

Sanford Medical Center Fargo

2024-2025 Pharmacy Residents



Benjamin Arends, PharmD

Program: PGY2 Critical Care

PGY1: SSM Health St. Mary's - Madison, WI

Hometown: St. Paul, MN

College of Pharmacy: North Dakota State University, 2023

Professional Interests: Surgical ICU, Emergency Medicine, Medical ICU

Why I chose Sanford Fargo for residency training: I am excited for the opportunity to precept further and the wide variety of critical care experiences that are offered.

Additionally, having worked previously as a student I am looking forward to growing in my new role and seeing healthcare at Sanford from a different perspective.

Hobbies: Traveling to my cabin on the weekend, visiting friends and family, playing board games

Favorite things to do in Fargo: Explore new breweries/restaurants, Suite shots in the summer

Email: benjamin.arends@sanfordhealth.org

Christopher DiPede, PharmD

Program:

PGY1: Garnet Health Medical Center, Middletown, NY

Hometown: Moorestown, NJ

College of Pharmacy: Temple University, 2023

Professional Interests: Critical Care

Why I chose Sanford Fargo for residency training: Sanford's reputation as a comprehensive academic medical center, along with the level of care a Level 1 trauma center can provide, leads to a multitude of unique learning experiences that I can use to learn from and grow my career as a pharmacist.

Hobbies: I enjoy exploring the outdoors in my free time. I often find myself running, hiking, and traveling to visit new places.

Favorite things to do in Fargo: Exploring the local shops and breweries of downtown Fargo.

Email: christopher.dipede@sanfordhealth.org

Makayla Geyen-Helget, PharmD

Program: PGY1

Hometown: Monticello, MN

College of Pharmacy: North Dakota State University, 2024

Professional Interests: Emergency Medicine, Oncology, Pediatrics

Why I chose Sanford Fargo for residency training: I chose Sanford to complete my residency training as I had exceptional preceptors as an APPE student who inspired me and pushed me past my limits. Sanford had many rotational opportunities that aligned with my professional interests and the support needed to succeed and grow.

Hobbies: Pickleball, cooking, and spending time with friends and family

Favorite things to do in Fargo: Playing pickleball and trying new restaurants

Email: makayla.geyen-helget@sanfordhealth.org

Andrew Holick, PharmD

Program: PGY1 – Pediatrics Track

Hometown: Tucson, Arizona

College of Pharmacy: Roseman University College of Pharmacy 2024

Professional Interests: Pediatrics, Neonatology, Emergency Medicine, Infectious Disease, Ambulatory Care

Why I chose Sanford Fargo for residency training: While looking at residency training programs, Sanford has a specific pediatric pathway which allows me to be able to do most of my rotations with a pediatric focus while still also practicing my adult patient care as well. For this reason, I felt that by having this unique experience, it would help me be able to become a well-rounded and more confident pharmacist regardless of the setting I practiced in. Along with this, Sanford participates with North Dakota State University in a teaching opportunity throughout the year which is very important to me and will help me grow in my clinical knowledge. The final reason I chose Sanford was that they are committed to their residents. Many preceptors want to get to know you outside of just your career goals and aspirations which is generally a good feeling and helps with creating a fantastic learning environment to be able to grow as a practitioner and individual.

Hobbies: Bowling, Podcasts, Music/Concerts, TVs/Movies, painting

Favorite things to do in Fargo: Going to different bowling alleys, trying new restaurants

Email: andrew.holick@sanfordhealth.org

Leandre Kalhagen, PharmD

Program: PGY1

Hometown: Edmore, ND

College of Pharmacy: North Dakota State University, Class of 2024

Professional Interests: Oncology, Critical care, and Emergency Medicine

Why I chose Sanford Fargo for residency training: Sanford's traditional PGY1 program offers an opportunity to build a solid foundation as a clinical pharmacist and provides flexibility with diverse elective options that accommodate my personal needs. As a level I trauma center, there is also an opportunity to manage patients who require higher acuity of care or who present with unique disease states. This particular patient population provides an excellent opportunity to develop my interests in critical care and emergency care medicine. Additionally, I completed many of my APPE rotations with Sanford. I connected with many of the preceptors and staff, who displayed an eagerness and dedication to teaching which further drove my ambitions to continue my education with Sanford Fargo for my residency training.

Hobbies: Crocheting, baking, reading, board games, and traveling

Favorite things to do in Fargo: Trying new restaurants and exploring different coffee/boba shops in the area. Frolfing with my friends at surrounding frisbee golf parks during the summer or spending time downtown at the Red River Market or other seasonal events that occur year-round.

Email: leandre.kalhagen@sanfordhealth.org

Brian Meissner, PharmD

Program: PGY1

Hometown: Mandan, ND

College of Pharmacy: North Dakota State University, 2024

Professional Interests: Pharmacogenomics/Psychiatry

Why I chose Sanford Fargo for residency training: I had built great relationships with some of the pharmacists during my P4 year, and Sanford offers a very diverse portfolio of elective experiences. Staying closer to home was another benefit of staying with Sanford Health.

Hobbies: Playing piano, Cooking, Going to the gym

Favorite things to do in Fargo: Going to the Red River Market, Trying new restaurants/pubs

Email: brian.meissner@sanfordhealth.org

Janie Lundberg, PharmD

Program: PGY1 Non-Traditional

Hometown: Elk River, Minnesota

College of pharmacy: University of MN- Duluth, Class of 2020

Professional Interests: NICU/PICU/Peds/ED

Why I chose Sanford Fargo for residency training: I have worked for Sanford for a year prior to starting the non-trad residency and I realized how kind, supportive, and encouraging staff are and there are a lot of career growth opportunities here, so I knew this was a great learning environment where I wanted to complete my residency and continue my career post-residency. Sanford offers the non-traditional residency program, which I felt was a better fit for my learning style. I have practiced pharmacy for nearly 3 years before starting residency and the non-trad program allows me to continue to staff and utilize the skills I learn while alternating a residency rotation schedule with staffing. I also appreciate that Sanford is a teaching hospital and level one trauma center which provides fantastic opportunities to interact with other learners and endless learning opportunities.

Hobbies: Fishing, hunting, spending time with my boyfriend and our dogs, hanging out with friends and family, baking and cooking

Favorite things to do in Fargo: Hangout with my boyfriend and our dogs, spend time with family and go to movies

Email: janie.lundberg@sanfordhealth.org

Habiba Afifi, PharmD

Program: PGY1 Ambulatory Care

Hometown: New York/Egypt

College of Pharmacy: North Dakota State University, 2024

Professional Interests: Cardiology, Ambulatory care, Acute Care, EM, ID

Why I chose Sanford Fargo for residency training: I chose Sanford Fargo because as a student I was able to see how it offers a variety of learning opportunities for residents. It is a level I trauma center and offers a wide range of electives which allows for flexibility as well as variety for residents. In addition, it has a great emphasis on research and precepting which is something I am interested in.

Hobbies: Lifting weights, singing and outdoor activities with family/friends

Favorite things to do in Fargo: Exploring new restaurants, downtown Fargo, and bowling

Email: habiba.afifi2@sanfordhealth.org