

Alpha Epsilon Delta

Monday, October 21

Scan to join the GroupMe!



Scan for attendance!



Join our Teams using code: o1qvjf9



Obstetrics Fellowship |
University of Alabama School
of Medicine

Family Medicine Residency |
Tower Health (Reading
Hospital)

MD | Penn State College of
Medicine

**B.S. in Biochemistry and B.A.
in Music |** Lycoming College

Dr. Andrew Lutzkanin, MD

Family Medicine and Obstetrics (he/him)

Email: alutzkanin@pennstatehealth.psu.edu

General Updates

Member Resources



Long-Term Volunteer Opportunities

Volunteer Hours Tracker

THON Information

Financial Literacy Resources

NEW: Scholarships Workshop Slides

Research Workshop Slides

Merch Order Form

- ❖ Deadline extended - payment and form **NOW DUE Sunday, Oct. 27th at midnight**
- ❖ Payment can either be through venmo (@charvip) or cash at tonight's GBM/exec office hours

\$26



\$18



Merch Order Form



Professional Development

10/23 Social Determinants of Health Case Study

- The Penn State College of Medicine BRIDGE students are hosting a case study workshop themed around addressing social determinants of health!
- **Wednesday, October 23 in Business Building 007 at 7 PM**
- Great glimpse into problem solving in medicine and opportunity to meet the medical students!
- Worth **1 Activity Point**



10/26 Princeton Review Free Mock Exams

- Through our partnership with The Princeton Review, we are offering a **FREE MCAT / GRE / DAT** mock exam for all AED members!
- You **MUST register by 10/25 at 11:59 PM** to get access to the practice test.
- AED has **Thomas 120** booked from 9 AM to 5 PM if you need a quiet space to work!
- More information will be sent via Teams and email!
- Worth **1 Activity Point**

[MCAT Registration](#)

[GRE Registration](#)

[DAT Registration](#)

The Princeton Review logo, featuring the text "The Princeton Review" in a bold, black, sans-serif font. The word "The" is smaller and positioned to the left of "Princeton". A registered trademark symbol (®) is located to the right of "Review". The logo is set against a white background with a black border. A yellow triangular graphic element is visible in the bottom right corner of the logo's frame.

The **Princeton** Review®

The Princeton Review Partnership Discounts!

- Through our partnership with The Princeton Review, we are also offering a **20% off** on specific **MCAT, GRE, NCLEX, and DAT** courses!
 - Use **PSUAED20_2425** at checkout
- AED members will also receive **10% off** private tutoring (**PSUAED10_2425**)
- DISTINGUISHED MEMBERS: opportunity to earn **50% off specific courses** (limited number of discounts are available, distinguished members have 1st choice)

[TPR Site](#)

The logo for The Princeton Review, featuring the text "The Princeton Review" in a bold, black, sans-serif font. The text is enclosed within a black rectangular border. A yellow triangular graphic element is positioned at the bottom right corner of the logo.

The **Princeton** Review®

11/02 PSCOM: Primary Care Day

[Sign Up Here](#)



3 Activity Points

- Saturday, **November 2 8-4 PM**
in Hershey Medical Center and
virtually
- **Please only sign up if you plan on
ACTUALLY attending. It is your
responsibility to communicate with
PSCOM if you can no longer attend!**

11/07 A Conversation with Dr. Ala Stanford

With MAPS and the Eberly College of Science



2 Activity Points

OVERVIEW

- **Date:** Thursday, November 7
- **Time:** 6 - 7 PM
- **Location:** Flex Theatre
- **What:** As a Pediatric Surgeon and the founder of the Black Doctors Consortium, Dr. Stanford is a renowned leader for healthy equity, and advocating for change.

THON™

- **10/21:** Pie an Exec
- **10/21:** Sticker Order Pick-Up!
- **10/22:** Fundraising Workshop
 - Zoom at 7:30pm (1AP)
- **10/28:** Bracelet Making (1AP)
 - 5pm in Thomas 110
- **10/21:** Bracelet Sale (1AP/hr)
 - HUB Info Table #4

Summary of Upcoming THON Events

THON 5K Recap!



Dream Forward Kickoff!!!!



Oct 20-Nov 13
AED's Goal: Raise \$1,500
THON's Goal: Raise:
\$1,000,000



CALENDAR OF EVENTS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10/20 THON 5K powered by PNC Kona Ice FTK at the 5K Brazilian Munchies FTK at the 5K	10/21 Kickoff Brunch	10/22 Alt Fund Challenge Start	10/23 Dream Forward Trivia Night Vibe Coffee FTK	10/24 Social Media Storm #1 Committee Fundraising Challenge Begins	10/25	10/26
10/27	10/28	10/29 Roots FTK	10/30 Matching Day	10/31 Merchandise Grab Bag Sale	11/01 THON Women's Hockey	11/02
11/03	11/04 2000 Degrees FTK Alt Fund Challenge Ends	11/05 2000 Degrees FTK	11/06 2000 Degrees FTK Raising Cane's FTK	11/07	11/08 Social Media Storm #2	11/09
11/10 THON Pickleball Tournament	11/11 End of Committee Fundraising Challenge	11/12 Phone-A-THON Playa Bowls FTK	11/13 100 Days 'Til THON Campaign Total Reveal			

HOS Crediting

Important
Fundraising
Dates

Fundraising Workshop (10/22)

- 7:30pm on Zoom 10/22 (tomorrow)
- An introduction to DonorDrive and how to effectively fundraise for THON
- Review of DreamForward social media toolkit
- Attendance is worth 1 Active THON Point

Fundraising Feature: THON Raffle

- The THON Raffle runs all year long through THON Weekend
- Each entry is \$5 and *100% can be credited*
- Can be purchased at most THON events!

THON 2025 Raffle Grand Prizes

★ a Woodloch Resort Midweek Golf Getaway

★ a 4-Day, 3-Night Trip to the Atlantis Resort in the Bahamas

★ a Philadelphia Eagles 2025 Home Game: Gameday Experience for
two!

Bracelet Sale Benefitting THON

Making Bracelets

- 10/28 in Thomas 110
- 5pm-7pm
- We can listen to music or put on a halloween movie!
- Attendance is 1 AP + 1 Service Point



Selling Bracelets

- 10/30 at HUB Info Table #4
- 12pm-3pm
- 1 Active Point/Hour
- Selling bracelets, ribbons, and stickers

THON - Family Relations

**Thank you to all who
came for pancakes
this Sunday :)**

***POST-RUN
PANCAKE
PARTY WITH
MARY ON FT***

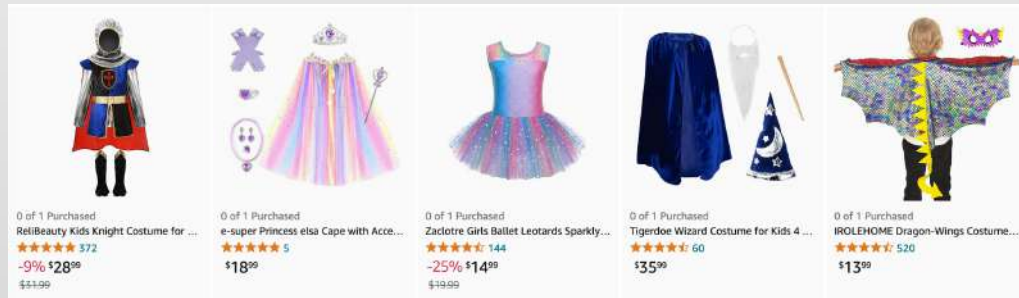
Location: Bailey's Apt (The Ambassador)

Time: 1-3pm (10/20) - *stop by anytime*



Upcoming Events:

- Collecting donations at upcoming GBM for **THON 2025 Costume Drive** (1 FR point for any donation amount)
- Collecting donations at upcoming GBM for **Christmas Gifts** for the Shepps and Mary! (1 FR point for any donation amount/family)
- Planning a **Game Night** with The Shepps and Mary (*Dates TBD*) (2 FR points/night)



Diversity in Healthcare Task Force (DHT)

Vaccine Field Day Recap

- **Thank you for all the volunteers who helped & congrats to the winning team!!**
 - **42 attendees and 30 vaccine vouchers**
 - **We got featured in the [news!](#)**



First DHT Discussion Oct 29 7:30 PM

As a recap, we'll be doing a presentation on lack of diversity in medical research, including this year's addition of presenting a journal paper, followed by a collaborative discussion

- Anyone welcome!!! (bring your non-AED friends)
- Should take about 1 hour
- Worth **1 DHT point for attendance**



Service

Upcoming AED Service Opportunities

- **Service Series: Halloween Card for BBBS (10.21.24)**
 - Led by Jamie Mooney
 - 6-7 PM in Thomas 118
- **Member Service Project Initiative**
 - Led by Ethan Lan
 - Fill out interest form!
- **Collaborations: Days for Girls**
 - Led by Effie Frank
 - Sewing Days for Girls Kit Bags, Sustainable Initiative, and More!

Halloween Card-Making for BBBS → 10.22

OVERVIEW

- **Date:** Tuesday, October 22
- **Time:** 6 - 7 PM
- **Location:** 118 Thomas
- **What:** We will be making Halloween cards for the kids in Big Brothers, Big Sisters! Please also donate any candy or trinkets if you can.
- **1 Service Point**



[Interest Form](#)

Member Service Project Initiative

OVERVIEW

- **Led By:** Ethan Lan (he/him)
- **What:** Host Project Planning Workshops, Provide Support & Connections, and More
- **Goal:** Our goal is to help members plan and execute service projects based on their interest and passions.



[Interest Form](#)

PSCOM Backpack Packing: Fighting Food Insecurity

- 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!**
- Backpack packing will take place on campus near the **Wagner Building on Tuesdays and Sundays 4-6 PM.**
- **1 Service Point per hour**



[Interest Form](#)

Lion Care Clinic School Supplies Drive

Providing Basic Necessities for Medically Under-Resourced Communities:

Drop Off: AED Office (Hetzl Lounge in HUB, **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	Blunt-Tip Scissors
Erasers	Binders	Lunch Box
Folders	Colored Pencils	
Crayons	Glue Sticks	Backpacks (4 Pt)

GenEq Coalition x Centre Safe Donation Drive

Providing Needed Items for Disenfranchised Members of our Community:

Drop Off: AED Office (Hetzl Lounge in HUB, **1 Service Pt** Per Donation)

Bleach	Bath towels (new)	Fans (stand or box)	Paper towels	Dustpans	Jogging/lounge pants For adults (men and women)
Dryer sheets (scent free)	Juice, drink mixes	Pots/pans	Cleaning supplies and accessories (Smaller sizes appreciated)	Dishwashing accessories (sponges, brushes)	Diapers (sizes 3, 4, and 5)
Paper cups	Vacuum cleaner	Cutlery	Tall plastic utility shelf (please call 814-238-7066 for details)	Wash cloths	Toilet brushes
AAA batteries	Small household appliances: coffee makers, crockpots, electric griddles or skillets	Silverware sets	Laundry detergent pods	Hand towels	Microwavable Meals (shelf stable)
Journals and notebooks	Women's underwear	Bakeware	Laundry Baskets	Pillows	Septic safe toilet paper
Gift cards (\$5-\$25 amounts--some examples: Sheetz,	Men's underwear	Freezer/storage bags		Quilts/comforters	

Social Fun!

Pre-Health Formal → Thu., Nov. 21 | 6:30-8:30 PM

- **D&T:** 6:30 - 8:30 PM on Thursday, November 21
- **Location:** The Basement
- **Details:** Catering, Professional DJ, and Open Bar (21+)
- **Tickets:** \$16 per ticket until Nov. 7
 - Invite as many people as you want!
 - \$18 if you sign up after Nov. 7
- **Partners:** MAPS, RAM, and more!
- **Sign-Up Form:** Released VERY soon!



Pennsylvania State University
Remote Area Medical

Providing free, quality health care to those in need.

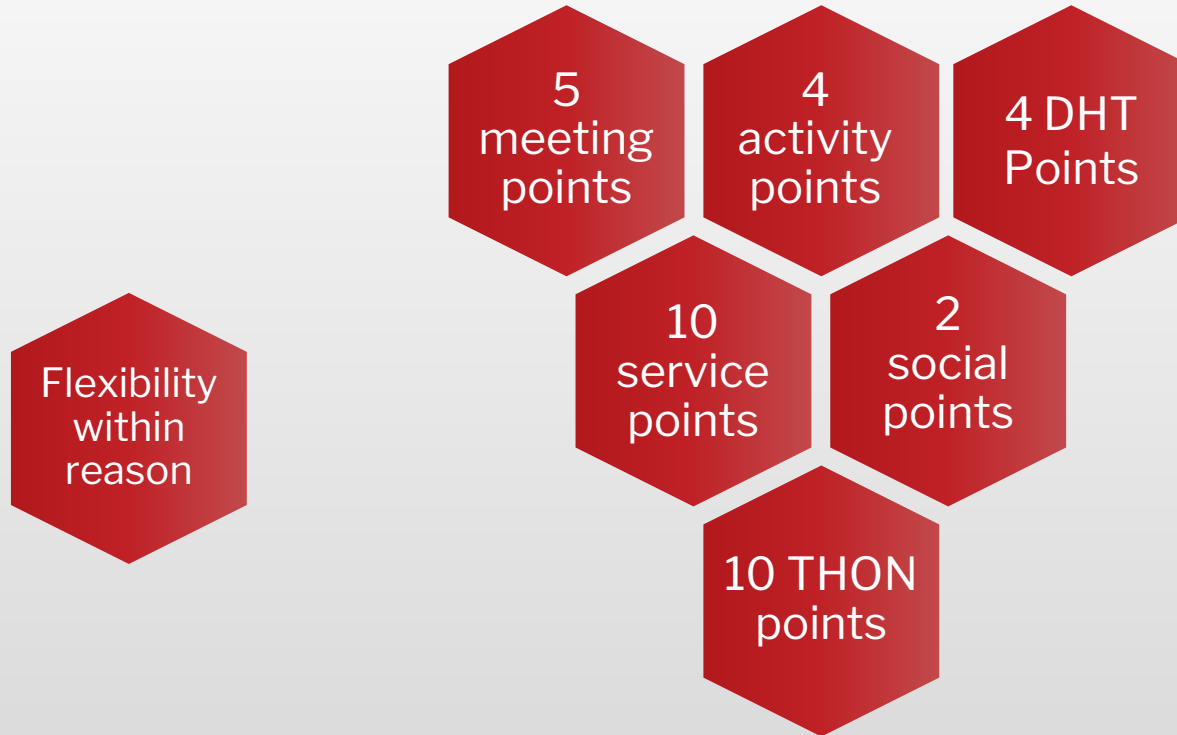
Pickleball Event!

- Planned for this Wednesday at 5:00 PM
- Weather will be very nice (High is 77)
- Will meet up outside the courts and walk over to Tennis Center to rent rackets



Membership

Requirements for Distinguished Membership



Incentive: Discounted MCAT, GRE, DAT, prep resources!

Membership Info

- Listserv = Email List
- ** Please check general inbox and/or spam for emails! **
- Any questions regarding membership status, please reach out to me (Sophia) :)

AEDPSU.COM

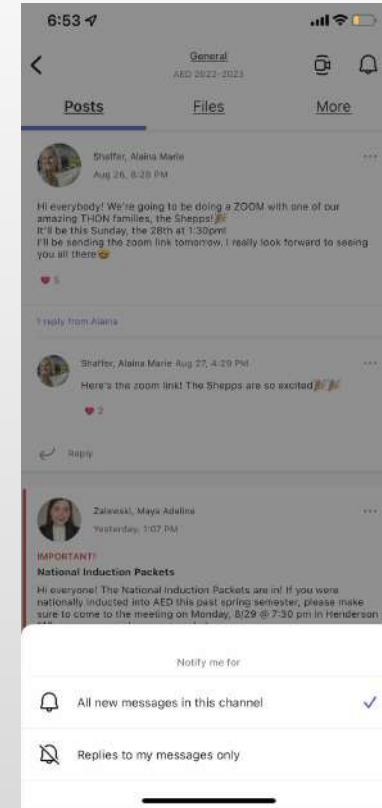
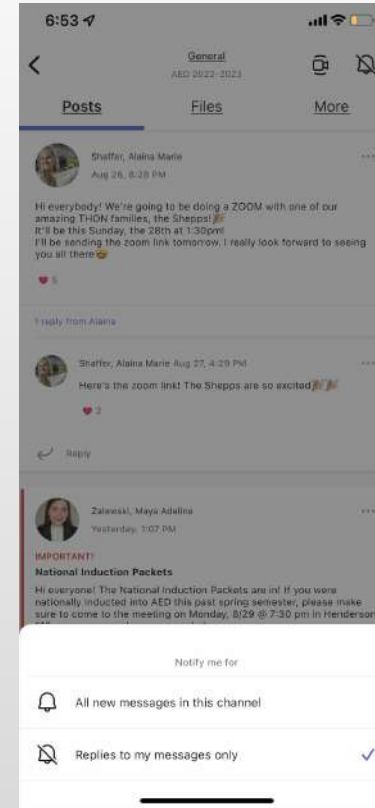
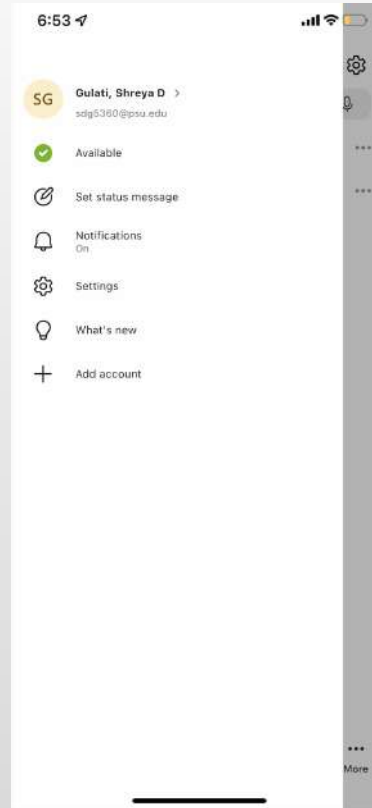
The screenshot shows the Alpha Epsilon Delta website with the 'Member Resources' link highlighted in the navigation bar. Below it, the 'Membership Status' link is circled. The main heading is 'Membership Point 123'. Below this is a Microsoft Excel spreadsheet titled 'Fall 2023 Membership'.

	A	B	C	D	E	F	G
1		PSU EMAIL					
2	Name	ex. abc1234	Meeting 1	Meeting 2	Meeting 3	Meeting 4	Meeting 5
3	Maya Zalewski	maz5348@psu.edu	X				
4	Hannah Mirshahi	hsm5182@psu.edu	X				
5	Jennifer Acocella	jaa6132@psu.edu	X				
6	Cade Walker	cmw6620@psu.edu	X				
7	Laura Cooney	lmc6418@psu.edu	X				
8	Andres Hollenbeck	ajh6835@psu.edu	X				
9	Om Pattarine	ovp5067@psu.edu	X				
10	Joanna Delaney	jqd5766@psu.edu	X				
11	Mikaili Puckerine	mvp5768@psu.edu	X				
12	Aaliyah Liaci	ami7399@psu.edu	X				
13	Abby Franey	aff5463@psu.edu	X				
14	Akene Moutchia	axm6729@psu.edu	X				
15	Akshata Shastri	ams10551@psu.edu	X				

TEAMS Tutorial

NOTE: Must do this with each channel!
i.e. The notification must be manually turned
on for
“General”, “Meeting Slides”, etc

- Notifications
 - Teams > AED 2024-2025
 - General > Bell Icon (top right)
 - Settings > Teams App > Notifications > ALLOW
- Channels
 - General for AED announcements
 - Sub-chairs will also have a specific channel
 - Meeting slides for meeting recaps and links
- GroupMe for more informal questions, announcements



Office Hours

AED Office: Hetzel Lounge in the HUB (Past Art Alley on First Floor)

- Charvi Patel (Treasurer): Tuesdays 12:00 to 1:00 PM
- Hannah Mirshahi (President): Wednesdays 1:25 to 2:15 PM
- Reese Petrosky (THON Chair): Thursdays 10:30 to 11:45 AM
- Kevin Tian (Vice President): Thursdays 2:30 to 3:30 PM

Pick up national induction packets, drop off Lion Care donations, and ask general questions! Please message the exec member on Teams for us to let you in :)

GBM 4: Monday, 10/21
at 7:00 PM in HHD 350

Scan to join the GroupMe!



Scan for attendance!



Join our Teams using code: o1qvjf9