



AMERICAN STUDENT DENTAL ASSOCIATION

# MEHARRY

YEAR IN REVIEW: 2018

# Most Improved

There has been a slow but steady advancement of the Meharry Medical College ASDA chapter as an ASDA-mazing force to be reckoned with in programming, membership engagement and community outreach. Our chapter has made tremendous strides in every facet of ASDA and has received continuous recognition over the last few years making our presence known, heard and felt across the nation. As we vie for the coveted title of ASDA's Most Improved chapter, every member of our various committees, executive board, faculty and our community alike would surely say the progress we have been unifying and inspiring. The \$240,000+ of free dental care provided during our 2nd Annual Oral Health Day brought us closer as students, spending 12 or more hours in preparation, operation and facilitation, while also solidifying our position as a beacon of hope and help in our community. The 46 undergraduate mentees from six neighboring institutions furthered our reach and commitment to empowering our future in the oral health field at our first annual Mentee Meet & Greet. Our first ever Mindfulness Retreat even showed our understanding of the importance of centering and cleansing our internal power sources so we can be the best professionals and people that we have been called to be. Four Meharry-bred individuals excelled beyond chapter leadership positions and held presence in the District 4 Cabinet. But a yield nor stop sign was not in sight -- Meharry stood tall and displayed confidence as we presented for the first time at the 2018 National Leadership Conference.

We must remember that a band of leaders must be well balanced, the whole only as good as each individual part. Leaders must know when to party and when to get serious; when to be health conscious and when to indulge a little. In 2018 we demonstrated just that. Meharry ASDA hosted a Poll Party to encourage voters to raise their voices and cast those votes. Yet, members were able to refocus in order to vote on state and national legislative rulings that will influence all levels of dentistry. Sights are always set forward as we seize every opportunity to network and equip members with professional development tools. These are virtues that this chapter prides itself on as we develop ways to incorporate new ideas into existing logistics. Meharry ASDA has no intentions of slowing down; being recognized as the Most Improved Chapter will be just the beginning.



Kamberly Tate '19 2018 GOLD CROWN CHAIR



## MEMBERSHIP ENGAGEMENT

- Encourages member involvement and has significant participation from members (including number of attendees or percentage of members in attendance is helpful).
- Posts frequently about each event via printed flyers and social media to generate maximal turnout.
- New! 100% attendance of D1s during the ASDA orientation lunch mixer
- New! Recruited 50 Meharry mentors to mentor local predental students
- New! Opened ASDA events to Meharry Medical and PhD Students as well as dental student's family members to encourage membership participation and campus-wide support and collaboration.
- New! Highlighted student leaders in social media posts giving student body a chance to learn more about their peers and their respective positions.
- Improved! Record number of students applied for and held national, district, and local leadership positions and awards. Amber Spurlock '19 was elected to the Council on Membership Associate and was awarded District 4 Delegate of the Year. In District 4 Positions, David Gonzalez served as District 4 Social Media Chair, Ashley Simpson served as Advocacy Chair, Theodore Limerick serves on District 4's Membership Engagement Committee, Kamberly Tate '19 was a Mentoring Liaison for the District 4 Predental Cabinet.
- Improved! Received a record of 42 applications for chapter leadership positions
- Improved! Restructured our eboard to include more members (3 positions created, 23 total)
- New! National Leadership Interest: 2 students applied to present at NLC 2018. Students
  Mima Azer and Jordan Pierre presented: "Thirty-Two Problems, But a Tooth Ain't One:
  How to Develop a National Community Service Event."
- New! Sign-ups for Lunch and Learns and Vendor Fair were done electronically through<sup>®</sup>
   Eventbrite. Every student was notified at the same time which helped to increase attendance to events.
- Improved! Conference Attendance We have seen an increase in conference attendance applications.
- 10 attendees for the National Leadership Conference were selected out of 38 applicants.
- 5 attendees at District 4 Leadership Retreat. A 400% increase from last year.
- 22 members attended Meharry's Leadership Retreat, 99% of the executive board's participation.
- 32 attended the 2018 District 4 Annual Meeting versus only 5 in 2017, a 540 % increase. Including 8 D1s (New!), previously not allowed to travel by administration!
- 5 attendees at Annual Session, a 67 % increase.
- New! First Impression/Predoctoral Spotlight -- Vice President Michele Collins was featured on the national website
- New! Featured Leader Spotlight Immediate Past President Amber Spurlock was featured on the national website.
- $\bullet$  Organizes a successful membership drive to introduce new students to ASDA.  $_{\bullet}$
- Meharry ASDA automatically enrolled all 235 student doctors.
- New! Administration agreed to include the Welcome Orientation Luncheon as part of the students' official schedule.
- Meharry ASDA leaders introduced the upcoming D1s to organized dentistry and ASDA<sup>e</sup> including benefits of ASDA membership and how to get involved. We had 100% attendance of the Class of 2022.
- New! Integrated trivia with our social media platforms during the lunch mixer to increase social media following and make new students aware of our various media outlets.
- · Organizes events with the local and/or state dental society
- ADA Symposium is incorporated in student's schedule yearly as part of an ASDA initiative.
- On April 6, 2018, the Tennessee Dental Association came and spoke to third year students about the benefits of Joining the TDA
- Uses the following communication vehicles: class announcements, bulletin boards, e-mail, website, social media, etc.
- Flyers are distributed via each class's respective GroupMe, posted on bulletin boards throughout the School of Dentistry and on Instagram. The website also features upcoming events. Email is used to distribute the newsletter.
- New! Promoted the District Social Media Accounts by reposting and contributing to their initiatives.

- New! Students Michele Collins and Asia-Bryanne Greenleaf were the winners of District Contest.
- New! Meharry's Instagram Stories Series: "NLC recap," was shared by national ASDA's instagram Account.
- New! Aierress Hanna '21 was chosen as the #IgniteDDS Campus Ambassador for Meharry!
- New! On the Cusp, Meharry ASDA's Newsletter is established and published 3 times during the year (A January issue highlighting Fall 17, an April issue highlighting Spring 18, and a December issue highlighting Fall 18)
- "Name the ASDA Newsletter" contest developed in order to include general members in executive decisions
- Improved! Meharry ASDA Instagram: up to 1087 followers, a 51.4% increase.
  Meharry ASDA used as content contributor for the #MeharryMade Social Media
  Accounts. 108 posts were made this year in addition to live feeds and stories posts.
- Publishes a chapter newsletter at least three times per school year.
- New! On the Cusp, Meharry ASDA's Newsletter is established and published 3 times during the year (A January issue highlighting Fall 17, an April issue highlighting Spring 18, and a December issue highlighting Fall 18)
- Improved!On the Cusp recruited 22 recurrent writers and 3 contributing editors
- New! Faculty members contributed to the newsletter, Dr. Harris published
- New! Faculty spotlights
- Successfully implements chapter leadership transitions through use of how-to guides, reports and retreats.
- The Meharry ASDA Leadership Retreat was held in the Summer of 2018 to transition chapter leadership.
- A powerpoint presentation was used as a how-to guide and detailed what did and did not work for the previous executive board in order to facilitate smoother transition.

The retreat included a "Meet the Previous Leaders" section to facilitate the transition

- Previous Meharry ASDA leaders' contact info are given to current leaders to help with the transition, with the commitment to be of assistance at any time.
- ASDA's White Papers and how to guides were discussed during the retreat. All student leaders know of their existence and how to access them.
- New! All student leaders were asked to set SMART Goals that comply with their positions.
- Improved! Meharry ASDA fully revised and updated the constitution and bylaws.
- Improved! Meharry ASDA google drive used to keep track of events and info from officers dating back to the 2015-2016 school year.
- Creatively distributes content from district and national meetings to local membership.
- New! After NLC breakout sessions, chairpersons recapped on social media.
- New! Newsletter was used to distribute content obtained at NLC, District 4 Annual Meeting, and Annual Session. Conference attendees wrote articles on knowledge they gained from general and break out sessions they attended at NLC.
- New! Gift packages were created from materials obtained at Annual Session's Vendor Fair. The packages were distributed at our first General Body Meeting of the 2018 year.
- Improved! @meharry\_asda Instagram and Facebook shares District 4 and National ASDA initiatives, including White Paper regrams, graphic regrams, save the dates regrams.
- New! E-newsletter utilizes video to supplement articles.
- New! Used award-winning television series, Insecure, as the cohesive and creative theme for ASDA Fever week, the hashtags #CuriousAF, #DoctoredAF, #HungryAF, #CulturedAF, #AmazingAF, #CalmAF, #GreenAF were used to promote the AF (ASDA Fever) events.
- Uses ASDA branding (including ASDA signage, banner and ASDA flyers, and communicates national ASDA initiatives and events to its members).
- ASDA logo used on every single flyer to publicize events. The logo was also displayed at key locations during every event.
- New! Meharry ASDA's logo was redesigned. All students were given the opportunity to vote and have a hand in the selection process.
- New! Use of #MeharryASDA to further get members involved in the support and recognition of the ASDA brand.
- New! Meharry ASDA branding used at campus events such as Happy Healthy Halloween where we showcased a tent with our logo to be continuously utilized at large/outdoor events.

# ADVOCACY INITIATIVES

- Holds legislative lunch and learns and other legislative events to inform members of ASDA's policies on issues such as licensure reform, student debt, barriers to care and mid-level providers.
- Improved! Meharry Professors' Debate This year on the subject of "Mid-level Providers: Helping the Industry or Hurting the Business?", Meharry Professors stated their opinions on the role of mid-level providers in dentistry. This created a great dialogue between students and faculty about maintaining the integrity of our profession.
- New! Issa Poll Party Promoted political awareness amongst the student body at Meharry Medical College
  during the midterm election to not only discuss the benefit of being educated on the politics in our local
  communities as well as dental community.
- Attends state or national lobby days or organizes state lobby day.
- New! Three (3) members of the Legislative Committee, Ashley Simpson '19, Perry Little '19, and Julian Alexander '19 attended National Lobby Day in Washington, D.C.
- Meharry ASDA members were able to advocate on behalf of dental students around the nation to legislation on the political topics such as the dental licensure reform and student loan debt.
- New! Five (5) members of Meharry ASDA, Jeremy Sprouse '18, Rachel Rosario '18, Karderro Dixon '19, Aisha Henry '19, and Michele Collins '20, attended "A Day on the Hill", the State Lobby Day hosted by The Tennessee Medical Association.
- TMA's Day on the Hill is an annual policy briefing and lobby day in Nashville connects physicians and dentist
  directly with lawmakers so they can advocate for their patients and discuss major issues affecting the medical
  profession in Tennesse
- Involved with state and/or local dental society.
- Improved! Maintained at least two (2) Meharry ASDA members as representatives to attend TDA (Tennessee Dental Association) meeting(s) and report meeting minutes for distribution to the student body.
- Improved! Maintained presence of Meharry ASDA members at the TDA's Annual Music City Conference.
- Voting representation in the state dental society House of Delegates and representation on councils.
- New! Two Meharry ASDA Board members Theodore Limerick '19 and Michele Collins '20 held seats at the TDA House of Delegates at the 2018 TDA Annual conference in Franklin, TN. Each student doctor was able to vote in the 2018 House of Delegates
- Contributes legislative articles to local or national ASDA publications or other state society publications.
- New!- Published an article titled, "Licensure Reform 101" by Julian Alexander '19 in our ASDA chapter
  publication, "On the Cusp": Volume 2. It discusses the different regional licensure testing agencies and the
  impact a change in testing would have on students.
- New! Published article titled "ADA Dentist and Student Lobby Day by Perry Little '19 and Ashley Simpson '19 in our ASDA chapter publication "On the Cusp": Volume 2. The article distributed information from the Annual ADA Dentist and Student Lobby Day in Washington, DC. Some issues discussed were Student Loan Programs and the Higher Education Act, Action for Dental Health Act, and McCarran-Ferguson repeal for health insurance.
- Conducts successful ADPAC drives
- New! Hosted an annual ADPAC drive, received 100% involvement by the D1 class.

## ACTIVITIES

Offers professional or educational programs that encourage interaction between students and faculty, staff and state/local dental societies <a href="mailto:lmproved!">lmproved!</a> Oral Health Day was a community service event conducted by the students with assistance from the faculty and staff of Meharry. Partnered with Remote Area Medical Volunteers (14 total volunteers) Meharry provided 106 volunteers.

Improved! Faculty invited and encouraged to attend lunch and learns New! For the first time, faculty were invited to attend the SOD Battle of the Classes BBQ.

**New!** Invited residents, faculty, and students to vendor fair and vendor socials.

Develops mentorship programs for members.

Improved! Students from all incoming classes are assigned a big brother/big sister in the year ahead. Mixers and Lunch & Learns were opportunities for "School Sibs" to engage and be accountability partners. New! Predental Mentee Meet & Greet for local undergraduates interested in dentistry and their Meharry mentors. New! Legacy Mentoring Program: Chapter President Zelexis Morse '20, Vice President Michele Collins '20 and immediate past Predental Chair Kamberly Tate '19 sat on the committee of the newly establish mentoring program. This program aimed to connect current Meharry students with Meharry Alumni.

Organizes vendor fairs and lunch and learns frequently.

Improved! Held 15 lunch and learns this year that covered topics such as practice management, corporate dentistry, and malpractice insure. This number of increased by 50% from previous year.

Improved! Held 3rd Annual Vendor Fair in newly renovated Cal Turner Family Center ballrooms A and B. This new location allowed for in an increase in vendors and participates with 25 vendors in attendance (22 vendors in 2017)

Provides social activities.

Improved! SOD Battle of the Classes BBQ-- the annual battle of the classes is a gathering by Meharry ASDA and the second year dental class. This event aims to encourage a relationship between the first year class with the second year, as well as suggest playful competition amongst all 4 class years.

New! Doctored AF: One of the new events during ASDA fever month was taking pictures of the first years who just received their white coats. Meharry ASDA provided a framed portable photo cutout decorated specifically for the first years. Photos were taken and posted on to the Meharry ASDA instagram.

Improved! Amazing AF: An event during ASDA fever month that encouraged participation from all three schools of Meharry Medical College -- School of Dentistry, School of Medicine, and School Graduate and Research. This event, which was based around the reality show The Amazing Race, set up different trivia guestions and clues around the campus. This year the race was shorter but the challenges were tougher!

2018 teams included one team composed of medical students, demonstrating the ability of Meharry ASDA to encourage the involvement of other students outside

the dental school Improved! Sponsored Happy Hours Treloar and Heisel, Top golf with Dr. Thomas of PDS, Aspen Dental, Mix and Mingle with DDS implants and Dentures, MB2 Dental and Dentaquest Care Group.

Organizes events/programs that promote leadership development and professional training.

New! Chapter President Zelexis Morse ('20) and Vice President Michele Collins ('20) travel to California -- The Pres and VP had the opportunity to join other ASDA chapter leaders in California for the Pacific Dental Services Dental Bootcamp. At this training event, they gained insight of the inner working of the business,

marketing, patient experience, technology, and more aspects of dentistry.

Improved! Take the Lead -This event serves to encourage any students wanting to become part of the Meharry ASDA's executive board. In previous years, event was held after hours, this year's the meeting was held during lunch with lunch provided. By changing the time there was an increase in student participation. Students learned more about the positions available within Meharry ASDA as well as the bylaws. This informative session increased the membership participation throughout the year.

Improved! Leadership Retreat - Yearly retreat for the newly elected executive board members and committee chairpersons. This retreat aims to detail all future

goals for all committees.

New! Dinner and Learn with PDS --Pacific Dental Services come to Nashville to host a one night high yield dental business bootcamp. During this dinner bootcamp, students learned valuable information about insurance, marketing, and office technology.

Holds events with other ASDA chapters in district, if possible.

Improved! District Leadership Retreat in Sevierville, TN – 5 chapter members attended (compared to 1 individual 2017) the district leadership retreat. At this retreat, leaders collaborated with different schools on advocacy, membership engagement, and how to increase involvement on district/national levels. New! Amber Spurlock ('19) has coordinated a panel of state dental associations with at least one representative each state in district 4 to attend the district meeting in Jan. 2018.

Offers events targeted at different groups, including advanced standing/IDP students, non-traditional students, etc.

Improved! WYD Wednesday's -- Multiple WYD? Wednesdays have included student hosts who are international students as well as non-traditional students.

Organizes activities that are unique and original.

Improved! WYD? Wednesday -- This year's WYD? Wednesday's focused on more committee specific/ASDA month themes. This included broadcasts focusing on wellness, residency matching, and pre-dental advice.

New! ASDA FEVER Month -- Took an event that was a week long the year prior and extended it throughout the entire month to accommodate each class's schedules and increase participation. This year's fever month included hosting events highlighting the responsibilities of each committee-- communications, lunch and learn, wellness, pre-dental, and community service.

New! Pacific Dental Services Bootcamp Dinner and Learn-- Pacific Dental Services came back to Nashville to do a one night high yield dental business bootcamp. During this dinner bootcamp, students learned valuable information about insurance, marketing, and office technology

New! ConfiDENTials Blog - A blog created by the Meharry ASDA Pre-Dental committee dedicated to showcasing the everyday experience of current dental students and allow those interested in the dental profession to ask questions.

New! Issa Poll party -- Meharry ASDA and the Meharry Chapter of NAACP Promoted political awareness event amongst the student body at Meharry Medical College during the midterm election to not only discuss the benefit of being educated on the politics in our local communities as well as dental community. The event included a photo booth for individuals with there "i voted" stickers, light refreshments, and an opportunity to sign up with Vote MOB, an organization focused on advocating for common political causes.

Improved! The Great Debate -- An event dedicated to hearing the point of views of Meharry professors on hot legislative topics in the dental field.

Improved! Number of student attendance at debate from 2017: 54 students to 76 students.

Conducts one or more organized efforts to earn money for chapter events or initiatives Vendor fair Crest WhiteStrips Raffle

Conducts one or more organized efforts at earning money.

Improved! 2018 Vendor packages were created to include a free Lunch and Learn to the highest tier sponsor.

New! A fundraising committee was created specifically for Oral Health Day

Improved! Efforts at raising money have increased from the previous year or successfully sustained a large budget.

Net profit increased by \$7,729.60 this year. 2018 vendor fair raised \$21,500; a 56.13% increase from 2017. 315 students, residents, faculty, and staff were in attendance.

# WELLNESS

- Organizes wellness events for members that focus on more than one of the five dimensions of wellness: emotional, physical, intellectual, occupational and environmental
- New! Motivational Mondays During Wellness Month, the wellness committee aimed at uploading Instagram posts of inspiration quotes and sayings focusing on school-life balance. (emotional)
- New! Meharry Goes Green w/ Trap Garden Meharry ASDA and the MMC royal court joined forces with the founder of Trap Garden to provide healthy alternatives to junk food, demonstrate how simple it could be to start an apartment window garden, and give environmental facts in a form of trivia. (environmental)
- Improved! WYD? Wednesday: Work-Life Balance This edition of WYD? Wednesday displayed how the current students from each class year found (is still finding) balance between the enjoyments of life and the common to extreme stress of being a dental student. (occupational)
- Improved! Workout Wednesday This year, workout Wednesdays included reaching out to local trainers and fitness institutes to provide different and unique workout experiences. This included Steps on Capitol Hill and Hot yoga. (physical)
- Promotes wellness content and opportunities throughout the year, including during ASDA Wellness Month in September
- New! MMC Veg Week Mean Green Smoothie Demo This week was focused on encouraging an increase in fruits and vegetables in to the students' diet. A smoothie demonstration took place followed by a quick HIIT workout.
- New! Meal Prep Monday During Wellness Month, the wellness committee uploaded Instagram posts containing healthy, easy recipes that the everyday dental student can make.
- Informs members on the importance of wellness through educational programs, content in chapter newsletters and websites, on social media and through ASDA's monthly wellness challenges
- New! Mindfulness Retreat with Dr. Sweet Meharry ASDA joined forces with Metro General Hospital at Meharry to create special edition of Stress Management Mondays. During this particular gathering, Dr. Sweet took note of the specific stress of dental students and lead the students through daily exercises that can decrease stress.
- Establishes a wellness chair and/or wellness committee within the leadership Structure
- Improved!—Two committee leaders were appointed to secure the progression of newly implicated programs as well has decrease the workload assigned on one individual. Additionally, participates from each class were recruited for different events to help distribute items and increase crowd participation

## COMMUNITY OUTREACH

Promotes unity, awareness and lifelong involvement in community service

Meharry ASDA's mission aligns and intertwines with our college's mission- "Worship of God through service to mankind". Since 1876, our institution has been committed to serving our community and our chapter is no different. Improved! Oral Health Day explored the Medical and Dental Home Model which incorporates oral health into collaborative interdisciplinary practice. Patients had exposure to comprehensive care and education provided by Meharry's Medical, Dental, and Ph.D. students. In addition to pharmacy, nursing and hygiene students from neighboring institutions.

Over 500 patients were treated in one day compared to 300 from 2017. Individuals were able to receive free

cleanings, fillings, and extractions on this day.

Improved! Meharry ASDA leaders participated in annual collegewide Community Day.

Provided a safe environment for family fun and healthcare during Tennessee State University's Homecoming. During this event Meharry ASDA members distributed healthy snacks to children and promoted wellness by encouraging them to continue making

Improved! Meharry ASĎA Delegation participated in Happy Healthy Halloween.

Meharry ASDA leaders were able to provide a safe environment for community children on Halloween night with

games and healthy snacks, winning best concept for second year in a row.

New! Meharry ASDA establishes #GreenAF, volunteering at Radnor Lake in Nashville, TN. Members collectively cleaned the around Radnor Lake to promote environmental awareness.

Improved! Meharry ASDA members participated in annual Happy Healthy Halloween. Meharry ASDA leaders were able to provide a safe environment for community children on Halloween night with games and healthy snacks, winning Best Concept for second year in a row!

New! Meharry ASDA establishes #GreenAF, volunteering at Radnor Lake in Nashville, TN. Members collectively cleaned the around Radnor Lake to promote environmental awareness.

Organizes events to build the value of community in our profession

Improved! The Chapter held its second Annual "Oral Health day" which provided \$240,110 worth of free dental care to middle Tennesseans.

**New!** Partnered with AAPH to coordinate the "Agape Clinic" at Riverside Seventh-Day Adventist Church which provided free dental care to Nashvilleans. A total of 30 students participated in the coordination of the event, providing screenings/exams, cleanings, extraction, and oral health care education

New! Held a book drive to benefit predental students. A total of 45 DAT study aids were donated and distributed to predental students during the predental meet and greet.

Increases awareness of underserved populations

New! Students Mirna Azer and Jordan Pierre presented "32 Problems but a Tooth Ain't One" at the 2018 National Leadership Conference. Informed predoctoral students on the necessary procedures and tools needed to host a national community service event.

Provides leadership opportunities for organizing community outreach efforts within the chapter leadership structure (e.g., community outreach chair and/or committee)

Improved! Created a Committee of 32 students and 15 faculty members chaired by student doctor and ASDA president, Zelexis Morse '20 which purpose is Oral Health Day

New! Community Service Chair is exploring opportunities to bring 1 additional National Outreach to campus (Give kids a Smile)

Hosts events with significant participation from members that benefit a significant number of people (include number of people served, attendees or percentage of chapter members in attendance)

Improved! The second Annual Oral Health Day provided free dental care to 588 patients. A total of 350 volunteers participated.

Improved! 35 members participated in Happy Healthy Halloween serving 105 children!

Improved! 40 members participated in Meharry Medical College's Community Day serving 350 members of the

community!

Raises awareness through chapter, district or national platforms, as well as through social media campaigns New! Created a one minute video highlighting Oral Health Day that was shared in all our social media platforms. The video was also used as entry to IgniteDDS outreach contest allowing it to have a total of 1218 views and 161 comments. The video is also being used as part of save the date invitations targeting dental practitioners in the surrounding areas.

New! The Meharry chapter of ASDA was selected by the National Leadership Conference to give a presentation to schools from all over the nation about how to implement their own community service projects using Oral Health Day as a foundational model. This service learning program will be used an example to not only continue to improve future Oral Health Days, but it is our hope that it will stimulate the creation of similar services around the country.

Improved! Oral Health day was publicized and recognized by several news outlets including: Medical News, USA

Today, The Tennessee Tribune, ABC Nashville, News Channel 5 Network, and Ebony.

New! Publicized our first Oral Health Guide to serve as resource for the planning of community outreach events.

## PREDENTAL INVOLVEMENT

- Recruits predental members for national ASDA membership.
- Improved! Recruited 151 Pre-Dental student mentees this year.
- New! Connected with Vanderbilt University to inspire and help prepare for the chartering of an ASDA PreDental Chapter in the near future.
- Introduces predentals to dental school and organized dentistry (ASDA and ADA).
- Improved! Maintained connection with existing Pre-Dental organizations at Historically Black Colleges and Universities such as Florida A&M University, Xavier University of Louisiana, Dillard University and Tennessee State University.
- New! Due to distance, Kamberly Tate '19 held monthly Skype Sessions with Pre-dentals from Florida A&M University of Tallahassee, FL. During her sessions she addressed DAT preparation material, finding a professional mentor and the importance of faculty relationships, dental school work-life balance, and the application process.
- New! Introduced Pre-Dental Students to Meharry ASDA from Fisk University, Belmont University, Vanderbilt University, Nashville State Community College and Middle Tennessee State University.
- New! Established Meharry ASDA PreDental Scholarship for PreDental students in the amount of \$250. This scholarship will be granted to two individuals who have applied to dental school in the 2018 cycle or who will apply in the 2019 cycle.
- Provides leadership opportunities for predentals.
- Improved! Appointed 3 new pre-dental liaisons at each undergraduate institution to serve as specific points of contact for dissemination of information and publicizing of events.
- Organizes a Predental Day or workshops for predentals on getting into dental school
- and hands-on activities.
- New! Meharry ASDA partners with the Meharry Chapter of SNDA to hold Impressions Day. In March 2018, 100 Pre-Dental students visited Meharry Medical College School of Dentistry to gain knowledge on the admission process at Meharry, participate in an extraction lab and CPR workshop, and make dental impressions.
- Offers networking, social and community service events for predentals.
- Improved! Continued to engage with PreDental students nationwide through our Instagram platform, specifically WYD?
   Wednesday, each broadcast having more viewers than before
- New! Hosted our 1st Annual Mentor/Mentee Meet & Greet where 45 of our pairs got the opportunity to meet in person, socialize, network and gain some free DAT prep materials.

- Serves as mentors to predentals.
- New! Kamberly Tate '19 served as Predental Mentoring Liaison for District 4 and assisted with not only mentorship at Meharry, but at our fellow District 4 affiliated undergraduate schools
- New! Kamberly Tate '19 participated as a speaker on the Pre-Dental Panel at District 4 Annual Conference in Asheville, NC.
- New! Established a Mentorship program with a Meet & Greet event to end our PreDental month activities with 45 mentees matched to Meharry ASDA Members.
- The vision for this Meet and Greet was a "Mocktail Hour". An
  informal and relaxing environment where we could answer
  any questions these students may have. We began with an
  ice breaker to get the ball rolling and aimed to make the
  event a success there after!
- New! 45 Flash Drives loaded with DAT prep materials were distributed to PreDental attendees of the Meet & Greet!
- Promotes national ASDA Predental Month and DAT Week
- Improved! Posted weekly about the available webinars for predentals during Predental Month.
- New! Established Dental Tip Tuesday! Meharry ASDA posted about ASDA's tips for getting into dental school for Pre-dental Month on our social media platforms.
- Our personal goal at Meharry was to strengthen our relationship with surrounding universities by offering them both resources and opportunities. We wanted the surrounding undergraduate students to be aware that we once were in their shoes and are available as a resource for them when needed. With "Dental Tip Tuesday", provided on our Instagram page, we were able to provide weekly tips to those both in dental school and interested in entry on how to balance work and social life, study tips, and more.
- New! Predental Chair Morgan Rigsby '20 launched our very first predental blog titled "The ConfiDENTials". The ConfiDENTials is a vision fulfilled by the Meharry Chapter of the American Student Dental Association (ASDA) as a resource for those interested in the dental profession. This blog will showcase the everyday experience of current dental students and allow those interested in the dental profession to ask questions as well.
- Meharry ASDA has become a resource for pre dental students to stay abreast on upcoming events hosted by the Meharry chapter of ASDA, as well as, much needed application and DAT preparation tools. We have also been able to showcase our email address specifically used for pre dental students who have any questions, comments, and concerns about dental school and also consideration for how we can be of better service to them as they embark on this endeavor.



## MEHARRY ASDA'S SECOND ANNUAL ORAL HEALTH DAY



PATIENTS REGISTERED DOUBLED! FROM PREVIOUS YEAR.



\$240,110
PROVIDED IN SERVICES

86%



350





# MEHARRY ASDA'S SECOND ANNUAL ORAL HEALTH DAY

Meharry's Oral Health Day is an endeavor that ENHANCES THE STUDENT EXPERIENCE THROUGH SEVERAL AVENUES OF PROVIDING DENTAL CARE. ON THIS DAY STUDENTS ARE ABLE TO TRULY IMPLEMENT THE PASSION THAT MOTIVATES TRUE DENTAL CARE. THE ETHICAL COMMITMENT OF PROVIDING DENTAL CARE TO THE COMMUNITY REGARDLESS OF SOCIOECONOMIC BACKGROUND IS ONE THAT IS ESPECIALLY IMPORTANT IN CREATING GROUNDED AND PHILANTHROPIC PROFESSIONALS. THIS DAY TEACHES STUDENTS THAT DENTISTRY IS NOT A COMMODITY GIVEN TO ONLY THOSE WHO CAN AFFORD IT, BUT A NECESSITY THAT SHOULD BE AVAILABLE TO EVERYONE. FOR ONE DAY, STUDENTS ARE ABLE TO REACH OUT TO THOSE MOST IN NEED OF DENTAL CARE IN MIDDLE TENNESSEE. THIS NOT ONLY GIVES STUDENTS AN OPPORTUNITY TO SERVE VULNERABLE POPULATIONS, BUT ALSO BYPASSES THE INADEQUACIES THAT CAN COME WITH PROPOSING TREATMENT THAT MAY BE SEEN AS A FINANCIAL BURDEN TO PATIENTS WHO COULD OTHERWISE NOT AFFORD IT. BY MAKING DENTAL CARE ACCESSIBLE TO THOSE WHO RARELY HAVE IT, STUDENTS WORK IN UNISON TO MAKE A LASTING IMPACT THROUGH BOTH DIRECT TREATMENT AND ORAL HEALTH EDUCATION.OHD ALSO RAISES AWARENESS OF THE NEED TO SERVE MINORITIES, THE ELDERLY, AND OUR BELOVED VETERANS. MEHARRY'S ASDA ORAL HEALTH DAY MISSION IS TO PROVIDE IT'S MEMBERS WITH OPPORTUNITIES TO SERVE OUR COMMUNITY AND TO UPHOLD OUR SCHOOL'S MOTTO OF "WORSHIP OF GOD, THROUGH SERVICE TO MANKIND."

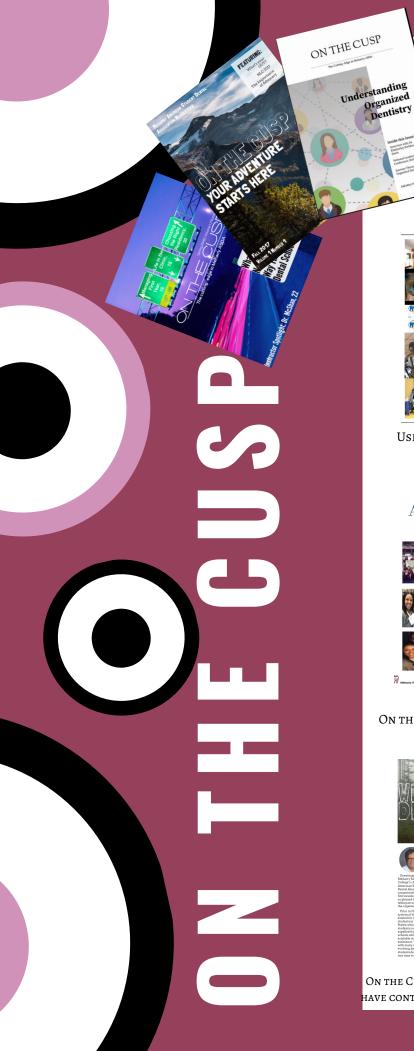














Photography correlates with every issue's theme.





Use of video in the e-newsletter to highlight events and SUPPLEMENT ARTICLES.





On the Cusp is an Avenue to highlight and distribute District AND NATIONAL ASDA INFORMATION.





On the Cusp has been well-received by the faculty. Some faculty members HAVE CONTRIBUTED ARTICLES AND SOME HAVE OPTED FOR INSTRUCTOR'S SPOTLIGHTS



Our WYD?

Wednesday platform garnered continued success, reaching as many as 50 viewers throughout points of our live streams, an appreciable increase from just 12-15 in our premier broadcasts.

Meharry ASDA Members Kenneth Carter '20, Sybil Jones '21, and Jarred Graham '22 encouraged predentals going through the application process, held a Question and Answer segment, and shared their dental school experience thus far. In efforts to contour our broadcasts to specific viewer feedback, we began to deliver content based on questions our audience asked the most. Taylor Addison '19, SeQuon Scott '20, Raven Douglas '21, and Amber Mark '22 hosted a session on Work-Life Balance.



#### MEHARRY ASDA'S ADVOCACY TEAM:

- Increased its attendance to Lobby Day by 300% by sending its first delegation ever to D.C.
- INTRODUCED THE MOLAR BEAR AND ADVOCACY ISSUES TO PREDENTAL STUDENTS.
- Held its first "Its a Poll Party" event to raise awareness of the importance of voting. Help register a total of 25 students to vote on midterms.
- Held a debate on Mid-Level providers.
- CONTRIBUTED LEGISLATIVE ARTICLES TO OUR NEWSLETTER.
- ANNUAL ADPAC DRIVES REACHED 100% PARTICIPATION FROM THE D1 CLASS.
- USED SOCIAL MEDIA TO RECAP LOBBY DAY TO ITS MEMBERS.



#### **#BEWELLASDA**

#### > PHYSICAL WELLNESS

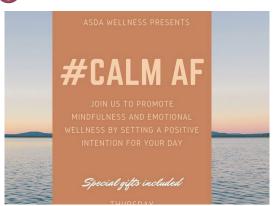


MEAL PREP TIPS WERE SHARED DURING WELLNESS MONTH

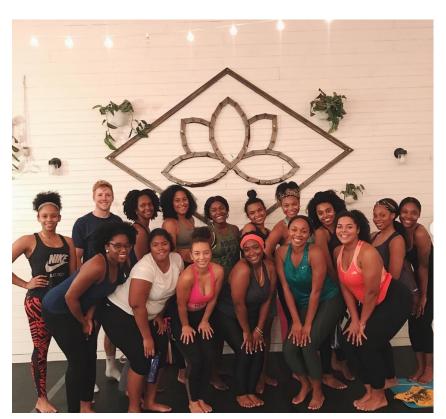


Workout tips were given during wellness month and THROUGHOUT THE YEAR IN OUR STORY.





Students were encouraged to practice emotional WELLNESS BY ATTENDING YOGA SESSION AND, GUIDED meditation sessions. In addition, 100% of the MEMBERS RECEIVED A CANDLE WITH A MOTIVATIONAL MESSAGE DURING MIDTERMS. THIS ALLOWED THEM TO EXPRESS THEIR FEELINGS, COPE WITH STRESS, AND ALLOWED THEM TO CULTIVATE A POSITIVE ATTITUDE.















#### **⊙**0ccupational Wellness

DURING HAPPY HEALTHY HALLOWEEN AND COMMUNITY DAY, STUDENTS USED THEIR KNOWLEDGE OF DENTISTRY TO CREATE A HEALTHY ALTERNATIVES FOR THE NASHVILLE COMMUNITY. MEHARRY ASDA ALSO PROVIDED ITS MEMBERS WITH MANY OPPORTUNITIES TO SOCIALIZE AND MINGLE WITH LOCAL DENTISTS AND CORPORATE





#### ( Intellectual Wellness

Our improved Amazing Race challenged the students intellect's by exposing them to riddles. This event also challenged them physically, occupationally and emotionally.



#### Environmental Wellness

SERVICE EVENTS
ALLOWED STUDENTS
TO FIND HARMONY
WITH THE NATURAL
WORLD AND TO
UNDERSTAND THEIR
IMPACT ON EARTH.
STUDENTS WERE
ABLE TO CLEAN
NATIONAL PARKS
AND ATTEND SERVICE
EVENTS AT THE ZOO
DURING THE
HALLOWEEN SEASON.









# VENDOR FAIR

70% REVENUE INCREASE

DEVELOPED NEW LUNCH AND LEARN SPONSORSHIP PACKAGE.

> DEVELOPED NEW VENDOR FAIR SPONSORSHIP PACKAGE.



Our new location allowed us to accommodate TWICE the number of vendors and TWICE the numbers of student in attendance.









The new contract allowed us to obtain more gifts from the vendors to be given at the grand raffle.



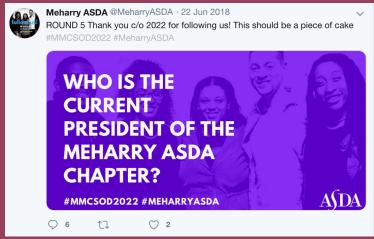


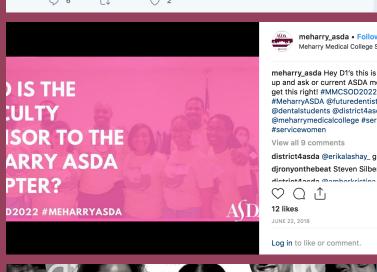
SO YOU THINK YOU KNOW ASDA
CONTEST USED ALL
SOCIAL MEDIA
PLATFORMS.













MINI CAMPAIGNS USED TO
HIGHLIGHT PREDENTAL AND
WELLNESS MONTH INCLUDED WYD
WEDNESDAY, MEAL PREP IDEAS,
WORKOUT TIPS AND OTHERS



**NC State University** 

If I wasn't going to become a dentist, I would be a(n) Beyonce

Why ASDA?

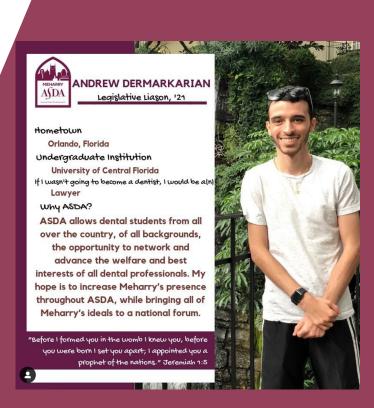
At the end of D1 year I wanted to get more involved with my community and ASDA gave me that opportunity through my position. I also was interested in learning more about organized dentistry and wanted to expose myself to as many aspects of dentistry throughout my matriculation and I believed ASDA would be a critical part in all of this.

rson really doesn't become whole, until he becomes a part of something that's bigger than himself."





Launched our first leader's SPOTLIGHTS TO INCREASE INTEREST IN LEADERSHIP AND TO HIGHLIGHT CURRENT LEADERS. A UNIQUE TEMPLATE WAS DEVELOPED FOR THIS HIGHLIGHTS.







MEHARRY ASDA

3 APPLICATION ADVANCEME

PROGRAM!

# PREDENTAL INVOLVEMENT



### Visit Our Pre Dental Blog!

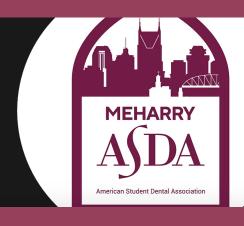
ENTials is a vision fulfilled by the Meharry Chapter of the Ameriation (ASDA) as a resource for those interested in the dental proposes the every day experience of current dental students and interested in the dental profession to ask questions as well.

RECRUITED 151 PRE-DENTAL STUDENTS THIS YEAR.

INTRODUCED PREDENTALS TO THE MOLAR BEAR AND ADVOCACY.

LAUNCHED CONFIDENTIALS, A BLOG FOR PREDENTALS.





ESTABLISHED MEHARRY ASDA PREDENTAL SCHOLARSHIP FOR PREDENTALS (\$250)

HOSTED OUR FIRST MENTOR-MENTEE MIXER, 45 PREDENTALS MATCHED WITH ASDA MEMBERS.





## CONFIDENTIALS

A BLOG CREATED BY THE MEHARRY
ASDA PRE-DENTAL COMMITTEE
DEDICATED TO SHOWCASING THE
EVERYDAY EXPERIENCE OF CURRENT
DENTAL STUDENTS AND ALLOW
THOSE INTERESTED IN THE DENTAL
PROFESSION TO ASK QUESTIONS. IT
FIRST LAUNCHED DURING
PREDENTAL MONTH

#### **AMY HOANG**

How I Manage My Week as a Dental Student

#### Friday:

This will sound unconventional, but I want to start with Friday. This is my DO-NOTHING DAY. After a whole week of class and studying, by the time Friday hits, I need to just unwind and take a break from school. On Fridays, I like to just watch tv, enjoy a glass of wine with my dinner, and cuddle with my two cats. =)

#### Saturday and Sunday:

Now that I have had a mental break from school (and stress), I feel re-energized to get back to work. I reserve both Saturday and Sunday as catch-up days, whether it's lab work or studying. These are also great days to put in volunteer time! I am much more likely to sign up for organization events if it's on the weekend.

Also, I do like to call my momma on Sundays since we are both off at this time. =) It's so easy to get lost with school and forget to call home, I try to make it a priority because it also helps to lower my stress!

Dentistry is a profession of great requirement and reward. That's why in 2016 the two top ranked careers in U.S. News & World Report ranks are Orthodontics and General Dentistry. Now the question is how do you become a Dentist, when do start preparing to apple, and what does entail? These are important questions to ask and it is our Pre-Dental committees' goal to provide events, resources and guidance to assist as students matriculate into doctoral programs.

#### Our Mission:

To aid in increasing the number of competitive applicants applying and entering dental school by promoting organizational awareness and interaction amongst local universities and secondary schools. We hope to implement established platforms to

# WORSHIP OF GOD, THROUGH SERVICE TO MANKIND.



MEHARRY ASDA ESTABLISHES

#GREENAF, VOLUNTEERING

AT RADNOR LAKE IN

NASHVILLE, TN. MEMBERS

COLLECTIVELY CLEANED THE

AROUND RADNOR LAKE TO

PROMOTE ENVIRONMENTAL

AWARENESS

STUDENTS HELPED WITH THE

PRESERVATION OF THE

NATURAL AREA WHILE

EMBRASSING #BEWELLASDA

AND GETTING IN TOUCH

WITH THEIR SURROUNDINGS

#ENVIRONMENTALWELLNESS

Fun as a ranger #GreenAF



# WORSHIP OF GOD, THROUGH SERVICE TO MANKIND.

MEHARRY ASDA PARTNERS
WITH RONALD McDonald
CHARITIES TO PROVIDE
HEALTHY SNACKS FOR
CHILDREN AT THE RONALD
McDonald House of
Nashville, TN.



MEHARRYASDA PARTNERS
WITH UNDER THE BRIDGE
MINISTRIES TO SERVE
DISPLACED POPULATIONS
AND VETERANS BY SERVING
MEALS.

PARTNERED WITH AAPH TO COORDINATE
THE "AGAPE CLINIC" AT RIVERSIDE
SEVENTH-DAY ADVENTIST CHURCH WHICH
PROVIDED FREE DENTAL CARE TO
NASHVILLEANS. A TOTAL OF 30 STUDENTS
PARTICIPATED IN THE COORDINATION OF
THE EVENT, PROVIDING
SCREENINGS/EXAMS, CLEANINGS,
EXTRACTION, AND ORAL HEALTH CARE
EDUCATION

MEHARRY ASDA DELEGATION

PARTICIPATED IN HAPPY HEALTHY

HALLOWEEN. ASDA LEADERS WERE

ABLE TO PROVIDE A SAFE

ENVIRONMENT FOR COMMUNITY

CHILDREN ON HALLOWEEN NIGHT

WITH GAMES AND HEALTHY SNACKS,

WINNING BEST CONCEPT FOR SECOND





#### Happy Healthy Halloween







WORSHIP OF GOD, THROUGH SERVICE
TO MANKIND.



#### **COMMUNITY DAY**

MEHARRY ASDA LEADERS PARTICIPATED IN ANNUAL COLLEGEWIDE COMMUNITY DAY.

Provided a safe environment for family fun and healthcare during Tennessee State University's Homecoming. During this event Meharry ASDA members distributed healthy snacks to children and promoted wellness by encouraging them to continue making









MEHARRY ASDA LEADS A ZUMBA SESSION AS PART OF #BEWELLASDA

WORSHIP OF GOD, THROUGH SERVICE
TO MANKIND.

# ASDA FEVER

Held 15 lunch and learns this year that covered topics such as practice management, corporate dentistry, and malpractice insure

INCREASED THE NUMBERS OF MIXERS, HAPPY HOURS, AND DINNERS.





















# ASDA FEVER

FUN ADVERTISEMENT ALLOWED US TO HAVE THE HIGHEST INVOLVEMENT IN ASDA FEVER MONTH TO DATE.





















# ANNUAL SESSION



















# DISTRICT 4 ANNUAL MEETING

32 ATTENDED THE 2018 DISTRICT 4 ANNUAL MEETING VERSUS ONLY 5 IN 2017, A 540 % INCREASE. INCLUDING 8 DIS (NEW!), PREVIOUSLY NOT ALLOWED TO TRAVEL BY ADMINISTRATION!











#### DISTRICT 4 LEADERSHIP RETREAT

5 ATTENDEES AT DISTRICT 4 LEADERSHIP RETREAT. A 400% INCREASE FROM LAST YEAR.









INCREASED NUMBER OF APPLICATIONS OF STUDENTS INTERESTED TO PARTICIPATE.



MAINTAINED ATTENDANCE AT 10 STUDENTS, 100% INCREASE FROM THE PARTICIPATION ALLOWANCE BY THE SCHOOL.

TWO APPLICATIONS SUBMITTED TO PRESENT UNDER THE CHAPTER MANAGEMENT TRACK.





STUDENTS MIRNA AZER AND JORDAN PIERRE PRESENTED "32 PROBLEMS BUT A TOOTH AIN'T ONE: HOW TO DEVELOP A NATIONAL COMMUNITY SERVICE EVENT." AN INITIATIVE TO INCREASE **COMMUNITY OUTREACH** PROGRAMS IN THE COUNTRY.

