

#21

COMPLETE

Collector: Web Link 2 (Web Link)
Started: Monday, December 18, 2023 3:22:47 PM
Last Modified: Monday, December 18, 2023 3:45:12 PM
Time Spent: 00:22:24
IP Address: 14.1.64.27

Page 1

Q1

San Francisco

Select your chapter.

Q2

District 11

Select your district

Q3

Your Name

Reeva Gestre

Q4

Chapter Position

Vice President

Q5

Your Email

Reevadarren.gestre@ucsf.edu

Page 2

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.)

We hosted eight in-person events for Fever Week this year! We kicked off the week by making DIY bracelets and phone charms during lunch while Membership Monday was held in the evening to introduce students to ASDA's mission and membership benefits. Our Advocacy and IDP committees teamed up for Advocacy Tuesday to highlight various hot topics in dentistry, finishing the night with a game of Jeopardy to test their knowledge on ASDA's policies and positions. Wellness Wednesday marked the halfway point of the week. Our walk in Golden Gate Park enhanced our physical health, we released stress, connected with nature, and encouraged a deeper state of mindfulness. On Diversity Thursday, we set up an interactive map where everyone could scratch off the country they call home as we enjoyed Argentinian empanadas and Ethiopian sambusa. On Friday, we handed out reusable tote bags to those that had already paid membership dues. These bags were perfect to use for our member-exclusive Annual Vendor Fair. With ten sponsors in attendance, members networked with dental representatives, learned about different products & job opportunities, and had the chance to win some cool prizes. As a bonus, we hosted a kayaking event on Saturday. From Mission Creek to the famous McCovey Cove, students enjoyed the panoramic views of the SF Bay, Bay Bridge, and Treasure Island. Because we offered so many opportunities to engage with our chapter, over 60% of the D1 class joined ASDA by the end of Fever Week.

Q7

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

Our chapter made waves and took a proactive stance in reducing our carbon footprint by organizing a beach clean-up event at Ocean Beach, a 15 minute car ride from UCSF. We provided gloves and bags and collected mountains of debris. No piece of trash was left behind in a collaborative effort to revitalize our coastline's beauty. We hope we inspired others reduce litter, protect our oceans, and raise awareness about pollution. Our member were kept busy throughout ASDA's Week of Service. We registered to receive information from AmeriCorps to stay up-to-date with their non-profit opportunities. We organized a clothing drive with the St. Anthony Foundation, which runs the largest free clothing program for those experiencing homelessness and poverty. We finally rounded out the week by assembling OHI kits for Mabuhay Health Center, a student-run free community health clinic for the underserved Filipino-American residents of San Francisco's South of Market District. It is important for us to serve and support the most vulnerable in our disadvantaged communities so our vibrant city can thrive.

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.)

Seven of our ASDA members had the opportunity to attend Lobby Day this year. None of them had ever lobbied before; it was eye-opening for them to advocate for themselves and their patients on the federal, state, and local levels. We knew it was vital for these members to share what they learned with the rest of our chapter. Using the funds we earned from the Legislative Grassroots Network Event Grant, we held an ASDA Advocacy Jeopardy Night. The event was filled with pizza, policies, and prizes. These students participated in a Q&A panel to share their valuable experiences as they reflected on meeting lawmakers and advocating for dental issues affecting the dental profession. We ended the night with ASDA Jeopardy. Participants answered trivia questions about this year's policies as well as ASDA itself. Prizes included an INBDE Bootcamp subscription and FIGS gift cards. Attendees were left with a better understanding of how important it is to amplify our voices on local, state, and national levels. For Advocacy Month, our advocacy committee created a social media campaign. Infographics on ASDA initiatives such as Medicaid Access to Dental Care, the REDI Act, DOC Access Act, and ASDA Resolution 303-2011 were posted on our Instagram throughout November to inform our classmates on what ASDA fights for. We also collaborated with another student organization, Green Teeth, to host a lunch & learn with the founder of Voting4Climate&Health, a statewide effort to promote patient civic engagement.

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.)

ASDA Wellness Month was a huge hit. For intellectual wellness, we kicked off with a summer reading challenge for students to share a photo of a book they were reading on Instagram. For physical wellness, we tracked students' walking, hiking, and running activity throughout San Francisco on the STRAVA app by creating a UCSF ASDA Wellness group. The top 3 students that went the longest total distance won hydroflasks and a massage gun. Students continue to utilize this group, with over 100 miles achieved the week before our fall finals. For occupational & emotional wellness, we held a Welcome Back Bagels event. First year students wrote down what they were looking forward to in this new chapter of their lives, while upperclassmen wrote down a piece of advice for younger students. The D1s had the chance to meet older students as we bonded over bagels. The post-it notes are on display outside of our simulation lab, as a reminder for the first year students to keep going. Our most successful event of the month centered around environmental wellness. 30 ASDA members kayaked around the San Francisco Bay on a sunny day, riding past sea lions, seals, and other wildlife. This was one of the first events of the academic year for the first-year dental students to interact with upperclassmen. It was foundational for their welcome to UCSF and San Francisco.

Q10

Describe one chapter communication (such as an newsletter, 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's communication continues to improve every year. Our Instagram presence grew to over 1,900 followers. We utilize the platform to post about upcoming events and community initiatives, as well as share recaps summarizing events such as Fever Week and Advocacy Month infographics to educate our classmates on the REDI Act and SMILED Act. Furthermore, ASDA members from both the domestic and international classes participated in Instagram story takeovers to showcase a day in their life as a UCSF dental student. By utilizing the Questions sticker, students hosted Q&As to cater to specific questions asked by hopeful applicants. During these takeovers, we reached over 2,000 accounts and our content was viewed over 40,000 times! However, the highlight of member communications is our quarterly newsletter, "The Cusp." The newsletter was only available in a digital format until this year. We printed out physical copies of "The Cusp" and spread them across the school for leisurely reading during our downtime between classes and patients. With more accessibility, students can learn about our members' hidden talents, ways in which we practice a healthy work-life balance, newly adopted policies from Annual Session, and tips & tricks from our faculty to conquer sim lab, clinic, and beyond. "The Cusp" is a space for our ASDA members to share valuable information that they've learned from events & conferences. By sharing their perspectives on the current state of dentistry, we hope to inspire others to join ASDA and attend events to continue developing well-rounded leaders.

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 chapter board consists of twenty-five board members and four executive board members. To instill ASDA's mission and ensure a smooth transition for the new school year, we held a board retreat in a beach house located in the small coastal town of Pacifica. The two-night, three-day retreat was filled with hands-on workshops: Grant Writing, Event Planning, How to Effectively Manage Your Committee, Fever Week Planning, and Advocating for Advocacy. These valuable presentations developed our board's leadership skills during the day while we bonded over group cooking and board games at night. We connected even more as a team at our back-to-school committee social. Since most of our committee members are first-year students, we welcomed them into ASDA over dinner and guessed each other's secret fun facts through Kahoot. Our committee members make up the core of our ASDA chapter so it was vital for us to acknowledge their hard work.

Page 3

Q12

Submit your chapter's YouTube video link.

<https://youtu.be/lubkh85nA8o>

Q13

Submit your chapter's Google Drive or DropBox video link.

<https://drive.google.com/file/d/163j039Gy6U4Vm18QUaQKcnfBOCZFXUSJ/view?usp=drivesdk>
