

# Alpha Epsilon Delta

Monday, September 9

Scan to join the GroupMe!



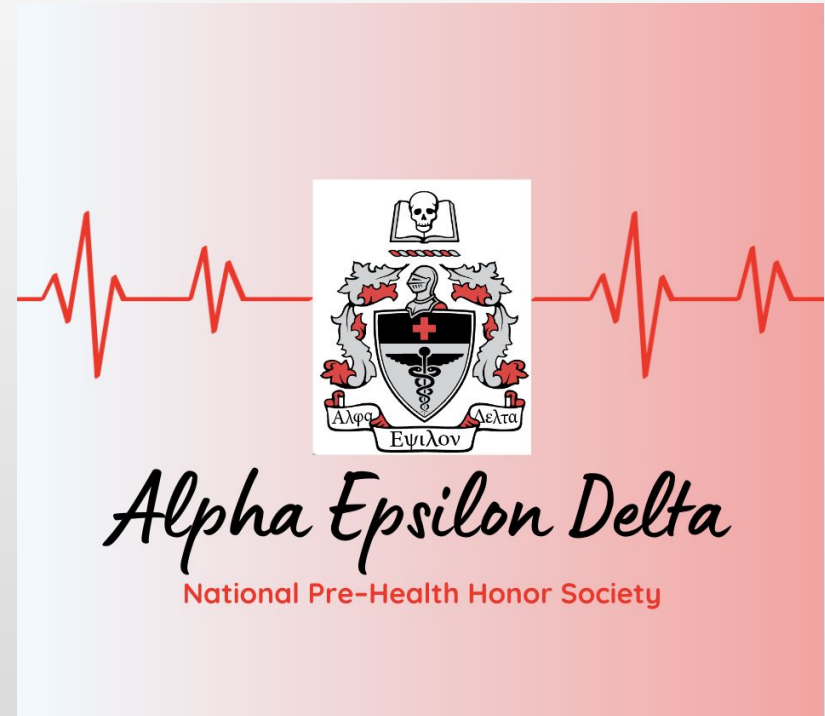
Scan for attendance!



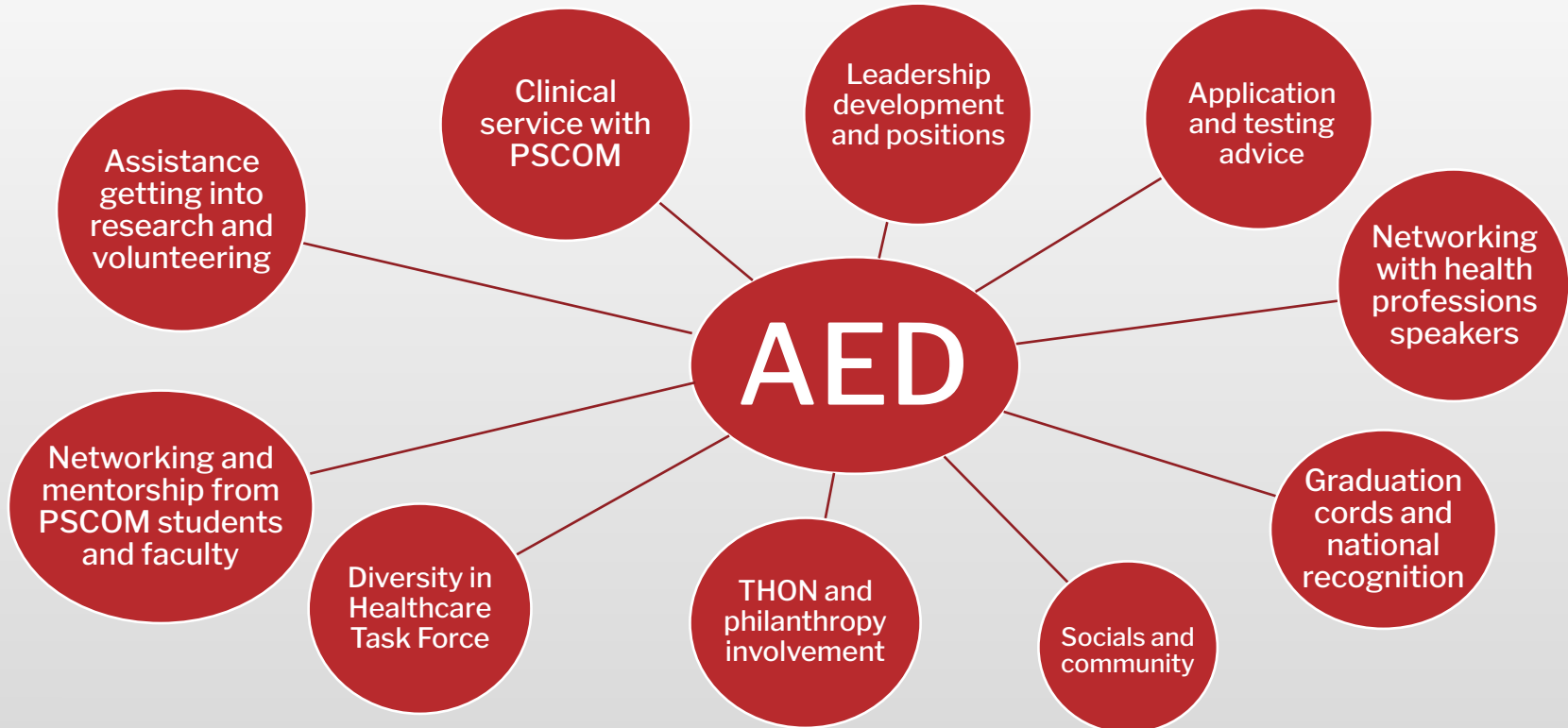
Join our Teams using code: o1qvjf9

# 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



# Speaker → Pre-Health Advising

**Dr. Melissa Krajcovic (she/her)**

**Mr. Dave Cassidy (he/him)**

**How:** Schedule appointments on  
Starfish

**Where:** 2nd Floor of Ritenour Building



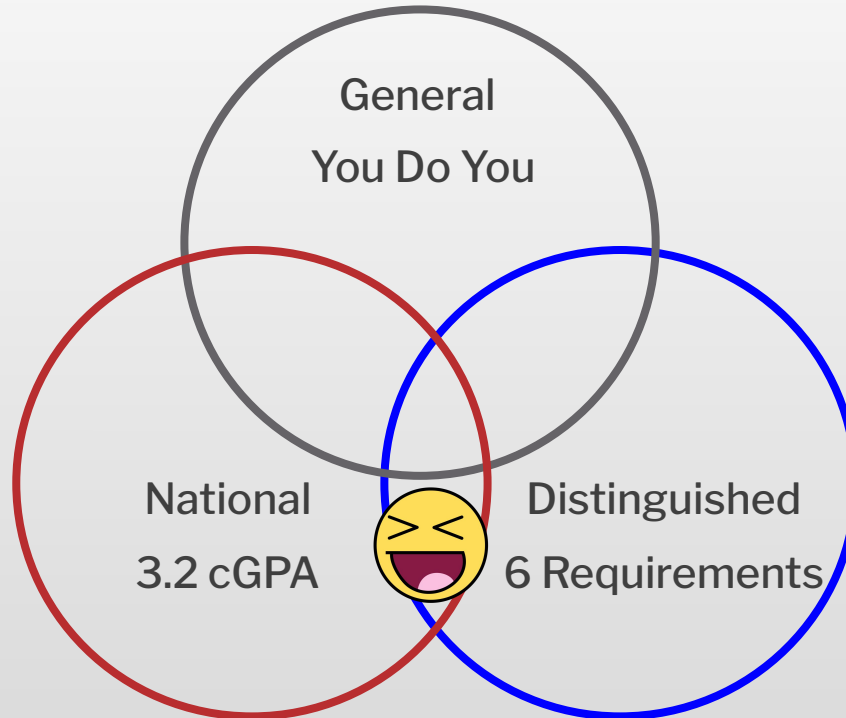


**Membership**

# National Induction and Distinguished Membership

## National

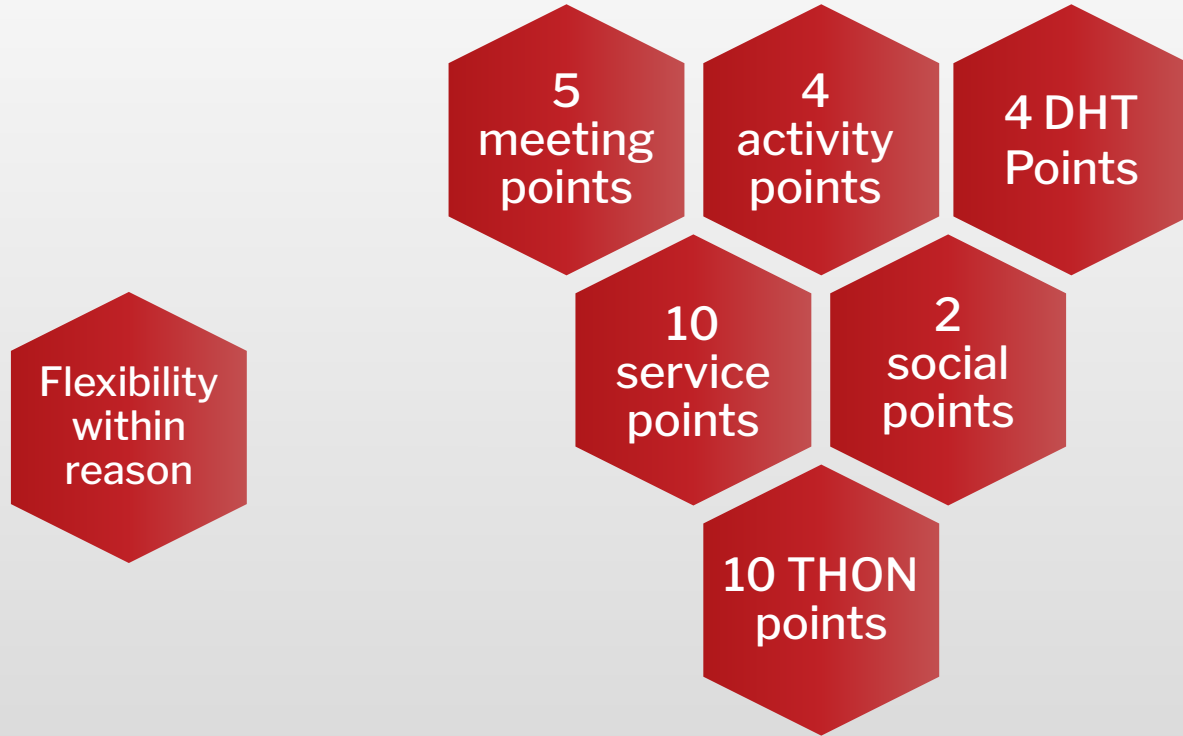
- Be inducted into national chapter
- Must submit application during spring
- Graduation cords
- Eligible for scholarships up to \$10,000



## PSU

- General membership is highly flexible
- Can take part in as many opportunities as you like
- Distinguished membership requires more involvement
- Demonstrates commitment and leadership

# 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](http://AEDPSU.COM)

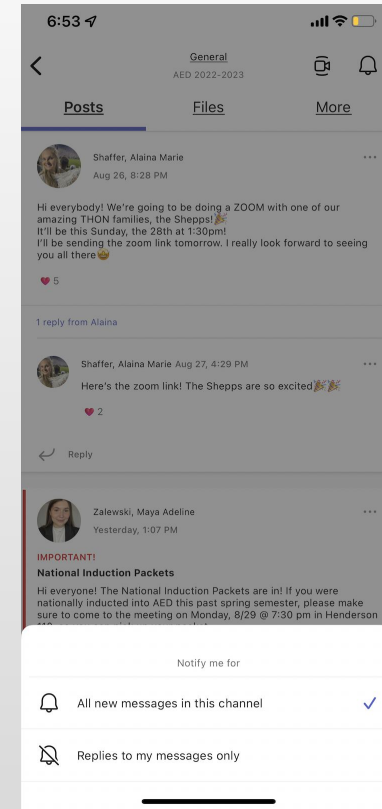
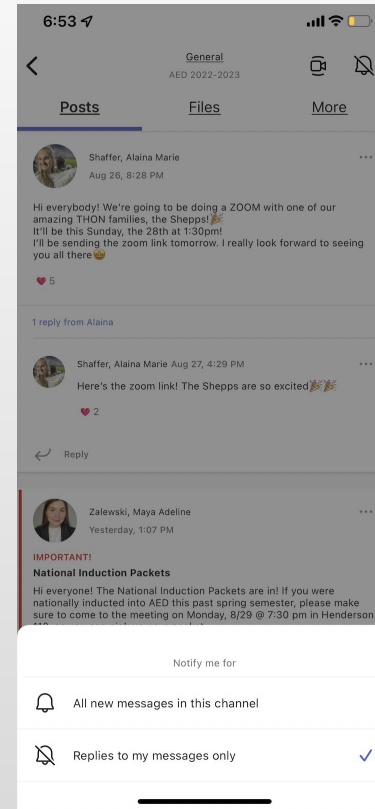
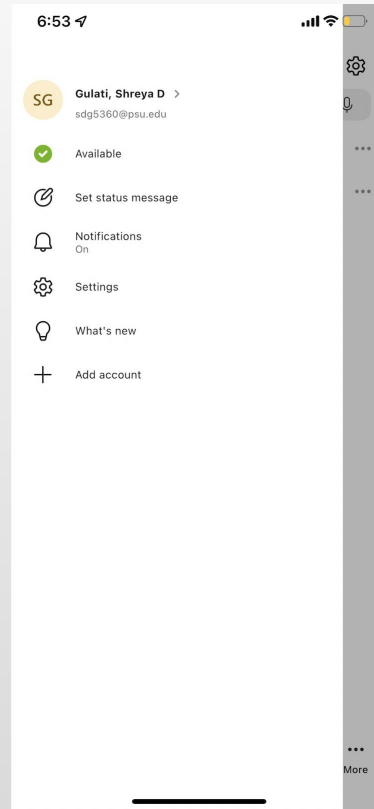
The screenshot shows the Alpha Epsilon Delta website header with navigation links: Home, About, What We Do, Member Resources (highlighted with a black box), Alumni Network, and More. Below the header are social media icons for Instagram, Facebook, and Twitter, and links for Calendar, Membership Documents, and Membership Status (circled in red). The main heading is "Membership Point" with a large "23" next to it. Below this is a "Fall 2023 Membership" spreadsheet with a menu bar (File, Edit, View, Insert, Format, Data, Tools, Extensions, Help) and a search bar. The spreadsheet has columns for Name, PSU EMAIL, and Meetings (Meeting 1 through Meeting 5). The data is as follows:

|    | A                 | B                  | C                | D                | E                | F                | G                | H         |  |
|----|-------------------|--------------------|------------------|------------------|------------------|------------------|------------------|-----------|--|
| 1  |                   | <b>PSU EMAIL</b>   | <b>Meetings</b>  |                  |                  |                  |                  |           |  |
| 2  | <b>Name</b>       | <b>ex. abc1234</b> | <b>Meeting 1</b> | <b>Meeting 2</b> | <b>Meeting 3</b> | <b>Meeting 4</b> | <b>Meeting 5</b> | <b>Me</b> |  |
| 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**



# Office Hours

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

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

Service

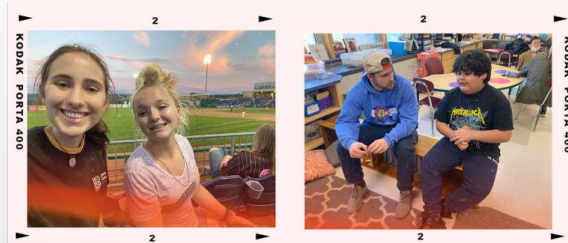


# Big Brothers Big Sisters

## Zack Maser

(he/ him)

Big Brothers Big Sisters  
Case Manager



## OUR PROGRAMS

### COMMUNITY

- 12-month minimum commitment
- Big & Little enjoy free/low-cost 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)

# Bracelets for Breast Cancer Awareness Series

- **First Meeting**

- **Date:** Tuesday, September 10th
- **Time:** 6-7 PM
- **Location:** Thomas 122
- **Tasks:** Create bracelets to be donated to Geisinger Hospital

- **Next Meeting**

- When? 🤔



# Red Cross Blood Drive → 09.17.24

- **Date:** Tuesday, September 17
- **Time:** 11-4 PM
- **Location:** Heritage Hall (HUB)
- **Tasks:**
  - Volunteer → 1 service point per hour
  - Whole Blood Donor → 3 service points
  - Power Red Donor → 4 service points
  - Sign up on [Google Sheet linked](#) or scan:
  - Eligibility requirements [linked here!](#)
  - **Mention AED when you sign in!**



The winning org in each of the five THON categories will win **\$1,000** donated by the American Red Cross on behalf of that winning org!

# Gift of Life Event → 09.17.24

- **Date:** Tuesday, September 17
- **Time:** 6-7 PM
- **Location:** Boucke 308
- **Tasks:** Learn about Gift of Life's mission and volunteer to be added to the Bone Marrow Registry
- **Website:** [giftoflife.org](https://giftoflife.org)



# 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.**

# LionCare Clinic Partnership

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

- Applications are reviewed **blindly** by AED and Lion Care leadership.
- Please direct questions to Hannah.

[Application Link](#)



# LionCare Clinic School Supplies Drive

Providing Basic Necessities for Medically Under-Resourced Communities:

**Drop Off:** AED Office (Hetzl Lounge in HUB, **2 Service Pts** Per Donation)

## Middle and High School:

|                           |                         |
|---------------------------|-------------------------|
| Notebooks                 | Pencils                 |
| Binders                   | Erasers                 |
| Pocket Folders            | Highlighters            |
| Pens                      | Pencil Cases            |
| <b>Calculators (4 Pt)</b> | <b>Backpacks (4 Pt)</b> |

## Elementary School:

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



# New Leadership Position: Lion Care Liaison

- Full-Year Commitment
- Assist Hannah in communicating clinic logistics to monthly volunteers
- Assist in organizing school supply drive donations and plan pickups for PSCOM students
- Please reach out to Hannah (hsm5182) before applying for this leadership role.

[Apply Here](#)



# 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



# LION Mobile Clinic Volunteering → 09.14.24

## Latin Fest

- **Date:** Saturday, September 14
- **Time:** 11-5 PM\*
- **Location:** MLK Plaza @ 127 S Fraser St., State College
- **Tasks:** Meet community members, hand out informational resources, assist with flu shots and point-of-care testing, and administer blood pressure screenings
- **1 Service Point per hour**

**Thank you for signing up!**

**Sign-ups are now closed, but  
keep an eye out for future  
opportunities coming out soon.**



# Evangelical Community Hospital Volunteering

- **Date:** Sunday, October 13
- **Time:** 12-6 PM
- **Location:** The Rusty Rail @ 5 N 8th St Suite #1, Mifflinburg, PA 1784
- **Tasks:** Assist the Evangelical Community Hospital with various tasks during their unPAVED Cycling Event
  
- **1 Service Point Per Hour**



**Professional Development**

# BRIDGE Mentorship Program

## Gain Mentorship From a PSCOM Medical Student



- Meet at least once per semester with your mentor
- Due by 11:59 PM on **Monday, September 23**

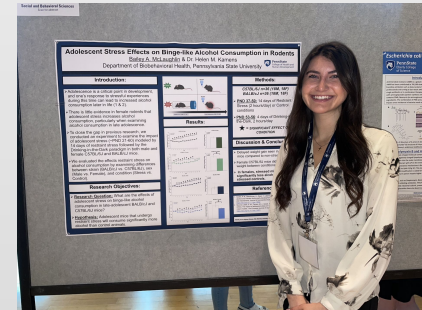
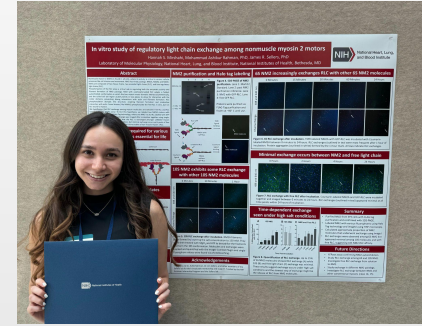


# Research Workshop: September 18

## Interest Form



- Learn how to find research opportunities aligning with your interests and how you can secure them!
- Wednesday, **September 18** at **6:30 PM** in Thomas 118
- Attendance **1 Activity Point**





# Scribing Workshop and Headshots: September 25

[Sign Up Here](#)



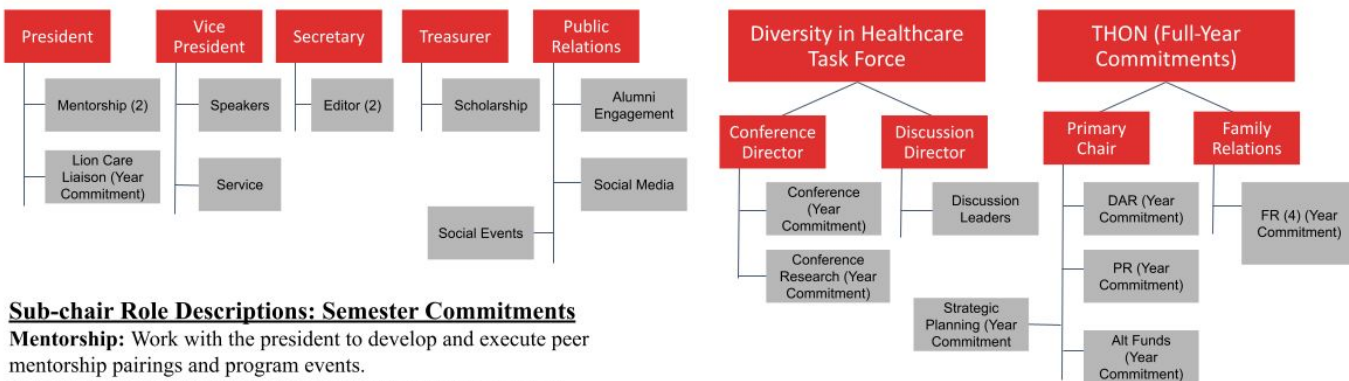
**1 Activity Point**

- Learn how to take medical notes for working in healthcare!
  - If you are interested in **Lion Care**, we highly recommend attending.
- Wednesday, **September 25** at **7:00 PM** in Business Bldg 107

# Leadership Opportunities

Faculty Advisor:  
Dr. Krajcovic

## Fall 2024 AED Organizational Chart



### Sub-chair Role Descriptions: Semester Commitments

**Mentorship:** Work with the president to develop and execute peer mentorship pairings and program events.

**Speakers:** Assist in meeting speakers planning and recruitment.

**Service:** Assist the vice president in coordinating non-clinical club service events.

**Editor:** Assist with the website, membership information, and systems maintenance.

**Scholarship:** Develop and execute resource sharing, information, and innovative access.

**Alumni Engagement:** Develop and execute alumni engagement and networking programs.

**Social Media:** Coordinate AED social media efforts.

**Social Events:** Plan and execute AED social events.

**DHT Discussions:** Lead a presentation group, arrange group meetings, and keep the presentation timeline on track.

### Sub-Chair Role Descriptions: Full-Year Commitments

**Lion Care Liaison:** Work with the president to coordinate donation drives and dropoffs, communicate clinic logistics with monthly volunteers, and maintain consistent relations with PSCOM leaders to ensure partnership sustainability.

**DHT Conference:** Develop and plan task force meetings, activities, and events.

**DHT Research:** Help with IRB, survey, and data analysis of conference & solutions.

**Alternative Fundraisers:** Design, plan, and execute engaging fundraisers.

**THON Public Relations:** Create advertising materials to share THON's mission beyond AED.

**Donor and Alumni Relations (DAR):** Coordinate outreach with alumni/potential donors.

**Strategic Planning:** Innovate new ideas to build AED's THON involvement and impact.

**Family Relations:** Develop and maintain relationships between THON families and AED membership.

Applications  
open today!!

# Apply For Sub-Chair Positions!

**Due Friday, September 20 at 11:59 PM**

- **DHT Discussion Sub-Chairs:** [specific DHT application](#) must be submitted in addition to primary application
- **Lion Care Liaison:** [specific application](#) must also be submitted
- **THON Sub-Chairs:** [THON & FR Supplemental Application](#)



**Social Fun**

# Activities & Events

- Tailgates
- IM Sports
- Socials
- Miscellaneous events
- Formal



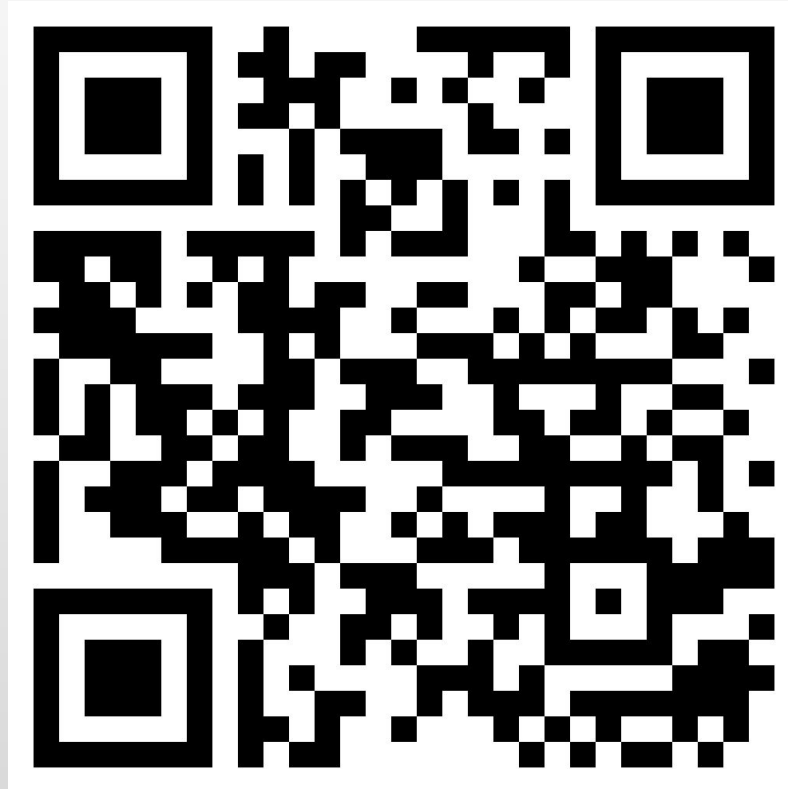
# Speed Dating Social

- **Thursday 9/12 @6:30 in Willard 273**
- Fast-paced meet and greet with new & current members!
- Guiding questions on board, timer to indicate switching partners



Team Trivia Night next week 9/19 @6:30 in  
Business 007!

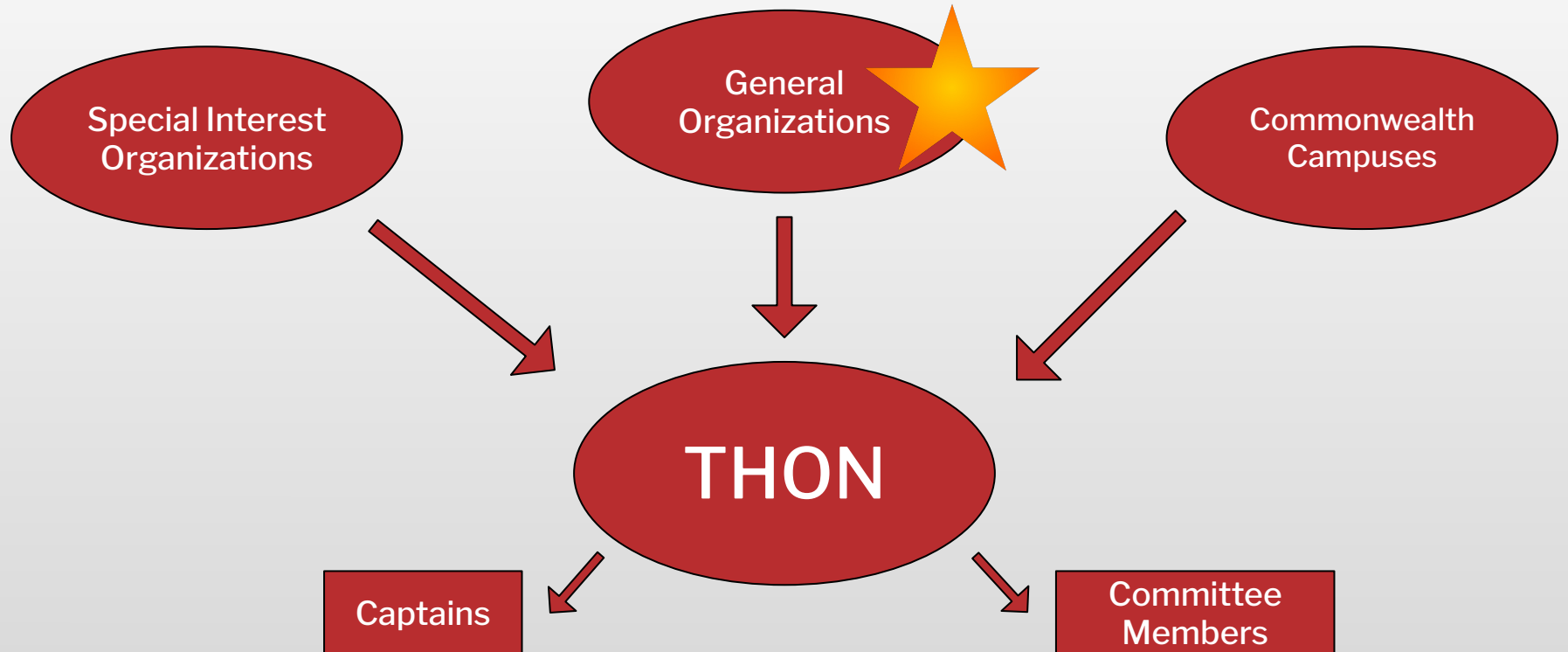
# Interest Form





THON

# How is AED Involved in THON?



# What do we do for THON?

- Attend THON Hosted Events
  - THON 5k, 100 Days 'Til THON, THON Weekend
- Plan & Host Fundraisers
  - Restaurant Nights, Bingo, Pie Exec, Ribbon Sale, etc.
- Support our 2 AMAZING THON families
  - The Torres Family
  - The Shepp Family



# Being involved in **AED Benefitting THON**

## AED Benefitting THON

- Choose your involvement level
  - Sub-chairs (Application)
  - General Member
- Join us in the stands THON Weekend!
- Close-knit community of AED Members and our THON families

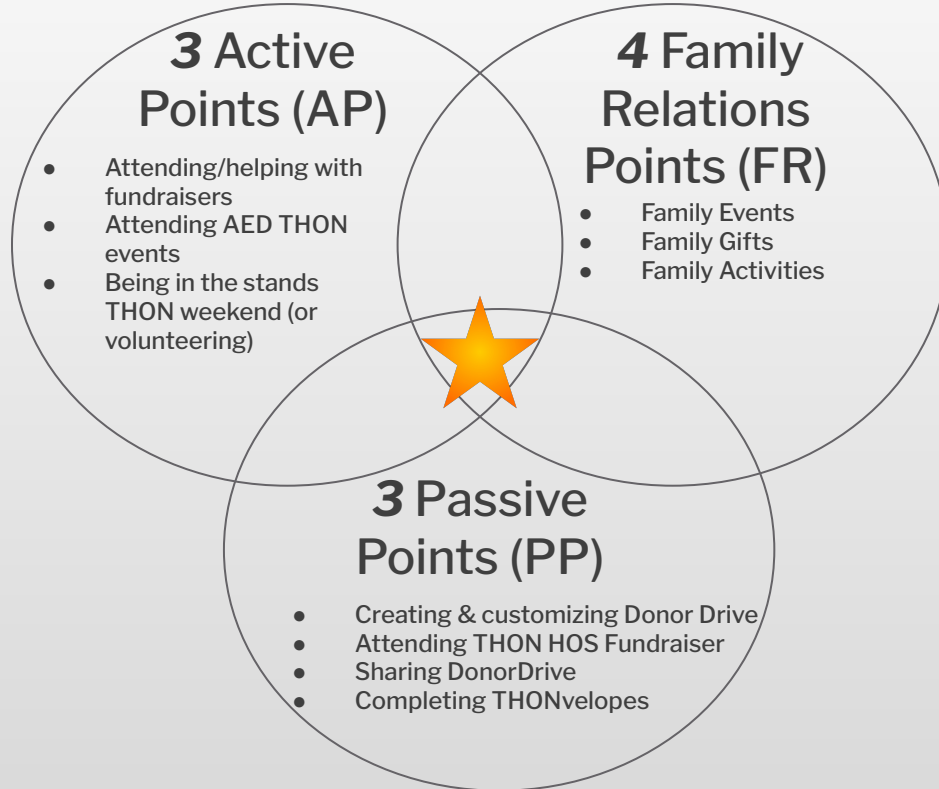
## THON

- 2-hour weekly meetings
- Active volunteer throughout THON Weekend
- Be a part of a larger committee and community
- First-Year Committees



***Good News:  
You CAN do both!***

# AED THON Points



# Get 1 Passive THON Point Now!



Receive **1 THON Point** by *making a Donor Drive and Customizing your page!*

Submit THON Points to  
the form on Teams

**THON - Family Relations**

# Meet our THON Families!

## The CLARA Shepps Family



**Fam in DC!**



**Puppy "Emmie"**



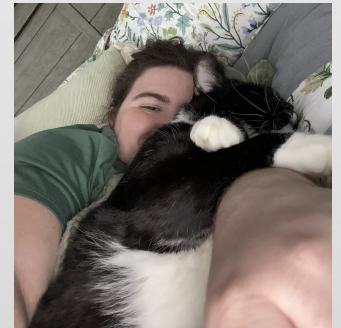
## The MARY Torres Family



**Cat "Dibs"**



**Crochet MASTER**





*Choose your involvement level!*

General Member:

- Attend socials with our THON families throughout the year (crocheting, road trips, facetimes, etc.)
- Participate in activities to celebrate our families and get to know each other

FR Sub-Chair:

- Chat weekly with our THON families
- Help plan events for AED members and families to meet!
- Help plan surprises to celebrate our families



Being involved in  
**AED THON**  
**Family Relations**

# Upcoming Events

9/30: AED @ Vibe Coffee Co. (1 AP)

10/05: AED Ribbon Sale (1 AP)

10/20: Pre-5k Breakfast w/ Mary! (1 AP, 1FR)

10/20: THON 5k (registration is OPEN!) (1 AP)

THON 2025 is 165 Days Away!



# Diversity in Healthcare Task Force (DHT)

# Recap of the two parts of DHT

## Conference

- Annual event each spring semester
- AED members discuss health inequities and implement solutions with other Penn State students in pre-health clubs
- Includes speakers and interactive exercises

## Discussions

- 3-4 discussions per semester
- About 1 hour each during weekday evenings
- A presentation group of AED members present information on a healthcare inequity, followed by a collaborative discussion

# Discussions involvement

## **Subchair applications** (<https://forms.gle/4uaE55BASiQHdDLb6>)

- These will open today and are due 09/20/24 by 11:59 PM
- Should be filled out WITH the normal sub-chair application

If you are interested in presenting this semester, contact me via Teams or email ([lmc6418@psu.edu](mailto:lmc6418@psu.edu))

- There will be no application to be a presenter this semester, you just have to confirm with me that you are interested and can fulfill responsibilities

**GBM 2: Monday, 09/23**  
**at 7:00 PM in HHD 350**

Scan to join the GroupMe!



Scan for attendance!



Join our Teams using code: o1qvjf9