

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.)

The Maryland Chapter of ASDA started off the school year strong by welcoming first year dental students into the ASDA community. D1 Welcome Week was kicked off with a D1 Welcome Social at Pratt Street Ale House, where students were able to chat over food and drinks, get out their jitters and get to know their peers before the Fall Semester began. This event had the largest attendance ever by any D1 social UMB has hosted with over 110 students! The week of events continued with the first week of school, as speakers from MSDA came to discuss the importance of involvement, community and advocacy as a dental student. Not only was it important to us to have the D1's learn about ASDA but we wanted them to learn more about our school in general. The days following consisted of Q&A's with upperclassmen, presentations about dental school tips and tricks, and free food at all the events. This gave D1's a great opportunity to ask questions and feel like they are a part of our community. The week finished strong with an event that was highly requested from previous years, an In-State Application Event! D2's who had just gone through the process gave advice and guidance to students who looked to apply for in-state tuition. D1 Welcome Week was a great success, ending with an impressive amount of involvement and member engagement from the freshman year class.

Q7

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

The City of Baltimore is a diverse place that celebrates many different cultures and communities. Every fall, we come together to rally behind the Baltimore Ravens Football team. Our ASDA members spend Sundays dressed in purple, volunteering as staff in the stadium, selling concessions and tending to the busy crowds. We work with a non profit organization that splits profits for assisted living communities. One of our previous ASDA member's who graduated runs this non-profit and loves to keep the ASDA relationship flourishing. Volunteering time in the community is a main focus of ASDA, and the Raven's Game is a hallmark event where we can give back to the people of Maryland while enjoying a great game. For students, who are not football fans but want to be involved in community service, we host a plethora of other events throughout the school year like the Canned Food Drive with MD Food Bank. We can't forget about one of our most popular events, the card writing for healthcare workers! Students come after clinic hours and during their lunch to write cards together to thank healthcare workers for their dedication to their field. This is always a blast as students love to eat lunch and make spectacular cards together as a 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.)

The University of Maryland School of Dentistry is a quick drive away from our Nation's Capital, where impactful decisions affecting dentists and patients are lobbied everyday. Whether it is regarding access to care, Medicare or Medicaid, student loans or entrepreneurship, it is pivotal for ASDA members and non-members alike, to be educated, engaged and aware of the ongoing political battles. ASDA's Advocacy committee strives to support initiatives that in-turn support our profession and our patients. This year we hosted an amazing Lunch and Learn with many MSDA and ADA leaders including Dr. Robert Willson, Dr. Mike Horner, Dr. Alexandra Fitzgerald. Our very own ADA president and Maryland graduate, Dr. George Shepley gave a great presentation about our role in advocacy. Many students reported this being one of their favorite advocacy events UMB has ever hosted, and not just because of the free food. They all were not aware of some of the bills being discussed and appreciated the knowledge. Our advocacy continued to spread awareness through Bill of the Day social media posts and Advocacy Bites where we spread bills attached to candy around the school. Our goal is to raise awareness and engagement, and work to establish a legacy of involved, action-oriented members.

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.)

The stress of being a dental student is well known and it can often be difficult for students to balance their well-being with the demands of dental school. The ASDA Health and Wellness committee sought to encourage the students at the University of Maryland School of Dentistry to take care of their health by inviting UMSOD students to participate in a 5k run. The 5K run was a virtual event and was held in September, purposely chosen to take place in the early fall to inspire students to develop effective wellness habits earlier in the year. The 5k event was announced on Instagram and drew in 28 participants who were entered into a raffle to win a \$125 Dick's Sporting Goods gift card. The ASDA Health and Wellness committee felt that a Dick's sporting goods gift card was the best prize because it is a store centered around being active and physically healthy. To be eligible for the raffle, students had to send a picture of their route/distance and a picture of themselves during the run. The names of all the participants were entered onto a spreadsheet and then the winner was randomly chosen. The winner was then announced on social media and the event was a great catalyst to getting the students at UMSOD to participate in physical activity and focus on their health and wellness during stressful exams.

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.)

Living in the digital age makes it easier than ever to access information and interact with people by simply pressing a few buttons on our phones. Instagram specifically is a largely popular platform used to keep up with people and get some insight into their lives. To facilitate member communication, The Maryland Chapter of ASDA started hosting "Instagram Takeovers" where we invited students at the University of Maryland School of Dentistry to take over the Maryland ASDA Instagram account. With Instagram Takeovers, students from different classes shared what a typical day in their life looks like. There were so many varying schedules in terms of exams, classes, clinic, and time set to enjoy hobbies outside of school. It was an excellent way for the students at UMSOD to get insight into the routines and experiences of their classmates and for students to experience UMSOD through the lens of students in a different class. Instagram Takeovers also provided a great way for pre-dental students to get a glimpse of life as a dental student at UMSOD. We heavily relied on social media to communicate with our members about any and all information related to ASDA but we love to share some fun experiences with our students!

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.)

Healthcare providers need to be accessible and communicative with their patients to deliver quality care. To help students at the University of Maryland School of Dentistry achieve these qualities, Maryland ASDA held a business card fundraiser. Even in a generation where much of our communication is exchanged electronically, business cards remain a classic and effective means of communication for many of our patients. The fundraiser offered 100 business cards for \$35 and 250 business cards for \$50. By advertising the fundraiser by email, class group chats, and word of mouth, 54 students participated, and the fundraiser raised \$525.74. The business cards included the University of Maryland School of Dentistry logo and the contact information of the individual students. The business cards also included copies in Spanish which received much appreciation from the patients. UMSOD attracts a largely diverse population to its clinic so providing languages other than English was very helpful to the patients and UMB ASDA plans to expand the language options in the future. The fundraiser was sold to all the classes, but mainly third year students who were entering clinic. However, the fundraiser was such a success that many fourth year students restocked as well!
