

PHILADELPHIA COLLEGE OF OSTEOPATHIC MEDICINE



Honorary Osteopathic
Service Fraternity

ZETA CHAPTER

Annual Chapter Report 2008
Las Vegas, NV
October 26, 2008

Respectfully Submitted by:
Alyson Melin, President: 2008-2009
Brendan Dragann, Editor: 2008-2009

Introduction:

The Zeta Chapter of Sigma Sigma Phi at the Philadelphia College of Osteopathic Medicine has maintained an exceptional level of community service involvement throughout the PCOM campus and the surrounding Philadelphia community, while consistently maintaining high academic standards. Through the commitment and direction of the past and present Executive Board and the remarkable dedication of all its members, the Zeta Chapter continues to preserve the integrity of the mission statement set forth by Sigma Sigma Phi.

Current Executive Board:

President:	Alyson Melin
Vice-President:	Stuart Hartman
Secretary:	Matthew Hoch
Treasurer:	Matthew McClellan
Editor:	Brendan Dragann
Community Service Organizer:	Amber Batool

Membership:

Class of 2011- 20 members
 Class of 2010- 47 members
 Class of 2009- 40 members

Total 107 members

Financial Statement:

As of October 24, 2007, our bank balance stands at \$2,233.22.

For the first half of this academic year, we were allocated \$800 based on a budget the treasurer and I composed. The money is allocated based on commitment to service, thus as the most dedicated organization to service on campus, we are consistently awarded ample funds. We expect the amount allocated for the second half of the year to be approximated \$1500 as the latter half of the year typically holds more service events. This allotment allows us to provide each member with funding to use toward supplies needed to chair their individual service events.

Monthly Meetings:

Sigma Sigma Phi meetings are held on a monthly basis. All meetings are mandatory for members. The goals of the meetings are to provide follow up reports from Sigma Sigma Phi sponsored events from the previous month and introduce future event opportunities for volunteer positions available for community service projects. New to this year, we have been hosting physicians, who we typically are not exposed to in our clinical education, to lecture. We ask them to present board review cases on pertinent topics that align with the current content of our clinical block/lectures.

Along with the monthly organizational meetings, the executive board members meet one week prior to discuss upcoming events/issues that will be addressed at the group meetings. These

monthly meetings continue to serve as a conduit of information for SSP members and ensure the continued success of the Zeta Chapter.

Member Selection and Commitment:

First and second year D.O. students are invited to apply to the Sigma Sigma Phi Zeta Chapter, in the spring of their first year and the winter of their second year. In order to guarantee that the Zeta Chapter maintains its standards of excellence, new members are selected on the basis of their academic achievements while they have matriculated at the Philadelphia College of Osteopathic Medicine and their community service, both within the school environment and in the community. Students that qualify must have:

- ◇ At least a 87% average
- ◇ An exceptional record of community service on and/or off campus
 - Second years being considered must demonstrate commitment to service specifically at PCOM

Candidates must go through an application process containing subjective and essay-type questions regarding their commitment to service and Sigma Sigma Phi. The applicants are reviewed in an anonymous manner to ensure unbiased decisions and all grades are verified through the registrar's office before the applications are sent to the current executive board members for evaluation. This year, we plan to require letters of recommendation as well as contact information to verify student's reported service history.

Once selected, members are required to attend all scheduled meetings within the academic school year. Each member must complete at least six hours of community service each trimester. Each active member must also chair or co-chair a community service project within the current academic school year. Members must report their hours and activities to the chapter Secretary. Members who serve outside of SSP sponsored events must provide contact information to verify their participation. Lastly, members must maintain above a 85% average and can not fail (<70%) any classes.

Sigma Sigma Phi Zeta Chapter Activities List:

October 2007 Activities

Annual Fall Red Cross Blood Drive

Chair: Gina Blocker, Maria Kurtz

Purpose of the blood drive was to collect as many donations as possible in the time frame allotted. Philadelphia is currently on a blood shortage and our aim was to aid in increasing the blood supply through the blood drive.

The blood drive entailed promoting the drive by hanging up posters, making class announcements, and advertising on the chalkboard. We also made arrangements to have tables and chairs set up for specific days and hours in order to coordinate sign-ups. In addition, we ensured that a room was reserved and equipped with the requested material for the day of the drive. Volunteers were chosen to work the sign-up tables and baked goods were supplied by co-chairs and volunteers.

The blood drive gave many students the opportunity to “give back to their community”. And as one participant commented, “...And as future health professionals, the blood drive gave me a clear meaning to what saving lives is all about...” Donating blood is a priceless gift that one person can give to another. Just having the awareness, and knowing the need for blood donors is one way that medical students can connect with the patient population and impact society as a whole. The supply of blood far outweighs its demand, but as we increase awareness in the health care community, we can achieve our goals of saving and giving life.

November 2007 Activities

Sports Medicine Club/SSP 3-on-3 Basketball Tournament to Benefit the Special Olympics

Chair: Valerie Cohen, Charlie Fedele

Teams had to pay \$15 to enter the tournament and then we sold raffle tickets for prize giveaways and sold tickets for a half court shot. All of the proceeds were then donated to the Pennsylvania Chapter of the Special Olympics. It gave the students from various programs an opportunity to interact outside of class with each other and also allowed them to “blow off some steam” from their heavy class load.

There was some good competition but in the end everyone was glad to know that their fun was going to benefit someone else. We ended up raising over \$500.00 for the Special Olympics.

December 2007 Activities

Christmas Giving Tree

Chair: Kelli Quercetti, Meghan Sweeney

We collected from Stephanie Ferrari a list of names of 103 foster children. We then made ornaments that had the children's age and sex displayed. Students and faculty were encouraged to take an ornament and buy a present for the child on it and then bring the present back to the Evans Lobby and place it under the Christmas tree. Each day at the end of school we collected the presents and placed them in the OMM kitchen for safe storage. We asked that no more than \$25 be spent on the gifts. When all of the presents were brought back to school and placed under the "giving tree" we delivered them to Stephanie at the Northern Home

We assume that it made the children very happy to receive Christmas or other holiday presents that they may not have received from foster parents etc if they have them. The staff seemed very appreciative of all of the presents and thanked us many times.

Operation Holiday Cheer

Chair: Courtney Downey, Lindsey Roach

Holiday packages were sent to troops stationed in Iraq. We first collected addresses of soldiers from the PCOM community, then placed boxes in PCOM to collect donated items. We then held 2 bake sales to raise money for postage, contacted local elementary school to write holiday cards for the troops, assembled gift boxes, and mailed them. Upon completion of our project, we sent a total of 33 care packages (some of which weighed over 15 lbs.) which benefited more than 50 armed forces personnel. Some quotations that summarize this experience are as follows: "I just want to start by saying Thank you very much for your blessings and generosity in the thoughts that went into the package I received on behalf of quite a few sailors stationed over here with me," "You brought many smiles to a lot of faces," and "From the bottom of my heart & all of the men & women serving over here I give you my personal thank you for your time and thoughtfulness you put into this kind gesture."

Christmas Cards for Kids

Chair: Marie Tabuteau, Tom Chen

The event consisted of supplying materials (construction paper, glitter, glue, markers, scissors, etc.) for the PCOM community to make Christmas cards for pediatric patients at St. Joseph's Hospital. This project has helped spread the holiday cheer for the children at a local community hospital that don't have as big of a support as larger university hospitals.

Holiday at Northern Home

Chair: Benny Johnson, Jennifer Cheng

We helped the kids at Northern Home decorate picture frames and write holiday cards so they could give them to a loved one for Christmas. We also took pictures of them to put into the frames. The kids at Northern Home ranged from ages 8-13. They are young African Americans

from low income homes. Many of them have behavioral issues that Northern Home seeks to address. The kids are from low-income families and don't have the money to go out and buy gifts. This was a great way for them to use their creativity to make something and give to a loved one for Christmas. In addition, it was a fun activity to do as break from studying, heading into the holidays.

Give a Basket, Make a Difference

Chair: Olga Boychenko, Janet Sallit

We Collected donations such as toys, bath and beauty necessities, food (canned goods), crayons, coloring books, etc. from students by advertising through email and around school, and leaving collection boxes in front of Zedeck and Ginsburg. We did our fund raising by having a bake sale, as well as having the Dermatology club agree to co-sponsor the event. We used our budgets with the rest of the money from fundraising and the Dermatology Club towards purchasing gift baskets, toys, bath and beauty necessities, etc. We also put together the baskets as well as delivering them to the Ronald MacDonald House. We raised 180 dollars and were able to make 5 really nice baskets for the children and their families.

January 2008 Activities

Feeding Hunger with Hope

Chair: Aubre McClendon, Heidi Long

The activity included preparing a kosher dinner for 4 families with children, set-up in the main dining hall at the Mishkan Shalom Synagogue, serving the dinner, providing conversation and activities during/after dinner and clean-up.

The food (Adult menu: meatless lasagna, garlic bread, salad and/or buttered corn. Children's menu: veggie nuggets and macaroni and cheese) was prepared individually by Heidi Long and Aubre McClendon. The food was then brought up to the synagogue where all of the volunteers helped with the set-up and initial serving of the families. After serving the families, the volunteers made plates and sat down to dinner with everyone. About thirty minutes after serving dinner, the volunteers helped to set-up the valentines day card activity table and started working/helping the children with their cards. Dessert (icecream with sprinkles and cones) was also put out on the main serving table in the dining/social hall. We announced that the guests could come by at their leisure to have dessert. We had two volunteers over at the icecream station serving dessert. Volunteers made valentines cards with the children, played games in the main dining/social hall, served food and dessert, interacted with the adults staying at the shelter and also those who were working there until around 8pm. At that time, a few volunteers started the clean-up process while the other volunteers stayed out in the activities area to help assist the children and adults. Everything wrapped up by roughly 8:30pm.

These families staying at the shelter seemed a bit shy at first. After a few minutes into dinner, they were talking and laughing with the volunteers from PCOM. We started the valentines activity about 30 minutes after we served dinner and it was an immediate attraction! Icecream was served not long after with most of the children and adults trickling in at their own leisure.

The families thoroughly enjoyed the meals and the Valentines card activity was a big hit with the younger children. Towards the end of the night, the dinner manager at Mishkan Shalom synagogue, Pesha, told us that one of the teenage girls had saved a few plates from the dinner so she could have them the next day. She stated that this was “the first time she had saved a plate from dinner.” We were told by Pesha to take that as a very big compliment! The children were thrilled to have new people to play with, show around their “home” and to just talk about whatever they felt the need to talk about. The adults appreciated a nice meal and the chance to have a night where someone entertained the children. All in all, I think we all left feeling that we had had an opportunity to provide dinner, companionship and a night where hardships are at the back of our minds rather than at the forefront of it.

February 2008 Activities

Make-A-Wish Auction

Chair: Greg Tocks

The purpose of the date auction was to raise money to help a local child suffering from ALL to go on a trip to Disney World with his family through the Make-a-Wish Foundation. Starting in early January, we went throughout the Philadelphia area asking businesses and restaurants to donate gift certificates and prizes for us to raffle off, and in addition, award as “dates” with the auctionees. Starting 2 weeks before the event, we sold raffle tickets (1 for \$1, 3 for \$2, and arms length for \$5) and entry tickets (\$2) outside the school cafeteria. This was also done outside the entrance of Ginsberg on the day of the event.

We also had sign ups for the auctionees outside of the cafeteria. For the event, we had Brendan Doucette act as the MC. He was in charge of keeping the crowd entertained, introducing all the auctionees, and yelling off the bids. At about every 4 auctionee, we would conduct a raffle drawing. Finally, at the end of the event when all the bids were recorded, we distributed the dinner gift certificates to the winners. After the event, we had an afterparty at McGillicuddy’s Bar in Manayunk, where we collected \$5 from those who wanted to donate to the fundraiser (and also received the bar special).

This is the largest student run organization at PCOM. It is run by the students, and all the money collected is donated by the students. Being medical students, it is tough to donate money when we are already living on student loans. However, this gives everyone a chance to donate some money, and have a blast doing so. They also had the opportunity to be rewarded with prizes and gift certificates with their donations. We even had 76ers tickets as a door prize if you came to the event.

This also enables the student body to have a chance to get PCOM’s name out into the public in a positive way. If we were able to achieve our goal of over \$6,000, PCOM would be solely responsible for sending Christopher to Disney World. No extra fundraising would be necessary. This year, the students succeeded in doing so. We collected over \$6,500 in donations to send him on his way to Orlando.

March 2008 Activities

Pocket Change Challenge

Chair: Christine Basil

The primary goal of this project was to raise awareness about therapeutic horseback riding, particularly the program that Pegasus Riding Academy offers. Donations were collected throughout the duration of the week-long PCOM based event, which totaled \$170. Pegasus has a pilot program for using therapeutic riding with autistic boys, and was featured on NBC nightly news in light of international Autism Awareness Day this year. During Part I, I played that video clip and the volunteers and I explained the way therapeutic riding works and all the different diseases, disabilities, or rehabilitative-injuries it can, and has been medically proven, to benefit. Part II included 3 students actually going to Pegasus Riding Academy for the evening and taking a tour, observing, and helping out when necessary with the program. The overall goal was to enlighten the medical community on a treatment and rehabilitative service that they can write a prescription for many of their patients to utilize. We raised \$170.

Dinner with Women of Change

Chair: Karen Shemanski

The theme of our visit was relaxation techniques and self-esteem. We held a yoga class for the women. We also sat to talk with them about their experiences. Then, we made thank you cards to send to the troops overseas. The women at the shelter range from about 30 years old to 70 years old. They are all homeless women living in Philadelphia. A lot of the women appreciated having someone to talk to and interact with. The yoga class was very successful. One woman stated that it helped her breathe easier and made her chronic cough go away for a little while. The women really enjoyed making the cards for the troops. They wished them luck and hoped that the cards brought them happiness.

Spanish Lessons at Northern Home

Chair: Neerali Shah, Dawn Marie H. Gurican

The purpose of our project was to teach the boys at Northern Home a little Spanish. We had a lesson on Spanish speaking countries, months, days of the week, and numbers. Of the 7 volunteers that helped out with the actual lesson, each one "manned" a table to help focus and lead the boys with the games and activities. We used visual learning aids which the other volunteers helped to make. To review we asked questions like how old they were, what month they were born, what the date was, etc. They were rewarded with a healthy snack and then a sweet treat at the end.

The community at Northern Home for which we did this project was a group of boys aged 8-14 years old. This is a place where these children go after school to offer them a somewhat better environment outside of their home which may not be so stable. At Northern Home the children are able to be involved with healthy activities, get one on one tutoring for their school work, and learn new things when groups from PCOM and other schools go there to do projects.

We felt that this lesson helped the kids learn a little bit about the Spanish culture and language. We hope it opened up their minds to the usefulness of knowing a different language in this ever-changing world. Hopefully it gave them a new found respect for a different language other than their own native tongue.

Jewish Relief Agency Food Delivery

Chair: Michelle Segalov

The purpose of this project was to pack and deliver food packages to needy elderly Jewish families. When these people open the door and see you standing with the box of food they have been waiting for, their faces light up. At that moment, you really feel the positive impact you have had helping these individuals.

Salvation Army Clothing Drive and Bake Sale

Chair: Elise Attardo

The purpose of the project was to collect clothes and raise money for the Salvation Army. I got an excellent response to the clothing drive, so I was clearing the hall every day. At the end of the three weeks, I made a large drop off to the Salvation Army in Manayunk. Also, the bake sale raised almost 60\$ to donate. The Salvation Army has many branches of the organization. They provide services internationally and domestically. For example, their emergency disaster services provided aid in the Midwest this past January after severe weather problems. The Salvation Army's charitable works include disaster relief, ARC (adult rehabilitation centers), and Family Tracing Services. The total amount raised was \$59.

Divest to Win

Chair: Mojirayo A. Sarumi

PCOM community was encouraged to sign a petition which encourages Franklin Templeton, JPMorgan Chase, Fidelity Investments, Capital Group (American Funds), Vanguard, and other firms to divest from PetroChina, a company that actively invests in Sudan and therefore help to fund genocide in Darfur. Volunteers sat at the table and collect petitions and gave away pamphlets. Money incentives (in the form of target \$5.00 gift card) were given at random to those who signed the petition.

With this event, we were able to increase the awareness of Darfur Genocide at the PCOM community. Several people approached us to thank us for addressing this issue. We were able to get 94 people to sign the petition.

Annual Spring Red Cross Blood Drive

Chair: Jon Pomeroy, Nicole Paul

We wanted to organize a blood drive for the Red Cross maximizing the amount of donors. The drive would aid in the current blood shortage in the country. We advertised throughout all PCOM programming (i.e. students, employees, and faculty). We collaborated with several student-run organizations such as the Soccer Team, SSP, KSP, LGBT, and SNMA.

A second year student came into the drive this morning and said, "I am here to save lives." As slightly sarcastic as it was, it was true. The drive finished with about 60 units of blood and is estimated to save about 180 or so lives. This is a major contribution from the PCOM community.

Baby Shower and Diaper Drive

Chair: Niloofar Roodsari

The purpose of the Baby Shower & Diaper Drive community service project was to raise necessary items needed for babies of Philadelphia and donate to two foundations: Mother's Home of Darby and Alpha Pregnancy Center of Philadelphia. Prior to the community service project, I contacted these two foundations and spoke with their project managers to get an idea of what items they were really in need of.

The Baby Shower took place at PCOM and spanned about a week. Several volunteers and myself decorated a table as if we were hosting a Baby Shower and we attracted people walking by with free cupcakes if they took a plastic Easter egg. The idea was similar to that of the Angel Tree. Inside each egg was a piece of paper with a particular item written on it that was needed by the pregnancy centers such as baby diapers, newborn diapers, receiving blankets, onsies, diaper bag, baby wipes, baby clothes for boy or girl for a certain age, formula, toys etc. The person had to go and buy that particular item and drop it off in a designated box at school the following week.

The Diaper Drive took place outside of Walmart (Roosevelt Blvd.). A couple volunteers and myself sat out in front of Walmart for 4 hours during the weekend and handed out shopping lists to costumers entering the store. The shopping list included items listed above. Basically, the costumer had the option of buying any item(s) on that list while in the store and then dropping it off outside of Walmart at our table on the way out. We also had information pamphlets on these two pregnancy care centers in order to educate people about what services they provide.

After collecting all the items from these two events, we divided up the items with particular emphasis on what items they each said they needed and dropped them off to both Mother's Home of Darby and Alpha Pregnancy Services. While we were there we had the opportunity to interact with some of the women.

Match Faculty with Baby Photo for March of Dimes

Chair: Shavon Yannuzzi, Jeanne Gricoski

Feeding the Homeless

Chair: Katherine Kielek

The purpose of this activity was to help the homeless community in the city of Philadelphia by volunteering at St. Francis Inn. Some of the work we accomplished that day included setting-up tables, organizing the food, and serving the homeless food in a "restaurant-style" manner where we acted as waitresses to them. Afterwards we helped clean up the serving area and the kitchen. The estimated number of people served that day was 350. The average age was 50 and the

community was entirely homeless. There were some children and about 25% of the total population was fluent in Spanish.

The homeless people were not only given a free meal, but they get to be waited on as if in a restaurant. The environment is safe and gives them a chance to interact with both volunteers and other homeless people.

April 2008 Activities

Hand-in-Hand

Chair: Theresa Kaufman, Jennifer Swenski

Hand in Hand is a yearly carnival held at St. Joe's University for mentally and physically disabled individuals in the Philadelphia community. Our participation was as part of the Healthcare Team. They relied on us to help the guests with the bathrooms, including directing traffic, physically lifting disabled guests, and all the semantics of going to the bathroom that the physically and mentally challenged may need help with. We also were there to take blood pressures and hand out some goodies, including candy, prizes, and PCOM water bottles and Frisbees (which were donated by the PCOM Alumni Society).

The project positively affected these individuals because attending the carnival itself was an exciting and fun filled day for people who may not receive that kind of attention on an every day basis. Without our participation in the carnival as medical students, individuals who might need extra care in the bathroom would probably not be able to attend the event.

Friend's Hospital Clean-Up Day

Chair: David Young, Jonathan Cooperman

The purpose of the project was to help clean up and beautify the grounds of Friends Hospital. Our groups' specific responsibilities pertained to helping to cut down dead/dying trees, prune bushes and smaller trees, rake and clean areas so that we could plant various plants and flowers as well as to add compost to the newly cleaned areas.

Even though our jobs seemed trivial, our contact, Carol was so happy that we were helping that she assigned us to the board of directors of her foundation. As such, she sent the following email the day before the event. "Hi David, I just want to thank you and your friends for coming tomorrow and I also wanted you to know that my President would like you and your group to help plant some beautiful new bushes and plants along with the Chair of the hospital Board of Managers, Carol Ashton-Hergenhan and three master gardeners. Thought you would like to know how special you are. Carol"

Walk Against Hunger by Greater Philadelphia Coalition Against Hunger

Chair: Justin T. Koch, Colin L. Donnelly

Students helped with the set-up of the team photographs and answered questions from walkers during the registration. Once the race began, students worked the first aid tent, continued

assisting the photographer, and assisted the bus-driver in bringing walkers unable to complete the walk back to the finish line.

We helped the Philadelphia Hunger Coalition by raising a total of \$141.00. Also, just by being part of the Hunger Walk event, we hopefully brought awareness to the community about how the problem of hunger is plaguing the Philadelphia Community, and what every individual can do to help feed the underserved Philadelphians.

Philabundance Food Bank

Chair: Michelle Cifone, Jen Hanson

We went to the food bank and helped sort the food that was donated over the course of the month. Food was originally placed in containers. We sorted the food into boxes by kind, for example, green veggies, non-green veggies, fruits, etc. Each box had to be exactly 40 pounds. We then loaded the boxes onto crates so that they could be packed and shipped.

The project was targeted to help Philadelphians unable to feed their families. An orientation video shared some of their stories with us. The majority of the families were part of the lower socioeconomic class and simply could not find a way to pay rent and buy groceries. We were told that the food went mostly to local churches and soup kitchens, however, the program had set-up a makeshift grocery store where families could come and “shop.”

Although we had little interaction with the families themselves, our participation at Philabundance helped the organization accomplish their goal; provide food for those who need it. Even though canning and boxing the food was just one piece of the larger picture, our work helped get it one step closer to the families. In the video one mother began crying after volunteers at Philabundance loaded up her trunk with groceries. She expressed her relief and happiness that she was able to bring them home to her family.

Ronald McDonald House

Chair: Michael Alterman

We supplied food and cooked breakfast for the residents of the Ronald McDonald house. We worked with families who live more than 25 miles from the Philadelphia Ronald McDonald house, have a child under 22 years of age, and have a child receiving active inpatient or active outpatient treatment at a local Philadelphia hospital. They were provided free breakfast before leaving for the hospital.

National Kidney Foundation Softball Game

Chair: Samantha Burkhardt, Peter Burke

The softball game is held annually in honor of Dr. DePalma (who’s kids and relatives attend PCOM) who passed away last year and was dedicated to patients with kidney disease. The softball game/raffle/and post party raise money that is donated to the National Kidney Foundation. Raffle tickets were sold a week prior to the softball game and prizes included gift certificates and sports memorabilia donated by the kidney foundation. The first softball game

was first years vs. second years. The first years won and played a team of third years, fourth years, and faculty. Food was grilled and served at the game for donations. An afterparty was held at McGillicuddy's in Manayunk and money was collected at the door for further fundraising. Through the game and ticket sales as well as donations at the afterparty, we raised \$1200 dollars, which was given to the National Kidney Foundation.

May 2008 Activities

Volleyball Tournament that Benefits Cystic Fibrosis

Northern Home Basketball Clinic

Chair: Kevin DuPrey, Stuart Hartman

A basketball clinic was hosted for "at-risk" boys aged 8-14 from the Northern Home at PCOM. The clinic not only honed the basketball skills for these young men but also encouraged teamwork, dedication, and exposed them to a day on campus. The help of the Philadelphia 76ers was certainly helpful in this event.

Current Project:

Cambria Health Fair
Annual Philadelphia Diabetes Walk
Health Screening at Church of the Advocate
Philadelphia Cares Day
Running for Cover
Northern Home Tutoring

Dedication To Service:

This year, our executive board has taken on the challenge of ensuring that members are not just "in it" for the sole purpose of being able to check the "yes I'm an SSP member" on residency applications. We have addressed this by altering the application process, redefining community service and holding member's projects to a high standard of direct impact and interaction with the community, and increasing the service hours requirement.

Despite the concern of motives for applying to SSP, I am proud to say that the class of 2011 demonstrates true dedication to academics and service by how we spent our summers, which is not governed under the auspices of the Zeta Chapter:

- Bridging the Gaps
- Volunteering at a Hospice
- Pennsylvania Governor School for Healthcare
- Women's Clinic in the Dominican Republic and Medical Mission to Vietnam
- National Youth Leadership Forum in Medicine
- Medic for the Livestrong Foundation
- Traveling
- Research
- Army Bootcamp

Thank you for your attention in reading this report from the Zeta Chapter of Sigma Sigma Phi at the Philadelphia College of Osteopathic Medicine. Please feel free to contact me, AlysonMe@pcom.edu with any questions or concerns.

Respectfully Submitted,

Alyson Melin, MS II
ΣΣΦ President 2008-2009
Philadelphia College of Osteopathic Medicine