

The Tufts Times



TUFTS ASDA CHAPTER 2021-2022

1 KNEELAND ST, BOSTON, MA

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Health & Wellness:

The Wellness Committee welcomed the new school year with **ASDA Fever: Tie Dye** at Boston Common, where students could unwind and meet fellow classmates while making tie-dye shirts. For Wellness Month, the Wellness Committee hosted a stairs challenge, encouraging students to take the stairs instead of elevators for the entire month, and **Cooking with ASDA**, a virtual event that students attended from their own kitchens to cook pancakes together, with the most creative pancakes winning a prize. Wellness Month promoted exercise by hosting a **spin class** at B/SPOKE and a 5k **Run with ASDA** event. Before the holiday break, the Wellness Committee hosted a **DIY Ornament Social** to give students a chance to de-stress while studying for final exams.

Member Engagement:

To welcome the new school year and the incoming members of the Class of 2025, Tufts ASDA hosted both in-person and virtual events for **ASDA Fever Month**; the logistics and the mastermind behind this month-long event is featured in the **January 2022 issue of National ASDA's Magazine, Contour**.

Nearly 200 students attended the **Class of 2025 Welcome Night**, where first-year students mingled with Tufts ASDA cabinet leaders and upperclassmen, and the Tufts ASDA class representatives spoke to first-year students virtually at the **Truly, Meet the Reps** event, where the reps further discussed their roles and what ASDA can add to the dental school experience. ASDA Fever Month also included a **water balloon fight** at Boston Common and a **Dog-PAWTY**, which was a social event in which students de-stressed by socializing with classmates and their dogs before the first-year students took their first exam in dental school. The semester ended with a **Cabinet End of Year Party** at Kings Bowling Alley, where the Tufts ASDA Cabinet gathered before winter break to celebrate their hard work during Fall.



Advocacy:

Our chapter is a recipient of the **2021 National ASDA Legislative Grassroots Network Grant** and the first place winner in the **Molar Bear Video Challenge**, "Oh, the places the Molar Bear will go!" The Tufts ASDA Advocacy Committee kicked off the year by introducing new members to advocacy issues at the **ASDA Fever: That's Debatable** webinar, and with the goal of further expanding students' knowledge on relevant advocacy issues, the Advocacy Committee hosted **Dinner & Learn: Barriers to Care and Why You Should Care** and **Snacks & Learn: Vaccines + Vaping + Various Viewpoints**. For Advocacy Month, the Advocacy Committee hosted **Brunch & Learn: Licensure Reform, The Power of Advocacy in Action**, where attendees learned how advocacy helped change the way dental students take licensure exams. Another Advocacy Month event was the **Speaker Series featuring Dr. Lisa Simon, MD, DMD**, who has been involved in medical-dental integration projects in community health centers and dental clinics; she discussed breaking down the barrier between medicine and dentistry.



Community Service:



In-person volunteering had been restricted due to COVID-19, pausing Tufts ASDA's monthly visits to the **New England Center and Home for Veterans (NECHV)**. However, in December, five Tufts dental students and two faculty members were allowed to visit the NECHV to continue screenings with the goal of connecting veterans to student providers at Tufts. The Virtual Community Service Committee led a donation drive to collect toiletries for **Rosie's Place**, a shelter for women and children.

Leadership/Professional Development:



To prepare Tufts students for their careers, our chapter hosted a **Risk Management Dinner and Learn** event, an interactive lecture on the biggest drivers of malpractice lawsuits, and a **Life After School Lunch and Learn** event covering disability and malpractice insurances, student loan planning, first employment contracts, practice ownership, and building financial foundations. Our chapter also hosted the **Relaxium with Tufts ASDA** webinar to introduce students to Axiom, which is the program used in Tufts clinics for scheduling, charting, and treatment planning. Tufts ASDA hosted an **INBDE Webinar** to help Tufts

dental students prepare for board exams. The Tufts ASDA Cabinet went on a **fall leadership retreat** to Carlson Orchards in Harvard, MA for apple picking and team building; attendees learned the value of networking with future employers and left with greater insight into life after graduation.

Chapter Media:

During ASDA Fever month, our chapter held a three-day **social media challenge** that encouraged first-year students to interact with the Tufts ASDA Instagram page. The challenge included raffle prizes and gave Tufts ASDA's followers the opportunity to learn more about the people who make up the Class of 2025.

This past semester, Tufts ASDA reached an impressive milestone on Instagram, surpassing over **2,000 followers**.



Instagram: @tuftsasda