GBM 1
FALL 2022

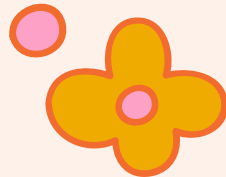Welcome to our first GBM of the Fall semester!!

Professor Calvert

Division of Environmental Health

Lecturer and Adjunct Assistant Professor

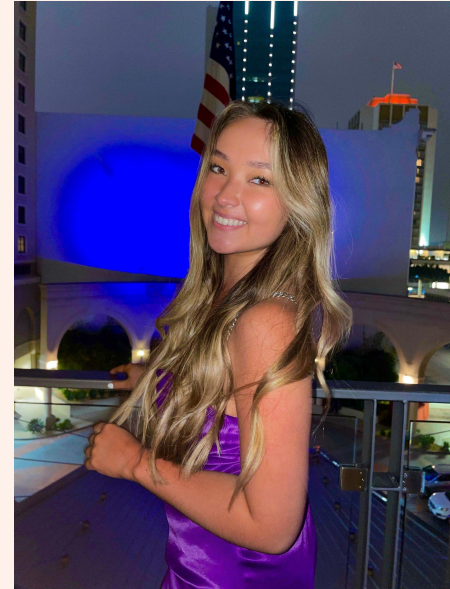# Meet the S4PH 2022-23 Executive Board!!

President:
Sandhya Muthuramalingam

Year/Major: 4th Year, Public Health

Career Track: Health Promotion

Vice President:
Nalani Bott

Year/Major: 4th Year, Public Health

Career Track: PA

**Treasurer:
Cleo Chan**

Year/Major: 4th Year, Public Health
Counseling Minor

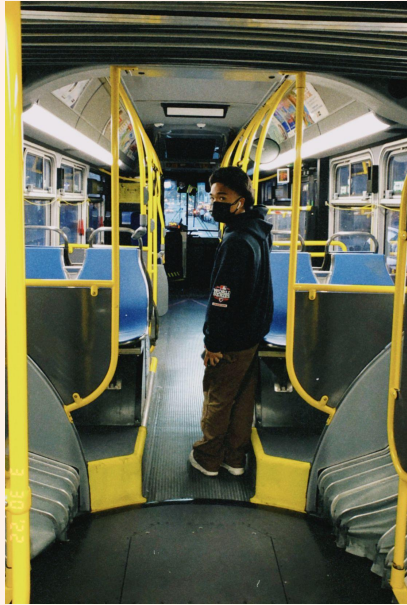Career Track: International Health

**Secretary:
Khushi Shah**

Year/Major: 2nd Year, Public Health,
IS3D Minor

Career Track: MHA

Public Relations: Chris Olfato

Year/Major: 3rd Year, Public Health

Career Track: PA/MPH

Public Relations: Natalia Garcia

Year/Major: 2nd Year, Public Health

Career Track: Undecided

Social Chair:
Katheryn Ferman

Year/Major: 4th Year, Public Health

Career Track: Emergency Medicine
Physician Assistant

SSF Chair:
Amber Davis

Year/Major: 4th Year, Public Health

Career Track: Health Education &
Youth Management

Community Service Chair: Gabrielle Aquino

Year/Major: 5th Year, Public Health
Child Development Minor

Career Track: MPH, Pediatrics

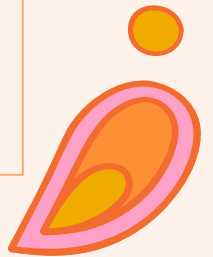## Fundraising Chair: Brett Machugh

Year/Major: 4th Year, Public Health

Career Track: Pathologist

GBM Hybrid Model

- Mixture of in-person and virtual meetings
  - In-person: Legacy Suite
  - Virtual: Zoom
- GBM Dates:
  - 9/7, 9/21, 10/5, 10/19, 11/2, 11/16, 11/30
    - Highlighted are online GBMs
- ***Schedule is tentative and subject to change

SAN DIEGO STATE UNIVERSITY

STUDENTS FOR PUBLIC HEALTH

Preventing, Promoting, & Protecting

FALL 2022 GENERAL BODY MEETINGS:

Biweekly on Wednesdays at 2-3 PM

9/07/22: GBM 1 (Legacy Suite)
9/21/22: GBM 2 (Zoom)
10/05/22: GBM 3 (Legacy Suite)
10/19/22: GBM 4 (Zoom)
11/02/22: GBM 5 (Legacy Suite)
11/16/22: GBM 6 (Zoom)
11/30/22: GBM 7 (Legacy Suite)

*Schedule is tentative and subject to change
Meetings are either in-person **or** fully virtual

LEGACY SUITE**:** 3rd floor of Student Union
(to the right of the GoodFriend Lounge)

Mission

Students 4 Public Health is a student organization dedicated to **preventing, promoting,** and **protecting** the students of San Diego State University, as well as the community at large.
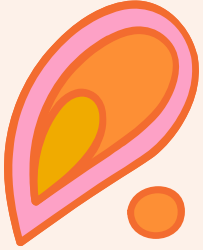
Our goal: To raise awareness of disease by promoting healthy behaviors, preventing illnesses, and protecting the members of the community through volunteering and community service outreach.

Icebreaker!

Jolly Rancher Color Blast

- Different colored Jolly Ranchers will be given out to you consisting of: blue, green, red, and purple.
- Whichever balloon color you receive will tell you which group you are in. Ex: People with blue colored ranchers will group up and so on with the remaining colors.
- Each color has a specific question you all will focus on discussing. (seen on next slide)
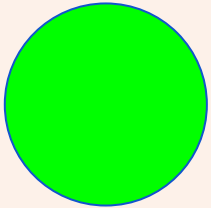
Balloon Color Blast

Here are the colors you may get!!

Make sure to introduce yourself, where you are from, and
what your career plans are!
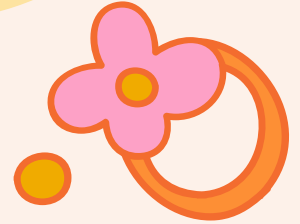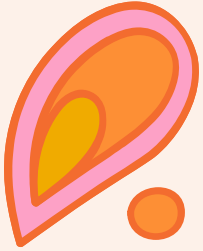
What is your favorite hobby?
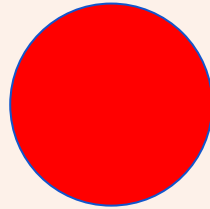
What is your favorite candy?

What is your favorite animal?
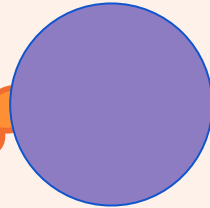
What is your favorite TV show?

NEW POINT SYSTEM

- **3 GBM:** Biweekly General Body Meetings on Wednesdays
- **1 Social:** Attending social events
- **2 Fundraising:** Attending or contributing to fundraising events
- **2 Community Service:** Attending community service activities
- **2 Educational: (SSF will count for this in the Spring semester):** In the Fall, these are standard point opportunities offered throughout the semester

= **Active Membership**: **10** Points Total Required

Membership Dues

- How much?
  NEW members: $15
  RETURNING members: $10
- Payment method:
  Venmo: @sandhyyaaa (temporary)
  Payment will be liked to confirm it's been received!
  DUE BY THE THIRD MEETING: Oct. 5TH, 2022!

Fundraising Reminders

- At least 2 of the 10 points for active membership must be fundraising points.
- You must mention S4PH at every fundraiser and remember to fill out a point submission form with it!
- We are planning a mix of in-person and virtual fundraisers for the semester!

2022 Heart and Stroke Walk

- **WHEN:** Saturday, Sept. 17 from 7:30 AM to 11 AM
- **WHERE:** Balboa Park
- **HOW:** Carpooling sign-up will be offered!
  - Join the S4PH team and help us raise money for this cause (American Heart Association)!
  - How to join? We'll show you!
- Route Length: 1 & 4.1-Mile Options
- <u>1 Community Service</u> point for attending the walk <u>AND</u> 1 <u>Fundraising</u> point if you donate to our team!

How to Join our Team!
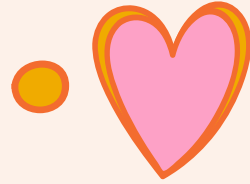
- Scan the QR Code here or click on the <u>link</u> (Found in Beacons)
- Scroll down and click "Join this team," and answer the prompted questions :)
- Use "Donate to a team member"option if only trying to get fundraising points
- By joining the team, you are RSVPing to this event!

Join our team:
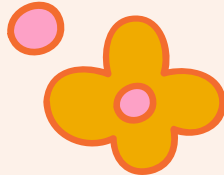
Heart and Stroke Walk
Carpool and GroupMe

Carpool Form

Join the GroupMe!

- Please fill out this form if you need a ride or can be a driver to this event
- Drivers will get **1 extra point**!
- More details about parking, poster distributions, and meet-ups will be provided in the GroupMe chat

- Join the Groupme if you plan to attend the walk, need a ride, or would like to be a driver

SHAC

- JOIN **Students Health Advisory Committee (SHAC)!**
- Opportunity to have your voice heard & provide advice on student health matters on campus
- Gain valuable PH experience working with administrators & leaders at calpulli
- 4 meetings required to be an active member
- Attend the next meeting **(9/7)** to gain **1 Educational Point** toward s4ph
- **1 Educational Point max**

SHAC
STUDENT HEALTH ADVISORY COMMITTEE

BI- WEEKLY MEETINGS

2:30 pm to 3:30 pm
Calpulli Center Conference room 3

Sept. 7th & 21st
Oct. 5th & 19th
Nov. 2nd & 19th
Dec. 7th

Why Join SHAC?

- Develop and/or improve leadership, communication, and collaborative skills
- Gain exposure to the health and wellness fields
- Receive practical experience
- Impact the quality of the student experience
- Network with students and professional staff and faculty

CONTACT CALPULLI.SHAC@SDSU.EDU FOR MORE INFO

SDSU | Division of Student Affairs and Campus Diversity
Well-being & Health Promotion
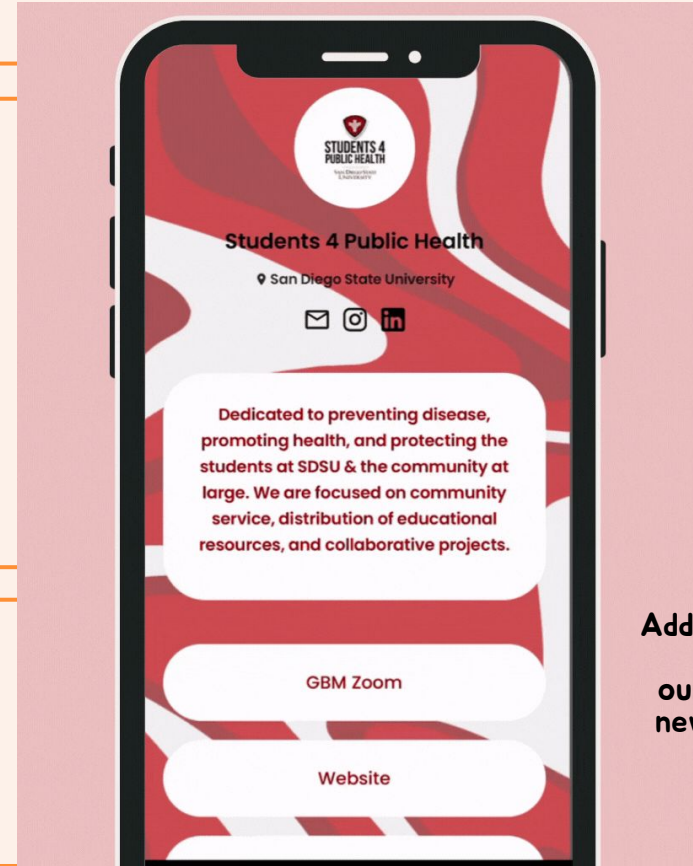
Join Our GroupMe! :)

Stay connected with us!

We mainly communicate new updates through Instagram & GroupMe

IG: @students4publichealth

Access important links through our new Beacons! (previously LinkTree)

Students 4 Public Health

📍 San Diego State University

Dedicated to preventing disease, promoting health, and protecting the students at SDSU & the community at large. We are focused on community service, distribution of educational resources, and collaborative projects.

GBM Zoom

Website

Add your email to get our biweekly newsletters!

Thanks!

Do you have any questions?

IG: students4publichealth

Website: students4publichealth.weebly.com

LinkedIn: SDSU students 4 public health

See you at the next VIrtual GBM on 9/21!!

POINT SUBMISSION FORM

- Scan the QR Code here to fill out the Point Submission Form
- Use for any event outside of GBM within 48 hours

SIGN IN!!