

Alpha Epsilon Delta General Body Meeting

2nd Meeting - 1/29/24

[Scan to join our Teams!](#)





Speaker: Mehwish Moinuddin, DO, CASQM

**Assistant Professor, Penn State Orthopaedics &
Sports Medicine**

Team Physician, Penn State University Athletics

DANCER MAIL!!



MAYA ZALEWSKI

PENN STATE DANCE MARATHON

(MAIL CALL)

ATTN: MAYA ZALEWSKI 138A
227D HETZEL UNION BUILDING
UNIVERSITY PARK, PA 16802

Drop off in-person to
324 HUB from 1/23-
2/7 10am-4pm!

Mail in! Must be
postmarked by
February 7th!



JORDAN OUIMETTE

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ETHAN MINNICH

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General Body Updates

Spring 2024 Subchairs!

Programming

Taha Alubaidi
Charvi Patel
Amaan Syed
Sarah Vinson

Social Media

Akene Moutchia

Social Events

Tay Adebayo

Service

Ethan Lan
Jamie Mooney
Jason Norwicke
Kevin Tian
Nick Rodriguez
Sai Giri
Sarah Quinn

Discussion Leaders

Katie Estes
Sargent Acosta

Editor

Sophia Meola
Rachel Bliss

Scholarship

Brendan Craigen

Please meet with
your executive board
members before you
leave today!

Timestamp	What year are you?	Number of Semeste	Are you in the AED I	Consider this organ	Select the positions	Select the positions	Select the positions	Select the positions	Select the positions	Select the positions	Select the positions	Select the positions	Select the positions	Select the positions
1/18/2024 12:28:44	First-year	1	Yes	Got it										First Choice
1/18/2024 13:19:16	First-year	1	Yes	Got it		Second Choice				First Choice				Third Choice
1/18/2024 13:41:21	Senior	4	Yes	Got it										Third Choice
1/18/2024 15:07:08	Sophomore	2	Yes	Got it	First Choice	Third Choice	Second Choice							
1/18/2024 17:29:41	Junior	6	Yes	Got it	Third Choice									First Choice
														Second Choice
1/18/2024 23:20:23	Sophomore	3	Yes	Got it	Third Choice									Second Choice
1/17/2024 14:18:17	Senior	4	Yes	Got it						Second Choice	First Choice	Third Choice		First Choice
1/17/2024 15:13:31	Junior	0	Yes	Got it						Third Choice	Second Choice			
1/17/2024 18:13:06	Junior	2	Yes	Got it										First Choice
1/18/2024 15:04:41	Sophomore	2	Yes	Got it							First Choice			
1/21/2024 13:45:07	Sophomore	4	Yes	Got it				First Choice						Third Choice
1/21/2024 17:54:22	Sophomore	3	Yes	Got it			Second Choice		Third Choice					First Choice
1/21/2024 20:29:29	Junior	4	Yes	Got it			Third Choice							Second Choice
1/22/2024 10:53:57	Junior	3	Yes	Got it			First Choice				Second Choice			First Choice
1/23/2024 14:32:12	Junior	4	Yes	Got it							Second Choice	First Choice		
1/23/2024 14:32:57	Junior	4	Yes	Got it			Second Choice	First Choice			Third Choice			
1/23/2024 17:15:18	First-year	starting 2nd	Yes	Got it	Third Choice			Second Choice						First Choice
1/23/2024 22:55:21	Sophomore	2	Yes	Got it				Second Choice	First Choice					
1/25/2024 12:52:02	Sophomore	Spring 2024 will be my th	Yes	Got it	First Choice			Second Choice						Third Choice
1/25/2024 19:24:29	Junior	1	Yes	Got it				Third Choice			Second Choice			First Choice
1/25/2024 20:13:12	Sophomore	4 semesters (including th	Yes	Got it	Second Choice			First Choice						Third Choice
1/29/2024 14:54:53	Sophomore	1	Yes	Got it	First Choice					Second Choice				Third Choice
1/28/2024 15:12:23	Senior	4	Yes	Got it				First Choice				Second Choice		Third Choice
1/28/2024 18:25:40	First-year	1	Yes	Got it				First Choice						Third Choice
1/28/2024 18:50:38	Sophomore	2	Yes	Got it	Second Choice			First Choice						
1/28/2024 20:03:33	Junior	5! Curently in my 6th.	Yes	Got it	Third Choice			Second Choice	First Choice					

Congratulations to everyone selected! Do not be discouraged if you were not selected; there are many other ways to get involved and gain leadership within AED!

Service

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

LION Mobile Volunteering

LION Mobile is a Penn State College of Medicine initiative to increase access to healthcare and proactive health choices for under-resourced communities of Pennsylvania.

- 2/6 Health Fair in Snow Shoe, Pennsylvania (30 min from campus) from 10AM to 5PM (volunteer shift timing is flexible)
- Focus will be on blood pressure checks, blood glucose screenings, and distributing health information.
- Must have own transportation - DM me on Teams if interested!

Spring Lion Care Clinics

Spring volunteering application is open! Please only apply if you have not yet volunteered and have a strong interest in community health and primary care.

- **Your involvement in AED will be considered** when selecting volunteers due to limited spots. Applications are **due Sunday, 2/11 at 11:59 PM.**
- Last semester volunteers - keep watch for emails from me (hsm5182) as we are trying to get everyone back in the clinic!

https://docs.google.com/forms/d/e/1FAIpQLSeQHx8CSeL3jMs2E8E-uJaklIQLmzbGAb9EGnwruQUYk8P7uQ/viewform?usp=sf_link

Next GBM: Lion Care Donation Drive

Collections start NEXT
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 run 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 🎗️❤️

Order by MIDNIGHT tonight!

Pick-up hopefully @ 3 GBM (February 12th)



DANCER MAIL!!



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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

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 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 fall under that category.

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

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!

Entrance Plan



- Come to the BJC with AED so you can be there at the start of THON and see the dancers stand
- You get 1 Activity Point for doing entrance plan
 - For each hour you are at THON, you get 1 THON Point
- This will give you access to the BJC the entire weekend (with a wristband)
- Anywhere between 3pm and 6pm on Friday, 2/16
 - We do not know the exact time yet!
- **You must sign up by midnight on Sunday, 2/5**

Disclaimer: Please do not fill out the form if you will not be able to make it. If you sign up, we expect you to be there! We could get penalized as an organization if you do not show up!):

BINGO SUCCESS!!!

THANK YOU, THANK YOU, THANK YOU!!!!!!

WE RAISED \$1,531!!



THON Point Opportunities

DM or TEAMS message
Joanna with proof of
purchase, your receipt, to
earn 1 THON point!!

Be sure to credit AED at
checkout #65!!



A vertical poster for Vibe Coffee Co. featuring a red background with a yellow sunburst logo above the text "Vibe COFFEE CO." in blue and white. Below this, it says "BENEFITTING THON™" in white and yellow. The event date and time are listed as "FEBRUARY 1, 2024" and "7:00AM-6:00PM". The location is "Where? 401 W Beaver Avenue". At the bottom, it provides instructions for crediting: "Credit an organization, committee, or IDC at the event crediting table or email any receipts to hospitality.promotions@thon.org".

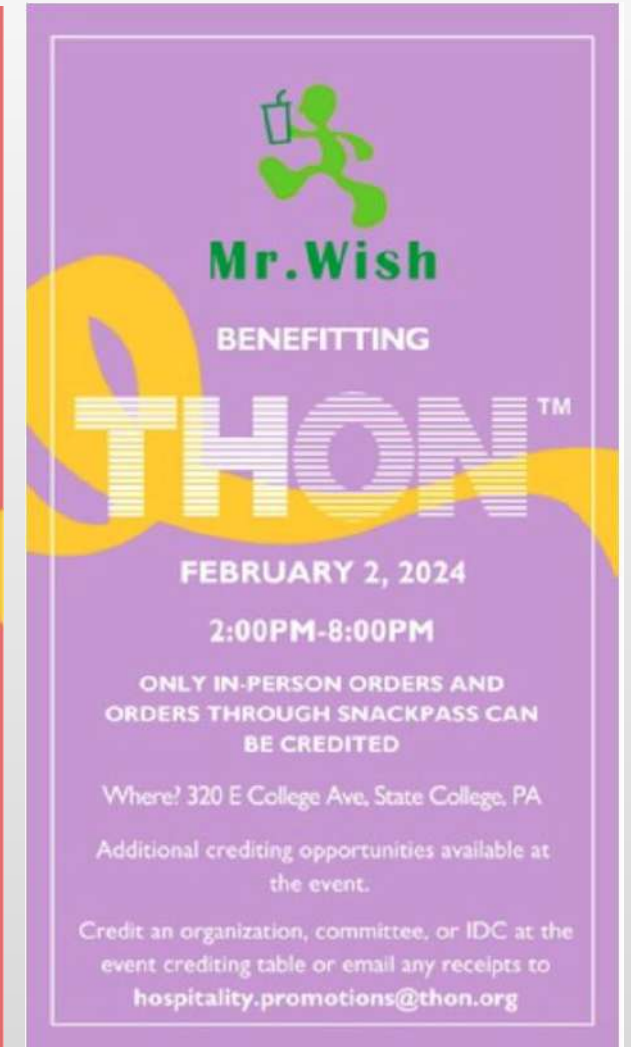
Vibe
COFFEE CO.

BENEFITTING
THON™

FEBRUARY 1, 2024
7:00AM-6:00PM

Where? 401 W Beaver Avenue

Credit an organization, committee, or IDC at the event crediting table or email any receipts to hospitality.promotions@thon.org



A vertical poster for Mr. Wish featuring a purple background with a green stick figure logo holding a coffee cup above the text "Mr. Wish" in green. Below this, it says "BENEFITTING THON™" in white and yellow. The event date and time are listed as "FEBRUARY 2, 2024" and "2:00PM-8:00PM". It includes a note: "ONLY IN-PERSON ORDERS AND ORDERS THROUGH SNACKPASS CAN BE CREDITED". The location is "Where? 320 E College Ave, State College, PA". It also mentions "Additional crediting opportunities available at the event." At the bottom, it provides instructions for crediting: "Credit an organization, committee, or IDC at the event crediting table or email any receipts to hospitality.promotions@thon.org".

Mr. Wish

BENEFITTING
THON™

FEBRUARY 2, 2024
2:00PM-8:00PM

ONLY IN-PERSON ORDERS AND
ORDERS THROUGH SNACKPASS CAN
BE CREDITED

Where? 320 E College Ave, State College, PA

Additional crediting opportunities available at the event.

Credit an organization, committee, or IDC at the event crediting table or email any receipts to hospitality.promotions@thon.org

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 :)

Raffle Week!!

- Today until Friday, February 2nd, its THON Raffle Week!
- **1 THON POINT FOR EVERY TICKET PURCHASED**
- Table set up from 10am-4pm
 - there will be a table in the HUB near Starbucks with Captains selling them
- **Tuesday**
 - regular raffle ticket sales
 - \$5 cash or check per ticket
- **Wednesday**
 - Buy 4 tickets, get the fifth FREE
- **Thursday**
 - \$4 tickets
- **Friday**
 - tickets bought THAT DAY can win a Trace McSorely signed Cardinals jersey
- **100% can be credited to AED!!**

Form for
Points

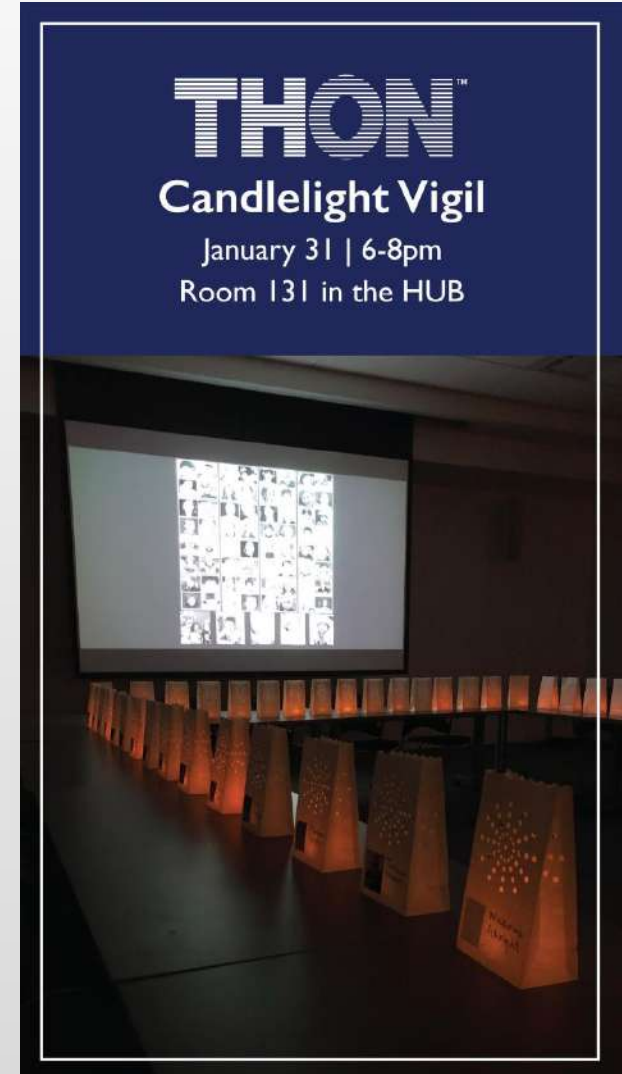


THON Dodgeball

- **THIS Thursday, February 1st at Multi-Sport Facility**
 - 7:00pm-9:00pm, doors open at 6:30pm
- **If interested, one team of 6-8 volunteers can compete for AED**
 - \$35 per team
- **Crediting prizes for the top 7 teams**
 - also points for most creative costume
- **Registrations close tonight**
 - If you are interested, please come see me at the end of the meeting :)
- **2 THON points for participating!!**

Candlelight Vigil

- The Candlelight Vigil serves as inspiration
- Take time to remind us of why we THON
- Wednesday, January 31st
 - 131 HUB
 - 6-8PM



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!



It's Almost Clara's Birthday!!

- Clara Shepps turns 12 on February 11th!!!
- We're making birthday cards for her, so feel free to sign it or write something nice for her!



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

Presentation Groups:

Group 1:

Katie Estes

Morgan Kelley

Hannah Mirshahi

Group 2:

Sargent Acosta

Yashu Bansal

Laura Cooney

Thank you to presenters and subchairs for applying!

- Please see Teams for the zoom link to an info session with more detail about the presentations
- If you wanted to apply to be a presenter but missed the deadline or are interested in being a presenter, PLEASE COME SEE ME or msg me on Teams, all are welcome at this point

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

Social

IM Volleyball Registration

Registration open Feb 19th
- Feb 29th

Season lasts: March 11th -
March 28th

- I will be sending out more information closer to the date.



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

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.

Upcoming Workshops

Getting Involved in Undergraduate Research - **Wednesday 2/7**
at **7PM** on [Zoom](#) worth **1 Activity Pt**

- Covering the value of undergraduate research in applying to professional schools, how to identify research interests, find potential mentors, secure opportunities, interview tips, and more!

Getting Involved in Volunteering - led by Hannah and service sub-chairs after THON (look out for announcement on Teams)

Southern College of Optometry

I am gauging interest in potentially hosting the Southern College of Optometry for an information session, so please fill out the form if this applies to you!!

Date: Thursday, February 22nd

Time: Likely in the evening around 6:00/7:00 pm

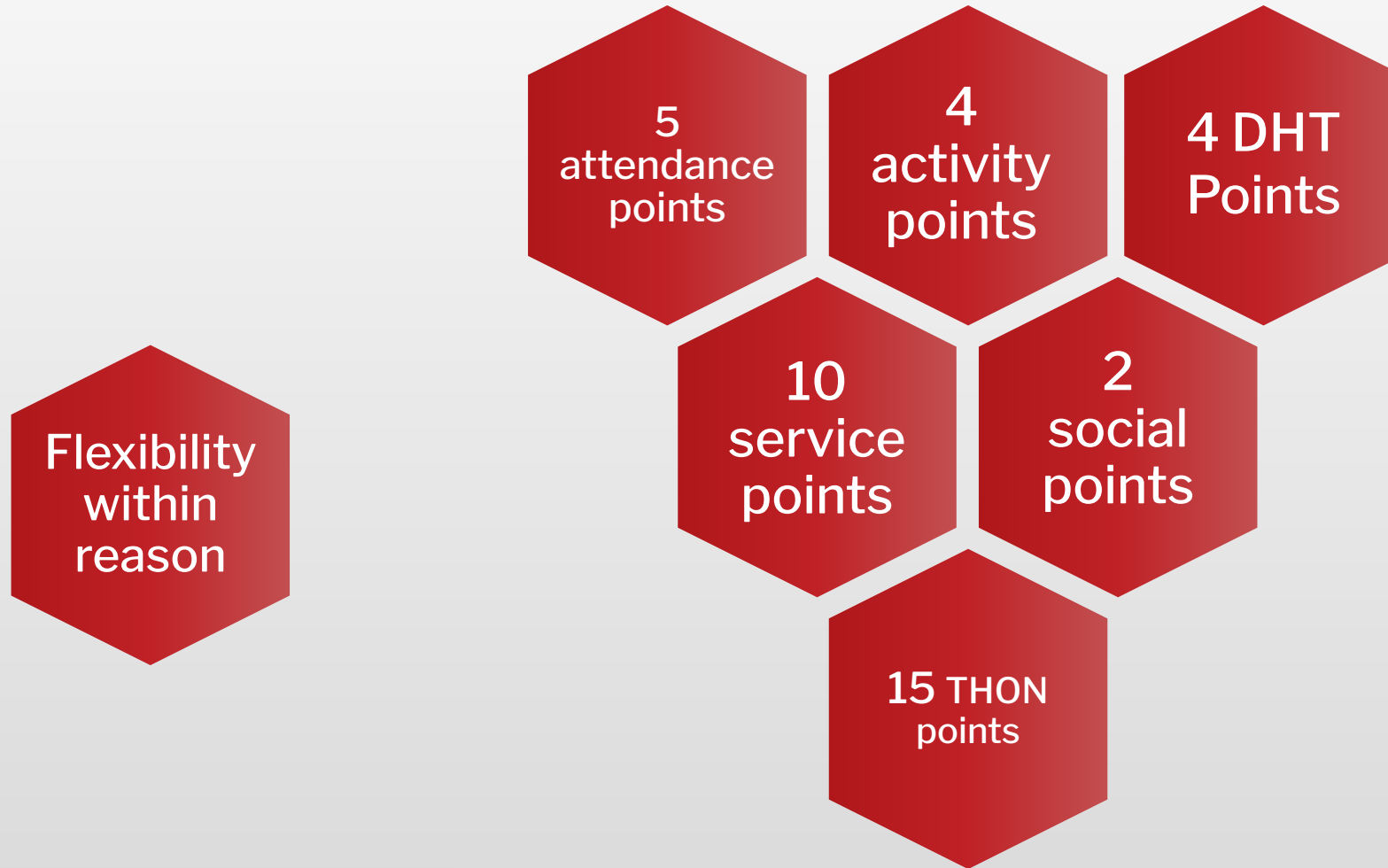
Link:

<https://forms.gle/EZtWuE9t9K63Lfeb8>



Appendix

Reminder of the Requirements for Distinguished Membership



AED Website – Check your points!

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



The screenshot shows the website header with the Alpha Epsilon Delta logo and navigation links: 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!

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

- 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/>