

# Alpha Epsilon Delta General Body Meeting

5th Meeting - 03/18/24

[Scan to join our Teams!](#)



[Scan for attendance!](#)



# General Body Updates

# 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

# Long-Term Opportunities



**Long-Term Opportunities  
Document**



**Volunteering Workshop  
Interest Form**

# 03/25 Health Literacy Workshop

- 10:30 to 11:30 AM at Centre Hall Library
  - Theme is outdoor spring activities!
  - Workshops intended for kids ages 2-5 and their parents
- DM me on Teams if you're interested in volunteering (1-2 people)
  - Transportation will be coordinated!
  - 2 volunteer points to distinguished membership



# 04/03 Blood Drive

10 AM to 4 PM in HUB Heritage Hall

- Whole blood donations - 3 volunteer pts
- Power red donations - 4 volunteer pts
- Each volunteer shift - 1 volunteer hour

[Sign up to donate here!](#)

[Eligibility Requirements](#)



Alpha Epsilon Delta

# SICKLE CELL DISEASE

: A common, inherited red blood disorder that can cause acute anemia, tissue and organ damage, terrible pain and even strokes.

Sickled red blood cells are stiff, have a distorted shape, and can block small blood vessels.

Sickle cell disease affects 1 out of every 365 Black or African American births.

Your blood donations could help someone living with sickle cell disease!

About 100,000 people in the United States have sickle cell disease.

People with sickle cell disease may need as many as 100 units of blood each year.

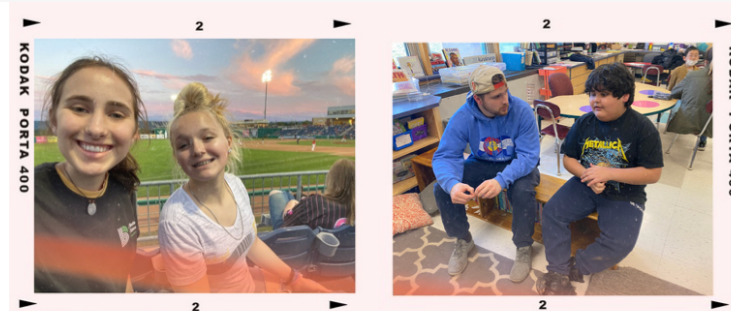
There is currently no widely used cure.

RED CROSS

SCDAA

# Big Brothers, Big Sisters - Long-Term Opportunity

- Mentor an elementary student through either site-based or community-based program
  - One hour per week for one school year
- [Volunteer information session sign-up linked here](#)



## 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)



# MedMentors - Long-Term Opportunity

- Mentor a high school student interested in pursuing medicine!
- Commitment is minimum one hour per month
  - Meeting times are flexible - at discretion of you and mentee via Zoom (1 VH per session)
- [Apply to be paired with a mentee!](#)
  - No prerequisites other than having a minimum 3.3 GPA



# Undergraduate Research Ambassadors - Long-Term Opportunity

- Mentor other undergrads to get them involved in research!
- Time commitment - around one hour per week (advising hours)
  - Great program for anyone passionate about research and mentorship

[Learn more here](#) - applications due

April 19

**BECOME AN  
UNDERGRADUATE  
RESEARCH AMBASSADOR**



# Conversations to Remember

- Non-profit dedicated towards combating isolation felt by senior citizens
- 2-3 college students meet virtually with residents of long-term care and assisted living communities
- Time commitment - 1-2 hours per week for minimum 16 weeks

[Volunteer Interest Form](#)

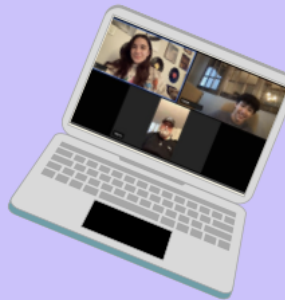


## Who We Are

Conversations to Remember is a 501(c)(3) charity whose mission is to combat feelings of isolation and loneliness among senior citizens. We work with any senior citizen, including those experiencing Alzheimer's and other forms of cognitive decline, who can participate in a video call.

Volunteers with Conversations to Remember will have virtual visits with senior citizens, many of whom live in assisted living communities. These seniors are lonely, and are excited to speak with you. Each video call will have 2-3 student volunteers present. 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](mailto:info@ConversationstoRemember.org)**  
**telephone: 862-243-5331**

THON

# Crochet Night and Dinner with Mary!!

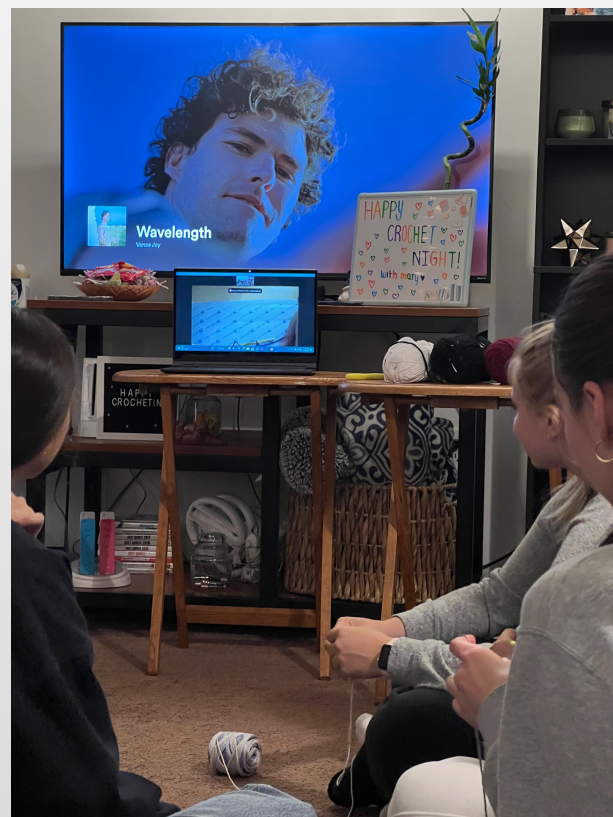
## Logistics

Friday April 19th

- Location and time TBD
- Will be getting dinner first and going to someone's apartment for the crochet night
- Great way to get involved with one of our THON families
- 2 THON Points

Scan if Interested





DHT

# Spring Discussion Sessions

· JOIN THE CONVERSATION ON MENTAL HEALTH ·

## MENTAL HEALTH IN THE HEALTHCARE FIELD



UNDERSTANDING, COPING, AND SUPPORTING

**MARCH 21ST @ 7 PM**  
**BUSINESS BUILDING 009**

For more information, email your questions to  
[ssa5536@psu.edu](mailto:ssa5536@psu.edu)

## RARE DISEASE DIAGNOSIS

AED DHT DISCUSSION SESSION

**MARCH 27, 2024**  
**7:00PM**  
**009 BUSINESS**  
**BUILDING**



# 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

### **Making Better: Ethical Development Series**

Thursday, March 28, 10 – 11am

Location: UP: Pasquerilla/Eisenhower 104 Harshbarger

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, March 21, 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...

Social

# Coed IM Volleyball Updates

We Won Last Thursday (1-0)

- Automatically added to playoffs

Next Game:

- This Thursday March 21st @ 6:30pm in IM Building



# AED/AMSA Spring Formal - April 18th (3 Social Points!)

## Formal Details

When:

- Thursday April 18th from 9pm - 11pm

How much?

- \$18 Per Person

Where:

- @ Jax Bar and Grill downtown (Same as last semester)

What to wear:

- Formal attire

Will include:

- Dj
- Catered appetizers

\*\*\*Bring whoever as long as they are signed up and paid!  
The more the better!\*\*\*

Scan Code to Sign Up!





# National Induction

# National Induction- Monday, April 8th!!

**\*\*\*All forms and payment due April 1st @ 11:59pm\*\*\***

- MUST be nationally inducted to run for an executive board 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

Will be in the AED office (**HUB 319**) on **Weds 3/20 from 2-5pm**, or we can find a time that works best

- Only for those graduating this semester who are nationally inducted
- 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
- Some cords will be brought to each upcoming meeting



Programming

# 03/25 Building a Successful MCAT Study Plan with Kaplan

- Tuesday, March 25 at 6 PM
- Location: TBD
- Kaplan will be hosting a workshop tailored to creating a successful MCAT study plan
  - This is a great way to get a head start on crafting your study plan!
  - Even if you don't plan to take the MCAT for a while, it is still a good idea to attend!
  - Attendance worth 1 activity pt!



**Please scan and fill out this form if you plan on attending!**

# 03/26 BRIDGE Gap Year Workshop on Zoom

- Tuesday, March 26 at 7 PM on Zoom
- We recommend attending even if you're on the fence about taking a gap year!
  - Many of the BRIDGE students have amazing advice since many of them took gap years
  - Also a great networking opportunity!
  - Attendance worth 1 activity pt



# 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 @6:30pm, Willard 162~~

~~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.

# Appendix

# 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))



## 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

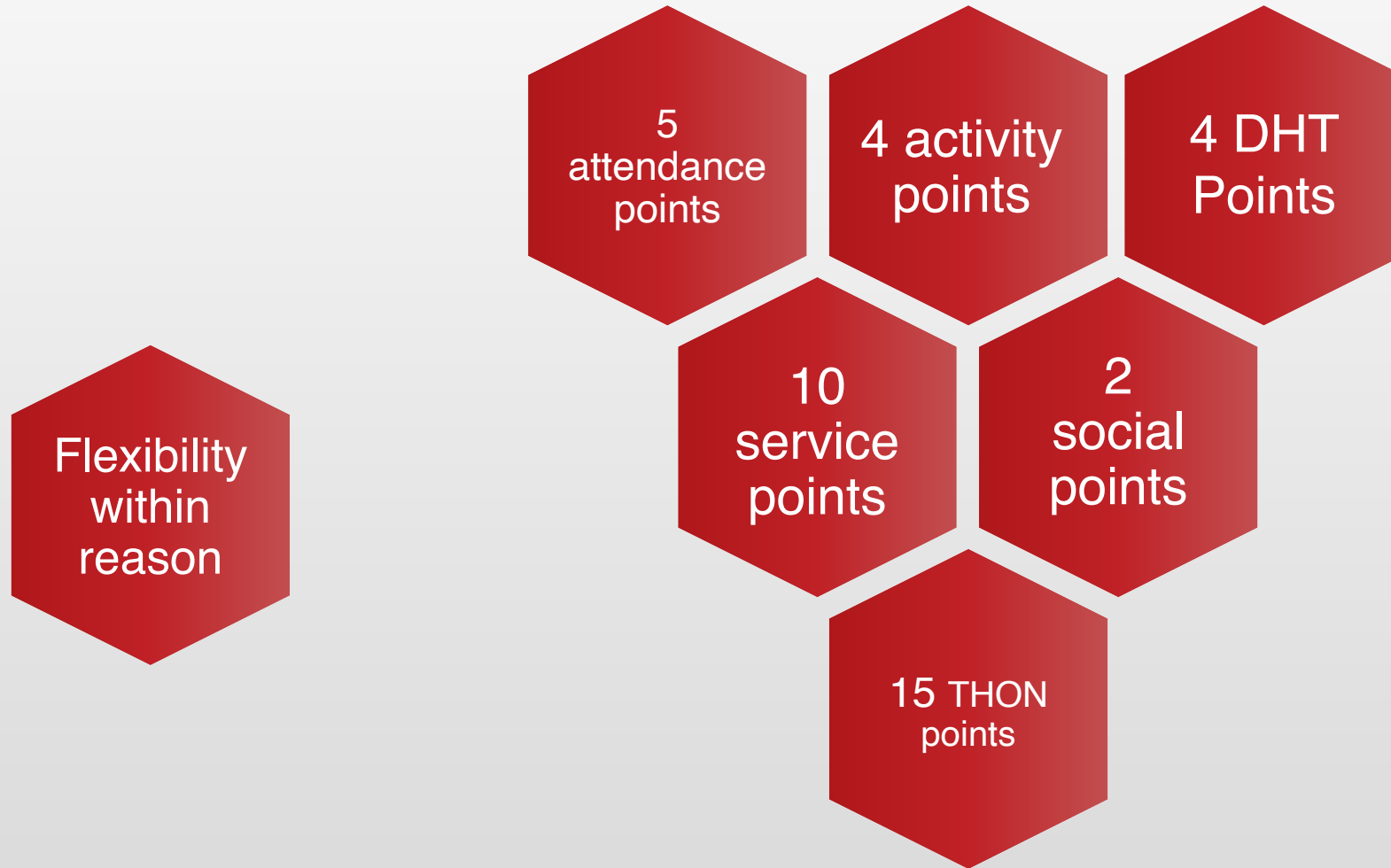
**\*\*\*THERE IS A \$598 ADMISSION FEE FOR THIS UNFORTUNATELY...\*\*\*** (so keep this in mind)

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

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



# 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 attendance at four meetings.

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!