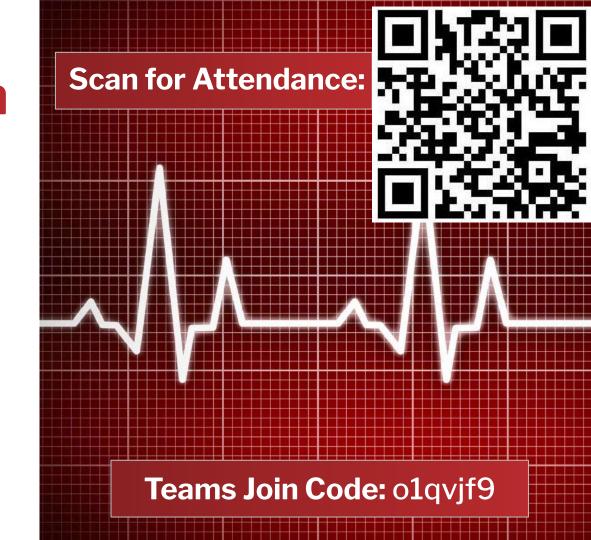
Alpha Epsilon Delta

Monday, February 03

Join Our GroupMe:







Surgical Resident | Morristown Medical Center, NJ

MD/MPH | St. George's University

Dr. Chris Lewis, MD

PGY-4 Surgical Resident

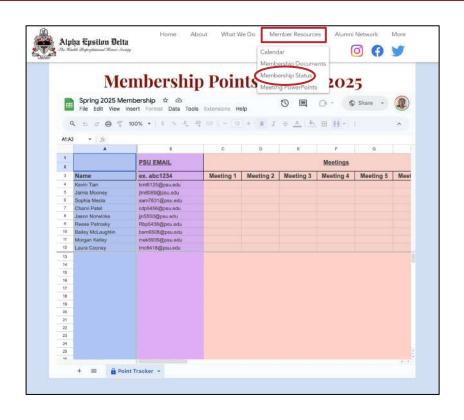
Email: clewis2551@gmail.com

Membership

Membership Status

- 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



The Princeton Review Partnership

- Our partnership with The Princeton Review provides us with some **DISCOUNT CODES** for our members!
 - PSUAED10_2425 → Use at checkout on private 1:1 tutoring to get 10% OFF.
 - PSUAED20_2425 → Use at checkout on specific MCAT, GRE, NCLEX, or DAT courses (excluding MCAT 515+ Immersion) to get 20% OFF.
- Distinguished Members: Receive 50% OFF select courses and resources
- Course Scholarship: Up to \$3,499 of credit for applicable courses
 - For the first member to reach distinguished status!

AED Resources Folder

- Financial Literacy Resources
- Long-Term VolunteerOpportunities
- Research Workshop Slides
- Scholarships Workshop Slides
- THON Information
- Volunteer Hours Tracker
- And more!



Office Hours

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

- Reese Petrosky (THON Chair): Mondays | 10-11:30 AM
- Kevin Tian (President): Tuesdays & Thursdays | 11-12 PM
- Jamie Mooney (Vice President): Wednesdays | 10-11 AM
- Charvi Patel (Treasurer): Thursdays | 3-4 PM
- Morgan Kelley (DHT Director): Friday | 11-12 PM

Please message the respective exec on Teams to be let in!

Appendix Section

Check out additional resources, opportunities, and more in our "Appendix" section at the end of this PowerPoint!

Service

Big Brothers Big Sisters

Zack Maser (he/ him) **Big Brothers Big Sisters** Case Manager

Contact:

zmaser@ccysb.com 814-699-1890









COMMUNITY

- · 12-month minimum commitment
- · Big & Little enjoy free/lowcost activities in the community
- Volunteer must have valid driver's license and access to a reliable insured vehicle

BOTH

- · Include thoughtfully matched volunteers (Bigs) with children/youth (Littles).
- Are supported by a professionally trained staff member AKA a Case Manager
- Necessitate a completed application, an interview, reference checks, and clearances
- · Require a desire to build a relationship with a youth in need

SITE

- One school year minimum commitment
- · Big & Little meet at a site, often a local school
- · Matches are supported by an on-site BBBS staff member
- Volunteer has little interaction with his/her/their Little's parent(s)/guardian(s)

Conversations to Remember: Virtual

Details: Conversations to Remember is a nonprofit dedicated towards combating loneliness and isolation felt by senior citizens.

- 2-3 college students matched with older adults for virtual video visits ~1 hour/week for at least 16 weeks to develop meaningful relationships with the seniors.
- Mandatory training is provided to students in the program.
 - Best ways to interact with the older adults & additional regular support.
- Opportunities for additional volunteer hours are possible with other volunteering options such as assisting with social media, call support, outreach, etc.
 - Current volunteering roles are listed <u>here</u>.

Contact: Jasmyn Gordon |

jasmyn.gordon@conversationstoremember.org



Who We Are

Conversations to Remember is a 501(c)(3) charity whose mission is to combat feelings of isolation and loneliness among senior citizens. We facilitate weekly video calls with senior citizens, including those with dementia, with the goal of creating intergenerational friendships.

Young adult college students will engage in virtual visits with a senior citizens. These seniors are lonely, and are excited to speak with you. Each video call will have 2-3 student volunteers matched with one senior. The calls will be for one hour, at the same time each week. You will only be matched for a call at a time when you are available. You must commit to continuing in the program for at least 4 months. Conversations to Remember will provide you with training and support.

How You Can Get Involved













email: info@ConversationstoRemember.org telephone: 862-243-5331

PSCOM: Fighting Food Insecurity

- 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!
- Backpack packing will take place on campus near the Wagner Building on Tuesdays 8-10
 PM.
- 1 Service Point per hour



SignUp Genius

AFSP Out of the Darkness Walk

- Aims to raise awareness, reduce stigma surrounding mental health, and provide support for those who have lost loved ones to suicide.
- 2-3 hours of community service per participant
 - Additional hours possible with additional involvement
- Date: Sunday, April 27
- Time: 1 PM start





Interest Form

LionCare Clinic School Supplies Drive

Providing Basic Necessities for Medically Under-Resourced Communities:

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

Middle and High School:		Elementary School:		
Notebooks	Pencils	Notebooks	Construction Paper	Washable
Binders	Erasers	Pencils	Pencil Cases	Markers Blunt-Tip
Pocket Folders	Highlighters	Erasers	Binders	Scissors
Pens	Pencil Cases	Folders	Colored Pencils	Lunch Box
Calculators (4 Pt)	Backpacks (4 Pt)	Crayons	Glue Sticks	Backpacks (4 Pt)
Outcollators (11 t)	Buokpuoks (11 t)	Orayona	Gide Stiens	васкраскѕ (4 Р і)

LionCare Office Hours

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

- Sarah Quinn (LionCare Liaison): Tuesdays | 1:30-2:30 PM
- Carolyn Tarpley (LionCare Liaison): Fridays | 12:15-1:15 PM

Drop off LionCare donations, ask general questions about LionCare, and learn how to get involved.

Please message the respective Liaison on Teams to let you in!

LION Mobile Clinic Volunteering

Health Literacy Program

- **Date:** Tuesday, February 4
- Time: 10:30 AM-12:30 PM
- Location: Schlow Library
 (Community Room | After you enter the library, turn right!)
- Details: 1 volunteer, help medical students lead a literacy program for adults on how to ask medical questions/how to access healthcare.

Mount Nittany Residences

- Date: Tuesday, February 4
- Time: 1-2 PM
- Location: 301 Rolling Ridge Dr., (The Community Room), State College
- Details: 1 volunteer, helpful (but not required) if volunteer can speak Mandarin or Russian.

LION Mobile Clinic Volunteering

Military Share Food Distribution

- Date: Monday, February 10
- Time: 9:30 AM-12 PM
- Location: 3C Sports & Event Center (200 Ellis Place, State College)
- Details: 3 volunteers, help to sort & distribute food, dress for outdoors.

Pre-K Literacy Event

- **Date:** Monday, February 17
- Time: 10 AM-12 PM
- Location: 109 West Beryl St, Center Hall (Center Hall Library)
- Details: <u>1 volunteer</u> (with clearances to work with children), help with literacy program for kids < 5.

LION Mobile Clinic Volunteering

Oak Springs Farm Spanish Interpreting

Date: Monday, February 17

Time: 12:30 PM-2 PM

Location: 272 Middle Road, Centre Hall PA 16828

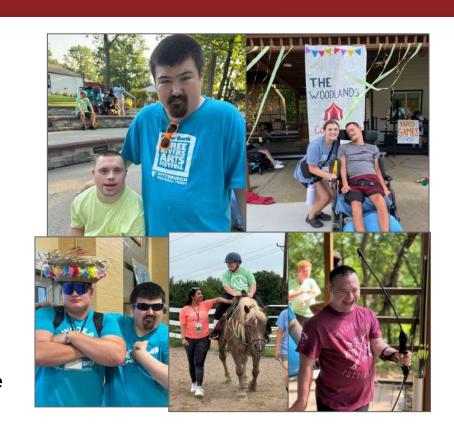
 Details: 3 volunteer who can act as spanish interpreters for the mobile clinics farm visit.

The Woodlands Foundation | Summer Opp.

Summer Camp Counselor

- Details: Overnight camps (music & sports) for teens & adults living with disabilities near Pittsburgh
 - Room and board is provided!
 - Weekly stipend (~\$500)
- Hiring Information
 - klewis@woodlandsfoundation.org
- When:
 - 2 Sessions: June & July/Aug
 - Choose one or do both!

If you're interested, please reach out to Reese Petrosky (rbp5438@psu.edu)!



Professional Development

Spring 2025 Sub-Chairs

President

Mentorship

Devika Bhavsar Sarah Quinn Neveah Sickles

Vice President

Service Fffie Frank

Jacquelyn Fekula

Speakers

Stephanie Carson

Secretary

Editor

Alyssa Ching Grace Bulera

Treasurer

Scholarship

Shruti Shenai

Public Relations

Social Media

Akene Moutchia

Social Events

Jolene

VanderHeyden

Alumni

Engagement

Narin Yang

DHT

Discussions

Dara l'Anson Noelia Rane

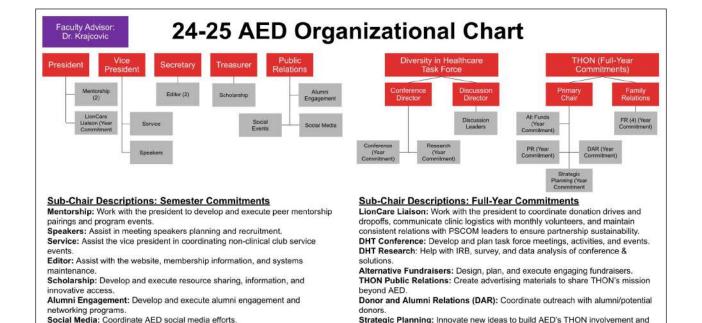
Please meet with your respective EXEC before you leave today! ♡

Leadership Structure

Social Events: Plan and execute AED social events.

keep the presentation timeline on track.

DHT Discussions: Lead a presentation group, arrange group meetings, and



There are plenty of Leadership Opportunities outside of Sub-Chair positions.

Please reach out if you want to get more involved!

impact.

and AED membership.

Family Relations: Develop and maintain relationships between THON families

BRIDGE Workshops | 02.27 and 04.03

Interview Strategies

WHEN: Thurs., Feb. 27 | 6:30-7:30 PM

WHERE: On Zoom

WHAT: PSCOM BRIDGE students will share various tips, strategies, and advice on how to ace interviews!

Gap Year(s) Workshop

WHEN: Thurs., April. 03 | 6:30-7:30 PM

WHERE: On Zoom

WHAT: PSCOM BRIDGE students will share various tips, strategies, and advice on how to maximize your Gap Year(s)!



Link Here

Clinical Exp. Workshop | Interest Form

WHEN: TBD

WHERE: In-Person

WHAT: Executive members will share strategies and resources to find and secure clinical opportunities!



<u>Link Here</u>

Clinical Research Coordinator | Gap Year Opp.

Full-Time Clinical Research Coordinator

- Location: Lancaster, PA (clinic and patient houses)
- **Duration:** 1–2 years, ideal for students taking a gap year before graduate school
- Requirements: Ability to travel to the clinic Monday through Friday, and to patient homes three times a week
- Start Date: March or early April 2025, to allow for a transition period before my departure
- **PI:** Dr. Devyani Chowdhury | Board-Certified Adult Congenital & Pediatric Cardiologist

If this position interests you, please reach out to Andres by email with your resume or CV.

Andres Hollenbeck

Email: ahollenbeck@cardiologylancaster.com

Draw Medicine Summer Fellowship Opportunities

Health Literacy Summer Fellowships

- Pre-Med
- Pre-PA
- Pre-Nursing

Learn more about Draw Medicine and their other resources on their website!





Apply! Apply! Apply!

Contact: rebecca@drawmedicine.com Instagram: @drawyourwaythroughmedicine

HealthWorks Peer Educator | Apply by Feb. 28

- WHAT: A student peer education and outreach program that promotes health at PSU (UP)
 - 3-credit BBH course
 - Paid on-campus job
 - Conduct 1-on-1 wellness services for students, present educational workshops to classes and organizations, and staff outreach tables and events!
- WHEN: Now through February 28th!

It is a great opportunity for freshmen and sophomores to get involved, build their resumes, and gain leadership and public speaking skills!



Social Fun

Spring Formal | SAVE THE DATE

- Collaboration with Schreyers Honors College
- Friday, April 4th | 6:30-8:30
 PM @ The Basement
- Guests do not have to be part of AED or Schreyers
- More info and sign-ups soon!



AED Social | THIS FRIDAY

- AED Social this Friday,2/7 at 9:00pm
- Complete form to be added to the GroupMe for more information
- This acts as an RSVP!







Interest Form

Feel free to either message

Jason on Teams/GroupMe for

other ideas!



Link Here

Diversity in Healthcare Task Force (DHT)

Discussions Updates

Sub-Chairs: Congratulations to...

- Dara l'Anson
- Noelia Rane

Presenters: STILL A NEED FOR THESE!!

- Contact Laura via Teams or Email at lmc6418@psu.edu if interested
- Current presenters list:
 - Janelle Bowmaster
 - Isabella Bautista-Santiago
 - Morgan Kelley

Groups: will be formed at a later date once more presenters contact me, but all groups will meet in a **discussions info session** once groups are formed (**date TBD**)

DHT Conference (.org) | SAVE THE DATE

Date: Sunday, March 23rd in Heritage Hall (HUB) from 11 am - 5 pm

* Free lunch catered from Panera & Certificate from PSCOM!

Description: Educates undergraduate Pre-Health students about disparities in our healthcare system and develops solutions to resolve them. Joined by Keynote Speakers and BRIDGE students.

Theme: Health Communication

SPOTS ARE LIMITED - Registration Opens Feburary 17 (next GBM)!

Message to Our Members

In light of recent events, we want to emphasize our unwavering support for our members and the healthcare community. We recognize that this may be a challenging time for some, and we want everyone to know that our organization is a safe space for all.

Please don't hesitate to reach out if there's anything we can do to support you during this time!



Upcoming Events

- 2.4: AED Pancake Party
- **2.5:** Vibe Coffee FTK
- **2.10**: Kondu FTK
- **2.12:** PlayaBowls FTK
- 2.13: Raising Cane's FTK/AED X SRCC Valentine's Delivery Service
- 2.15: AED THON Retreat/THOOPS
- **2.18**: Roots FTK

Attendance at each of these events is worth 1 THON point

AED X SRCC Valentine's Delivery Service

Order flowers by the stem or send a candy gram to someone special (or to yourself #GalentinesDay)! **Cash Only.**

- Assorted Flowers
 - \$3/stem or \$15/6 stems
- Cand Grams
 - Lollipop and personalized card (\$3)

Orders Due By 2/11 @ 11:59



Dancer Announcement

And maybe THON is also about the friends we make along the way :)

(come to retreat and stand with us THON Weekend!!!)

AED THON Retreat and THOOPS | 02/15

THON Retreat

- When: Saturday, 02/15 | 11:30 AM to 1ish PM
- Where: Willard 167
- What: A great way to get to know AED members better before we take on the BJC for THON Weekend! We will have games, socializing, and free Poppi (again).

THOOPS (THON Basketball)

- After Retreat, a group of us will be going to THOOPS (THON Basketball)
 - You can order your ticket here and join us!
 - \$5 of your ticket can be credited day of to AED
 - Free T-Shirt Designed by a Four Diamonds Child

THON Weekend Announcements

THON Weekend Points

- 1 Point/4 Hours (8am-10pm)
- 1 Point/3 hours (10pm-8am)
- THON Volunteers: Requirement is waived (thank you for volunteering!)
 - A form will be sent out after THON weekend to submit a photo of you/your committee
- A "Stands Schedule" will be sent out at the next GBM so you can sign up for when you will be in the BJC
 - If you want to be in the BJC for high-traffic events (Pep Rally, National Act, Final Four), you should plan to be in the BJC four hours before this event

THON Weekend Announcements

Entrance Plan

- Guaranteed entry into the BJC before Dancers Stand
- Begins at 3 PM & time slot is decided by a lottery
- Join AED's Entrance Plan here.
 - You MUST be available on 2/21 by 3:30 PM
 - You can make changes to this sheet until Wednesday at 7am
 - Your friends (not in AED) may join! They just also need to be available by 3 PM on 2/21
 - Failure to attend EP hurts AED's ability to participate next year!



THON Weekend Essentials (Recs)

- Clear bag
- Fanny pack/Belt Bag
- Refillable water bottle
- Portable charger
- Cards (for games)
- Extra socks
- Deodorant (please!)

THON Garage Sale: 2/11, 2/13, 2/18, 2/20

In the HUB (Pollock Rd Entrance)

THON Weekend Questions

Submit any questions you have about THON Weekend here!

- Common questions will be addressed at our next meeting
- Responses are <u>anonymous</u>, so don't be worried about asking "obvious" questions!



Sign Up for DonorDrive



Fundraising Tips

- Personalize you Donor Drive Page with photos and videos
- Share your DonorDrive on Facebook (and tag your family if they're okay with it!)
- Impact statements: THON is only XX Days Away, We've been standing for XX Hours
- Don't overwhelm with big numbers, even a \$5 donations makes a difference!

DonorDrive is our largest fundraising category, keep sharing Why You THON with friends and family (many donors will donate more than once).

World Cancer Day | Tuesday, 02/04

Stay after to take a picture and be a part of the "Together We Can" movement!

Post your photo and share your DonorDrive tomorrow:)

THON: Family Relations

Our THON Families...

The **CLARA** Shepps Family

The MARY Torres Family

WE ARE PLANNING TO VISIT MARY AND THE SHEPPS SOON!!!

GAME NIGHT #2

After GBM #3, February 17th (7:45-8:30pm)

Kahoot +
Catching up w/
Our Families!

More Upcoming Events:

AED Pancake Party TOMORROW (2/4) 6pm

Writing Kids Mail

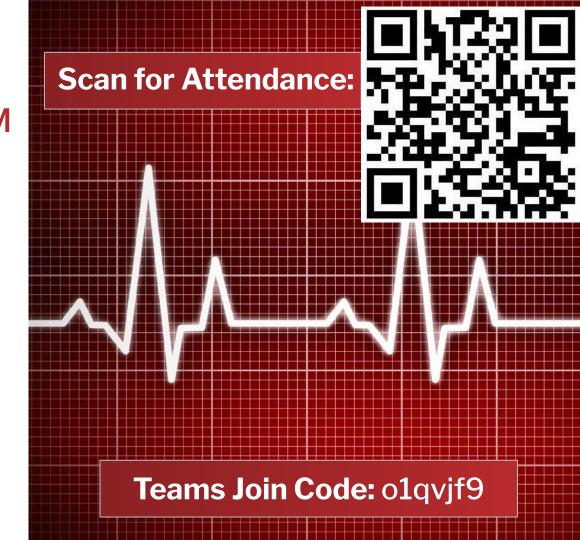
AED Letters/Poster for THON Weekend

Be on the lookout for the dates/locations for each of these events!

GBM 3: Monday, February 17 from 7-8 PM at HHD 350

Join Our GroupMe:





Appendix

What We Do

- Your Pre-Health Toolbox:
 Providing opportunities, connections, and resources to support your journeys into healthcare
- Preparing Future Healthcare
 Leaders: Holistic understanding of medicine, philanthropic involvement, exposure to health inequities, opportunities for leadership, forming professional and peer connections



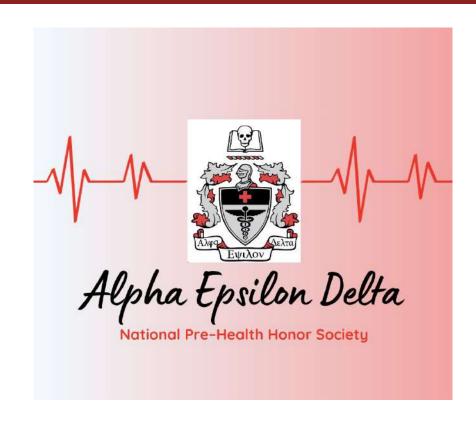




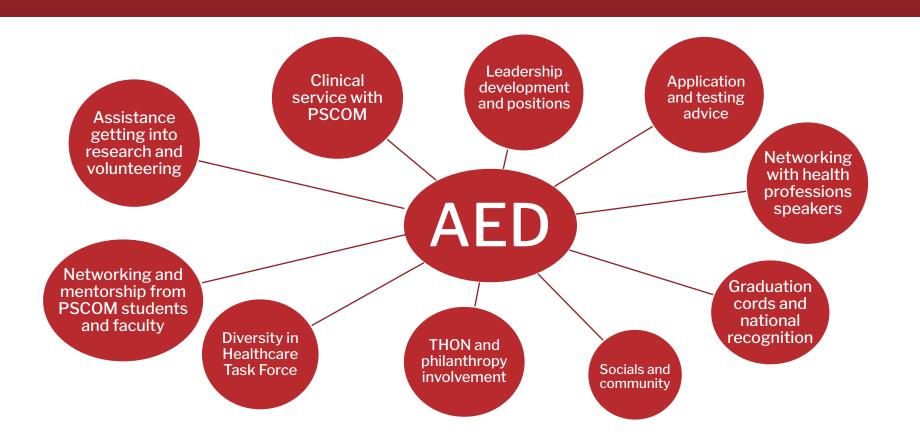


Who We Are

- Alpha Epsilon Delta is a nationally recognized pre-health professions honor society
 - Pennsylvania Beta Chapter
- We welcome all students on the pre-health track (pre-medical, pre-dental, pre-PA, pre-PT, and more)!

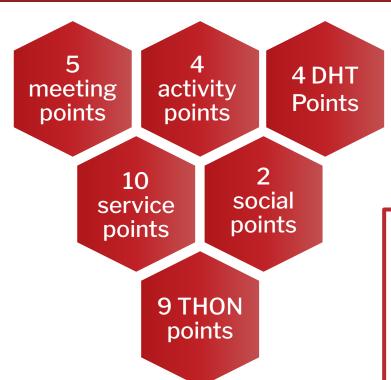


Your Pre-Health Toolbox



Distinguished Membership Requirements





INCENTIVE:

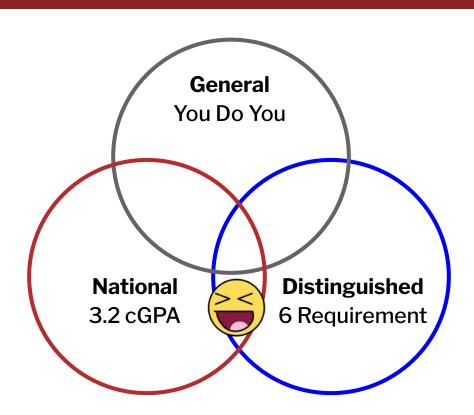
Discounted MCAT, GRE, DAT, prep resources + TPR Course Scholarship

National and Distinguished Membership

National

Benefits

- Be inducted into national chapter
- Submit application in the Spring
- Provided with graduation cords
- Eligible for scholarships up to \$10,000



PSU

General Membership

- Highly flexible
- Utilize any resources shared

Distinguished

- Requires greater involvement
- Demonstrates commitment and leadership
- Eligible for incentives

TEAMS Tutorial

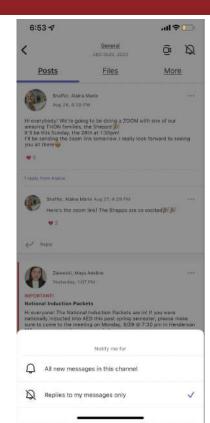
Notifications

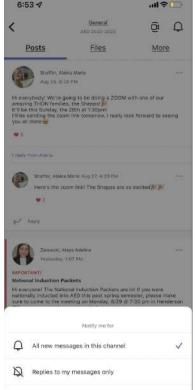
- Teams: AED 2024-2025 General → Bell Icon (top right)
- Settings: Teams App → Notifications
 → Allow

Channels

- **General:** Announcements
- Meeting Slides: Meeting Recaps
- NOTE: Manually turn notifications on for each channel!

GroupMe: Informal questions, announcements, etc.





AED National Scholarships

If you are nationally inducted into AED, you are eligible to apply for scholarships **up to \$10,000** from the <u>AED National Office</u>! Apply at the end of your senior year or after you graduate.

REQUIREMENTS:

- Must be Nationally Inducted
- Must be Attending a Health Professional School (medical, dental, PA, etc)

LionCare Clinic Partnership

LionCare is PSCOM's student-run clinic that provides free healthcare in Tyrone, PA. Its mission is to improve access to care in rural areas in central PA.

- AED sends three volunteers per monthly clinic (>25 since start!)
- Volunteers assist medical students by taking patient exam notes
- Due to limited spots, please only apply if you have strong interest in primary care and/or rural medicine.

LION Mobile Clinic Volunteering

Gain Clinical Experience and Develop Understanding of SDHs

The LION Mobile Clinic is a student-led free clinic focused on promoting health care access and proactive health choices for under-resourced communities of Pennsylvania.

- Learn about community medicine, comprehensive healthcare services, food insecurity, and more
- Assist medical students and doctors
- Earn experience as a medical scribe
- Connect with the community



Global Health Minor: 2025 Cohort

WHAT: Facilitate cultural competencies and mentored observerships of over 75 hours in clinical and public health settings **DETAILS:** Coursework in global health, epidemiology, biobehavioral health + a capstone 5-week medical & public health field experience in Africa (Ghana) or Latin America (Ecuador/Mexico)

INFO SESSIONS

In-Person: Thursday, January 23 & 30 | 6-7 PM | 116 BBH Virtual: Wednesdays, January to February 19 | Noon | Zoom

The Global Health Minor is a closed minor. Students must apply and be selected by a faculty committee. They are currently recruiting for their 2025 cohort (African/Latin America fieldwork in summer 2026). The deadline to apply is in February. Email Dr. Dana Naughton at dmn161@psu.edu (with Global Health Minor in the subject line) with any questions!



Pre-MED/PA: Gap Year Opportunity

WHO: Dr. Jill Ritter, M.D. | Section Chief of Rheumatology

WHEN: May 2025

WHERE: 200 S Orange Ave, Livingston, NJ 07039

TASKS: Medical scribing, triaging patient phone calls, learning medical terminology, taking vital

signs, and overall day-to-day office management

REQUIREMENTS: Bachelor's Degree OR equivalent. Prior clinical exposure is a plus.

Dr. Ritter is looking for an enthusiastic, friendly, self-motivated team player who will hit the ground running in the fast-paced environment of a solo rheumatology practice. This is a great opportunity for a pre-med/pre-PA student seeking additional clinical exposure before graduate school. The position includes the opportunity to work directly with patients. In addition, the candidate will receive one-on-one mentoring from Dr. Ritter!

If you are interested, please send your cover letter and resume to drjillritterscribe@gmail.com!

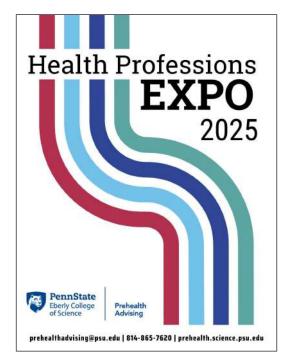
2025 Health Professions Expo: 03/24/25

WHEN: Monday, March 24 | 10-2 PM & 3-5 PM

WHAT: Connect with professionals, organizations, and healthcare programs

SCHEDULE of EVENTS

- 1. Health Professions School and Career Fair
 - D&T: 10-2 PM | Monday, March 24
 - LOC: Alumni and Heritage Halls (HUB)
- 2. Workshop Sessions
 - WHAT: Career spotlights, test prep sessions, and school overviews
 - **TIME:** 3:00 PM, 4:00 PM, & 5:00 PM



Learn More Here

Long-Term Service Opportunities

Abba Java Coffeehouse: Website

 Contact Reverend Sarah Voigt (<u>svoigt.wesley@gmail.com</u>)

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: <u>furrutiasmith@CentreSafe.org</u>

Centre Helps: <u>Apply Here</u>

- Serve as a Hotline Counselor Volunteer
- 7-week training program



Long-Term Service Opps Sheet