



Alpha Epsilon Delta

The Pennsylvania State University

GBM #6

Monday, November 17



Forensic Interviewer |
Children's Advocacy Centre

Therapist | Community Mental
Health



Kimberly Saltsman

Director of the Centre County Children's Advocacy Center at Mount Nittany Health

Membership

Membership Status

AED Email:

psuaedsecretary@gmail.com

For any questions regarding membership status, please reach out to Sophia! 😊

Website: aedpsu.com

Insta: [@aedpsu](https://www.instagram.com/aedpsu)

The screenshot shows the Alpha Epsilon Delta website. The navigation bar includes links for Home, About, What We Do, Member Resources (highlighted with a red box), Alumni Network, and More. A dropdown menu for Member Resources is open, showing options for Calendar, Membership Documents, Membership Status (circled in red), and Meeting PowerPoints. The main content area displays a Google Sheet titled 'Spring 2025 Membership'. The spreadsheet has columns for Name, PSU EMAIL, and Meetings (Meeting 1 through Meeting 5). The data is as follows:

Name	PSU EMAIL	Meeting 1	Meeting 2	Meeting 3	Meeting 4	Meeting 5
Kevin Tian	km6125@psu.edu					
Jamie Mooney	jm8088@psu.edu					
Sophia Meola	sam7831@psu.edu					
Charvi Patel	cdp6456@psu.edu					
Jason Norwick	jns5550@psu.edu					
Reese Petrosky	Rbp5438@psu.edu					
Bailey McLaughlin	bam6508@psu.edu					
Morgan Kelley	muk9305@psu.edu					
Laura Cooney	lmc6418@psu.edu					

Executive Board Requirements | Spring 2026

Eligibility Requirements

1. **Undergraduate Education:** Must have completed at least 3 semesters of undergraduate education
2. **Distinguished Membership:** Must have received at least 2 semesters of Distinguished Membership
3. **National Induction:** Must be nationally inducted or on track for national induction

Additional Requirements

4. Must attend info session/meet with a current executive member
5. Must deliver a 1-3 minute election speech

Office Hours

AED Office: HUB 207

If the door is closed, message Exec to be let in!

Jamie Mooney (Vice President): Tuesdays | 12:30-1:30 PM

Sarah Vinson (Treasurer): Wednesdays | 9-10 AM

Kevin Tian (President): Thursdays | 12-1 PM

Use stairs/elevators by Sbarro to Floor 2 & follow signs to HUB 207!

Appendix Section

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

Service

Blood Drives | Donate for THON!

- **Upcoming Blood Drives**
 - December 2 - Hintz Alumni Center
 - December 4 - HUB
- **Details**
 - Whole Blood Donor → 3 service points
 - Power Red Donor → 4 service points
 - Donor eligibility requirements → [LINK](#)

Mention AED when you sign in!

THON CAMPAIGN: Donors may donate on behalf of a THON org. One point will be awarded for a whole blood donation and two points for a Power Red donation. 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!



[Sign Up](#)

CEA Basket Drive | Wednesday, Nov. 19

Donate a Basket

- Includes a list of items needed to complete a basket
- **Drop Off:** Alumni Hall (HUB)
 - Wednesday, Nov. 19
 - 9 AM – 8 PM
- **5 points per Basket**

Decorate a Basket

- Each complete basket can feed a family of 4 for the holiday!
- **1 point per hour**



[Donate a Basket](#)



[Decorate Baskets](#)

State College Food Bank | Food Drive

PSU Thespians x AED x Schreyer SCFB Food Drive

We are partnering with PSU Thespians and Schreyer Honors College to collect donations for the **State College Food Bank**. The government shutdown prevented many families from receiving their monthly **SNAP benefits**, resulting in a greater need for the State College Food Bank. During this time and the holiday season, please consider donating! We will be collecting donations during **Office Hours** and at our next **GBM**.

1 Service Point per Donation

LION Mobile Clinic Volunteering

1 service point per hour of volunteering for each event

Active Adult Senior Center

- **Date:** Monday, December 1
- **Time:** 9 AM-12 PM
- **Location:** Nittany Mall | 2901 E. College Avenue, Ste. 990 State College, PA 16801 (across from Planet Fitness in the mall)
- **Details:** (1 volunteer, 1 EMT) Flu shot clinic. Volunteers could assist w/ the adult art project led by PSU faculty.

Military Share Food Distribution

- **Date:** Monday, December 8
- **Time:** 8:30-11:30 AM
- **Location:** UEC Theaters 12 | 125 Premiere Drive, State College PA 16801
- **Details:** (4 volunteers) Food distribution. Volunteers would assist putting food in vehicles.

LION Mobile Clinic Volunteering

Snow Shoe Senior Center

- **Date:** Tuesday, December 9
- **Time:** 10 AM-2 PM
- **Location:** 402 E. Sycamore Rd.,
Snow Shoe, PA 16874
- **Details:** (1 volunteer, 1 EMT) Flu
shot clinic.

Trinity United Methodist Church

- **Date:** Wednesday, December 10
- **Time:** 11 AM-1 PM
- **Location:** 128 W. Howard St.,
Bellefonte PA 16823
- **Details:** (1 volunteer, 1 EMT) Flu
shot clinic.

Reminders & additional events to be posted on Teams!

Jared Box Donations

**Help infants through
twens navigate tough
hospital visits through
fun activities!**

**Drop off donations at
GBMs or at the AED
Office (HUB 207)**

**1 Service Point Per
Donation**

Donation Ideas

- Small toys
- Light-up toys
- Small books
- Stuffed animals
- Coloring books
- Crayons
- Activity books
- Silly putty
- Card games
- Crafts



Long-Term Service Opp. | PAW Pals

Long-Term Service Opportunity

- **Details:** Conduct science demonstrations and discussions for local elementary students
 - Wide variety of activities focusing on different areas of science
- **Interested:** Reach out to Emma Steinebronn at eks5667@psu.edu!

1 Service Point Per Hour

PAW PALS IS BACK!!
AND we're looking for new volunteers!!!



- At least one hour of community service per month!
- Transportation is provided!
- Flexible service shifts based on your availability!
- An opportunity to give back to your community and teach the next generation of scientists!

PSCOMxYMCA: Fighting Food Insecurity

Long-Term Service Opportunity

- **D&T:** Tuesdays | 7:30-10 PM
- **Location:** Rear Wagner Building (CrossFit)
- **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!**

2 Service Points | Send proof of attendance to **Jamie Mooney** (ilm8089@psu.edu).



[SignUp Genius](#)

Professional Development

SP26 Health Equity Leadership Program

Next Info Session

Date: Tuesday, Nov. 18th

Time: 6-7 PM

Location: Thomas 215

Details: Looking for ECoS Juniors and Seniors to serve as Student Leaders (2) and Participants (11) to learn about health disparities through service.

Participation would fulfill all SP25 Service Point requirements for Distinguished Membership.



Pre-PA 101 Workshop | Wednesday, Nov. 19

Pre-PA 101 Workshop

Date: Wednesday Nov. 19th

Time: 5-6 PM

Location: Chambers 205

Details: Everything you need to know to prepare for PA school applications, including timelines, required hours, coursework, entrance exams, and more.

1 Activity Point

Interest Form!



[LINK](#)

General Merch Updates

Thank you to everyone who ordered merch!

The order was placed and should arrive soon. Look out for Pick-Up info. Merch will likely be distributed during Office Hours (HUB 207) and the first few GBMs of Spring 2026.

A few extras were ordered, so reach out to Sarah Vinson (srv5241@psu.edu) if you are still interested!

ECoS Undergraduate Travel Awards

Eberly College of Science Undergraduate Travel Awards

If you need assistance covering travel costs for research presentations at a regional, national, or international conferences, then fill out the form!

This is a great opportunity if you are currently working in a research lab on campus and plan on attending a conference!



[LINK](#)

Travel must be completed by June 30th, 2026.

BIOL and First-Gen Scholarships

Scholarships and Research Grants for Biology Majors



Scholarships for First Generation Students



A lot of deadlines are towards the end of 2025/beginning of 2026!

Scholarship/Financial Literacy Workshop Slides

Scholarship/Financial Literacy Workshop **Slides**

There is a lot of great information about ways to reduce the cost of applications, test preparation, and taking advantage of Penn State's resources!

Reach out to Sarah Vinson
(srv5241@psu.edu) with any questions!



[LINK](#)

SP26 | VBSC 340N: Intro to One Health

VBSC 340N | Intro to One Health

Overview: This interdomain GENED course (GS/IL, social science, international cultures) will be held **MWF, 12:20 -1:10PM.**

Details

- Introduce One Health as it relates to human and veterinary public health by **studying human and veterinary public health, environmental health, and other broad topics**
- Learn through case and disease examples in different societies
- Interactive class with group discussions and conversations
- Interacts with community organizations to learn more about aspects of One Health in local and abroad communities.

This course also counts towards the One Health minor and certificate programs. **Reach out to Dr. Kull at jodykull@psu.edu with any questions.**



Diversity in Healthcare Task Force (DHT)

DHT Discussions

D3: Health Disparities in Maternal Care

Date: Tuesday, Nov. 18

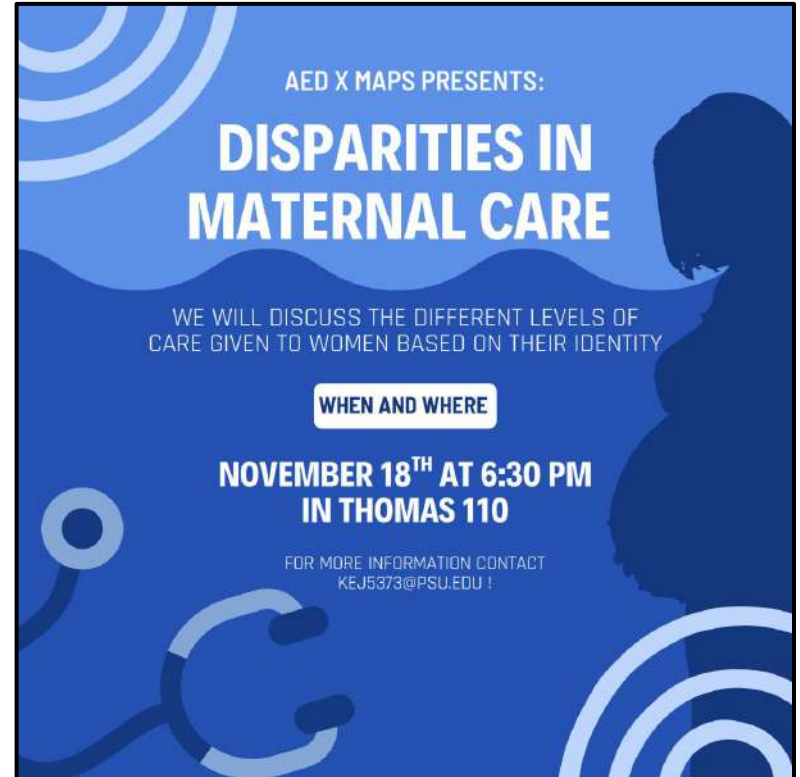
Time: 6:30 PM

Location: Thomas 110

1 DHT Point

Changing DM Requirements

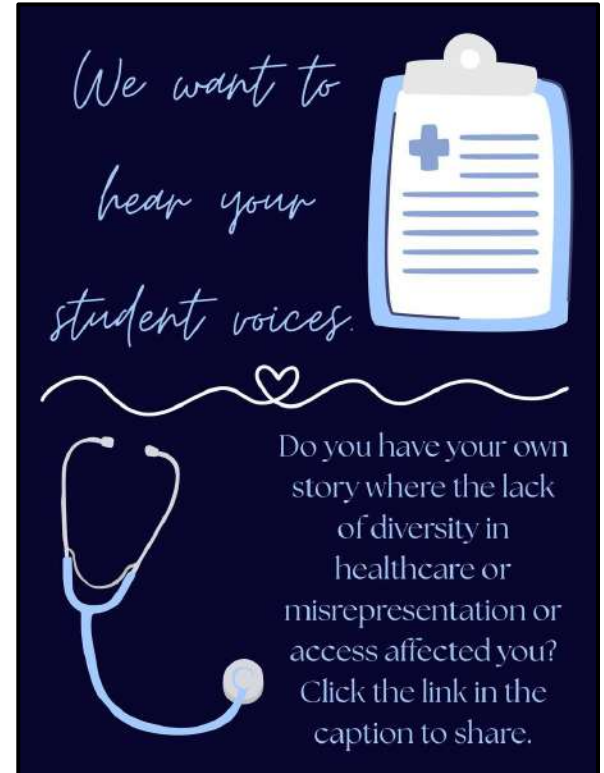
~~4 DHT Points~~ → 2 DHT Points



DHT Student Voices

Fill out the form to share a story about how a lack of representation, access, and/or diversity in healthcare affected you!

1 DHT Point | Send screenshot of submitted form to Eliana Garza (egg5192@psu.edu)



THON™

AED x Club Gym Game Night | Sat., Jan. 17

AED x Club Gymnastics Game Night Benefitting THON™

SAVE THE DATE!

Saturday, January 17

We will have many prizes, such as gift cards, merch, a speaker, a coffee machine, and even Airpod Pros!

2 THON Points

Raising Cane's FTK | Tuesday, Nov. 18

THON™ Raising Cane's FTK

Date: Tuesday, November 18

Time: 4 PM - 7 PM

Location: Raising Cane's Chicken Fingers | 228 E College Ave

Details: Get some Canes, **credit AED (#65)** to HOS Captains, and send Justin (jjd6465@psu.edu) a picture of the receipt for **1 THON Point!**

1 THON Point

Family Carnival | Sunday, Dec. 7th

THON™ Family Carnival

Date: Sunday, December 7

Time: 12-5 PM

Location: Multi-Sport Facility

Details: Mary is coming! Only 2 more people can attend, text me if you want to go! This is first come first serve.

Mary will be attending!
1 THON Point, 1 THON FR Point

Family Updates



Scarlett's Gymnastics Meet



Make a DonorDrive



[LINK](#)

Corporate Donor Form



[LINK](#)

Social Activities

AED Friendsgiving Recap

Thank you for attending AED FriendsGiving!

It wouldn't have been special without you all. ❤️



Winter Party | TBD

AED Winter Party

Date: Friday, 12/5 OR Saturday, 12/6

Time: ~6-8 PM

Location: TBD

Details: Everyone bring some food, snacks, drinks, etc. We'll put on a movie and have some hot chocolate too!

Theme: Pajamas/Holiday Attire

Scan to join the GroupMe!
2 Social Points



[LINK](#)

**Happy Thanksgiving Video for
Mary and the Shepps!**

Thank You!

Have a nice Fall break. 😊

Alpha Epsilon Delta

The Pennsylvania State University

Teams:

Code: 6dwzzwj



GroupMe:



GBM #7

Monday, December 1

Appendix

Membership

Anonymous AED Feedback



[LINK](#)

Pre-Health Funding Support

Apply for Pre-Health Funding

Pre-Health has helped cover:

- MCAT, DAT, or GRE Prep
- MCAT, DAT, or GRE Registration Fees
- Primary Application Fees
- Secondary Application Fees
- Transcript Fees
- Interview Travel
- Interview Attire

Details

- Use by July 31, 2026
- Receive up to \$500
- Check **Eligibility Requirements!**



[LINK](#)

AED Resources Folder

- Long-Term Volunteer Opportunities
- Volunteer Hours Tracker
- Preceptorship Sample Email
- THON Information
- THON DonorDrive 101
- More to be added!

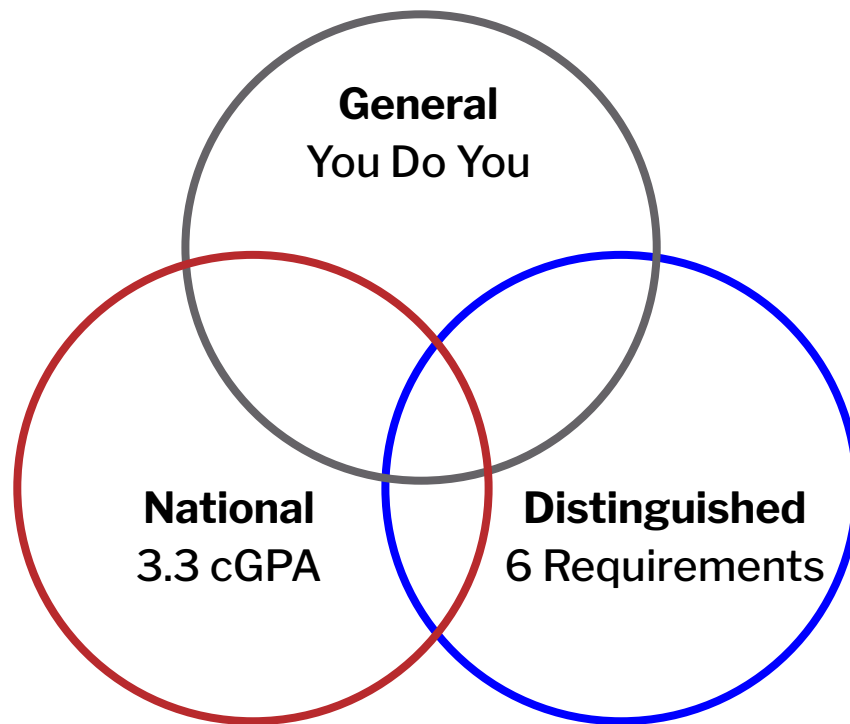


National and Distinguished Membership

National

Benefits

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



PSU

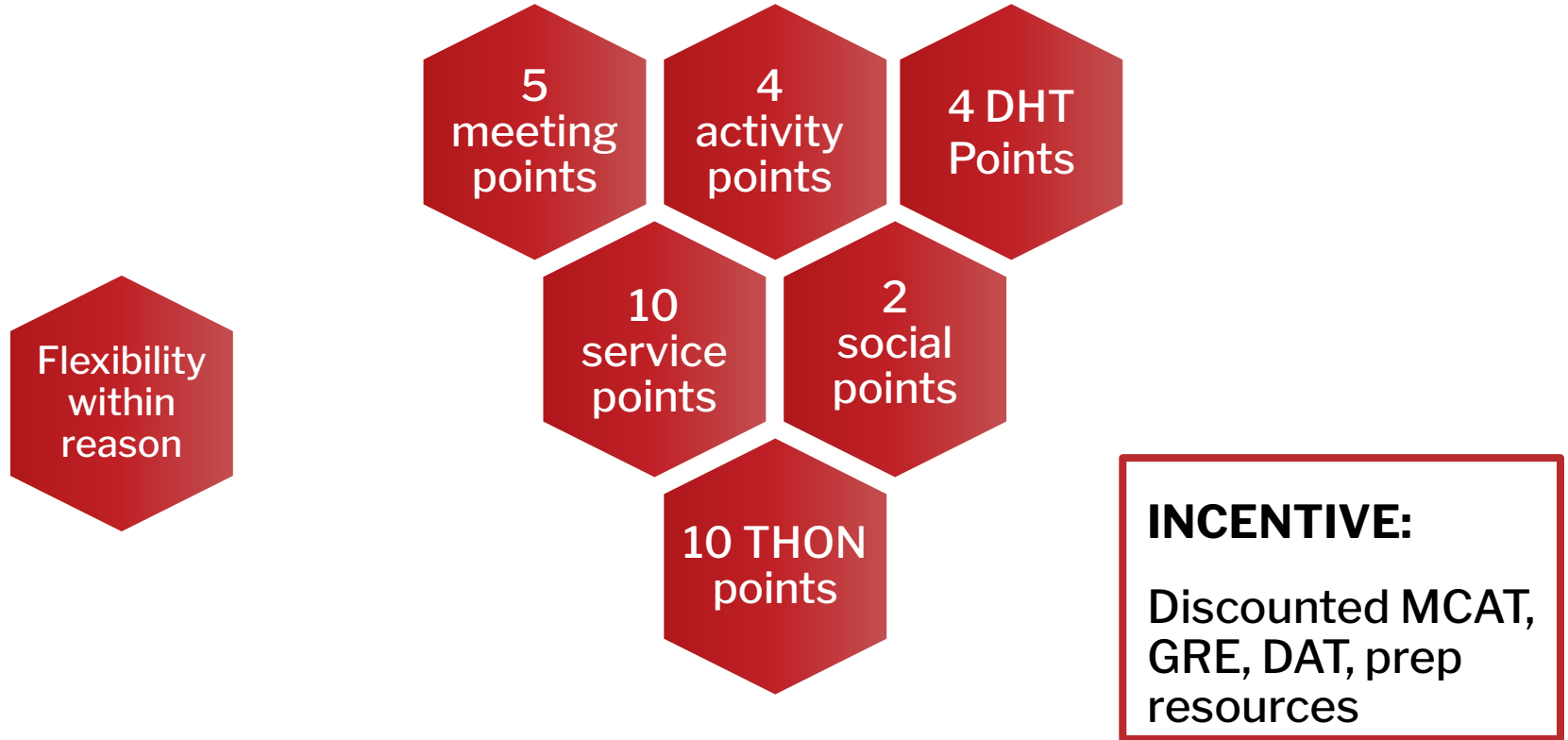
General Membership

- Highly flexible
- Utilize any resources shared

Distinguished

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

Distinguished Membership Requirements



AED Communications

AED ListServ

- **For:** GBM reminders and recaps, external resources, etc.
 - Please check general inbox and/or spam for emails!

*Teams → Most Important

- **For:** GBM reminders, workshop announcements, service opportunities, member resources, etc.
- **Review:** Pinned message in “General” channel for more information

GroupMe

- **For:** GBM reminders, informal questions, member conversations, etc.

Service

Big Brothers Big Sisters

Zack Maser
(he/him)

Big Brothers Big Sisters
Case Manager

Contact:
zmaser@ccysb.com
814-699-1890



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)

Conversations to Remember: Virtual Opp.

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 [here](#).

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.

How You Can Get Involved

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.







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

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-build
- **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](#)

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



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 **3 volunteers per monthly clinic** (>50 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 School Supplies Drive

Providing Necessities for Under-Resourced Communities.

Drop Off: AED Office (HUB 207, 1 Service Pt Per Donation)

Middle and High School:

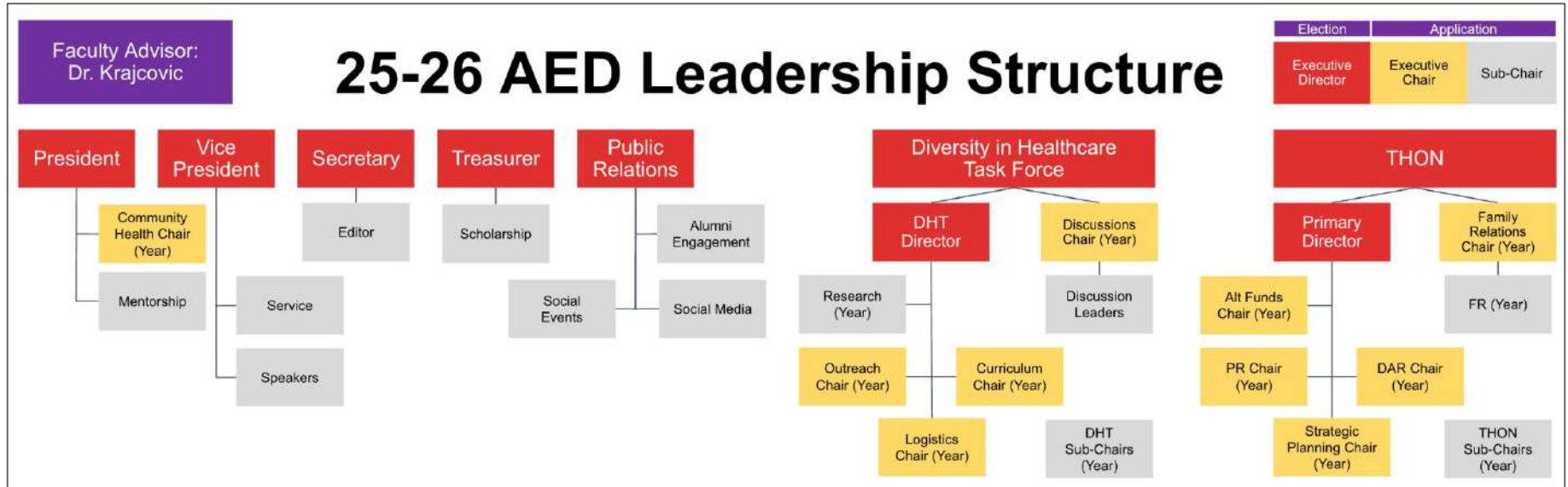
Notebooks	Pencils
Binders	Erasers
Pocket Folders	Highlighters
Pens	Pencil Cases
Calculators (4 Pt)	Backpacks (4 Pt)

Elementary School:

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

25-26 Leadership

25-26 Executive Board Positions



7 Executive Director Positions → Elected
10 Executive Chair Positions → Chosen
FA25 Sub-Chair Positions → Chosen

Fall 2025 Sub-Chairs

President | Kevin Tian

Programming

Devika Bhavsar
Tulsi Patel

VP | Jamie Mooney

Service + Speakers

Alyssa Ching
Giselle Feliciano
Effie Frank
Grace Liverseed

Secretary | Sophia Meola

Editor

Kendall Guisewhite
Nina Tommarello

Treasurer | Sarah Vinson

Scholarship

Aadi Patel

Discussion | Dara l'Anson

DHT Discussion Leader

Sriya Ayyala
Destiny Brewer
Braam Hattingh

PR | Jason Norwicke

Social Media

Akene Moutchia

Social Events

James Gurgone

Alumni Engagement

Emmaleigh Shinno

Diversity in Healthcare Task Force (DHT)

Diversity in Healthcare Conference

- Hosted annually each spring semester
 - **Sunday, March 1, 2026**
- **Goal:** To educate pre-health students about healthcare disparities and how to ideate potential solutions
- **Established:** Founded by PSU AED in 2021
- **Unique:** Only school to host this type of student-run conference



Diversity in Healthcare Conference

NEWS

Penn State students host vaccine field day to educate children

by: Leanna Wells

Posted: Oct 21, 2024 / 06:50 AM EDT

Updated: Oct 21, 2024 / 06:50 AM EDT



Penn State Students Host Vaccine Field Day to educate children.

Discussions (AED x MAPS)

- ~3 discussions per semester
- Group presentations on healthcare disparities followed by discussions

Conference

- 2 professional speakers, catered lunch, and a certificate from PSCOM

Solution Phase

- Student groups work with a BRIDGE mentor to prepare a solution proposal
- Groups will present ideas to a panel of professional judges

Implementation Phase

- Winners are awarded \$3,500 to implement their solution in Centre County during the following year

HOSPITAL/CLINIC NAME STATE COLLEGE, PA

DISCHARGE SUMMARY

Patient Name: _____ Provider Name: _____
Initial Date: _____ Discharge Date: _____

OVERVIEW

IMPORTANT RISK FACTORS

MEDICATION

Medication	Time	Purpose	Watch For

HEALTH OUTLOOK

-
-
-
- ☐ I understand my care instructions
- ☐ I have reviewed this information with my provider

WHEN TO CALL YOUR DOCTOR



25-26 DHT Conference Team

Curriculum Team

Alyssa Dass

Serina Chan

Ava Elliot

Amanda Rodriguez

Discussions

Dara I'anson

Advertising Team

Srita Pulavarthi

Gracie Hartigan

Natalie Hillis

Nylah Jennings

Sarah Sabu

Logistics Team

Mar Escarcega

Naomi Ogoh

Amie Prissofsky

Implementation PM

Riley Hallahan

Thank you all for applying. If we were not able to invite you to the team this semester, we will be in touch come Spring for extra hands for the Conference!

In the meantime, stay involved through Discussions!

THON™

25-26 THON Leadership Team



Justin Deekollu
Primary Chair



Logan Eisaman
Alternative
Fundraising Chair



Addison Firestone
Family Relations
Chair



**Isabella
Bautista-Santiago**
Strategic Planning
Chair



Siya Kakadia
Donor and Alumni
Relations Chair

25-26 THON™ Sub-Chairs

Olivia Perri



Zander Sachs



Jack Yakupcin



What is THON?

- THON™ is the world's largest student-run philanthropy
- Raised over 17 million dollars last year
- Culminates in a 46-hour dance marathon on February 20-22
- No pediatric cancer patient at Penn State Children's Hospital in Hershey pays a single cent for their treatment



Meet our THON Families

The **CLARA** Shepps Family



Puppy “Emmie”



Fam in DC!

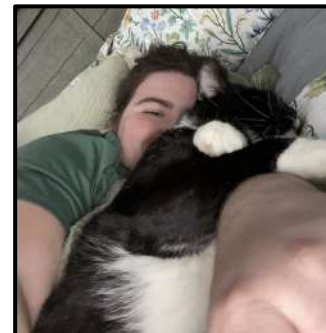
The **MARY** Torres Family



Cat “Dibs”



Crochet MASTER



AED Overview

Who We Are

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



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, leadership opportunities, form professional and peer connections



Your Pre-Health Toolbox

