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COMPLETE

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**Q1** Iowa

Select your chapter.

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**Q2** District 8

Select your district

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**Q3**

Your Name

Carter Coppinger

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**Q4**

Chapter Position

President

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**Q5**

Your Email

carter-coppinger@uiowa.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.)

At the Iowa chapter of the American Student Dental Association (IASDA), we actively demonstrate the benefits of ASDA membership to our members from the outset of their dental school journey through our engaging Fever Week. This year kicked off with an Introduction to IASDA lunch, where 72 students gathered to learn about IASDA's mission, activities within and beyond the school, and opportunities for involvement, all while enjoying Jimmy John's. Following this, a lively trivia night unfolded, attracting 37 students eager for prizes and food. Wellness Wednesday featured a presentation by our school counselor, Cari Anderson, focusing on achieving a balanced lifestyle and maintaining mental and physical health during dental school. Panera provided nourishment for the 65 students in attendance. The wellness theme continued with a complimentary class at Barre3 studio, drawing 20 participants. Thursday commenced with our Membership Appreciation Breakfast, treating all 240 members to free coffee and donuts. Friday, Legislative Liaisons discussed the fundamentals and significance of advocacy in our profession, complemented by Chick-fil-A for the 53 attendees. In the evening, the Philanthropy Pickleball/Spikeball Tournament unfolded, raising \$380 for the Iowa City Free School Lunch Program, with 58 students and guests participating. The week culminated on Saturday with the IASDA Annual Prophy Cup Golf Tournament, boasting 102 participants. The \$1,300 proceeds contributed to the 2011 Fund, aiding patients who cannot afford dental care. This weeklong event not only educated and engaged our members but also underscored the spirit of service and community at the core of ASDA's mission.

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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.)

Beyond training to become dentists, we are dedicated to making a positive impact on people's lives. This year, we launched a "Holiday Season of Service," encompassing a food drive and an Angel Tree Donation Drive. The results are heartening: our November food drive yielded a generous donation of 230 pounds of food to the Iowa City CommUnity Food Pantry. Additionally, through our Angel Tree Donation Drive, we were delighted to provide Christmas gifts to 57 children in our community. As part of this season of service, we collaborated with the college's Office of Student Affairs. Together, we donated hundreds of dental hygiene products to the university's food pantry, ensuring that every student has access to essential dental supplies. This collaborative effort reflects our commitment to extending our impact beyond traditional dental training, emphasizing community welfare and support. Through these initiatives, we not only contribute to local causes but also embody the spirit of compassion and service that defines our commitment to dentistry. The "Holiday Season of Service" exemplifies our dedication to making a meaningful difference in the well-being of our community during a time that resonates with the spirit of giving and care.

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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.)

In a groundbreaking initiative, our chapter orchestrated our inaugural "Advocacy Month" aligning with the National ASDA's Advocacy Month. This achievement was made possible through the receipt of our first-ever \$500 Legislative Grassroots Network Grant from National ASDA. Our Advocacy Month featured diverse events aimed at empowering our members in the realm of dental advocacy. Dr. Pete Damiano delivered a presentation emphasizing how research can inform policymaking. To engage our members, the Legislative Liaisons hosted a spirited advocacy trivia competition, testing participants' advocacy knowledge. Dr. Mike Franzman, IDPAC Chair and Davenport Director, shared valuable insights on how to continue involvement in dental advocacy post-dental school. Adding a creative touch to our advocacy efforts, we organized an "Advocacy Haiku writing session," resulting in the submission of a winning haiku that clinched 1st place in the National ASDA competition. This success not only demonstrates the caliber of our advocacy initiatives but also underscores the impact our chapter can have on a national stage. This Advocacy Month was not only a first for our chapter but a testament to our commitment to fostering awareness, engagement, and excellence in dental advocacy among our members. The positive response and national recognition highlight the success of our efforts in advancing the principles of dental advocacy within our community and beyond.

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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.)

Let's delve into the realm of Wellness! This year, our chapter introduced "Wellness Wednesdays," a transformative initiative embracing ASDA's Five Dimensions of Wellness: Physical, Emotional, Intellectual, Occupational, and Environmental. Recognizing the diverse nature of wellness, we've collaborated with various local fitness centers, such as Crossfit, OrangeTheory, CardioKickboxing, and the Campus Recreation and Wellness Center, offering our members a range of free classes. Our commitment extends beyond physical well-being; we've designed 3 and 5-mile runs, bike rides, and walks, exploring diverse outdoor routes to immerse ourselves in the environment. Acknowledging the significance of mental health, our Wellness-specific Lunch and Learns feature experts guiding us on stress reduction and mental well-being throughout our dental journey. The impact is palpable, with an average attendance of 26 students at our workout classes and 40 participants at wellness lunches. We understand that wellness is a multifaceted concept, and by catering to the diverse dimensions, we aim to foster a holistic approach to health. "Wellness Wednesdays" not only promote physical vitality but also champion mental resilience, contributing to the comprehensive well-being of our members as they navigate the demanding path to becoming dentists and beyond.

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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.)

Effective communication is paramount, and this year, we've elevated our approach by integrating announcements into our weekly Lunch and Learns, where we consistently draw around 80 members per session. Commencing each Lunch and Learn with ASDA's mission statement and detailing the benefits available to members, we weave in essential announcements for upcoming local, district, and national events. This strategic shift has proven more impactful than traditional emails or GroupMe messages, which often get lost amid the deluge of daily communications our members receive. By delivering important updates directly during our gatherings, we've successfully cut through the noise and witnessed a notable uptick in chapter participation in ASDA events. While GroupMe remains a valuable communication channel, with class representatives disseminating IASDA information, events, and serving as points of contact, the addition of Lunch and Learn announcements has distinctly enhanced the success of our chapter's events. This combination ensures that crucial information is not only received but also absorbed, fostering a more engaged and informed membership. The tangible effects of this integrated communication approach underscore its efficacy in strengthening our chapter's cohesion and event participation.

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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.)

A pivotal event fostering the professional and leadership development of current and future ASDA members on a national scale is IASDA's Pre-Dental Summer Academy. This three-day enrichment program, hosted at the University of Iowa College of Dentistry by the Iowa Chapter of ASDA, is tailored for pre-dental students. Serving as a cornerstone of our chapter's initiatives, the Pre-Dental Summer Academy stands out as one of our largest fundraisers and events. With a robust participation of over half our chapter members (approximately 120), the event thrives on the commitment and involvement of our volunteers who play pivotal roles in leading various sessions. Drawing approximately 70 pre-dental students from across the country, our members actively engage in offering college tours, organizing social events, and leading simulation clinic activities. These activities include hands-on experiences such as incisor waxing, all-ceramic crown preparations, carious tooth preparation and restoration, and impressions and casts. Additionally, our members contribute to the professional development of pre-dental students by conducting mock interviews and providing valuable insights and guidance. The Pre-Dental Summer Academy exemplifies our commitment to cultivating a community of skilled and engaged dental professionals while simultaneously serving as a platform for the exchange of knowledge and experiences on a national level.

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**Q12**

Submit your chapter's YouTube video link.

<https://youtu.be/WWFhQiClhwE>

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**Q13**

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

<https://drive.google.com/drive/u/0/folders/1m01FcCvrSPsQ2MfiIP2s-8b-he3D5oZp>

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