

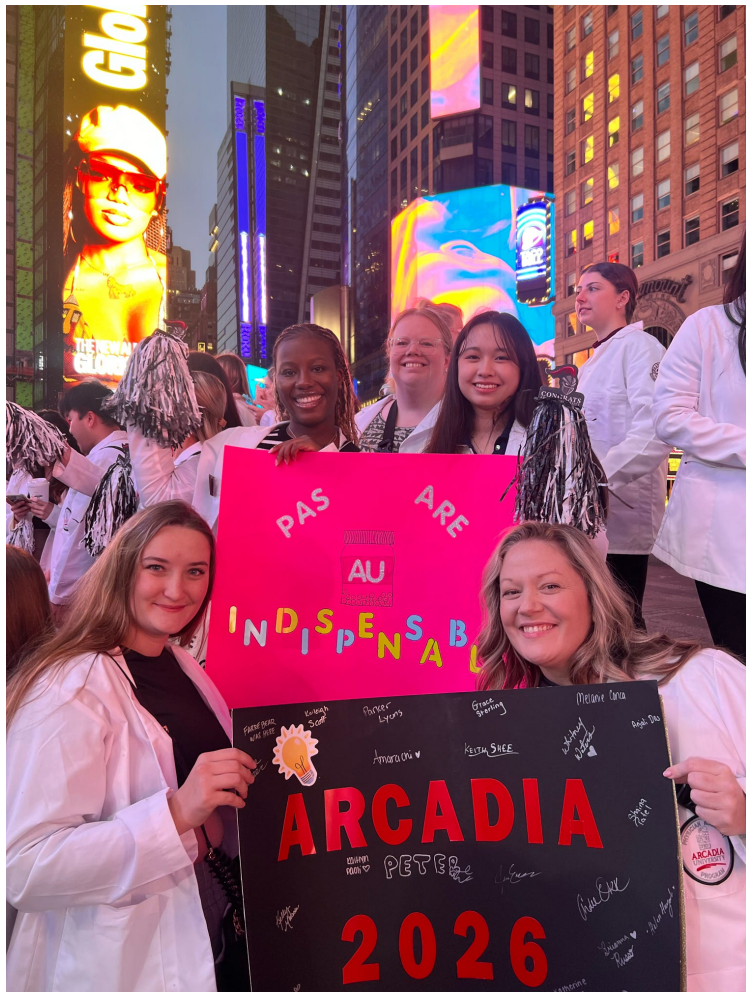
ARCADIA PA NEWSLETTER 2024



GLENSIDE



DELAWARE



Arcadia Physician Assistant Students Represent the Profession at Good Morning America!

UPCOMING EVENTS

- November 23: S'mores night at Glenside
- Date TBD: Puppy Therapy in DE
- December 5: Last day of fall classes
- January 3: Winter Gala
- March 20: Blood drive
9:00am-3:00pm

ARCADIA PA NEWSLETTER

ALUMNI SPOTLIGHT: BROOKE THORNTON PA-C

Written By: Kirsten Ritchie PA-S & Nicole Mazzella PA-S

Since graduating from Arcadia University's Physician Assistant program in 2020, Brooke Thorton has navigated a unique path into the PA profession—both in the United States and abroad. After spending 2.5 years in vascular surgery in the United States, she made a bold move to Germany in 2023, bringing her skills and experience to a country where the PA profession is still in its early stages.

Inspired by her father, a nurse with an incredible work ethic, and her personal love for anatomy, Thorton decided to pursue a career in healthcare. She was drawn to the PA profession for its balance between work and life, and its flexibility. After shadowing a PA and working as a PT aide, she knew this career offered her the chance to remain versatile and hands-on in the medical field while still exploring the possibility of education in the future.



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Her career in the U.S. started in vascular surgery—a field she hadn't initially set her sights on but grew to love. Vascular surgery was not a specialty that she had tried in school, but Thorton found satisfaction in this specialized area, especially when seeing the impact of procedures, like bypass surgeries, on her patients' lives. Her passion for patient care and the operating room only deepened with each case.

However, it was her personal life that eventually led her to Germany. Her partner, who moved to Germany during the pandemic, inspired her to pursue a unique challenge: working as a PA in a foreign country. "I didn't think I'd be able to work internationally as a PA," she admits, but her desire to continue her career as well as a clinical rotation experience in Aberdeen, Scotland, during her time as an Arcadia student, sparked her interest in global healthcare.

In Germany, where the PA profession is still emerging, Thorton has faced both challenges and opportunities. With only five PAs in her hospital, she quickly became a vital resource. The lack of mentorship and standardization in the PA role in Germany meant she had to rely on her initiative to navigate the profession. She got to see first hand how the role of PAs in Germany is rapidly evolving, despite how many doctors and patients there are still unfamiliar with the profession. When first arriving at her job in Germany, not only did she have to acclimate to a new role in a new environment, but she also had to overcome a language barrier, as she arrived with only a conversational level of German. Since embarking on this new path, she has become immersed in German culture, with the support of her partner as well as her coworkers, allowing her to grow her language skills and her knowledge as a PA.

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Outside of work, Thornton enjoys the vibrant cultural scene in Germany, exploring food festivals, hiking, and spending time outdoors with her dog. She also speaks candidly about the importance of mental health in preventing burnout—something she’s experienced firsthand in the high-pressure environment of surgery. Germany’s strong support for work-life balance and mental health have aided her in maintaining a healthy balance.

While reminiscing on her time at Arcadia, as well as all of the hard work she has accomplished to reach this point in her career, she shared valuable advice for those currently following in her footsteps as PA students to “enjoy the time in school while you can, it goes by so fast”. Thornton also noted the importance of finding “a mentor that will show you the ropes”. Thornton found a mentor in her advisor, Erin Wolf, during her time at Arcadia, then went on to be mentored by seasoned PAs within the vascular surgery field who helped her get to where she is today.

As Thornton continues working in Germany, we are excited to see her continued dedication to the career as well as her ongoing commitment to the health of her patients as a PA.

CLINICAL STUDENT SPOTLIGHT: ALYEA WOOD

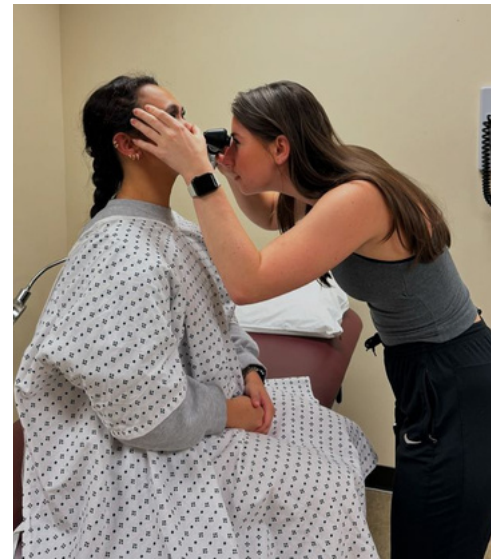
Written By: Sophie M. Farley, MMS, PA-C



The Arcadia Physician Assistant Program is thrilled to announce that Alyea Wood, a dedicated current clinical year PA student at Arcadia University, has been awarded the Nathaniel Alston Student Achievement Scholarship Award by the Pennsylvania Society of Physician Assistants (PSPA). This prestigious recognition underscores Alyea's exceptional commitment to the PA profession and her impactful community service experiences, particularly during her transformative trip to Peru, where she provided medical care to local residents. Her essay beautifully captured the essence of her journey and the pride she feels in pursuing a career that prioritizes patient-centered care. Alyea’s enthusiasm and dedication not only reflect the values we cherish at Arcadia but also inspire her peers. We are incredibly proud of her accomplishments and excited to see the positive impact she will continue to make in the healthcare field.

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PRACTICING CLINICAL SKILLS



FLAG FOOTBALL



ARCADIA PA NEWSLETTER

ALUMNI SPOTLIGHT: ALEX CARTER PA-C

Arcadia Physician Assistant Alumna Named 40 Under 40: Alex Carter '17M, PA-C

Written By: Rachel Fox '15M

Albuquerque, New Mexico-based Director of Population Health, Alex Carter '17M, PA-C, has a knack for recognizing when healthcare and social services are lacking for a particular subset of the community and identifying what innovations need to be made to fill that need. She understands that finding the right solutions for care includes making resources available to those who need it most. As a first-generation college graduate and graduate student, Alex attributes both Arcadia University and her personal drive to her success in her life, career, and most recently, being included in 40 Under 40 Class of 2024 honorees by Albuquerque Business First.



In her role leading population health initiatives with a national healthcare organization, Carter remotely manages 25 state locations.

Originally from Vancouver, British Columbia, Canada, her path to New Mexico took her through geographic twists and turns. She went to undergraduate school at Southern Virginia University, for, “an adventure.”

When looking at physician assistant graduate programs, Arcadia’s small class sizes and lived values were a selling point, and she soon enrolled. Living within walking distance from Glenside’s campus, Carter recalls, “Arcadia’s accessibility made it easy to put your arms around the school. You feel like you truly matter and there are valuable resources and programs, not just in the classroom, but within the University community.”

Carter says that studying at Arcadia was both challenging and motivating. At the time, students had access to the facilities and services at Jefferson University in Philadelphia. Carter said, “Having access to two campuses was groundbreaking. Gaining experience in a gross anatomy lab was an opportunity to learn anatomy through interaction and dissection of human cadavers, which is not necessarily an academic necessity at all schools.” The accommodations for learning and great selection of professors were just two of the reasons she loved Arcadia’s Physician Assistant Program.

During her studies, Alex was able to participate in many clinical rotations in different areas of the country. “My whole life changed because I was able to explore different states,” she said: “I went to Las Vegas, Nevada; Dover, Delaware; the Cape May Coast Guard Training Center; and Albuquerque, New Mexico. The out-of-state rotations were really special.”

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ALUMNI SPOTLIGHT: ALEX CARTER PA-C

When traveling to New Mexico for her rotation, Carter experienced some travel delays. Normally a nuisance to be forgotten, not so for Carter because during one of the layovers between flights is when she met her now-husband. “Arcadia is a very big part of why we are together,” she said, “Now we live in New Mexico together with our six-year-old daughter, Scout. Being a mother is one of my greatest achievements.”

After graduation, she began working for New Mexico’s largest healthcare system, Presbyterian Healthcare Services, in their urgent emergency care unit, and was soon initiating transforming programs including the telehealth division and overseeing specialty care for the elderly. Alex helped build a seniors’ facility, where it was encouraged for that community to learn more about their basic needs and health. Carter is now furthering her education and knowledge by pursuing a Doctor of Medical Science degree that will help prepare her for future leadership and research opportunities.

Alex continues to abide by the best advice she’s received. “You’re not going to fit in everywhere. It always feels like a personal failure when I don't fit in, but I know I’m not supposed to fit in everywhere or with everything. I truly think Arcadia’s culture helped me realize that the fit is important. The comfortable environment at Arcadia allowed me to succeed to the best of my ability and rise to the occasion. Ultimately, you are your best resource!”

To read her 40 Under 40 profile by Albuquerque Business First, visit:

<https://www.bizjournals.com/albuquerque/c/40-under-40-honorees-2024/24639/40-under-40-alex-carter.html>

CLINICAL STUDENT SPOTLIGHT: VICKI LIN



Vicki Lin, a second-year PA student, recently won an I Spy contest during PA Week, showcasing her attention to detail and commitment to the profession. Originally from Brooklyn, NY, Vicki spent 13 years in Virginia, where she earned her undergraduate degree at Virginia Tech.

Her diverse healthcare background includes two years as a medical assistant in a Physical Medicine & Rehab clinic, as well as experience as a CNA in both a skilled nursing facility and a progressive care unit, along with brief volunteering as an EMT. Vicki's favorite rotation has been pediatric urgent care, reflecting her enthusiasm for working with children, while she particularly enjoyed her physical diagnosis class for its hands-on approach.

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GOAT YOGA



PAS ON THE PLAZA



ARCADIA PA NEWSLETTER

GLENSIDE STUDENT SPOTLIGHT:

VINICIUS PERES SILVA SILVA



Vinicius Peres Silva, is an MPH/PA dual degree student, who is currently in his didactic year of the PA program in Glenside. Vinicius is originally from Rio de Janeiro, Brazil, and he moved to Scotia, NY when he was 10 years old. He has always had a passion for medicine, and shares, “I took inspirations from my family and my own pediatrician when deciding to go into the health field. I hope to use my skills to provide affordable and effective healthcare to those in need, especially other immigrants who might have not had the same opportunities as I did moving to the US.”

Prior to attending Arcadia, Vini completed his undergraduate degree in psychology with minors in both biology and chemistry from Stony Brook University. Vini worked as a patient care technician on a MedSurg/Respiratory floor to gain critical clinical experience to prepare himself for PA school. Now as an Arcadia student, Vini’s favorite course thus far is Behavioral Health. When offering advice to future PA students, Vini advises students to “be lenient with yourself. This period will be very tough mentally and physically, so make sure you are taking the time for self-care and not putting too much pressure on yourself.”

DE STUDENT SPOTLIGHT: ANDIE ORR



Andie Orr, a first-year PA student embodies a passion for healthcare rooted in personal experience. Raised in Stanton, DE, she earned her undergraduate degree at the University of Delaware. With a diverse background as an EMT, volunteer crisis line counselor, sexual assault crisis counselor and patient transport unit secretary, Andie is dedicated to mental health advocacy, driven by her family's struggles with access to care. She aims to empower patients by creating a safe space for them to feel validated and heard. Her favorite class so far is Medicine, which reflects her commitment to becoming a compassionate and competent provider. Outside of her studies, Andie enjoys reading, crossword puzzles, and spending time with her husband of 22 years and their two “wonderfully nerdy” kids. Looking ahead, she hopes to practice in primary care or family medicine while continuing to volunteer in her community and make lasting memories with her family. Her advice to aspiring PAs emphasizes perseverance and the importance of seeking out experiences that shape your journey.

ARCADIA PA NEWSLETTER

DELAWARE SAAPA OFFICERS



President: Kelly Massa

Vice President: Adoley Allotey

Secretary: Kirsten Ritchie

Treasurer: Anjali Das

Historian: Samantha Bloch

Student Ambassador: Whitney Waters

CCSR: Amalia Jording

GLENSIDE SAAPA OFFICERS



President: Jessica Beck

Vice President: Tyian Johnson

Secretary: Nicole Mazzella

Treasurer: Hannah Shearer

Historian: Alisha Vegdani

Student Ambassador: Kellie O'Brien

CCSR: Raechel Arnold

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STUDENT RESOURCES:

SCHOLARSHIP OPPORTUNITIES

PA Foundation Scholarships:

- AAPA Membership Required
- 17 available scholarships
- Opens February 5, 2025
- Various types including: Past Presidents, PA Moms, Rural Health, Women in Philanthropy and memorial scholarships.

PSPA Scholarships:

- Membership required
- Likely opens in March
- Student Achievement Scholarship, Health Disparities Competition


Others:

- Paul S. Robinson Award- Opens November 30, 2024
- APHSP (work in underserved area in CA post grad)- Opens November
- Susan Lindah Memorial Scholarship- Likely opens in April
- National Health Service Corp (2 year commitment working in underserved area post grad)


MENTAL HEALTH RESOURCES




Wellness Resources


Health Services → 

 ← Counseling Services

Timely Care: → 

 ← The Office for Sexual & Gender-Based Violence Prevention & Education


Disability Support Services → 


 ← Learning Resource Network

Writing Center → 

HEALTH AND WELLNESS AT ARCADIA

Contact Us


Student Health Services
(215) 572-2966


Counseling Services
(215) 572-2967


Wellness Page on Arcadia.edu


Location on Campus
Ground floor of Heinz Hall

How the WELL are you Arcadia?



#auwellnessservices

ARCADIA PA NEWSLETTER

CHALLENGE BOWL



SCHEDULE:

Fall 2024 – Second Semester	
Monday, August 26	First Day of Fall Classes
Monday, September 2	Labor Day Holiday – <i>No Class</i>
Monday, October 14/Tuesday, October 15	Fall Break – <i>No Class</i>
Weds., November 27 – Sun., December 1	Thanksgiving Break – <i>No Class</i>
Friday, December 20	Last Day of Fall Semester
Sat., December 21 – Wednesday, January 1	Winter Break – <i>No Class</i>

Spring 2025 – Third Semester	
Thursday, January 2	First Day of Spring Classes
Monday, January 20	Martin Luther King Day – <i>No Class</i>
Sat., March 8 – Sun., March 16	Spring Break – <i>No Class</i>
Wednesday, April 30	Core Competency Examination
Tentative, subject to change: Saturday, May 3 – Sunday, May 11	International Service Trip (<i>subject to site and faculty availability</i>)