

Q6

Describe one member engagement and value event or chapter member benefit program aimed at increasing member engagement and value. (250 word limit. Responses longer than 250 words will be cut.)

Our chapter's goal this year was to provide robust and engaging programming to connect and unite our student members. With our first year colleagues just arriving on campus, ASDA was tasked with making a big impact on our new members. We hosted an interactive social in our beautiful campus plaza with representatives from our advocacy committee and e-board. Students from across all four classes were in attendance and took full advantage of our expansive ice cream bar. During the event, we held numerous discussions with students about the issues facing future graduates and the importance of organized dentistry. Students were then able to sign up for action alerts, ADA student debt reform initiatives (i.e REDI Act), and put their names down to attend NY County Dental Society (NYCDS) meetings. After the event, our organization received a surplus of positive feedback and student applications for our various committees. We can strongly say that the future of our Columbia chapter is in the hands of many amazing and inspiring ASDA advocates.

Q7

Describe one chapter community service event that creates connections with our communities. (250 word limit. Responses longer than 250 words will be cut.)

A major goal for our community service committee this year was to provide impactful outreach to communities in need. Hitting the ground running in 2022, we hosted a winter clothing drive and Varenyky bake sale for families affected by the Ukrainian crisis. Building upon our outreach efforts, one event we are particularly proud of was sponsoring and helping coordinate a youth basketball tournament in partnership with Planet Fitness. The event was held in South Harlem's Morningside Park, where local families were invited to attend and have their children participate. In addition to the tournament, participants and their families were encouraged to enjoy the local stands and concessions at the venue. ASDA members assisted with event set-up and created an OHI station. Throughout the tournament, dental students from across all 4 years were working together to promote OHI with flyers about home care, dental homes, mouth guards, and information on sports dentistry. In addition, each person who visited our stand received a personalized OHI goodie bag courtesy of Colgate. The event was very well received by families in the area, with some of our students even recruiting new patients for the clinic. It was extremely rewarding to have ASDA be part of this programming and make such a positive impact in our local community.

Q8

Describe one chapter advocacy event that educates and involves members in ASDA's advocacy and legislative priorities. (250 word limit. Responses longer than 250 words will be cut.)

With the midterm election and advocacy month in mind, our chapter's legislative committee launched a two part mini series on public service dentistry. The first part of the series began with a webinar from Dr. Burton Edelstein, professor emeritus of the Children's Dental Health Project (CDHP) and leader in the field of public health dentistry. Dr. Edelstein has an extensive history as an advocate for increased access to dental care. Students learned the meaning of being an advocate and participated in a virtual round table discussion on ways to increase dental care in underserved communities. A key point discussed in Dr. Edelstein's session was how the large amount of student debt may impact our decisions as clinicians. This discussion was a great segue into the second part of the miniseries focused on public service loan forgiveness. We invited one of our school's beloved financial advisors, Mr. Tony Glad, for an in-person lunch and learn about updates regarding student loans with special focus on public service opportunities. Specifically, students gained insight on how serving in the military, the health service corps, or working in a school-based clinic can make you eligible for the PSLF program. In addition to attending Mr. Glad's talk, attendees were invited to visit a 'Winnie the Pooh' themed molar bear station, where they could enjoy fresh honey buns, take pictures with the advocacy molar bear, and read about loan reform initiatives.

Q9

Describe one chapter wellness event that educates members and involves members in ASDA's Five Dimensions of Wellness. (250 word limit. Responses longer than 250 words will be cut.)

CDM ASDA recognizes the invaluable role wellness has in promoting the well-being of our members. To assist with the acclimation of students to a new semester, our wellness and diversity committees collaborated on a unique picnic potluck in our local J. Hood Wright Park. We recognize the importance of nature for both our mental and physical health, thus, our goal with this event was to capture the emotional, physical, and environmental dimensions of wellness. Students from across all four years signed up to bring different cultural dishes, enjoy the autumn air, and take in the beautiful sunset over the George Washington Bridge. In addition to the delicious food and beautiful scenery, our wellness committee brought out all the stops with a collaborative Spotify playlist and some fun outdoor games like kanjam, spikeball, and cornhole. The picnic was a great opportunity to de-stress with good food, good tunes, and some friendly competition. Above all else, it was a great experience to give our new and returning members a warm welcome and showcase the importance of wellness, especially in dental school.

Q10

Describe one chapter communication (such as an enewsletter, the chapter website, or chapter social media campaign) that keeps members informed about ASDA. (250 word limit. Responses longer than 250 words will be cut.)

Our chapter maintains steady communication with our members through the use of a weekly newsletter. Each week, we send out announcements for events with sign-up links as well as fun riddles and factoids to keep our readers engaged. Social media has also been critical to the success of our chapter over the past year. Through the use of Instagram and Facebook, we make sure all of our members are in the loop when it comes to upcoming events, member accomplishments, and community initiatives. One initiative we are particularly proud of was the collaboration between our diversity and public relations committee. To celebrate Black History Month, our committee members researched and interviewed various African American leaders and alumni at Columbia University College of Dental Medicine and showcased their vast achievements on our platforms. Our chapter understands the importance of representation, especially in the field of healthcare.

Q11

Describe one chapter event that develops professional and leadership skills of chapter members. (250 word limit. Responses longer than 250 words will be cut.)

There are certainly times during our dental school experience where we wish we had learned just a little bit more about a topic. Our chapter's lunch and learn committee serves to fulfill those wants and needs. Networking with alumni and notable leaders in the dental field, CDM ASDA seeks to cultivate knowledge, inspire leadership, and contribute to the overall professional development of our members. A very highly requested topic among many of our students was to hold a seminar on aesthetic dentistry. As practicing students, we understand the importance and the difficulty of achieving good aesthetics. Therefore, our members wanted tips and advice to improve this particular skill. Partnering with our alumni office and clinical faculty, our lunch and learn committee invited Dr. Arthur Volker, owner of the NYC based dental practice, Cosmedent. Dr. Volker is an alumnus of Columbia University School of Dental and Oral Surgery and has fellowship in the academy of general and cosmetic dentistry. The focus of his talk was on smile design and evaluation of clinical cases. Students actively participated in treatment planning cosmetic cases and learned about the critical components that must be recognized and implemented to achieve aesthetic results in dentistry. Dr. Volker discussed topics related to shade matching, crown lengthening, veneers, and bonding. By the end of the seminar, our members developed a baseline knowledge to objectively evaluate dental esthetics and apply it to daily practice.
