













#### Letter from The President

**ASDA Level Up**. Our motto, our foundation and our essence. From creating a vision and goals to holding events and fundraising, our ASDA board and members lived out this motto, and, together, truly embodied the legacy of former executive boards that **ASDA is for Everyone**. Throughout the year, we continually strived to strengthen our chapter and build a community that is better together and always growing.

The term began with an annual board retreat that set the tone for our chapter to "level up". Through goal-setting workshops and special guest speakers, an overwhelming amount of motivation and creativity surrounded the two-day event, igniting the team's inner **ASDA Fever**. As a result, both short- and long-term goals were established, as well as a distinct picture of what success looked like. The retreat united the entire team and helped us realize a vision, helping us bring our goals to fruition throughout the year.

In order to allow us to continue growing as one of the top chapters, we focused on ways to both build engagement and excitement within our community and create support and inclusion throughout. One factor that contributed to this was our increased social media efforts, helping to play a more active role in bringing awareness about our programs and events to the **2.5K followers** on our Instagram and Facebook accounts. In addition, faculty and administration were kept abreast of all things ASDA related through our newsletter and quarterly reports, further instilling that ASDA is for Everyone – students, members, faculty and administration alike. Recipients responded with overwhelming support and participation, including the Dean of WesternU CDM himself.

Additional highlights of the year include **increased event attendance up to 77% year after year** throughout the **100 ASDA events** held, **\$76K in funds raised** to help us run our chapter successfully, and an overall elevated student experience including our inaugural International Dental Program that was in **100% attendance during IDP Fever Day** which helped students transition into dental school during the summer before their first semester.

Our motto, "ASDA Level Up," has permeated throughout our community and ignited the ASDA Fever, resulting in a quality student experience for everyone. We saw the value of our fellow leaders' unique strengths and utilized them to further build ours. I can now say that I'm a better teammate, leader and person, and I'm grateful to my board for being there every step of the journey.

To my board, my team, my comrades – to keep it short and sweet, "Thank you! We have created something truly special."

Daniel Aclan Chapter President, ASDA at WesternU

#### **OUTSTANDING MEMBERSHIP ENGAGEMENT**





# Encourages member involvement and has significant participation from members

- 100% chapter membership through use of auto-enroll.
- NEW! Adopted the slogan "ASDA Level Up" to remind students to continue to strive to become better students, leaders and grow together as a community. We looked for ways to improve our chapter using surveys to make events more inclusive to everyone.
- IMPROVED! "Member Milestones" initiative started, recognizing each class this year for a significant achievement in their dental school journey (100% of student body engaged and celebrated).
- IMPROVED! +200 student attendees (**71% of student body**) gathered for both our spring and fall vendor exhibit fairs.
- IMPROVED! Student attendance at Lunch & Learns (L&L) increased over prior year (PY) (50-100 student attendees per event PY; 100-120 student attendees per event in current year (CY)) and there were 57% more L&Ls than PY (30 in 2019; 19 in 2018).
- IMPROVED! All ASDA Fever week events saw record participation with 100-150+ students (35-53% of student body) attending events, and engaging **80% of the student body.**
- IMPROVED! Increased student attendance at national meetings! Annual Session (25% INC. 12 PY, 15 CY), NLC (65% INC. 13 PY/ 20 CY)
- IMPROVED! 11th Annual ASDA Golf Tournament & Banquet donated golf related raffle prizes from faculty members and golf club such as free rounds of gold and golf clubs.
- Annual ASDA Kickball Tournament coordinated with the Dean's picnic - 60 students (21% student body) participated in kickball, 100 students, faculty, and staff attended the Saturday picnic event.

# Organizes a successful membership drive to introduce new students to ASDA

- IMPROVED! ASDA introduction incorporated into D1 Orientation with 100% D1 attendance. Chapter President presented informational session about ASDA resources, as well as how they could get involved.
- IMPROVED! Hosted a D1 Social during welcome week. Upperclassmen were invited and engaged with and welcomed new students to campus.
- NEW! Luau-themed welcome BBQ sponsored by Heartland Dental with decorations and games. 150 students attended (54% of student body)
- IMPROVED! Welcome to ASDA General Body Meeting L&L to introduce D1 students to ASDA and re-introduce D2-D4 students to our opportunities & resources. (120 students in attendance)
- Hosted a celebration for D1's following completion of their first course in dental school. Special email from Dean to D1 students before start of school inviting them to ASDA's Annual Golf Tournament.

# Recruits and engages advanced standing/IDP or non-traditional students

- NEW! ASDA IDP Fever Day. 100% attendance from inaugural IDP class to welcome them into the ASDA community and provide a smooth transition to be successful in dental school.
- IMPROVED! Introduced D4's to National ASDA Career Compass for information on financial and practice management, loan repayment, finding a job etc. Member Milestone event celebrating WREB completion for D4's.
- NEW! Added new committee position to be filled by an IDP student in the inaugural class starting 2019.

# Organizes events with the local and/or state dental society (e.g., Signing Day) to help D4 students transition to the ADA

- ASDA members worked with CDA to organize a D4 signing day with 100% D4 participation!
- NEW! Local dental society TCDS dinner and learn to help inform D4 students about transitioning to ADA.

# Uses the following communication vehicles: class announcements, newsletter, bulletin boards, email, website, social media, etc.

- Updated and maintained WesternU ASDA webpage (westernuasda.com)
- IMPROVED! Social media use/ followers increased on several platforms!
- Instagram: **14% INC**. in followers (1,479 currently/ 1,267 on 1/1/18)
- Facebook: **26% INC**. in followers (996 currently/ 734 on 1/1/18)
- National ASDA Instagram Takeover! Hosted event to "take over" national ASDA Instagram during NLC 2019. Emails were used to update students about all upcoming events, as well as to share information after district and national events. Flyers created for each ASDA event and distributed via Instagram, Facebook, and email, as well as hard copies in common areas.
- IMPROVED! Revived our chapter newsletter "On-the-cusp" with a Summer and Fall edition.

# Successfully implements chapter leadership transitions through use of how-to guides, reports and retreats.

- IMPROVED! Annual Leadership Retreat with EC prior to term start.
- Incorporated guidance from past leaders and brainstormed strategic direction, mission, and vision for the year.
- Set tone for continued, effective EC communication during term.
- Developed project ideas, brainstormed a pipeline of potential events, and assigned EC members to champion each initiative.
- IMPROVED! 2 Day Board Retreat at start of board's term. Built camaraderie & took/discussed Kouzes & Posner personality quiz "Exploring the 4 Leadership Styles." Shared expectations and EC strategy with full board. Inspired and educated sub-teams to create SMART plans, and set deadlines for plan creation. "How-to-guide" presentation on building/maintaining SharePoint site. Enhanced communication among EC through daily use of chat, weekly President/VP meetings, monthly EC in-person meetings, monthly core team meetings (sub-teams each led by an EC member), and quarterly all Board meetings.
- IMPROVED! Monthly Written Report to Chapter Faculty & School Leadership. This communication increased the visibility of ASDA within WesternU significantly, leading to greater awareness, recognition, and buy-in from faculty and school leaders.
- IMPROVED! Maintain centralized SharePoint (SP) site to house all working and completed documents, files, and Live chats to improve Board communication, ease Board transitions, and build organizational sustainability. Creatively distributes content from district and national meetings to local membership. Students attending district or national meetings participate in General Body Meetings by recapping knowledge gained from conferences. Email utilized to distribute content to the student body as well as to provide a summary of information gathered during conferences.

#### Uses ASDA branding (e.g., ASDA signage, banner, flyers), and communicates national ASDA initiatives and events to its members

- ASDA Fever Themed T-shirts distributed to entire student body.
- Distribute ASDA branded promotional materials, including water bottles, hats, t-shirts, and pens at events.

#### **OUTSTANDING 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.

- NEW! Shelby Maurice Student delegate presented at the CDA House of Delegates to the CDA Student Delegation.
- NEW! EC Live Patient Licensure Meeting with Dean of the College to discuss student and faculty positions on use of live patients vs. non-live patients in licensure exams. EC formulated opinion with input from the board, provided evidence, and reached consensus, which aligned with National ASDA.
- Created Video with Advocacy Molar Bear @ WesternU during the month of November. 25+ students engaged in creating the video with Molar Bear and posting on Instagram.
- Northwestern Mutual Financial Advisor hosted a Dinner & Learn to educate students on "Financial Planning 101" including debt management and student loans and repayment options.
- IMPROVED! Insurance Dinner & Learn 10 ASDA members attended a dinner hosted by the TCDS New Dentist Committee and TDIC discussing the value of organized dentistry & the importance of insurance and contract review.
- NEW! The advocacy team began their new Red, White, and Blue series with the goal of allowing students to come together to enjoy food and drinks while discussing current hot political topics pertaining to dentistry such as midlevel providers and live-patient examinations. Over 35% of student body attendance!
- NEW! The advocacy team launched WesternU's first ever Advocacy blog, "Read, Write, and Blog". The Advocacy Communications Chair wrote blog posts about various issues that affect dental students including student loans, midlevel providers, and other hot topics in dentistry. Give her blog a read at http://www.westernuasda.com/advocacy-2!
- NEW! The advocacy team launched their "Ethical Issues in Dentistry" Video Mini-series where the Licensure and ethics chair conducted a series of video interviews with various WesternU faculty. The interviews center around each dentist's personal experience with real-world ethical issues, and how they handled the situations. Students gained first-hand advice on how to approach ethical dilemmas in dentistry. The interviews were filmed and edited by ASDA's video team, and broadcasted to the College of Dental Medicine via email and social media.
- NEW! WesternU hosted the first "Lobby Day Training" session in collaboration with LLU on WesternU campus where 25+ students attended to learn about issues that will affect their future careers, as well as what to expect during their Lobby Day experience. They also had the chance to partake in mock lobby sessions and practice their lobbying skills. Lastly, the students were given the opportunity to network with each other over provided dinner prior to going to ADA National Lobby Day!

#### Attends state or national lobby days or organizes state lobby day.

- 2019 ADA Dentist & Student Lobby Day, on April 14-16 in Washington D.C.: Three students attended National Lobby Day to meet with congressional leaders and their staff members on Capitol Hill to advocate for our patients and the dental profession.
- IMPROVED! State Lobby Day on February 14 in Sacramento: Four ASDA members attended State Lobby Day to lobby about important issues including Proposition 56 Medi-cal Funding, Sugar Sweetened Beverages (SBBs), Silver Diamine Fluoride, and Flavored Tobacco Products.

#### Involved with state and/or local dental society

- NEW! Current Chapter President appointed as ASDA Liaison to CDA student delegation to improve communication and collaboration between CDA and ASDA.
- Tri-County Dental Society (TCDS) local dental society meeting EC attended a dinner in January 2019 to get to know our local representatives and develop a plan for collaboration with TCDS and our ASDA chapter throughout 2019.
- IMPROVED! TCDS Quarterly Board of Trustees Meetings: 2 4 ASDA members attended each quarterly TCDS meeting.
- NEW! All-Component Caucus Debrief Two board members met with members of the TCDS Board of Trustees to discuss opinions across the state regarding the resolutions up for vote at the 2019 CDA House of Delegates.
- NEW! Local Networking Dinner Five ASDA members attended a dinner with representatives from the TCDS New Dentist Committee, TDIC, and dental students from Loma Linda University to promote connections and brainstorm ways that TCDS and TDIC can benefit students in our local component.
- NEW! An ASDA EC member attended the CDA Board of Trustees meeting, speaking about students' loan repayment options in the public health sector.
- IMPROVED! Anaheim Student Networking event was organized by four chapter members, along with several other district members. WesternU students attended an evening of networking with dental professionals and students from across the state.

# Voting representation in the state dental society House of Delegates and representation on councils.

- IMPROVED! CDA Student Delegation Four ASDA members served on the CDA student delegation, bringing their unique perspectives and experience to our state dental association with the goal of enhancing the value of organized dentistry to dentists in all stages of their career by demonstrating benefits of membership even before graduation.
- IMPROVED! Two current board members serve as voting delegates at the CDA House of Delegates, furthering our channel for information sharing between ASDA at WesternU and our state group, CDA.

#### Conducts successful ADPAC drives.

- IMPROVED! Held ADPAC drive during Fall Vendor fair to increase awareness about advocacy to the student body.
- 24 new members! Enrolled as a result of a membership event, including a raffle, as well as an email & social media campaign promoting the event.

#### **OUTSTANDING ACTIVITIES**



# Offers professional or educational programs that encourage interaction between students and faculty, staff and state/local denta societies.

- IMPROVED! Successfully held 100+ events throughout the year! These focused on a range of professional and educational programs encouraging interaction between students, faculty, staff, and state/local dental societies.
- ASDA/OKU auction of activities sponsored by WesternU faculty. Students bid to participate in activities with faculty members, such as a Mammoth mountain snowboarding trip, a Marina Del Rey Sunset Yacht Cruise with our Dean, or Dinner and Board Games at a faculty member's home!
- ASDA Fever Week Welcome (Back) Week allowed students, faculty, and staff the opportunity to engage in professional and educations programs throughout the week. Events included Colgate L&L, General Body Meeting, Wellness Yoga, Evening Social "Welcoming the D1s"!
- IMPROVED! Annual Dean's Picnic & Kickball Tournament. This event brought together faculty, staff, and students for a full day of food and mingling. This year, we had a greater number and variety of participants! We had at least one team from each class, as well as faculty on teams. 100 Students participated (36% of student body)
- IMPROVED! 11th Annual Golf Tournament with students, faculty, staff, dentists, predental students, vendors, and local dental societies. Teams were mixed (e.g., students and local dental representatives on the same team). We played 18 holes of golf, then all enjoyed a dinner banquet where we presented golfer awards, distributed raffle prizes, and enjoyed student musical entertainment! Golf related raffle prizes were won including free rounds of gold and golf clubs.

#### Develops mentorship programs for members.

- IMPROVED! ASDA New Leaders program developed for D1's to participate in ASDA committees and begin working to plan and implement activities to benefit students and the community:
  - D1 Committee planned and executed the fall Predental Waxup Day. 71 predentals attended.
  - D1 student interested in videography was mentored by our ASDA videographer to develop video for our Predental Waxup Day.
  - General events opened to D1 and D2 non-board members to support and learn alongside an ASDA board member
- IMPROVED! D4 Career Mixer with owner dentists with Pacific Dental Services. Our D4 students had an evening of one-on-one and group conversations with dentists regarding their career path, lessons learned, and opportunities available to them post-graduation.
- IMPROVED! Aspen networking dinners connecting D3's & D4's with potential careers.
- NEW! Heartland Dental Mixer with owner dentist. D4 students learned life at Heartland and how to build your practice.

#### Organizes vendor fairs and lunch and learns frequently

- IMPROVED! Held 2 vendor fairs in 2019, which 200 students, faculty, staff, and local dental societies attended. Combined, we had a 100% attendance increase, 50-122% INC. in vendor participation & over 56-75% INC. in funds raised. Here are the details:
- IMPROVED! Spring Graduate Exhibit Vendor Fair. Revenue \$9,250. Luau themed with taco truck, photo booth, games, and a raffle.
- IMPROVED! Fall Vendor Fair. Revenue \$9,800. Fall themed "Around the world" Flags multiple countries, a photo booth, games, and a raffle.
- IMPROVED! Lunch & Learns: 57% INC. in number of L&Ls held versus PY (30 held in 2019, 25 L&L, 4 business L&L, 1 dinner and learn; 19 held in 2018).
  - L&Ls covering topics such as proper ergonomics, practice ownership, DSOs, and benefits of toothpastes and e-toothbrushes
  - Attendance increased by 50% over PY (50-100 student attendees per event PY; 100-150 student attendees/ event in CY).
  - Funds raised: \$16,250 (**250% INC from PY;** \$6,500 raised in 2018)

#### **Provides social activities**

- IMPROVED! Our chapter hosted a record number of social activities in 2019. These focused on bringing together students, faculty, staff, board members, local dental societies, and employers with our soon-to-be graduates. Socials included, but are not limited to: Pacific Dental Services (PDS) D3/D4 Mixer with Dentists, Board Retreat Social, Sudden Snack, Golf Banquet, Heartland Welcome Lunch, PDS Welcome Social, Member Milestone Celebrations, ASDA/DSD, Vendor Fairs, PDS Business Mixer, Wellness Breakfast for Clinic; Aspen Social, Kickball Tournament.
- NEW! USC vs. UCLA Tailgate Social. Bus transportation to and back USC sponsored by ASPEN to network and socialize with SoCal dental students.

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

- NEW! Practice Management Business Series hosted by Bob Affleck of Citi Bank. 5-course business series for members to learn how to build their own practice.
  - End of business series award ceremony and winner with the best business plan receives a \$500 scholarship!
- IMPROVED! Board Retreat focused on leadership development workshops and professional training.
- Hands-On CEREC Workshop with PDS offered professional training for our D3/D4 students in learning digital scanning technology.

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

- NEW! USC vs. UCLA Tailgate @ USC. Aspen sponsored bus transportation to bring ASDA members to attend USC tailgate.
- NEW! ASDA Post CDA Cares Networking Event. Chapter hosted a bowling social for all District 11 volunteers who attended CDA Cares San Bernadino. Sponsored by Pacific Dental Services.

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

- NEW! ASDA IDP Fever Day. 100% attendance from inaugural IDP class to welcome them into the ASDA community and provide a smooth transition to be successful in dental school.
- Vendor-sponsored socials and educational sessions catered to D3/D4s

#### Organizes activities that are unique and original

- IMPROVED! Member Milestones Events focused on celebrating achievements throughout the dental school journey.
- NEW! Hosted vendor fair using a "Around the world" and "Luau" theme.
- NEW! Membership Mondays celebrated our diverse student population in social media posts focused on getting to know individuals.
- IMPROVED! Furbaby Friday- social media posts celebrating our students' best (furry or scaly) friends, such as their dog, cats, birds, and turtles!

# Conducts one or more organized efforts to earn money for chapter events or initiatives

IMPROVED! \$76,871 raised in 2019! (\$55k in 2018, \$22k in 2017).
 We did so through the following organized efforts: Vendor Fairs,
 Golf Tournament, L&Ls, ASDA/OKU Silent Auction, Sponsorship Packages

#### **OUTSTANDING WELLNESS**



# Organizes wellness events for members that focus on more than one of the five dimensions of wellness: emotional, physical, intellectual, occupational and environmental

- **Emotional & Physical Wellness:** ASDA Fever Week Yoga. This year we had one of our D3 students, who is a certified yoga instructor, hold a free yoga class for members on campus. Healthy snacks were provided.
- NEW! **All Dimension**s: Weekly Wellness Wednesday Posts on Social Media. Every week we feature how members of the Western U community practice the five dimensions of wellness. We recently started featuring faculty members to bring our community closer.
- IMPROVED! **Emotional Wellness:** Fur Baby Friday on Social Media. We started a "Fur Baby Friday" project where our social media chair chooses one of our ASDA members and their pet to feature on Instagram each Friday.
- NEW! Emotional Wellness: Canine Guidance to Wellness Pet Therapy. Alliance of Therapy Dogs and fellow classmates brought their dogs to campus to bring joy to our students. We had a great turnout from dental students and other graduate students.
- NEW! Environmental, Emotional & Physical Wellness: Potato Mountain Hike. Students took a break from studying and enjoyed the fresh air and scenery of Potato Mountain. We participated in the tradition of bringing a potato to the top of the mountain.
- NEW! Environmental, Emotional & Physical Wellness: Beach Bonfire. Students enjoyed each others' company and participated in sports at Huntington Beach. The evening included frisbee, swimming, volleyball, football, and spike ball. Everyone enjoyed being outside!
- NEW! All Dimensions: First Annual Wellness Week. We hosted our First Annual Wellness Week to celebrate ASDA Wellness Month in September. Each day addressed one of the five dimensions of wellness. 95% student body attendance throughout the week!
- NEW! Intellectual Wellness: Paint Night. Students painted masterpieces under the stars with candlelight and relaxing music. Students were able to express their creativity with different colors and brush strokes!
- NEW! Environmental, Physical, & Emotional Wellness: Hollywood Hike. Students hiked to the iconic Hollywood sign in Los Angeles. Upperclassmen got to know the lowerclassmen and share dental school experiences. The day concluded with a celebratory lunch.
- **Emotional & Occupational Wellness:** Leadership Style Quiz. Understanding our personality profiles and those of the people we work with can help us live more emotionally balanced lives and have happier and healthier work environments. During our Board Retreat, our EC held a leadership workshop on the 4 different types of Leadership Styles.
- IMPROVED! **Physical Wellness:** Annual Kickball Tournament. This event brings together faculty and students each year at our Dean's Picnic. This year we had more participation than ever with students from each class participating in the tournament. 60 students participated in the kickball tournament, as well as several faculty members. We had 100 students, faculty, and staff attend the picnic event and cheer on our athletes!
- IMPROVED! **Physical Wellness:** 11th Annual Golf Tournament. This year we had 81 attendees and 32 golfers. It was a great opportunity for students to mingle with faculty, vendors, and local dental representatives in a more relaxed, conversational setting. Donated golf related raffle prizes were given during dinner including free rounds of golf and golf clubs.
- Occupational Wellness: Ergonomics. Univet Loupe Company gave students a lesson on ergonomics over lunch and discussed ways students can work on their posture in dental school to prevent future troubles.

#### Promotes wellness content and opportunities throughout the year, including during ASDA Wellness Month in September

- NEW! Wellness Wednesday Posts and more. Each Wednesday we select a member to showcase on our instagram one of the five dimensions of wellness! During ASDA Wellness Month, we encouraged students to post their wellness involvement on their Instagram stories to inspire others. Our ASDA Instagram reposted students stories of exercising, cooking, eating healthy, and other wellness activities. Check out our wellness hashtags #levelup #bewellasda #wellnesswesternuway #asdawellness #asdaisforeveryone #wellnesswednesday
- NEW! 1st Annual Wellness Week! We dedicated an entire week to wellness to celebrate ASDA Wellness Month! Our activities addressed all five dimensions of wellness. 95% in student body attendance throughout the week! Hosted events such as: Build Your Own Potted Plant, Snack Attack, Yoga with Lily + Acai Bowls, Dance classes taught by board members, Pet Therapy, Hikes and more!

# 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! Wellness Section for Newsletter. First time our chapter released 2 fall newsletters, our editor and marketing team aimed to create a wellness section in our newsletter that tapped into emotional wellness with journey into dental school and balancing parenthood.
- Chapter actively encourages student participation in ASDA's monthly wellness challenges through email communications, social media posts, and through offering educational and interactive programs

# Shares wellness content from district and national meetings with local members

IMPROVED! Shared National and District Events related to
wellness on our social media. Each time national and district 11
ASDA had an event, we set a goal to share it on our instagram
page. We wanted to mirror what was happening on the national
and district levels to show unity and help connect our members
to all levels of ASDA.

# Establishes a wellness chair and/or wellness committee within the leadership structure

IMPROVED! Reorganized the structure so that the wellness chair was built into our membership chair positions. Added a second wellness chair to help with the high priority in wellness during dental school. This dynamic allowed our membership team to better attend to our members and offer them events catered to their wellness. (100% of student body engaged and celebrated). The Wellness Chairs planned wellness events every month and created our first annual Wellness Week. The Wellness Chairs also helped plan ASDA fever week events, the annual kickball tournament, and the annual golf tournament.

#### **OUTSTANDING COMMUNITY OUTREACH**



#### Promotes unity, awareness and lifelong involvement in community service

- Our members embody Western University of Health Sciences' mission of humanistic tradition and the "WesternU Way" of service by committing to ongoing coordination of community service events with the College of Dental Medicine and the University as a whole.
- IMPROVED! Annual ASDA participation at the WesternU Interprofessional Health Fair. ASDA and Sports Dentistry represent the College of Dental Medicine by providing free dental screenings and oral hygiene education to LA County Fair visitors. Over 20% more screenings were conducted compared to the prior year.
- NEW! Involvement with WesternU x San Gabriel Pomona Regional Center. Our members volunteered at San Gabriel Pomona Regional Center to assist WesternU 2014 alumni, Dr. Banner! They worked with pre-dental students to provide OHI to the clients and helped with triage and screenings to enter the center's Desensitization program.
  - We spent this year's term focusing on ways to better desensitize our patients with autism through programs like this one. Future efforts to continue our mission include combined efforts with a neighboring dental school through workshops focused on special health care needs with the help of local pediatric dentists.
- NEW! Involvement with Assembly member Freddie Rodriguez's Summer BBQ and Open House. Our members volunteered at Assembly member Freddie Rodriguez's Annual Summer BBQ & Open House to help provide OHI and nutritional counseling to the local community! Passed out oral hygiene kits and performed oral health education. It was a great opportunity to connect with the local leaders in Chino and serve as a dental resource for the community.

#### Organizes events to build the value of community in our profession

- · Our members unite with other California colleges, dental clubs and public health organizations to serve the community.
- NEW! Involvement "Thinking of You" Health Fair. D1 through D4 students participated in a screening event at the "Thinking of You" health fair. Additionally, OHI, nutritional counseling, and fluoride varnish were provided; 30+ adults participated.
- NEW! Collaboration with WesternU AAWD (American Association of Women Dentists) and Hispanic Student Dental Association (HSDA) at a Women's Health fair to empower women in the community by providing oral hygiene supplies and oral hygiene information.
- Yearly participation in JSFC (Jeff Seymour Family Center) Healthy Family Day Health Fair. Members contribute to dental outreach through screenings, oral hygiene education and fun activities for families within California's El Monte City School District.

#### Increases awareness of underserved populations

- NEW! Involvement with ASDA x ADEA x PIPELINE. Our volunteers worked with underrepresented high school students. We did waxing on tooth #9 and had discussions about our own life experiences in highschool dental school about finding a mentor
- IMPROVED! Involvement at UCLA's Alpha Epsilon Delta's Healthy And Powerful You (HAPY) Fair. The event offered healthcare services to those in the Southeast Los Angeles area with inadequate access to health resources. WesternU ASDA members united with UCLA pre-dental members and pediatric dental residents to provide dental education and nutritional counseling services to over 250 participants.

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

- IMPROVED! Director of Outreach position. Oversees outreach efforts and planning with membership chairs and community outreach chairs; Ensures the Outreach Team is on task to achieve their monthly goals.
- NEW! Three Community Outreach Chairs appointed to the chapter leadership structure. These members seek out, plan, and execute community service events and activities. Added community outreach liaison position to improve communication and collaboration between community outreach teams on campus.

# 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! Nearly 1,200 individuals served through our community outreach initiatives. ~20% INC. over prior year where 1,000 individuals were helped through our volunteer programs in 2018.

# Raises awareness through chapter, district or national platforms, as well as through social media campaigns

- Chapter: Community Outreach Board members applied for the Tarrson Dental School Student Community Leadership Award. Its goal is to recognize a community service project organized or conducted by dental students. In the scholarship essay, the Board Members emphasized the importance of teaching the community about the importance of oral health.
- National: ASDA Week of Service. In celebration of the Week of Service, the Community Outreach team would like to participate in an event between January 17-25, 2020 to make a lasting impact in our community.

#### **OUTSTANDING PREDENTAL INVOLVEMENT**



#### Recruits pre-dental members for national ASDA membership

- IMPROVED! Tabled at one 5 WesternU Preview Day & Resource Fairs and informed 500+ pre-dental attendees about the benefits of becoming ASDA member and being involved with the ASDA chapter at WesternU.
- NEW! Communicated with 27 local pre-dental societies and 400+ California pre-dental students regarding ASDA membership benefits and upcoming ASDA events both at WesternU and on a National level.
  - Created videos at the end of our annual full day Pre-Dental Day to gift to students of their memories at WesternU as well as for promotional and marketing purposes to expose students to the benefits of becoming an ASDA pre-dental member.
- IMPROVED! Actively participated in the Pre-Dental Day (PDD) at UC Irvine (and have done so for 4 consecutive years), where ASDA members volunteered to represent WesternU's College of Dental Medicine and informed students about the school as well as invited students to upcoming ASDA events.
- IMPROVED! WesternU pre-dental chairs have created a new sub-committee consisting of 4 new additional students to help recruit pre-dents and host a higher volume of pre-dents in the ASDA workshops and events.
- IMPROVED! Created an informational powerpoint presentation to present at the beginning of all ASDA pre-dental events to educate students about the various opportunities and resources that are available by becoming an ASDA member. The presentation included the tiers of organized dentistry and how they can serve to benefit the profession. This presentation was given during our annual pre-dental day as well as our Fall wax-up workshop.

#### Recruits pre-dental members for national ASDA membership

- IMPROVED! Partnered with the WesternU Summer Health Professions Education Program (SHPEP), sponsoring college students who are interested in dentistry, a free attendance in WesternU Pre-Dental Day. 19 Students were provided access to information and resources to help prepare them for a successful application and matriculation to health professional schools.
- NEW! Represented WesternU at the District 11 Meeting, where 25 pre-dents were introduced to the concepts of organized dentistry, dental school admissions process, DAT resources, scholarship opportunities, and member benefits of ASDA.
- Collaborated with the American Dental Education Association (ADEA), exposing students to various organizations and educating them about organized dentistry and its benefits.

#### Provides leadership opportunities for pre-dents

- IMPROVED! ASDA members and board members provided hands-on workshops and lectures focused on restorative and preventive dentistry to pre-dental students involved in WesternU's SHPEP. This included an introduction to instruments in the simulation and support labs and completing a restorative case on typodonts, awards were given to students who contributed greatly to the learning environment of their peers.
- Pre-dental SHPEP students were given opportunities to volunteer at community outreach events to provide oral hygiene education to the community.
- NEW! Pre-dental School Liaison position available to pre-dental schools from various undergraduate universities. 12 pre-dental students from 12 different schools were appointed to be liaisons for WesternU. The liaison position is a leadership opportunity for pre-dentals to report any pre-dental events occurring at WesternU or at our district level.

#### Organizes a Pre-dental Day or workshops for pre-dents on getting into dental school and hands-on activities

- NEW! ASDA's Pre-dental chairs presented to pre-dental students at the District 11 pre-dental conference about Western University's dental admissions. During the breakout sessions, they also prepared for an impressions powerpoint to the attending pre-dental student.
- IMPROVED! ASDA collaborated with our school's ADEA chapter to host a pre-dental webinar that was targeted for pre-dental students interested in learning about this year's admission cycle. Additionally, there was a sidebar chat that all members were on during the webinar on standby to answer any questions the pre-dental students had. 30 pre-dental students tuned into the webinar.
- IMPROVED! The pre-dental chairs and sub-committee worked to host the annual Fall Wax-Up Workshop where 71 pre-dental students were given the opportunity to learn about our dental program and practice their wax up skills! Pre-dental students were mentored by WesternU volunteers and guided throughout the waxing in order to learn more about dental anatomy while working on hand skills. Pre-dental students also had the chance to speak to our manager of Admissions and Recruitment Coordinator, Dr. Jeffrey Turchi and sit one-on-one with dental students during our lunch break. Students benefited from networking with the current dental students and were able to feel connected to current dental students. A post survey was given to all 71 pre-dental students and over half of the students replied. Of the students that replied, all stated that they had a great time at WesternU, valued the insight they gained towards applying for dental school, and that they would be back for future events!

# Offers networking, social and community service events for pre-dents

- IMPROVED! Connected with pre-dents through email and various social media platforms, including Instagram (@asdawupredentals) with Live instagram stories, Facebook, and chapter website.
- IMPROVED! ASDA collaborated with ADEA and gathered 31 WesternU student volunteers to help **81 pre-dentals** including 19 SHPEP students.Pre-dental students had the opportunity to meet Dean Friedrichsen and ask any questions they had to the dean. Students were surveyed about the event in an online survey sent after the event. All responses were very positive and we **received a 9.82 satisfaction rating on a scale of 1 through 10.**
- NEW! Following our annual pre-dental day hosted by ASDA and ADEA, a networking social event was held at a local restaurant open to our pre-dental students as well as any WesternU volunteers/students.

#### Serves as mentors to pre-dents

- NEW! Mentorship program with D1 D4 students having a pre-dental little to mentor throughout the dental application process. 52 pre-dentals were paired up with WesternU dental students.
- IMPROVED! D3 board members hosted pre-dental students at our community clinic sites.

#### Promotes national ASDA Pre-Dental Month and DAT Week

NEW! SIM LAB after hours Instagram live video in honor of AS-DA's national Pre-dental month. ASDA pre-dental chair's hosted 3 instagram live streams for pre-dental students in which they did a Q&A session while working on projects after hours. This allowed pre-dental students to have their questions answered as well as get insight on what the workload and projects of a dental student at WesternU is like.







# **EXECUTIVE**



# COMMITTEE



Outreach



Jihae Cho





Marketing



**Finance** 



Morgan Paige Franco Treasurer

**Academic Enrichment** 



Lala Grigori Academic Enrichment Director



Vicky Bartolome Membership Co-Chair



Himali Patel Legislative Liaison



Gloria Luong Marketing Design Chair



**Lesley Carillo** Fundraising Co-Chair



Vivian Huynh Pre-Dental Co-Chair



Anthony Luong Membership Co-Chair



Clarissa Burquez Licensure & Ethics Chair



Arusha Bhatia Public Relations Co-Chair



Natalie Cronan Fundraising Co-Chair



Michael Yoo



Christopher Xu Membership Co-Chair



Marissa Best Advocacy Communications Chair



Amanda Puustinen Public Relations Co-Chair



Brian Luong Fundraising Co-Chair



Ethan Just Mentorship Chair



Jessica Leonard Community Outreach Liaison



Triston Nguy Social Media Chair



Sara Hosseini Activities Co-Chair



Nada Ali Lunch & Learn Co-Chair





Jessica Sin Wellness Co-Chair



Toan Nguyen Activities Co-Chair



Yousif Maizy Lunch & Learn Co-Chair



Ellen Cruz Jenny Nguyen Community Outreach Co-Chair Community Outreach Co-Chair





Joe Wang Business Co-Chair



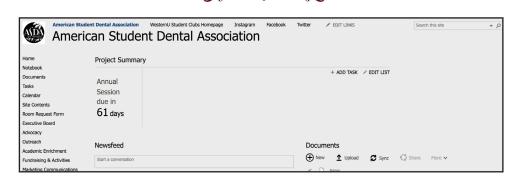
Seema Prakash Business Co-Chair





# **2019 Executive Committee**Implementing Strategy & Organization





Event Start Date Start	1	SDA Event Tracking Spreadsheet											
19   3/9/2019   3/9/2019   3/9/2019   WesternU ASDA   All Teams   ASDA Leadership Retreat   Complete   Pomona, CA   Regina   300   shift (2 shifts)   No				(select from the Drop	(select from the Drop	Event Title	(select from the			attendees (or	Volunteers	reserve a room or other location on	Have you completed a room request form (Google form on SP site home page). Must be completed at least 10 days before event date.
20 3/14/2019 3/15/2019 WesternU ASDA All Teams ASDA Leadership Retreat Complete Pomona, CA 21 4/2/2019 4/2/2019 WesternU ASDA AE - Lunch & Learn Univer Lunch and Learn Complete Pomona, CA Nada and Yousif 100 0 Yes 22 4/3/2019 4/3/2019 Western University F&A - Activities Spring Club Day Complete Pomona, CA Daniel, Morgan 30 2 No 23 4/8/2019 4/8/2019 WesternU ASDA F&A - Activities Treloar & Heisel D4 Networking Event Complete Pomona, CA Sun Hyoung Kim 30 0 No 24 4/8/2019 4/8/2019 WesternU ASDA Outreach - Membership IDP ASDA Fever Day Complete Pomona, CA Jihae 25 0 Requested 25 4/9/2019 4/9/2019 WesternU ASDA Outreach - Membership D4 Post-Wreb In N Out Handout Complete Pomona, CA Jihae 69 0 Yes 26 4/9/2019 4/9/2019 WesternU ASDA Licensure/Ethics Lobby Day Training with LLU Complete Pomona, CA Ivana 31 3 Yes					Outreach - Community				Jihae, Chris Xu,		10-15 per		
21       4/2/2019       4/2/2019       WesternU ASDA       AE - Lunch & Learn       Univet Lunch and Learn       Complete       Pomona, CA       Nada and Yousif       100       0       Yes         22       4/3/2019       4/3/2019       Western University       F&A - Activities       Spring Club Day       Complete       Pomona, CA       Daniel, Morgan       30       2       No         23       4/8/2019       4/8/2019       WesternU ASDA       F&A - Activities       Treloar & Heisel D4 Networking Event       Complete       Pomona, CA       Sun Hyoung Kim       30       0       No         24       4/8/2019       4/8/2019       WesternU ASDA       Outreach - Membership       IDP ASDA Fever Day       Complete       Pomona, CA       Jihae       25       0       Requested         25       4/9/2019       4/9/2019       WesternU ASDA       Outreach - Membership       D4 Post-Wreb In N Out Handout       Complete       Pomona, CA       Inae       69       0       Yes	19	3/9/2019	3/9/2019	WesternU ASDA	Outreach	El Monte Health Fair	Complete	Pomona, CA	Regina	300	shift (2 shifts)	) No	N/A
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23 4/8/2019 4/8/2019 WesternU ASDA F&A - Activities Treloar & Heisel D4 Networking Event Complete Pomona, CA Sun Hyoung Kim 30 0 No Vicky, Chris Xu, Anthony Luong, Jihae 25 0 Requested  24 4/8/2019 4/8/2019 WesternU ASDA Outreach - Membership D4 Post-Wreb In N Out Handout Complete Pomona, CA Jihae 59 0 Yes  25 4/9/2019 4/9/2019 WesternU ASDA Outreach - Membership D4 Post-Wreb In N Out Handout Complete Pomona, CA Jihae 69 0 Yes  Advocacy - Licensure/Ethics Lobby Day Training with LLU Complete Pomona, CA Ivana 31 3 Yes	21	4/2/2019	4/2/2019	WesternU ASDA	AE - Lunch & Learn	Univet Lunch and Learn	Complete	Pomona, CA	Nada and Yousif	100	0	Yes	Yes
24       4/8/2019       4/8/2019       WesternU ASDA       Outreach - Membership       IDP ASDA Fever Day       Complete       Pomona, CA       Jihae       25       0       Requested         25       4/9/2019       4/9/2019       WesternU ASDA       Outreach - Membership       D4 Post-Wreb In N Out Handout       Complete       Pomona, CA       Jihae       69       0       Yes         26       4/9/2019       4/9/2019       WesternU ASDA       Licensure/Ethics       Lobby Day Training with LLU       Complete       Pomona, CA       Ivana       31       3       Yes	22	4/3/2019	4/3/2019	Western University	F&A - Activities	Spring Club Day	Complete	Pomona, CA	Daniel, Morgan	30	2	No	N/A
4/8/2019 4/8/2019 WesternU ASDA Outreach - Membership IDP ASDA Fever Day Complete Pomona, CA Jihae 25 0 Requested  Vicky, Chris Xu, Anthony Luong, Jihae 25 0 Requested  Vicky, Chris Xu, Anthony Luong, Jihae 69 0 Yes  Advocacy -  Licensure/Ethics Lobby Day Training with LLU Complete Pomona, CA Ivana 31 3 Yes	23	4/8/2019	4/8/2019	WesternU ASDA	F&A - Activities	Treloar & Heisel D4 Networking Event	Complete	Pomona, CA	, ,	30	0	No	N/A
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March 8th 2019 Ivana, Daniel, Morgan, Sunny

#### 5 Goals

- 1. Include International Dental Program students into ASDA
  - a. "Fever day" for IDP
    - i. Executive Board Intro to ASDA & future events
    - ii. Academic Enrichment (Lala) How to transition into US dental school
    - iii. Membership (Jihae & Membership co-chairs) Goodies (sharpies, folder, notepad, pen, etc.)
- 2. Create a detailed financial account history for the upcoming year
  - a. Our treasurer, Morgan, will create a spreadsheet to document all expenses and revenue
  - b. Fundraise \$50,000 throughout the year.
  - c. Establish a budget to create contingency within board.
- Maintain last year's team, "ASDA is for everyone!" in addition to incorporating this year's theme, "Level Up!"
  - a. Increasing student attendance to conferences
  - b. Increasing awareness about dental Advocacy and legislative issues on campus
  - Continuing strong student-faculty relationships by incorporating them into events and remaining transparent
- 4. Increase collaboration with other school organizations "building bridges"
  - a. Create a master calendar that contains events from other clubs and organizations on campus
    - i. Will prevent scheduling conflicts
    - ii. Allows us to support other organizations by attending their events
    - iii. Makes collaborating with other organizations easier
  - b. Co-host events with other organizations (such as ADEA, AAWD, Sports Dentistry, etc) to serve a larger population of the student body
- 5. Increasing student mental health and wellness
  - a. Increase events centered around wellness to help students de-stress
  - Have lunch and learns where we bring in mental health specialists to teach students where they can find resources pertaining to mental health

Our Executvie Committee Members utilized our centralied filing system SharePoint to improve communication, production and efficiency within board. Created how to powerpoints and taught new board members how to effectively use site. EC meet early March to create a stragetic plan with 5 goals in mind. Below picture shows Past and Present EC dinner to help facilitate transition and advisory roles between leadership.















Our Chapter was well represented with the most students recorded to attend from WesternU! We were ecstatic to be awarded several chapter achievements along with Best Newsletter Finalist and Ideal ASDA Finalist. Our very own Andrea Numbers was recongized as the District 11 Delegate of the Year and our chapter was awarded Outstanding Membership! #ASDALevelUp



ASDA ANNUAL SESSION
Pittsburgh, Pa
FEBRUARY, 2019



# **National Leadership Conference**

IMPROVED! We sent 20 students to NLC, the highest recorded attendence from WesternU.



November 2019





Location: Amp I Date: March 14th & March 15th

Theme: Level Up



#### DAY 1

Dinner Catered by CDM 5:00Pl
Leadership Development 5:30PI
"Exploring the 4 Leadership Styles + Kouzes and Posner" - Morgan
President Introduction 5:45Pl
"Leading with your Why, What ASDA means to me" by Daniel
<b>Guest Speaker</b> <i>5:55PN</i>
"Journey to Dental School, the person who I am now" by Andrea
Snack Break 6:20PM
Team Plan Presentation 6:30PM
All Teams
<b>Sharepoint Workshop.</b> 6:30PM Centralized Filing System Training Sharepoint by Ivana & Daniel
Closing Remarks by Daniel
DAY 2
<i>∞</i> ···∞
Headshot and Group Photo 5:00PM
ASDA Introduction
How to build your strengths and Level Up - Sunny
Networking and Leadership Development 6:15PM
Ivana
Calendar Development 6:30PM
Timeline events for the year - Team Breakout Session
Social Night at Oldstump Pub with Stonefire Grill Dinner 6:20PM

#### 2019 State Lobby Day

Sacramento, CA February, 2019





WesternU students Daniel Aclan, Yousif Maizy, Seema Prakash, Ashtin Alves, along with health students from schools across California, joined legislators to lobby about important issues including Proposition 56 Medi-cal Funding, Sugar Sweetened Beverages (SBBs), Silver Diamine Fluoride and Flavored Tobacco Products at the annual State Lobby Day.



## **ASDA National Lobby Day**

Washington DC April 16, 2019

Members of our ASDA Board had the opportunity to sit alongside dentists and learn how to speak to Congress members about issues that will affect our future careers. On the final day, they met with congressional leaders and their staff members on Capitol Hill to advocate for our patients and the dental profession. Upon returning, the Advocacy Team sent an email out to the student body updating them on our efforts in DC to keep them informed.





# WesternU/LLU Lobby Day Training

Pomona, CA April 9th 2019





First ever WesternU x LLU joint lobby day training hosted at WesternU. Students had the opportunity to learn about issues that will affect our future careers, as well as what to expect during their Lobby Day experience. They also had the chance to partake in mock lobby sessions and practice their lobbying skills!













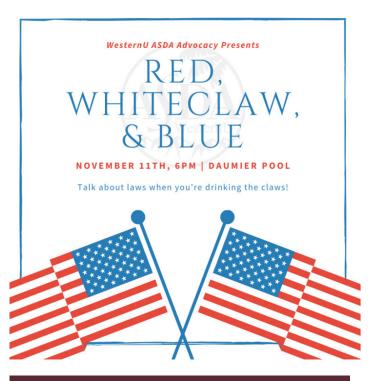






RED, WHITE, & BREWS Advocacy Series





New! Red, White and Brews Series. All smiles here while students discuss important issues such as mid-level providers and live patient licensure exams!



October 2019

# **ADPAC Drive**



Fall Vendor Fair

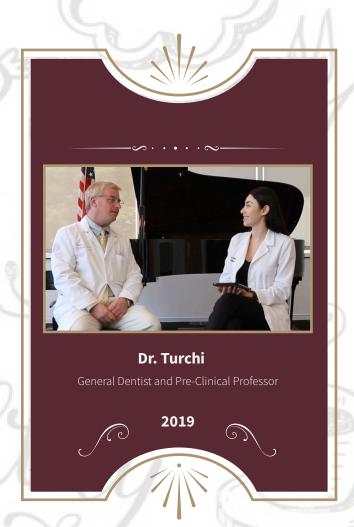


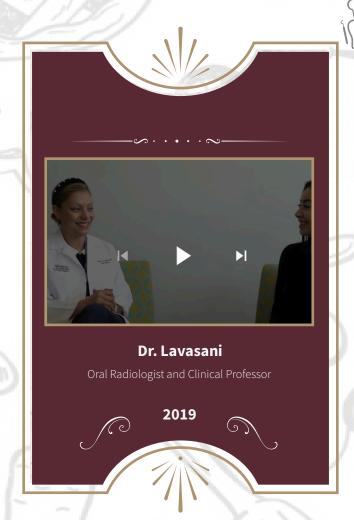
Advocacy Director, Ivana Younan, and Legislative Liason, Himali Patel, held the annual ADPAC drive at our annual fall vendor fair. Students learned about the American Dental Polictical Action Committee and how to get invovled during our "Around the World" fall vendor fair!

## **Ethical Issues in Dentistry**

Video Mini Series

Licensure and Ethics Chair, Clarissa Burquez, conducted a series of video interviews with WesternU faculty centered around each dentist's personal experience with real-world ethical issues, and how they handled the situations. Students gained firsthand advice on how to approach ethical dilemmas in dentistry.









# READ, WRITE, AND BLOG: STUDENT LOANS

Hello ASDA family!

Welcome to our first ever advocacy blog series where we talk about real issues that are affecting us now as students, and will continue to affect us in the future. The main issue on all our minds is our student loan debt. In 2018, it was estimated that the average debt of a graduating dentist was \$285,184. Coming from a private school, we all know that number is typically much higher. So, what is ASDA's stance on the issue? The student loan debt crisis is one of ASDA's top priorities, and they are committed to advocating for reducing student loan interest rates, providing refinancing opportunities to borrowers, and providing opportunities for loan forgiveness, scholarships, grants, and tax deductibility. I know what you all are thinking: "What does all this actually mean?" Here is the rundown...

In April, 1,100 dental students and dentists visited Capitol Hill to lobby for legislators to reauthorize the Higher Education Act. There are ten subsections to this bill that can be read here. One of the main aspects of this bill is reinstating professional student's ability to use Direct Subsidized Stafford Loans. Subsidized loans do not accrue interest while we are in school, unlike the unsubsidized loans we are currently utilizing. In June, the POST GRAD Act was introduced which further supports our ability to access subsidized loans. ASDA is asking for our help in support of this act by sending an action alert to your congressperson pledging your support. Take two minutes and send your action letter now!

# **READ WRITE AND BLOG**

During advocacy month, we launched our new "READ, WRITE, and BLOG".



Looks like we have a surprise guest! Molar Bear stopped by WesternU to talk to students about advocacy! It's about to get po-LIT-ical!!! ■ ☐ CHECK OUT THE FULL VIDEO ON IGTV!!!

•••

#ASDAadvocacy #AdvocacyBear #ASDAlevelup @dentalstudents @D11asda



Mr. Molar Bear visited WesternU campus Nov 4th to Nov 8th this year where he lived a week in the life of a student dentist. He toured the school and asked students about their thoughts on advocacy and why it is important to them. We received interesting feedback and opinions on advocacy from all four classes.



The Higher Education Act also supports those of us wanting to attend residency programs through the Resident Education Deferred Interest (REDI) Act. This act would allow for residents to defer their loans and stop their interest from accruing until they graduate from residency. To show your support for the REDI Act, send an action letter to your congressperson!



In other news, we just received word that the Molar Bear is on campus this week! Be on the lookout and ask him about how you can join the American Dental Political Action Committee (ADPAC) to support dentists running for congress and give our profession a voice in politics! You can also meet him at our second "Red, White(claw), and Blue" event on Veteran's Day (Monday, November 11th). We hope to see you all at the Daumier pool (GPM) to enjoy some delicious food, drinks, and discussions about live patient exams in dental licensure!



# **2019 MOLAR BEAR VIDEO**



# **Member Milestones**



October 2019 1st year dental students receiving a sweet treat after finishing their first ever dental school course!

April 2019 Handing out In-N-Out burgers to D4 students for their post-WREB Celebration!









ASDA Business Series
October-December 2019



# PATHWAY TO PRACTICE MANAGEMENT: PART ONE

WITH BOB AFFLECK OF CITIBANK

November 12th | 5:30-7:30 PM HEC Classroom A Dinner will be provided



### 5-Course Meal



November 12th 2019: Bob Affleck, Citi-Bank

• Pathway to Practice Ownership

November 19th 2019: Lee Maddox, DDS, ESQ

 Associateship Out of School While Preparing for Practice Ownership

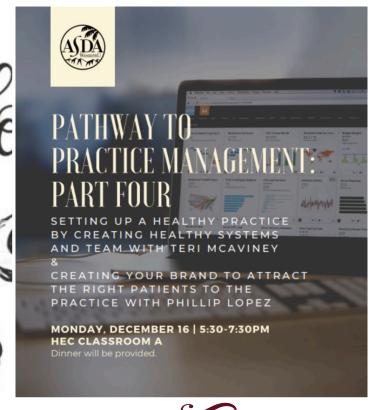
Students were engaged in an intimate setting with business professionals from CPAs to Practice Design consultants.







ASDA Business Series
October-December 2019





December 3rd: Al Gavis, BencoDental

• Designing Your Dream Practice

December 16th: Teri McAviney, MaK Concepts

 Setting Up a Healthy Practice by Creating Healthy Systems and Team

December 16th: Philip Lopez, Doctor Genius

 Creating Your Brand to Attract the Right Patients to the Practice





# ASDA Lunch and Learns



Improved! Lunch & Learns: 57% INC. in numbers of L&L held versus PY (30 held in 2019, 25 L&L, 4 business L&L, 1 dinner and learn!



# ASDA Lunch and Learns



Improved! Lunch & Learns attendance. 20% increase in attendance, strageties with increased locations for lunch selection such as Chick-Fil-A and Zaky's Mediterrain cuisine!



# ASDA Lunch and Learns



All Smiles here during The Dental Insurance Commany Risk Managment Lunch and Learn!

Bryan Martinka and Jordan Rings from Driscoll also stopped by to talk abotu disabiulity insurance and which companies might be best for you!







Everyone had a blast at our Luau themed Graduate Vendor Fair!





Graduate Spring Vendor Fair May 2019







Michelle, D1, showing us her cornhole skills during "Around the World" themed Fall Vendor Fair!





"Around the World"
Fall Vendor Fair
October 2019

## ASDA x OKU Silent Auction Fundraiser

Pomona, CA Spring 2019





Our annual silent auction brings students and faculty together outside of the school setting. Faculty donate their time and students bid to raise money for ASDA and OKU. Students have a blast every year from hockey games with clinic deans and tea parties at The Huntington to snow boarding at Mountain High and whale watching at Newport Beach.



D4 Shelby looking at the spectacular view of Mt. Waterman











Dinner and Hockey with our Clinic Dean Dr. Fung!

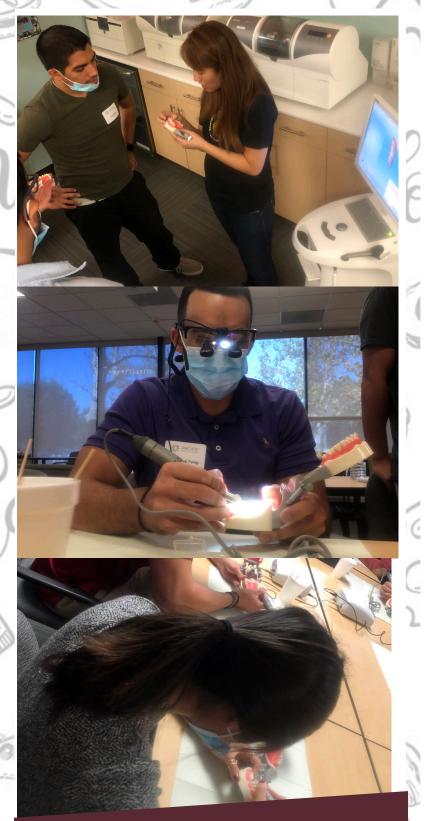




Tea Party at Huntington with Ms. Adolphson, Director of Patient Care Services















PDS hosted a hands-on CAD/CAM Workshop to D3 & D4 students. The event turned into a friendly competition to see who can make the best prep and design!



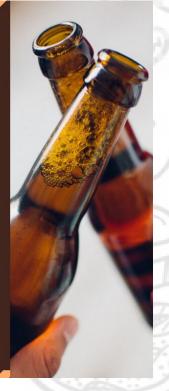


HEARTLAND PRESENTS

# **D4 SOCIAL**

Metro Ale House

October 10, 2019 6-8:30pm (after Vendor Fair)



Students learned firsthand about Heartland Dental from Dr. Thibodeaux of Arizona. The event had a great turnout thanks to our proud diamond sponsor Heartland Dental!







# Heartland D4 Social October 2019





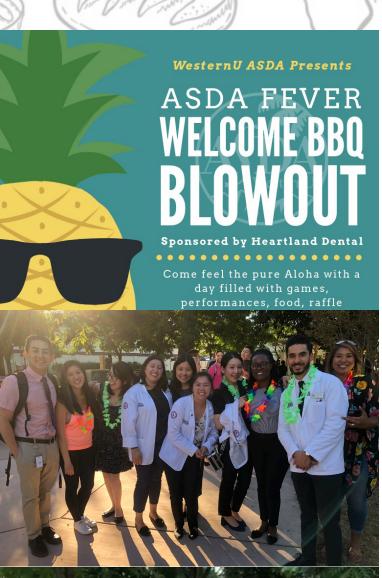
Derek Robinson, Academic Relations Manager, hosted an eventful night at the rookery with food and drinks. This intimate setting sparked great dialogue about dental support organizations!





# ASPEN D3/D4 Social October 2019







ASDA Fever Week August 2019







#### ASDA FEVER WEEK

Ready to level up:

#### MONDAY, 08/12

12-1PM: General Body Meeting

HEC Lecture Hall I

#### TUESDAY, 08/13

12-1PM: Colgate Lunch & Learn

HEC Classroom A

#### WEDNESDAY, 08/14

12-1PM: ASDA Fever Starter Kit

HEC Classroom B Alcove

6-8PM: Welcome BBQ Blowout

Ethan Allen Park

#### THURSDAY, 08/15

12-1PM: Habit Burger Lunch Social HEC Esplanade

5:30-7:30PM: Dodgeball Tournament *Eucalyptus Park, Chino* 

#### FRIDAY, 08/16

6-8PM: ASDA x DSD Social Metro Ale House



ASDA Fever Week was held the first week of school for the D1 students. We had a tremendous turnout and had the first year dental students catching ASDA Fever right from the start!

New ASDA Fever Welcome BBQ Blowout hosted by our Diamond Sponsor, Heartland Dental.

Yummy food, good company and live performances from Wellness Chair, Jessica, D3!







At WesternU, we take our mental health very seriously. Check out our ASDA Wellness events!





# ASDA Wellness at WesternU



### ASDA'S 1ST ANNUAL WELLNESS WEEK

MONDAY, 09/16
12pm: D1 & D2 Snack
Attack (Outside SIM Lab)
5:30pm: Build Your Own
Pot Plant (Daum Pool)

TUESDAY, 09/17 5:30pm: Yoga with Lily + Acai Bowls (HEC Recital Hall)

WEDNESDAY, 09/18 8am: D3 & D4 Snack Attack (Clinic) 5:30pm: Tahitian Dance Class with Jessica (HPC

THURSDAY, 09/19
12pm: Pet Therapy (HEC
Esplanade)
5:30pm: Beginners Hip
Hop Class with Daniel
(HPC Student Commons)

FRIDAY, 09/20 All day: Feel Good Friday Notes

SATURDAY, 09/21









ASDA WELLNESS PRESENTS

# PAINT NIGHT

Wednesday, October 23rd | 5:30 pm HPC Student Commons



1st Ever ASDA Wellness Week!

This year, our chapter created a week dedicated solely to wellness. There were 9 events throughout the week. We dove into the 5 dimensions of wellness to create a unique way to come together as a community and focus on our overall well-being.





### 1st Annual ASDA Wellness Week September 16th-21st, 2019





Our activities addressed all five dimensions of wellness. 95% in student body attendance throughout the week! Hosted events such as: Build Your Own Potted Plant, Snack Attack, Yoga with Lily + make-your-own Acai Bowls, Dance classes taught by board members, Pet Therapy, Hikes and more!



Planted seeds and decorated our pots to represent new growth!



Bust a groove with your very own ASDA President, Daniel, D3.





Build-your-own Acai bowl after a therapeutic yoga session with Lily, D3.





Jaycee, D4, enjoying some puppy love at Canine Guidance!







WesternU Students at D11 Meeting showing off their new toothbrush!



21 WesternU Students attended D11 meeting at UOP. Pre-dental Chairs presented about WesternU's dental admissions. During the breakout sessions, they also prepared an impressions powerpoint for the attending pre-dental students.



## District 11 ASDA Meeting October 2019





11th Annual ASDA Golf Tournament July 2019

## ASDA



Top Left: ASDA Girls enjoy the sun, placing bets on the winning team!

Middle Left: Registration Table ready to welcome golfers with sunscreen, goodie bags and refreshments.

Bottom Left: Dean Friedrichsen showing us how to properly buy raffle ticekts, \$20 = Wingspan amount!

Top Right: Golfers starting their engines!





# ASDA Community Outreach



The outreach team aimed to focus more on increasing awareness for the special needs population, with an emphasis on those with Autism Spectrum Disorder.

### **Outstanding Community Outreach**





We successfully established a relationship with the San Gabriel Pomona Regional Center in which we were able to work with the staff and patients at that location through our continual attendance throughout the year. We have taken this a step further by establishing a relationship with a neighboring dental school and pediatric dentists to set in motion a Desensitization Workshop for the year 2020.



Rep. Freddie Rodriguez Summer BBQ & Open House July 2019.



D1s & D2s quick selfie at San Gabriel Regional Center before dental duties!







ASDAxADEAxPipeline: Ajay, D2, teaching waxups to underrepresented high schoolers





WesternU students providing screenings to over 150 attendees at the Women's Health Fair.









Outstanding Pre-dental Invovlement



Top Left/Middle left: Predental Students with WesternU students during wax-up day!

Bottom Left: Pre-dental Chairs Michael D2, Vivian D2, tabling during District 11 Meeting at UOP.

Top Right: Brian D2, having some fun getting to know some Pre-dentals.

71 Pre-dental were in attendance during Wax-Up Day at WesternU. Broken up into a morning and afternoon session.





### WESTERNU'S PRE-DENTAL DAY

A Brief Recap of Our Success this Year

ON SEPTEMBER 29TH, 2019

1

Students from all around our nation attended WesternU's Pre-Dental Day this year



\*\*\*\*\*\*\*

10+

#### **ACTIVITIES**



Students were able to take part in 10+ activities which included mock interviews, 3D dentistry, Class I fillings, Impression taking and etc!

9.82

#### SATISFACTION RATING

Pre-Dental Students were asked to rate their overall experience at WesternU. On a scale of 1 through 10, students rated the event a 9.8!



99.7%

### MORE LIKELY TO APPLY



Pre-Dental Students were also asked if they were more likely to apply to WesternU after this event. 99.7% of surveyed students said they would!

A BIG THANKS TO ALL OF OUR SPONSORS

Without the support from our sponsors, none of our accomplishments would be possible. Thank You!

### Recipe for Success!





Top: Triston D2, showing predentals how to measure preps during hands on workshop.

Bottom: Dean Friedrichsen addressing predentals during the morning session.

A survey was taken after Pre-dental day and showed predentals had a 9.82 satisfaction rate and 99.7% stated they were more likely to apply to WesternU after this event!







Everyone put your ones up for District 11 Advocacy!



Past District 11 Trustee, Karina, and current chapter Vice President, Ivana, attended APHA in early January with motivated D1s ready to learn about advocacy!



# APHA Conference January 2019







### **IDP FEVER DAY**

A WARM ASDA WELCOME FOR
OUR INTERNATIONAL DENTAL STUDENTS
(FREE GIFT INCLUDED!)

April 8th | 12-1pm HEC Classroom A



WesternU IDP students at IDP Fever Day showing off their new ASDA Fever T-shirts!



Our chapter made sure to welcome the inagural international dental program cohort to our ASDA community. Our goal of inclusivness was well received with 100% attendance rate from the incoming class!



IDP Fever Day July 2019



### MY SMALL

IORDAN OVERSTREET DMD 2021

The question that all parents in dental school get is, "How do you survive dental school while having a family? Isn't it a distraction?" We simple response is just that you find a way to manage it. In fact, what I want to know is I don't know how everyone sets does it without a wife and kids. Having my small little family is what motivates me to work hard so that one day I so a memid for his?

When I started dental school, I had a 3-year-old boy Dean and a 9 month pregnant wife. My little gill julielte was born two pack before our first gross anatomy exam. As you can guess my scorn want too great on that first earn. I was a tough first semester balancing time with a newborn bally. Making sure my wife had the help she needed, I would always be the first one out of the Sible clinic, sneaking out 30-60 minotes early so that I could go spencially.

My schedule probably differs a little bit from the non-parent student's schedule whether in make or not, yields run in her room as 630am. Het my wife get ready for the day and 1 get the kind dressed and feel before I leave for school. When I get hone, their results in the school of the to study, that suelly statis sider spin when the kids have gene to state, that suelly statis sider spin when the kids have gene to state, that suelly statis sider spin when the kids have gene to state, that suelly statis sider spin when the kids have gene to state, that suelly statis sider spin when the kids have gene to state, that suelly statis sider spin when the kids have gene to state, the school of the school of school of the school of school of the school of sch

Yes, having a family in dental school can be a distraction. But don't we all need a fun distraction every now and then from all



The idea of raising children while being in school might seem like a deutering distruction to most of us, but in some cases, it actually also the opposite effect, alm extremely fortunate to consider myself to be part of the libers being a harmonic to consider myself to be part of the libers being a harmonic being a considerable of the libers of the l

Although raising a family entails more frequent trips to the local playgrounds, it is no walk in the park. Balancing time is probably the most challenging aspect of a parent. Fortunately, my husband, Manar, has been very helpful and supportive of me throughout dental school. He is also a full-time student pursuing dentistry.

We have no despites enrolled in a great back department, which is shown the greath to the department, which is shown the greath or their department, which is shown that the greath of the department of the shown that the great shown that great shown the great shown that great shown that





### THE JOURNEY OF ALWAYS MOVING FORWARD

DOAN-TRANG NGUYEN, DMD 2023



The first time I know I wanted to pursue dentistry as my passion was during my last quarter of undergrad at Ut I mine. While many or my finded found their classifies and we side of their classifies and we side of their dentities and their dense admit good from a USI, I was always lost in what their dense admit good from a USI, I was always lost in what their dense admit good from their dense always to the side of their dense admit good from their dense admit good for their dense admit good for their dense and their dense and the perfect before did efficiency, and compassion and I wanted to see the rest of my life representing it. Although I howe the end goal, also have the first of my care of dense first of before the charge of the side have the first of the dense first of the dens

My second channel cares in the first of a participation was formed becomed in passion for destrollay within a lab or pairing of serving, as the channel passion for destrollay within a lab or pairing of serving, as the channel passion for destrollay work in the lab or pairing of serving, as the channel passion for passion for the lab or pair of the lab or passion of the lab of lab or passion for the lab or passion of the lab or passion for the lab or p

bibliow in hard work. I Bellevie in second chances. I believe that is you delive inserting enough, it is not a matter of IF\_ but matter of RMEN, Lastly, I believe is the journey of always movine forward. 1021 journey to the property of always movine forward. 1021 journey to the property of always movine October when I was interviening for the chance to be a student there at Western, And only a shorty part later, a sen finishing first sensiter. What a wide ride is has been and will confine to and I am so excited to see where the journey forward stakes to and I am so excited to see where the journey forward stakes to and I am so excited to see where the journey forward stakes to and I am so excited to see where the journey forward stakes to and I am so excited to see where the journey forward stakes to the property of the second of the second of the second of the second of the property of the second of the seco



CALEB PARRY, DMD 2022



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Through my experiences in athletics, I found that a smile is a gateway for conversation. It can create an immediate connection between two individuals before any words are spoken. I guite often look back on the sixteen-year-old me with a bloody mouth and mobile teeth and wonder where I would be if that didn't happen, but I am more than happy with where It has led me torker.



### Fresh out the Oven!



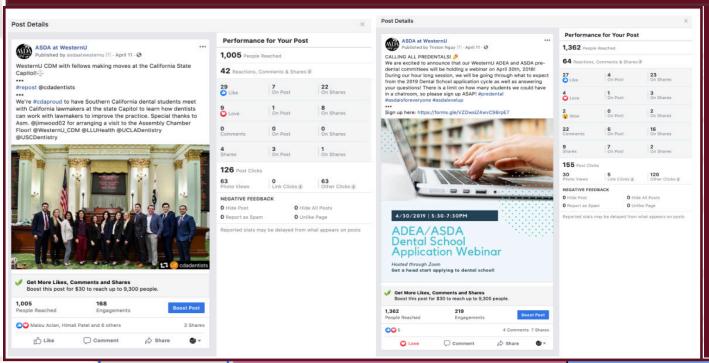


Volume 4. Issue 1

Our chapter published two newsletters this year during Summer and Fall Semesters. These articles focused on student life from balancing family to overcoming adversity.



# Marketing & Social Media



		Instagram			Facebook	
		Posts	Followers	Following	Likes	Follows
	Initial (Mar)	543	1293	692	729	735
	April	552	1313	697	826	865
	May	574	1336	720	848	885
	June	592	1354	741	875	915
	July	610	1386	757	917	953
	August	628	1377	757	919	955
	September	641	1419	776	924	960
	October	668	1441	788	933	969
	November	689	1461	806	946	984
	December	704	1477	811	959	997

The following photos indicate screenshots of ASDA's Facebook engagement. Our posts have outreached to the community at a Capital level, predentals on an academic level, as well as the general population through comedic means. Above you will find how many reactions (and types), each post received, the number of people it has reached, and how many shares. The table shows the upward trend of our Facebook and Instagram accounts with almost 2.5k followers total!









**T-Shirt and Branding** 



Our Marketing and Design Chair, Gloria, D3, kept our chapter comfortable and stylish throughout the year. ASDA Fever Shirts were passed out during club day. #ASDALevelUp!

Bottom left: Kamran, D1, limbos for ASDA Fever T-shirt. How low can you go?

Top right: Vicky, D3, and Dr. Vulkmonovic happy to get their ASDA Fever shirt!





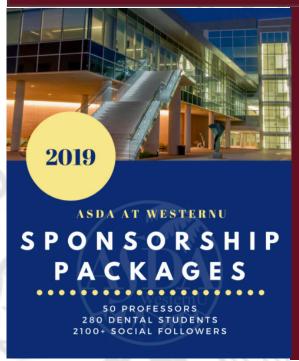


Western<sup>®</sup>

PROUD

LILAC SPONSOR

### Huge thank you to all our sponsors!



<b>Event Date</b>	Event Category	Revenue	Expenses	Operating Income
	Annual Sponsorship Packages	\$21,150.00	\$0.00	\$21,150.00
5/2	Spring Vendor Fair (16 vendors)	\$9,250.00	\$1,054.81	\$8,195.19
6/29	Pre-Dental Day (Joint event with ADEA)	\$10,840.00	\$3,665.64	\$7,174.36
7/12	Golf Tournament	\$3,410.40	\$4,382.16	-\$971.76
10/10	Fall Vendor Fair (22 vendors)	\$9,800.00	\$1,400.00	\$8,400.00
11/10	Pre-Dental Wax-Up Day	\$5,810.00	\$1,162.35	\$4,647.65
	Lunch & Learns (25 total to date)	\$16,250.00	\$0.00	\$16,250.00
	WesternU Campus Participation - Service Allotment, Preview Day	\$360.71	\$0.00	\$360.71
		\$76,871.11	\$11,664.96	\$65,206.15

Our chapter focused on fundraising to financially support the future boards. Our goal was to fundraise \$50,000 and we surpassed that goal with flying colors by raising over \$76,000! This was achieved through sponsorship package negotiation with EC and improving our advertising and marketing strategies. This year has been are most financially successful year thus far!