

Hello AMSA members!

Hope everyone is staying safe from COVID-19! As per CDC's guidelines, please make sure to practice social distancing of at least 6 feet, wash hands with soap for at least 20 seconds, and avoid touching your eyes/nose/mouth with your hands. There aren't too many events planned at the moment, but the information regarding our upcoming events are below!

Table of Contents:

General

Professional Development

Social

Community Service

Community Outreach

Publicity

Fundraising

Community Advising

Philanthropy

Family Socials

General

****GBM #4****

When: Wednesday, May 20th; 8 PM - 9:30 PM

Where: Online via Zoom (You will be admitted from the waiting room once the meeting begins)

Meeting ID: 956 8634 6170

Password: AMSA

****Note: Password is case-sensitive!****

If you are interested in more ways to get involved with AMSA and learn what we do as a Nationally-recognized org, be sure to come to the GBM!! It is never too late to join! This GBM's guest speaker will be Director of Academic Achievement, M.A. Susan Rinaldi!

****Membership Options****

OPTION 1: National membership

Cost: **\$75/4 years**

National AMSA has changed their policy! In compliance, UCSD AMSA will only be accepting the \$75/5years national membership (you can sign up through www.amsa.org for premedical membership). National membership allows you to list yourself as "AMSA member" on any applications or official documents.

Benefits include:

- Our new t-shirt every year
- Access to all UCSD AMSA events
- Get an AMSA family!
- Gain points for active membership and member of the quarter/year awards

- 15% off Princeton Review courses
- 10% off Kaplan courses
- More details on National AMSA website

OPTION 2: AMSA beneficiaries

Cost: **\$10/year**

Due to the policy changes, UCSD AMSA is having a new program that will allow you to explore the healthcare field through the different opportunities.

Benefits:

- Our new t-shirt for this year
- Access to our events
- Get an AMSA family!

Restrictions:

- No discounts for Princeton Review or Kaplan unless you win a course auction
- You CANNOT put “AMSA member” on any applications or official documents

If you have any questions, contact **Sadaf** at skhwajaz@ucsd.edu

****Membership Office Hours/Sign-Up for Membership Today!****

Sign up for national AMSA Membership or AMSA beneficiary:

- **By appointment! :) (shorturl.at/vzQX3)**

Cost: **\$75 for national membership (go to www.amsa.org) OR \$10 for AMSA beneficiary**

Receive this year's AMSA T-Shirt!

****For National Membership you must sign-up + pay online beforehand**

(<https://www.amsa.org/members/join/>)

Note that if you purchased national membership in the past and it is still valid for this year, you still need to fill out our google form after GBM and receive your T-shirt. If you just purchased national membership this year, please provide proof of purchase (your AMSA ID) and fill out our google form after GBM (or at office hours) and receive your T-shirt.

If you have any questions, contact **Sadaf** at skhwajaz@ucsd.edu or **Gaby** at gmbailon@ucsd.edu

****End of the Year Video****

When: Throughout the quarter

Where: Wherever you are!

Even though we're all effectively shut in, we still want to have an end of the year video about everyone's experiences with AMSA. Michael will be contacting some members individually, but if you wish to participate you can email him or message him on Facebook. For our video this year, he will be sending members questions for them to answer and just film yourself doing so.

If you have any questions, contact **Michael** at miloo4@ucsd.edu

Professional Development

****ONLINE Dr. Resnik Advising #2****

When: Thursday, May 21st; 12 PM - 1:20 PM

Where: Via ZOOM

Dr. Resnik, our faculty adviser, has had many years of experience as an OBGYN as well as former Dean of Admissions for the School of Medicine at UCSD! Come ask about any questions you might have one on one with Dr. Resnik. There will be four 20-minute sessions from 12 PM - 1:20 PM on May 21st (Thursday of Week 8) via ZOOM. You must be an active AMSA member to participate, and selections are made first come first serve.

Google Form Link: <https://forms.gle/PrS1r71KiG9dNpzy8>

If you have any questions, contact **Chris** at chc398@ucsd.edu

****Informal Lunch with UCSD SoM Board of Admissions Committee Member Interest Form****

When: TBA

Where: Via Zoom

Do you have questions about the admissions process? Do you have any concerns about what you can do as a student during these stressful times? A member of the Board of Admissions for UC San Diego's School of Medicine is open to having a meeting with you!

Please fill out the following form so that we can get logistics settled:

<https://forms.gle/LFvwNuhgfaaWFkck8>

Social

****Live from the Inside!****

When: Thursday, May 21st; 4 PM (Sun) // Friday, May 22nd; 3 PM (Gaby)

Where: Your house! And ours :)

Losing your sense of time? Boredom at every corner with stress gloom hanging over your shoulder? Join us online for an hour-ish stream from your officer board! We'll be talking about anything and everything so join us from some social interaction or to ask questions!

THIS WEEK: Sun and Gaby! :)

Gaby will be preparing her recipe of chiles rellenos con queso while sharing her quarantine experience!

Sun will be streaming himself playing some quality League of Legends gameplay to pass the time!

If you have any questions, feel free to email **Amy** at aljjiao@ucsd.edu.

****Let's Get Physical!****

When: TBD, Stay tuned to the UCSD AMSA FB Page

Where: Zoom w UCSD Recreation Live

To help each other stay healthy during Zoom University times, we will be joining UCSD Rec online classes to be active and move as AMSA groups. This will include programs like Cardio Dance, Zumba, Bodyweight Bootcamp, Yoga, and more! Thank you to those who completed the poll and stay tuned for the dates and times!

If you have any questions, feel free to email **Caroline** at csheikhz@ucsd.edu

****Virtual Banquet****

When: Sunday, May 31st; 6 PM - 8 PM

Where: Zoom

Attire: Formal/Semi-formal

Sign up: <https://forms.gle/ZuJ94qkzPUs84cgJ8> (Close Wednesday, May 27th; 12 PM)

We're going to end a crazy year with a fun evening filled with friends and fancy outfits! We know these last few weeks have been incredibly different and difficult for a lot of people and we'd like to cheer you up in our last few weeks of undergrad, forever for some of us! Join us for a fun evening of chatter, memories, new board reveal and perhaps a few surprises :)

The theme is Starry Night/Fairy Garden so if you've got fairy lights, Christmas lights or any other kind of fun illumination, bring it up on screen. Let's have a magical night together!

If you have any questions, feel free to email Amy at aljiao@ucsd.edu

Community Service

The recent outbreak of COVID-19 has devastated many hospitals; overwhelming care providers and leaving them without proper personal protective equipment. Therefore, we are putting together a project to make protective masks for healthcare professionals in the San Diego area.

While these fabric masks only provide limited protection, they will still be useful in these times of shortage and desperation. Sign up to volunteer for our project - there are many different ways to help! Every material and donation will be delivered/picked up from your front door so that you can contribute from the safety of your home. We're asking for sew machines, ironing machines, man-power, donations, and enthusiasm! All appreciated!

Google Form: <https://docs.google.com/.../1cT4YFQUPZ3hAuXPTTrO9QgivPOOc.../edit>

We are also fundraising monetary donations in order to purchase more material and help reduce the current PPE crisis. Together we can make a difference and help medical providers stay safe amidst this outbreak!

Our GoFundMe page:

https://www.gofundme.com/f/suum6-face-masks-for-healthcare-providers?utm_source=customer&utm_medium=copy_link&utm_campaign=p_cf+share-flow-1&fbclid=IwARopxF1uS-NNS t7pb-1OAO4VQR5-bfla5OoikU94OcXSq3YHnYab7qvXZn8

If you have any questions, feel free to email Tina at tim010@ucsd.edu

Community Outreach

****Health Fair/COVID-19 Awareness Committee Meeting****

When: Sunday, May 24th; 5 PM - 6 PM

Where: Online via Zoom (LINK: <https://ucsd.zoom.us/j/99226442737> ; ID: 992 2644 2737)

UCSD AMSA's Health Fair Committee has come together to tackle COVID-19 Awareness in the San Diego Community. We use different mediums to deliver health education about COVID-19 (e.g, flyers, PSA's, social media campaigns), and to spread accurate information and resources

our community (both at UCSD and in San Diego) may need. Join our Zoom meetings to learn more about how you can help and get involved!

Sign-up link to be involved:

https://docs.google.com/forms/d/e/1FAIpQLSd6KNOWBRaMoS3jFdD9wVhsbzw9gpOOVzVA_SsSnEYzRn9O-Q/viewform?pli=1

If you have any questions, contact **Caroline** at csheikhz@ucsd.edu

****Healing Hearts Across Borders****

When: Thursday, August 6th - Saturday, August 8th

Where: Tijuana, Mexico

Cost: **\$75** which covers travel fees, and room and board. **Food is not included in this \$75 trip costs.

For a weekend, HHAB takes volunteers to Tijuana, where they provide free medical care in the form of clinics to underserved areas. Volunteer alongside doctors, dentists, and pharmacy specialists and gain an invaluable hands-on experience!

Sign Up Form:

https://docs.google.com/forms/d/e/1FAIpQLSfdvBRrpYXqzma8ZAF2FHBa_DgOFR9jnV35aQ1SB4okE7tnIw/viewform?usp=sf_link

DEADLINE TO APPLY: Thursday, July 2nd @ 11:59pm

If you have any questions, contact **Caroline** at csheikhz@ucsd.edu

Publicity

None at the moment.

Fundraising

None at the moment.

Community Advising

****Officer Reviews****

Please let us know how we are doing! If you have something to say about an officer, positive or constructive criticism, please let us know by filling out the ANONYMOUS google forms below!

Review:

https://docs.google.com/forms/d/e/1FAIpQLSexVsOhWSQ_4aiKBe2ILyGgqp6IYvMaLke-Tjp5oXR6Cu_qjg/viewform

If you have any questions, contact **Kirsten** at kseuter@ucsd.edu

****Event Reviews****

Please let us know how we are doing! If you have something to say about an event, positive or constructive criticism, please let us know by filling out the ANONYMOUS google form below!

Review:

https://docs.google.com/forms/d/e/1FAIpQLSfoU2Ttzyz29IHkRDnzBx_psx7vm9GQMJeBsmiYqZyAE1coTg/viewform

If you have any questions, contact **Kirsten** at kseuter@ucsd.edu

****AMSA Spring 2020 Intern Application****

Are you interested in getting more involved with AMSA, starting your own program, improving upon a current program, and/or getting more leadership and teamwork experience? Apply to be an AMSA intern today!

<https://docs.google.com/forms/d/e/1FAIpQLScJzKx4QgzoPSsLMhxmHtyAJceVeBIJYEveQzCSXRDICOHgxQ/viewform>

If you have any questions, contact **Kirsten** at kseuter@ucsd.edu

****Anatomy of Ink****

This is UCSD AMSA artistic expression! Using this blog, you can publish any art you have created from poetry to baking to floral arrangements. Designed by our first intern Sahar, it is the perfect place to publish your work without the pressure of it being “fully refined” and without the pressure to publish every week.

Publish your work:

<https://docs.google.com/forms/d/e/1FAIpQLSfMgTN3uIKpZCv9cSLeJPONrCNBmmwQkFGxgetztNof8miqZA/viewform>

View the website: <https://anatomyofink.wixsite.com/ucsdamsa>

If you have any questions, contact **Kirsten** at kseuter@ucsd.edu

Philanthropy

None at the moment.

Family Socials

****Epidermis Game Night****

When: Saturday's at 12 PM (weekly!)

Want to stay connected during quarantine and destress from midterms and exams? Join the Epidermis family on Saturday to play some online games and have some fun! If you are interested in participating, feel free to vote on the poll in the Epidermis family Facebook page or contact Gaby (gmbailon@ucsd.edu).

Stay up to date on all our events by visiting our website: www.ucsdamsa.com

Join our facebook group: <https://www.facebook.com/groups/UCSDAMSA/>

Instagram: [@ucsdamsa](#)

****If you wish to unsubscribe to AMSA e-mails, please e-mail mdy003@ucsd.edu with the unsubscribed email stating your wish to be unsubscribed.****

Best Regards,
Matthew Yu
Biochemistry and Chemistry B.S. Candidate '20
University of California, San Diego
American Medical Student Association Secretary
mdy003@ucsd.edu