

# Alpha Epsilon Delta General Body Meeting

4th Meeting - 02/26/24

[Scan to join our Teams!](#)



# General Body Updates

# National Induction- Monday, April 8th!!

- Emails will be sent out around March 1st
- MUST be nationally inducted to run for an exec position
- Requirements:
  - Must have completed at least 3 semesters
    - At the University Park campus (transfers & 2-2 programs will need to spend 3 semesters at UP)
  - Cumulative GPA & science GPA of 3.2
  - 1 time fee of \$100

# Cords for Graduating Seniors

- Reach out to me (Jen) to set up a specific time to pick up your cord
  - On teams, groupme, the AED email, or by text (914)374-6188
- After spring break, I will be setting up specific times to sit in the office to hand them out
- Some cords will be brought to each upcoming meeting



# Merch!

If you see your name on this list- PLEASE be sure to venmo/pay Cade and pick your orders up. If you do not pick them up by the next meeting, **we will resell them.**

**Cindy-** hoodie

**Mary Farag-** hoodie

**Roy Wu-** red shirt

**Hope Husak-** red shirt

**Emma McQuinn-** red shirt

**Willow Pursel-** red shirt

**Brittany Wood-** hoodie

**Hoodie: \$32**

**Shirt: \$24**

**Currently, we have the following for purchase:**

2 L yellow shirts

1 XL yellow shirt

1 XL hoodie

Service

# General Announcements

- Lion Care Spring volunteer applications are closed – emails to selected volunteers were sent on 02/16
- Keep an eye out for TEAMS announcements from Hannah about health literacy meetings
- Be sure to turn TEAMS notifications ON for our Service channel, where my team and I post 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 spring break.



**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 this Wednesday, 02/28
- Volunteer will help with event setup and tear down, reception, and help navigate program representatives and students
- There are a few spots left as of 02/25 – DM Hannah Mirshahi on TEAMS **ASAP** if you're interested in volunteering
  - Two slots from 9 to 10 AM
  - Two slots from 3 to 4 PM
  - 1 volunteer hour per shift



# Cards to St. Jude's Patients

- [St. Jude's Children's Hospital has an amazing online platform](#) to send encouraging notes to patients undergoing treatment for cancer and other life-threatening diseases.
- They offer a ton of artwork to decorate your card, and you can write your own short message or select a pre-written one.
  - One volunteer pt towards distinguished membership for every 10 cards – DM Hannah on Teams with proof



# Lion Care Donation Drive

Collections started last 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

# THON 2024 Recap Video!







THANK YOU ALL FOR YOUR SUPPORT <3 WE RAISED \$34,408.66 FTK!



# Birthday Card & Welcome Basket Well Received!!



DHT

# 2023 Diversity in Healthcare Conference



**PennState**  

## DIVERSITY IN HEALTHCARE CONFERENCE

**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!

# 2023 Diversity in Healthcare Conference

## ***2024 Diversity in Healthcare Conference Agenda***

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### **Morning Agenda**

**10:00am**

#### **Welcome and Introductions**

*Meet the conference leadership team and learn about the structure of the conference*

**10:40am**

#### **Empathy Phase: Case Studies**

*Developed and Presented by Conference Partners*

**11:00am**

#### **Speakers**

*Keynote Speaker from Pfizer*

**1:00pm**

#### **Lunch**

*Lunch Catered by a Penn State Sponsored Organization*

### **Afternoon Agenda**

**1:45pm**

#### **Empathy Phase: Discussion**

*Further discussion questions specific to the key learning themes*

**2:15pm**

#### **Defining Phase**

*Define specific disparities in healthcare*

**2:45pm**

#### **Ideation Phase**

*Discussion and brainstorming of possible solutions*

**3:15pm**

#### **Final Prioritization Phase**

*Vote on top solution ideas*

**3:30pm**

#### **Solutioning Phase and Closing Remarks**



# 2023 Diversity in Healthcare Conference

10AM SUNDAY MARCH 17

## Diversity in Healthcare

*sourcing solutions for better outcomes tomorrow*

### Learning Targets

**01** *Racial and Ethnic Disparities* Examine historical injustices, disease disparities among racial groups, mistrust in healthcare, and community-led vaccination initiatives within ethnic communities.

**02** *Vaccine Policy* Media misinformation, misjudgment of vaccine science, and influential community, political, and organizational roles fuel false fears among parents regarding essential childhood vaccinations, underscoring the polarizing nature of the issue.

**03** *Geographic Disparity* Tackle vaccine accessibility by addressing clinic proximity, pop-up vaccination efficacy, rural population stigma, and political beliefs influencing hesitancy.

**04** *Socioeconomic Disparities* Analyze racial and ethnic disparities in healthcare access, vaccine distribution, and social determinants to tackle vaccine and disease inequity.

*misinformation*

*legislature*

*rural vs. urban*



@diversity\_in\_healthcare

REGISTER  
HERE!





# Spring Discussion Sessions

**Dates and times are now available, all in Business Bldg 009:**

- Burnout / negative mental health effects for healthcare providers (**Thurs 03/21**, around 7 pm)
- Rare disease diagnosis (**Wed 03/27**, around 7 pm)

At a meeting closer to these sessions, flyers will be shown at an AED GBM and sent to PEK - you get **1 DHT point for attending!**

- **Feel free to bring friends that are not in any pre-health org when you come to these!!**

# 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: Pasquerilla/Eisenhower 104 Harshbarger

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

Wednesday, February 28, 10 - 11:30am

Location: UP: Pasquerilla/Eisenhower 104 Harshbarger

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...

## March 2024

### Pasquerilla and Dragons

Wednesday, March 13, 6 - 9pm

**Location:** Pasquerilla 105 CRC Lounge

Time: 6pm-9pm

Every Wednesday!

Calling all adventurers! Come by and join the Center for Spiritual and Ethical Development and the Collegiate Recovery Community for a casual game of Dungeons and Dragons. Join us for fun, laughs, and fantasy. The group meets weekly...

### Let's Dance Movement Workshop for All Ages

Tuesday, March 19, 5:30 - 6:30pm

**Let's Dance  
Movement Workshop for All Ages**

5:30 pm Wednesday, March 13

Eisenhower Auditorium stage

Get ready to sing and dance with members of the For Good Troupe, directed by Krista Wilkinson, as they perform excerpts from their favorite musical theatre songs.

After the performance on the Eisenhower...

### Rhiannon Giddens

Tuesday, March 19, 7:30 - 9:30pm

**Rhiannon Giddens  
7:30 pm Tuesday, March 19  
Eisenhower Auditorium**

Since co-founding the Carolina Chocolate Drops in 2005, Rhiannon Giddens has long since branched out on her own. NPR named her one of its "25 Most Influential Women Musicians of the 21st Century," and American Songwriter called her "one..."

Social

# Coed IM Volleyball Registration - 2 Social Points

Registration open Feb 19th -  
Feb 29th

Season lasts: March 11th -  
March 28th

Games will be: Thursday's at  
6:30pm IM Building



Programming



# AED Leadership Meeting

- Executive board elections are quickly approaching! They will take place at our GBM on 04/01
- Anyone interested in running for the 2024-2025 AED executive board MUST:
  - Attend our prospective leaders meeting during the first week back from spring break on Zoom (to be announced on TEAMS, reach out to any executive board member if you cannot make this)
  - Reach out to the exec board member whose position you want to run for
  - Prepare a speech to give at our 04/01 GBM election
  - Be nationally inducted by the end of THIS semester

# 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 graphic is a blue rectangular panel with white and purple text and icons. At the top left is the 'Hope4Med' logo, which includes a stylized head with a brain and a stethoscope. At the top right is a circular portrait of the host, a woman with glasses and a stethoscope. The title 'Panel DISCUSSION' is centered in large white font, with 'DISCUSSION' in all caps. Below the title is the subtitle 'Building a Competitive Medical School Application'. Underneath is the word 'SPEAKERS' in purple. There are four circular portraits of 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 purple calendar icon followed by the text 'ON WEDNESDAY 13 March 2024'. To its right is a purple clock icon followed by 'START AT 8 PM - 9 PM EST'. At the bottom right is a QR code.

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**

**TONIGHT!**

**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 4 children and 13 grandchildren. He enjoys fishing, golf, and skiing and sharing time with family.

# Appendix





**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

Research  
application:



## **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.



## DRAW YOUR WAY THROUGH MEDICINE

### Pre-med Fellowship

Learn to better communicate with patients  
by integrating Art with Medicine

Get in-depth exposure to 8 areas of  
Medicine and learn how to draw procedures

Close the gap in Health Literacy by Learning  
how to improve physician communication

- ✓ 10-week Remote, Asynchronous Program
- ✓ Access to Workshops & Training with Lead Instructor
- ✓ Access to Group Training With Med Students
- ✓ In-Depth Exposure to 8 Areas of Medicine, Including:  
Cardiology, Ophthalmology, Pediatrics, ENT, OBGYN, etc.
- ✓ Access to a Community of Pre-Med Students
- ✓ Health Literacy Certificate & Free Procreate App



Rebecca Kellner  
FOUNDER AND CEO

CHECK US OUT@ [WWW.DRAWMEDICINE.COM](http://WWW.DRAWMEDICINE.COM)

## Draw Your Way Through Medicine Fellowship

**Rebecca Kellner- Founder & CEO of Pictures of Health, 4th Year Med Student at the Icahn School of Medicine at Mt. Sinai Hospital in New York City and a soon-to-be Ophthalmology resident, former Lecturer at the Icahn School of Medicine at Mt. Sinai Hospital in New York City**

**You'll learn how to correctly draw pathologies and procedures for patients in over 8 specialties:**  
Cardiology, Ophthalmology, General Surgery, Pediatrics, Nephrology, Orthopedics, ENT, OBGYN

**\*\*\*THERE IS A \$598 ADMISSION FEE FOR THIS UNFORTUNATELY...\*\*\*** (so keep this in mind)

**Link for More Information:** <https://www.drawmedicine.com/landing>

**Link to Apply:** <https://www.drawmedicine.com/premed-application>

# healthworks

INTERESTED IN HEALTH & WELLNESS?

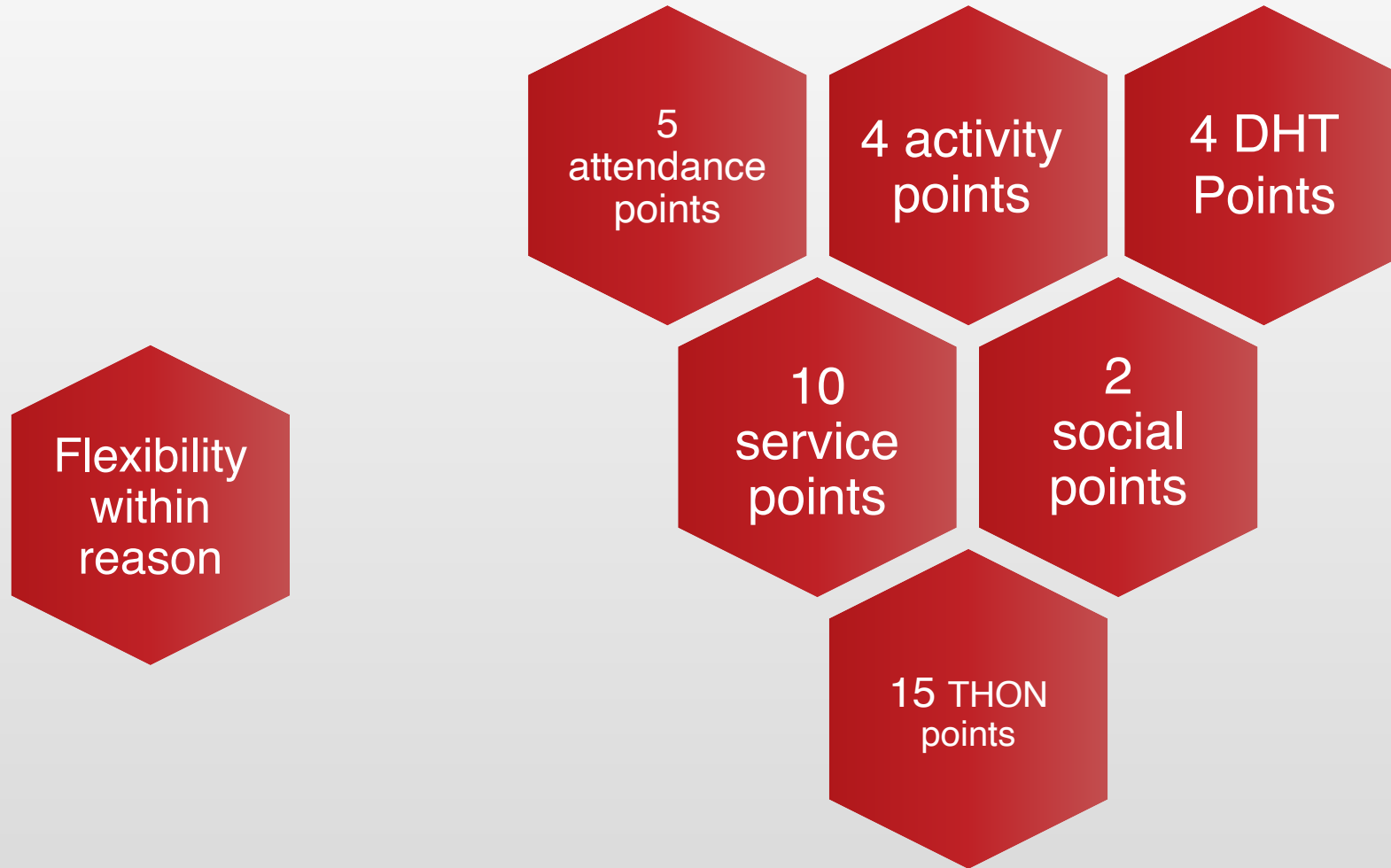
- Conduct educational workshops
- Provide one-on-one wellness services
- Empower students
- Build leadership skills
- Academic Credit and Paid Opportunities

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

APPLICATIONS DUE BY MARCH 1, 2024



# Reminder of the Requirements for Distinguished Membership





# AED Website – Check your points!

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



The screenshot shows the AED website header with the logo and navigation menu. The main content area displays a table titled "Membership Points: Fall 2022" with a purple starburst highlighting the "Member Resources" link in the navigation menu. The table lists members and their PSU email addresses, with columns for Meeting 1 through Meeting 4. The table is titled "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					

Let's Chat!



# FIRST-YEARS: Apply for the Presidential Leadership Academy by 03/10!

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/)

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