

HOUSTON ASDA CHAPTER

The University of Texas School of Dentistry at Houston

5 national leaders
9 district leaders
36 chapter leaders
over 75 committee members

MEMBERSHIP ENGAGEMENT

While 2020 saw huge success with virtual events during lockdown, in 2021 we adopted a hybrid model to keep everyone safe while making connections. We hosted a successful **virtual ASDA Fever Week** followed by in-person events with vaccination and masking requirements. We saw our highest student turnout ever at our **8th Annual ASDA Golf Tournament**, which raised over \$5000 for the Star of Hope. We were also able to reconnect students with each other and various sponsors through regular socials, and had record participation at events hosted by our local dental society.

COMMUNITY SERVICE

Amidst the global pandemic, Houston ASDA Community Service hosted volunteer events that uplifted our community through providing food, basic hygiene supplies, and dental care to those in need. Our chapter created care packages to donate to **Bridge Over Troubled Water**, an organization that helps domestic and sexual abuse victims. We volunteered at the **Houston Food Bank** and worked to donate over 1,000 meals to those facing hunger. Additionally, we organized a group of 20 Houston ASDA members to volunteer with **Texas Mission of Mercy** mobile dental clinic to help provide almost \$229,584 worth of free dental care to 246 patients. We were able to contribute over 100 oral hygiene care packages for donation to **Refugee Services of Texas**. During the heightened time of the pandemic, our efforts were spent working to raise money for organizations in need which included a Trivia Night Fundraiser for organizations in need which included a Trivia Night Fundraiser which allowed us to donate almost \$1000 to **Elijah Rising**.

LEADERSHIP

In a climate where many are growing to working in isolation, the Houston ASDA chapter made great strides to reinforce teamwork and leadership this year. During our **Annual Leadership Retreat** we had over 20 officers spend a full day workshopping with local dentists and leaders in organized dentistry to gain a deeper insight into the value of organized dentistry and how to promote that in our community. We also gained insight into effective methods of leadership in an entrepreneurial setting and how to manage a multidisciplinary team.

CHAPTER MEDIA




With a majority of classes held virtually, connection through social media remained vital. Our team engaged the Houston dental and predoctoral community through frequent trivia and fun social media posts. Our chapter also **highlighted members** and their fun facts to bridge together the community during times when getting to know each other might be difficult. We also **spread event fliers and information** on various social media channels to bring awareness to Houston ASDA events.

ADVOCACY

Houston ASDA began its advocacy initiative by helping students sign up for action alerts. We then encouraged students to participate in a **series for Women in Dentistry** and other topics such as Student Loan Debt, being an Active member, and Medicare Plan B. The speakers commonly headlining these events included **Duke Ho DDS, Tommy Harrison DDS, and Craig Armstrong DDS**. Students, faculty and practicing dentists in the Houston area tuned in learn more about the potential effects of Medicare Plan B which led to school and **city-wide efforts in sending out letters urging lawmakers to block Dental Plan B from being passed**. Our grassroots efforts helped educate dental professionals across the Houston area and aimed to maintain proper standards of care while protecting the dental profession.

WELLNESS

Health and wellness, especially mental health, remained a top priority this year. We hosted **virtual yoga sessions** to promote mindfulness and health. We also **promoted virtual wellness content**, including dance classes and meditations put on by local businesses to increase awareness of these businesses and their free wellness content.

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"This year, our officers surpassed the high standard set by our chapter year after year, and I'm so proud of our officers, committees, and members who made it happen."

- Clara Kohlmetz, President