

# Alpha Epsilon Delta General Body Meeting

3rd Meeting - 2/12/24

[Scan to join our Teams!](#)



# General Body Updates

# healthworks

## INTERESTED IN HEALTH & WELLNESS?

- Conduct educational workshops
- Provide one-on-one wellness services
- Empower students
- Build leadership skills
- Academic Credit and Paid Opportunities

**APPLY NOW TO BE A PEER EDUCATOR!**

APPLICATIONS DUE BY MARCH 1, 2024



Service

# General Announcements

- Lion Care Spring volunteer applications are closed – emails to selected volunteers will be sent by Hannah by the end of the week
  - If you previously volunteered, you did not need to apply but watch out for another email from Hannah soon!
- Also be sure to turn TEAMS notifications ON for AED's Service channel, where my team and I will be posting about service opportunities!

# Long-Term Opportunities

My goal is to help all of you get involved in long-term service that is meaningful to you.

- Keep watch for a “getting involved in service” workshop hosted by me and my sub-chairs on Zoom after THON.



**Long-Term Opps Sheet**

# 02/28 Health Professions Expo

- Pre-Health Advising is hosting the [inaugural Health Professions Expo](#) in HUB Alumni Hall from 10 AM to 2 PM on Wednesday, 02/28
- Volunteer will help with event setup and tear down, reception, and help navigate program representatives and students
- There are **TWO volunteer spots left** as of 02/11 – DM Hannah Mirshahi on **TEAMS ASAP** if you're interested in volunteering
  - One slot from 9 to 10 AM
  - One slot from 3 to 4 PM
  - 1 volunteer hour per shift

# Lion Care Donation Drive

Collections start this general body meeting!

- **One volunteer point per item** – maximum of 3 pts per meeting but bring more items if you can!

## DONATION DRIVE

## ITEMS NEEDED



### WHO ARE WE?

LionCare Tyrone and the Lion Mobile Clinic are free medical clinics ran by students at the Penn State College of Medicine. Our mission is to provide acute and chronic health services to the uninsured and underinsured populations throughout central Pennsylvania.

### WHO ARE WE COLLECTING FOR?

We are collecting various sanitary and hygiene items not covered by the government-run Supplemental Nutrition Assistance Program (SNAP). These items cause significant financial strain on our patients and will be made available to them at the conclusion of their appointments.



LionCare

DEODORANT

HAND SOAP

BODY WASH

FACE WASH

SHAMPOO

CONDITIONER

HAND SANITIZER

TOOTHBRUSH

TOOTHPASTE

MOUTH WASH

TAMPONS & PADS

HAIR BRUSH

TOILET PAPER

TISSUES

PAPER TOWELS



THON

# AED THON MERCH 🎗️💛

If you ordered THON merch, please be sure to pay either with cash or venmo (@Cade-Walker-7)!

Sweatshirt: \$35

T-shirt: \$15

As soon as I know when it will be ready to pick up I will be sending out a message for pick up so PLEASE keep an eye out for updates on Teams, groupme, and email!

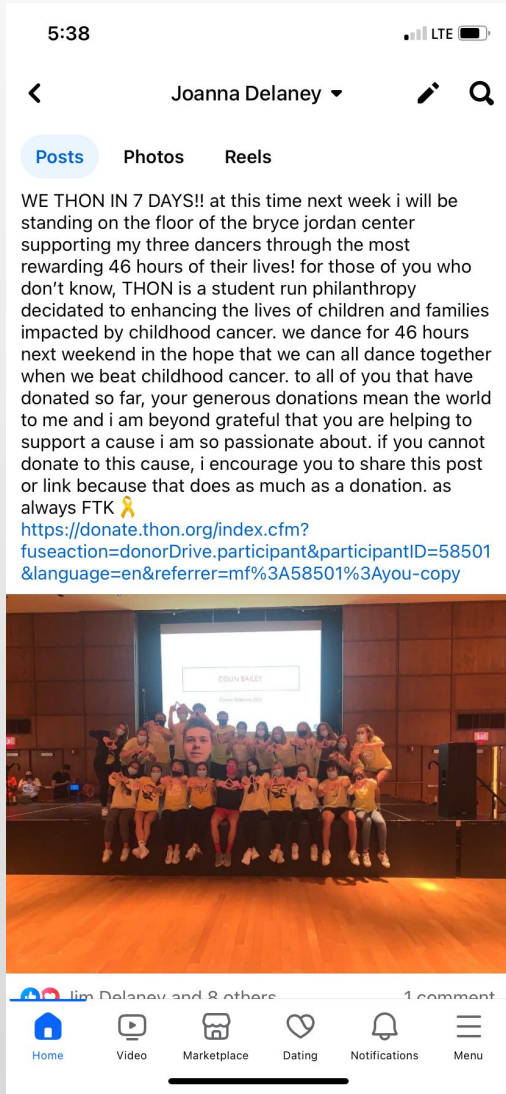
They told me by 2/15- so just keep an eye out for a message!



# DONORDRIVE PUSH

- NOW is the time to PUSH YOUR DONORDRIVE and express URGENCY to donors
- Utilize the email and text function on DonorDrive to increase donations
  - more likely to get bigger donations using these!!
- How to send Emails through the DonorDrive App
  - Open App-> Fundraise Button on Bottom of Screen-> Send New Email
- How to send Texts through DonorDrive App
  - Open App-> Fundraise Button on Bottom of Screen-> Share your Page-> Send Texts to as many people as possible!!
- When a donor donates, MAKE SURE YOU SEND THEM A THANK YOU
  - more likely to donate again

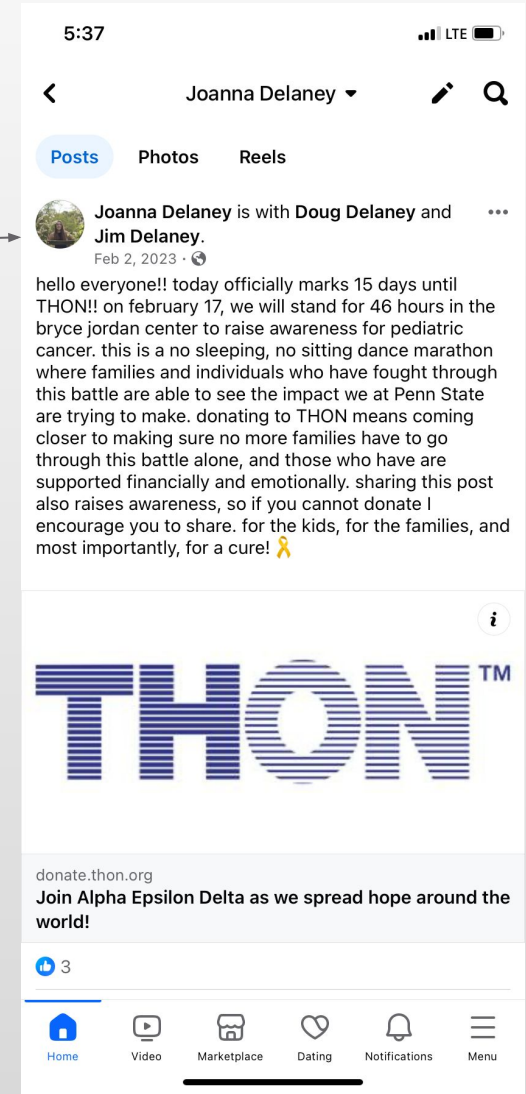
# Examples of Utilizing Facebook!!



Tag your parents/grandparents in the post and make it public!!

Facebook accounts for the largest amount of donations to THON. Utilize this platform, but make sure you are also posting on Instagram or having the link in your bio!

Add pictures you have taken over the years/find photos on photos.thon.org



# THON POINTS FOR DONORDRIVE

For Every Post That Includes  
Your DonorDrive, **YOU WILL  
EARN 1 THON POINT**



# Entrance Plan



- You get 1 Activity Point for doing entrance plan
- This will give you access to the BJC the entire weekend (with a wristband)
- **Assigned Time: 3:25pm on Friday, 2/16**
  - Meeting place: **We Are Sign at 2:30pm**

**Disclaimer: IF YOU CANNOT MAKE THIS TIME ANYMORE YOU MUST SPEAK TO US ASAP!!!!**

**We could get penalized as an organization if you do not show up! ):**

# Attending THON weekend with AED

- For each hour you are at THON, you get 1 THON Point

THON Weekend GroupMe



Sign up for shifts! →

- Subchairs have requirements
- Try to fill in hours that are emptier
- Do NOT tell Maya your times!



# 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





# What happens during THON Weekend?

- Dancers stand
- Line Dance
- Stage acts and speakers
- Kids fashion and talent show
- Kids, Teen, and Dancer mail
- Athlete hour and pep rally
- Final four
- Total reveal

For more information on what each of these events mean, please read this document:  
[https://docs.google.com/document/d/1dqY0whNT0PBaXXdx7fMBrvISrS2BKWbzhjpIBNB\\_nbY/edit?usp=sharing](https://docs.google.com/document/d/1dqY0whNT0PBaXXdx7fMBrvISrS2BKWbzhjpIBNB_nbY/edit?usp=sharing)

# What should I bring to THON?

- A clear bag and empty fanny pack
- Games
  - Heads Up, Uno, Guess Who, etc.
- Hygienic items
  - Deodorant, mints, face wipes, etc.
- Empty, reusable water bottle
- Portable phone charger
  - Remember you cannot plug your phone into the outlets in the BJC
- A change of shoes and socks (lots of socks)
- Tennis balls

**BRYCE JORDAN CENTER CLEAR BAG POLICY**

The infographic is divided into two sections by a vertical line. The left section, titled 'Allowed Items', features three green circular icons: a clear tote bag, a 1-gallon resealable clear plastic zip top bag, and a wallet/clutch. The right section, titled 'Prohibited Items', features three red circular icons with a diagonal slash through them, representing a backpack, a fanny pack, and a string bag. Below each icon is a list of specific items that are either allowed or prohibited.

Allowed Items	Prohibited Items
<b>CLEAR TOTE</b> 12" X 12" X 6"	<b>BACKPACK</b>
<b>PLASTIC ZIP TOP BAG</b> 11" X 11" X 0"	<b>BINOCULARS CASE</b>
<b>WALLET/CLUTCH</b> 6.5" X 4.5"	<b>CAMERA CASE</b>
	<b>CLEAR BACKPACK</b>
	<b>FANNY PACK</b>
	<b>MESH BAG</b>
	<b>OVERSIZED TOTE</b>
	<b>PATTERNED</b>
	<b>STRING BAG</b>
	<b>BRIEF CASE</b>
	<b>TINTED PLASTIC BAG</b>
	<b>ROLLER BAG</b>

**LIONS' GUARD**

# What should I NOT do at THON?

Remember that this is a weekend **for the kids!** Everything you do and say should be FT oK (suitable for children)

- Do not discuss anything inappropriate (being drunk, having sex, etc.)
- Try to refrain from discussing the time, sleeping, showering, etc.
  - Some people have to be on long shifts for committees and are unable to do some of these things!

**I know that standing for long periods of time and not sleeping is uncomfortable at times, but remember why we are there!**

# No Hair, Don't Care

- Tomorrow, 11:00am-4:00pm
  - Room 129 HUB
- Shave your head to stand in solidarity with those in active cancer treatment
- \$10 to participate
  - portion can be credited to AED
- Free headbands for all participants
- May be moved due to weather forecast for tomorrow
  - will keep you posted if it does

**5 THON points for participating :)**



# Clara's 12th Birthday!!

- Clara Shepps turned 12 on February 11th!!!
- We are going to make a quick video saying Happy Birthday to send to her!
- They will be performing in the kid's talent show at THON, so you should definitely come to see them if you can!!



DHT

# 2023 Diversity in Healthcare Conference



**DIVERSITY IN HEALTHCARE CONFERENCE**

**PennState**  

**PRE-HEALTH STUDENTS!**

**SOURCING SOLUTIONS FOR BETTER OUTCOMES TOMORROW**

**DATE: 10AM SUNDAY, MARCH 17**  
**HERITAGE HALL, PENN STATE**

Our **mission** is to educate undergraduate pre-health students about the disparities in our U.S. healthcare system and empower them to be the healthcare providers to better recognize and tackle these issues in their careers



Certificate from the Penn State College of Medicine!

*Conference Themes:*

- **RACIAL AND ETHNIC DISPARITIES**
- **VACCINE POLICY**
  - MISINFORMATION
  - LEGISLATURE
- **GEOGRAPHIC DISPARITIES**
  - RURAL VS URBAN
- **SOCIOECONOMIC DISPARITIES**

*Conference Parts:*

- CONFERENCE
- SOLUTIONING PHASE
- AWARD CEREMONY

**REGISTER HERE**



\*Awardee money will be used to fund involvement and engagement

Follow us on Instagram for more information!

Partnerships with MAPS, Multicultural Nursing, and Ethics in Science in Medicine

@diversity\_in\_healthcare 

## Registration is now OPEN!

- Sign-up ASAP if you're interested – spots are filling up quickly
- Registration document was sent out via Pre-Health Advising, College of Health and Human Development, College of Educational Equity, and College of Nursing
- The registration document will also be sent out in the recap email and on Microsoft Teams tonight
- Feel free to spread the link to your friends involved with healthcare! Anyone can participate!

# Spring Discussion Sessions

## Topics for this semester:

- Burnout / negative mental health effects for healthcare providers (**03/21**, exact time TBD but it will be in the evening)
- Rare disease diagnosis (date TBD)



# 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**
- **Make sure the event says UP for University Park 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

## UP: HUB 117 John Bill Freeman Auditorium

### Invisible Bodies | Films

Friday, February 16, 4 – 6pm

Location: UP: HUB 117 John Bill Freeman Auditorium

*Invisible Bodies* examines the intersection of migration and labor, illuminating the often-overlooked narratives of those whose bodies remain hidden in the shadows of society. Curated by The Border Gallery and Emireth Herrera Valdés, this exhibition explores the resilience, determination, and the hie...

## UP: Pasquerilla/Eisenhower 107 Memorial Lounge

### Making Better: Ethical Development Series

Thursday, February 22, 1 – 2:30pm

Location: UP: Pasquerilla/Eisenhower 107 Memorial Lounge

Join us on [Zoom](#) and in-person throughout the semester for workshops by our esteemed guests on the skills, knowledge, and philosophy we need to work toward ethical development and change making. These sessions will equip us with powerful skills to engage with the more effectively. We hope you will jo...

## UP: Pasquerilla/Eisenhower 122 - Pod #1

### Basics on Belief: Interfaith Series

Thursday, February 22, 10 – 11am

Location: UP: Pasquerilla/Eisenhower 122 - Pod #1

Join the Center for Spiritual and Ethical Development as we speak with members of our community about the diversity of beliefs at Penn State. We will have 5 sessions where a leader in a specific belief community will come and speak with us about the basics of their beliefs. This is a good...

## UP: Pasquerilla/Eisenhower 124 - Pod #2

### Religious, Spiritual, and Ethical Inclusion Open Workshops

Tuesday, February 20, 10 – 11:30am

Location: UP: Pasquerilla/Eisenhower 124 - Pod #2

Location: Pasquerilla 124 & Zoom

Time: 10:00am - 11:30am

Join us for an open workshop at 10-11:30am on **February 22nd (Level 1) and February 28th (Level 2)**! We are offering our Religious, Spiritual, and Secular Inclusion workshop where participants will learn how to act more inclusively toward others...

Join us for an evening filled with body-positive art activities, celebrating our vessels of love—our bodies! HealthWorks, in collaboration with the Center for Sexual & Gender Diversity, invites students to our Love in Full Color event on **February 14th from 6:00 to 8:00 PM for 2 DHT points.**

Unleash your creativity with paints, canvases, postcards, and gratitude rocks! Art supplies, drinks, and snacks will be provided, and our HealthWorks peer educators will be available at each station to assist you in bringing your art to life. Organizations like Days for Girls and the Gender Equity Center will also be present to share about their incredible initiatives on campus and how you can get involved.

This is a fantastic opportunity to create meaningful art for yourself and your loved ones. We are so excited to see you there!



# Love In Full Color

6 - 8 PM | FEB. 14  
HUB LL011

Bring a friend to explore positive body image through creativity with HealthWorks and CSGD. Express yourself with paint, drawing and other activities. Artistic talent not required. Drinks and snacks will be provided!

 PROVIDED BY YOUR STUDENT INITIATED FEE  DAYS FOR GIRLS  PennState Student Affairs **healthworks**

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**Social**

# IM Volleyball Registration

Registration open Feb 19th  
- Feb 29th

Season lasts: March 11th -  
March 28th



Programming

# Building a Competitive Medical School Application- Virtual Panel

- Crafting a compelling personal statement
- Maximizing your extracurricular activities
- Choosing the right letters of recommendation
- Strategies for strengthening your application overall

**Date:** March 13, 2024

**Time:** 8:00 PM - 9:00 PM EST

**Location:** Online

**Link to Register:** <https://lu.ma/3lr8bb0x>

**Questions?:** [admin@hope4med.com](mailto:admin@hope4med.com)



The poster features a blue background with white and purple text. At the top left is the 'Hope4Med' logo, which includes a stylized head with a brain and a stethoscope. In the top right is a circular portrait of the host, a woman with glasses and a stethoscope. The main title 'Panel DISCUSSION' is centered, with 'DISCUSSION' in a larger, bold font. Below the title is the subtitle 'Building a Competitive Medical School Application'. Underneath is the word 'SPEAKERS' in a smaller font. There are four circular portraits of the speakers arranged in two rows. The first row has Douglas Spotts, MD (Family Medicine) and Paul White, JD (Former Assistant Dean for Admissions at Johns Hopkins University School of Medicine). The second row has L. Lately Bradford, MD, PhD (Family Medicine) and Leigh-Ann Webb, MD (Emergency Medicine). At the bottom left, there is a calendar icon and the text 'ON WEDNESDAY 13 March 2024'. At the bottom right, there is a clock icon and the text 'START AT 8 PM - 9 PM EST'. A QR code is located in the bottom right corner.

Hope4Med

Panel  
**DISCUSSION**

Host

Building a Competitive Medical School Application

*SPEAKERS*

Douglas Spotts, MD  
FAMILY MEDICINE

Paul White, JD  
FORMER ASSISTANT DEAN FOR  
ADMISSIONS AT JOHNS HOPKINS  
UNIVERSITY SCHOOL OF MEDICINE

L. Lately Bradford, MD, PhD  
FAMILY MEDICINE

Leigh-Ann Webb, MD  
EMERGENCY MEDICINE

ON WEDNESDAY  
13 March 2024

START AT  
8 PM - 9 PM EST



# Optometry (ASCO) Eye Opener Sessions Program

The Association of Schools and Colleges of Optometry (ASCO) recently announced the Eye Opener Session Program, a complement to our public awareness campaign, *Optometry Gives Me Life*, designed to build a robust, diverse and highly qualified applicant pool.

The Eye Opener Session program ([eyeopenersession.org](http://eyeopenersession.org)) is a matching service for potential and future optometry students who are looking for a Doctor of Optometry to shadow, via in person or virtually, to learn more about a day-in-the-life of an optometrist (OD). Communication can also be done via chat and/or email. Students will be matched with an OD based on geographical information, common interests, and goals.

If you have questions, feel free to reach out to me! ([maz5348@psu.edu](mailto:maz5348@psu.edu))

# 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

**MCAT Workshop**

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

**GBM Case Study Workshop**

April 4th, 2024 @6:30pm, Wartik 108

**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.**



# Dr. Randal Betz

Dr. Randal Betz will be on campus in April to accept Eberly's Outstanding Science Alumni Award.

Dr. Betz will be meeting with interested students on Thursday, April 4 from 4:00 – 5:00 p.m.

If you are available and would like to meet with him, please email me at [muk519@psu.edu](mailto:muk519@psu.edu).

## **Randal R. Betz**

*Pediatric Scoliosis and Spine Surgeon, The Institute for Spine and Scoliosis*

*'73 B.S. Premedicine, Penn State*

Randal R. Betz is a pediatric spine surgeon with the Institute for Spine & Scoliosis in Princeton and New Brunswick, NJ. He was previously on the staff at the Shriners Hospitals for Children in Philadelphia, where he served as the Chief of Staff from 2000-2012 and was the Medical Director of the Spinal Cord Injury Program from 1983-2014. He is board-certified in both orthopedic surgery and spinal cord injury medicine.



Betz became a member of the Scoliosis Research Society (SRS) in 1986 and served as Education Committee Chair. He started the International Meeting on Advanced Spinal Techniques in 1994. He proposed the initiation of the SRS Traveling Fellowship in 1990. He served as the senior mentor for the Scoliosis Research Society Traveling Fellows in 2013. He also served as president of the Scoliosis Research Society in 2005.

He has been honored with the Lifetime Achievement Award from the Scoliosis Research Society, the Lifetime Achievement Award from the American Spinal Injury Association, and the A. Estin Comarr Memorial Award for Clinical Service from the American Paraplegia Society.

Betz cofounded several multi-surgeon pediatric spine clinical study groups including the Harms study group and the Childrens Spine Study Group.

He is married to Betsey Betz and has four children and 13 grandchildren. He enjoys fishing, golf, and skiing and sharing time with family.



**PENN STATE PSI CHI'S**

## **UNDERGRADUATE RESEARCH CONFERENCE**

**APPLICATIONS OPEN: JAN 30 2024**  
**APPLICATIONS CLOSE: MARCH 12 2024**

- Applications are open to all majors and all campuses
- Empirical and conceptual research are acceptable
- Funding may be available through Psi Chi or Liberal Arts Enrichment Fund

## **ATTEND THE CONFERENCE**

### **IN PERSON**

APRIL 18, 2024

2:30PM-5:00PM

MOORE BUILDING ATRIUM

### **ONLINE**

APRIL 18, 2024

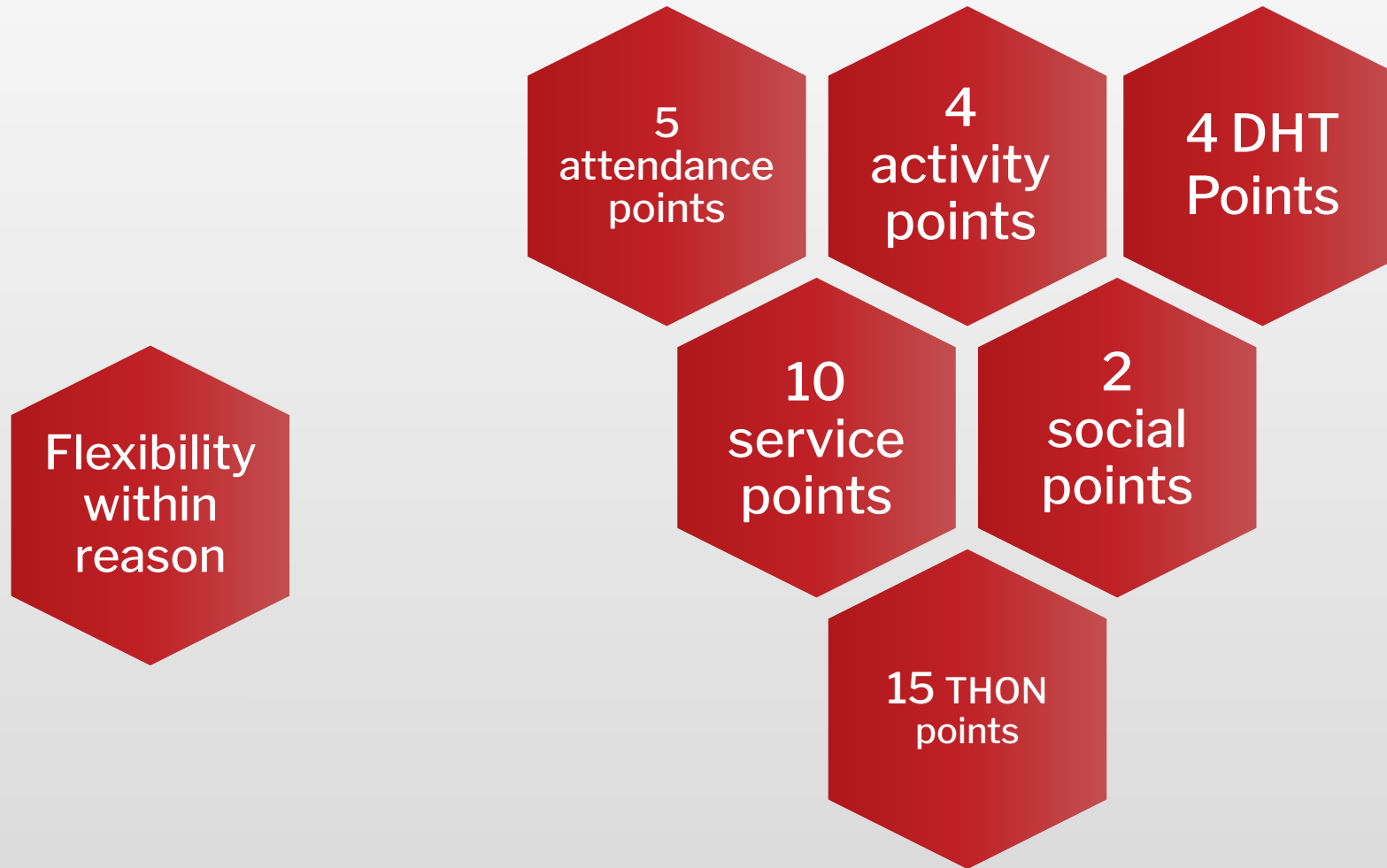
6:30PM-9:00PM

ON ZOOM

Email [psupsichiconference@gmail.com](mailto:psupsichiconference@gmail.com) with any questions.

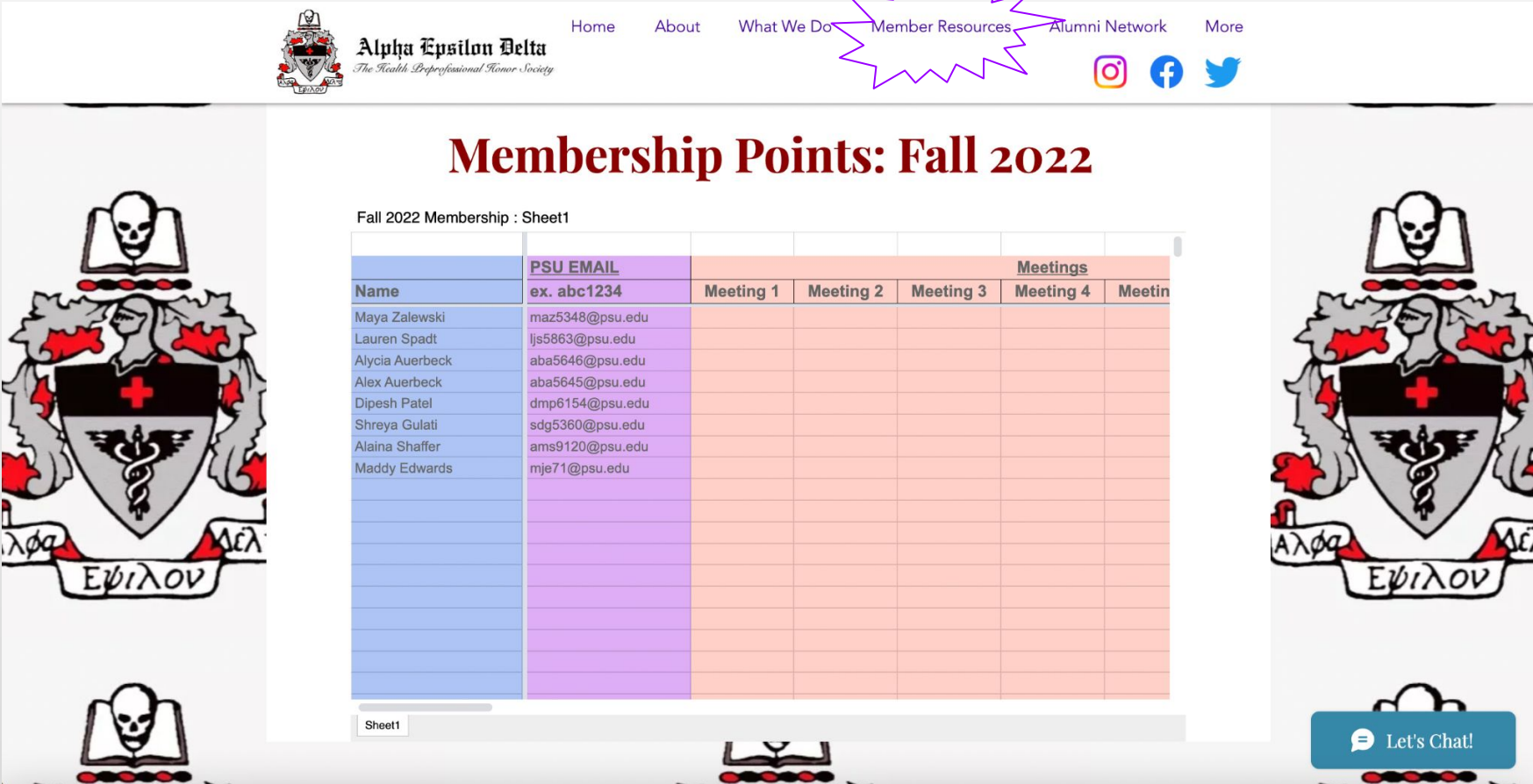
# Appendix

# Reminder of the Requirements for Distinguished Membership



# AED Website – Check your points!

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



Alpha Epsilon Delta  
*The Health Preprofessional Honor Society*

Home About What We Do **Member Resources** Alumni Network More

Instagram Facebook Twitter

## 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!

# FIRST-YEARS: Apply for the Presidential Leadership Academy!

See informational PowerPoint here:

[https://www.canva.com/design/DAFY4ZZvcYI/OpjKv3wvIN62bRTSuM99uA/view?utm\\_content=DAFY4ZZvcYI&utm\\_campaign=designshare&utm\\_medium=link&utm\\_source=publishsharelink#1](https://www.canva.com/design/DAFY4ZZvcYI/OpjKv3wvIN62bRTSuM99uA/view?utm_content=DAFY4ZZvcYI&utm_campaign=designshare&utm_medium=link&utm_source=publishsharelink#1)

- Reach out to Hannah if you have any questions! It's been one of the most impactful involvements I've had at Penn State

[PLA Application](#)

<https://academy.psu.edu/>