

PSW Welcomes Helene McDowell

by Helene McDowell, MS

My name is Helene McDowell and I am the newest PSW team member. As the Senior Manager, Pharmacy Quality and Community Outreach, I will be working to support and expand WPQC, pharmacy practice and comprehensive medication review (CMR) initiatives. While I have only been at PSW since January, I have been working for the last two years with our community CMR program at United Way of Dane County. I feel like I have been a part of PSW and this important work for much longer than three months.

A Little Bit About Me

I have spent my professional career working in community agencies and health clinics with low socioeconomic status (SES) families providing health education, advocacy, and facilitating access to quality healthcare. This work has included health systems implementation, outreach, education, program management, research and evaluation. Additionally, I have

worked with public health and government agencies, academic research centers, non-profit organizations, and healthcare provider and payer systems. A winding path for sure, but the overarching goal has always been to improve quality of life for the families being served!

On a personal note, I have a small, but close-knit family spread around WI, MN, FL and HI. We gather regularly and try to laugh hard when we are together. I am lucky, because in order to see some of my family I get to travel to Hawai'i. Every February, I escape the cold winter to get warm and walk along the beaches of the islands. And, if I am really lucky, I get to scuba dive with the whales, fish and turtles that love that part of the world. It is a special place for me, and certainly like no other I have ever visited!

Let's see, what else to tell you? I don't usually sit still. I need to be active, and am an obsessed gardener and walker. I have a huge perennial garden with over 75 different types of flowers and plants. Sadly, my love of gardening requires me to have a flower budget to keep me in check when

I go to the nursery or farmers' market.

Between you and I, I have been known to pass up fresh veggies for a beautiful flower!! I also like to walk, and can be found daily either on my treadmill (winter) or taking a long walk with my golden retriever, Quinn. Walking is my way to be kind to myself, healthy and also take time to sort through the day.

I would like to thank my coworkers at PSW for being so welcoming and for helping me to get 'settled' here at PSW. I feel very fortunate to be part of this organization!

Thank you and I look forward to meeting you and working together in the future.

Helene McDowell is the Senior Manager of Pharmacy Quality and Community Outreach at the Pharmacy Society of Wisconsin in Madison, WI.



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