

Alpha Epsilon Delta

Monday, November 4

Scan to join the GroupMe!



Scan for attendance!



Join our Teams using code: o1qvjf9

THON™ Perpetual Pennant Project Crash

Welcome THON Bereaved Family Relations Captains!

Today, AED is taking part in a PPP Crash. This project serves as a visual representation of the connections between these children and the community of THON™.

If at any time you need to take a breath and step out, please feel free to do so.

During this time, I am requesting everyone silence their phones as we remember the friends and loved ones whose lives we continue to celebrate.

Leadership Announcements

GBM 7: President and VP Elections

- We are holding executive elections for organization president and vice president at our December 2 GBM. Only sophomores and juniors will be eligible to run! [More information and candidate sign-ups](#) found here.
 - Please note that this term will only be for the Spring 2025 semester and you will need to re-run for your position at the end of the year for 2025-2026! Please DM Hannah Mirshahi on TEAMS with questions.
 - Must be **nationally inducted** or **on track** for national induction if running.
 - Must attend info session on [11/19 at 6 PM on Zoom](#) (contact Hannah if you have conflicts)

General Updates

Member Resources



Long-Term Volunteer Opportunities

Volunteer Hours Tracker

THON Information

Financial Literacy Resources

Scholarships Workshop Slides

Research Workshop Slides

The Princeton Review Partnership Discounts!

- Through our partnership with The Princeton Review, we are also offering a **20% off** on specific **MCAT, GRE, NCLEX, and DAT** courses!
 - Use **PSUAED20_2425** at checkout
- AED members will also receive **10% off** private tutoring (**PSUAED10_2425**)
- **DISTINGUISHED MEMBERS**: opportunity to earn **50% off specific courses** (limited number of discounts are available, distinguished members have 1st choice)

The Princeton Review logo features the text "The Princeton Review" in a bold, black, sans-serif font. The text is contained within a white rectangular box with a thick black border. A yellow triangular graphic element is positioned at the bottom right corner of the box.

The **Princeton** Review®

[TPR Site](#)

Merch Update

Thank you for everyone that ordered merch for this semester!

They are expected to arrive in the next couple of weeks.

Remember to get your payment in soon if you haven't already (**Venmo: @charvip OR Cash at GBM/Office Hours**).

Office Hours Updates

Sophia's Office Hours - Cord Pickup for 12/24 Grads

This week (11/4 - 11/8)

- Monday 11/4, 2:30-3:30pm
- Tuesday 11/5, 1:15-2:15pm
- Thursday 11/7, 10:30-11:30am

Next week (11/11 - 11/14)

- Monday 11/11, 2:30-3:30pm
- Tuesday 11/12, 10:30-11:30am
- Thursday 11/14, 12:00-1:00pm

Note: if you can't make these allotted times, please reach out to me (Sophia) via psuaedsecretary@gmail.com to arrange an alternative pickup time

Reminder: to receive cords you must be Nationally Inducted (includes payment) and graduating December, 2024. No spring grads please :)

Regular Office Hours

AED Office: Hetzel Lounge in the HUB (Past Art Alley on First Floor)

- Charvi Patel (Treasurer): Tuesdays 12:00 to 1:00 PM
- Hannah Mirshahi (President): Wednesdays 1:25 to 2:15 PM
- Reese Petrosky (THON Chair): Thursdays 10:30 to 11:45 AM
- Kevin Tian (Vice President): Thursdays 2:30 to 3:30 PM

Pick up national induction packets, drop off Lion Care donations, and ask general questions! Please message the exec member on Teams for us to let you in :)

Lion Care Liaison Office Hours

AED Office: Hetzel Lounge in the HUB (Past Art Alley on First Floor)

- Carolyn Tarpley (Lion Care Liaison): Mondays 11:15 AM to 12:15 PM
- Sarah Quinn (Lion Care Liaison): Wednesdays 1:00 to 2:00 PM

Office hours specifically to drop off Lion Care donations and ask general questions about Lion Care/how to get involved! Please message the Lion Care Liaison on Teams for them to let you in :)

Lion Care Clinic School Supplies Drive

Providing Basic Necessities for Medically Under-Resourced Communities:

Drop Off: AED Office (Hetzl Lounge in HUB, **1 Service Pt** Per Donation)

Middle and High School:

Notebooks	Pencils
Binders	Erasers
Pocket Folders	Highlighters
Pens	Pencil Cases
Calculators (4 Pt)	Backpacks (4 Pt)

Elementary School:

Notebooks	Construction Paper	Washable Markers
Pencils	Pencil Cases	Blunt-Tip Scissors
Erasers	Binders	Lunch Box
Folders	Colored Pencils	
Crayons	Glue Sticks	Backpacks (4 Pt)

GenEq Coalition x Centre Safe Donation Drive

Providing Needed Items for Disenfranchised Members of our Community:

Drop Off: AED Office (Hetzl Lounge in HUB, 1 Service Pt Per Donation)

Bleach	Bath towels (new)	Fans (stand or box)	Paper towels	Dustpans	Jogging/lounge pants For adults (men and women)
Dryer sheets (scent free)	Juice, drink mixes	Pots/pans	Cleaning supplies and accessories (Smaller sizes appreciated)	Dishwashing accessories (sponges, brushes)	Diapers (sizes 3, 4, and 5)
Paper cups	Vacuum cleaner	Cutlery	Tall plastic utility shelf (please call 814-238-7066 for details)	Wash cloths	Toilet brushes
AAA batteries	Small household appliances: coffee makers, crockpots, electric griddles or skillets	Silverware sets	Laundry detergent pods	Hand towels	Microwavable Meals (shelf stable)
Journals and notebooks	Women's underwear	Bakeware	Laundry Baskets	Pillows	Septic safe toilet paper
Gift cards (\$5-\$25 amounts—some examples: Sheetz, Walmart, Weis or Giant)	Men's underwear	Freezer/storage bags	Mops	Quilts/comforters	Baby wipes
CATA Bus Tokens		Trash bags	Brooms	Fitted waterproof cloth mattress protectors (especially double size)	
		Long sleeved shirts and sweatshirts			

Professional Development

11/07 A Conversation with Dr. Ala Stanford

With MAPS and the Eberly College of Science



2 Activity Points

OVERVIEW

- **Date:** Thursday, November 7
- **Time:** 6 - 7 PM
- **Location:** Flex Theatre
- **What:** As a Pediatric Surgeon and the founder of the Black Doctors Consortium, Dr. Stanford is a renowned leader for healthy equity and advocate for change.

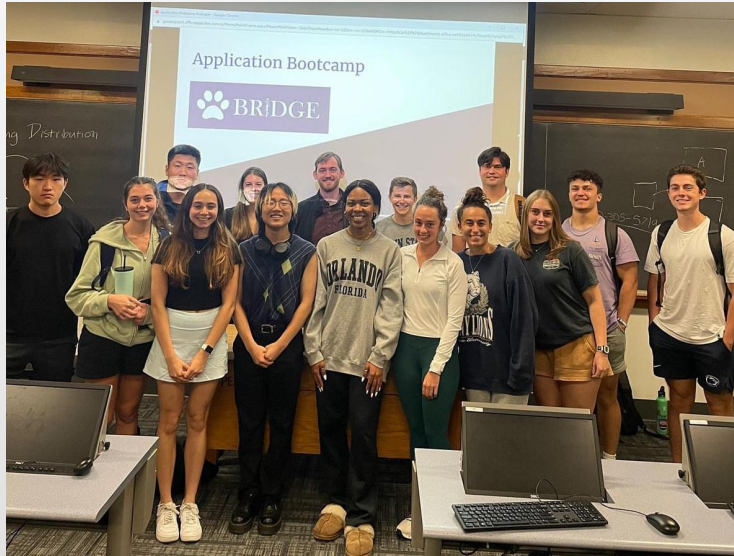
11/11 Speaker: Dr. Jocelyn Fitzgerald



1 Activity Point

- **Speaker:** Jocelyn Fitzgerald, MD, URPS, FACS
- Urogynecology and Reconstructive Pelvic Surgery, UPMC; Assistant Professor of Obstetrics, Gynecology, and Reproductive Sciences, University of Pittsburgh SOM
- **Date:** Monday, November 11
- **Time:** 7:00 PM
- [Zoom Link](#)

11/13 BRIDGE Medical Student Panel



- **Speaker:** Penn State College of Medicine BRIDGE Students
- **Date:** [November 13 at 7:00 PM on Zoom](#)
- Get to know the BRIDGE medical students while asking any questions about medical school, gap years, applications, and more!
- Attendance is worth 1 activity point toward distinguished membership.

Diversity in Healthcare Task Force (DHT)

Vaccine Field Day Recap

- Thank you for all the volunteers who helped & congrats to the winning team!!
 - 42 attendees and 30 vaccine vouchers
 - We got featured in the [news!](#)

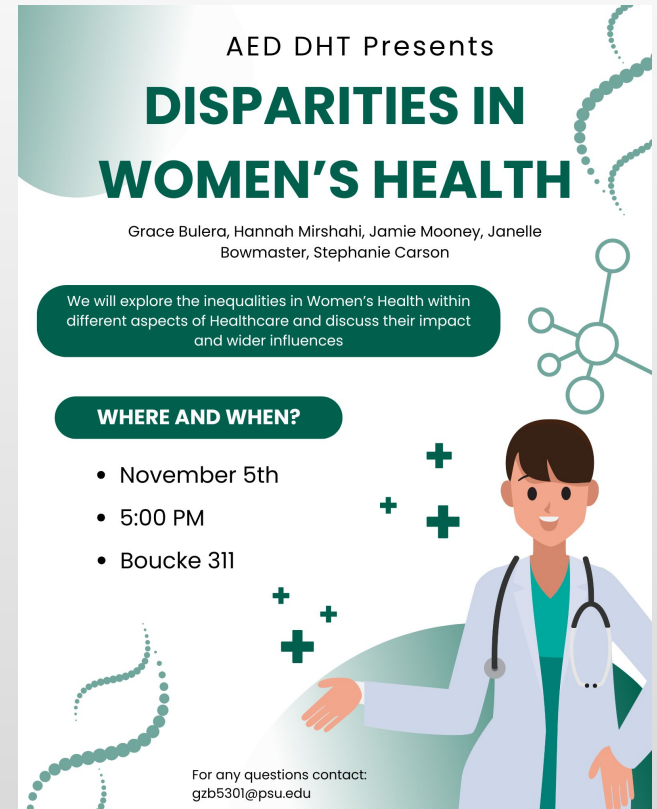


Second DHT Discussion Nov 05 @ 5:00 PM

Thanks for coming to the first one!!

As a recap, discussions include a presentation on disparities in women's health, including this year's addition of presenting a journal paper, followed by a collaborative discussion

- Anyone welcome!!! (bring your non-AED friends)
- Should take about 1 hour
- Worth **1 DHT point for attendance**



AED DHT Presents

DISPARITIES IN WOMEN'S HEALTH

Grace Bulera, Hannah Mirshahi, Jamie Mooney, Janelle Bowmaster, Stephanie Carson

We will explore the inequalities in Women's Health within different aspects of Healthcare and discuss their impact and wider influences

WHERE AND WHEN?

- November 5th
- 5:00 PM
- Boucke 311

For any questions contact:
gzb5301@psu.edu

The poster features a central illustration of a female doctor in a white lab coat with a stethoscope, standing next to a large green plus sign. To the right is a network diagram with a central node and several connecting lines. The background is white with green decorative elements, including a DNA double helix on the left and a network diagram on the right.

Service

LION Mobile Service Opportunities

- **Flu Shot Clinic at Phillipsburg Senior Center**
 - **D&T:** Wednesday, November 6 | 10 AM - 12 PM
 - **Location:** Philipsburg Senior Resource Center
 - **Details:** 2 volunteers needed to help patients check in and fill out the flu vaccine consent forms.
- **State College Area High School**
 - **D&T:** Tuesday, November 12 | 5:15-7:45 PM
 - **Location:** 650 Wester Parkway, State College, PA 16801
 - **Details:** 2 students with a preference to those who speak another language. This school is hosting an ESL potluck event; We will be providing flu shots, BP screenings, and tours of the mobile unit. We'll be housed inside the school as well as in the mobile unit outside (rear of the High school). Volunteers must have clearances to work with children.

LION Mobile Service Opportunities

▪ **CenClear Pediatric Event**

- **D&T:** Saturday, November 16 | 10 AM - 2 PM
- **Location:** 50 Bigler Rd., Woodland, PA 16811
- **Details:** 5-10 students needed for a large pediatric event (~120 children under the age of 5). We are doing physicals and will have flu shots available. Volunteers can have many roles such as guiding families to various stations; helping Drs, Residents, and med students filling out physical paperwork, cleaning exam rooms, interacting with families. Volunteers must have clearances to work with children.

▪ **Schlow Library Flu Clinic and Health Literacy Session**

- **D&T:** Friday November 22, 2024 | 9:30 AM - 11:30 AM
- **Location:** 211 S Allen St, State College, PA 16801
 - In the Community Room (when you enter the Library, turn right!)
- **Details:** 1-2 students to help with signing up flu shots and consent & literacy program. Volunteers must have clearances to work with children.

LION Mobile Service Opportunities

Please contact Kevin Tian (any/all) to sign up for any of the previous service opportunities. Spots are limited, so these will be first come, first serve. Reach out to me on Teams or via email (kmt6125@psu.edu) with any questions!

Clearances to Work with Children: [For Volunteers](#)

PSCOM Backpack Packing: Fighting Food Insecurity

- **Details:** AED, PSCOM, the YMCA Anti-Hunger Program, and other leaders in State College are partnering to pack backpacks with food for elementary students to address **local food insecurity!**
- **D&T:** Tuesdays and Sundays 4-6 PM
- **Where:** Wagner Building
- **1 Service Point per hour**



[Sign-Up Form](#)

Member Service Project Initiative

- **Led By:** Ethan Lan (he/him)
- **What:** Host Project Planning Workshops, Provide Support & Connections, and More
- **Goal:** Our goal is to help members plan and execute service projects based on their interest and passions.
- **Next:** Project Planning Workshop



[Interest Form](#)

Long-Term Service Opportunities

- **Abba Java Coffeehouse: [Website](#)**
 - Contact Reverend Sarah Voigt (svoigt.wesley@gmail.com)
- **Centre LGBT+: [Apply Here](#)**
 - Assist with various educational, advocacy, and community-building events
- **Centre Safe: [Apply Here](#)**
 - Serve as a Counselor/Advocate
 - 12-week training program
 - In-person or Remote Work
 - More Opportunities: furrutiasmith@CentreSafe.org
- **Centre Helps: [Apply Here](#)**
 - Serve as a Hotline Counselor Volunteer
 - 7-week training program



[Long-Term Service Opps Sheet](#)

Social Fun

Pre-Health Formal → Thu., Nov. 21 | 6:30-8:30 PM

- **D&T:** 6:30 - 8:30 PM on Thursday, November 21
- **Location:** The Basement
- **Details:** Catering, Professional DJ, and Bar (21+)
- **Tickets:** \$16 per ticket until Nov. 7
 - Invite as many people as you want!
 - \$18 if you sign up after Nov. 7
- **Partners:** CMC, RAM, and more!



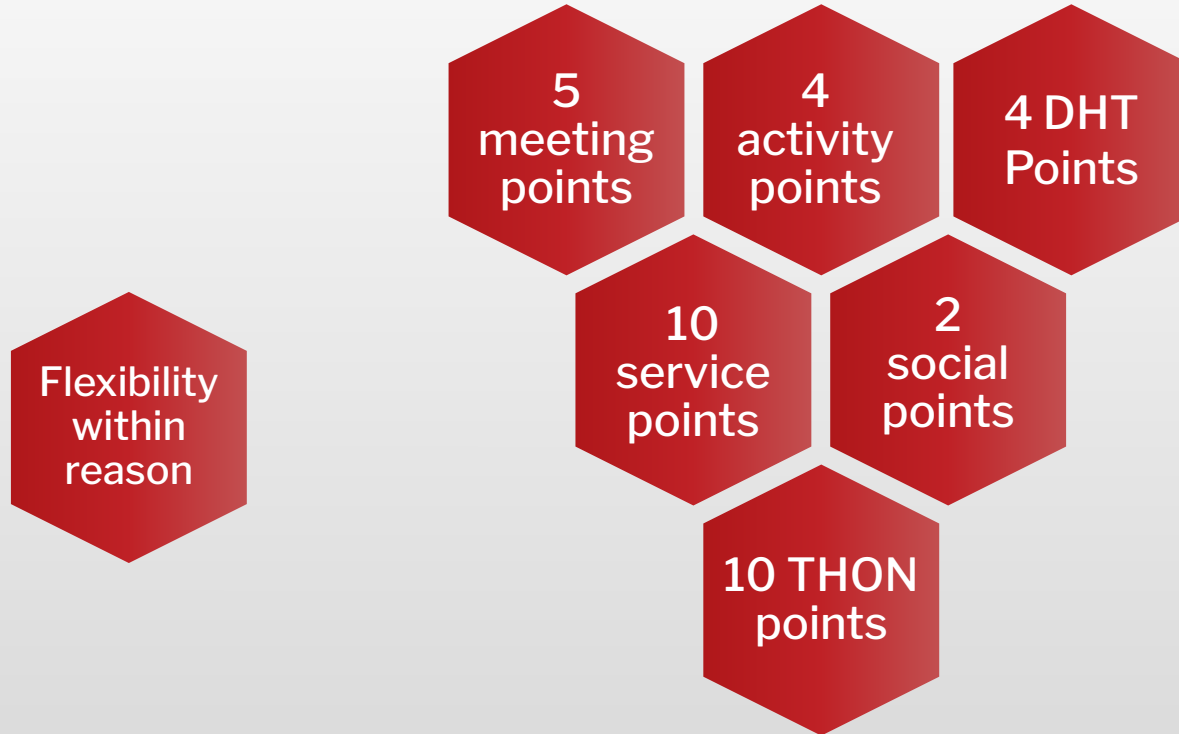
Future Events

- Indoor IM sports (Badminton, Pickleball, etc.)
- Holiday themed events:
 - Movie night
 - Potluck
- AED Social Pt. 2?
- Feel free to send me messages on Teams/GroupMe about ideas!



Membership

Requirements for Distinguished Membership



Incentive: Discounted MCAT, GRE, DAT, prep resources!

Membership Info

- Listserv = Email List
- ** Please check general inbox and/or spam for emails! **
- Any questions regarding membership status, please reach out to me (Sophia) :)

[AEDPSU.COM](https://www.aedpsu.com)

The screenshot shows the Alpha Epsilon Delta website with the following elements:

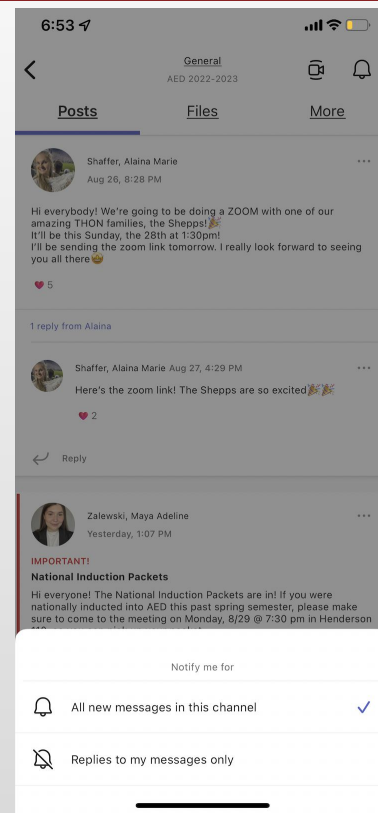
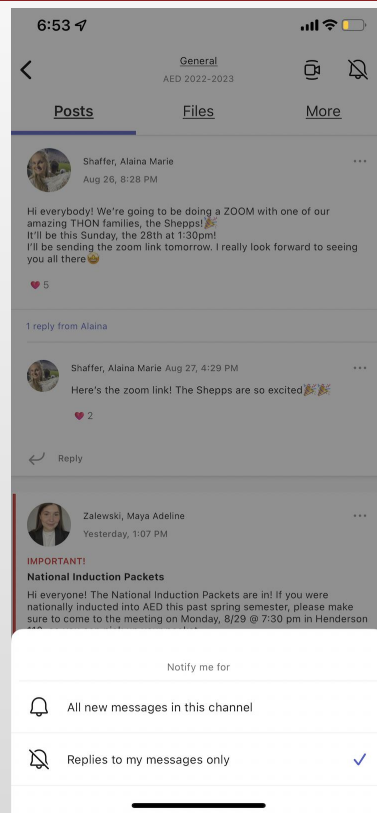
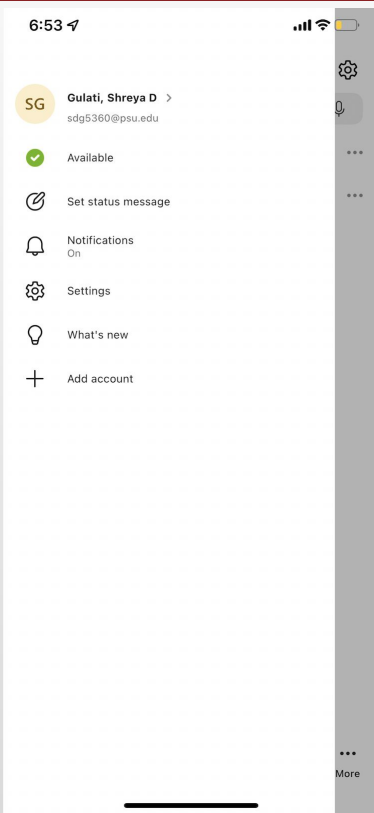
- Navigation menu: Home, About, What We Do, **Member Resources** (highlighted), Alumni Network, More
- Social media icons: Instagram, Facebook, Twitter
- Calendar and Membership Documents links
- Membership Status** (circled in red)
- Meeting PowerPoints link
- Large text: **Membership Point** 23
- Spreadsheet titled "Fall 2023 Membership" with columns for Name, PSU EMAIL, Meeting 1-5, and Meetings.

	A	B	C	D	E	F	G		
1		PSU EMAIL	Meetings						
2	Name	ex. abc1234	Meeting 1	Meeting 2	Meeting 3	Meeting 4	Meeting 5	Meets	
3	Maya Zalewski	maz5348@psu.edu	X						
4	Hannah Mirshahi	hsm5182@psu.edu	X						
5	Jennifer Acocella	jaa6132@psu.edu	X						
6	Cade Walker	cmw6620@psu.edu	X						
7	Laura Cooney	lmc6418@psu.edu	X						
8	Andres Hollenbeck	ajh6835@psu.edu	X						
9	Om Pattarkine	ovp5067@psu.edu	X						
10	Joanna Delaney	jqd5766@psu.edu	X						
11	Mikaili Puckerine	mxp5768@psu.edu	X						
12	Aaliyah Liaci	aml7399@psu.edu	X						
13	Abby Franey	aff5463@psu.edu	X						
14	Akene Moutchia	axm6729@psu.edu	X						
15	Akehata Shastry	ams10551@psu.edu	X						

TEAMS Tutorial

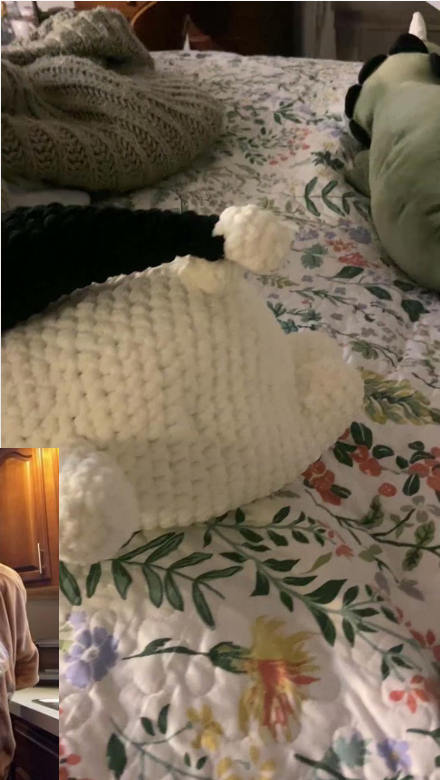
NOTE: Must do this with each channel!
i.e. The notification must be manually turned on for
“General”, “Meeting Slides”, etc

- **Notifications**
 - Teams > AED 2024-2025
General > Bell Icon (top right)
 - Settings > Teams App >
Notifications > ALLOW
- **Channels**
 - General for AED
announcements
 - Sub-chairs will also have a
specific channel
 - Meeting slides for meeting
recaps and links
- **GroupMe for more
informal questions,
announcements**



THON™ - Family Relations

Family Updates :)



Mary & The Shepps Christmas Wishlist



1 FR pt/donation

1 FR pt/card

Christmas Cards

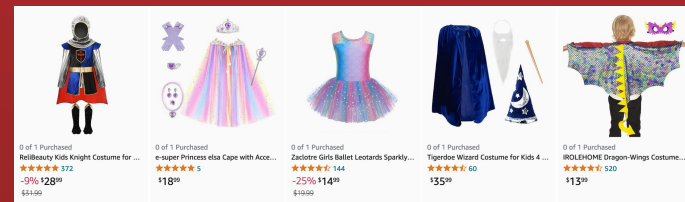
Crochet Tools

Taylor Swift Merch

*List will continue to
grow...*

Collecting donations for THON 2025 Costume Drive & Hershey Holiday Toy Drive

1 FR
pt/donation



Upcoming Events:

- Planning a virtual **Game Night** with The Shepps and Mary (*Dates TBD before Thanksgiving Break*) (2 FR points/night)
- Planning potential meet-up with The Shepps when they visit Penn State on **November 16th** for a Hockey Game (2 FR points)

THON™

- **11/08: THON Bracelet and Sticker Sale at the HUB!**
- **11/13: 100 Days Til' THON Celebration!**
- **11/18: AED Spoon Tag Registration Closes**
- **11/19: AED Spoon Tag Tournament Begins**

Summary of Upcoming THON Events

DonorDrive Incentives!

1st Place by Dance Lottery

- Scheduled floor pass (official)

1st Place Overall (Choose 1)

- Littmann Classic Stethoscope
- Nespresso Vertuo Pop+
- JBL Portable Speaker
- Igloo 24qt Hard Cooler



2nd Place Overall (Choose 1)

- At-Home Movie Projector
- Keurig Single Serve Brew
- Stanley Cup



3rd Place Overall

- THON Shirt of your choosing



ARE YOU AN ORG MEMBER?

When you:

- Attend a THON™ Athletic Event in November
- Attend a HOS promotion in November
- And make a self-donation in November

You will be entered into a lottery
to win **crediting funds** and
additional **floor passes** for
THON™ Weekend!

Make sure to stop by the tables at the
athletic events and HOS promotions
to get credit for attendance/purchase!

If you're
reading this,
you are!

November Organization Challenge

Bracelet Sale Benefitting THON

Selling Bracelets Again!

- 11/08 at HUB Info Table #4
- 12pm-3pm
- 1 Active Point/Hour
 - Sign-Up Coming Tomorrow
- Selling bracelets, ribbons, and stickers!



All THON Fundraisers are Cash Only (per THON guidelines)

[Sign Up Here for 1 AP/Hr](#)

AED Spoon Tag Benefitting THON

- “Assassin” style game
- Tag your target with a spoon to get them out
- “Stun” your assassin by hitting them with a sock

- \$5 entry
- **The winner will receive a cash prize!**
- Collecting entry \$ from today until 11/18
- More office hours next week for collection

\$5 cash
entry



**AED SPOON TAG
BENEFITTING THON™**



[Sign Up Here](#)

Players will earn 1 THON AP and 1 Social Point

Reese's Additional THON Office Hours

- Tuesday 11/5: 1:20-2:40pm
- Monday 11/11: 12:00-3:00pm
- Wednesday 11/13: 12-2pm
- Monday 11/18: 12-3pm

Stop by to pick-up THONvelopes, learn more about fundraising & THON's mission, drop off donations, and pay for Spoon Tag registration.

Fundraising Feature: Gift Card Initiative

- ★ Helps lower internal costs for THON and make sure **\$0.96** of each **\$1.00** goes directly to **Four Diamonds**
- ★ Gift cards for select locations can be donated and **100% credited** toward your org!
- ★ Organizations who participate are entered into a lottery to **win prizes like a catered meal THON weekend!**
- ★ You can ask local businesses to donate → \$20 recommended

Accepted Gift Cards



How to start

- ★ Check on think.thon.org if businesses near you have been solicited (they probably haven't been).
- ★ Call to share THON's Mission and ask about a donation
 - If you are willing to pick-up a gift card near your hometown but don't want to do the talking, I will happily call :)
- ★ Pick-up the gift card, say Thank You, and turn in the gift card!



CALENDAR OF EVENTS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10/20 THON 5K powered by PNC Kona Ice FTK at the 5K Brazilian Munchies FTK at the 5K	10/21 Kickoff Brunch	10/22 Alt Fund Challenge Start	10/23 Dream Forward Trivia Night Vibe Coffee FTK	10/24 Social Media Storm #1 Committee Fundraising Challenge Begins	10/25	10/26
10/27	10/28	10/29 Roots FTK	10/30 Matching Day	10/31 Merchandise Grab Bag Sale	11/01 THON Women's Hockey	11/02
11/03	11/04 2000 Degrees FTK Alt Fund Challenge Ends	11/05 2000 Degrees FTK	11/06 2000 Degrees FTK Raising Cane's FTK	11/07	11/08 Social Media Storm #2	11/09
11/10 THON Pickleball Tournament	11/11 End of Committee Fundraising Challenge	11/12 Phone-A-THON Playa Bowls FTK	11/13 100 Days Til THON Campaign Total Reveal			

HOS Crediting

Important
Fundraising
Dates

Dream Forward Updates



Oct 20-Nov 13
AED's Goal: Raise \$1,500
AED's Current Dream
Forward Total: \$1,394.14

DARE TIME

1st Up!

**Shots of Hot
Sauce!!!**

2nd Dare!

**Spoonful of
wasabi!**

Coming Soon to Instagram: Ice Bucket Challenge

GBM 6: Monday, 11/18
at 7:00 PM in HHD 350

Scan to join the GroupMe!



Scan for attendance!



Join our Teams using code: o1qvjf9