

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 year kickstarted with Fever Week! Our goals this year were to focused on educating students on the benefits of membership with our local ASDA chapter and the importance of organized dentistry. Each day of the week was catered to and (had catering- no pun intended) for each class. The first half of the week, we host two Lunch N Learns for our underclassmen. For D1s coming in, we wanted to build on the momentum of orientation week and take time to explain "Why ASDA". This year, we wanted to emphasize the holistic benefit of LASDA membership rather than just access to social events. Some of the areas our chapter is passionate about are advocacy, wellness, and service. Apart from local benefits which are much easier to grasp, our membership chairs conveyed the enormous national benefits of being an ADA member and cumulative benefit of being a member all four years of schooling! To celebrate the week, we hosted a Karaoke Night mid-week. Karaoke night is a great chance for underclassmen to finally meet their upperclassmen out of scrubs and make connections. For so many, this was the perfect wellness break. To end the week, we culminated in a service project aimed to help those impacted by the horrendous flooding to Eastern KY. Our chapter teamed up with the medical students to send students to donate supplies and perform wellness checks. If Fever Week doesn't capture the essence of Louisville ASDA, then I don't know what does.

Q7

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

Service to others is the backbone of our chapter. We feed off of the needs of our community to provide service projects that fit the people we serve. One such activity was Clean Up Downtown. Clean up Downtown aims to care for the environment around our school and remove any litter from at area. It takes place every two Saturdays each month. Since the inception, we've really seen a change in the cleanliness around school. It is amazing to see what we can accomplish with the camaraderie of the students.

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.)

At LASDA, we pride ourselves on devoting ourselves to defending the rights of this profession and its leaders. That's why we so strongly develop and attend advocacy initiatives such as KDA Lobby Day, Dinner with the Doctors, and full month of Advocacy Tabling during November. In February, we sent four students to the state capitol to meet with a group of state representatives and entire KDA, our state dental group. While at the capitol, they were able to advocate for House Bill 370. While all four students who attended did not have any prior lobby experience, one day away from school was really all it took to open hearts and minds to an issue many Kentuckians are facing. House Bill 370 ensures transparency and effective coverage and options for providers and patients with insurance carriers. Through the process of lobbying, the students truly understood why dentists must be the one to stand up not only for themselves, but also their patients. A few months later, the same students were invited back to the State Capitol for the Bill Signing of HB370. They were recognized by the Governor for their efforts. Seeing a bill being written, lobbied over, and eventually passed brought the journey full circle. All of the issues show us this beautiful career is not set in stone; advocacy reminds us how much there is still left to do.

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.)

In the midst of tireless efforts to serve our members and community, we often need to replenish our energy to repeat. Wellness initiatives such as monthly group exercise classes, wellness month and wellness bites keep our chapter recharged! During Wellness month, through each of the four weeks, our two chairs tabled in the main hallway to showcase various aspects: physical, mental, nutritional, and all other things wellness. During this time, they had a little trifold set up where students could engage and write down what they do to serve the most important person, themselves! To further stimulate healthy practices, they worked with social media to make a Wellness Bingo Card. Incentives of participation on social media were gift cards to local gyms and healthy food vendors. During the last week of the month, they hosted an in-person class at local yoga studio to encourage stillness. Having a different wellness focus for each month helps to narrow our concentration and maximize that area. Our chapter recognizes that our being is part of well-being. For us to go the long run in this career, we must preserve our bodies and minds.

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 programming year-round would be nothing without the presence of students. To make sure our events and services are well utilized, we primarily communicate through emails and social media. Through social media, we go live with every so often with under and upperclassmen so pre-dental students have access to life in dental school. An up to date digital catalogue such as Instagram is our visual diary of the year. To encourage engagement, we regularly conduct giveaways and raffles! In addition, we have a bulletin board in our hallway which features a TV. The TV showcases a monthly spotlight of our past events, wellness tips, and student spotlights! Each month, we highlight one of our Advanced Standing Students. Since these internationally-trained students are added halfway through the year, it is important for the rest of the student body to meet them and this is an accessible platform. In addition, we regularly communicate the benefits of an ASDA member and ways to get involved. Our newsletter, Incisal Edge, captures the very essence of our chapter and our students. Including stunning photographs, valuable interviews, and meaningful tips from upperclassman, Incisal edge allows us to cherish and remember our achievements long after we're gone. Finally, despite the digital age, old is gold when it comes to communication. One on one conversation perhaps goes to farther lengths than a single email because it establishes a connection. At LASDA, we strive for connections whether they last a minute, four years, or a whole lifetime.

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.)

Our officer board is made of forty appointed officers and four executive board members. The majority of the the positions requires two officers to work as a team to fulfill their responsibilities. Applications for each position is very competitive and that shows how much our student body loves to serve others. With the transition of new officers, we have a two-day officer retreat to establish the mission and values of ASDA. At this retreat, we challenge our officers to look introspectively and be the leader they envision. Throughout the year, we keep up with the officers by monthly updates including their accomplishments and goals. Another example of personal development is D7's Chapter Chatter series. This year, our very own Judd, D7 Trustee, has went to lengths to encourage participation in the monthly D7 Chapter Chatter call. On this zoom call, students from Louisville can engage with students from other schools to have meaningful conversations regarding service, wellness, advocacy, and engagement. The great thing about chapter chatter is that it's a resource available to all students of all 7 schools! Other resources we make available to the whole school is the White Coat Investor's Financial Bootcamp conducted virtually over a series of weeks and new Diversity & Inclusion Workshop Series aimed to highlight our own biases and blind spots. This, whether you're a leader currently in ASDA or not, this profession demands that we all be leaders in some capacity.
