

Team Meeting

26 SEPT 2022 / 5:00 PM / SKILLS LAB @ SDSU

Notes/ Updates

- **President: Alex Wigdale**
 - AS presentation today
 - ANOC tickets- due Oct 10th (requirement is 4 per member)
 - Fill out [this](#) form when you sell a ticket
 - This will help keep track of the number of parking spots we need to reserve and help prevent duplicate invites to the same person
 - Basket check-in due today
 - Letters- due today (10 per member)
 - Team photo and shirts after meeting today
 - Brief details about ANOC
 - In search of: a photographer and a student live performer
 - Timing: set up from 12-2, event from 2-5, clean up from 5-6
 - Selling your ticket: event will consist of a live and silent auction, HEAL trivia, music entertainment, a photographer and a variety of horderves for guests
 - Flights!!
 - Complete the [travel registration](#) process through Aztecs Abroad
 - Follow this link and complete all the required documents (signatures) and questionnaires
 - You will also receive instructions to purchase the required *On Call International Insurance* (which provides medical and emergency response assistance while you're abroad)
 - When including itinerary details:
 - Location: Chiang Mai, Thailand (Asia)
 - Start Date: 01/03/2023
 - Departure Date (back to the states): 01/14/2023
 - Fly OUT of any airport you want
 - Fly INTO Chiang Mai International Airport in North Thailand by January 3rd

- Flight and travel insurance highly recommended
 - Pick up service is available from the Thailand airport from 6am-10pm (however a morning or afternoon arrival time is encouraged so that no one misses out on the first evening dinner)
 - Fly home on January 14th
 - If you wish to travel beforehand, simply plan to meet the rest of HEAL at the airport to meet the shuttle service
 - If you wish to coordinate flights– input your basic flight info on [this](#) spreadsheet
- Fill out [this](#) form for Room Placements!
- **Vice President: Natalie Gaharan**
 - Sign up for ANOC Committee! [Here](#)
 - Each committee will have a role for set up, during event, and clean up
 - Nursing Students: International experience requirement waiver form
 - Fill out this [form](#)
 - [Approved alternative courses](#)
 - Fulfill your cultural diversity and explorations C requirements (as found in your degree audit in Webportal)
- **Secretary & Treasurer: Carli Denholm**
 - Check the cord points form regularly for any discrepancies and let me know if you see anything that does not look right!
 - [Attendance & Cord Points](#)
 - Keep an eye out for 2 forms from me:
 - Flight information form
 - Scrub sizing form
- **Medical Supplies: Ashli Ginquitti**
 - Shop for A Cause
 - Sunday October 22nd @ La Jolla CVS 10am-2pm
 - Sunday October 23rd @ El Cajon CVS 10am-2pm
 - Sign up for 1 hour shifts (3 people per shift) → 1 cord point per shift!
 - [Sign up form](#)
 - Wear HEAL T-shirts
 - Vaccinations:
 - MUST have up to date covid vaccine and booster!

- Highly encouraged: Chicken Pox, MMR, Flu, Shingles, Polio, Hep A, Hep B
- Preventative Medications: pills for malaria, rabies shot (dogs), Typhoid fever
- Waiting for email back from Dan with more information
- <https://wwwnc.cdc.gov/travel/destinations/traveler/none/thailand>
- Extra items to pack: Zofran, Luggage tags, Anti-diarrheal, Benadryl, Bug spray, Toilet paper, any other OTC meds you may need
- Traveling members please fill out this [form](#) for BP cuff and stethoscopes
- **One cord point** for a set of 3 items donated (see photo below)

Please bring in these items if you can!

**Must be UNOPENED
and NOT EXPIRED
by Jan 2024**

Medications:

Dulcolax/ stool softener
Fiber supplements
Naproxen sodium
Opcon A/ visine original
Benadryl
Children's Claritin
Children's Pepto Bismol
Antifungal cream
Azo cream
Calamine lotion
Hydrocortisone cream 1%
Muscle rub creams
A&D Ointment
Antidiarrheals
Antacid tabs
Tylenol/motrin
Neosporin

Supplies:

Floss
Toothbrushes
Hand Sanitizer
Mouthwash
Cotton balls
Band Aids
Ziploc bags
Trash bags
Sharpies
Pipe Cleaners
Balloons
Ace Wraps
Laxatives
Muscle rubs
Visine
Combs
Condoms
Pregnancy Tests
Feminie Care

**-One cord
point for 3
donations**



- **Co-Fundraising: Charlotte Hong & Jun Sung**
 - Basket check: you should have sent photo proof to your phone lead by today
 - Basket party: Oct 2nd from 12-2pm
 - Location: student union
 - Each member needs to bring a sket for their auction basket (can be from home or bought beforehand)
 - Fill out the form if you can bring in HEAL colored tissue paper, wrapping string, or any other 'party' decorating supplies for ANOC
 - Attendance is mandatory
 - Bring your basket to and from this event (each member is responsible for storing their basket and bringing it with them to ANOC)
 - ANOC 4 tickets (\$25/each) due 10/10
 - Decorations committee: facilitating set up and clean up
 - Organizing center pieces

- More details coming soon
 - October Fundraising: Chipotle (on-campus) food fundraiser
 - October 12th 4-8pm
 - You MUST show the flyer or mention HEAL if you are participating
- **Marketing: Jessie Jung**
 - HEAL T-shirts are here! Text me if you did not get one today!
- **Culture & Activities/ Health & Education: Lizzy Thurber**
 - Kate Sessions Picnic
 - Saturday October 1st, 11-2pm
 - Sign up to bring food (1 cord point)
 - Thai Mini lesson on Buddhism (practiced by 95% of Thais)
 - Thailand primarily focuses on Theravada buddhism
 - More conservative branch
 - Thought to have best preserved works of the buddha
 - Buddhist theory of Karma: you are what you do. Positive actions create positive reactions & negative actions create negative reactions.
 - Basic concepts found in four noble truths:
 - **First:** life is suffering, but Buddhism guides one into avoiding as much as possible
 - **Second:** suffering is caused by craving and aversion, buddhism teaches to decrease wanting
 - **Third:** suffering can be overcome and happiness can be achieved- Nirvana
 - **Fourth:** the noble 8 fold path is the way away from suffering
 - Be moral (in words + actions), focus the mind on being fully aware of our thoughts and actions, and develop wisdom by understanding the Four Noble Truths and by having compassion for others