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COMPLETE

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**Q1** **Colorado**

Select your chapter.

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**Q2** **District 9**

Select your district

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**Q3**

Your Name

Zachary Zylstra

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**Q4**

Chapter Position

President

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**Q5**

Your Email

zachary.zylstra@cuanschultz.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. (250 word limit. Responses longer than 250 words will be cut.)

Because our school is an auto-enroll ASDA school, we are privileged to host welcome events that are open to the entire CUSDM student body. This comes with its own challenges, as brainstorming ideas that cater to an entire 80 student class, plus encouraging upperclassmen engagement and mingling, is a daunting task. This year, our membership engagement team took it up a notch with Fever Week, with a hype squad running through previously-accepting professor's classes to get flyers out and excitement up, hosting a lunch-time scavenger hunt, and our PPE relay race (in honor of Dr. Lonnie Johnson, our clinical director - we make a point for his sake to drive home the importance of PPE and hygiene entering clinic in a fun, yet not always correct, donning and doffing of PPE race), and other dental-themed activities. After-school activities included smores night, various socials, and the fan-favorite Drill Drill Revolution, where faculty compete against each other and the clock to do their best work while answering student questions and meeting the new class (this year, a cuspal build up on 14). The week finished with our District9 trustee, Loren Matrone, hosting a lunch-and-learn presentation of what ASDA does behind the scenes and outside of campus events. She, along with our membership chair, then presented the winner of the week's activities with the "Cup of Carabelli" trophy. Member engagement averaged over 30 students per event, and our board showed up and showed out in an extraordinary way to welcome the new class.

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**Q7**

Describe one chapter community service event that creates connections with our communities. (250 word limit. Responses longer than 250 words will be cut.)

COASDA has been a community focused chapter since I have started here, winning the community service award in 2021 under our then-chair, Pat Murphy. That year we focused on the cleanliness of our city and parks, making the greater Denver area safer, cleaner, and more appealing. This year, community outreach was my priority for this chapter. With that major goal in mind, we set out to maintain our efforts in the parks and community spaces, but adding humanitarian efforts as well. Our board, alongside other COASDA members, served 300-600 meals each visit at the Denver Rescue Mission for individuals experiencing a season of homelessness, working up front with patrons, and in the back with other volunteers. I wanted an obvious emphasis on participating in non-dental outreach; without any transactional pay-out for us at all. In dental school, we are forced to turn inward and be focused on ourselves for 4 years. If we are not careful on our grueling journey of ambition and self-fulfillment, we all risk losing sight of what it means to love others well. When each separate mealtime was done, I gathered the 10 volunteers and expressed my desire for them to internalize what we experienced: a hurting population in need of a friend (and dental care but that was a separate aside). As dentists, we are healers, counselors, friends, and confidants. We can be that for our community outside of our offices, too.

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**Q8**

Describe one chapter advocacy event that educates and involves members in ASDA's advocacy and legislative priorities. (250 word limit. Responses longer than 250 words will be cut.)

After Annual Session this year, our advocacy chairs, Lana and Cody, took it upon themselves to get the word out on advocacy. We met over dinner with current ADA president, Dr. Brett Kessler, and our district9 trustee, Loren Matrone, early in August and brainstormed ways to get students more involved in chapter, state, district, and national advocacy. We want a stronger voice on lobby day than years past, especially because this year is sunset review for our in-state dental legislature. From that meeting bloomed a year-long initiative, starting with polling stations set up around our clinic during the month of November, asking faculty and students to write their most pressing questions or concerns regarding the direction of dentistry and dental education. One of the hot topics is the sunrise proposal on "oral preventative dental assistants" in CO. In conjunction with this survey, we have an open forum/panel planned for January 17th with Colorado Dental Association executive leadership, who are presenting and answering questions regarding that particular policy. Since our lobby day is the same day as Annual Session this year, we are pushing for students outside of the COASDA executive board to speak on behalf of our school and profession, and take the opportunity to ask questions and have them answered, preparing any student for medical policy and advocacy.

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**Q9**

Describe one chapter wellness event that educates members and involves members in ASDA's Five Dimensions of Wellness. (250 word limit. Responses longer than 250 words will be cut.)

Every year, our most anticipated event is the "Annual ASDAsh 5K to Beat Decay", a fundraiser benefitting a nonprofit in our local area. This year, we shifted our efforts to impact patients here on campus, with the \$3,100 raised going toward the Generations Fund, an existing donation account within the School of Dental Medicine that helps our patients 65 and over afford their dental care. These folks are most of the patients we see here at the school, primarily due to their availability and needs. However, that comes with a caveat, as many of them are on a fixed income or lack dental benefits as part of their Medicare plan. By bolstering the Generations Fund, our board believed more of this demographic would be able to receive discounted or even free treatment. However, the race represents more than that. Not only does it draw participants from the community, but students use it as the fall semester's great escape. 97 participated in the race itself this year, with 27 volunteers. Without fail, students who register end up training for the event, together or alone. On event day, with music blaring, post-race snacks, and lawn games for spectators, the ambience is always one of excitement and release. It is through the preparation, execution, and delivery of this wellness event that we fulfill all five of the Dimensions of Wellness. Camaraderie, fitness, catharsis, and altruism pervade this event, making it one of the greatest embodiments of COASDA.

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**Q10**

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.)

Our use of Instagram reels and live videos saw an explosion of popularity. Along with our rebranding and total social media overhaul, we posted a recap video for every large ASDA event, and each of those videos are getting close to or over two thousand views thanks to our team! These videos are a window for pre-dental students and current students into what COASDA is all about, and the level of production displayed in each reflects the time put in by our team. Our multimedia team was able to keep quality content going through the busiest portions of the school year, and it shows with our elaborate and decorative promotions and opportunities posted to our refreshed and organized Instagram page. The congruency and carry-over between all various communication platforms really took a huge effort from the team, with the same information that went on our Instagram account being posted on our Instagram story, sent in our emails, up on posters and flyers, you name it! This team worked tirelessly to get updates and reminders out, and it worked. People recognized that ASDA was everywhere, and our engagement shot up! This presence and diligence, combined with the sleek, new, eye-catching look of COASDA, gave our members something to look for and look forward too.

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**Q11**

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

Our chapter hosted a spring and fall professional development and leadership speaker series, in which we invite local and national professionals to speak on their area of expertise. Our topics and speakers this year included Dr. Ebert from the ADA speaking on contract language and its impact on compensation outside of school, Dr. Small discussing workplace culture and how to build an all-in team, Mr. Austin, a lawyer, spoke on independent contractors versus associates and handling disputes, and Kim McGuire, a private consultant who spoke on growing wealth as an associate. The presentations in this series are different from our typical lunch and learns, as they are not usually a representative from a business or sponsor trying to win us over out of school or providing lunch to attract students. Instead, they are individuals with magnitudes more exposure and experience than what we have as students, speaking on topics beyond what we learn in our didactic courses and an institutional clinic. The averaged 8-15 students who attend these events come away with a leg up on the real world as it pertains to bright eyed students looking to make clean starts.

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**Q12**

Submit your chapter's YouTube video link.

[https://youtu.be/de9B-7QHBY?si=M9FfXHt\\_ovjxGKRi](https://youtu.be/de9B-7QHBY?si=M9FfXHt_ovjxGKRi)

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**Q13**

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

[https://drive.google.com/file/d/1KK1IEWuNGH2yVI46hWjzQpV-TW-X\\_5D5/view?usp=sharing](https://drive.google.com/file/d/1KK1IEWuNGH2yVI46hWjzQpV-TW-X_5D5/view?usp=sharing)

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