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COMPLETE

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**Q1**

Select your chapter.

**Touro College of Dental Medicine at New York Medical College, Hawthorne, NY**

**Q2**

Select your district

**District 2**

**Q3**

Your Name

Daniel Abrkhaimov

**Q4**

Chapter Position

Director of the Gold Crown Award

**Q5**

Your Email

Dabrkhai@student.touro.edu

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## Q6

Describe one member engagement and value event or chapter member benefit program aimed at increasing member engagement and value. \*This excludes the submission of multiple events that are part of a single week-long or month-long challenge e.g., the discussion of various events during a chapter's Fever Week. (250 word limit. Responses longer than 250 words will be cut.)

Fall Fest was more than just a carnival, it was a turning point for the students. After a tough summer semester and midterms, we wanted to bring everyone together in a way that didn't feel like another school event. So we went big. Food trucks lined the lot, games brought out the child and competitor in all of us, and raffles kept the energy high. But what really made it special was how many people stayed after. It wasn't just for the fun, but for each other. Students who'd never spoken before shared meals. Faculty came just to chill out. People weren't checking out...they were tuning in. One of our newer members told us, "This is the moment I felt like I actually belonged in dental school." That's what made it worth it. It wasn't about how many people came, it was about how they left. With smiles. With connection. With a reminder that ASDA isn't just an organization, it's a space to feel seen.

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## Q7

Describe one chapter community service event that creates connections with our communities. \*This excludes the submission of multiple events that are part of a single week-long or month-long challenge (250 word limit. Responses longer than 250 words will be cut.)

This year's Give Kids A Smile wasn't about drills or dental chairs. It was about trust. Laughter. And creating Connection. We set up stations to screen kids, teach them about oral hygiene, and most importantly make them smile and have a good time. Some came in hesitant, unsure of what to expect. But a few minutes later, they were brushing giant plastic teeth with us, playing toothbrush toss, and leaving with prize bags and new knowledge. They didn't just learn how to take care of their teeth they learned that the dentist isn't a place to fear. The moment when fear turned into fun was everything. We didn't just teach brushing techniques or hand out floss. We changed a few minds. Maybe even a few futures. For many of us, it was the first time we realized how powerful education can be when it's wrapped in kindness and play. And how service isn't always serious, sometimes, it's silly, colorful, and loud. And sometimes, that's exactly what a kid needs to feel seen.

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## Q8

Describe one chapter advocacy event that educates and involves members in ASDA's advocacy and legislative priorities. \*This excludes the submission of multiple events that are part of a single week-long or month-long challenge (250 word limit. Responses longer than 250 words will be cut.)

Advocacy for us started on Instagram but it didn't end there. We used takeovers, polls, and real student voices to make policy personal. People talked about licensure reform, burnout, and student debt. Although it wasn't in abstract terms, but in stories that sounded like our own. You didn't have to be a policy expert to care. You just had to care. Then, a few weeks later, we took that energy to D.C. for Dental Student Lobby Day. It was surreal, shaking hands with legislators, walking the halls of Congress, and realizing: we're not just future dentists, we're future advocates. Our students spoke clearly and confidently about the things that affect us every day. What made it special wasn't the trip, it was seeing how advocacy could start with one IG story and grow into something bigger. We didn't just learn how to speak up. We learned that our voices belong at the table and we have every right to use them.

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## **Q9**

Describe one chapter wellness event that educates members and involves members in ASDA's Five Dimensions of Wellness. \*This excludes the submission of multiple events that are part of a single week-long or month-long challenge (250 word limit. Responses longer than 250 words will be cut.)

Our ASDA volleyball tournament gave students a reason to step away from the pressure and reconnect, not just academically, but emotionally and physically. Teams formed across all class years, some competitive, some just out there to hang. There was music, snacks, and nonstop cheering. But the real win was that every dollar raised went to the Matthew Larson Foundation for Pediatric Cancer. This event blended two things we care deeply about: wellness and purpose. It wasn't just a break from the books, it was movement, stress relief, and connection rolled into one. When burnout is high, this was a chance to breathe, play, and remember to take care of ourselves. This was wellness in the realest sense, not a lecture or a flyer, but a feeling. The kind that reminds you that joy and purpose can exist at the same time.

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## **Q10**

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 "Inside Dental School" event started as a simple Q&A idea, but it quickly became something much more powerful. It wasn't about polished presentations or rehearsed answers. It was raw, honest, and entirely student led and that's what made it matter. We invited pre dental students from across the U.S. and Canada to a live Zoom where current ASDA members shared their experiences, the good, the bad, and everything in between. What started as a simple info session became something deeper: students showing up not just as future dentists, but as mentors, leaders, and people who've been in the shoes of those tuning in. No slides. No faculty. Just real talk about what dental school actually feels like, from the pressure of sim lab to the imposter syndrome no one warns you about. And for the pre-dents listening, it wasn't just helpful... it was grounding. It gave them a picture of what's ahead, without the sugarcoat.

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## **Q11**

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.)

At Touro, the ASDA Email Newsletter has become more than just a calendar of events, it's our chapter's heartbeat. Created by student leaders, this newsletter curates essential updates, upcoming initiatives, and wellness resources into a clean, digestible format that reaches every student, faculty advisor, and ASDA involved member. Rather than overwhelming inboxes, our team focused on thoughtful design and intentional content. Each issue includes a "What's Coming Up" section, professional opportunities, wellness tips, advocacy highlights, and shoutouts to celebrate peers making a difference. We spotlight initiatives across all six ASDA pillars to keep members informed and inspired, while also linking directly to sign up forms and event pages to drive participation. This consistent communication helped foster transparency, boost turnout at chapter events, and create a stronger sense of belonging. When a student can't attend a meeting or misses an announcement, they know they can turn to the newsletter as their go to source. The impact goes beyond logistics, it's part of how we build connection in a high-stress environment. Students have shared how much they appreciate seeing a wellness reminder or a simple quote of encouragement tucked into their inbox. In dental school, those small things matter.

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## **Q12**

Upload the communication piece your chapter described in the communications category as a PDF or link below.

**Tourodent%20June%202025.pdf (7.1MB)**

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**Q13**

Add your communication piece link below.

[https://www.canva.com/design/DAG7nngseSU/a8-fQxhvW9WSL\\_irJwDHuw/edit?utm\\_content=DAG7nngseSU&utm\\_campaign=designshare&utm\\_medium=link2&utm\\_source=sharebutton](https://www.canva.com/design/DAG7nngseSU/a8-fQxhvW9WSL_irJwDHuw/edit?utm_content=DAG7nngseSU&utm_campaign=designshare&utm_medium=link2&utm_source=sharebutton)

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**Q14**

Submit your chapter's YouTube video link.

<https://youtu.be/ofzgxxitG8Q?si=ooG9LLEGjriBcAsY>

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**Q15**

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

[https://drive.google.com/file/d/1m\\_qLGL2Q3p9iuhweuuLeGHSBcFpLfOHa/view?usp=drivesdk](https://drive.google.com/file/d/1m_qLGL2Q3p9iuhweuuLeGHSBcFpLfOHa/view?usp=drivesdk)

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