

Alpha Epsilon Delta

The Pennsylvania State University

Teams:

Code: 6dwzzwj



GroupMe:



GBM #4

Monday, October 20



M.A. Communications |
Penn State University

B.A English | Penn
State University

Katie Murt, M.A.

University Representative | University of St. Augustine for Health Sciences | EMAIL

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					

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

LION Mobile Clinic Volunteering

1 service point per hour of volunteering for each event

Military Share Food Distribution

- **Date:** Monday, November 10
- **Time:** 8:30-11:30 AM
- **Location:** UEC Theaters 12 125
Premiere Drive, State College
PA 16801
- **Details:** (2 volunteers) Food distribution. Volunteers would assist putting food in vehicles.

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 EMTs) Flu shot clinic. Volunteers could assist w/ the adult art project led by @psu faculty.

LION Mobile Clinic Volunteering

Islamic Society of Central PA

- **Date:** Friday, October 24
- **Time:** 2-6 PM
- **Location:** 454 Rolling Ridge Drive, State College, PA 16801
- **Details:** (1 female & 1 male Spanish interpreter) Flu shot clinic & wellness checks.

Haunted Trail at Rustic Ridge Farm

- **Date:** Saturday, October 25
- **Time:** 6-9 PM
- **Location:** 5193 Morgan Run Rd., West Decatur PA
- **Details:** Dress up and be a part of the Haunted Trail event!
(volunteers get free admission to event)

Reminders & additional events to be posted on Teams!

Blood Drives - Donate for THON!

- **AED-Sponsored Drive**
 - **D&T:** Wednesday, Nov. 12 | 10-4 PM
 - Volunteer & donors needed → [Sign Up](#)
 - \$10 e-gift card with each donation
- **Upcoming Blood Drives**
 - October 22 - HUB Heritage
 - October 23 - Blue Band Building
 - October 27 - College of Ag
 - October 29 - Pasquerilla
 - October 30 - UHS
- **Details**
 - Whole Blood Donor → 3 service points
 - Power Red Donor → 4 service points
 - Donor eligibility requirements → [LINK](#)

Mention AED when you sign in!



[Sign Up here](#)

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!

Sticky Notes for Mental Health Positivity

AED'S

STICKY NOTES FOR MENTAL HEALTH POSITIVITY

*Help us spread joy around campus by
writing kind messages on sticky notes!*

WHERE: Thomas 201

WHEN: 10/22 at 5-6PM

Earn 1 Service point for attending!



RSVP

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



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 Per event | Send proof of attendance to **Jamie Mooney** (ilm8089@psu.edu).



[SignUp Genius](#)

Professional Development

Peer Mentorship Pairings

- **Akene Moutchia**
 - Aneesa Pulido
- **Isha Javiya**
 - Alison Jordan
- **Jason Norwicke**
 - Peyton McElhiney
- **Jamie Mooney**
 - Gracie Hartigan
 - Louise Olszewski
- **Logan Eisaman**
 - Aiden Silva
- **Nathan Price**
 - Vaishnav Yogabalakrishnan
- **Sarah Vinson**
 - Janelle Bowmaster
- **Siya Kakadia**
 - Gisselle Feliciano
- **Sophia Meola**
 - Ariel McIntosh

Please stay after the meeting and get connected!

BRIDGE Mentorship Program

PSCOM Mentors

Sign up to be paired with a medical student from Penn State College of Medicine's BRIDGE program! Gain insight and advice from people who have been where you are and made it. This is fantastic opportunity for anyone considering medical school and would like to learn more!



[LINK](#)

Edu Abroad Fair | Wednesday, Oct. 22

Education Abroad Fair

- **Date:** Wednesday, October 22
- **Time:** 11-4 PM
- **Location:** HUB (Alumni Hall)
- **Details:** Come speak with study abroad, research abroad, and internship abroad providers across the university
 - Enter to win a **\$500 scholarship** toward your next study abroad program by just showing up!



[LINK](#)

BRIDGE Panel | Tuesday, Nov. 4

Personal Statement 101

- **Date:** Tuesday, November 4
- **Time:** 6-7 PM
- **Location:** Thomas 110
- **Details:** Learn about the basics of writing a personal statement, helpful tips and tricks, the most important aspects, and more from current medical students!

1 Activity Point

Scholarship Workshop | Wednesday, Nov. 5

Scholarship/Financial Literacy Workshop

- **D&T:** Wednesday Nov. 5th | 6-7 PM
- **Location:** Thomas 218
- **Details:** Overview of financial literacy resources, finding scholarships, and provide tips for scholarship essays

1 Activity Point

PSCOM Primary Care Day | Saturday, Nov. 8

PSCOM Primary Care Day

- **D&T:** Saturday, November 8, 2025 (all day)
- **Where:** Penn State College of Medicine, Hershey, PA
- **Register By:** October 31, 2025
- **Details:** PSCOM's Primary Care Day is a fantastic opportunity to learn about the primary care field, network with medical students and providers, and participate in skill-building workshops (E.g. physical exam, ultrasound, etc.). **Make sure to register!**

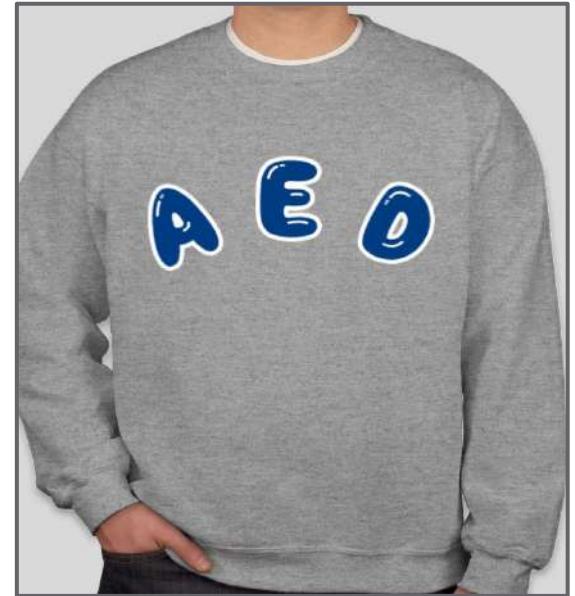
1 Activity Point



[Registration Link](#)

Pre-Health Advising Bus registration has closed. Email prehealthadvising@psu.edu to be put on a wait-list. AED may also provide transportation!

25-26 General AED Merch



25-26 General AED Merch

General AED Merch

Payment can either be through Venmo (@**svinson04**) or cash at the next GBM/any exec office hours.

The order form will be open for two weeks. All orders + payments need to be in by **11:59 PM on Monday, Nov. 3!**



[LINK](#)

Pre-Health Resource Book

Contains information and guidance on:

- Obtaining clinical and volunteer experience
- Resume building
- Finding Research opportunities
- Standardized Test Prep Tips
- Forming your application for grad school
- Gap Year opportunities



[LINK](#)

Diversity in Healthcare Task Force (DHT)

DHT Discussions

DHT Discussion Info Session

Date: Wed., Oct. 22

Time: 6 PM

Location: Thomas 112

Attend: 1 DHT Point

Present: 2 DHT Points

Discussion Leaders

Braam Hattingh, Katie Jones, and Sriya Ayyala

Presenters

- Shreya Bellum
- Trinity Beitler
- Janelle Bowmaster
- Ava Elliott
- Yohana Gabriel
- Nylah Jennings
- Katie Jones
- Olivia Lapiak
- Stephanie Longe
- Aneesa Pulido
- Peyton McElhiney
- Sahithi Reddy
- Peyton Shick
- Rebecca Tian
- Lydia Um
- Eshaal Usman
- Sarah Vinson
- Jennifer Vo

THON™

Pumpkin Carving | Tuesday, Oct. 21

AED Pumpkin Carving Benefitting THON™

Date: Tuesday, Oct. 21

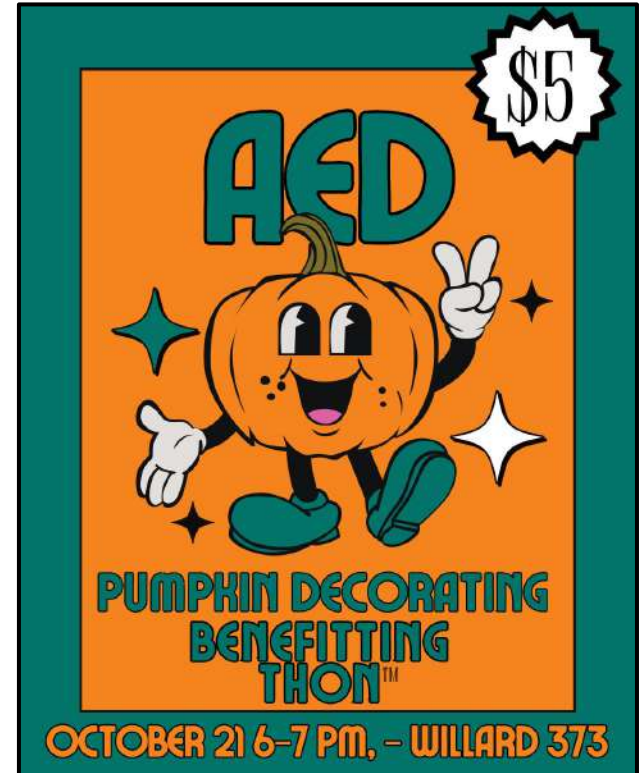
Time: 6-7 PM

Location: Willard 373

Details: \$5 per pumpkin

- **Pre-Dent:** Great way to build manual dexterity skills!

1 THON Point



THON™ 5K | 10.26.25

Date: Sunday, Oct. 26th | 11 AM

Location: Outside BJC (details will be sent in the groupme)

Attending: 1 THON Point

Running/Walking: 3 THON Points



[LINK](#)



THON™ 5K | 10.26.25

Are you joining us? If yes, scan this code and respond to be added to a GroupMe!



[LINK](#)

Mary is coming! Stay tuned for details about lunch at SNAP Pizza after the race. You'll receive **2 FR Points** for hanging with Mary!



Merch Sale FTK

AED Merch Sale Benefitting THON™

Scan to submit an order!



[LINK](#)



Boo Bag Deliveries FTK

AED Boo Bag Sale Benefitting THON™

Price: \$5

Delivery date: Oct 31th

Details: Ever heard of a boo basket? Well here's our twist on it! Give a fun surprise to someone!

1 THON Point



[Order
Form](#)



Chipotle FTK | Monday, Oct. 27

Chipotle FTK

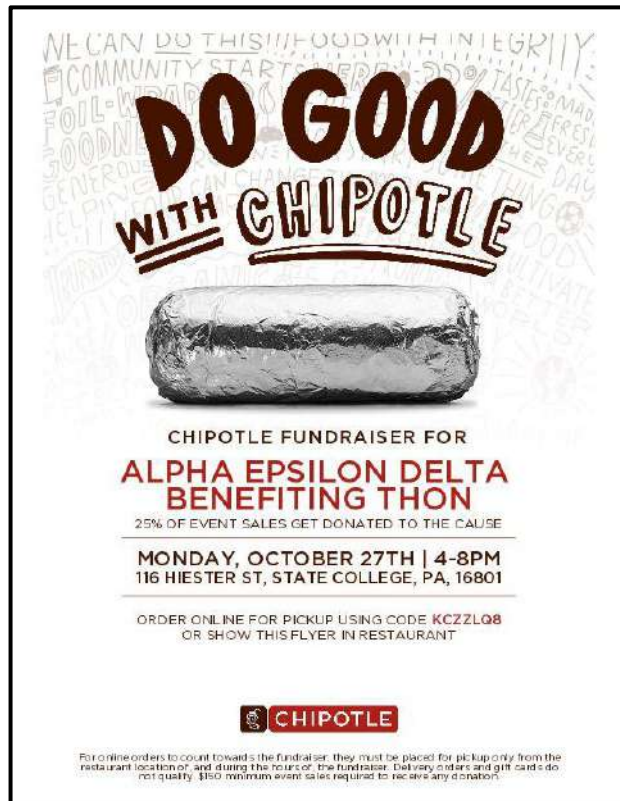
Date: Monday, Oct. 27th

Time: 4-8 PM

Location: Downtown

Details: Mention the fundraiser at the cash register before you pay!

1 THON Point



SO MANY DREAM FORWARD ALT FUNDS

More details at **Pumpkin
Decorating** tomorrow!

Updates will also be announced
in the GroupMe/Teams!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10/26	10/27	10/28	10/29	10/30	10/31	11/01
THON 5K powered by PNC Dream Forward Lotteries Opens Alt Fund Challenge Start	Dream Forward Kickoff Brunch Social Media Storm	Phone-a- THON	Get Air Benefitting THON Playa Bowls FTK #2		Merch Grab Bag Sale Happy Halloween! 👻	
11/02	11/03	11/04	11/05	11/06	11/07	11/08
	2000 Degrees Benefitting THON McLanahan's FTK Alt Fund Challenge End	2000 Degrees Benefitting THON Dream Forward Trivia Night	2000 Degrees Benefitting THON Noodles & Co. FTK	Dream Forward Matching Day		
11/09	11/10	11/11	11/12			
THON Pickleball	Social Media Challenge	Vibe Coffee Co. FTK	100 Days 'til THON Celebration			

Make a DonorDrive



[LINK](#)

Corporate Donor Form



[LINK](#)

Social Activities

Social | Friday, Oct. 24

AED Party

- **Date:** Friday, Oct. 24th
- **Time:** 9 PM
- **Location:** Kevin's APT
- **Details:** Food and drinks will be provided

1 Social Point



[LINK](#)

Thank you!



Alpha Epsilon Delta

The Pennsylvania State University

Teams:

Code: 6dwzzwj



GroupMe:



GBM #5

Monday, November 03

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!

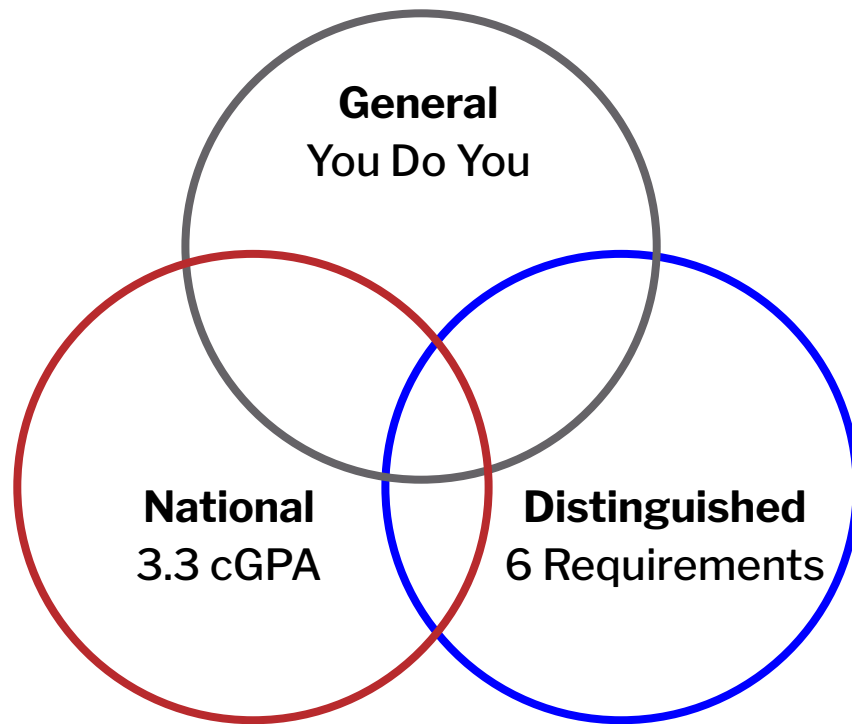


National and Distinguished Membership

National

Benefits

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



PSU

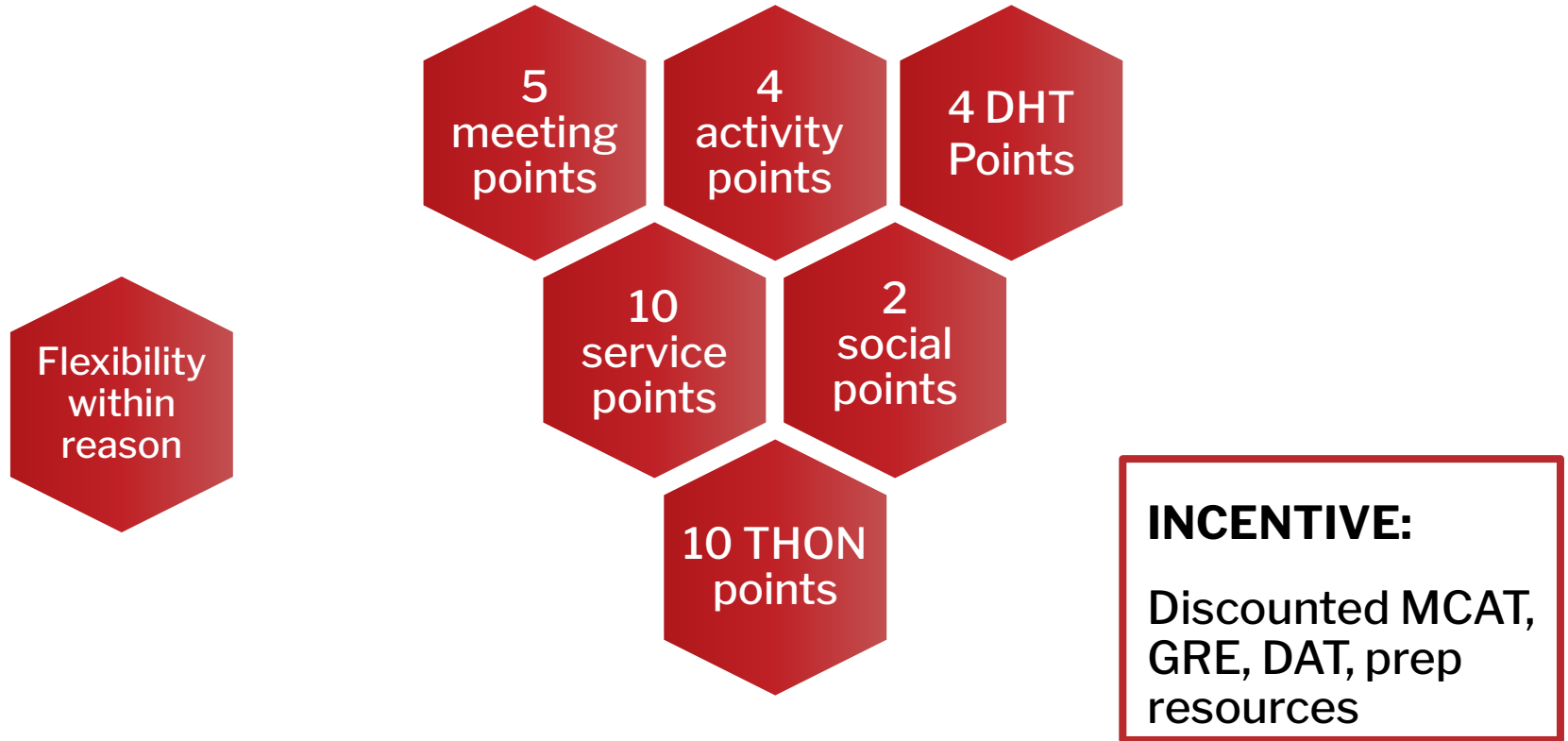
General Membership

- 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

Conversations to
REMEMBER

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.

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.

How You Can Get Involved







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:

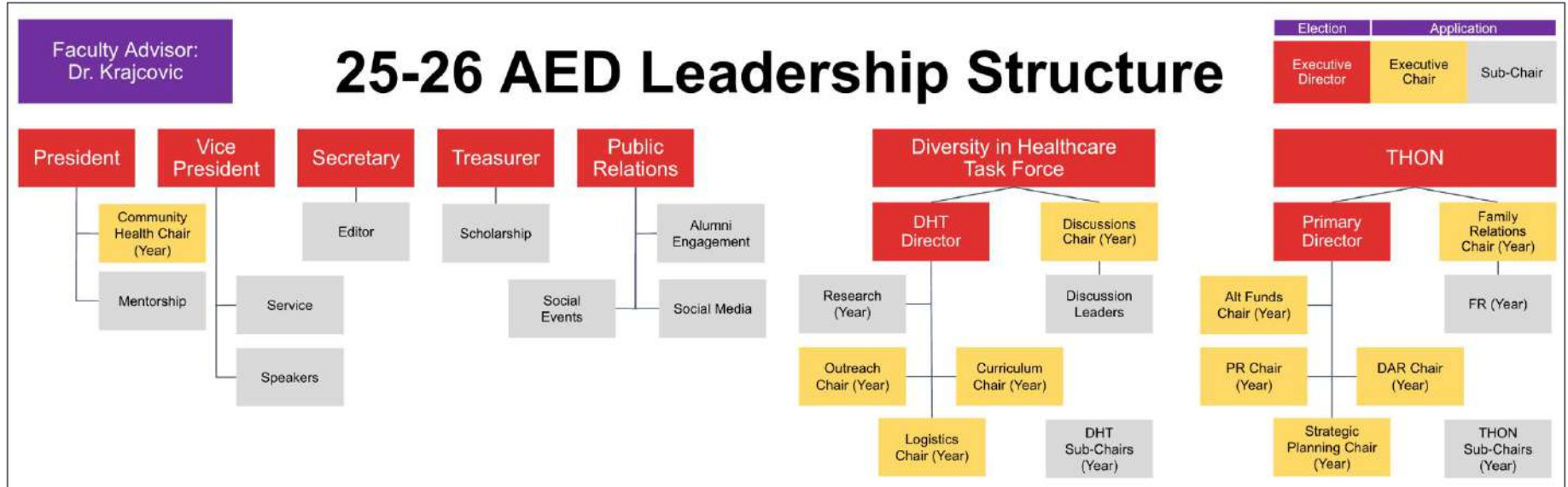
Notebooks	Pencils
Binders	Erasers
Pocket Folders	Highlighters
Pens	Pencil Cases
Calculators (4 Pt)	Backpacks (4 Pt)

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



DHT Executive Team



Eliana Garza
Director

Manages entire DHT
Team & Sponsors' point
of contact



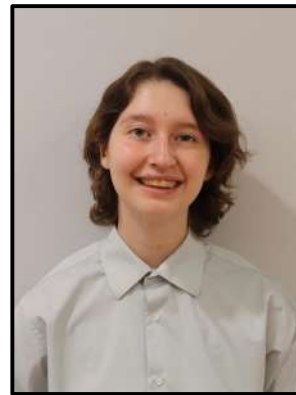
Srita Pulivarthi
Advertising

Participation and
outreach



Alyssa Dass
Curriculum

Researches topics, case
studies, and discussion
points



Mar Escarcega
Logistics

Day-of-Conference
planning



Dara I'anson
Discussions

Coordinates year long
discussion groups
related to conference
theme

25-26 DHT Conference Team

Curriculum Team

Alyssa Dass

Serina Chan

Ava Elliot

Amanda Rodriguez

Advertising Team

Srita Pulavarthi

Gracie Hartigan

Natalie Hillis

Nylah Jennings

Sarah Sabu

Logistics Team

Mar Escarcega

Naomi Ogoh

Amie Prissofsky

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!

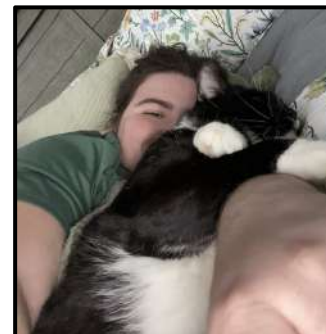
The **MARY** Torres Family



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

