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COMPLETE

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Q1

Touro

Select your chapter.

Q2

District 2

Select your district

Q3

Your Name

Daniel Abrkhaimov

Q4

Chapter Position

Director of Gold Crown Award

Q5

Your Email

dabrkhai@student.touro.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.)

Touro College of Dental Medicine ASDA's member engagement is all about creating genuine connections and giving students an opportunity to step away from the stress of school. This year, Fall Fest stood out as an event that brought our ASDA community closer together. Organized by the students, for the students, the event was designed to provide a space where everyone could relax, laugh, and simply enjoy being part of a community. Fall Fest featured everything from volleyball games, photo ops, and even a delicious BBQ, all while giving students from every class the chance to meet new faces and reconnect with friends. It wasn't just about the fun, it was about creating a sense of belonging. For first-years, it was their first taste of the supportive ASDA culture; for upperclassmen, it was a much-needed reminder that dental school is about more than lectures and clinics. What made Fall Fest truly special was how it brought together students from different years in one space, creating an environment where everyone felt welcome. Students shared stories over a fire with s'mores and bonded over games like charades and codenames. The event proved how much ASDA prioritizes building a supportive and inclusive environment, helping students take a break and enjoy the moments that make dental school memorable. Fall Fest wasn't just an event—it was a reminder of what makes ASDA so valuable: the chance to be part of something bigger, surrounded by people who truly understand and support you through this journey. It's what being part of ASDA is all about.

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.)

Touro College of Dental Medicine ASDA's participation in the Heartland Walk for Health embodies what community service is all about: stepping outside our daily routines to support causes that truly matter. This annual event, dedicated to raising awareness and funds for the American Heart Association, allowed us to connect with our local community in a meaningful way. It wasn't just about the steps—it was about the stories. As we walked alongside survivors, their families, and other supporters, we heard firsthand how heart health impacts every aspect of life. Those moments reminded us that as future healthcare providers, our responsibility extends beyond the clinic. It's about advocating for wellness in all its forms. Our members didn't just show up—we actively fundraised, cheered others on, and offered resources about oral health's connection to systemic health. It was a powerful reminder that small actions, like walking together or having a heartfelt conversation, can leave a lasting impact. For us, the Heartland Walk wasn't just an event—it was a reflection of the values we strive to uphold in ASDA. It brought our chapter closer to each other and to our community, reinforcing why we chose this profession in the first place. This day was about more than heart health—it was about humanity, compassion, and building connections that inspire change, one step at a time.

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.)

Touro College of Dental Medicine ASDA's participation in Lobby Day was a standout advocacy event, it was the first time where Touro students had the opportunity to visit Capitol Hill in Washington, D.C., and meet with legislators. This experience brought ASDA's legislative priorities to life, as members advocated for issues like student debt reform and expanding access to dental care. For many students, it was their first time directly engaging with policymakers, making the event both empowering and eye-opening. In preparation, members attended workshops where they learned how to effectively communicate their positions, tailoring their messages to create meaningful impact. Armed with knowledge, personal stories, and a shared passion for advocacy, students were able to sit confidently with legislators and their staff. One memorable moment came when a student shared their struggles with student loan debt, putting a face to an issue that resonates across the dental community. Beyond the meetings, Lobby Day provided an opportunity to bond as a chapter and connect with ASDA members from across the country. Walking the halls of Congress reminded students that their voices matter, and that collective action can drive real change. This year, Touro ASDA had one of its strongest showings at Lobby Day, with students from different years joining the effort. The event left participants inspired, more informed, and eager to continue advocating for the future of dentistry.

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 of the most impactful wellness events hosted by Touro ASDA this year was Yoga & Art Therapy Day. This event provided students with a much-needed break from the demands of school, offering a space to relax, recharge, and connect with their peers. It began with a yoga session led by a professional instructor, allowing students to unwind both mentally and physically. The session focused on mindfulness and stretching, helping participants release tension and find a sense of balance amidst their busy schedules. Following yoga, students participated in an art therapy workshop, where they explored their creativity through painting and drawing. The activity encouraged self-expression and gave attendees a chance to embrace imperfection while enjoying a therapeutic, judgment-free environment. What set this event apart was the sense of community it fostered. Between sessions, students gathered to share stories, laugh, and connect over snacks, strengthening the bonds within the ASDA chapter. The combination of physical activity, creative exploration, and social connection addressed multiple dimensions of wellness, including emotional, physical, and intellectual health. Yoga & Art Therapy Day left a huge impression on the students, many expressed feeling recharged and more connected to their peers. The event was a powerful reminder that prioritizing self-care is not just beneficial but essential to thriving in dental school and beyond.

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 most impactful events hosted by Touro College of Dental Medicine ASDA this year was Research Day, an event designed to develop both professional and leadership skills among members. This event provided students with a platform to present their research, collaborate with peers, and engage with faculty in meaningful academic discussions. During Research Day, students showcased their projects across a variety of disciplines, including clinical studies, public health, and basic sciences. Presenting their findings gave participants the opportunity to refine their public speaking and communication skills while receiving valuable feedback from faculty and peers. The event not only highlighted the importance of research in advancing dental medicine but also emphasized the critical thinking and problem-solving skills essential to leadership in the field. What made Research Day especially impactful was the mentorship and collaboration it fostered. Students worked closely with faculty advisors to prepare their presentations, creating a sense of camaraderie and teamwork. For many, this experience served as a stepping stone to pursue further research opportunities and develop confidence in their ability to contribute to the profession. Research Day exemplified Touro ASDA's dedication to professional development by encouraging students to engage in scholarly activities and take initiative in their academic growth. It served as a reminder that leadership in dentistry goes beyond clinical skills—it's about contributing to the advancement of the field through innovation and collaboration.

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.)

This year, Touro College of Dental Medicine ASDA's chapter newspaper stood out as a powerful tool for keeping members informed and engaged. This student-driven initiative provided updates, highlights, and resources tailored specifically to our members. The newspaper featured a mix of content that appealed to all students—whether it was recaps of chapter events, professional development opportunities, or wellness initiatives. One of the standout features was the “Words of Wisdom” section, where faculty shared advice on navigating dental school and professional life. These insights added value for students looking for mentorship and guidance. The newspaper also spotlighted upcoming events, such as wellness days, advocacy efforts, and networking opportunities, ensuring students never missed a chance to get involved. Photo spreads and event highlights brought the vibrancy of our ASDA chapter to life, capturing everything from Heart Walk fundraisers to summer socials. It wasn't just informational—it fostered a sense of community and pride, celebrating the efforts of our members. What made this newspaper so impactful was its authenticity. It was written by students, for students, the goal was to be relatable. Showcasing the voices, achievements, and experiences of our peers really allowed students to gain a deeper understanding of one another. Whether it was tips for balancing clinic and life, ASDA updates, or highlights of student successes, it kept our chapter connected and informed in a relatable way. The Touro ASDA newspaper has become more than just a communication tool—it's a platform for celebrating our community and reinforcing what makes being part of ASDA so valuable.

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://www.canva.com/design/DAGSQwQ1fm4/7NcvhNmb3vwu54qlyNnQ/view?utm_content=DAGSQwQ1fm4&utm_campaign=designshare&utm_medium=link&utm_source=viewer

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Q14

Submit your chapter's YouTube video link.

<https://youtu.be/TwKUybZzlu0>

Q15

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

https://drive.google.com/file/d/10CT6QLUJw_LzPYg65aQ85W70Egs_gTbM/view
