

Member Engagement

With changing restrictions on campus due to COVID-19, RUASDA's Committee Board strived to bring up morale amongst our members and challenged themselves this year as student leaders by preparing for both in-person and virtual events. We hosted two vendor fairs this past year – our first virtual Vendor Fair with a total of 17 vendors in January of 2021 and our first in-person Vendor Week, which ended with an in-person Vendor Fair of 19 vendors when restrictions were lifted in September of 2021. At Roseman, we value the importance of not only engaging ASDA members but families of ASDA members as well, so we hosted family friendly events like our annual Cuspid Cup Back-to-School Barbeque (outdoor games between four dental classes) and Halloween Carnival. We also organized a Best Carved Pumpkin Photo Challenge, Christmas Decoration Photo Challenge, and virtual cooking classes on Zoom.

Health & Wellness

RUASDA was dedicated to organizing creative and active events that encompassed all five of ASDA's dimensions of health and wellness and promoted health and wellness among both students and faculty. To highlight *physical wellness*, we organized group hikes on trails around Salt Lake City, organized a golf tournament, and hosted virtual and in-person group HIIT and yoga fitness classes during ASDA's Wellness Month; to highlight *intellectual wellness*

#GlowUpChallenge on Instagram to shine a spotlight on fellow students and faculty who have shown growth in any aspect of their life, which featured 7 Roseman members; to highlight *occupational wellness*, we hosted a virtual Q&A panel of Roseman 4th year students who matched to residency programs and our first in-person Alumni Panel with past RUASDA leaders; to emphasize *emotional wellness*, we worked with another student organization, ADEA, to lead a time of guided meditation with a licensed meditation coach during lunch and placed a Friendship Tree in our student commons in February to allow students to write encouragement notes to each other; and to emphasize the importance of *environmental wellness*, we partnered with TreeUtah on a rainy Saturday morning to plant trees alongside the Jordan River Trail. Additionally, RUASDA was one of the winning chapters of the ASDA Mile-A-Day Challenge with 102 Roseman students logging 4,900 miles collectively making RUASDA the winning chapter for the highest total mile count out of all participating chapters.

Advocacy

In collaboration with the Utah Dental Association and the University of Utah ASDA Chapter, RUASDA led the Fifth Annual Utah Dental Student Lobby Day, where over 104 Roseman students attended the virtual event. During Advocacy Month, RUASDA held a webinar with Dr. Jane Grover, from the ADA, who discussed access to care, and a Snack and Learn event with Dr. Brett Kessler, ADA District 14 Trustee, discussing what the ADA is currently advocating for. RUASDA also hosted the Molar Bear.

Community Service

During Week of Service earlier this year, RUASDA collected 330 oral hygiene bags for 3 local refugee organizations (Bridges of America, Women of the World, and Utah Refugee Connection), shared 7 RUASDA member's international service trip testimonies on Instagram, shared 103 Tic-Tac boxes with tips from upperclassmen taped on them as an outreach project to the 1st year students, sent over 25 handwritten letters to the elderly through the organization, Love for our Elders, and donated well over 1,004 articles of clothing and 1,352 nonperishable food items to the Midvale Family Center and Geraldine E. King Women's Resource Center for ASDA's Coats and Cans Challenge, allowing us to be the winning chapter nationally. RUASDA has continued to organize sign ups for students to prepare and serve meals at Geraldine E. King Women's Resource Center and has established a new partnership with the Utah 4-H Youth Program, where many RUASDA members have volunteered interacting and mentoring youth at community events. In a pandemic where opportunities to serve the community in person are limited, RUASDA has also navigated ways to help the community through donating finances. We conducted a Holiday Candy Gram Drive and raised \$750 benefiting Patient Assistance Fund (PAF), an organization at Roseman that seeks to meet the dental needs of patients who are experiencing financial hardships within the Greater Salt Lake community and raised \$645 worth of holiday gifts benefiting the Children's Justice Center through the Giving Tree project.

Chapter Media

Over 10 new blog posts have been published on RUASDA's *Insider Impressions* blog and over 20 articles written by RUASDA members in 3 *Off the Cusp* newsletter publications. Our social media presence has increased on 3 ASDA Instagram accounts from 1,535 to 1,622 followers on our main account. RUASDA's Predental Instagram began a new series called *Student Spotlight* where first year students give valuable tips to predental students and continued the Instagram story series during Predental Month.

Leadership/Professional Development

Through the support of sponsors and fundraising, RUASDA was able to sponsor many students to national and district ASDA conferences. RUASDA sponsored 29 students to the District 10 Annual Conference, 5 RUASDA members attended the District 10 Leadership Retreat, and RUASDA sponsored 23 students to attend The Summit to grow as individuals and leaders in the field of dentistry. RUASDA hosted our annual Leadership Retreat in November where we introduced the organization of ASDA, how to get involved in RUASDA, and advocacy to over 30 Roseman students. At our 3rd Annual Pre-Dental Day, over 38 volunteer dental students mentored pre-dental students, which included a time for mock interview practice, presentation from Roseman's Dean of Admissions, campus tours, and a dental student panel with students from all 4 classes.