



May 2025

ARCADIA PA PROGRAM

SPRING NEWSLETTER

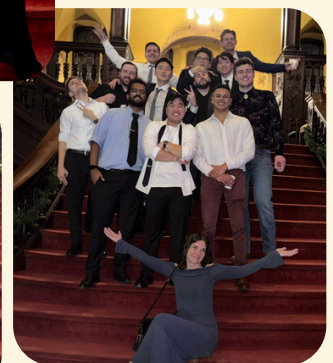
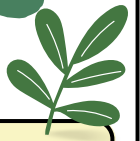
Created by:

Nicole Mazzella PA-S & Kirsten Ritchie PA-S



ARCADIA PA GALA 2025

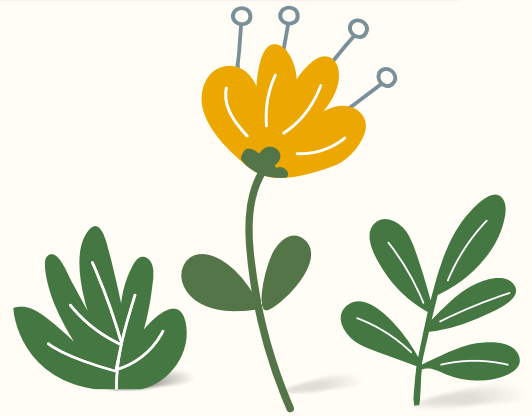
STARLIGHT & SNOW, A ROYAL AFFAIR



PA OLYMPICS



Our PA Olympics fundraiser was a multi-event collaboration—from the Polar Plunge and Lucky Strike bowling night to The Great Race on April 12th—uniting nine PA programs and Special Olympics athletes in a spirit of inclusion and friendly competition. Thanks to your passion and teamwork, we raised a record-breaking \$30,172 for Special Olympics Pennsylvania, making this our most successful year yet.



Polar Plunge



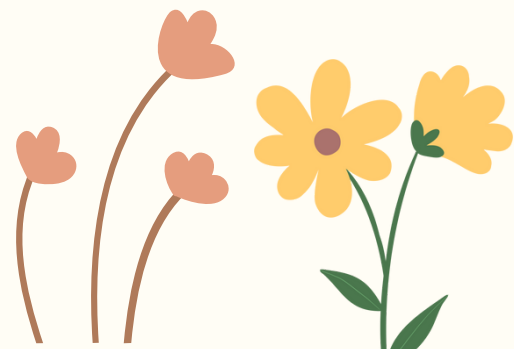
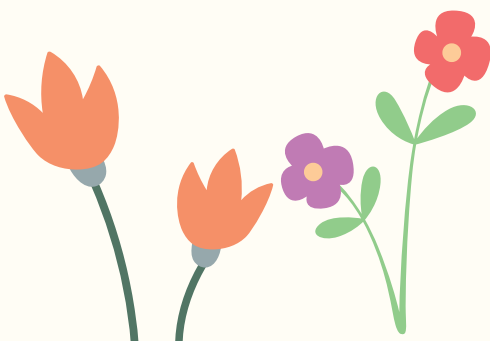
Lucky Strike



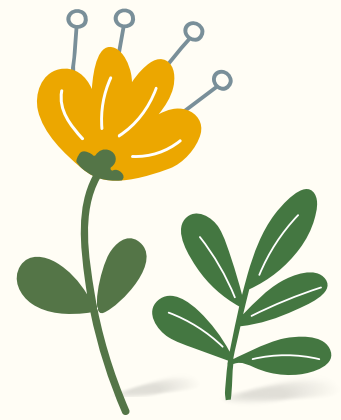
PA OLYMPICS



The Great Race



ARCADIA PA SPRING NEWSLETTER



Class Favorites

Glenside:

- **Favorite Class:** Physical Diagnosis
- **Rotation most excited for:** Surgery
- **Favorite Skill Learned:** Suturing

Delaware:

- **Favorite class:** Medicine
- **Rotation most excited for:** Electives!
- **Favorite skill learned:** Suturing



Important Dates

- **Peru Medical Service Trip**
 - May 3-11
- **Introduction to Clinical Year**
 - May 12-16
- **First Day of Clinicals**
 - May 19

Didactic Year Stats

Lectures: 347
Exams: 60
Quizzes: 50
Practicals: 5
Journal clubs: 2
OSCEs: 2



ALUMNI SPOTLIGHT:

SARAH BREEDEN

CO 2022

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



Since graduating from Arcadia University's Physician Assistant program in 2022, Sarah Breedon has found her stride in hospital medicine at Pennsylvania Hospital. Originally from North Carolina, Breedon envisioned a career in pediatrics but discovered a deep passion for adult inpatient care during her clinical year. Now, as a hospitalist, she thrives in the fast-paced, team-based environment of acute care medicine. Breedon works alongside an attending and fellow advanced practice providers to manage 7–10 patients daily. She serves as a primary point of contact for nursing and specialty teams, places consults, evaluates new and existing patients, and collaborates on comprehensive treatment plans. She shared that she feels incredibly respected and supported in her role. Breedon is encouraged to think critically and advocate for her patients. Her journey to becoming a PA was shaped by her early experiences working in patient care. She was drawn to the holistic nature of the profession—supporting patients not only physically, but emotionally and socially. Breedon mentioned that she enjoys working with patients who have complex conditions involving multiple systems, noting that it "challenges you to look at the whole

person." She also values the wide-ranging role she plays in her patients' lives, saying she "loves being involved in all aspects of someone's care." From helping patients navigate tough diagnoses to advocating for their independence, Breedon enjoys treating the whole person. One of her most memorable cases involved diagnosing babesiosis in a young woman presenting with fever, nausea, and vomiting—a rare and unexpected find in hospital medicine. It was a reminder of how dynamic and unpredictable her field can be.

Though her days can be intense—especially during flu season when patient census peaks—Breedon manages stress through running, traveling, and spending time away from work. She emphasizes the importance of mentally checking out after a shift: signing out, going home, and making space for yourself. Although she once imagined working in pediatrics, Breedon encourages future PAs to stay open-minded, noting that "you might find joy in a specialty you didn't expect." Hospital medicine has been a perfect fit for her, and she now can't picture herself anywhere else.

During her time at Arcadia, Breedon appreciated the program's strong preparation for inpatient care. CDM (Clinical Decision Making) was her favorite class—starting later in the curriculum, it helped her bring all the clinical pieces together. One of her favorite rotations was at Penn Perelman Center in outpatient oncology, where she appreciated the complexity and continuity of care involved in cancer treatment. Breedon began PA school in May 2020 during the COVID-19 pandemic, which meant a virtual start and even a remote rotation. Despite these challenges, she felt deeply supported by her classmates and faculty. Breedon chose Arcadia because of its strong reputation but stayed because of how welcoming the community was. Outside of work, she enjoys being outdoors, traveling, cooking, and attending musical theater productions like *Hadestown*, *Hamilton*, and *Beetlejuice* at Philadelphia's local venues.

As she continues to grow as a provider, Breedon remains grateful for the solid foundation Arcadia provided. Her advice to current and future PA students? Don't box yourself in. Stay curious. You might be surprised by where you end up—and how much you love it.

PIE A PROFESSOR

For our recent fundraiser supporting the medical service trip to Peru, students bid for the chance to pie a professor in the face with whipped cream. Thanks to everyone's enthusiasm (and aim!), we raised money to help bring medical supplies and support our travel expenses.

DELAWARE



GLENSIDE



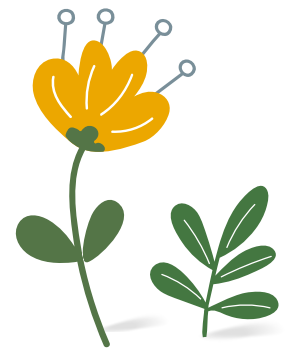
PA STUDENTS LOVE PUPPIES!



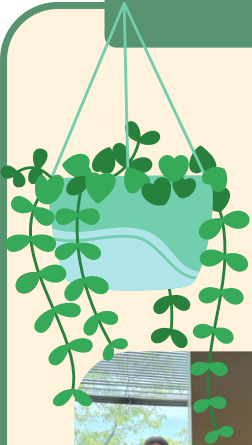
Arcadia PA students enjoying spending time with
Professor Basile's puppies between classes.



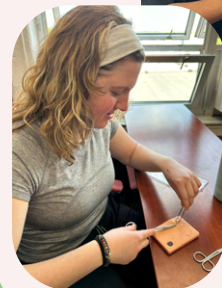
ARCADIA PA SPRING SKILLS DAYS



Splinting



Sutures



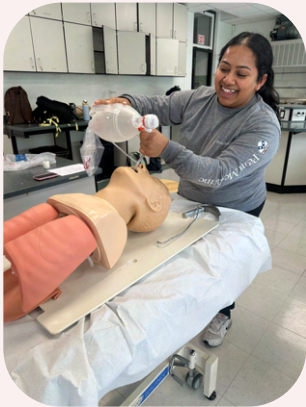
Fun fact: The oldest
known sutures
were made from ant
mandibles!



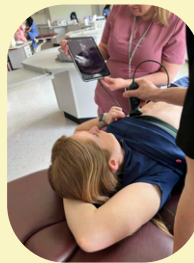
ARCADIA PA SPRING SKILLS DAYS



Intubation



Ultrasound



Welcome to the Arcadia
family Baby Massa!

Scrubbing in



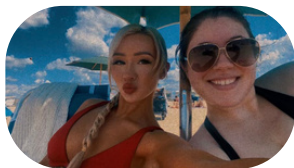
FAVORITE MEMORIES OF DIDACTIC

Circuit workouts with my friends after exams!

Studying with my besties on campus <3



Suture practice and getting our medical equipment!



When Makayla Leming and I drove to the beach immediately after the last summer final!



Sips with the class in the city!

The Gala



Just going and growing through this together. So happy to have everyone as classmates



Running around Philly for PA Olympics

Sitting in classroom B after our exams and catching up on each others lives!



BTR performance

Happy hour before Lucky Strike



skills day!



Being able to enjoy PA week in New York, next to good morning America :)

pie a professor



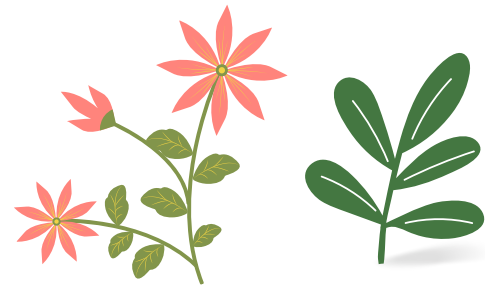
Kelly's house after summer semester



Goat Yoga and watching Kaileigh & Kayla unlock a car with a blood pressure cuff.

Meeting the most inclusive, supportive, loving group of women I have ever met!

DIDACTIC STUDENT SPOTLIGHTS



Kylie Ferro – Glenside



Kylie Ferro is completing her first year of PA school at Arcadia University, where she also earned her Bachelor of Science in Public Health. Kylie has already left a lasting impact on the Arcadia community – during her undergraduate years, she played field hockey for the Knights and served as team captain her senior year. She also represented her peers on the student athletic advisory committee (SAAC) for three years, and was inducted into the National Society of Leadership and Success.

Kylie's healthcare journey began as a nursing assistant at a local hospital, later expanded to home care, before returning to the hospital setting as an Emergency Department tech. She began her didactic year this past May and now reflecting back, Emergency Medicine was her favorite class, closely followed by Diagnostics and Clinical procedures (D&C). Kylie is most excited for her emergency medicine rotation, and is eager to applying all of the content from didactic year into practice with real patients cases. Her advice to future PAs is "to truly and wholeheartedly believe in your ability to achieve your goals. Nobody is going to do it for you or hold your hand and it will take grit and discipline, but you can and will accomplish whatever you set your mind to!"

Taylor Motley– Delaware

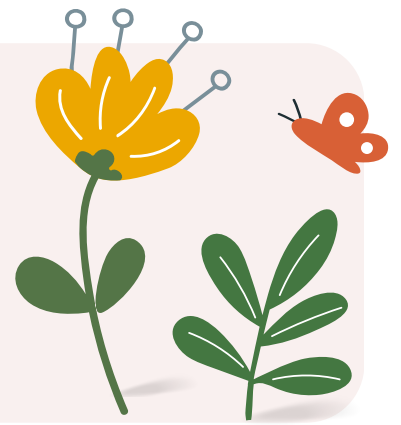


Taylor Motley, a first-year PA student, took a non-linear path to medicine, guided by a love of science, patient care, and lifelong learning. Originally from Ellicott City, MD, she earned a degree in Chemistry from the University of Maryland and a master's in Environmental Engineering before deciding to pursue healthcare. Her experiences as an EMT, ED scribe, and CNA in a Neuro ICU solidified her passion for complex patient care.

Now living on the Eastern Shore with her boyfriend and their dog, Bruce, Taylor is drawn to both critical care and rural medicine. Taylor looks forward to starting her clinical year with a cardiology rotation and an international rotation in Ireland, where she will focus on rural healthcare. Her favorite classes include MOD, Medicine, and D&C. Outside of school, Taylor enjoys knitting, painting, gardening, and learning about history. Her advice to future PAs: love the daily work you do – that's what will sustain you throughout your career.



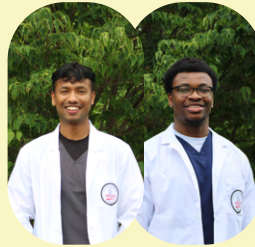
DIDACTIC YEAR SUPERLATIVES



Most likely to be found studying on campus 24/7



**Marioes
Matthe**



**Peter Mordi and
Raj Khadka**

Most likely to memorize the entire pharmacology textbook



**Danielle
Doyle**



**Josh
Lukach**

Most likely to travel the world

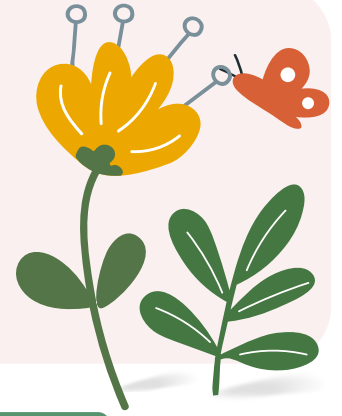


**Skylar
Brightbill**



**Adoley
Allotey**

DIDACTIC YEAR SUPERLATIVES



Most likely to get an IV on the first try

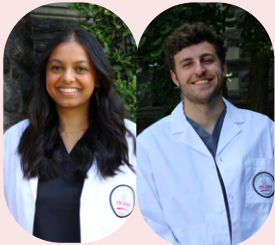


**Olivia
Cozzone**



**Kelly
Massa**

Most likely to teach the class one day

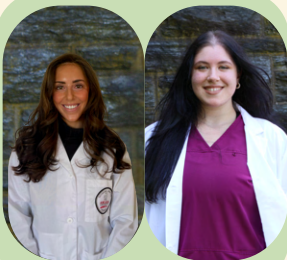


**Shreya Patel &
Cole Zsemiye**

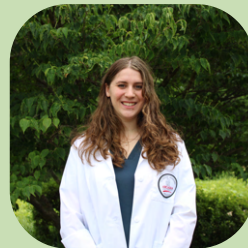


**Lauren
Henry**

Most likely to make the best quizlets



**Olivia Kroah &
Katherine Tadros**



**Carrie
Spear**

FUNDRAISING



Pilates

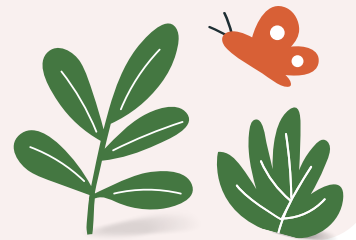


Arcadia's PA Program hosted two fitness fundraisers to support the upcoming medical service trip to Peru. Students gathered for a pilates class in Delaware and a cycling session at the Glenside campus, raising money to help cover costs and purchase medical supplies. Thank you to everyone who showed up, moved with purpose, and supported global health!

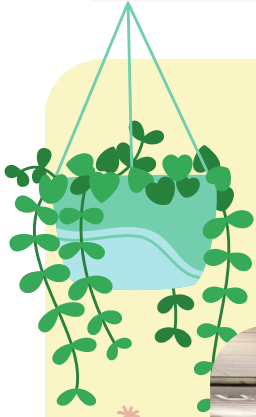
Cycling



FUN ON AND OFF CAMPUS



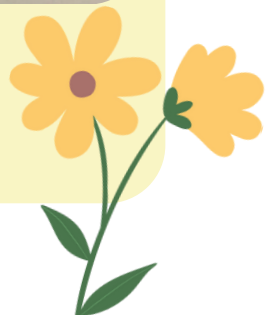
VALENTINES



FUN TOGETHER



STUDYING





CLINICAL YEAR

RESOURCES



Housing

- Furnished Finder
- AirBNB
- VRBO
- Rotating Room
- Facebook Groups
- Classmate Sublets



Advice from Arcadia Alum

- Build your resume as you go
- Treat every rotation like a month long interview
- Get there early and be willing to stay late
- Keep an open mind!

Supplies

- Scrubs
- Business Casual Clothes
- Comfortable shoes
- Optional:
- Stoggles
- H&P notebook
- Mini notepads
- Lunch box
- Waterbottle
- Pens
- Pance Prep Pearls
- Spotify
- EMR antibiotic guide



PROFESSOR BESSE



Professor Besse will be leaving Arcadia following the spring semester as he returns to clinical practice, specializing in Urology. Prior to becoming a professor, Professor Besse worked in Cardiology for seven years. During his time at Arcadia, he generously shared his cardiology expertise with students, led our Evidence-Based Practice course, and co-directed our Clinical Decision-Making course alongside Professor Basile.

Throughout his tenure, Professor Besse has helped shape the minds of countless future PAs. We have been extremely fortunate to learn from him, and his passion for education and patient care has left a lasting impact.

Not only has Professor Besse been an inspiring educator, but he has also brought joy to the program — from competing against fellow professors in our yearly door-decorating fundraiser to making this year's "Pie a Professor" event unforgettable with his somersault during the chase to pie him.

We are deeply grateful for all he has given to our program and wish him nothing but success in this next chapter of his career.

PROFESSOR MASTEN



Professor Masten departed Arcadia this past January to begin an exciting new chapter in her career. During her time as our clinical year lead, she brought an incredible mix of knowledge, warmth, and energy to the program. She helped prepare us for clinical rotations with confidence, and never failed to offer encouragement or a good laugh when we needed it most.

One of the highlights of her teaching was her engaging and thoughtful approach to behavioral health. She had a way of making the classroom feel like a safe, supportive space. Beyond her expertise, Professor Masten's presence brought a spark to the program. Whether she was making a joke, offering a kind word, or just being her upbeat self, she made a lasting impression on every student she worked with.

Though we miss seeing her around campus, we're so grateful for everything she brought to Arcadia and all the ways she impacted our PA journey. We're cheering her on in her new role and hope she knows she'll always have a place in our hearts.