

Alpha Epsilon Delta

Monday, October 07

Scan to join the GroupMe!



Scan for attendance!



Join our Teams using code: o1qvjf9



**Emergency Medicine
Physician Assistant | Mt.
Sinai Health System**

**PA-C | Philadelphia
College of Osteopathic
Medicine**

**B.S. in Bioengineering and
Biomedical Engineering |
University of Maryland**

Jordyn Walker, PA-C

Emergency Medicine Physician Assistant (she/her)

General Updates

Member Resources



Long-Term Volunteer Opportunities

Volunteer Hours Tracker

THON information

Financial Literacy Resources

Merch Order Form

- ❖ Order form open for two weeks, due by **Tuesday, Oct. 22nd at midnight**
- ❖ Payment can either be through venmo (@charvip) or cash at the next GBM/exec office hours

\$26



\$18



Merch Order Form



10/16: Scholarships & Financial Literacy Workshop

- ❖ Wednesday **October 16th @ 7PM** in Thomas 222
- ❖ Attendance is worth 1 activity point
- ❖ Come to learn more about financial literacy resources, finding scholarships, how to best portray yourself in scholarship essays!

Financial Literacy Resource Guide

- Contains info on scholarships by major/career/college, pre-health resources, financial literacy webinars, etc.
- We will be continuously adding to this document throughout the year so keep checking it periodically for info on upcoming scholarships/financial literacy events!
- **Upcoming financial literacy sessions**
 - Guide to study abroad: October 8th, 2024 12:00 PM to 1:00 PM
 - https://psu.zoom.us/webinar/register/WN_8twUWz_BTMCj79DD3va3Vg
 - ◆ Debt Management: November 5th, 2024 12:00 PM to 1:00 PM
 - https://psu.zoom.us/webinar/register/WN_8twUWz_BTMCj79DD3va3Vg#/registration



↑
Link to Guide
(also available in the
resources folder)

Professional Development

Peer Mentorship Groups (Stick Around After!)

Mentor: Laura Cooney
Mentees: Alexis Saint-Jean,
Sami Reibstein, Jacquelyn
Fekula

Mentor: Charvi Patel
Mentees: Mackenzie
Reape

Mentor: Morgan Kelley
Mentees: Mary Claire
Miller, Danae Wafula

Mentor: Shenel
Fosuah-Asamoah
Mentees: Olivia
Dance, Juliana Malek

Mentor: Danielle Bocchieri
Mentee: Valeria Argueta

Mentor: Akene Moutchia
Mentee: Nicole Ong

Mentor: Jamie Mooney
Mentee: Sarah Sourwine

Mentor: Yashu Bansal
Mentee: Maci Fisher

Mentor: Bailey McLaughlin
Mentees: Cole Yates, John
Fan

Mentor: Reese Petrosky
Mentees: Naveah Sickles,
Janelle Bowmaster

Mentor: Julianna Keller
Mentees: Reanna Istrate,
Brianna Welzmuller

Mentor: Kevin Tian
Mentee: Alyssa Esack

Mentor: Hannah Mirshahi
Mentees: Rudhvi Yaragarla,
Kaden Martin

Mentor: Sophia Meola
Mentees: Addison
Firestone, Marie Gehman

Mentor: Jason Norwicke
Mentee: Mason Callahan

Mentor: Isha Javiya
Mentees: Amaan
Syed, Jamie Carlos

Mentor: Sarah Vinson
Mentees: Isabella Bautista-Santiago, Gabriella Juden

Mentor: Stephanie Carson
Mentee: Jolene VanderHeyden

10/09 PCOM Event

- We are co-hosting an OMM demo with PCOM and Pre-Health Advising this **Wednesday, 10/09 at 5 PM in Wartik 110**
- Great opportunity to learn about PCOM and osteopathic medicine!
- Attendance is worth **two** activity points



[AED Attendance Tracker](#)



DOCTOR OF OSTEOPATHIC MEDICINE: OMM DEMONSTRATION



362 Willard Bldg., University Park, PA 16802



Wednesday, October 9, 2024 • 5:00 pm



Alexander S. Nicholas, DO, FAAO, DIST.
Professor and Chair
Dept. of Osteopathic Manipulative Medicine
Junior Alvarado-Rosario, DO '26

REGISTER TODAY!



Join PCOM faculty for a demonstration of Osteopathic Manipulative Medicine (OMM). Learn about PCOM's OMM department and how we train medical students in osteopathic manipulative treatment (OMT).

PHILADELPHIA
COLLEGE OF
OSTEOPATHIC
MEDICINE.

PCOM Admissions • 4170 City Avenue • Philadelphia, PA 19131

Toll Free: 800-999-6998 • Local: 215-871-6700
admissions@pcom.edu

pcom.edu

Pre-PA 101

Interested in becoming a physician assistant? Have an intent to apply in the next few CASPA cycles?

Come to **Huck Life Sciences 004** this **Thursday 10/10** at **6 PM** to learn more (and get **1 activity point**) at the pre-PA 101 session!



PSCOM: Primary Care Day → Saturday, Nov. 2

[Sign Up Here](#)



3 Activity Points

- **Saturday, November 2 8-4 PM**
in Hershey Medical Center and
virtually
- **Please only sign up if you plan on
ACTUALLY attending. It is your
responsibility to communicate with
PSCOM if you can no longer attend!**

Diversity in Healthcare Task Force (DHT)

Vaccine Field Day → Sunday, Oct. 20

- **2024 DHT Conference Solutioning Phase**
Winning Proposal: A field day to mitigate vaccine misinformation
- Volunteers needed to facilitate games and activities
- Worth **1 service point per hour** of volunteering
 - or **2 service points** during THON 5k (10-1pm)
 - **1 DHT point**

Sign up to
volunteer here!



Diversity in Healthcare

EASTERLY PARKWAY ELEMENTARY

VACCINE FIELD DAY

Sunday, October 20
12 PM - 4 PM

Join us for an interactive
event designed to
educate young minds
about vaccines!

Prizes | Bouncy House | Food Vendors | More

Funded by Diversity in Healthcare
@diversity_in_healthcare

DHT Discussions

Group 1: Thursday, Nov. 21st at 7 PM, Native American Health Disparities, location TBD

Group 2: TBD

Group 3: Tuesday, Oct. 29th at 7 PM, Lack of Diversity in Clinical Research, Chambers 106

I'll announce these closer to the discussions as well, but here's this if you want to put it in your calendar early.

Service

Thanks for attending the first few service events!



Upcoming AED Service Opportunities

- **Service Series**

- Led by Jamie Mooney
- Letters to Patients, Holiday Cards, and more!

- **Member Service Project Initiative**

- Led by Ethan Lan
- More information to come!

- **Collaborations**

- Led by Effie Frank
- Collaborations with MAPS, Days for Girls, PSCOM, and more!

Invisible Illness Awareness Network

- **Long-term Health Education Opportunity:** Help create and present curriculum on invisible and chronic illnesses
- **2 meetings a month**
 - 1. Information on the condition(s)
 - 2. Guest speakers (patients and providers)
- Work primarily with **pre-health volunteers** as researchers, presenters, outreach, etc.
 - Potential for leadership in an affiliate program!



The Invisibly Aware Series

Hosted by Invisible Illness Awareness Network

Join us for two virtual meetings each month to learn about different invisible illnesses and the realities of having them!

We go over autoimmune diseases, gastroenterological conditions, neurological conditions (and many more) at our 1st meeting of each month with guest speakers (patients, healthcare professionals, and/or caregivers) joining in for our 2nd meeting of that month.

Check out the calendar in our linktree to find out dates and topics of our upcoming meetings! We'd love to see you there!



Scan the QR code for our linktree for the meeting link, our social media, and more!



IIAN8
Invisible Illness Awareness Network

IIAN is a 501(c)(3) Non-Profit Organization

Lion Care Clinic Partnership → Monthly

Applications are reviewed on a **rolling** basis. Selected volunteers will receive an email from Hannah (hsm5182) two weeks before their clinic.

[Application Link](#)



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)

PSCOM Backpack Packing: 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 and Sundays 4-6 PM.**
- **1 Service Point per hour**



[Interest Form](#)

LION Mobile Clinic Volunteering → 10.11 & 10.19

Schlow Library

- **Date:** Friday, October 11
- **Time:** 10 AM - 12 PM
- **Location:** 211 S Allen St.
 - Community Room (Turn right when you enter)
- **# of Volunteers:** 1
- **1 Service Point per hour**

Greater Buffalo Run Valley United Methodist Church

- **Date:** Saturday, October 19
- **Time:** 9 AM - 12 PM
- **Location:** 112 Trinity Court, Bellefonte, PA (Womeldorf)
- **# of Volunteers:** 1
- **1 Service Point per hour**

Message Kevin on Teams or via email (kmt6125@psu.edu) if you are interested.
Spots are limited, so this will be first come, first serve!

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			

THON™

- **10/7:** Online Sticker Sale Alt Fund Ends!
- **10/20:** THON 5K
 - Pancake Lunch w/ Mary
 - Dream Forward Begins!
- **10/21:** Pie An Exec
- **10/21:** Dream Forward Dare Thermometer Reveal!

Summary of Upcoming THON Events

Thank You for All You Do!

Thank you to everyone who has come to our Alt Funds so far! Your support helps us fuel the fight against childhood cancer

AED is a lottery organization, so your support also helps us increase our chances of having dancer for THON 2025!

What is the Lottery: A weighted system for IDCs and all orgs without guaranteed dancers

How does it work?: We are entered in the lottery at \$3,500, and every \$500 after that earns us another ticket! The lottery is drawn in late January.

DonorDrive Incentives!

1st Place by Dance Lottery

- Scheduled floor pass (if AED receives dancers)

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

ALPHA EPSILON DELTA
STICKER
& RIBBON SALE
BENEFITTING THON™

ORDER ONLINE:



\$2/1 or \$5/3



Sticker Sale Benefitting THON!!!!!!

How to Order?

1. Scan QR code and make selection (will be on Teams)
2. Pay Cash to Exec Member today!
3. You will be contacted when stickers are delivered for pickup

1 Active Point for ordering any quantity



FOR THE KIDS®

*Wednesday, October 9
4-10PM*

Mention THON at the register to
have a portion of purchase donated!

Credit your order to any organization,
IDC, or committee of your choice at the crediting table
located at 228 E College Ave!



Raising Cane's FTK (10/9)

Submit proof of purchase
through the THON Point
Tracker for **1 PP**

Join AED after the PCOM
Workshop for **1 AP** and **1
Social Point**

THON 5K (10/20) [1AP/1FR]

- Register to run (or walk) with AED!
 - Starts at 11:30
 - AED Meet up at 10:30
- You will receive an email with a waiver where you can **credit \$5** of registration toward AED!
- There is also music, dancing, Kona Ice FTK, Brazilian Munchies FTK!

Please Sign Up & Say Hello to Mary!



[THON 5K Registration](#)

Pie an Exec (10/21)

Hit us with “pie” (*for a good cause*)!

- \$2/pie
- \$5/3 pies

The Pie Shop Special:

Pie all of Exec for \$10

...and earn **1 THON Active Point**



THON Merch Plug (Crediting Opportunity)

Dream Forward



\$20



Bundle Both for \$35



Front

100 Days Til
THON

\$20



Back

Fundraising Feature: THONvelopes

- What are they?
 - Letters to send in the mail and share THON's mission with potential donors
- How does it work?
 - Use a template or create your own letter sharing THON's mission
 - Template is in Member Resources Folder
 - Put the letter and the blue envelope inside the white envelope
 - Return to Reese to be sent out!

I have 100 - Pick-Up at Office Hours and Future GBMs!

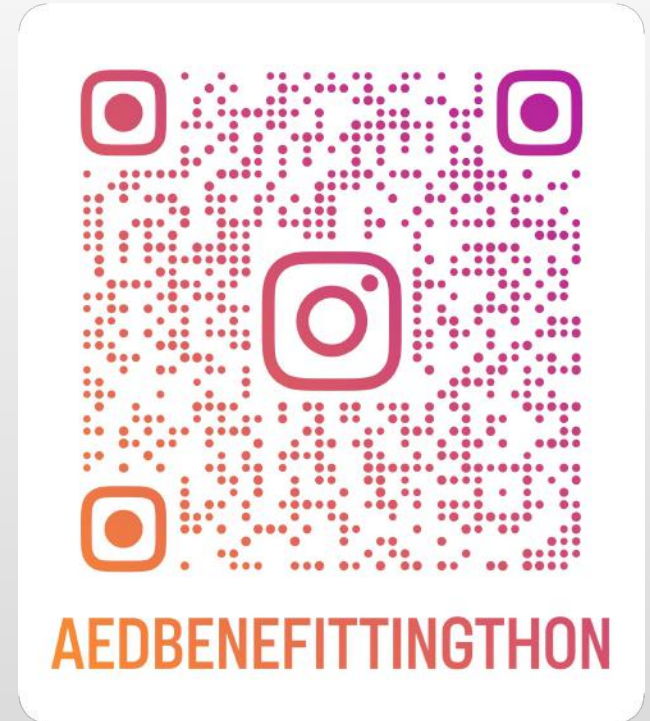
Asking for your families "Holiday Card List" is a great way to find addresses and fundraise! (1 PP/5 THONvelopes)

THON Point Opportunities

- See the **pinned post in the Teams THON channel** for opportunities to receive THON points
 - Corporate Donation Form
 - Donation Box Form
- Submit for points from *ALL* THON events on the [THON Point Tracker](#) in the pinned post

Stay Up-To Date with THON Fundraisers by following our Instagram!

Reach out to Reese for any questions or concerns



THON - Family Relations

THON Family Updates :)

The **CLARA** Shepps Family



The **MARY** Torres Family



We will be celebrating finishing the 5K with a pancake party from 1-3pm at Bailey's apt!!

Mary will be joining us and bringing homemade cookies.

Even if you aren't running the 5K please stop by and see Mary! She would love to meet you!

RSVP Here ->



POST-RUN PANCAKE PARTY WITH MARY

Location: Bailey's Apt (The Ambassador)

Time: 1-3pm (10/20) - stop by anytime



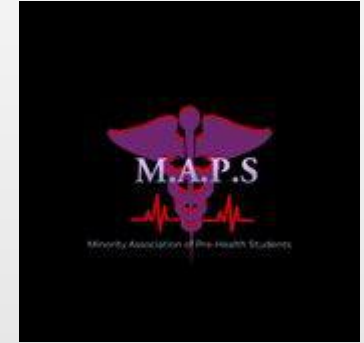
Social Fun

Pre-Health Formal!

We are merging our formal with several other pre-health clubs around campus

Looking at the week before Thanksgiving break for the date

Location and time TBD



Pennsylvania State University
Remote Area Medical

Providing free, quality health care to those in need.

AED Social THIS FRIDAY

There will be an AED Social this Friday,
10/11 @9:00pm at Jason's apartment

A great way to meet other
members/subchairs/executives!

FILLING OUT THE FORM WILL ACT AS
AN RSVP!



Pickleball Event!!

Planning on a Pickleball hangout the week of October 13th!

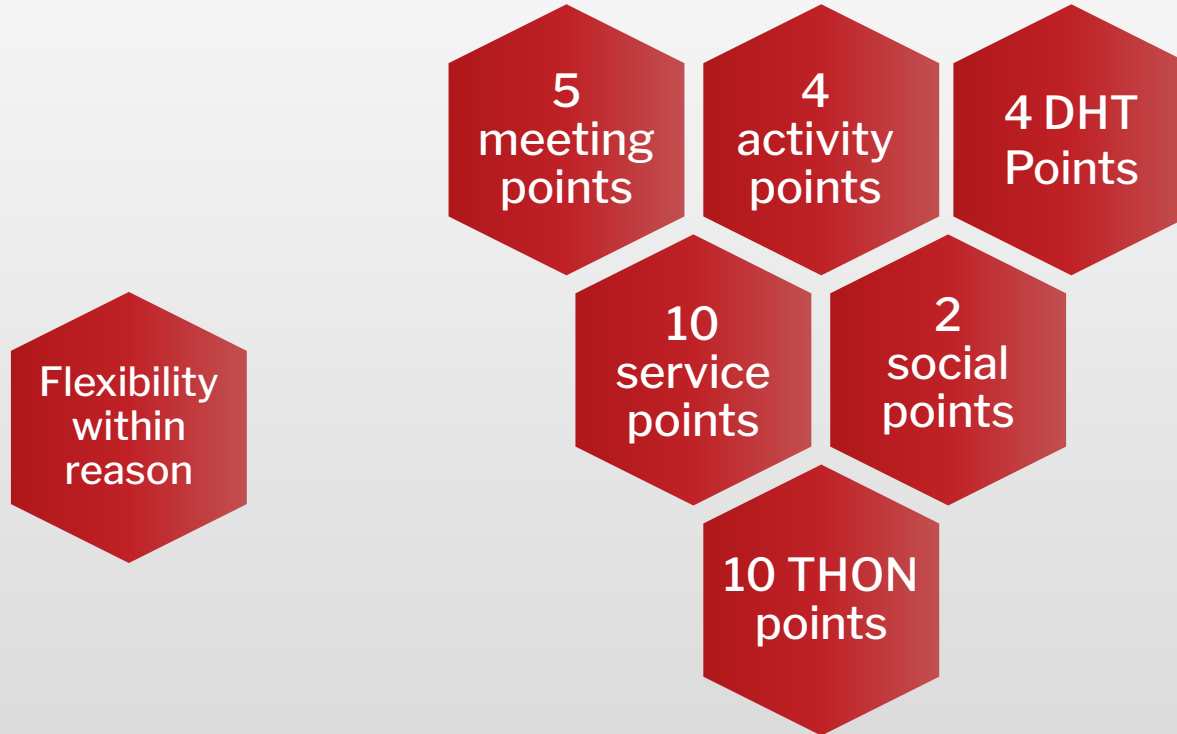
Going to try to find a day that has nice weather to play on the courts near East Halls, if not we can get rooms in the IM

Updates will be sent out sooner to then



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

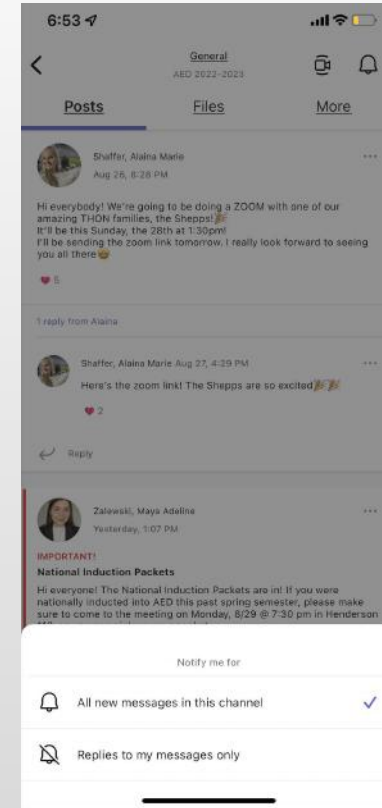
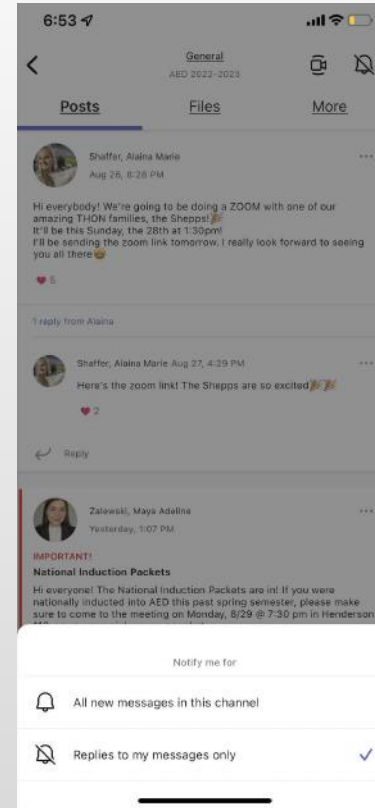
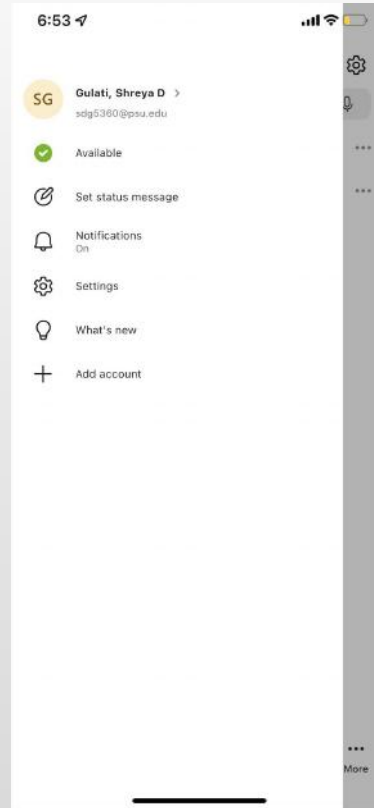
The screenshot shows the Alpha Epsilon Delta website with the 'Member Resources' link highlighted in the top navigation bar. Below it, the 'Membership Point' spreadsheet is displayed, which lists members and their attendance at five meetings. The spreadsheet is titled 'Fall 2023 Membership' and includes a toolbar with various editing options.

	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
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	mvp5768@psu.edu	X				
12	Aaliyah Liaci	ami7399@psu.edu	X				
13	Abby Franey	aff5463@psu.edu	X				
14	Akene Moutchia	axm6729@psu.edu	X				
15	Akshata Shetty	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



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 :)

GBM 4: Monday, 10/21 at 7:00 PM in HHD 350

Scan to join the GroupMe!



Scan for attendance!



Join our Teams using code: o1qvjf9