Although I love the ocean, I am too afraid of sharks to be a fish; thus I would prefer to spend the day as a bird. One of my goals in life is to visit all 50 US states and visit many National Parks. As a bird I could fly quickly to the states and places I have not been to!

What is your favorite card/board game?

Growing up I always played Cat-opoly with my cousins. The game was very fitting for us since we love cats!

What is the most unique shop or restaurant you have ever been to?

Skylon Tower restaurant at Niagara Falls (Canada side). The restaurant is at the top of the tower and it rotates slowly. It takes about an hour to make one complete rotation. You can see amazing views of the falls all while having a delicious meal- best burger of my life!

Emilie Muvundamina, PharmD – PGY-2 Infectious Diseases

Name (or preferred nickname): Emilie

Hometown: Minneapolis, MN

Alma Mater: The Ohio State University

PGY-1 Residency (if applicable): Our Lady of the Lake Regional Medical Center (Baton Rouge, LA)

About Me

I'm very excited to meet everyone and work alongside you all! It's not often that you get to pack up your life and move to a new place and make new friends, so I'm thankful for the opportunity to do so!

If you knew you were going to be stranded on a deserted island, what 3 drugs would you bring with you and why?

- Tylenol: In case I get a headache. Plus my kidneys are probably shot from dehydration, so I'd avoid an NSAID
- Doxycycline: I'm not sure this Island is, but there is a good chance I got shipwrecked and may have some cuts that could get infected
- D50W: If I need food and get hypoglycemic

What is your current cellphone wallpaper? A picture of the bridesmaids from my sister's wedding in Mexico!

If you were a color, what color would you be and why? I would definitely be pink. It's always been my favorite color! In fact, I probably own too much of it.

If you could spend the day as either a bird or fish, which would you choose and why? I would be a fish. I failed out of swim school, so this would be my opportunity to swim in a school!

What is your favorite card/board game? Quelf—It's a wild board game with random bits of information. So much fun!

What is the most unique shop or restaurant you have ever been to? They're pretty common down here, but I love a good Cajun restaurant or beignet shop!



Mariah Verdin, PharmD – PGY-2 Psychiatry

Name (or preferred nickname): Mariah Verdin

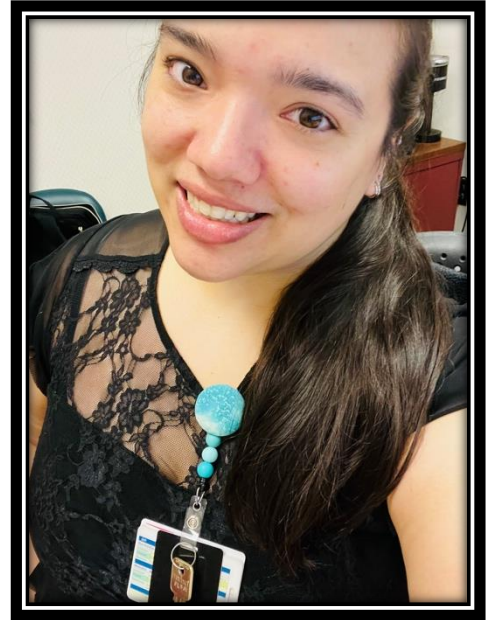
Hometown: Toledo, OH

Alma Mater: University of Minnesota

PGY-1 Residency (if applicable): ProMedica Flower Hospital, Sylvania, Ohio

About Me

- Coffee addicted, book lover, and dog mom of 2. I was born and raised in Toledo, Ohio and completed my Bachelor of Science in Microbiology at The Ohio State University. From there, I moved to Duluth, MN to complete my pharmacy degree at the University of Minnesota. Everything came full circle when I completed my PGY1 residency at ProMedica Flower Hospital, the same institution I was born in and volunteered at throughout high school which first got me interested in healthcare.



Fun Fact(s)

- I love reading and spend a lot of time on BookTok (TikTok book community). I read 107 books in 2022
- I am obsessed with Starbucks and plants. I like gardening in my free time.

If you knew you were going to be stranded on a deserted island, what 3 drugs would you bring with you and why?

- Aspirin because it's a very versatile drug that can be used for pain, inflammation, etc.
- Meropenem because it's an extremely broad antibiotic and I think if I was stranded alone on an island I would not be as concerned about antimicrobial stewardship.
- Caffeine because I am assuming I won't have access to coffee on a deserted island and I require daily caffeine to be a functioning person.

What is your current cellphone wallpaper?

- My lock screen is a photo of my dog Rico when he was a puppy.
- My home screen is a photo of Lake Superior from when I lived in Duluth, MN.

If you were a color, what color would you be and why?

- I think either blue or green. Blue has always been my favorite color, but I love being surrounded by green plants because it gives me a sense of calm and comfort.

If you could spend the day as either a bird or fish, which would you choose and why?

- Bird because I think it would be cool to fly around and I enjoy listening to birds chirping in the morning.

What is your favorite card/board game?

- Catan, this was a very popular game amongst my pharmacy class.

What is the most unique shop or restaurant you have ever been to?

- The Book Loft located in German Village in Columbus, Ohio. It's a maze of a bookstore that has 32 different rooms, with each room holding a different genre of books. There is a local coffee shop and bakery right next door as well. I visit every time I'm in Columbus.