

Alpha Epsilon Delta Information Session

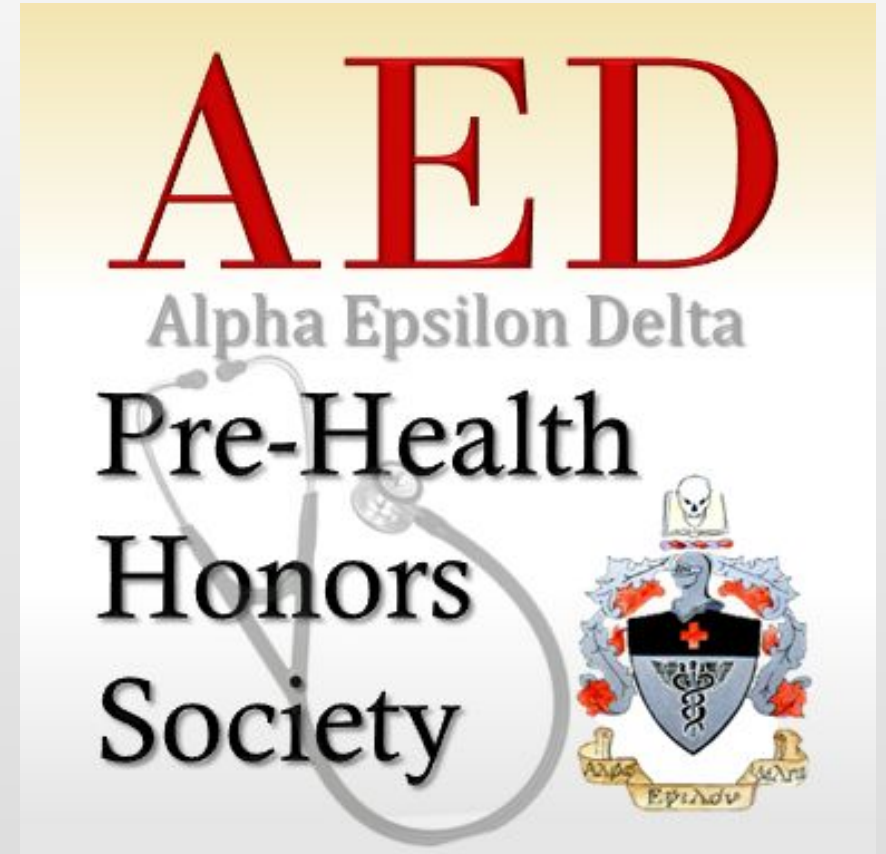
1st Meeting - 1/16/23

[Scan for attendance!](#)



Welcome to the AED Information Session!

- **Nationally** recognized Pre-Health Professional Honors Society
- Introduction/Updates for newcomers
- Refreshers for returning members



Who we are and what we do

- Nationally recognized Pre-professional Health Honors Society
- Pennsylvania Beta chapter
- AED caters to students who are on career paths toward
 - Doctors (MDs, DOs, and PhDs!)
 - Dentistry, Chiropractic, Physical Therapist, Physician Assistant, Nurse Practitioners, Nurses!
 - Hospital Administration!
 - And many others that are going into the allied health field!



President



Maya Zalewski

Major: Biobehavioral Health
Minors: Neuroscience & Biology
Year: Third Year
Hometown: Rockland County, NY
Years in AED: 2
Plan: Medical School!
Contact: maz5348@psu.edu

Vice President



Lauren Spadt

Major: Biomedical Engineering

Year: Senior

Hometown: Warrington, PA

Years in AED: 3

Plan: Medical School

Secretary



Alycia Auerbeck



Major: Biology - Neuroscience
Minor: Psychological Sciences
Year: Fourth
Hometown: Hollidaysburg, PA
Years in AED: 4
Plan: Medical School

Treasurer

Alex Auerbeck

Major: Biology - Vertebrate Physiology

Minor: Health Policy Administration

Year: Fourth

Hometown: Hollidaysburg, PA

Years in AED: 4

Plan: Dental School



Public Relations



Dipesh Patel

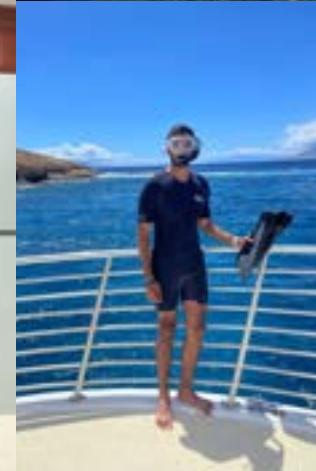
Major: Biology - Vertebrate Physiology

Year: 4th year

Hometown: Hazlet, New Jersey

Years in AED: 4

Plan: Work as a medical scribe during gap year then medical school



Diversity in Healthcare Task Force Director

Maddy Edwards

Major: Biology

Minor: Women's Studies

Year: Fourth

Hometown: State College, PA

Years in AED: Three!

Plan: Pennsylvania College of
Optometry Class of 2026

Contact: mje71@psu.edu or on
teams!



Primary THON Chair

Shreya Gulati

Major: Premedicine

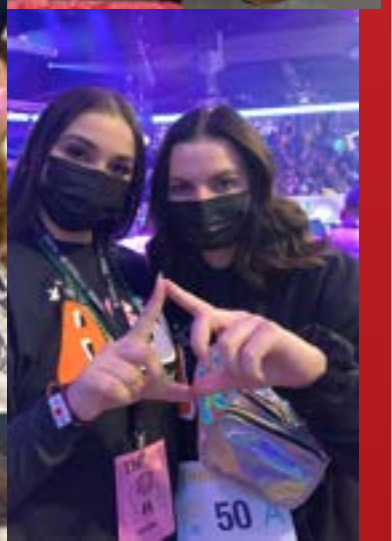
Minor: Psychology

Year: Fourth

Hometown: Pittsburgh, PA

Years in AED: 3

Plan: Medical School



Family Relations

Alaina Shaffer

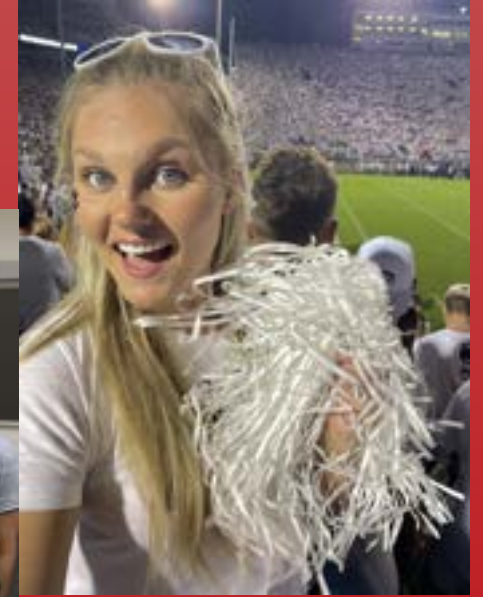
Major: Immunology & Infectious Disease

Year: Senior

Hometown: Uniontown, PA

Years in AED: 3

Plan: Physician Assistant School



What is THON?

- Largest student-run philanthropy in the world
- Year-long effort to raise money for pediatric cancer
- Ends in a 46 hour no-sitting, no-sleeping dance marathon
- Feb. 17-19, 2023 in the BJC!
- Each organization gets paired with a family or families who are affected by pediatric cancer
 - We are paired with the Torres family and the Shepps family



**COUNTDOWN:
32 DAYS!!**

Clara Shepps

- ❖ She's 10 years old and going into 5th grade this year!
- ❖ Her family includes Amy (mom), Anthony (dad), Scarlett (younger sister), Sydney (older sister), and Emmy (dog)!
- ❖ She LOVES gymnastics... is working to perfect her ariel!
- ❖ Her favorite TV show is The Vampire Diaries
- ❖ Her favorite thing about THON is the Pep Rally!
- ❖ Her favorite food is ice cream... coffee flavored!



Mary Torres

- ❖ She's 19 years old and is going to college to become a teacher!
- ❖ Her family includes her mom & dad, Alex (older brother), Lauren (older sister), Catherine (younger sister), John (younger brother), Riggs (dog), and Dibbs (cat)!
- ❖ She's very creative, loves to read, and amazing at crocheting
- ❖ Her favorite TV show is Sherlock!
- ❖ Her favorite thing about THON is the story of how it started and that it helps people every day!
- ❖ Her favorite food is calamari!



AED BINGO BENEFITTING THON



ALPHA EPSILON DELTA PRESENTS

BASKET BINGO BENEFITTING THON™

WHEN: JANUARY 22ND, 1-4PM
DOORS OPEN @ 12PM

WHERE: BIOBEHAVIORAL HEALTH
BUILDING 022

\$20 20 rounds of bingo with luxury prizes,
huge raffle baskets, food & more!

Decorative elements: yellow and blue curved lines, pink circles at the top, yellow circles at the bottom.



100% of proceeds go to THON! Buy tickets for you,
your friends, and family to save your spot today.
A great time for a great cause!

amazon

JBL

RTIC

YETI

SONY

Vera Bradley

kate spade
NEW YORK

Apple logo

SIGN UP HERE!



Decorative elements: yellow and blue curved lines, pink circles at the top, yellow circles at the bottom.

AED BINGO BENEFITTING THON



AED BINGO BENEFITTING THON



What is the DHT? How can I get involved?

Discussion Sessions

- Join the DHT committee to research, present, and discuss disparities in healthcare
- Learn about ways you can improve the healthcare system
- Attend other groups' presentations and discussions



Spring 2023 Conference

- Opportunity to discuss issues and work towards solutions for disparities in healthcare
- Last year's conference had almost 100 participants!
- Attendees receive a certificate from Penn State Hershey College of Medicine
- Best solutions for healthcare disparities receive monetary prize!



Sign-up to present at DHT Discussion Sessions!

How do the discussion sessions work? How can I get involved?

Step 1: Fill out the sign-up form at the QR code or link sent out in the recap email

Step 2: You will be arranged into small groups based on your topics of interest

Step 3: You will work together to research your specific topic and present your findings at a discussion session

Step 4: Your group will pose guiding discussion questions for attendees to answer

Step 5: You will get to attend other groups' presentations and discuss their topics!



**Scan here to sign-up!
The form will also be
sent out in the recap
email**

Sign-up to present at DHT Discussion Sessions!

Deadline to sign-up is **Tuesday, January 31st**

Groups will be announced at an information session on **Wednesday, February 1st**

- *This is a great opportunity to learn more about diversity in healthcare*
- *Many medical school interviews ask questions related to disparities in healthcare, so this could really help you out!*
- *It's also really important for pre-health students to be aware of this issues because we are the ones who will have a platform to fix them in the future!*

You will earn 2 DHT points for presenting!

Reminder: Distinguished membership requires 2 DHT points! Presenting at a discussion session: 2 points

Attending a discussion session: 1 point



Scan here to sign-up!
The form will also be sent out in the recap email

Programming Updates

BRIDGE EVENTS THIS SEMESTER!!

BRIDGE is a great partner and resource for our AED members. They offer personalized, relevant, informative, and empathetic advice.



BRIDGE at University Park

Medical Student Mentorship Club for PSU Undergraduates

February 8th, 7:00pm, Location TBD, **Personal Statement Writing Workshop**

March 1st, 7:00 pm, Location TBD, **BRIDGE Resume/CV writing and Interviewing Tips**

March 29th, 7:00 pm, Location TBD, **Mock Case Study Workshop**

April 19th, 7:00 pm, Location TBD, **Med Student Study Tips and Time Management Presentation**

MCAT/GRE Book Loaning Program

This BRIDGE program was made to loan MCAT and GRE prep books to undergraduate students at PSU to offset the cost of applying to professional programs. This first round of books will be distributed in January for students taking the MCAT in 2023.



BRIDGE at University Park

Medical Student Mentorship Club for PSU Undergraduates

https://docs.google.com/forms/d/e/1FAIpQLSeg07ol5nbV2D9Uer7rc_V_43z5pLEMuUJq41lvfNK0IH3QZw/viewform

AED Mentorship Program

Peer Mentor Application

<https://forms.gle/o6zR7rRaVAtoAEuv8>

Due by: Midnight on 1/29/23



Peer Mentee Application

<https://forms.gle/NmFwuF17WpgQ7n6q6>

Due by: Midnight on 1/29/23



UPenn Perleman School of Medicine: A Day in the Life

“We are excited to announce that we are returning to our original in-person program for ***A Day in the Life*** on **Saturday, February 25, 2023!** The **registration link goes live** on our event page on **January 16th** and will stay open until the event reaches maximum capacity. Due to the highly anticipated nature of the event, we recommend that students register ASAP, and cancel their confirmation if they are unable to attend. After reaching capacity, new registrants will be added to a waitlist and contacted in the event that a slot becomes available.”

<https://www.med.upenn.edu/admissions/a-day-in-the-life.html>

Food Drive! (YMCA of Centre County's Anti-Hunger Program)

Please bring your donations to the next GBM for volunteer points!

- Accepting ANY canned goods that are...
 - Not expired
 - Completely sealed

Your donations will make a difference, and we will be delivering them to families at the next food drive event!

"CANUARY" FOOD DRIVE
SHELF-STABLE CANNED FOOD NEEDED!



We're collecting shelf-stable canned goods to help YMCA of Centre County's Anti-Hunger Program meet the needs of local community members who visit their regularly scheduled food distributions. If you have canned goods you're able to donate, please drop them off at our next GBM!

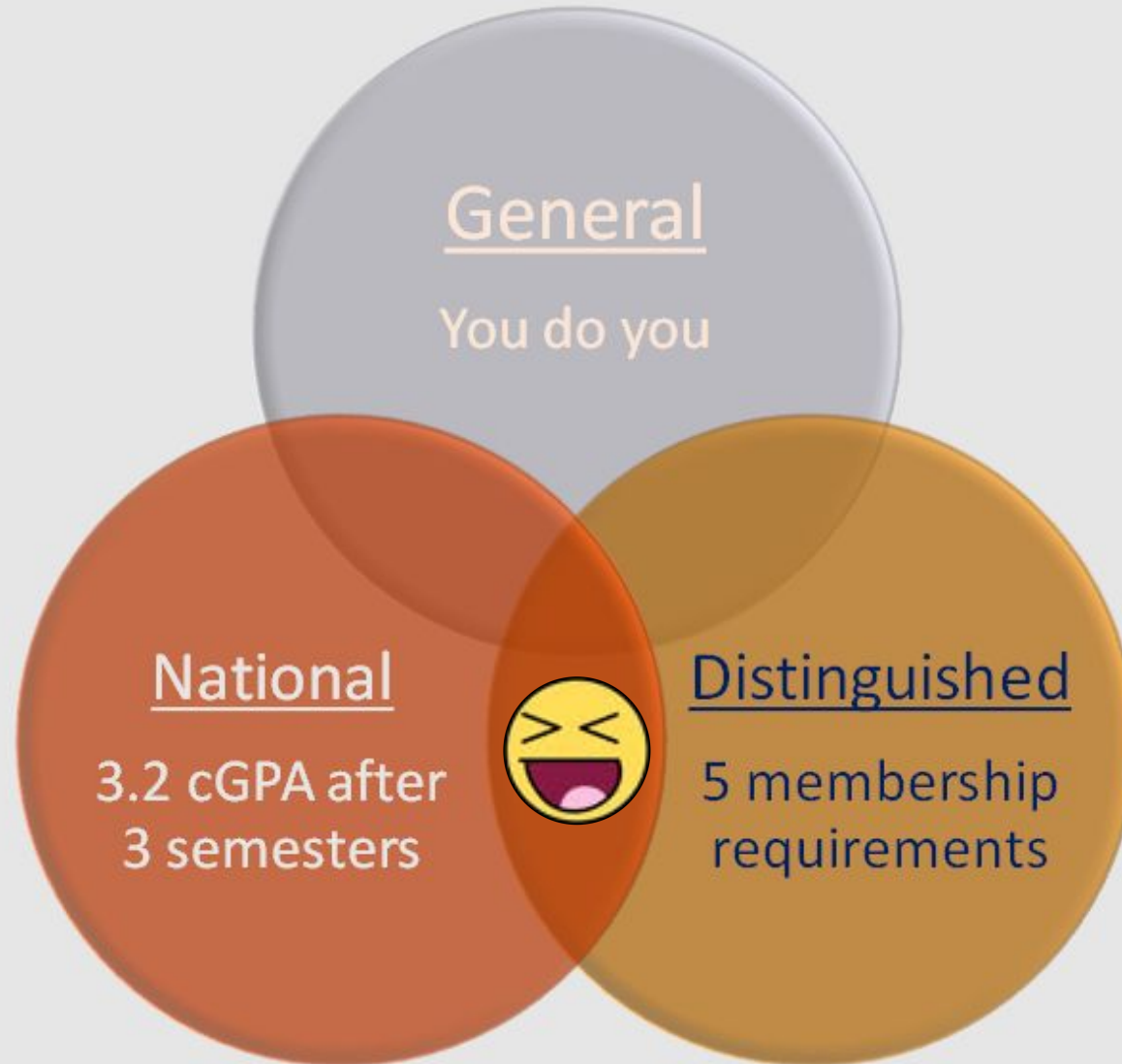
What do we offer?



National Induction and Distinguished Membership

National

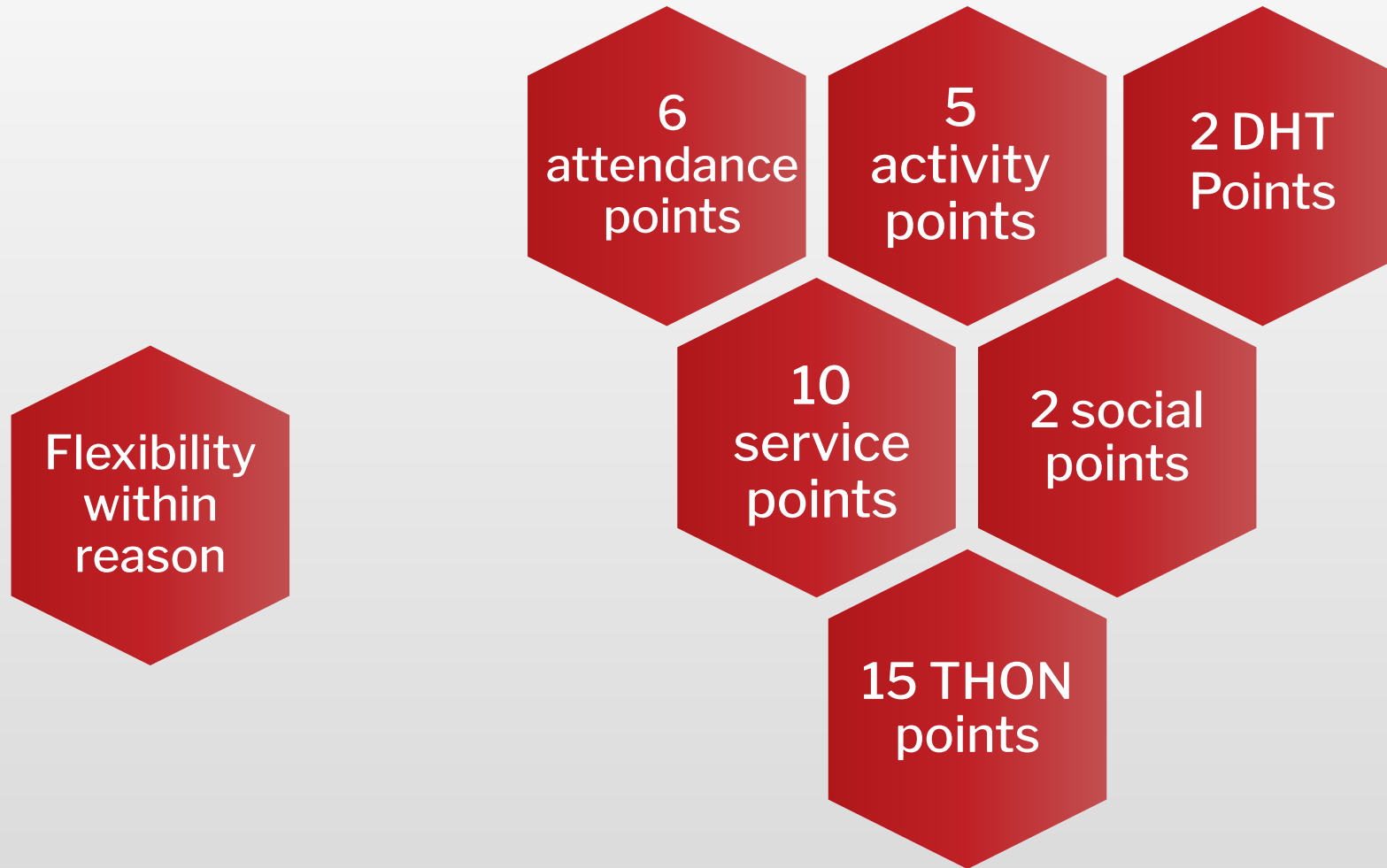
- Be inducted into a national pre-health organization
- Must submit an additional application
- Receive graduation cords
- Apply for scholarships



PSU

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

Requirements for Distinguished Membership



AED Website – A Valuable Resource!

<https://www.aedpsu.com/>

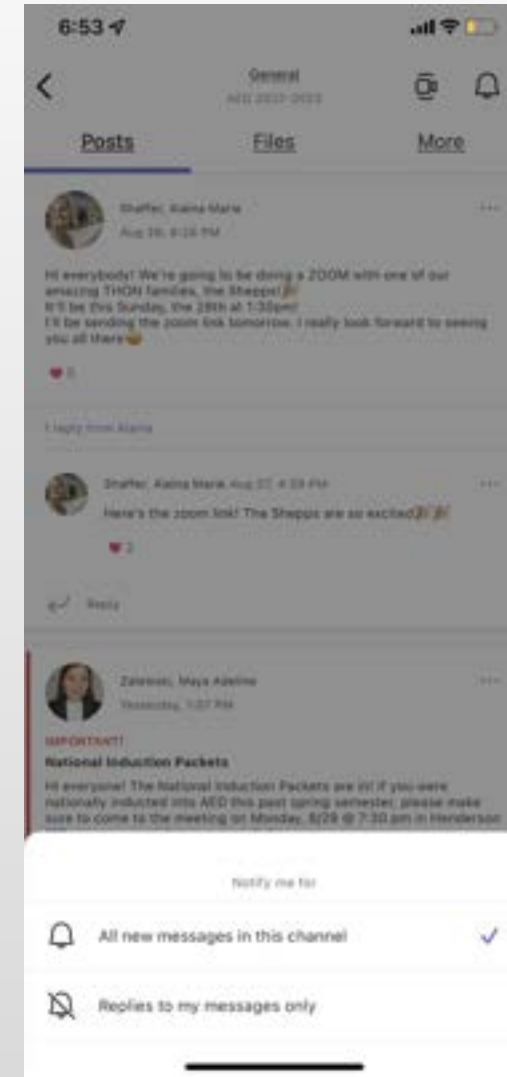
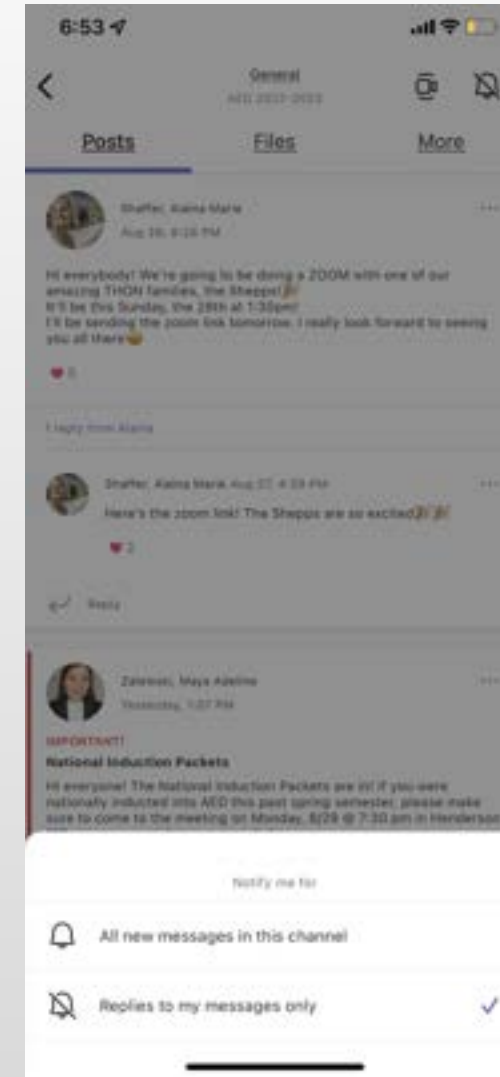
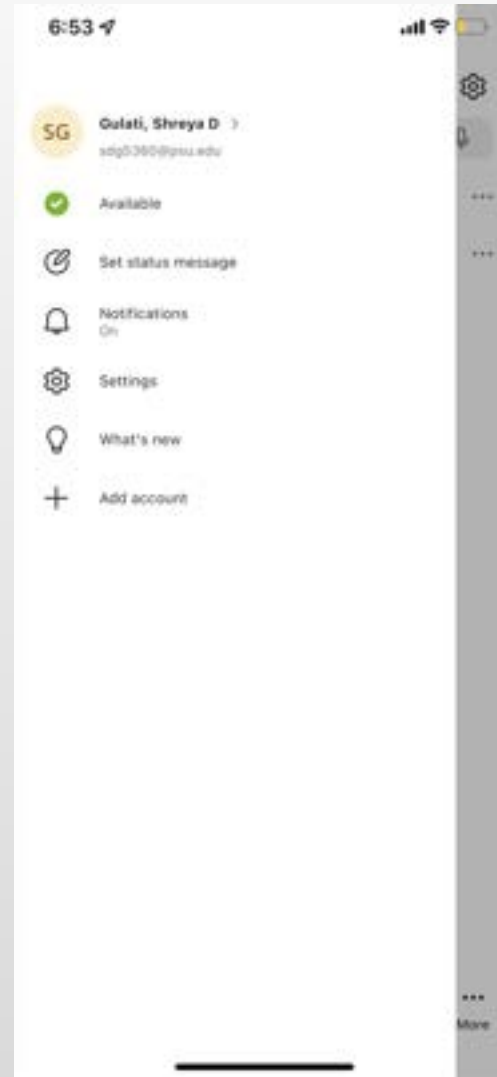


The screenshot shows the Alpha Epsilon Delta website with a purple starburst highlighting the 'Member Resources' link in the top navigation bar. Below the navigation bar, the title 'Membership Points: Spring 2023' is displayed. A Google Sheets spreadsheet is embedded, showing a table with columns for Name, PSU EMAIL, and Meetings (Meeting 1 through Meeting 5). The table lists 21 members with their names and email addresses.

	PSU EMAIL	Meeting 1	Meeting 2	Meeting 3	Meeting 4	Meeting 5
1 Name	ex. abc1234					
2 Maya Zarembi	may5348@psu.edu					
3 Lauren Spack	lsack505@psu.edu					
4 Myra Auerbach	mau5048@psu.edu					
5 Alex Auerbach	aa5048@psu.edu					
6 Dipesh Patel	dip5154@psu.edu					
7 Shreya Gulati	sgul5380@psu.edu					
8 Alaina Shaffer	ash5126@psu.edu					
9 Madhy Edwards	mje5711@psu.edu					
10 Adityan Lital	adl5399@psu.edu					
11 Abraham Saker	as5704@psu.edu					
12 Adwita Alimula	aal5245@psu.edu					
13 Adria Krishnamoorthy	akr5113@psu.edu					
14 Nathan Huang	anh5305@psu.edu					
15 Akashita Shastri	ash51081@psu.edu					
16 Ann Van Tiggelen	avt5291@psu.edu					
17 Alexander Munoz	amun5521@psu.edu					
18 Alex Matthews	am5247@psu.edu					
19 Alexa Powers	apo5617@psu.edu					
20 Alexander Hamanish	aham5492@psu.edu					
21						

TEAMS Tutorial

- Notifications
 - Teams > AED 2022-2023
General > Bell Icon (top right)
 - Settings > Teams App >
Notifications > Allow
- Channels
 - General for AED updates & questions
 - Subchairs may also have a specific channel



Apply here:

<https://forms.gle/Q6nx1czmeqCoBwBk8>

Due January 28th at Midnight!

Spring 2023 Sub-Chair Positions!



SCAN ME

ALPHA EPSILON DELTA ORGANIZATIONAL CHART

EXECUTIVE BOARD (8)

Chapter Advisor:
Dr. Melissa Krajcovic

President

Vice President

Secretary

Treasurer

Public Relations

THON
Director

Family Relations

Diversity in Healthcare Taskforce

SUBCHAIRS (29)

Mentorship (3)

Shadowing (3)

Alumni

Speaker

Service (2)

Editor

Scholarship

Social Media

Social Events

Alumni

TREE

Alt. Funds (2)

Logistics

Family Relations (2)

Conference (4)

Discussion
Leader (5)

Subchair Role Descriptions: Semester Commitments

Mentorship: Develop and execute the peer mentorship program.

Shadowing: Develop connections and administration of the shadowing program.

Alumni: Coordinate logistics and administration of the alumni engagement program.

Speaker: Coordinate and develop connections concerning speaker program.

Service: Develop and execute volunteer programs, placements, and relationships.

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

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

Social Media: Coordinate AED social media efforts.

Social Events: Plan and execute AED social events.

Alumni Engagement: Develop and execute alumni mentorship and networking programs.

TREE: Responsible for THON's Recycling and Environmental Effort can collection drop-off.

Alt. Funds: Responsible for alternative fundraising, including organizing events and money collection.

Logistics: Work closely with Shreya regarding organizational details in preparation for THON weekend 2023.

Family Relations: Work closely with Alaina, the Shepps, and Mary to organize events between them and AED members.

Conference: Target opportunities for scaling the conference outputs.

Discussion Leader: Lead taskforce meetings, activities, and events.

Speaker!



Dr. Shripal Shrishrimal, MD
Pulmonologist & Sleep Specialist,
Butler Health System

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1st Meeting - 1/16/23

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