



GOLD CROWN

APPLICATION 2020

President's Address

Hindsight is 2020.

As I look back at what our Houston ASDA Chapter has managed to accomplish, not just in 2019, but over the course of the last 5 years it is truly remarkable. We have been not only consistent, but progressive. When I first became involved with ASDA in 2017 as a first-year delegate, we had just been crowned Ideal ASDA Chapter, an accomplishment I didn't fully appreciate until I transitioned into the role of President. I now realize that being the Ideal ASDA Chapter isn't just about who can host the most events or raise the most money, it is defined by a chapter who continually engages its members and strives to improve upon their successes in years past. I believe Houston ASDA embodied this definition in 2019 and I hope our application this year will tell that story.

- **Membership Engagement:** 2019 saw a record 100 students hold some position in our Houston ASDA Chapter, both at the leadership and committee levels. That is the most we've ever had (25% of our student body!)
- **Activities:** Annual Golf Tournament that grossed over \$16,000, Pedal Party, Casino Night, Friends and Family Picnic, Movember, Shave the Date, Cinderfella, and 3 unique socials
- **Community Outreach:** Partnered with home for displaced women "Elijah Rising" and provided them with 200 care packages, Food Drive after the Houston Foodbank was struck with disaster
- **Leadership Development:** New leadership retreat in Austin, Texas to help with team bonding and leadership transition, A leadership dinner series with Dentists from the Community, more regularly scheduled meetings with committee chairs
- **Wellness:** 6 New Wellness events including the first ever Wellness Fair, a night at the museum, yogalates classes, farmers market food recovery, and a video series with over 1,000 views called "After Hours" which follows students' at home lives and details how they cope with the stresses of dental school

2019 was a year of new heights for Houston ASDA. I am most proud of the new Leadership Development training we were able to implement. We now have a committee dedicated to insuring smooth transitions within our chapter leadership. I believe this is the key to consistency and making strides every year to improve.

This past year also saw a massive increase in our Wellness Initiatives. New committee chair Nathalie Abou Khalil put on weekly events for 6 straight weeks which culminated in our first ever Wellness Fair which featured 10 different companies and highlighted the importance of maintaining good physical and mental health. We also engaged our members directly and gave them a glimpse into the lives of their classmates outside of school through our video series "After Hours".

Overall, I'm proud of what Houston ASDA was able to achieve throughout the past year and I am confident this chapter will continue to reach new heights with the culture we have built. Thank you for your time and consideration of this application.



Robert Anton,
UTSD Houston ASDA Chapter President



MEMBERSHIP ENGAGEMENT

Encourages member involvement and has significant participation from members

- Auto-enrollment and a chapter membership of 100% since 2003.
- ASDA Point System: 100% membership involvement. Encouraged active involvement in Houston ASDA with sponsorship to ASDA Annual Session and National Leadership Conference for the member(s) with the most collective points.
- ASDA Week Snapchat Photo Challenge: Each day during September ASDA week students were challenged to post a photo using a specific hashtag, as well as #HoustonASDA. Raffle held for submission with gift card prize.
- **[IMPROVED!]** ASDA Week Day 1: General Meeting: First day of ASDA Week where all ASDA members are welcome to learn about ASDA and events we have planned for the upcoming year. This event was improved due to attendance increasing by 43 members compared to the previous year. This event was sponsored by our Student & Academic Affairs Office.

Organizes a successful membership drive to introduce new students to ASDA

- Orientation ASDA Informational: Every year ASDA sponsors an orientation breakfast for the incoming first years, and prepared a presentation of what ASDA is and how they can get involved in the upcoming year. We sponsored breakfast tacos, water bottles, and coffee for the first year class. 104 of first year students were in attendance.
- ASDA Fever Week - Officer Informational L&L: This is an exclusive event for 1st year dental students in which Houston ASDA leaders explain their positions and responsibilities. This informational serves as a way to encourage DS1s to run for different leadership positions in the chapter. 80 students attended.

Recruits and engages advanced standing/IDP students at your school

- **[NEW!]** "After Hours" Video Series: This video series illustrated the diversity of our student population by recording members afterschool lives. It follows a musician, a baker, and a father with 2 children to show how unique everyone of us are. The stories revolve around how each student manages their stress in individualistic ways.

Organizes events with the local and/or state dentals society such as Signing Day to help 4th year students transition to the ADA

- 100% of 4th years participated in ADA Signing Day with 92 students becoming ADA members

Uses the following communication vehicles: class announcements, bulletin boards, e-mail, website, Facebook, etc.

- The Provisional: Our triannual newsletter includes content recapping events and features on Wellness, Pre-Dental, Advocacy, and Membership Engagement.
- Facebook page: Provides updates, events, reminders, and photos. 1,293 likes, 1,314 followers.
- Instagram @UTSDHoustonASDA: 1,227 followers, 50 new posts in 2019.
- For every event or initiative, school-wide emails and reminders are sent using digital fliers, which are also displayed on TVs placed throughout the campus. Bulletin boards in student lounges and lunch rooms are also used to advertise events.
- Website: Calendar of events available and updated consistently with new events. Website

features many pages with events and content related to advocacy, pre-dental, membership, social activities. The website continues to be used to register students, pre-dental students, and vendors for events. The website was awarded "Best Website" at 2018 ASDA Gold Crown Awards.

Successfully implements chapter leadership transitions through use of how-to guides, reports, and retreats

- Committee Member Elections: Every year, ASDA elects members into each of our committees. We allow every dental student at UTSD to apply and accept up to 20 students per committee.
- Leadership Development Workshop: 50 students, including recently elected officers and new committee met to develop and utilize leadership skills. New officers were briefed on roles and responsibilities by previous officers.
- How-To-Guides: During officer transitions, this is given to new officers detailing the role of each position.
- **[NEW!]** Houston ASDA Leadership Retreat - This retreat was held in Lake Travis in Austin, Texas with 18 of our officers. This was a 3-day, 2-night retreat with all executive Houston ASDA Chapter members in Lake Travis. Our days consisted of various fun activities to not only promote leadership development, but also personal and team growth.

Creatively distributes content from district and national meetings to local membership

- ASDA Class Presentations: Through lunch and learns, attendees of district and national meetings present information learned from meetings back to members. Non-conference attendees are able to learn about ASDA initiatives/legislation and leadership development.
- Articles in The Provisional: Following national meetings, two to three students are recruited to write about their experiences on the trips. We also pass along information on legislative progress gained from Annual Session as well as local Dental Society Meetings through our publications.

Uses ASDA branding (including ASDA signage, banner, and ASDA fliers, and communicates national ASDA initiatives and events to its members)

- Houston ASDA Logo: Continued usage of Houston ASDA's logo, which includes the ASDA "S".
- ASDA Banner: Displayed at all events and included in photos.
- Annual Vendor Fair: Photobooth backdrop was composed of Houston ASDA logo.
- Website: Our logo is consistently displayed throughout the website. National ASDA news such as Contour issues and ASDA blog entries.
- Centralized ASDA Flier Process: All ASDA publicity and fliers incorporate our logo.

ADVOCACY INITIATIVES

Holds legislative lunch and learns and other legislative events to inform members of ASDA's policies on issues such as licensure reform, student debt, barriers to care and mid-level providers

- **[IMPROVED!]** ASDA Week Day 5: Advocacy Lunch & Learn: This event was hosted in a school classroom by our advocacy committee to talk about what advocacy is and what they do as a committee on a local, state and national level to encourage involvement. This event improved by an increase in membership attendance by 30 members compared to the previous year. Potbelly sandwiches were provided
- ADPAC/DENPAC Drive Meeting: Occurred at UTSD with 50 people in attendance. Students were incentivized to purchase \$5 memberships to both ADPAC and DENPAC (\$10 for both) in order to be entered to win a meal/social for their color practice. There are 5 colored practices at UTSD in which students are divided into. Each practice worked together to win the social by encouraging students to donate to ADPAC/DENPAC. \$500 was raised.
- **[IMPROVED!]** ASDA Week Day 2: GHDS Lunch & Learn: This event was hosted at the school with 120 members in attendance. GHDS and Dr. Katie Stuchlick came to speak about organized dentistry, and the importance of ASDA and its role in dentistry to influence involvement in advocacy. This event improved by an increase in 40 members in attendance. This L&L was also sponsored by the Greater Houston Dental Society (GHDS).
- **[NEW!]** "Think Big": This was an after-school event that we hosted where 53 students who attended had the opportunity to break into three different groups, with one general dentist in each (Dr. Duc Ho, Dr. Craig Armstrong, and Dr. Tommy Harrison), with a specific issue that we are currently facing in dentistry. Each group came up with a SWOT analysis (strengths, weaknesses, opportunities, and threats) for the three following issues in dentistry: 1) mid-level providers, 2) tele-dentistry, and 3) live-patient licensure exams. After each group had about 30 minutes to discuss their topics, they each presented what they came up with.
- **[NEW!]** Fall Debate: We teamed up with the ADEA chapter at our school to have a lunch debate over the hot topic: "Should the US educational system implement mandatory residency for student dentists after graduation?"
- **[NEW!]** AdvoCAKE: AdvoCAKE: kickoff event for the beginning of Advocacy month where cake and milk were served, and a former TDA President, Dr. Jerry Long, spoke about the importance of ADPAC and DENPAC. The fundraising competition was also explained and kicked off with each class competing to get the most dental students to donate to ADPAC/DENPAC to win a Chipotle Social.
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Attends state or national lobby days or organizes state lobby day

- **[IMPROVED!]** ADA Dentist and Student Lobby Day: Washington, DC with 20 representatives in attendance. The UTSD Advocacy Team took a trip to Washington, D.C. to lobby side-by-side with dentists from our home districts over issues that include: the McCarran-Ferguson Act, Student Loan Programs and Higher Education Act, and the Ensuring Lasting Smiles Act. The first night included a social to network with dentists and dental students from all over the nation, the second day was to learn about the issues and plan strategies within our districts, and the third day was to actually lobby with dentists throughout the Capitol in Washington, D.C. This event is recurring and was a success!
- TDA Lobby Day: Austin, Texas with 20 people in attendance. The UTSD Advocacy Team

spent the morning with dentists from all over Texas, learning about the issues that we are currently lobbying for, which include: Ensuring Lasting Smiles Act (ELSA) and the Student Loan Refinancing Act. For the rest of the day, dental students teamed up with the dentists who came along on the trip from either the Greater Houston Dental Society (GHDS) or from UTSD to lobby for some of these issues at the Capitol. This event occurs every 2 years and was a success.

Involved with state and/or local dental society

- **[IMPROVED!]** GHDS October General Meeting: 25 Students had the opportunity to attend the GHDS October General Meeting and net work with over 100 dentists from the community. All of the students were sponsored by GHDS members and were able to sit in on conversations that revolved around the GHDS and TDA's current legislative agendas.
- GHDS Legislative Action Committee: The GHDS invited 10 students from the Houston ASDA Advocacy Committee to sit in on a meeting that took place at the GHDS Headquarters in Downtown Houston. The meeting featured a dozen dentists from the community who serve on the Legislative Action Committee as well as National Leaders Craig Armstrong and Tommy Harrison.

Voting representation in the state dental society House of Delegates and representation on councils

- TDA Student Representatives: Two of our members, Amy La ('20) and Nicholas Rodriguez ('19) had the privilege to attend the TDA legislative session and actively vote as student members. They were recognized at the meeting by the current president for their involvement in advocacy at the student level.
- GHDS Legislative Action Committee: Advocacy Chair Belen Diaz played an active role in the GHDS LAC where she was able to give input from a student perspective on current legislative issues.

Contributes legislative articles to local or national ASDA publications or other state society publications

- "Recap: Legislative Business at Annual 2019" by Joy Nisnisan ('22), 2019 Houston ASDA President Elect, The Provisional, March 2019
- "Advocacy Briefing: State Lobby Date 2019" by Christine Pham ('21), 2019 Houston ASDA Advocacy Chair, The Provisional, March 2019

Conducts successful ADPAC drives

- ADPAC/DENPAC Drive: Occurred at UTSD with 50 people in attendance. Students were incentivized to purchase \$5 memberships to both ADPAC and DENPAC (\$10 for both) in order to be entered to win a meal/social for their color practice. There are 5 colored practices at UTSD in which students are divided into. Each practice worked together to win the social by encouraging students to donate to ADPAC/DENPAC. \$500 was raised.

ACTIVITIES

Offers professional or educational programs that encourage interaction between students and faculty, staff and state/local dental societies

- **[IMPROVED!]** [GHDS October General Meeting](#): 25 Students had the opportunity to attend the GHDS October General Meeting and net work with over 100 dentists from the community. All of the students were sponsored by GHDS members and were able to sit in on conversations that revolved around the GHDS and TDA's current legislative agendas.
- [UTSD Alumni Teeth Collection Program](#): Houston ASDA collaborated with our alumni association to distribute jars for teeth collection to dentists in the local community

Develops mentorship programs for members

- [Vertical Leadership Structure](#): Our officers are elected for 3 year terms, which means they are automatically paired with upperclassmen from day. With fosters a mentor-mentee relationship within our chapter.

Organizes vendor fairs and lunch and learns frequently

- [Annual Vendor Fair](#): This event brings together students, residents, and faculty for a chance to interact with over 40 unique dental vendors. It is a night of food, drinks, and networking held at the University Cooley Center. This past year over 300 people attended.
- **[IMPROVED!]** [Loupes N Learn Series](#): A series of loupes lunches with various loupe companies showcasing their different loupes and lights ahead of the loupes fair for first year dental students. A new company was added this year.
- **[IMPROVED!]** [Loupes Fair](#): A fair of loupes and dental light vendors for dental students to try different brands and make purchases all in one location. Discounts were provided to all students by the 10 different companies in attendance.
- **[IMPROVED!]** [General Lunch and Learn Series](#): 16 unique additional lunch and learns were held throughout the course of 2019 with at least one L&L every month. These lunch and learns help us maintain good relationships with our vendors while offering our students a chance to learn about their products and receive that all important free lunch!

Provides social activities

- **[IMPROVED!]** [ASDA Family & Friends Picnic](#) - This event was held at the UTHealth Cooley Center attached to our school. 100 members and 20 faculty attended with their families. This picnic is open to students (members), faculty, and their families. We improved this event increasing attendance from members and faculty, and raffle prizes were added for attendees.
- **[IMPROVED!]** [9 Happy Hours with ASDA partners](#): Pacific Dental Services, DDS Dentures and Implants Solutions, KOS Services, DECA Dental, Brident/Western Dental, Dental Dreams, MB2 Dental, Henry Schein, and Heartland
- [ASDA Week Day 5: ASDA Week Social](#) - This was a social event hosted in the UTHealth Cooley center attached to our school. It was a social for first years and upper classmen members to socialize and mingle.

Organizes events/programs that promote leadership development and professional training

- [Headshot Lounge](#): Houston ASDA set up a headshot lounge at the dental school which offered students an opportunity to have professional photographs taken for job and residency applications.

- **[NEW!]** [Houston ASDA Leadership Dinner](#): This event took place at Fadi's Mediterranean Grill. This dinner promoted the leadership development of Houston ASDA members through conversations with local dental leaders, past TDA President, Dr. Jeffrey Geno, and his partner Dr. Eric Hurst
- **[NEW!]** [Houston ASDA Leadership Retreat](#) - This retreat was held in Lake Travis in Austin, Texas with 18 of our officers. This was a 3-day, 2-night retreat with all executive Houston ASDA Chapter members in Lake Travis. Our days consisted of various fun activities to not only promote leadership development, but also personal and team growth.
- **[IMPROVED!]** [ASDA Week Day 4: Officer Lunch & Learn](#): This L&L was restricted to first year members who were encouraged to attend to learn about leadership positions in ASDA: track positions and committee elections. All chairs and track officers were present to share their job descriptions and to answer any questions for first years.
- ["Leadership developmental workshop" Officer Hand-Off Meeting](#): Each year, our current officers and committee chairs are recognized for all of their work in the past year. We recap on our chapter's accomplishments, and then greet the new incoming officers and committee members over lunch and explain our transitioning goals for the new year.

Holds events with other ASDA chapters in district, if possible

- [2019 District 9 Meeting in Breckenridge, CO](#): 20 students attended from Houston.
- [District 9 Leadership Retreat](#): Executive council officers and members serving on the D9 cabinet attended a retreat in Austin, Texas. Leaders from different chapters collaborated to solve common problems at their respective schools and within their own chapters.

Offers events targeted at different groups, including advanced standing/IDP students, non-traditional students, etc.

- [ASDA Family & Friends Picnic](#): Students and residents relaxed with their families over drinks, music, games, and fajitas. This event is held every year to be inclusive of everyone at our school and is not limited to ASDA members

Organizes activities that are unique and original

- **[IMPROVED!]** [Cinderfella](#): 5th Annual Event included a silent auction & male pageant. \$11,500 raised with proceeds benefitting the Mina Rosenthal-Eames patient care fund.
- **[IMPROVED!]** [Figs x Houston ASDA](#): Offered 30% discount to our members on Figs scrubs. Also served as an opportunity for graduating seniors to get new scrubs as they began their new careers and incoming first years to get their scrubs at a discounted rate. Raised \$100 more than previous year.

Conducts 1 or more organized efforts to earn money for chapter events/initiatives

- Annual Vendor Fair: **+\$24,000**
- Lunch and Learns: **+\$6,341**
- Loupes Fair: **+\$4,750**
- Figs X UTSD Sale: **+\$740**
- Annual Golf Tournament: **+\$5,500 (all proceeds donated)**
- Class I Preparation: Interview Prep Day: **+\$650**
- Casino Night: **+\$1,125**
- Explore UTSD: **+\$4,500**

WELLNESS

Organizes wellness events for members that focus on more than one of the five dimensions of wellness: emotional, physical, intellectual, occupational, and environmental

- **[NEW!] Wellness Fair:** This event took place at UTSD with 10 local wellness vendors and 200 members in attendance. The event incorporated awareness of all five dimensions of Wellness (Physical, emotional, intellectual, occupational, and environmental) by including vendors that represent each area.
- **[IMPROVED!] Behind the Smile:** Behind the Smile was an event that gave students and faculty an opportunity to tell personal stories about the humanism in dentistry. It is a celebration of the human spirit and remembering we treat people, not just teeth. 150 ASDA members, faculty, and alumni attended.
- **[IMPROVED!] 2019 Houston ASDA Open:** Over 75 students, alumni, faculty, sponsors, friends and family participated in our 7th annual Houston ASDA Open Golf Tournament. After golf concluded, awards were given to the top placing teams other prizes were raffled off. All proceeds from the tournament benefitted the San Jose Clinic, a non-profit clinic that provides healthcare to underserved populations in the Greater Houston Area. We raised \$5,500 for San Jose Clinic which is the most ever.
- **Pedal Party:** Promoting physical and emotional wellness, this event was to promote fun and relationships within the dental classes, while being outside and active. 32 attendees. Group bikes that we rode around the city
- **[NEW!] Yoga Challenge** - Combining emotional and physical wellness through challenging poses, this event gave students the opportunity to test their flexibility and have a chance at great prizes

Promotes wellness content and opportunities throughout the year, including during ASDA Wellness Month in September

- **[NEW!] Night at the Museum** - This event was held at the Museum in Houston. 25 members took a break from studying to explore the Museum of Fine Arts creative and inspiring exhibitions. With museum entrance being free on Thursdays, we seized the opportunity to embrace the intellectual pillar of Wellness and to discover the museum together after school.
- **[NEW!] Farmer's Market** - This event took place at the Urban Harvest Farmers Market. 10 members got together to explore the Farmer's market on a Saturday morning. Houston ASDA partnered up with Food Recovery Network in order to recover left-over produce from multiple vendors and donate them to Second Servings, a non profit organization in Houston. The students' efforts to reduce food waste and to feed the underserved populations gave them the opportunity to partake in Environmental Wellness.
- **[NEW!] Yogalates Class:** This event took place at UTSD where 11 students met on a Friday afternoon at the school courtyard to enjoy a fusion work-out of yoga and pilates led by a fellow student and instructor. Following the class, students enjoyed a healthy snack with a "make your own parfait bar".
- **[NEW!] Free Group Zumba Class:** This event took place at the UTHealth Recreation Center. 20 members got together after school during the summer to practice Zumba at a free fitness class at the School Rec Center. This event incorporated physical wellness
- **[NEW!] "After Hours" Video Series:** This video series illustrated the diversity of our student population by recording members afterschool lives. It follows a musician, a baker, and a

father with 2 children to show how unique everyone of us are. The stories revolve around how each student manages their stress in individualistic ways.

Informs members on the importance of wellness through educational programs, content in chapter newsletters and websites, on social media and through ASDA's monthly wellness challenges

- **[NEW!] Wellness Fair:** This event took place at UTSD with 10 local wellness vendors and 200 members in attendance. We set up booths and games where students stopped by to learn about various services and how they can better incorporate wellness into their lifestyle. This event raised awareness of the importance of wellness and included healthy food vendors, yoga and work-out studios, and activity shops. The School's Student Health and Counseling attended to provide mental health information and resources, and healthy dinner and beverages were provided for attendees. Each vendor donated raffle prizes for our drawing and the Wellness Committee provided additional prizes. The event incorporated awareness of all five dimensions of Wellness (Physical, emotional, intellectual, occupational, and environmental). Prizes for this event were sponsored by Black Swan Yoga, Barry's Bootcamp, Soul Cycle, Houston Axe Throwing, Hello Fresh, Painting with a twist, Snap Kitchen, Method Pilates, Momentum Climbing, and UTH Student Health and Counseling.
- **[NEW!] Motivational Post-It Notes:** The wellness committee came together and designed over 100 "motivational post-it notes" which were posted on lockers across the school to encourage their classmates to stay positive.
- **[NEW!] "Motivational Mondays":** The Wellness Committee posted motivational phrases on the ASDA instagram story every Monday to remind students to take care of themselves and be mindful of the 5 pillars of wellness
- **[NEW!] "Wellness Wednesday Fruits":** Provided fresh fruits for a healthy snack to students during Wellness Month

Shares wellness content from district and national meetings with local members

- Miriam Ohakam (UTSD '21) currently serves as the Wellness Liaison for District 9. She works closely with our Wellness Chair and Committee to help with event ideas, potential vendor partnerships and materials to supply our members with that talk about the pillars of wellness.
- "Healthy Habits, Healthy Mind" by Nathalie Abou Khalil ('21), 2019 Houston ASDA Wellness Chair, The Provisional, March 2019
 - Nathalie shared lessons about wellness she learned form Annual Session 2020. She also provided a quick and easy healthy recipe.

Establishes a wellness chair and/or wellness committee within the leadership structure

- **Wellness Chair:** A former member of the committee, the Chair organized all Wellness Events including the 9 new events that were hosted in the fall of 2019.
- **Wellness Committee** - 8 students joined the committee to assist the Chair in chapter engagement and event organization

COMMUNITY OUTREACH

Promotes unity, awareness, and lifelong involvement in community service

- **[NEW]** [Care Packages for the Homeless](#) - This event was held in our Student Lounge/Lunch Room with 15 people in attendance and cost \$80 for supplies. Dental students prepared care packages which included oral hygiene supplies as well as snacks and other health essentials. The care packages were then distributed to students and faculty to take with them and hand out to individuals they encounter in the city who are in need.
- **[IMPROVED]** [Trunk or Treat](#) - This event was held at the YMCA where 20 members passed out candy and oral hygiene care packages to kids at the YMCA trunk or treat. Students also played games with the kids to teach them about brushing and flossing. This was improved since games and prizes were improved.
- **[NEW]** [Writing Letters to Veterans](#) - This event was held in our Student Lounge/Lunch Room with 22 people in attendance and cost \$15 for supplies. Dental students were invited to write letters of thanks and positive messages to veterans

Organizes events to build the value of community in our profession

- **[IMPROVED]** [Houston Food Bank Night](#) - This event was held at the Houston Food Bank with 12 members in attendance. Members volunteered for 2 hours at the food bank sorting food in their storage area.
- **[NEW]** [Cookies and Conversation](#) - This event was held at UTSD in our student lounge/lunch room with about 12 members running the bake sale booth. Baked goods were donated by members, and about 50 students and faculty made donations for baked goods. Along with sales, there was information given out about the organization, Loaves and Fishes, a local soup kitchen, to which the proceeds went to. We made a profit of \$150 to give to Loaves & Fishes
- **[NEW]** [Loaves & Fishes Day](#) - This event was held at Houston Loaves & Fishes soup kitchen. 6 members volunteered at the local soup kitchen and helped to serve a warm meal to those in need.
- [Movember Shave the Date](#): Students who participated in the “Movember Mustache Challenge” had the opportunity to be shaved by professional barbers. 75 students and faculty attended to shaved and to support their classmates. All money raised during the event and over the course of the month was donated to the Movember Foundation.
- **[IMPROVED]** [Movember Lunch and Learn](#): 120 students attended a lunch which was featured a collaboration between ASDA and Psi O to raise awareness for men’s health. This event launched the “Movember Program” which was a month long fundraiser throughout November which aimed to initiate conversations about an overlooked health crisis.

Increases awareness of underserved populations

- **[NEW]** [Snack & Pack Part 1 for Elijah Rising](#) - This event was held in April 2019 at UTSD with 43 members in attendance. Students helped pack care packages for survivors who have been rescued from Houston’s human trafficking rings. An assembly line was made and we were able to pack about 200 care packages with essentials such as soap, shampoo and conditioner, deodorant, toothbrush, toothpaste, tissues, and hand sanitizer.
- **[NEW]** [Snack & Pack Part 2 for Elijah Rising](#) - This event was held in June 2019 at UTSD with 23 members in attendance. Students packed the remaining care packages from the first event (part 1) for human trafficking victims.

- **[NEW]** [Fundraiser for Elijah Rising - Cookies & Conversation](#) - This event was held in a common area of the school with 8 members running the bake sale. Members donated to the bake sale, and other students (50) made donations for the baked goods. It cost no money to hold a bake sale, but we made a \$150 profit for Elijah Rising, which is a non-profit organization in Houston that helps individuals who have gone through human trafficking.
- **[NEW]** [Clothing Donation: “ Dress for Success”](#) - We placed a donation rack in the School Lounge. About 25 members participated in donations. This clothing drive was set up to collect women’s work attire for the organization Dress For Success which helps women find clothes for interviews and helps to empower women in starting their professional careers. We received 30 pieces in professional women’s attire for donation
- [Texas Missions of Mercy](#): Houston, TX - May 2019. Organized 30 students to volunteer and travel to this dental mission event serving individuals of low socio-economic status that are not able to afford dental care. ASDA organized/provided transportation and lodging to allow students to participate.

Participates in the ASDA National Week of Service

- Houston ASDA Participated in the National Week of Service by hosting 4 events!
 - **January 22:** [Refugee Coat Drive](#)
 - **January 23:** [Letters to Veterans](#)
 - **January 24:** [Hygiene Bags for the Homeless](#)
 - **January 25:** [Cookies for Caring](#)

Provides the leadership opportunities for organizing community outreach efforts within the chapter leadership structure (e.g., community outreach chair and/or committee)

- [Community Service Track Position](#): DS1 member is elected by the entire DS1 class to serve as Community Service representative for their class, becomes Chair as a DS3.
- [Community Service Chair](#): Organizes all outreach events for ASDA. Contacts local shelters, food banks, and outreach programs for collaboration.
- [Community Service Committee](#): 12 members joined to organize outreach events

Hosts events with significant participation from members that benefit a significant number of people

- [Food Drive](#) - This event took place in our school lunch room with about 200 members participating. Students brought in canned and financial donations to help replenish the supply of the Houston Food Bank which lost a large portion of their food stores from a leak at the warehouse. We raised over \$200 and brought in 460 cans of food. This event is reoccurring
- **[IMPROVED]** [2019 Houston ASDA Open](#): Over 75 students, alumni, faculty, sponsors, friends and family participated in our 7th annual Houston ASDA Open Golf Tournament. We raised \$5,500 for San Jose Clinic which is the most ever and will greatly benefit the underserved population in our community

Raises awareness through chapter, district, or national platforms, as well as through social media campaigns

- Houston ASDA promoted all events, including the national week of service via our social media accounts (Facebook, Instagram, and Groupme)

PREDENTAL INVOLVEMENT

Recruits predental members for national ASDA membership

- From expanding our Explore UTSD Day, Interview Workshop, and predental socials, Houston ASDA always has a platform to advertise the benefits of ASDA membership for predentals! Every year we encourage predental students to become national members at our various events

Introduces predentals to dental school and organized dentistry (ASDA and ADA)

- UTSD Interview Lunches: Executive members of Houston ASDA attended all 18 dental school interviews and were able to speak with potential new dental students about ASDA and the importance of organized dentistry as well as ways to get involved once they matriculate.
- **[IMPROVED]** Explore UTSD: Full day event that gives pre-dental students a “day in the life” experience of being a dental student at UTSD. The event includes speeches from the Dean and Associate Dean, financial planning and interview advice, hands on activities such as waxing/suturing/drilling in simulation lab, and a Q&A from dental students. 100 pre-dental and 40 hygiene students were in attendance.
- **[IMPROVED]** Class I Preparation: Mock Interview Day: Pre-dental students receive interview tips from the director of admissions, get one-on-one feedback on personal statements, and complete 3 mock interviews with faculty and dental students. 40 Predentals attended, we were able to include more faculty in the mock interviews so that each attendee had at least 1 interview with a faculty member.
- Predental NLC Leadership Award: National ASDA predental members across Texas were invited to apply for the chance to attend 2019 NLC in Chicago, fully funded by Houston ASDA. The ASDA Pre-dental Committee selected 1 pre-dental student who showed excellence in leadership abilities to attend the 2019 NLC for free.

Provides leadership opportunities for predentals

- Election of Pre-Dental Liaison: Every year, we elect one pre-dental student from the Houston area to sit in as our pre-dental liaison. This year it was Alisha Virani from the University of Houston. She acts to relay important pre-dental information to all the undergraduate schools around Houston, and work with the pre-dental team to create events for students who are interested in applying to dental school. The position provides an opportunity to target future ASDA leaders, starting from the undergraduate level. Our current Predental Chair served as the Liaison when she was a predental.
- Predental NLC Leadership Award: A rigorous application/interview process led to the selection of one Pre-Dental Student being fully funded for the National Leadership Conference 2019.

Organizes a Predental Day or workshops for predentals on getting into dental school and hands-on activities

- Explore UTSD: 100 predental students attended this session where they heard current students discuss their paths into dental school and offer tips for those applying. The predental attendees also had the opportunity to have hands on training with waxing up teeth with the help of our pre-clinical faculty. At the conclusion, the Dean of Student Affairs spoke to them about what he looks for in applicants and how they can strengthen their resumes.

- Class I Preparation: Mock Interview Day: Pre-dental students receive interview tips from the director of admissions. They also receive one-on-one feedback on their personal statements. Each predental completed 3 mock interviews with faculty and dental students where they received immediate feedback, resources for their actual interview day, and were assigned a dental student mentor.

Offers networking, social and community service events for predentals

- **[NEW]** St. Thomas University Predental Social - Pre-dental chairs and committee members hosted DAT Jeopardy and presented a powerpoint showcasing our ASDA chapter, student life, and expectations at UTSD to the pre-dental student of Saint Thomas University with 15 people in attendance. The meeting concluded with a raffle. Saint Thomas University is a smaller school with fewer pre-dental resources. Many pre-dental voiced that they learned a lot about dental school expectations at our meeting.
- **[IMPROVED]** University of Houston Pre-Dental Social: 10 UTSD dental students went to the University of Houston Pre-dental Chapter to have a social and Q/A session to learn more about student life at UTSD and expectations. UTSD hosted a raffle drawing which include a free spot at UTSD Explore day. There was a total of 35 people in attendance at the event from UTSD and University of Houston.
- DAT Question of the Week: We posted a series of challenging DAT questions for our pre-dental social media followers to answer via our Instagram page every week during Predental Month. Students who answered the questions correctly were entered into a raffle with the chance to win DAT prep materials.
- ASDA Annual Golf Tournament: The 7th Annual Charity Golf Tournament. Predentals were able to socialize and play with alumni, business members, current students, and faculty. 4 pre-dentals attended.

Serves as mentors to predentals

- Houston ASDA reaches out directly to predentals through campus events where students have the opportunity to exchange information and ask us any questions they might have regarding dental school.
- Explore UTSD: Students who attended this session were automatically paired up with predental committee members who are able to serve as mentors to them during their application process.

Promotes national ASDA Predental Month and DAT Week

- DAT Question of the Week: We posted a series of challenging DAT questions for our pre-dental social media followers to answer via our Instagram page every week during Predental Month. Students who answered the questions correctly were entered into a raffle with the chance to win DAT prep materials.
- Weekly Social Media Pearls: Each week during Pre-Dental Month, our Pre-Dental Committee posted helpful tips on the application process via our Instagram story.

LEADERSHIP IN HOUSTON



BOBBY ANTON
CHAPTER PRESIDENT



JOY NISNISAN
PRESIDENT-ELECT



AMY LA
IMMEDIATE
PAST-PRESIDENT

CHRISTINE PHAM	Legislative Liaison
GEORGINA MEDINA	Legislative Liaison
JEANNIE BINDER	Communications + Media Chair
ANNIE HUET	Community Service Chair
VICTORIA DO	Events Chair
NATHALIE ABOU KHALIL	Wellness Chair
JENNIFER SILLER	Social Co-Chair
ANAMIKA KHOSLA	Social Co-Chair
TALAL BEIDAS	Leadership Chair
LEJLA ZORONJIC	Pre-Dental Chair
CHRIS OROSCO	Golf Tournament Co-Chair
DYLAN DRGAC	Golf Tournament Co-Chair
SAM ANTON	Treasurer
VINHSON NGUYEN	Webmaster
DAVID RAMIREZ	Historian

1ST YEAR TRACK POSITIONS

Clara Kohlmetz	First Year Delegate
Caroline Cutbirth	Community Service Coordinator
Mary Younan	Events Coordinator
Esmeralda Diaz	Legislative Liaison
Ali Al Hatem	Pre-Dental Representative
Stephanie Vu	Publications Editor



DISTRICT LEADERS

Miriam Ohakam	Wellness Liaison
Joy Nisnisan	Councilor of Membership
Victoria Do	Fundraising Liaison
Nirja Shrestha	Pre-Dental Liaison
Stephanie Williams	Secretary

NATIONAL LEADERS

Jeannie Binder	National Editor in Chief
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COMMITTEES

Advocacy Amira Haidar, Andrew Martinez, Anish Reddy, Ann Marie Seelbach, Anna Feng, Caroline Miller, Chance Hunsaker, Claudia Pruneda, Georgina Medina, Gianncarlo Cruz, Jessica Minion, Julianna Masabni, Katie Hauser, Laura Santo Salvo, Matthew Halfmann, Noah Falls, Rohail Momin, Stacy Tunggadjaja

Pre-Dental Anamika Khosla, Demi Tran, Dooyeol Kim, Ian Castell, Jennifer Siller, June Wright, Kiran Makhnejia, Mary Elliot Ontiveros, Michael Jones, Michele Truong, Mina Elahidoust, Rachel Cai, Rachel Finelli, Rehan Shahid, Rohail Momin, Sage Amin, VinhSon Nguyen

Communications + Media Stephanie Williams, David Ramirez, Vihnsen Nguyen

Events + Social Anna Feng, Bhavya Gurugunti, Jessica Minions, Julianna Masabni, Katie Matthys, Lisa Sybico, Lynsey Patterson, Mike Jones, Miriam Ohakam, Sage Amin, Shreena Bhakta, Stephanie Williams, Vanna Nguyen, VinhSon Nguyen

Community Service Bhavya Gurugunti, Brittany Trinh, Caroline Miller, Claudia Pruneda, Katie Hauser, Kiran Makhnejia, Lynsey Patterson, Mina Elahidoust, Noah Falls, Rachel Finelli, Vivian Nguyen, Sarah Suki

Leadership Amira Haidar, Anish Reddy, Rachel Buckley

Wellness Cecile Nguyen, Christine Pham, Demi Tran, Gianncarlo Cruz, June Wright, Miriam Ohakam, Rachel Buckley, Stacy Tunggadjaja, Sarah Suki

ASDA ANNUAL GOLF TOURNAMENT



UTHealth
The University of Texas
Health System
School of Dentistry

ASDA

SAN JOSE CLINIC

THE 7TH ANNUAL

HOUSTON ASDA OPEN

TOUR 18 GOLF COURSE
3102 FM 1960 East
Humble, TX 77338

8:00AM SHOTGUN START
SATURDAY, SEPTEMBER 21ST, 2019

ALL PROCEEDS BENEFIT THE SAN JOSE CLINIC
\$50 FOR STUDENTS | \$125 FOR NON-STUDENTS
FOR MORE INFO AND TO REGISTER NOW, VISIT
WWW.HOUSTONASDA.COM/GOLF-TOURNAMENT

FOR QUESTIONS, PLEASE CONTACT DYLAN DRGAC OR CHRIS OROSCO AT
DYLAN.L.DRGAC@UTH.TMC.EDU & CHRISTOPHER.L.OROSCO@UTH.TMC.EDU

A CHARITY GOLF TOURNAMENT THAT
RAISED **\$5500** FOR A LOCAL DENTAL CLINIC

WELLNESS FAIR



HOUSTON ASDA PRESENTS

WELLNESS FAIR

Wednesday September 25th,
5-7 pm in room 4310

CHECK OUT HEALTH AND WELLNESS VENDORS AND GET THE CHANCE TO WIN EXCITING RAFFLE PRIZES!

Mediterranean light bites, refreshments and games!

Don't miss out on the chance to win amazing prizes like **AirPods, Fitbit, Bluetooth Speaker, gift cards & more!**



FIRST OF ITS KIND!

HALF OF THE UTSD STUDENT BODY CAME TOGETHER TO CELEBRATE PHYSICAL AND MENTAL WELLNESS WITH FOOD, VENDORS, AND MORE!

ASDA WEEK

ONE OF THE MOST IMPORTANT WEEKS OF THE YEAR

ASDA WEEK IS OUR OPPORTUNITY TO EDUCATE THE NEW DENTAL CLASS ABOUT ORGANIZED DENTISTRY. IT ALSO SERVES AS OUR PRIMARY WAY TO ENCOURAGE INVOLVEMENT IN OUR CHAPTER!

UTSD HOUSTON ASDA PRESENTS

ASDA WEEK 2019

AUGUST 26-AUGUST 30

MONDAY
ASDA General Meeting L&L
Alonti Sandwiches
12 PM Rm. 4310

TUESDAY
GHDS L&L- Dr. Katie Stuchlik
Lunch Provided
12 PM Rm. 4310

WEDNESDAY
Arm Wrestling Tournament
Bring your own lunch
Snacks provided
12 PM Rm. 4310
Dodge ball Tournament
6 PM - 8 PM Rec Center

THURSDAY
ASDA Officer L&L
Come if you're interested in becoming an ASDA officer!
DS1's only
Houston's Famous
12 PM Rm. 4310

FRIDAY
Advocacy Committee L&L
Potbelly
12 PM Rm 4310
ASDA Social
Adult refreshments and snacks
5 PM - 7PM Cooley Center



FAMILY PICNIC



ANNUAL ASDA FAMILY PICNIC
OVER 100 STUDENTS, FACULTY AND THEIR
FAMILY COME TOGETHER FOR FOOD AND
FUN AFTER SCHOOL!

CASINO NIGHT



CASINO NIGHT

AN ANNUAL EVENT WHERE STUDENTS,
FACULTY, AND DENTISTS FROM THE
COMMUNITY COME TOGETHER FOR A NIGHT
OF FUN AND NETWORKING



PRE-DENTAL OUTREACH


INTERVIEW PREP DAY

JUST BEFORE INTERVIEW SEASON, WE INVITED 40 LUCKY PRE-DENTALS TO OUR SCHOOL FOR **ONE-ON-ONE INTERVIEW TRAINING**



THE UNIVERSITY OF TEXAS SCHOOL OF DENTISTRY
HOUSTON ASDA PRESENTS

INTERVIEW PREP DAY



WHERE: 7500 CAMBRIDGE STREET
HOUSTON TEXAS

WHEN: SATURDAY MARCH 30TH
8AM - 12PM

FOR: CURRENT PRE-DENTAL STUDENTS APPLYING THIS
UPCOMING CYCLE ONLY (ENTERING 2020)

JOIN US FOR:
INTERVIEW TIPS
MOCK INTERVIEWS
PERSONAL ESSAY CRITIQUE
PROFESSIONAL PHOTOS
SOCIAL WITH DENTAL STUDENTS
AND MUCH MUCH MORE!

COST: \$50 (\$35 FOR NATIONAL ASDA PRE-DENTAL
MEMBERS)

LIMITED SPOTS AVAILABLE!

REGISTER: WWW.HOUSTONASDA.COM/INTERVIEW-PREP/
CONTACT: REBECCA.A.VAUGHN@UTH.TMC.EDU



HOUSTON ASDA PRESENTS:
EXPLORE UTSD
FOR PRE-DENTAL & PRE-HYGIENE STUDENTS

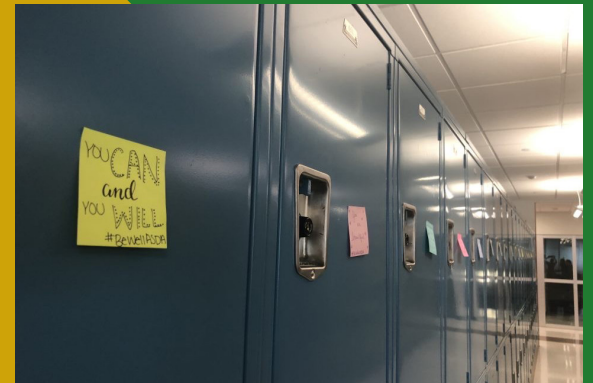
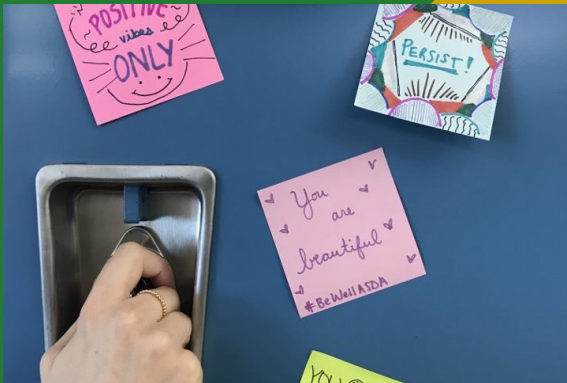
FEBRUARY 23, 2019 | 8AM-5:15PM
UNIVERSITY OF TEXAS SCHOOL OF DENTISTRY
7500 CAMBRIDGE ST, HOUSTON, TX 77054

SESSIONS INCLUDE:
Addresses from the Dean, Associate & Academic Affairs
Intro to Operative Dentistry
Study Tips
Careers in Dentistry
Re-applying to Dental School
...And much more!

REGISTER @ [HTTP://HOUSTONASDA.COM/PRE-DENTAL-DAY](http://HOUSTONASDA.COM/PRE-DENTAL-DAY)
ASDA PRE-DENTAL MEMBERS: \$35
NON-ASDA MEMBERS & PRE-HYGIENE: \$50

EXPLORE UTSD DAY
120 PRE-DENTAL STUDENTS VISITED TO
LEARN ABOUT OUR SCHOOL AND OUR
CULTURE.

WELLNESS MONTH



#BeWellASDA
HOUSTON ASDA PRESENTS:

WELLNESS MONTH

NIGHT AT THE MUSEUM The Museum of Fine Arts, Houston
Discover our city's inspiring exhibitions
Thursday September 5th, 6:00 pm.

FARMER'S MARKET Urban Harvest Farmer's Market
Explore Market & recover produce for Second Servings
Saturday September 14th, 11:00 am-12:15 pm.

YOGALATES CLASS Cooley Courtyard
Enjoy a fusion workout of Yoga & Pilates!
Bring your own mat if possible, refreshments provided
Friday September 20th, 6-7 pm.

WELLNESS FAIR Room 4310
Check out health and wellness vendors
Dinner, Juices, giveaways and exciting Raffle prizes!
Wednesday September 25th, 5-7 pm.



MEMBERSHIP BENEFITS

WELCOME WEEK SOCIAL

ASDA HOSTED 150 STUDENTS AT AN AUGUST SOCIAL TO KICK OFF THE NEW SEMESTER, ONE OF OUR MANY SOCIALS



05-30-19
12PM
PORTAL OPENS*



[HTTPS://WWW.WEARFIGS.COM/UNIVERSITY-OF-TEXAS-DENTAL](https://www.wearfigs.com/university-of-texas-dental)

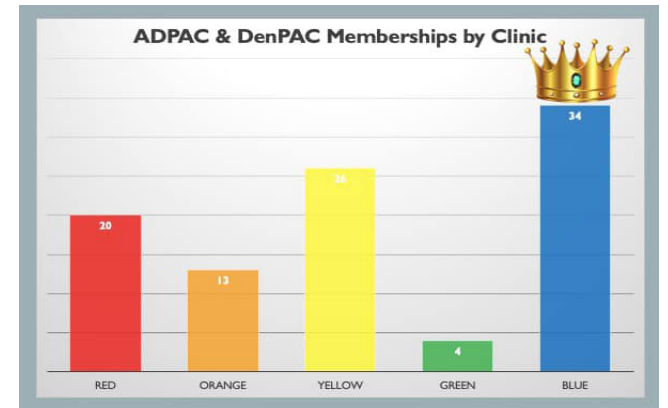
MUST USE @UTH.TMC.EDU E-MAIL TO CREATE ACCOUNT
CORE STYLES & COLORS ONLY
(25% off all other styles and colors)
*Offer available from May 30th - June 13th

FIGS X ASDA

FOR THE 2ND CONSECUTIVE YEAR, WE PARTNERED WITH FIGS TO OFFER OUR STUDENTS DISCOUNTED SCRUBS

ADVOCACY INITIATIVES

HIGHEST EVER PARTICIPATION IN LOBBY DAY WITH 20 ATTENDEES



\$500+ RAISED FOR ADPAC

OVER 50 STUDENTS ENGAGING IN MEANINGFUL DIALOGUE WITH NATIONAL LEADERS

MAKING CONNECTIONS!

INSTAGRAM

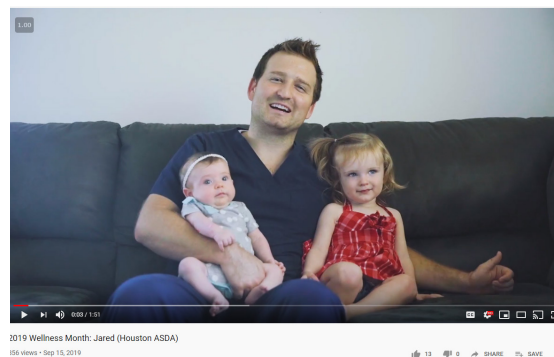
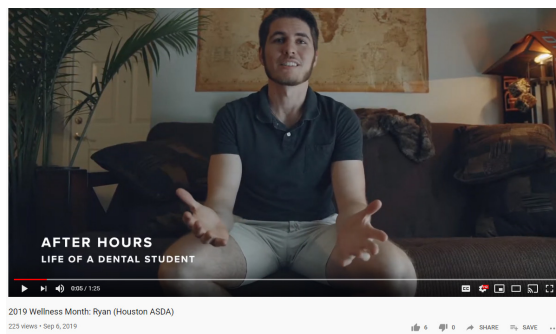
UP 120 FOLLOWERS TO A TOTAL OF 1,227. 50 NEW POSTS!

FACEBOOK

OVER 100 NEW FOLLOWERS AND 1,300 PAGE LIKES

YOUTUBE

REVAMPED OUR CHANNEL WITH 750 NEW VIEWS THANKS TO OUR WELLNESS VIDEO SERIES “AFTER HOURS”



CHECK OUT THESE AMAZING VIDEOS ON OUR YOUTUBE CHANNEL
[YOUTUBE.COM/HOUSTONASDA](https://www.youtube.com/houstonasda)