

GBM  
# 2



MACH

MOTHERS AND CHILDREN HEALTH ASSOCIATION



# RADHIKA VENKATESAN

**PRESIDENT**

**MAJOR:** Biomedical Sciences

## **DIRECTORSHIP**

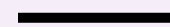
- Presidential

## **ANNOUNCEMENTS**

- Our Mission + MACH Events
- Hours
- Lions Club
- Mothers Milk Bank
- Donation Drive

# OUR MISSION

Our organization is centered on improving the health of women and children through our reproductive health and safe sleep workshops, mother-infant donation drives, clinical and non-clinical volunteering events, and advocacy opportunities amongst others. We are proudly partnered with hospitals, clinics, and organizations that serve mothers and children in historically underserved communities in order to combat the maternal health crisis in the United States.



MACH

# MACH EVENTS



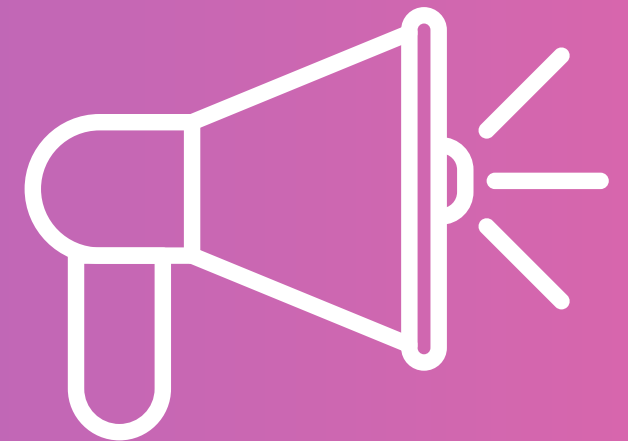
**MACH  
Night**



**Safe Sleep  
Workshops**



**Mothers' Milk  
Bank of Florida**

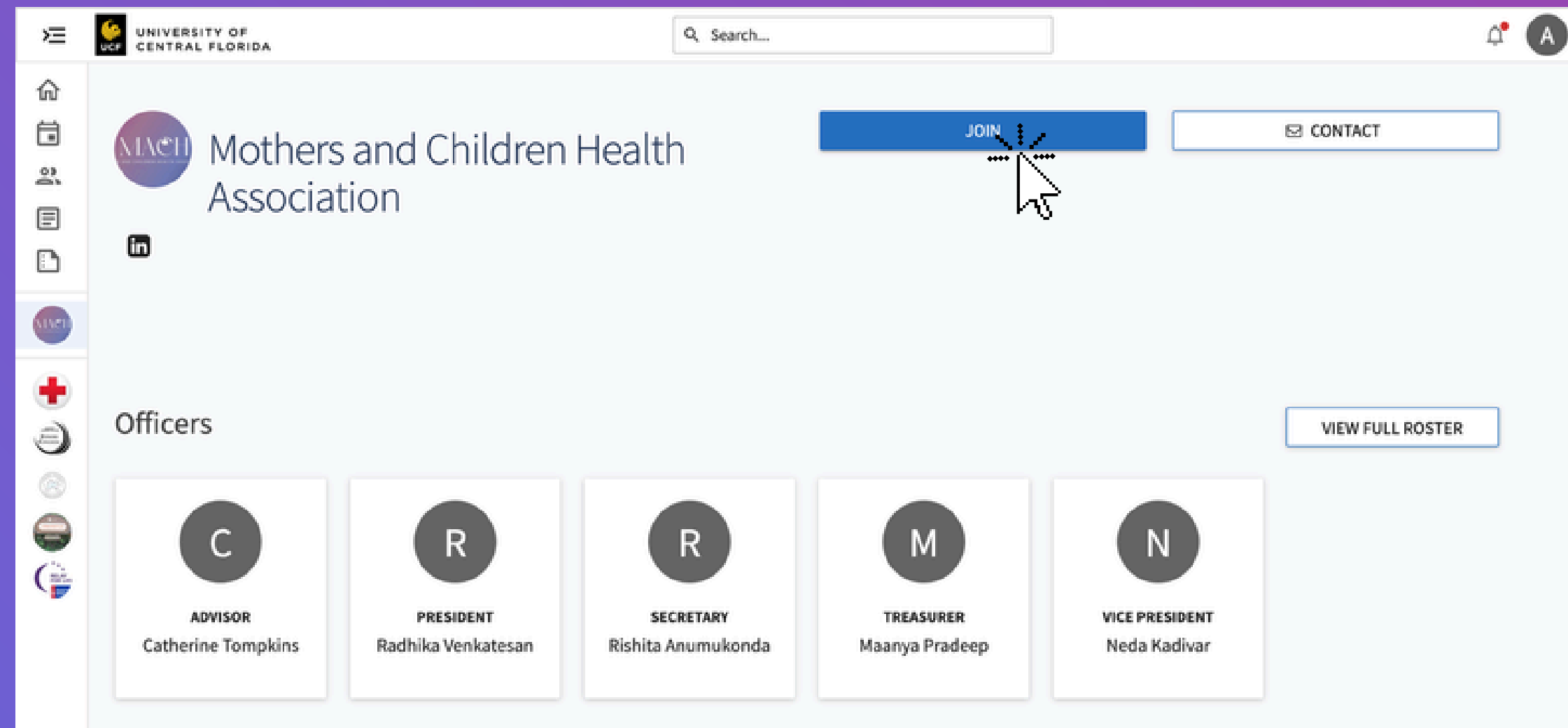
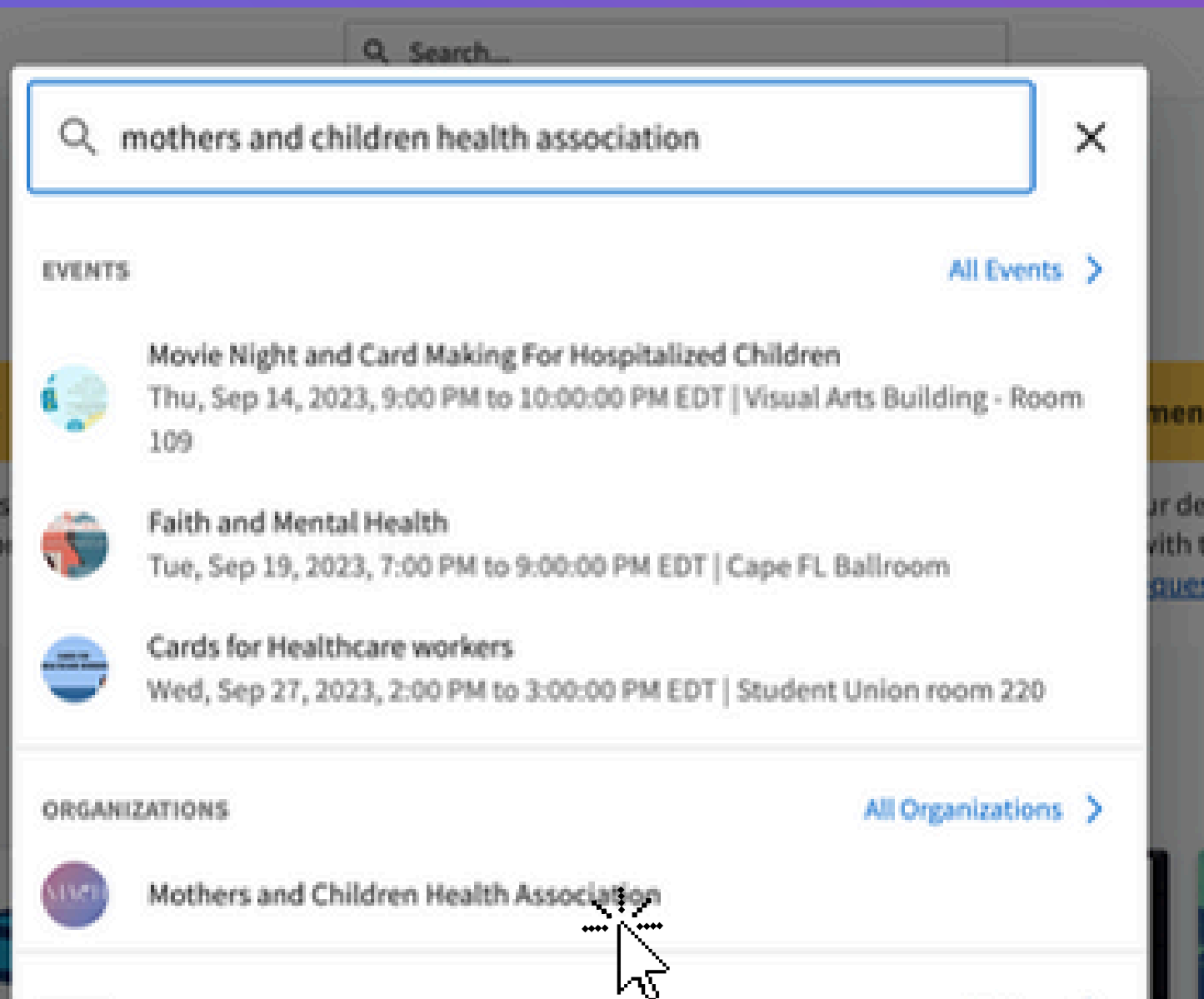


**Advocacy  
Workshops**



**JOIN US ON KNIGHTCONNECT:**  
<https://knightconnect.campuslabs.com/engage/events>

After you click “Join”, it will say  
 “Pending”. If you aren’t approved within  
 2-3 days, email [ri595754@ucf.edu](mailto:ri595754@ucf.edu)





# LIONS CLUB

- What!? Use auto refractors, use retina cameras, pull prescription lenses, and help patients fill out paperwork
- When: November 12th, 7:30 a.m. to 12:00 p.m.
- Sign up:



# MOTHERS' MILK BANK OF FLORIDA

- Charitable organization with the goal of providing safe human donor milk for babies in need!
- We are providing volunteers to help out with bottling, decanting, etc.
- To volunteer, fill out the official application and email it to us at **[nonclinicalvolunteering.mach@gmail.com](mailto:nonclinicalvolunteering.mach@gmail.com)**



# DONATION DRIVE & PACKING PARTY

## ✿ MACH X H4H x PERIOD Donation Drive Collab ✿

### Box Location:

- BSBS Office (HSII 335)

### Timeline:

- Now – Nov 6th

### Items:

- Women's products (tampons, pads, etc.), hygiene products (soap, lotion, wipes, etc) – 1 volunteer hr for every 2 items!

**JOIN US FOR THE  
PACKING PARTY AFTER  
OUR GBM ON NOV 6TH!  
(& EARN 1 VOLUNTEER HR)**





# NEDA KADIVAR

## VICE PRESIDENT

**MAJOR:** Biomedical Sciences

**MINOR:** Diversity & Social Inequality, Medical Sociology

### DIRECTORSHIP

- Presidential

### ANNOUNCEMENTS

- Membership Form
- OB/GYN Physician Q&A
- Rural K-12 Mentorship and Tutoring Program
- Rural Clinical Internship

# MEMBERSHIP FORM!

**1) *PAY DUES***

**2) *SUBMIT FORM***

**3) *KNIGHTCONNECT***





# OB/GYN PHYSICIAN Q&A

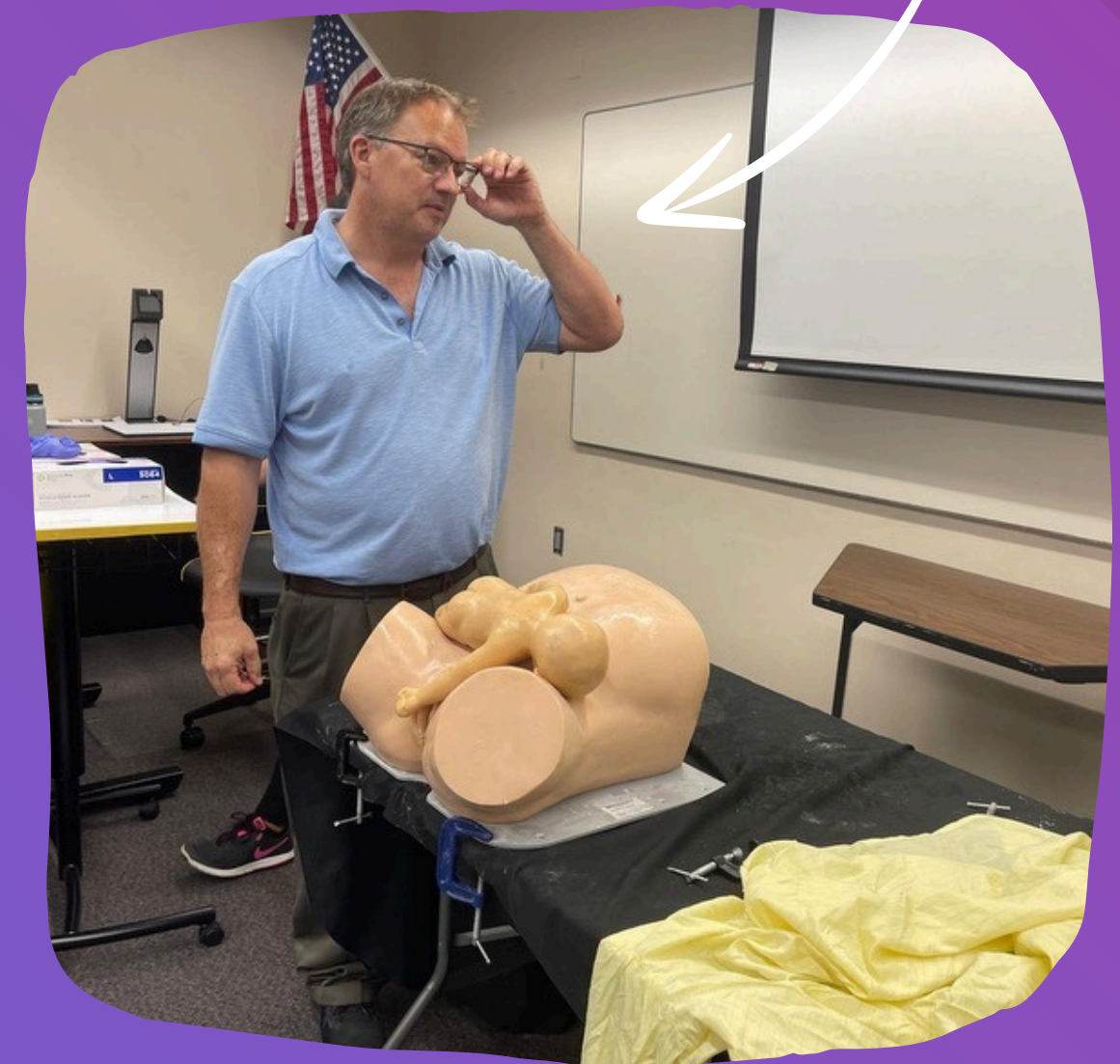
**November 4<sup>th</sup>, 7pm on Zoom!**

Talk one-on-one with **Dr. Hill**, AdventHealth's Medical Director of OB/GYN, about all things pre-med, medical school, and residency! You'll foster key connections and gain insider insight to your future in healthcare.



**Sign-Up  
Form & Link**

**Meet  
Dr. Hill!**



A photograph of a rural schoolhouse with a light blue facade and a brown roof. The building has several windows and a small entrance. In the foreground, there is a green lawn and a paved area. The background shows a blue sky with white clouds and some trees. The text is overlaid on the image in a large, purple, serif font.

# Rural K-12 Mentorship and Tutoring Program



# Orange County Academy (OCA)

## THEIR MISSION

United Global Outreach operates a small private school called Orange County Academy (OCA). OCA serves about **60 students** ranging from Pre-K through seniors in high school. Many of our students have **difficult home lives** and have experienced **academic or behavioral challenges**. Our students need positive role models and this is where your volunteerism can make a direct impact.

## OUR ROLE

Work directly with children as a **tutor** on any subject or **mentor** for 1 hour a week (school hours between 9AM - 2PM). This gives you the opportunity to transform the lives of school-age children, gain hands-on **volunteering** experience, and become an academic role model!

## APPLICATION



**Due 11/8  
at 11:59PM**

## INFO

**Address:** 18415 11th Ave,  
Orlando, FL 32833

**Wednesdays:** Early  
Dismissal at 1:30pm

A wooden welcome sign for Bitter Hill, featuring a peach logo at the top and the text "Welcome to Bitter Hill" and "An Orange County Community With Pride". The sign is set against a background of a road and trees.

# Rural Clinical Internship

# Bithlo Transformation Village Clinic

## THEIR MISSION

The Bithlo Transformation Village runs a fully-staffed clinic for those in need of primary care, substance abuse resources, and treatment for complex medical needs. Their team of doctors, physician associates, and nurses ensure that Bithlo's largely uninsured residents are cared for in their time of need.

## OUR ROLE

Intern alongside doctors, physician associates, and nurses to directly care for underserved, underrepresented, and/or uninsured patients. This opportunity offers hands-on clinical experience with a diverse array of patients and the chance to work with an EMS care team.

## INTEREST FORM



**Due 11/15  
at 11:59PM**

## INFO

**Address:** 18415 11th Ave,  
Orlando, FL 32833

**Clinic Hours:** Tu & Th  
10AM-6PM





# MAANYA PRADEEP

## TREASURER

**MAJOR:** Biomedical Sciences

**MINOR:** Statistics

### DIRECTORSHIP

- Fundraising

### ANNOUNCEMENTS

- Membership Dues



# HOW DO I PAY DUES?



**Dues are \$20!**

## **Forms of Payment**

Venmo: @maanya pradeep

Zelle: @maanyapradeep

or

4076843579





# EMILY LIU

## CLINICAL VOLUNTEERING COORDINATOR

**MAJOR:** Biomedical Sciences

**MINOR:** Spanish

### DIRECTORSHIPS

- Clinical Volunteering
- Medical Spanish Translation

### ANNOUNCEMENTS

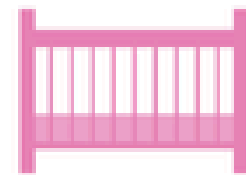
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# WHAT IS SAFE SLEEP?

## 12 Steps for Safe Sleep



**Step 1:**  
Back to Sleep for  
Every Sleep



**Step 2:**  
Use a Firm, Flat  
Safety-Approved  
Sleep Space



**Step 3:**  
Breast Milk  
Lowers the Risk  
of SUID



**Step 4:**  
Share Your Room,  
Not Your Bed



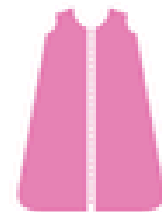
**Step 5:**  
Place Baby in  
Bare Crib



**Step 6:**  
Use a Pacifier to  
Reduce SUID Risk



**Step 7:**  
Avoid Smoking,  
Vaping, and  
Impairment



**Step 8:**  
Avoid Overheating  
and Swaddle Safely



**Step 9:**  
Keep Up With  
Doctor's Visits and  
Vaccines



**Step 10:**  
Research Baby  
Products Before  
Buying



**Step 11:**  
Practice Tummy  
Time



**Step 12:**  
Spread the Safe  
Sleep Message

**Practice these 12 steps for the first 12 months.**







# MARLENE BEKHEIT

## RECRUITMENT OFFICER

**MAJOR:** Psychology

**MINOR:** Biology

### **DIRECTORSHIP**

- Networking

### **ANNOUNCEMENTS**

- Health Guide
- Nemours Children's Hospital Art Therapy
- Give 4 Good Tabling
- Website
- Social Media + Contact Information



# PROJECT HEALTH GUIDE

**VOLUNTEER FORM**



**Dr. Dominique DiLorenzo**

# NEMOURS ART THERAPY



INTEREST FORM

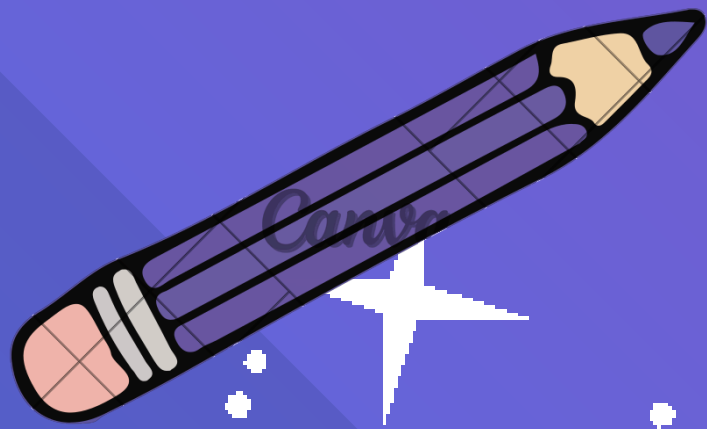


**Special Thanksgiving  
art therapy event!**  
We'll be spending  
time with the kids  
creating fun, festive  
crafts to brighten  
their holiday season.



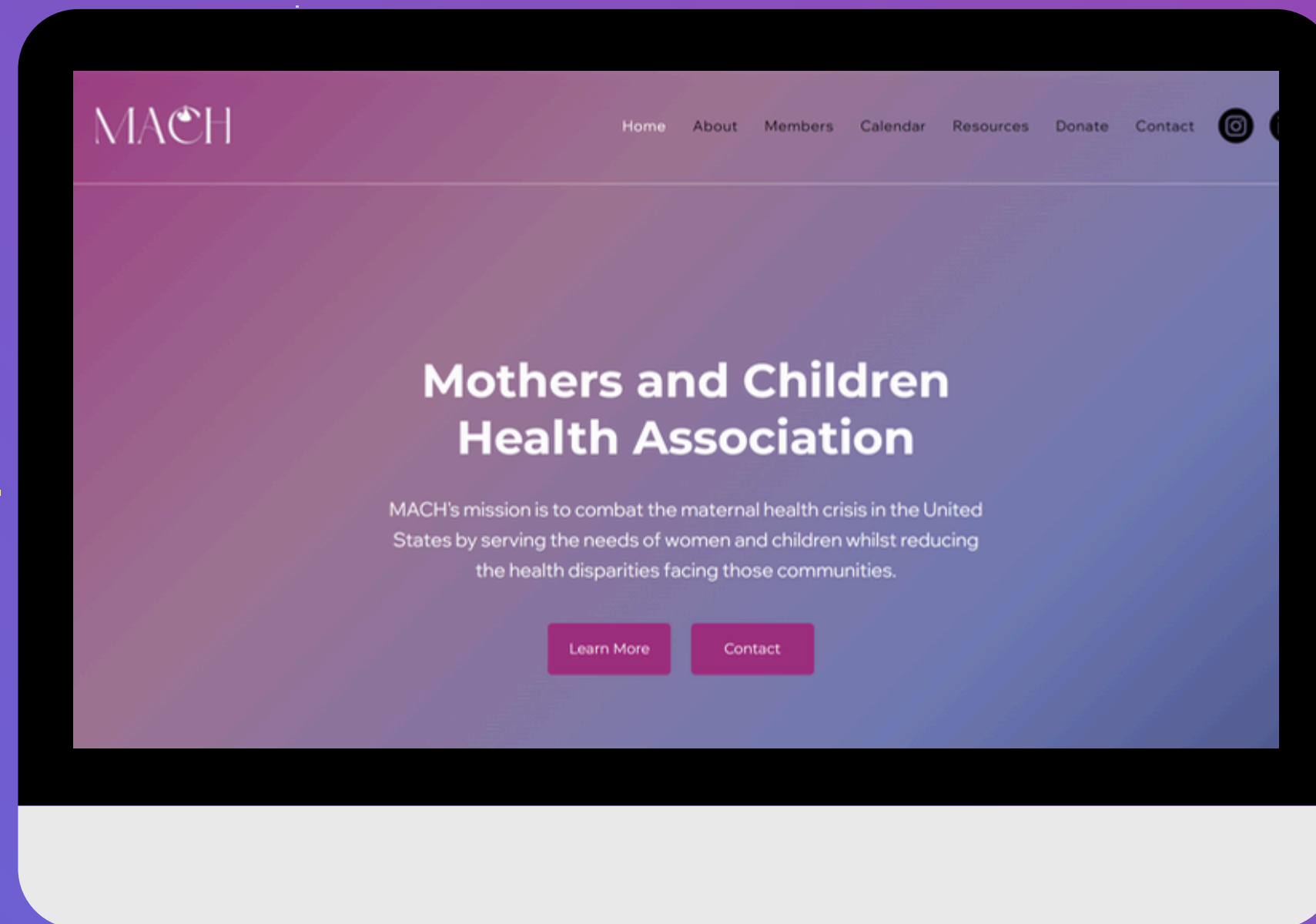
# GIVE 4 GOOD TABLING

**Friday, November 14<sup>th</sup>,  
in the SU patio from  
10:30 AM to 2:30PM**





# OUR WEBSITE



**STAY IN TOUCH!**

**INSTAGRAM**



**LINKEDIN**



**GROUPME**



The logo for MACH (Mothers and Children Health Association) features the letters 'MACH' in a white, elegant serif font. The letter 'C' is stylized to contain a white silhouette of a baby in a stroller, positioned within the curve of the 'C'.

# MACH

MOTHERS AND CHILDREN HEALTH ASSOCIATION



# RISHITA ANUMUKONDA

## SECRETARY

**MAJOR:** Biomedical Sciences

**MINOR:** Medical Sociology

## DIRECTORSHIP

- Newsletter

## ANNOUNCEMENTS

- Join KnightConnect





# SUKHMANI DHALIWAL

## NON-CLINICAL VOLUNTEERING COORDINATOR

**MAJOR:** Biomedical Sciences

**MINOR:** Psychology

### **DIRECTORSHIP**

- Non-Clinical Volunteering

### **ANNOUNCEMENTS**

- Mother's Milk Bank Volunteering



# AYNA GHULLDU

**ADVOCACY & DONATION DRIVE  
OFFICER**

**MAJOR:** Biomedical Sciences

**MINOR:** Psychology

## **DIRECTORSHIP**

- Advocacy & Donation Drive

## **ANNOUNCEMENTS**

- Donation Drive Collab