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COMPLETE

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Q1 **Maryland**

Select your chapter.

Q2 **District 3**

Select your district

Q3

Your Name

Lydia Park

Q4

Chapter Position

Maryland Gold Crown chair

Q5

Your Email

Lydiapark@umaryland.edu

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Q6

Describe one member engagement and value event or chapter member benefit program aimed at increasing member engagement and value. This excludes the submission of multiple events that are part of a single week-long or month-long challenge e.g., the discussion of various events during a chapter's Fever Week. (250 word limit. Responses longer than 250 words will be cut.)

One member engagement and value event the Maryland Chapter of ASDA had was our annual ASDA D1 Welcome Social, which was held at Locals Only, a lively local restaurant in Baltimore. The event was a success, with a high turnout of a total 117 attendees with about 70% of the attendees being new first year students and thus new ASDA members. Students were able to connect with upperclassmen and peers while enjoying complimentary food and drinks which were provided for members. Students were able to feel welcomed to the school, ASDA chapter, and the local Baltimore community. There was also a presentation given by the Maryland ASDA E-board with a Q & A session at the social for all attendees to be able to ask questions and learn about ASDA leadership opportunities and events. The goal of hosting an exciting yet informative social event to engage both new and current ASDA members into ASDA's mission and community was accomplished.

Q7

Describe one chapter community service event that creates connections with our communities. This excludes the submission of multiple events that are part of a single week-long or month-long challenge (250 word limit. Responses longer than 250 words will be cut.)

Located in West Baltimore, Maryland ASDA is in great proximity to serve those in need of dental care and oral health education in Baltimore City. One of our chapter's aims is to serve and connect with residents of West Baltimore community by hosting service events promoting oral health. One such event was our free Halloween Trick or Treat event aimed at serving young children of West Baltimore. Our volunteers in costume had games, activities, and passed out toy and candy prizes to the children in order to educate them about oral hygiene and preventative techniques in a fun and engaging way. The children learned about the parts of the mouth using a toy model and were taught how to brush. Kids were also encouraged to have good eating habits. There were also resources available to connect participants with dental homes if they didn't already have one. The event was timely, as it took place during Halloweekend and taught children how to take care of and manage oral health during a holiday when sugar consumption is popular and dental health could be neglected. It was a fun and festive way to not just educate on improving oral health, but to also connect and build rapport with some of our many underserved West Baltimore residents. This community experience allowed members to meaningfully engage with our local community and make a difference by promoting dental health.

Q8

Describe one chapter advocacy event that educates and involves members in ASDA's advocacy and legislative priorities. This excludes the submission of multiple events that are part of a single week-long or month-long challenge (250 word limit. Responses longer than 250 words will be cut.)

With Maryland Dental's physical close proximity to the legislative capital of the country, Maryland ASDA frequently holds various advocacy events and promotes ASDA's legislative priorities. One such event in which we were able to involve and educate our members was during our November Advocacy Month lunch and learn panel featuring members from the Maryland State Dental Association (MSDA). Panelists included prominent members in current organized dentistry such as Dr. Charles Doring, who is part of ADA House of Delegates, Dr. Thomas a'Becket, Chair of MSDA Legislative Affairs Committee, and Dr. Alexandra Fitzgerald, Chair of the New Dentist and Vice Chair of Legislative Affairs Committees. The panel taught students how ASDA partners with MSDA to meet with U.S Congress senators and representatives in order to advocate for federal policies ranging from barriers to care to dental student loan debt. The panel also taught about the major groups and associations of organized dentistry that represent the profession legally and professionally. Lunch was served, and students were able to engage in a Q & A with panelists and learn about various topics including previous effective policy changes, current bills, how they could get involved in advocacy, how practicing dentists could advocate for grants for their patients, and more. Overall, the panel raised awareness on the importance of advocacy in order to best represent the interests of dentists and patients.

Q9

Describe one chapter wellness event that educates members and involves members in ASDA's Five Dimensions of Wellness. This excludes the submission of multiple events that are part of a single week-long or month-long challenge (250 word limit. Responses longer than 250 words will be cut.)

One very successful wellness event that was able to involve members in ASDA's dimensions of wellness was our Spring Craft Fair. The goal of the event was to encourage students to de-stress for an afternoon away from exam or clinic stresses by engaging in a fun crafts or wellness time at the fair, engaging in emotional, physical, intellectual dimensions of wellness. The event took place just outside the school for students to easily attend, during great warm spring weather and a time of reduced exam load for students. There were 10 different craft and wellness stations where students could do plant/succulent potting, make DIY care packages, paint mini canvases or tote bags, sculpt soap, decorate cupcakes, create custom keychains, fold origami, make mixed media art, and more. There was a yoga station with an instructor to guide students to taking care of their physical as well as mental health. There was also a lemonade stand, and stations with fun giveaway prizes and polaroid pictures. There was also a counseling table with resources on wellness, such as tips for students on having good work-life balance, how to manage stress, anxiety, and preventing burnout to promote occupational wellness. Cheerful music was playing throughout the event to foster a fun yet relaxing atmosphere for students. Ultimately, the event was successful in educating members on the importance of taking care of their mental health and reducing stress to maintain wellness as students and as people to take care of their health.

Q10

Describe one chapter event that develops professional and leadership skills of chapter members. (250 word limit. Responses longer than 250 words will be cut.)

One of the many challenges of dental school for students is improving professional and clinical skills while also managing academic obligations. Therefore, one event that we held to help students develop their professional and leadership skills as students training to be clinicians was our "Surviving Clinic" Panel featuring current fourth year dental students, alumni, and MSDA members. The event was held at a local brewery Wico Street Beer Co near the school. Approximately 50 third and fourth year dental students were able to receive tips on improving in clinic while enjoying complimentary food and drinks. The event not only promoted connections between newer student providers with alumni and upperclassmen, but also allowed students to develop their professional skills as new clinicians. Speakers discussed hypothetical clinical scenarios to coach students through them or let them ask questions about them. Students were able to receive advice on how to best balance school and obligations to patients and their care. One panelist was an alumni from a different dental school and so was able to provide insight on managing a different patient population and working in a different clinical setting. The alumni panelists also educated further on similarities and differences from working in a school clinic vs in private practice post-grad, as well as newfound challenges or advantages in being an educator to patients, especially as leaders of their appointments or respective practices. The event provided much helpful insight in helping students develop their dental professional, clinical, and future leadership skills.

Q11

Describe one chapter communication (such as an enewsletter, the chapter website, or chapter social media campaign) that keeps members informed about ASDA. (250 word limit. Responses longer than 250 words will be cut.)

Maryland ASDA is highly dedicated to communicating with not just our current student members, but prospective pre-dental members and anyone interested in dentistry and in joining ASDA. This year, we developed a newly revamped chapter website page that prioritizes educating new, current, and potential pre-dental members about our chapter, events, and other resources. It has helped especially new students about what ASDA is and communicate with them about our mission, events, and resources more effectively. The page opens with an updated photo of current members and explains what ASDA is concisely. It links to our chapter's Instagram, which is our main mode of communication and promoting events. There is a separate page for specifically pre-dental students that introduces the school and includes contact info for the pre-dental committee; there is another page for photos of the E-board and committees to showcase members and show the representatives of ASDA. The webpage also clearly discusses some prominent perks of membership such as \$50,000 life insurance, \$2,000 disability insurance, which are benefits that otherwise students could easily miss out on. It also explains how Maryland is one of few chapters with auto-enrolled membership. There is also a link to a calendar for events, and another one linking to what ASDA is working on at a government level. The webpage has made learning about ASDA more accessible and provided additional modes of communication for both new and current members

Q12

Respondent skipped this question

Upload the communication piece your chapter described in the communications category as a PDF or link below.

Q13

Add your communication piece link below.

<https://umbasda.org/>

Q14

Submit your chapter's YouTube video link.

<https://youtu.be/LSCkYDpAxpE>

Q15

Submit your chapter's Google Drive or DropBox video link.

<https://drive.google.com/file/d/1y2HMCizvehNsjwZJYgsliCkuQGLe0pk5/view?usp=sharing>
