

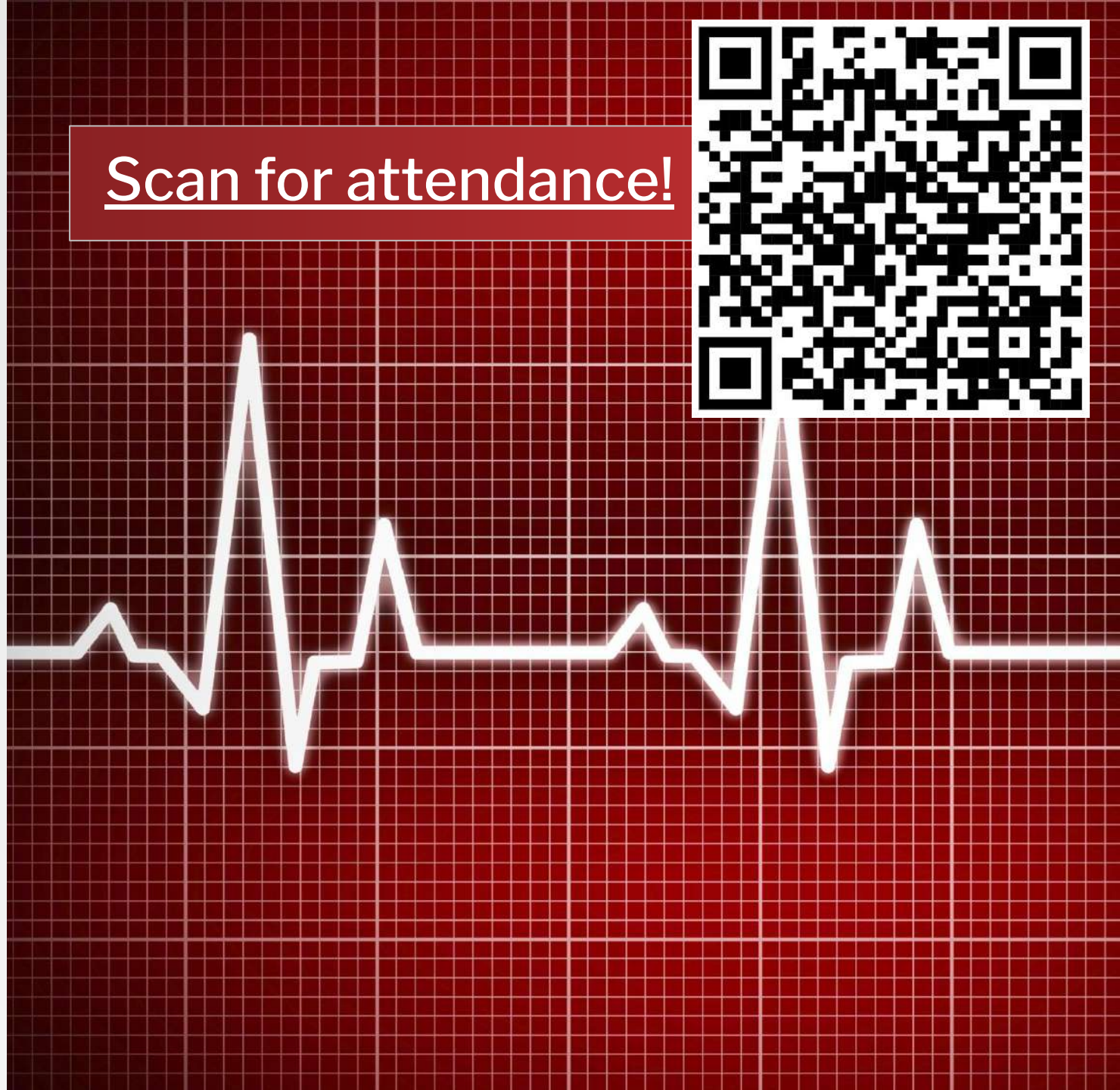
Alpha Epsilon Delta Information Session

1st Meeting - 1/15/24

[Scan to join our Teams!](#)

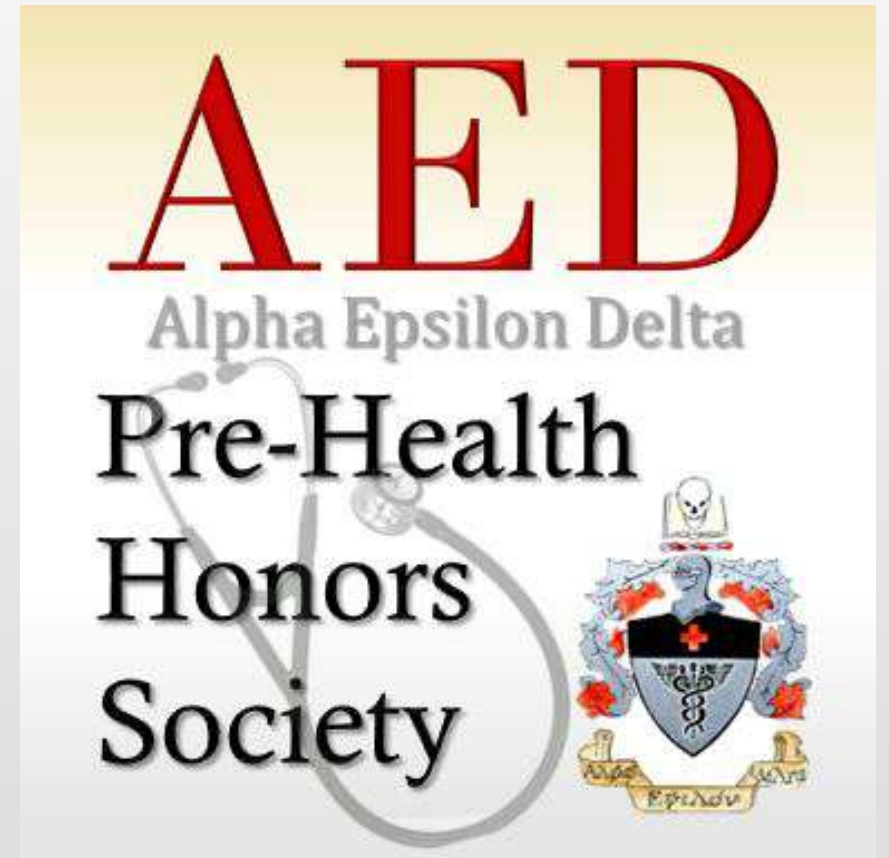


[Scan for attendance!](#)



Welcome to the AED Information Session!

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

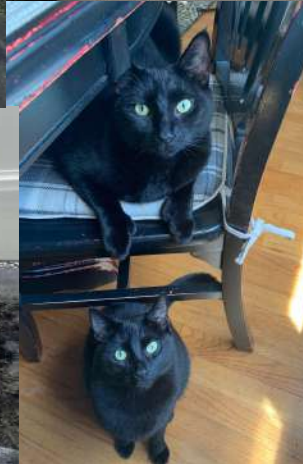


Who we are and what we do

- 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

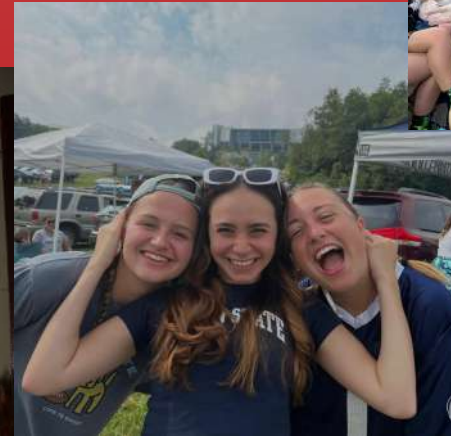


Maya Zalewski (she/her/hers)

Contact:
(845)304-3774
maz5438@psu.edu

Major: Biobehavioral Health
Minors: Biology & Neuroscience
Year: Fourth
Hometown: Rockland County, NY
Years in AED: 3
Plan: MD/MPH Program

Vice President



Hannah Mirshahi (she/her/hers)

Major: Biochemistry
Year: Third
Hometown: Lewisburg, PA
Years in AED: 3
Plan: Med School

Secretary



Jennifer Acocella

(She/Her)

Major: Psychology - Neuroscience

Minors: Biology & Neuroscience

Year: Fourth

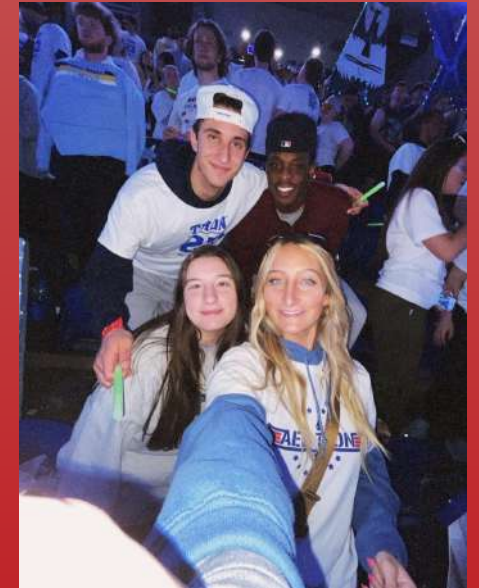
Hometown: Westchester, NY

Years in AED: 3

Plan: PA School

Contact: (914)374-6188

jaa6132@psu.edu



Treasurer

Cade Walker (He/Him)

Major: BBH

Minor: Global Health

Year: Fourth

Hometown: Bigler, PA

Years in AED: 2

Plan: Med School



Public Relations



Andres Hollenbeck (he/him)

Major: Science B.S, Biological Sciences
and Health Professions Option

Minor: Psychological Sciences

Year: 4th Year

Hometown: San Diego, CA

Years in AED: 2

Plan: Medical School



Diversity in Healthcare Task Force Discussion Sessions Director

Laura Cooney
(she/her)

Major: Biology

Year: Third

Hometown: Pennsburg, PA

Years in AED: 2

Plan: Physician Assistant

School (Applying SP2024)

Contact: lmc6418@psu.edu
or on teams!



Diversity in Healthcare Task Force Conference Director



Mikaili Puckerine
He/Him

Major: Biology
Year: Senior

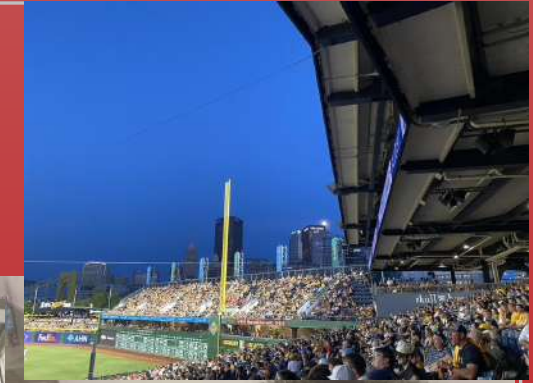
Hometown: Boston Massachusetts

Years in AED: 3

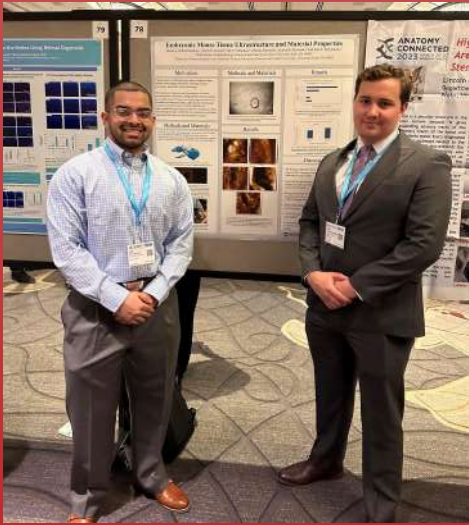
Plan: Medical School!

Primary THON Chair

Joanna Delaney (she/her)
Major: Kinesiology- Movement
Science Option
Masters: IUG Master's in Public
Health
Year: Fourth Year
Hometown: Pittsburgh, PA
Years in AED: 3
Plan: Athletic Training or HIV
Prevention/Advocacy



Family Relations



Om Pattarkine

Major: Biochemistry
and Molecular
Biology

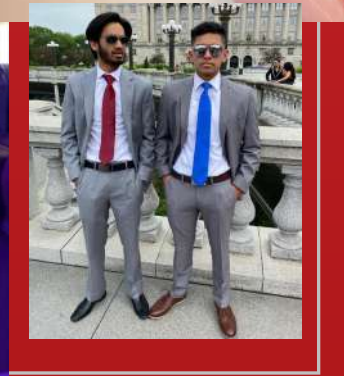
Year: Third

Hometown:

Mechanicsburg, PA

Years in AED: 3

Plan: Medical School
(with a gap year)



What do we offer?



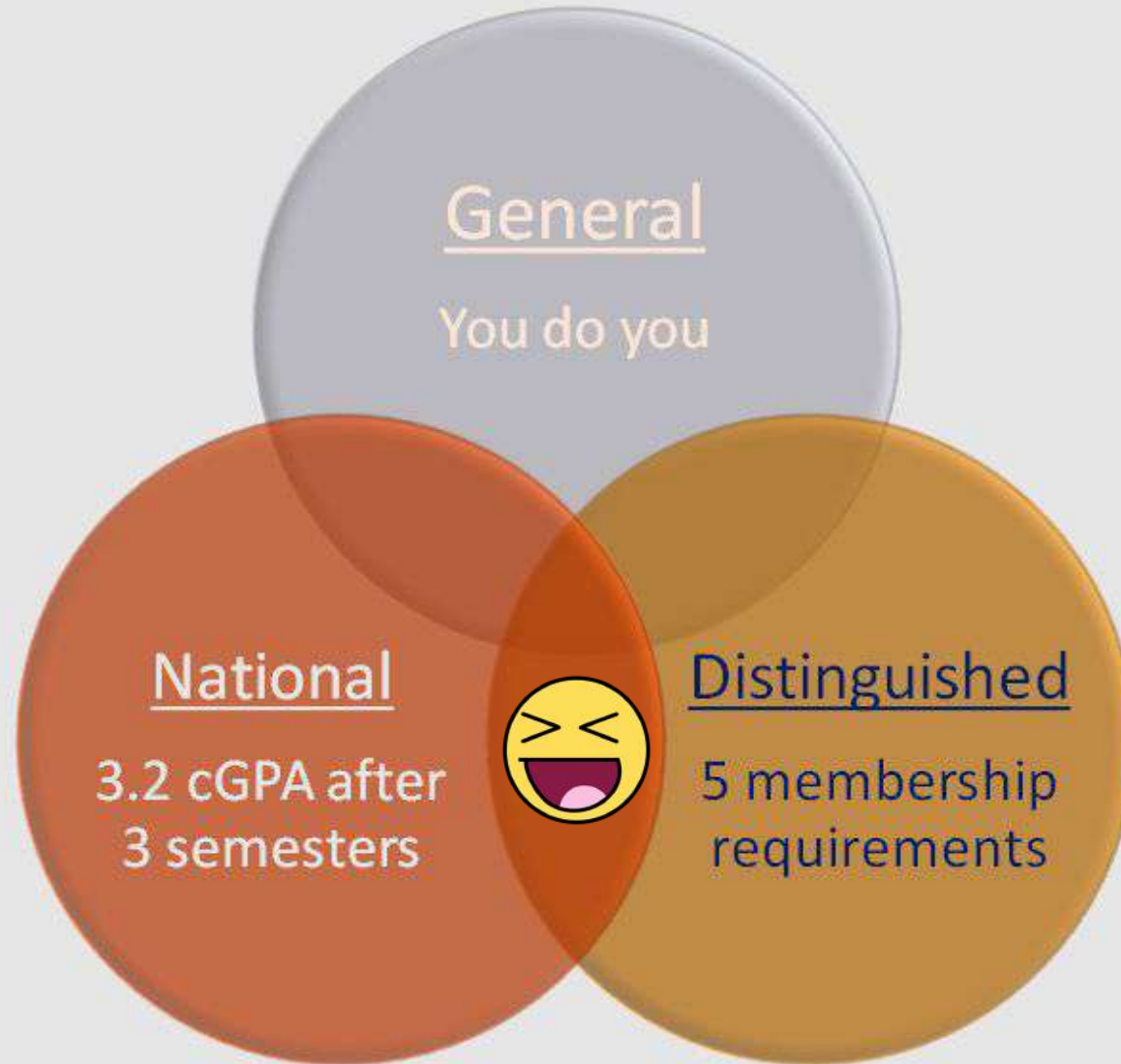
General Body Meetings and Speakers

- Expert healthcare professionals at general body meetings
 - Journey into healthcare, day-to-day life, introduce specialty, present case studies
 - Happy to answer any and all student questions

National Induction and Distinguished Membership

National

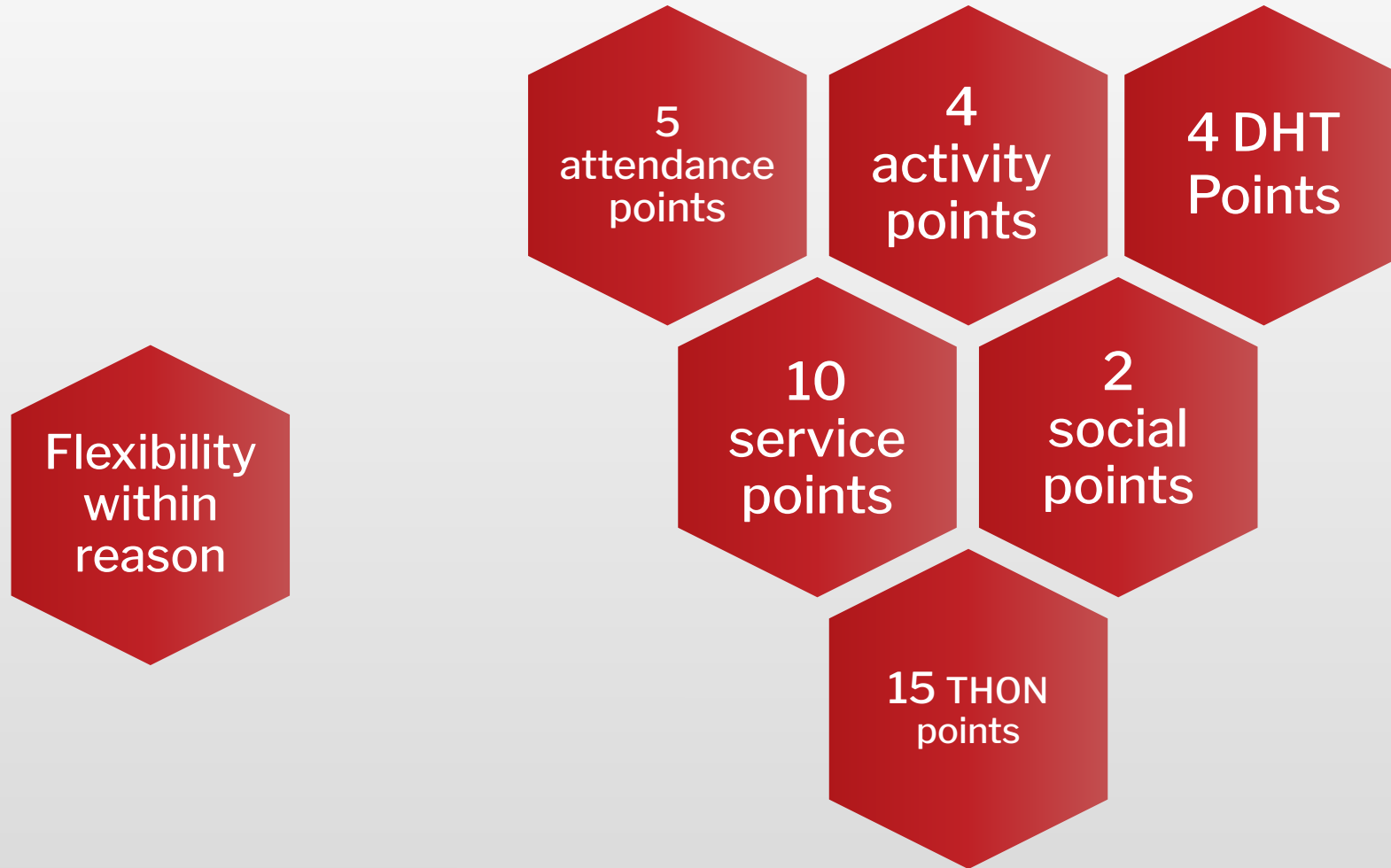
- Be inducted into a national pre-health organization
- Must submit an additional application
- Receive graduation cords
- Apply for scholarships



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



Fall 2023 Distinguished Members

Effie Frank

Kevin Tian

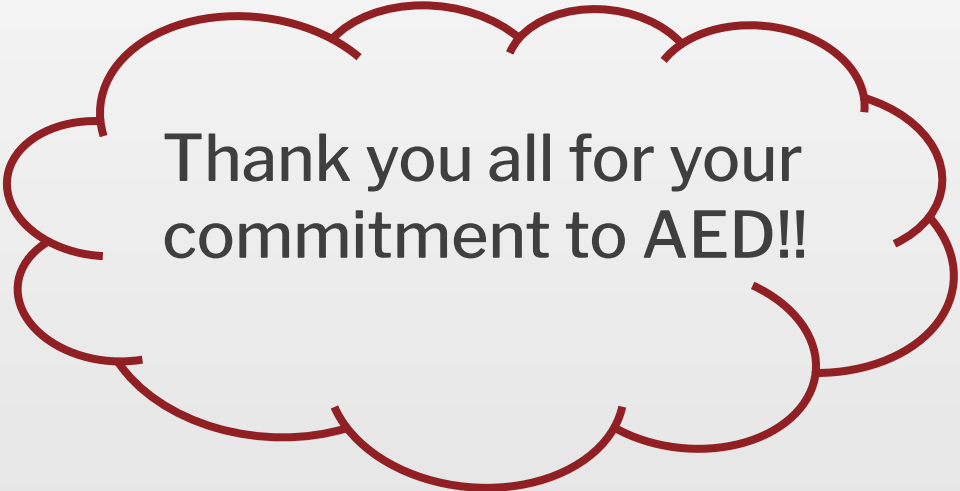
Sargent Acosta

Sophia Meola

Troy Alexander

Morgan Kelley

Jack Yakupcin



Thank you all for your
commitment to AED!!

Service

What We Do

- Non-Clinical Opportunities

- Bracelets for Breast Cancer Awareness
- Fleece Tie Blanket Making
- Cookie Donation to Out of the Cold Shelter
- Penn State College of Med Health Literacy

- Clinical Opportunities

- Lion Care Clinic

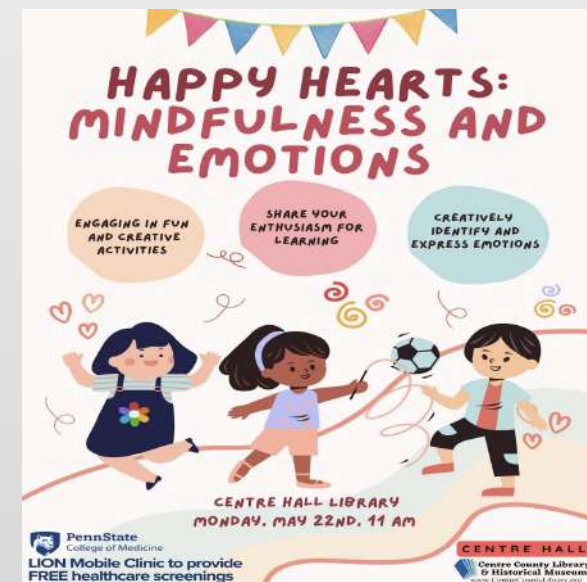


Long-Term Opportunities

- VIPS Tutoring Center – tutoring SCASD students ranging from kindergarten to 12th grade
 - Open Wednesdays and Thursdays from 4–6 PM at State College Area High School
 - Minimum one-hour session per week
 - [Tutor application linked here](#)
- Big Brothers, Big Sisters – mentor an elementary student from Centre Country for either site-based or community-based program (more info in Teams)
 - One hour per week for one school year
 - [Volunteer information session sign-up linked here](#)

Long-Term Opportunities

- Penn State College of Medicine Health Literacy Initiative
 - On-Site Volunteering (one Monday per month 10AM to 12PM)
 - Curriculum Development (virtual opportunity, one meeting per month)
 - If you're interested in becoming involved in either, please see me (Hannah) after our meeting or DM me on Teams
- Centre Volunteers in Medicine
 - On-Site Clinical Volunteering (varied time commitment)
 - [More information and volunteer application linked here](#)



January 24 Blood Drive

- AED is sponsoring the upcoming Red Cross Blood Drive on Wednesday 1/24 in HUB Alumni Hall
 - Donate whole blood (3 pts) or power red (4 service pts towards distinguished)
 - Accredit AED when you donate!!
 - Next drive **Thursday 12/7 in HUB Heritage Hall**

[Link to schedule an appointment](#)

Eligibility requirements [linked here](#)

[Complete this form](#) to earn your volunteer pts!



Upcoming Service Events and Opportunities

- Bracelet and activity making for THON weekend
- Red Cross Blood drives (January 24 and April 3)
- PSCOM Health Literacy, Lion Care Clinic, Mobile Health Clinic
- Lion Care Donation drives
- And more! If you have a service event idea that you want to execute, please apply to be one of my service sub-chairs!



THON

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. 16-18, 2024 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



Meet the Shepps!!



Meet Mary Torres!!



This year's theme for THON is...

Taylor
Swift

For the Ayaz,
Shepps, & Torres
Families



Your AED THON 2024 Dancer is...

AED X PEK THON™ 2024

YOUR AED THON DANCER IS...



MAYA ZALEWSKI



FOR THE TORRES, SHEPPS, AND AYAZ FAMILIES

THON Points Opportunity!!- Matching Day!

- Tomorrow starting at 8am!
 - every 3rd donation up to \$100 will be matched until funds run out
- Starting at 12pm
 - every 3rd alumni donation up to \$100 will be matched until funds run out
- Starting at 6pm
 - every student donation will be matched up to \$10 until funds run out
- January Org of the Month challenge is to get new donors!!

If you post tomorrow use this form Teams message me so I can give you THON points!

1 THON Point for each platform you post your DonorDrive on!

Link to Create DonorDrive



Family Scrapbook

- If you'd like to participate, you'll get 1 THON Point for making a slide about yourself and adding a couple pictures
- Name, year, major, plans after undergrad, and something you'd like the families to know about you!



https://www.canva.com/design/DAFyHeWztBU/fwNLcGpiuG-MhphGyxt_Rw/edit

Welcome Basket Stuffing!!

THON Point Opportunity!

- We are going to make two baskets to welcome Mary and the Shepps to State College for THON Weekend
- You can bring in toys, snacks, etc. , whatever you think they would enjoy having for THON Weekend
 - These don't have to be expensive gifts, a lot of times people get small toys and water guns, stuff like that based on the theme (pink water guns in this case for example)
- If you are struggling with ideas of things to bring, or if you want to bring gifts more personalized to the families please don't hesitate to reach out to me over teams or email at ovp5067@psu.edu
- You can get a THON point for every item you bring in
- Sign up to bring something, and make sure to put your name and email as well!



Gift Card Incentive

- Effort to solicit and receive gift card donations
- Gift cards are used to purchase items that THON cannot get donated
- Plays vital role in ensuring 96 cents of every dollar is donated For The Kids!
- Every dollar of a gift card donated from accepted stores list can be 100% credited to AED

If interested, please see the link below for more information!

<https://thon.org/supply-our-mission-gift-card-initiative/>

1 THON point for every gift card you donate :)

Supply The Fight

- Initiative is collection drive for supplies that are crucial to THON's success
- Donate items found on THON 2024 Supply the Fight Amazon registry
- Can purchase directly for registry or bring items to THON Office
 - 227D HUB
- Every 50 points obtained from donations is one drawing in lottery for priority entrance to BJC!

If interested, use link below:

supplythefight.thon.org

1 THON point for every item donated with proof :)

DHT

What is the DHT? How can I be involved?

Diversity in Healthcare Conference

- Opportunity to discuss issues and work towards solutions for disparities in healthcare
- This year conference will focus on Vaccine Disparities and issues with Vaccine Access
- Last year's conference had over 100 participants!
- Attendees receive a certificate from Penn State Hershey College of Medicine



Spring Discussion Sessions

Options for involvement

- **Subchair** (No extra points for this role, but you get 2 DHT points for presenting)
 - Great opportunity if you want to get into AED leadership
 - Still very manageable with your schedule
 - Arrange a few meetings with your group and attend other presentations
 - Make sure the presentation group stays on track with the timeline and contribute to the presentation
 - Applications **due 11:59 PM on Friday 01/26/24**
- **Presenter** (2 points)
 - Be part of a presentation on a health care disparity of your choice with 2-3 other people
 - Applications **due 11:59 PM on Friday 01/26/24**, see link in Teams later this week
- **Attend and participate in presentations and discussions** (1 point per session)

Extra Ways to Get DHT Points

<https://fandb.psu.edu/diversity-and-inclusion/events-calendar>

- Send proof of attendance to Laura or Mikaili via Teams for **1 pt each**
- **Coming up soon:** → (make sure it says **UP** or **Zoom**)

Or, if you think you've attended an event that relates to DHT, send it in for a DHT point:

- Again, send proof of attendance via Teams, as well as a description of the event

AB: Lares Lubert Commons 2 - 108/109

MLK Legacy Event

Monday, January 22, 3 – 4:30pm

Location: AB: Lares Lubert Commons 2 - 108/109

BK: Perkins Student Ctr 007 Multi Purpose Room

MLK Awards Celebration

Thursday, January 18, 7 – 9pm

Location: BK: Perkins Student Ctr 007 Multi Purpose Room

We will celebrate the MLK, Jr Award Recipients. Refreshments will be served.

BK: Perkins Student Ctr 021 AUD

Arts & Lecture Series Persents | King's Dream

Thursday, January 18, 6 – 8pm

Location: BK: Perkins Student Ctr 021 AUD

BK: Thun Library 145

DEIB Committee Meeting

Friday, January 26, 10 – 11am

Location: BK: Thun Library 145

Berks Campus Monthly DEIB Committee Meeting

UP: Pasquerilla/Eisenhower 104 Harshbarger

Making Better: Ethical Development Series

Wednesday, January 17, 1 – 2:30pm

Location: UP: Pasquerilla/Eisenhower 104 Harshbarger

Social

Spring 2024 Social Opportunities

- Spring Formal
- IM Sports
- Movie Nights
- Possible Karaoke night

I want to hear from you!



Programming

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

January 31st, 2024 @6:30pm, Wartik 108 (awaiting approval) **MCAT Workshop**

February 26th, 2024 @7:30pm, Location TBD

GBM Case Study Workshop

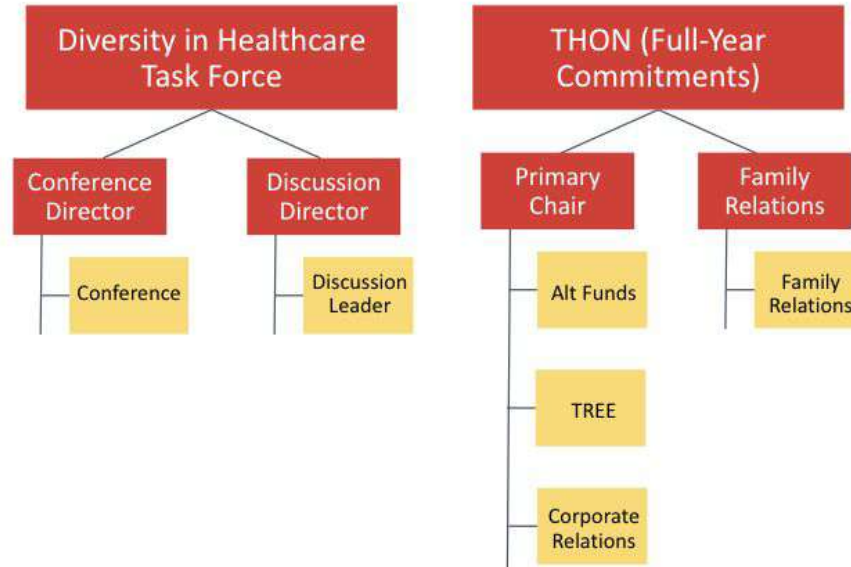
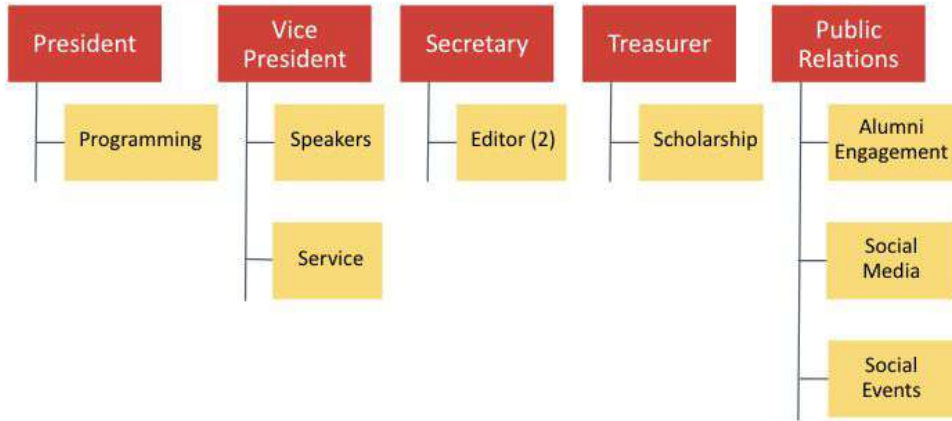
April 4th, 2024 @6:30pm, Wartik 108 (awaiting approval)

Resume Building Workshop

Attendance at these workshops will be worth 1 activity point! These sessions are not recorded, however, we will send out any slide decks after the presentations.

Faculty Advisor:
Dr. Krajcovic

Spring 2024 AED Organizational Chart



Sub-chair Role Descriptions: Semester Commitments

Programming: Develop and execute shadowing, mentorship, and BRIDGE programs and workshops.

Speakers: Assist in meeting speakers planning and recruitment.

Service: Lead a volunteer group for your choice organization and assist Hannah in coordinating 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.

Sub-chair Role Descriptions: Semester Commitments

Diversity in Healthcare Task Force Conference Subchair: Develop and plan task force meetings, activities, and events.

Diversity in Healthcare Task Force Discussion Sessions Subchair: Lead a presentation group, arrange group meetings, and keep the presentation timeline on track.

Sub-Chair Role Descriptions: Full-Year Commitments

Alternative Funds: Develop and execute alternative fundraising.

Tree: Coordinate all can drop-offs on behalf of AED.

Corporate Relations: Develop and execute corporate relations and donations.

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

Spring 2024 Sub-Chair Positions!

Spring Sub-Chair Applications!

If you are interested in applying to be a spring subchair, please fill out and submit this Google Form.

Applications are due by 1/26 at 11:59 PM and positions will be announced at the next GBM on 1/29, so if you are applying **you are required be in attendance at the next meeting.**

Apply here:

<https://forms.gle/gLUAZqk74kwe1r98A>



Website and Teams

AED Website – A Valuable Resource!

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



The screenshot shows the website for Alpha Epsilon Delta, The Health-Preprofessional Honor Society. The navigation menu includes Home, About, What We Do, Member Resources (highlighted with a purple starburst), Alumni Network, and More. Social media icons for Instagram, Facebook, and Twitter are also present.

Membership Points: Fall 2022

Fall 2022 Membership : Sheet1

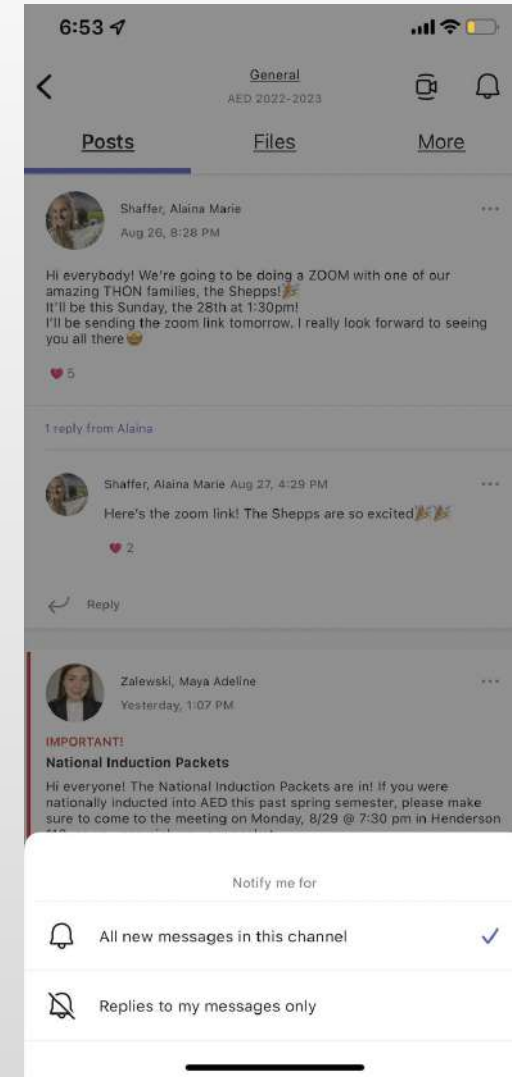
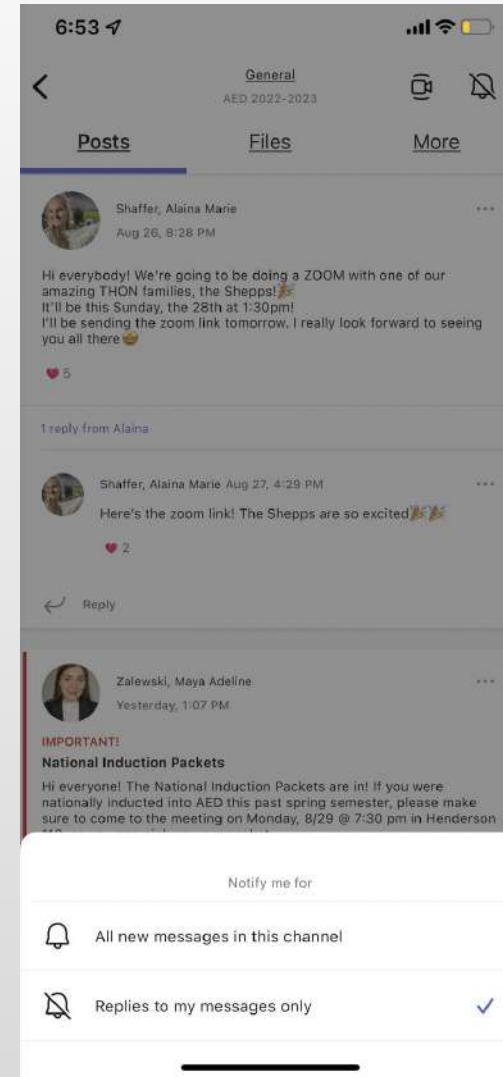
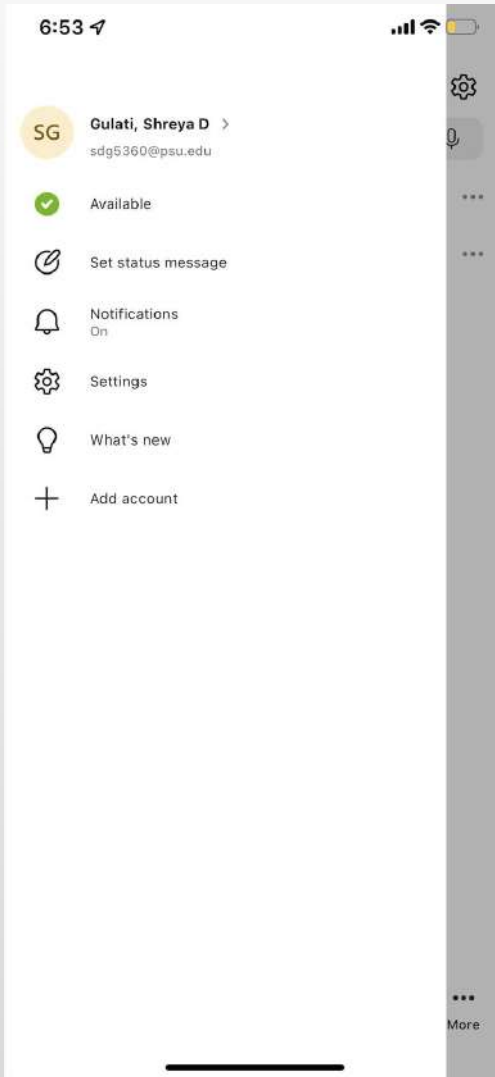
| Name | PSU EMAIL | Meetings | | | | |
|-----------------|-----------------|-----------|-----------|-----------|-----------|--------|
| | | Meeting 1 | Meeting 2 | Meeting 3 | Meeting 4 | Meetin |
| Maya Zalewski | maz5348@psu.edu | | | | | |
| Lauren Spadt | ljs5863@psu.edu | | | | | |
| Alycia Auerbeck | aba5646@psu.edu | | | | | |
| Alex Auerbeck | aba5645@psu.edu | | | | | |
| Dipesh Patel | dmp6154@psu.edu | | | | | |
| Shreya Gulati | sdg5360@psu.edu | | | | | |
| Alaina Shaffer | ams9120@psu.edu | | | | | |
| Maddy Edwards | mje71@psu.edu | | | | | |

Sheet1

Let's Chat!

TEAMS Tutorial

- Notifications
 - Teams > AED 2023-2024 General > Bell Icon (top right)
 - Settings > Teams App > Notifications > Allow
- Channels
 - General for AED updates & questions
 - Subchairs may also have a specific channel



Icebreaker!

Pick a side of the room

Upperclassman

Underclassman

Pre-Med

Pre-PA or
Pre-Dent

Sheetz

Wawa

Early
Bird

Night
Owl

GroupMe

Teams

Notorious

Unnoticed

Summer

Winter

Underdressed

Overdressed