

Colorado ASDA

2019

*A Diary to
Our Peak*

LETTER FROM THE PRESIDENT

In 2018, our chapter's theme for our Gold Crown application was, "A Legacy of Excellence Reaches New Heights." This year, our theme, "A Diary to Our Peak," is not only a pun referring to the beautiful mountains surrounding us in Colorado, but a nod to the fact that we believe we are reaching higher peaks than ever before.

Colorado ASDA is proud of its capable and noteworthy legacy, not only on the National Level but also on our home-turf at the University of Colorado School of Dental Medicine (CUSODM). As President for the 2019-2020 year, it was my goal to not only continue to show up strong nationally, but to also strengthen our impressive presence among students and faculty at the CUSODM. This year, we have managed to reinforce our bonds with several aspects of school administration, all the while maintaining our independence and providing our dental students with programming and knowledge that gives them the 25% they will not learn in dental school.

Of course, none of this would be possible without our incredible team of Executive Board Members, Executive Council Members, and Committee Members. They give their time and talents in their roles so that they can create a better dental school experience for their peers. They will be the future leaders of our profession, and I have been honored to work with these individuals even when the going got tough.

One of our biggest accomplishments this year was rebranding and revamping our 5k run into the Colorado ASDash 5k. 160 participants signed up to run and raise over \$1000 for Colorado ASDA, as well as \$1000 for Special Olympics Colorado. This event brought students, faculty, family, and friends together to celebrate our kick-off to our most successful September Wellness month to-date. Our dedicated Colorado ASDA steppers also brought home a win for our chapter in the National ASDA Steps Challenge, and we were awarded with the highest average steps per participant.

Physical wellness with yoga and hikes was not the only focus of the month, as we also launched a mental health campaign on Facebook titled "You are Never Alone in Dental School" that was praised by students, faculty, and staff at the CUSODM. Our second annual Wellness video series that focused on each aspect of wellness inspired our students to always #bewellasda.

Renewed ideas in Advocacy resulted in a dynamic Colorado ASDA Advocacy Academy during the month of November in which each day was devoted to a different legislative issue. Flyers with colorful infographics were compiled and placed on each student's desk before morning lecture, inviting them to join in on a themed lunch-time activity where they could grab a snack and learn more about the important initiatives.

Despite having auto-enroll ASDA membership, this year our membership and activities teams put their all into planning our best ASDA Fever Week yet. Eleven events over eight days gave our incoming students the opportunity to learn about each facet of ASDA, complete with outdoor tournaments, lunch and learns about advocacy and ASDA membership benefits, yoga classes, and social media features. We had the most significant first-year student turnout yet, and subsequently involved more DS1's than ever in our various committees.

Our pre-dental programming also saw its strongest year yet, with an increased turnout and variety of events. For the first time we hosted a pre-dental meet and greet social before our Summer Pre-Dental Weekend, and our second annual Mock Interview Event was directly tied to our school's admissions team so that feedback from our student interviewers was relayed to our admissions director.

Being present in the community was also a focus of our year as we helped to educate expecting mothers about infant oral care, promoted breast cancer awareness by hosting a screening event, and put on a "Be the Match" bone marrow screening drive. To involve more of our student body in outreach initiatives, we interviewed several students for World Diversity Day and organized a thank-you card project where we wrote appreciative messages to our school's faculty and staff members.

Our hard work has been rewarded in both big and small ways, but the positive impact we make on our campus allows us to keep pushing forward. ASDA is an essential organization that I hope every single dental student in the country sees the value of, and it means enough to me and my team that we can try to encourage students at the CUSODM to realize its abundant benefits.

-Jillian Stacey '21
Colorado ASDA Chapter President



MEMBERSHIP ENGAGEMENT

Encourages member involvement and has significant participation from members

IMPROVED: Attendance at national meetings: 12 members (1 ISP) to the District 9 Summit, 18 to Annual Session (1 ISP), 24 to NLC (2 ISP's), 7 CO members at the D9 Cabinet Retreat (1 ISP) and 9 to National Lobby Day. All events had an increase in both traditional and international student attendance.

IMPROVED: 7 Colorado ASDA Leaders served in leadership roles on the District 9 Cabinet, and one served on the National ASDA Council on Membership

IMPROVED: 160 participants at our second annual ASDASH 5K complete with Finish Line Vendor Fair and \$1000 raised and donated to the Special Olympics Colorado

IMPROVED: 375 students in attendance at our vendor fairs, an increase of 25 from last year

IMPROVED: 70 students in attendance at the Professional Development and Leadership Conference.

IMPROVED: Auto-enrolled all students for free student life and disability insurance with Great West Financial.

IMPROVED: Hosted a total of 31 lunch and learns with an average attendance of 80 students per L&L.

IMPROVED: Colorado ASDA's Yearly Membership Benefit included a discounted scrubs order for the entire dental school including faculty and residents for a total of 275 ordered sets (scrub top + bottom).

Organizes a successful membership drive to introduce new students to ASDA

NEW: Promoted Colorado ASDA during Colorado's Rocky Mountain Dental Convention with ASDA leaders tabling in conjunction with school administration.

IMPROVED: Introduced ASDA during school's orientation in conjunction with a vendor fair to promote our sponsors. ASDA members served as "Orientation Ambassadors" for the purpose of introducing students to ASDA.

IMPROVED: Successful ASDA Fever Week with 11 events over 8 days that was strategically organized not to compete with other first week events. Annual 5K was culminating event. Each event focused on a different facet of ASDA.

Events included:

- Amalgames Field-Day Style Tournament (25 students)
- Intro to ASDA Lunch and Learn (76 students)
- Spikeball tournament (40 students)
- Study Club based around managing finances in a dental practice (30 students)
- Advocacy Lunch and Learn with a panel of Colorado Dental Association past-presidents and school faculty (100 students)
- Lunch and Learn and Evening Social with Aspen Dental (100 students)
- Morning Yoga Class taught by Colorado ASDA's Health and Wellness Chair, Sierra Rose (9 students)
- The Colorado ASDash 5k Run plus post 5k Yoga (160 participants)
- Kid In Need of Dentistry Oral Screening Event (14 participants)

IMPROVED: More representation from first-year and international students at all Fever Week events.

Recruits and engages advanced standing/IDP or non-traditional students at your school

IMPROVED: In the year 2019 we had a total of 6 Executive Board positions held by international/IDP students.

IMPROVED: Increased international student turnout to events like the 5K, national conferences, and socials due to the efforts of ISP Liaisons.

IMPROVED: In an effort to diversity L&L food options, we were able to engage more interest in international students.

Organizes events with the local and/or state dental society such as Signing Day to help fourth-year students transition to the ADA

NEW: 8 ASDA leaders participated on Councils of the Colorado Dental Association (CDA), our state dental society, and 3 leaders participated on Committees of the Metro Denver Dental Society (MDDS), our local component.

IMPROVED: The CDA and Metro Denver Dental Society (MDDS) hosted an ADA National Signing Day for fourth year traditional students and second year international/IDP students to recruit members. 80 students signed up for the tripartite membership with the ADA, CDA, and MDDS.

IMPROVED: Signing Day was held in conjunction with a Leadership symposium.

IMPROVED: Chapter President, Membership Chair, and Professional

Development and Leadership Chair collaborated with the CDA and MDDS, to host educational and social activities to introduce graduating students to membership in organized dentistry. Students had the opportunity to attend over 20 activities including: MDDS New Member Welcome Event, CDA NDC Colorado Tooth Party, CDA and MDDS Fall Student Mingle, and the G.V. Black Tie Banquet.

Uses the following communication vehicles: class announcements, newsletter, bulletin boards, email, website, social media, etc.

IMPROVED: Used diverse range of communication platforms including: Newsletter, blog, email, website, iCal, and social media (Facebook, Instagram, YouTube.)

IMPROVED: Instagram: Total of 1102 "followers" and an increase in usage of creating "stories" and Instagram "live" to help boost attendance at events.

IMPROVED: Facebook: Total of 995 "followers" with an increased number of posts and the addition of utilizing Facebook stories.

IMPROVED: Youtube: Published 12 new videos on Youtube for event promotions, highlights, and Wellness Video Series

IMPROVED: 2 Newsletters and 8 Blog posts were published

IMPROVED: Website: Clinical Database on www.coloradoasda.org that outlines clinical procedures specific to Colorado to help with students' transition into the clinic. Platform for school-wide scrub orders and sponsorship package purchases.

IMPROVED: Cohesive and professional flyers were made for every event we hosted this year.

IMPROVED: Colorado ASDA Bookcase in the student lounge that displays up-to-date photos, trophies, applications, and t-shirts

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

NEW: Each outgoing Executive Board member was required to host a one-on-one meeting with their successor to transfer position responsibilities and information, and each branch of our chapter was required to meet once a month.

NEW: We formally established committees for each furcation (branch) in our chapter. This resulted in an increase in first-year student participation.

IMPROVED: Board applications in March to allow a month transition and a 3-day mountain Executive Board Retreat in April to develop a Mission, Vision, and a set of goals for the year. 29 Executive Board members were in Attendance.

IMPROVED: Google Drive was upgraded to a business account to store documentation for all events.

IMPROVED: Base Camp: "Project Management and Team Communication Software" was used to facilitate organization and referral to previous events, as well as to improve communication.

Creatively distributes content from district and national meetings to local membership

NEW: Recap emails were sent to the entire student body after Annual Session 2019 and National Lobby Day

NEW: 3 articles in Colorado ASDA's Blog, the "Colorado Quickset" were published summarizing NLC 2018 and 2019, and the Executive Board Retreat

NEW: Presentations focusing on benefits of National ASDA membership were given at the Executive Board Retreat as well as the Summer Pre-Dental Weekend.

NEW: Colorado ASDA President, Jillian Stacey, published an article titled, "Experience Colorado ASDA" in the March edition of Contour

IMPROVED: A recap video was created for National Lobby Day and posted on our Youtube channel.

IMPROVED: Instagram and Facebook posts and stories were used throughout National Meetings to engage local members.

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

NEW: Creation of Colorado ASDA sticker series on Facebook, Snapchat, and Instagram that can be found by searching #coasda. Stickers were featured on National ASDA's social media during NLC 2019.

NEW: T-shirts with the Colorado ASDA Logo were distributed to each member of the incoming DS1 and ISP class (120 students).

NEW: Executive Board t-shirts were distributed to all Exec Board members at the Board retreat in April.

NEW: Colorado ASDA Pre-Dental t-shirts were created and distributed to all 75 attendees of the Summer Pre-Dental Weekend.

IMPROVED: Distributed unified ASDA logo on: T-shirts, pens, pins, and folders to reinforce our mission of unity

IMPROVED: Use of hashtags: National level: #ASDAFever, #dentals-tudents, #asdaadvocacy #bewellasda, #wellnesschallenge, District level: #d9sofine, Chapter level: #coloradoasda, #coasda

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

NEW: Formed an Advocacy committee that meets monthly and averages 10 students in attendance per meeting.

NEW: Reformed Colorado ASDA's Advocacy Academy to highlight a different legislative issue that ASDA advocates for each day of the week. Small flyers were created regarding the top Advocacy topics impacting dental students and dentists. Each morning, we placed the flyers on students desks and distributed them among our school. A total of 170 students checked in to our Advocacy Academy Attendance sheet throughout the week.

NEW: Monday of Advocacy week: Cookies and Student Debt Jenga. Students met at lunch time to learn about the logistics of the advocacy directives in regards to decreasing student debt and enjoyed homemade cookies and jenga games.

NEW: Tuesday of Advocacy Week: Hot Chocolate Bar and Subsidized vs. Unsubsidized Loans. Students met outside at lunch time for free hot chocolate to discuss student loans and what ASDA is doing to lower interest rates and provide subsidization. ASDA leaders were on hand to help explain the difference between the two types of student loans.

NEW: Wednesday of Advocacy Week: Licensure Cornhole. Students met at lunch time to discuss licensure reform, socialize, play cornhole, and win candy bars. Students were informed about the different current options for Licensure examinations. Students and ASDA leaders discussed the impact that our voice has on changes to live patient examination coming in the foreseeable future.

NEW: Thursday of Advocacy Week: Advocake and ELSA/Midlevel providers. Students met at lunch time to discuss ELSA and Mid-level Providers while eating a piece of our decorated "Advocake." Students were reminded that ELSA (Ensuring Lasting Smiles Act) is seeking to give children with facial birth defects care with coverage. Students also were introduced to the up and coming impact of midlevel providers on the dental profession as a whole.

IMPROVED: Held 3 Advocacy Lunch and Learns throughout the year, with an average of 90 students per event. These L&L's included:

- Advocacy Week Finale: Q&A with panel of 6 local dentists involved in organizations such as the ADA, CDA, and ADPAC. Questions from students were taken from all lunch-time activities to be answered by the panel.
- Lunch and Learn during ASDA Fever Week included a panel of 3 faculty involved in organized dentistry. Students were encouraged to get involved in legislative advocacy and to join our Advocacy Committee.
- Lunch and Learn with current and past CDA (Colorado Dental Association) Presidents in the Spring on current issues impacting us in legislative advocacy.

IMPROVED: Created social media campaign using the molar bear and involvement of the student body during advocacy week.

IMPROVED: From 2018-2019, 6 students completed the advocacy certificate program, and even more students participated in the program.

Attends state or national lobby days or organizes state lobby day

NEW: Dentists from the CDA hosted breakout sessions with Colorado students to discuss legislative issues during National Lobby Day.

NEW: Hosted a L&L prior to state lobby day with representatives from the CDA in order to brief students on the issues that would be discussed and how the day would run.

NEW: Shared a pre-state lobby day webinar hosted by the CDA with all students planning to attend.

IMPROVED: 24 students attended state lobby day in association with the CDA held in the Denver capitol building

IMPROVED: 9 students attended National Lobby Day.

Involved with state and/or local dental society.

NEW: Sent two student representatives to Colorado Congressman Jason Crow's "Higher Education Listening Session" concerning student loan priorities

NEW: In association with the Colorado Dental Association, wrote a letter to the Colorado State Dental Board outlining our input on upcoming changes to the licensure process.

IMPROVED: Chapter Liaison collaborated with local dental societies, such as CDA (Colorado Dental Association), New Dentist Committee (NDC), Metro Denver Dental Society (MDDS) to host education and social activities. Students had the opportunity to attend over 20 activities including MDDS New Member Welcome Event, CDA NDC Colorado Tooth Party, CDA and MDDS Fall Student Mingle, and the G.V. Black Tie Banquet.

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

NEW and **IMPROVED:** 8 ASDA leaders participated on Councils of the Colorado Dental Association (CDA), our state dental society, as official members, including:

3rd year student and Legislative Liaison Tyler Chancellor served as the representative for ASDA on the CDA's Government Relations Council

2 students on the CDA's Council on Membership

3 students on the CDA's New Dentist Committee

2 students on the CDA's Board of Trustees

NEW: 3 ASDA leaders participated on Committees of the Metro Denver Dental Society (MDDS), our local dental society, as official members, including:

- 2 students on the Community Outreach and PR Committee
- 1 student on the Member Services Committee

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

IMPROVED: Continued the publication of our advocacy "Buccal Brief", educating and updating the student body on advocacy initiatives. The BUCCAL Brief is Colorado ASDA's publication that updates CU students on advocacy topics.

NEW: Included an update in the Colorado Dental Association journal about our student leaders' meeting with Congressman Jason Crow at his "Higher Education Listening Session"

NEW: Colorado ASDA member Sansriti Narain published an article titled "The Rx Factor" in Colorado ASDA's Fall Colorado Extraoral Journal publication. The article focused on the opioid epidemic.

NEW: Colorado ASDA member Justine Gullia was featured in National ASDA's Advocacy Brief on 8/8/2019 as one of the top contenders for the Excellence in Advocacy Engagement Award as part of the Advocacy Certificate Program.

Conducts successful ADPAC drives

IMPROVED: We integrated registering for ADPAC into our Advocacy Week.

IMPROVED: Incentivized students to sign up for ADPAC during advocacy week by organizing raffles and activities. Students were required to attend 3 of the 4 educational lunch activities throughout the week to enter the raffle. A total of 20 students sign up, compared to last year's total of 3 students.

IMPROVED: Ruffled off funding for one student to attend national lobby day by registering for ADPAC during the successful advocacy week.

ACTIVITIES

Offers professional and educational programs to encourage interaction between student and faculty, staff and dental societies.

NEW: Chapter leaders worked to help plan around 5 of 20+ events put on in conjunction with local and state dental societies including a CV writing workshop and the Colorado Tooth Party, and Mentorship Speed Dating, etc.

IMPROVED: Second annual ASDA Executive Board Banquet held in conjunction with the Colorado Dental Association. The banquet featured a review of our year, awarding outstanding individuals and performances, and introducing new Board members. 62 students and family members in attendance

IMPROVED: We expanded our scope of presenters for our Study Club and Lunch & Learns by hosting our own faculty dentists to talk about their private practice experiences, CVs, and advocacy initiatives. .

IMPROVED: We increased and maintained the number of events that students were able to attend hosted by local (MDDS) and state (CDA) dental societies to over 20.

IMPROVED: 24 students attended state lobby day in association with the CDA held in the Denver capitol building

Develops mentorship programs.

NEW: Each outgoing Executive Board member was required to host a one-on-one meeting with their successor to transfer position responsibilities and information. New board members worked side-by-side with old board members for one month.

NEW: Each furcation leader was required to hold meetings with their Executive Board members once every two months.

NEW: During ASDA Fever Week, DS1's had the opportunity to join committees based on their interests and skills. A school-wide email to involve upperclassmen was later sent out to involve more of the student body in Colorado ASDA committees.

NEW: Mentorship Speed Dating with the CDA. Students were invited to join CDA members to learn and network with organized dentistry at the state level.

IMPROVED: Our Group Function chair hosted an NBDE Part 1 Advice L&L for students that took boards this summer. A semester overview L&L was also hosted for students about to start their 2nd year, and 55 students were in attendance.

Organizes vendor fair and lunch-n-learns frequently.

NEW: We revamped our re-branded Sponsorship Block Parties (Vendor Fairs) by holding our Fall block party outside on the campus quad to foster a fun and inviting environment for our partners and students. As noted last year, these Sponsorship Block Parties were rebranded from vendor fairs to emphasize the importance and role that our sponsors have in our organization.

NEW: We created a survey for students and sponsors to improve our vendor fairs. We saw an increase in the diversity of sponsors as well as an improved system for vendors to ensure student engagement.

IMPROVED: We held a Spring Vendor Fair with 20 vendors and 125 students; and hosted one of our largest Fall Vendor Fairs with 25 vendors and 250 students.

IMPROVED: We hosted a total of 31 Lunch-n-learns, 19 in the spring, 3 in the Summer, and 9 in the fall.

NEW: We included vegetarian and vegan options at all lunch and learn to be more inclusive of varying diets and cultures of our students.

IMPROVED: We organized the Loupes Vendor Fair for the first-year students and invited several loupes representatives in order to give the students a chance to try on the loupes before they ordered.

Provides social activities.

NEW: Hosted the first annual Colorado ASDA Hoops Championship at a local Hoops Park. 8 teams of 3 participated. Snacks, drinks, and music were provided. \$250 in proceeds were donated to the Dental Lifeline Network.

IMPROVED: 2nd Annual re-branded Colorado ASDA Fever week was our most successful one yet. We had a total of 11 events including all facets of ASDA, including Advocacy, Health and Wellness, Community Outreach, Social, and Pre-Dental.

IMPROVED: Shimstock- Student talent show, judged by "celebrity" faculty members. Acts included magic, instrumentals, bands, cultural dance, lip sync and more! 175 were in attendance including students, faculty, and staff and families.

IMPROVED: Worked with various sponsors to host 10 happy-hour socials for ASDA members.

Organizes events/programs that promote leadership development

and professional training.

NEW: Hosted a Dinner and Learn with Ignite DDS and hosted Dr. David Rice to talk about acquisitions vs. start-ups. Speaking with Dr. Rice was CU dental faculty member Dr. Amisha Singh.

IMPROVED: Our Business Study Club was rebranded to ASDA Study Club to reflect a wider variety of topics and speakers. ASDA Study Club held 2 hands-on education nights: one involving dental lasers and the other involving CAD-CAM systems and operator ergonomics. Hosted 6 additional dental professional speakers with an emphasis on business acumen. Popular topics included metrics of a dental practice, start-ups vs. acquisitions, and preparing for practice ownership.

IMPROVED: Panopto of our ASDA Study Club is linked on our website to increase our audience.

IMPROVED: Our annual Professional Development and Leadership (PDL) Day allowed around 70 students (including Pre-Dentals) to experience an NLC-type conference. We hosted speakers such as Dr. Alexandra Otto, Dr. Kristopher Mendoza, and Dr. Brett Kessler.

IMPROVED: Executive Board Retreat for newly elected Board members to create a vision for the year and transition into new roles. The three-day mountain retreat entailed presentations, group discussions, and bonding through meal preparation and games.

Hosts events with other ASDA chapters in district.

IMPROVED: We held our annual District 9 retreat in Breckenridge, CO with 12 members from Colorado ASDA

IMPROVED: We had 6 Colorado ASDA members participate in the Summer District 9 Leadership Retreat in Austin, Texas.

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

NEW: We increased our L&L food options to be more diverse and include Thai, Indian, Chinese, and Mediterranean

NEW: Hosted a Welcome to ASDA Lunch and Learn for International (ISP) students to promote ASDA and discuss avenues of involvement. ISP students on the Executive Board discussed their experience with getting involved, and Colorado ASDA T-shirts were distributed.

IMPROVED: Our two ISP liaisons and ISP members of the Executive Board improved their communication regarding ASDA to their classes through social media, GroupMe chat messages, and sheer enthusiasm. We saw an increase of ISP students at the majority of our events.

IMPROVED: Our annual talent show, Shimstock, saw increased participation from ISP students, with around 50% of the acts being performed by students in the ISP program that showcased a variety of cultures..

Organizes activities that are unique and original.

NEW: Our Wellness furcation took advantage of Colorado's unique landscape and hosted 4 separate hikes each weekend during September Wellness month

NEW: Our re-vamped Advocacy Academy became more interactive with each day's event focusing on a different legislative issues. Colorful flyers were handed out to all students in the morning as they were invited to come to lunch time activities to learn about an issue important to ASDA Advocacy.

NEW: We organized a Pre-Dental Meet and Greet Social prior to our Summer Pre-Dental Weekend so that pre-dental students could network with current dental students prior to a weekend of professional development sessions.

NEW: Created a video geared toward membership engagement titled "Why ASDA" featuring students discussing how they got involved in ASDA and why it is important to them.

IMPROVED: We initiate events like a school-wide Spike ball tournament Dodgeball tournament (4th annual Tytin Tournament), Basketball tournament (Inaugural ASDA Hoops Championship), and a 5k run (Inaugural Colorado ASDAsh).

Conducts one or more organized efforts to earn money for chapter events or initiatives.

NEW: Hosted a mini Vendor Fair at the Colorado ASDash 5k finish line to raise money for the chapter as well as to donate to Special Olympics Colorado.

NEW: Sold CU dental T-shirts, pull-overs, and badge reels at our Spring Vendor Fair.

IMPROVED: Hosted 2 school wide Vendor Fairs and 31 Lunch and Learns to raise money for chapter initiatives.

IMPROVED: We worked with sponsors for events such as our Executive Board Transition Banquet, Fever Week social, and more.

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: Organized two farmers' market outings for 10-15 students in downtown Denver and Boulder to support local farmers (environmental wellness) as well as promote healthy eating choices and a healthy lifestyle (physical wellness).

NEW: 30 students attended Yoga on the Rocks--a sunrise yoga class at one of the most legendary venues in the United States: Red Rocks Amphitheatre. Members were instructed on breathing and meditation exercises (emotional health) as well as physical asanas (physical health) and given the chance to sample local health food options.

NEW: Make Your Own Trailmix Station. Students created snack combinations of nuts, seeds, and fruit to make healthy choices for their dental school diet and fuel their studies (physical health). Members were encouraged to bring containers to cut down on single-use plastic (environmental health).

NEW: Monthly Sunrise Yoga on the Student Bridge: Students met before school once a month on Friday mornings and were guided by Colorado ASDA's Health and Wellness Chair and 200 hr certified yoga teacher, Sierra Rose, in yoga flows that optimize ergonomic success, mental health, and flexibility and strength.

NEW: Post-5k Yoga Cool-down: 08/24. Students recovered from the 5k with stretching and breathing exercises aimed toward runners (emotional and physical health).

NEW: Students carpoled to hike beautiful Coloradan landscapes (physical health) while taking a break from studies to bond with their classmates (emotional health) and learning about the plants and animals that are native to Colorado (intellectual wellness). We also brought containers/bags with us on all hikes and picked up trash/waste that we found on the trail to promote a healthy environment (environmental wellness).

NEW: Weekly Hikes during National ASDA's Wellness month included:

- Mt. Quandary 14ner Hike (8 students in attendance)
- St. Mary's Glacier Hike (11 students in attendance)
- Red Rocks Trading Post Trail Hike (10 students in attendance)
- Boulder Flatirons Hike with (30 students in attendance)
- Sky Pond via Glacier Gorge Rocky Mountain National Park Hike (12 students in attendance)

IMPROVED: Re-branded Inaugural Beat Tooth Decay 5k as the Colorado ASDash 5k. Over 170 registered participants as well as ten corporate and organizational sponsors raised over \$1000 for Colorado ASDA as well as another \$1000 that was donated to Special Olympics Colorado.

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

NEW: Monthly series of infographics published as a photo gallery on Colorado ASDA's Facebook page, each highlighting a monthly goal for every one of the 5 dimensions of wellness with ideas/inspiration to reach those goals. Continued throughout the year.

NEW: Monthly Spotify 'Happy' Playlist made by and for dental students to increase morale. Implemented for the first-time during health and wellness month and continued for the year.

NEW: Steps Challenge Weekend Hike Series: In honor of wellness month and September steps challenge, ASDA Health and Wellness hosted weekly hikes in the beautiful Coloradan mountain landscape. Hikes ranged in difficulty from 1-mile, flat hikes to 8-mile summits of 14,000-foot mountains!

NEW: Virtual Reality Mental Health Day: Students competed in carnival-themed mental resilience-based games on a tournament day. Gave the chance for students to become familiar with the virtual reality suite on campus and the tools/ mental health breaks that they can utilize.

NEW: Mental Health Informational Sessions with the Johnson Depression Center on the University of Colorado Anschutz Medical Campus: QPR Suicide Prevention Training, Understanding Depression, Stress Management. Students were invited to three informational presentations during September Wellness Month that provided educational material regarding mental health and how to manage it as well as tools to use for themselves and loved ones who might need extra support.

NEW: Breast Cancer Awareness Screening and Educational Event: Promoted Breast Cancer Awareness by hosting a screening and educational event. Self-screening educational material from the non-profit 'Bright Pink' was provided to students to share with friends and family. Attendees enjoyed pink-themed desserts baked by student volunteers.

IMPROVED: Step Out for Wellness Challenge - In addition to winning National ASDA's Step Challenge as the chapter with the highest average steps per participant, Colorado ASDA went big with 134 student participants, 41,524,139 total steps. Our chapter also had the top national stepper 3 out of the 4 weeks of September: Weeks 1 and 2 were led nationally by Evan Hamamoto, and Week 3 was led by Meg Dinkel.

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: National Mental Health Awareness Campaign: Campaign was launched on our Facebook page and shared to all students and faculty through email with the theme, "You are Never Alone in Dental School." A photo gallery showing real, unfiltered responses and reactions of dental students regarding the topic of mental health were the result of a school-wide survey sent to every dental student at the University of Colorado during summer 2019. The photo gallery was also shared on District 7 and 9's Facebook page, as well as National ASDA's Facebook page and University of Colorado School of Dental Medicine's Facebook page.

NEW: Created a new tab on the Health and Wellness page of Colorado ASDA's website for healthy recipes, featuring students who submitted favorite healthy breakfasts, lunches, dinners, snacks, and desserts. The tab will remain collaborative as students continue to submit their recipes.

NEW: 'From Classroom to Simulation Lab to Yoga Mat (and Back)' wellness article on the COASDA's online blog, 'The Colorado Quick-set.' Highlighted the importance of balance, ergonomics, mental, and physical health while in dental school.

NEW: October issue: Published an article highlighting the importance of wellness initiatives for dental professionals while in dental school in the Wellness Issue of the Colorado Dental Association's monthly Journal Magazine.

IMPROVED: Wellness Video Series - 5 videos focused on one of the different dimensions of wellness, each highlighting a current dental student. The videos reached 2,379 people on Facebook and an additional 774 on Instagram and were shared on District 9's Facebook page as well as the University of Colorado School of Dental Medicine's Facebook page.

Shares wellness content from the district and national meetings with local members

NEW: Implemented photo contest during ASDA's September Step Challenge using the hashtag #BeWellColoradoASDA for students to share their outdoor adventures and active pursuits during the month, shared winners via Instagram.

IMPROVED: Shared September Step Challenge information including weekly student, faculty, and team step leaders on Facebook, Instagram, and schoolwide emails to the entire student body.

IMPROVED: Shared National ASDA's monthly wellness challenges on all social media platforms to encourage member involvement.

IMPROVED: Created digital flyers for all wellness events (including a list of all wellness events promoted at the beginning of wellness month) and promoted through social media, school wide emails, and electronic calendar updates.

IMPROVED: Regularly shared National ASDA Wellness challenges on Facebook, Instagram.

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

NEW: Formed a Health and Wellness committee that meets monthly and consists of 11 students who help execute wellness events and initiatives specific to their interests in one of each of the dimensions of wellness.

IMPROVED: The Health and Wellness Chair and Executive Council furcation leader work in conjunction with the committee in order to oversee Health and Wellness initiatives.

COMMUNITY OUTREACH

Promotes unity, awareness and lifelong involvement in community service

NEW: Promoted Breast Cancer Awareness by hosting a screening and educational event. Self-screening educational material from the non-profit 'Bright Pink' was provided to students to share with friends and family. Attendees enjoyed pink-themed desserts baked by student volunteers.

IMPROVED: Organized a carpool for volunteers for Colorado's Mission of Mercy Project which provides free dental care to individuals who cannot afford or access to dental care. that took place Oct 4-5 in Glenwood Springs. Over 25 students including international students volunteered at the event.

Organizes events to build the value of community in our profession

NEW: On two separate occasions we provided infant and child oral health education to around 15 new and expecting mothers and their children at Gabriel House in Aurora, CO. In addition, we donated oral hygiene items to families.

NEW: 7 students participated in Green Valley Elementary School's Annual "Let's Get Moving Night" by providing oral hygiene education to parents and children

NEW: Colorado ASDA members helped prepare a float with the Metro Denver Dental Society in Denver's St. Patrick's Day Parade and distributed oral hygiene aids during the parade

IMPROVED: Increased the number of students who participated in Family Health Night. ASDA members provided oral hygiene education to children and their parents at Cole Arts and Science Academy.

Increases awareness of underserved populations

NEW: 14 students volunteered at the Kids in Need of Dentistry (KIND) block party event to provide free oral screenings and cleanings to adults and children in the community

NEW: 11 students volunteered at the Special Olympics Harvest Festival to help raise money for the young special needs athletes. Additionally, we formed a strong relationship with the Volunteer Director of Special Olympics and plan to be participating in as many events as possible in the new year.

NEW: 2 students participated in the Denver Walk for Sjogren's that encourages research and education regarding Sjogren's Syndrome

IMPROVED: Lunch and Learn with the Chief Dental Officer from Colorado Department of Corrections to educate dental students about providing dental care for inmates.

Participates in the ASDA National Week of Service

NEW: Hosted a "Be the Match" bone marrow drive as part of ASDA's National Week of Service. 11 students signed up to be a part of the registry that helps patients diagnosed with leukemia, lymphoma, and more get matched with an appropriate blood marrow or blood donor. We set up a table at a central location in our school and educated as many students as possible about the program's mission.

NEW: Provided free muffins and snacks with printed quotes about community outreach in the dental school basement on the first day of ASDA National Week of Service in January to raise awareness for ASDA's Community Outreach initiatives.

NEW: Increased awareness for the National Week of Service through social media posts.

NEW: Created a Colorado ASDA booth at the "Health and Wellness"

free day at the Denver Museum of Nature and Science. Through the 6 hour long event 10 student volunteers engaged children in hands-on dental games, activities, and crafts.

NEW: Promoted Colorado ASDA during Colorado's Rocky Mountain Dental Convention with ASDA leaders tabling in conjunction with school administration to promote ASDA's mission to dental students, dental hygienists, assistants, and administrators.

IMPROVED: Annual infant and child oral health education at Gabriel House was incorporated as part of ASDA National Week of Service

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

NEW: Formed a Community Outreach committee. This includes our Alternate Delegates working in conjunction with our Community Outreach Chair and Associate Chair that hold monthly meetings in order to plan events.

NEW: Planned for a Colorado ASDA Sustainability Committee are in the works and will be implemented in early 2020.

Hosts events with significant participation from members that benefit a significant number of people (include number of people served, attendees or percentage of chapter members in attendance)

NEW: Thank You Card Appreciation project for the University of Colorado School of Dental Medicine Faculty and Staff. Over 200 students wrote a total of 300 thank you cards to all 100+ faculty and staff members at the dental school to acknowledge their hard work and dedication to students. Notes were delivered with cupcakes and cookies to faculty offices and staff member lounges.

NEW: Hosted the first annual Colorado ASDA Hoops Championship at a local Hoops Park. 8 teams of 3 participated. \$250 in proceeds from the tournament were donated to the Dental Lifeline Network.

IMPROVED: 160 students and participants registered for the 2nd Annual Colorado ASDash 5k which raised \$1000 to be donated to the Special Olympics Colorado.

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

NEW: Promoted World Diversity Day for Cultural Diversity through a social media campaign and raise awareness of all the cultural diversity among our students. We featured 11 students from countries such as Japan, Iraq, Kyrgyzstan, Egypt, Venezuela, India in our Instagram stories. They discussed their diverse backgrounds, what diversity means to them, and how they express their diversity as a dental student.

NEW: Handed out candies to students in the dental school lounge with a typed-up message about why diversity is important during World Diversity Day.

IMPROVED: Colorado ASDA's Community Outreach Chair and Associate Community Outreach Chair sit on the Metro Denver Dental Society (MDDS) Community Outreach and PR Committee to serve as a student liaison by:

-Attending committee meetings 3-4 times a year

-Helping refer more patients to CU's Heroes clinic that serves veterans.

-Helping spread nonprofit organization (Kids in Need of Dentistry and the Dental Lifeline Network) awareness at the Rocky Mountain Dental Convention.

-Helping prepare the MDDS St. Patrick's Day parade float and hand out oral hygiene aids.

PRE-DENTAL INVOLVEMENT

Recruits pre-dental members for national ASDA membership

NEW: Raffled two Pre-Dental ASDA memberships at the Fall Mock Interview Event

NEW: Presentation highlighting the benefits of joining ASDA as a pre-dental was given at the Summer Pre-Dental Weekend

IMPROVED: Encouraged registration for ASDA Pre-dental Membership at the Spring Pre-dental Day, Summer Pre-dental Weekend, and Fall Mock Interview Events. Pre-dentals were sent a word document with instructions on how to use ASDA's website to register for a membership and explore pre-dental resources.

Introduces pre-dentals to dental school and organized dentistry (ASDA and ADA)

NEW: Extended invitations to pre-dental students to join dental study clubs geared toward dental specialties organized by current CUSODM faculty.

NEW: Selected 7 Pre-dental students in a raffle to attend the 2020 Colorado ASDA Professional Development Leadership (PDL) Conference

IMPROVED: Presentation highlighting the importance of organized dentistry, specifically ASDA and the ADA, was given at the Summer Pre-Dental Weekend

Provides leadership opportunities for pre-dentals

IMPROVED: Extended invitations to pre-dental students for the (2019) Colorado ASDA Professional Development Leadership (PDL) Conference. 15 pre-dental students were in attendance.

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

Workshop:

- NEW:** Provided opportunities for pre-dental students to participate in CUSODM's Anatomy Cadaver lab, where they got to interact with a dissected human cadaver, human organs and a human skeleton.
- NEW:** Hosted a workshop on commonly used lab techniques including duplicating casts, trimming casts, and mounting casts, as part of our Summer Pre-Dental Weekend.
- IMPROVED:** Provided opportunities for pre-dentals to experience CUSODM's new Haptics lab, Virtual Reality Simulation, and Trios scanning machines available in CU's clinics.
- IMPROVED:** Presentation on how to write a proper personal statement complete with examples from the admissions committee of good personal statements and poor personal statements. This presentation was accompanied by a personal statement workshop with current dental students meeting one-on-one with pre-dental students to provide feedback and direction about their personal statements.
- IMPROVED:** Workshops in: developing hand skills via drilling class I and class V preps in various plastic teeth, duplicating casts, personal statement workshop and cadaver experience.

Presentations:

- IMPROVED:** Admissions presentation and Q&A with Manager of Student Admissions and Dean of Student Affairs and Admissions.
- IMPROVED:** Presentation by current faculty describing The Future of Dentistry.
- IMPROVED:** Presentation discussions on the importance of organized dentistry and ASDA's contribution.
- IMPROVED:** Presentations by specialty dentists including a Prosthodontist, a Pediatric Dentist, and a Dental Radiologist.

Panels:

- NEW:** Provided an Interview Panel of current Admissions Committee Members to answer questions about the do's and don'ts

of interviewing at the University of Colorado School of Dental Medicine (CUSODM).

- IMPROVED:** Panel of current Military Students discussing the different scholarship opportunities and what life after dental school looks like in the military.
- IMPROVED:** A student panel composed of students from the incoming class spoke on application and interview advice, and a panel of current students discussed daily dental school life.
- IMPROVED:** Hosted Spring Predental Day which drew 61 total attendees (50 attendees in Spring of 2018)
- IMPROVED:** Hosted Summer Pre-dental Weekend and drew 75 total attendees (45 attendees in Summer of 2018), 24 students traveled from out of state to attend this event.
- IMPROVED:** Hosted Fall Pre-Dental Mock Interview Event and drew 65 total attendees (55 attendees in Fall of 2018) from around the country that had applied to CUSODM in the current cycle.
- IMPROVED:** Offered school visits to CU Boulder, CU Denver, CSU and University of Denver. Several ASDA members visited these colleges campuses at each visit to promote our profession and promote Colorado ASDA and the University of Colorado School of Dental Medicine.

Offers networking, social and community service events for pre-dentals

NEW: Organized a meet and greet for over 45 pre-dental students with current dental students at a local restaurant to allow students to network and create relationships in a laid back environment.

NEW: Selected four pre-dental students to feature on Colorado ASDA's Instagram and Facebook during pre-dental month as a way to share their stories with all of Colorado ASDA and CU students.

IMPROVED: Invited pre-dental students to ASDA events such as the Colorado ASDash 5k to provide pre-dental students the opportunity to interact with and create relationships with current dental students.

Serves as mentors to pre-dentals

NEW: Coordinated with CUSODM Faculty to organize and facilitate Pre-dental events that involved students from highschools throughout Colorado in order to form links between the pre-dental students and our school to spark interest in Dentistry.

IMPROVED: At our Fall Pre-Dental Mock Interview Event students received two, one-on-one interviews, each for 25 min, to simulate the exact interview experience at CUSODM.

IMPROVED: Through our regular visits to undergrad campuses, current dental students made connections with prospective students.

Improved: Pre-dental students affiliated with the University of Colorado's Undergraduate Pre-health Program (UPP) were paired with DS3 students for an extended summer internship (6 weeks). Pre-dental students attended all classes, labs and assisted their DS3 mentors in clinic during their internship.

Promotes national ASDA Predental Month

NEW: National ASDA's Pre-Dental Month was promoted through a series featuring four pre-dental students that participated in Colorado ASDA Pre-Dental events.

Facebook posts: 1737 people reached with 177 reactions, comments, and shares.

Instagram added an additional 96 likes

NEW: National ASDA Pre-Dental month was promoted by raffling off 2 National Pre-Dental Memberships and 7 tickets to Colorado ASDA's Professional Development and Leadership Conference

IMPROVED: Shared national ASDA Predental month resources and webinars with pre-dental students via email, facebook and Instagram.

MEET THE EXECUTIVE BOARD COUNCIL

COLORADO ASDA

Executive Board Council

2019-2020



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MEET THE EXECUTIVE COUNCIL

COLORADO ASDA

Executive Board

2019-2020

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Sierra Rose



Sponsor Relation
Emilee Chilvers



L&L Coordinator
Justine Guilla



Community Outreach
Associate
Conni Kim



Community Outreach
Associate
Lauren Mendicino



Editor in Chief
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Electronic Editor
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Associate
Jeremy Chen



Chair
Elana Costanza



Associate
Jacob Adams

COLORADO ASDA'S WEEK OF SERVICE 2019

January 27th

Dear Diary,

Community outreach has always been a big part of my life, and what better way to spread the joy it gives me than dedicating an entire week to it? I kicked off ASDA's week of service by spreading out an assortment of eight dozen flavorful, decorated donuts that disappeared before noon. Sweets motivate. Our first two events of the week were firsts for Colorado ASDA! First, we held a Be the Match donor registry drive. Currently, Caucasians have the highest probability of finding a blood marrow donor match. With the immense diversity of ethnic backgrounds on our campus, it was a great way to inform and expand the pool of potential donors. Second was our first-ever pre-natal and infant oral health seminar to pregnant and new mothers in need. I knew instantly that we were needed there when 100% of the mothers in attendance raised their hands to the question, "Who puts their baby to sleep at night with a bottle full of milk?" It was an impactful day. To close off this rewarding week, we returned once again for the Denver Science Museum's Health and Wellness Free Day. Whilst indulging in a special free day at the museum, over 100 families stopped by our dental booth to learn about sugar bugs, how to remove them, and participate in interactive dental games (like our human flossing game)! Week of Service was a busy, yet fulfilling week, and I hope we can squeeze in even more events next year.

Best Wishes,
Kimberly Easterling '20



COLORADO STATE LOBBY DAY

February 15th

Dear diary,

Today we organized as students with the CDA and made our voices heard in the capitol building in Denver. I never before have felt more involved and dedicated to my profession. We have a responsibility as the future of dentistry to “leave the campsite better than we left it”. Opioids, insurance and licensure reform and access to care are all initiatives that we can change for the better. As I discussed these issues with each representative in that building, I felt myself supported by each and every one of my peers and mentors next to me. It is an experience that I will not soon forget.

I am thankful for the opportunity we have in this country to have our voices heard. Freedom isn't free and these tools are here for us to constantly grow and improve the society that we live in. I look forward to participating in these activities in the years to come and giddily await the changes that we are anxiously awaiting.

BiG HOSS

Tyler Chancellor '21, Colorado ASDA Vice President





ASDA'S ANNUAL SESSION

March 3rd

Dear Diary,



Annual Session has always been my favorite ASDA conference to attend. This year in 2019, it once again lived up to the excitement, and I am extremely proud of what our chapter was able to celebrate throughout the week of festivities. 2018 marked a year of extreme strength for our chapter, both in our national presence and the impact that we made at the University of Colorado School of Dental Medicine. Being one of the top five finalists for Ideal ASDA and winning two Gold Crown Awards was not only an honor, it also culminated the efforts of our chapter over the past year. Seeing our one-minute summary video play in front of the whole conference reminded me how grateful I am to represent Colorado ASDA and how much passion our dedicated board members put into their work. Of course, the experience wouldn't have been complete without 20+ Colorado ASDA members showing up to the President's Gala in strange matching straw hats. In our defense, we didn't have a lot to work with being a part of the Grain District as D9 members!



Here's to our chapter continuing to reach new heights and showing up strong to Annual Session for years to come.

Best wishes,

-Jillian Stacey '21, Colorado ASDA Chapter President





COLORADO ASDA SPRING PRE-DENTAL DAY

March 9th

Dear Diary,

I am so proud of everybody on the Colorado ASDA Pre-dental team. Out of the three events we host annually, I'm most proud of the 2019 Spring Predental Event. The theme of the spring event was "The Future of Dentistry" with the intention of showing all pre-dental students how technology is continually advancing the dental field. Our predental furcation likes to set goals and this year we decided to challenge ourselves to increase the number of attendees at our events. We crushed that goal by getting 61 pre-dental students at our spring event, which is up from 48 students from last year. In the morning, students were given the opportunity to listen to a variety of speakers. First up was Crystal Ridley, the Manager of Student Admissions and Dr. Eric Mediavilla, the Dean of Student Admissions. Both speakers gave extremely valuable information about applying to dental school along with the do's and don'ts when contacting the admissions office. After the admission speakers, Dr. Thomas Greany and Dr. Kyle Diehl presented on "The Future of Dentistry". Finally, students learned about unique scholarship opportunities from a Military Dentistry Panel over the lunch hour. By far the best part of the day was when the students got to rotate through afternoon stations consisting of multiple hands on activities! These activities included waxing in the tech lab, scanning typodonts with two different models of Trios Scanners, and time in our state-of-the-art Haptics Lab with our Virtual Reality room. This event has made me so excited about all of the events to come!

-Elana Costanza '21, Colorado ASDA Pre-Dental Chair

2019 PROFESSIONAL DEVELOPMENT & LEADERSHIP (PDL) CONFERENCE

March 30th

Dear Diary,

Our PDL Conference was a rejuvenating, motivational and value-added event this year. The goal is to bring an NLC-like leadership conference to our students, and I think we more than achieved that! Our students heard from leaders in the dental field, including Dr. Alexandra Otto and Dr. Kristopher Mendoza. One of the most memorable aspects of the conference this year was the feedback I received from a fellow student. She described one of the talks as being so inspirational that it brought her to tears, and that the PDL Conference was just what she needed to get excited about dental school again. This was our 3rd annual year of the conference and I'm extremely proud of our ASDA Chapter for putting together an all-day event that helps inspire and develop the next leaders in our profession.

Until next time,
Keith Rockwood, Colorado ASDA Professional Development & Leadership Chair





ADA DENTIST AND STUDENT LOBBY DAY 2019

April 16th

Dear Diary,

The 2019 ADA Dentist and Student Lobby Day put the "LIT" in POLITICS! It was such an amazing combined event with dentists and students from all over the nation. Colorado had a total of fifteen attendees, of which nine were students! Many of us had no experience with lobbying, but we enjoyed the training provided to us and learning more about the issues that affect our dental profession. Not only were we prepared to talk about dental issues, but we also heard from keynote speakers who gave us an overview of the political landscape today. My favorite part of the Lobby Day weekend was definitely when we met with the legislatures and shared our issues with them. I spoke about student loan debt and why the Student Loan Refinancing Act is so important for students like me. I am grateful for the opportunity to share my story, advocate for the profession, and network with dentists from across the country!

-Lynn Doan '20



COLORADO ASDA EXECUTIVE BOARD RETREAT

May 3rd

Dear Diary,

Being new to the CO e-board, I was really excited for our first event as a group! We carpooled out to a huge cabin in the mountains and very quickly we found out that cell service was scarce. Great for bonding, brainstorming, and planning for the year, but definitely less great for streaming the Nugget's basketball game our first night in (which went into quadruple overtime!). The next morning, we got down to business early. Madame President, Jillian, and others had presentations and big goals for the organization to share with us. We discovered and analyzed our leadership styles and talked about areas of focus like advocacy, student involvement, and events. Afterwards, we broke out into our furcations and strategized.

As part of the fundraising furcation, my group educated me about lunch and learns and the sponsor block party, two things that I would have a hand in during the coming year. We finished off the day with a big tournament featuring games like ping-pong and cornhole. My team, Plaque Attack, fared well, but we'll have to wait until next year to claim the trophy! The weekend as a whole got me so excited to have a role in what Colorado ASDA would become. There are some really fantastic people on our board who are going to do great things! Stay tuned, diary, you're in for a ride.

Best wishes,
-Shannon Galegher '22, Colorado ASDA Associate Fundraising Chair



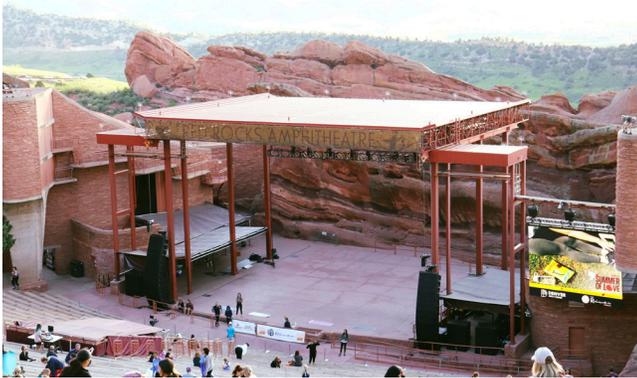


YOGA ON THE ROCKS

June 15th

Dear Diary,

I just had the most amazing experience at Red Rocks Amphitheater! No, it wasn't a concert, it was Yoga on the Rocks. I had heard about this event since before moving to Colorado, and I always dreamed about going. Hundreds of people gathering together in one of the most beautiful outdoor venues to move and breathe as one – it was as magical as it sounds. And if that wasn't special enough on its own, I got to go with all my ASDA friends! Having our group organized through ASDA allowed us to save money on our cost of admission, and we all got to sit (er, stretch) next to each other. We had quite a big group!



It's nice to know I have so many fellow students who also prioritize self-care during dental school, such a stressful time in our lives. I'm so glad to be part of an organization like Colorado ASDA that regularly demonstrates care for our physical and mental well-being. I can't wait for next year's Yoga on the Rocks event!

Yours truly,
Catherine Petty '22, Colorado ASDA Electronic Editor



COLORADO ASDA SUMMER PRE-DENTAL WEEKEND

June 30th

Dear Diary,

I am so happy to be a part of the ASDA pre-dental committee. We put together great events that I feel grateful to have a part in. This summer, we decided to hold an event that would span an entire weekend for the very first time! It was very exciting to welcome over 72 pre-dentals from around the country to our campus for a weekend full of presentations and hands-on-experience. We kicked off the event with our very own Colorado ASDA President Jillian Stacey. Jillian gave a great presentation and got all of the students excited about ASDA and what ASDA can offer pre-dental students. From there we had presentations from faculty and ASDA Board members on admissions, personal statements and a month in the life of a dental student. We also had three specialists present in their respective fields of Prosthodontics, Pediatric Dentistry and Radiology I was most excited about the afternoon rotations where the students participated in various hands-on activities. There were four awesome stations including drilling in the sim lab, impression making and model pouring in the tech lab, a personal statement workshop with a tour of the school, and an anatomy station featuring a real cadaver! It was great to meet all of these students who may in fact be the future of dentistry one day. I hope that they were able to take away aspects from this event that will drive their desire to pursue knowledge and a career in dentistry.

-Jacob Adams '22, Colorado ASDA Pre-Dental Co-Chair



SEMESTER OVERVIEW FOR DS1

SEMESTER OVERVIEW FOR DS2

August 12th

August 14th

Dear Diary,

Dear Diary,

Most of us dental students agree that the first weeks of dental school are some of the hardest to navigate. For this reason, ASDA puts a lot of effort and time into helping the incoming first-year students acclimate to dental school. Currently a second-year student, I still remember how hard it was to manage all the material and to study for multiple exams in a week.

As the chair for Anterior Guidance, I had the wonderful opportunity to organize a Semester Overview to the new students to give them an idea of what's to come, as well as some guidance and advice on how to prepare for all their classes. During this session, we briefly discussed each class they would be taking, as well as the best ways to study for each. We also incorporated a loupes Q&A session into the overview, since the students were in the midst of choosing which loupes to buy. It was immensely helpful to explain the different types of frames, lenses, and lights, and how to choose the ideal level of magnification.

We plan to continue organizing these events throughout the academic year to ensure that ASDA members can start off strong with each new semester!

-Alfred Li '22, Colorado ASDA Anterior Guidance

I remember being in my first and second year of dental student and feeling so overwhelmed by all the classes! Not only were we taking 13-14 classes a semester, but each course moved at such a fast pace that it felt impossible to keep up with the work load. One of the most helpful resources I found were words of encouragement and advice from upperclassmen. As a way to give back and hopefully encourage younger dental students, Colorado ASDA hosted Semester Overviews for the DS1's and DS2's. At these overviews upperclassmen discussed classes the DS1's or DS2's were taking that semester. Upperclassmen suggested study methods that worked well for them, whether that was forming a small study group, drawing charts or diagrams, or making flashcards. The first- and second-year dental students asked upperclassmen all their burning questions like "How hard are the quizzes?", "Was reading the book helpful?", "Why is this class important?"- all the questions you can't actually ask professors. Talking to upperclassmen about the classes stressing DS1's and DS2's really helped ease their anxiety and hopefully gave them some confidence that passing all these classes is totally doable and well-worth the hard work!

Until next time,

Caroline Hinds '21, Colorado ASDA Group Function Chair

ASDA FEVER WEEK

August 24th

Dear Diary,

ASDA Fever week has always been my most awaited week of school, even before I started school at the University of Colorado School of Dental Medicine. ASDA Fever week was a week-long affair with the introduction to ASDA for the incoming dental students, series of games, study clubs, lunch and learns, yoga sessions, social evenings and finally wrap-up with the ASDash 5K run. I have actively participated in such events in my dental school in India, so needless to say, I was looking forward to the fever week too. The energy that this week brought was astounding. The combined efforts of the ASDA members to make it a success with something to be involved through the entire week, brought all the classes of the dental school together. The most fun and interesting days for me were the first and the last days when 'Amalgames' and the ASDash 5K run were organised respectively. The names of the games like the Shofu disc, the Proper Irrigation, Egg-clusion, Stab-lab etc. brought a lot of curiosity and fun too.

This week saw lot of student engagement and as the social media chair, I tried to get as much involvement possible. Each day of the fever week, I posted about one of the first-year dental students, who actively participated in the fever week.

This proved to be an opportunity for the incoming class as the doors of future student involvement and leadership opened up through ASDA, after all, they are the future leaders.

Posting on social media through weeks ahead and throughout the week was an unparalleled and exhilarating experience for me, which I knew would happen with me just once in my dental school life, and I made a point to imbibe as much energy possible.

Looking forward to more such exciting fever weeks for the years to come.

-Samidha Patel ISP-2020, Social Media Chair-Colorado ASDA



**YOU ARE NOT ALONE NATIONAL MENTAL
HEALTH CAMPAIGN + CU JOHNSON DEPRESSION
CENTER ON-CAMPUS PRESENTATION SERIES**

August 27th

Dear diary,

Wellness month was a whirlwind of all kinds of different successes, but the one that I am most proud of was our newfound focus on mental health awareness and efforts to shine a spotlight on a topic that regularly receives a fair amount of stigma. As future medical professionals, we experience the unspoken expectation that we ourselves must be invincible and healthy at all times so that we can better the health of others; this makes us forget that though dental students are superheroes in some ways, we are still human beings.

In a Google survey that I sent out to all dental students at CU School of Dental Medicine this past summer, only 65% of those who responded reported being aware of available on-campus mental health resources while 95% of that same surveyed group expressed interest in future ASDA events with a focus on mental health. It was clear to me when designing this school year's events, that all dimensions of wellness, especially those that might be avoided due to stigma and potential for uncomfortable conversation, needed to become priorities that were both encouraged and celebrated. My plan was and still is to take each of these unique approaches to wellbeing and incorporate them into fun, accessible, inclusive and sustainable events that teach dental students to care for themselves. At the end of wellness month, we released a photo gallery of real responses to the Google mental health survey with the theme, 'You are Not Alone' to destigmatize mental health and open the topic up for discussion in the graduate school setting. Attached to the photo gallery was a beautiful infographic with the contacts and information of all of the on-campus mental health resources that we as students and ASDA members have access to, including our virtual reality suite with mental health resilience activities, counseling resources through our Student Mental Health Center, Digital Resources Portal (you.cuanschutz.edu) with goal setting and tailored resources to assess student wellbeing, and free access to the Johnson Depression Center's powerful presentations on QPR Suicide Prevention Training, 'Understanding Depression,' and 'Stress Management.'

This campaign not only started an important conversation on the regional and national level when it was shared on Facebook by both District 9 and National ASDA, but it gave the chance for our chapter to come together as a community, have fun, and temporarily turn the focus back on ourselves and our psychological well being. This was a monumental change for both on campus and within Colorado ASDA. I could not be prouder of our chapter for embracing this!

Yours truly,
Sierra Rose'22, Colorado ASDA Wellness Chair

MENTAL HEALTH RESOURCES!

A SHORT GUIDE FOR THE ANSCHUTZ STUDENT

STUDENT MENTAL HEALTH CENTER

PHONE #: 303-724-4716 ADDRESS: BUILDING 500, LEVEL 2 (13001 E. 17TH PLACE)

★ 8:00AM-1:00PM, 2:00PM-5:00PM MONDAY-FRIDAY

★ SAME-DAY APPOINTMENTS AVAILABLE, CLOSED WEEKENDS

★ ACUTE STRESS MANAGEMENT ★ COPING WITH TEST ANXIETY

★ INDIVIDUAL COUNSELING ★ RELAXATION TECHNIQUES

★ BEHAVIORAL HEALTH MEDICATION MANAGEMENT ★ GROUP OR FAMILY COUNSELING REFERRALS



DIGITAL RESOURCES PORTAL

LOGIN AT "YOU.CUANSCHUTZ.EDU" TO SET UP YOUR DIGITAL PROFILE

★ REALITY CHECKS TO ASSESS YOUR WELLBEING

★ TAILORED RESOURCES

★ GOAL SETTING



IMMERSIVE VIRTUAL REALITY EXPERIENCE

RESERVE A SESSION ONLINE BEFORE CHECKING INTO THE VR LAB



★ CHOOSE YOUR ADVENTURE/ENVIRONMENT!

★ MULTIPLE RESILIENCY EXPERIENCES AVAILABLE

★ WALK IN SPACE, ON MARS, OR GO UNDERWATER

★ DESIGN YOUR OWN 3D OBJECTS, ART, OR ANIMATION

★ ENTER A "POCKET UNIVERSE" TO LEARN NEW SKILLS

★ USE "NATURE TREKS VR" TO MEDITATE OR EXPLORE A NEW SPACE

MORE INFORMATION TO COME!



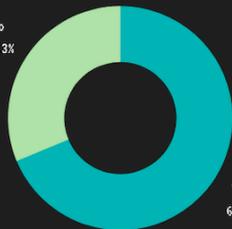
[HTTP://WWW.UCDENVER.EDU/ACADEMICS/COLLEGES/DENTALMEDICINE/PROGRAMSADMISSIONS/STUDENTRESOURCES/IMMERSIVELEARNINGSUITE/PAGES/VIRTUALREALITY.ASPX](http://www.ucdenver.edu/academics/colleges/dentalmedicine/programsadmissions/studentresources/immersivelearningsuite/pages/virtualreality.aspx)

WE ASKED ABOUT IT, AND HERE WERE YOUR RESPONSES

"ARE YOU FAMILIAR WITH ON-CAMPUS MENTAL HEALTH RESOURCES AVAILABLE TO ANSCHUTZ STUDENTS?"

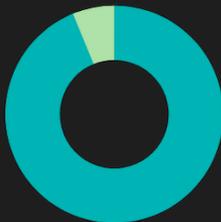
68.7% OF STUDENTS SAY YES

No
31.3%



Yes
68.7%

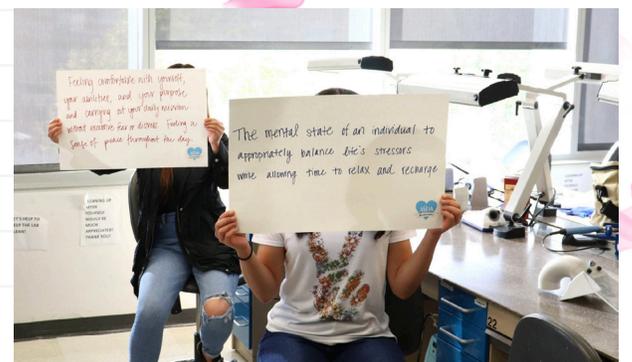
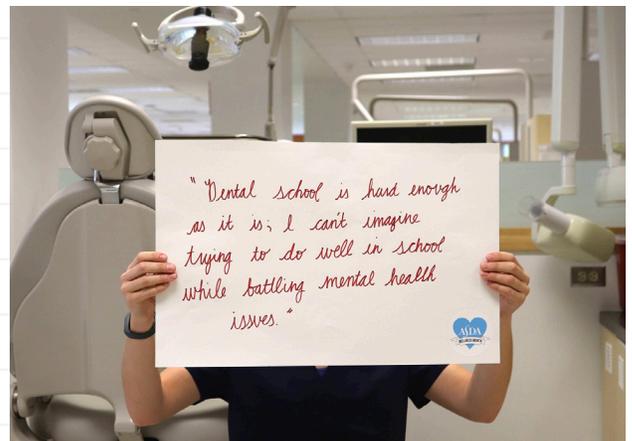
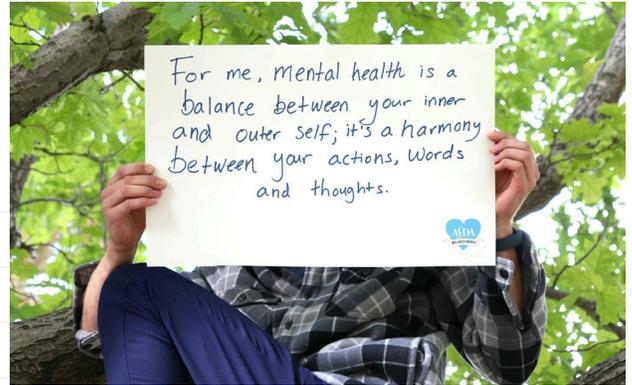
No
6.2%



Yes
93.8%

"WOULD YOU BE INTERESTED IN FUTURE ASDA EVENTS WITH A FOCUS ON MENTAL HEALTH?"

93.8% OF STUDENTS SAY YES





MT. QUANDARY 14ER HIKE

September 1st

Dear Diary,

It's September 1, 2019 – the first day of ASDA's Steps Challenge!



We leave Denver at the crack of dawn to drive to the Mt. Quandary Trailhead, just outside of Breckenridge, CO. We have an enthusiastic group of eight hikers, including two DS1s, four DS2s and two significant others. Each person gets an ASDA Health and Wellness pin to share our #ASDAFever. We begin our hike walking through conifers and pine trees, and make it to a clearing of yellow, orange and white wildflowers. As we continue to ascend, the path becomes rocky and steep, and we're starting to feel the altitude.



After three hours and 3,339' of vertical incline, we make it to the summit! The view from 14,265' is amazing – we can see peaks sprinkled with snow and alpine lakes below. At the end of the hike, we have each tracked over 30,000 steps and climbed over 200 flights of stairs. Our reward? Ice cream in Breckenridge!

Here's to reaching new heights and growing stronger as a chapter!



Best wishes,
-Isabelle Rusden, '22, Colorado ASDA Treasurer
Associate Chair





FALL SPONSOR BLOCK PARTY

September 12th

Dear Diary,

This year's Sponsor Block Party (aka Vendor Fair) was a huge success! The whole fundraising team was so excited to be able to revamp and relocate the party. We held the picnic themed event on the courtyard outside of school and ate BBQ while we played backyard games until it was too dark to see any longer. Being able to plan events like this for Colorado ASDA is an honor, but this event especially brought me much joy. I know helping raise money for the chapter is one of the goals of vendor fairs, but there's a larger satisfaction in being able to see your school mates have the opportunity to kick back, relax and grow stronger friendships between themselves and with the sponsors that we are so blessed to have. As I now start to plan for the next Sponsor Block Party, I am reminded that this spring will be the last vendor fair that I get to help coordinate, and it is bittersweet. I hope that we continue to strive for improvement each semester, bringing more worth, relationships and celebration to both the students and our dedicated sponsors.

Best always,

Sarah Stamps '21, Colorado ASDA Fundraising Chair

FIGS GROUP ORDER

September 18th

Dear Diary,

The annual FIGS scrubs order was a huge success! This year, we were able to offer scrubs for not only the incoming first years, but for the entire school, including faculty and residents. A grand total of 275 sets of figs scrubs were ordered. No one was required to make a purchase, but the fact that we continually have such a huge success with this organized sale makes me believe that on our campus, we take a lot of pride in feeling (and appearing!) like we are one big team.

Will Carter '22, Colorado ASDA Membership Chair



PRE-DENTAL MOCK INTERVIEW

September 28th

Dear Diary,

It is an exciting season for many prospect dental students who are in the process of applying for dental school. As December 1st (decision date) approaches, many eager pre-dental students are putting forth effort to participate in mock interviews that are hosted by many schools throughout the country. I had the humbling opportunity to be able to participate in the Pre-dental mock interview session that was hosted by our amazing and progressive Colorado ASDA. I remember when I was a pre-dental student who had participated in this mock interview, and the experience and insight I had received from the event was extremely valuable. Being able to be involved with Colorado ASDA Pre-dental committee, it not only was a chance for applicants to improve their interview skills, it also allowed me to develop my professional and communication skills through being an interviewer. Seeing how excited each applicant was about joining the dental profession and trusting their education to the University of Colorado School of Dental Medicine, it reminded me grateful I am to be able to represent my school through Colorado ASDA.

I am honored to be elected as a DS1 Colorado ASDA representative and to be able to contribute to the presence, commitment and involvement of our student organization.

Toothfully yours,

- Minh-Tom Van '23, ASDA D1 Alternate Delegate



Colorado ASDA
October 1, 2019 · 🌐

It's Pre-dental month and Colorado ASDA just organized their Pre-dental mock interview day to welcome the prospective pre-dental students and give them a glimpse of dental school and the interview process. This month, every week we are featuring some determined pre-dental students who are working their way up to be a part of this noble dental fraternity..

Featuring Alexis Marella this week..

"Hi, my name is Alexis Marella. I'm a first generation student. I graduated with my ... [See More](#)



Colorado ASDA
October 8, 2019 · 🌐

Happy October everyone,
This Pre-dental month, here we are with our pre-dent Pedro Ibarra. Hello, my name is Pedro Ibarra. I graduated from the University of New Mexico in the fall of 2018 with my B.S. in Biology and a minor in chemistry. When I first started attending UNM, I joined the UNM Pre-Dental Society. Through UNMPDS, I met a couple of great Drs' that allowed me to shadow. I quickly realized there were many parallels between my skills, hobbies, and dentistry! The more... [See More](#)





STEP CHALLENGE

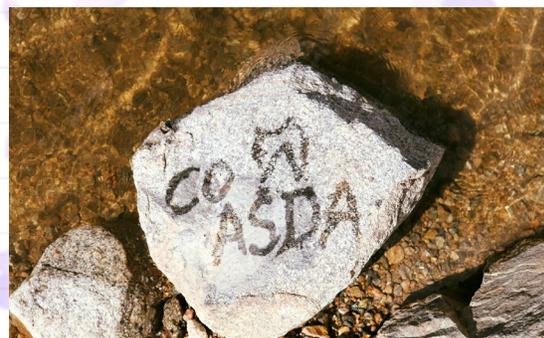
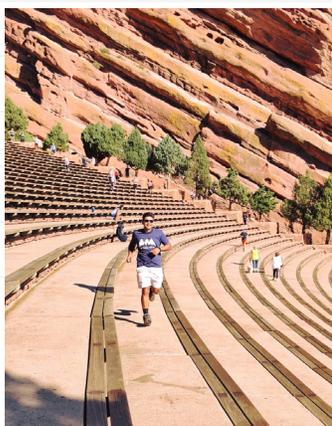
September 30th

Dear Diary,

September is one of my favorite months because ASDA puts on the National Step Challenge! I look at the step challenge as an excuse to take a break from the stressors of school and get outside and enjoy what Colorado has to offer. Some of my classmates are more aggressive and go for the strenuous 14ers but I'm much more content tackling the easier trails. Colorado is a very competitive school, and you can see everybody eating their lunch while they walk laps around the quad. This year, we had 134 students actively participate in the event. I'm so proud of my school for winning part of the National Step Challenge. Our chapter had the highest average steps per participant! On top of that awesome achievement, we had the nation's highest stepper three out of four weeks! Evan Hamamoto conquered week one with 148,803 steps and week two with 169,353 steps. Meg Dinkel conquered week 3 with 182,928 steps! That's averaging over 30,000 steps per day. Just thinking about walking that much makes me tired. While it's awesome to have nationally ranking steppers at our school, I'm just happy that people get up and moving for wellness month. Maybe I'll work on my endurance for next year's Step Challenge this winter on the slopes.

Best,

-Rebecca Ryan '21, Colorado ASDA Secretary





GABRIEL HOUSE

October 5th

Dear Diary,

As an international student, I have always been curious about community work in the U.S. and ASDA's Community Outreach furcation gave me a great opportunity to volunteer.

One of the events, that I attended this year, was a lecture organized in Gabriel House for pregnant women and families with young children. Our group of student volunteers has gathered in a room with many smiley and curious faces of women and their children, who came to listen about dental care.

The meeting was spent in a very interactive manner. And even though some women had language barrier to communicate, still it was great to see how interested they were in learning about teeth and how to take a proper care of them on all stages of development. Children had the most fun participating in games with teeth models and answering dental hygiene questions.

It was truly a wonderful experience and it was very satisfying to be able to help by sharing our knowledge and providing supplies for families in need. I highly appreciate what organizations like Gabriel House Project do for the community and ASDA promoting oral health among various groups of population.

Best,
Zharkynai Satylganova '21, Colorado ASDA ISP1 Representative





COLORADO ASDA'S 4TH ANNUAL TYTIN TOURNAMENT

October 24th

DODGE – DUCK – DIVE

No one was safe as the reigning champions, Jaws and Jorts, returned to defend their titles from the 2nd and 3rd annual Tytin Tournaments. With at least 7 teams of 5 dodgeballers in attendance, hearts were poured onto the court as dental students from CU competed for the trophy.

In all, this annual competition presented a great opportunity for dental students to get involved, get active, and get excited about the awesome opportunities that ASDA has to offer. Whether it's a chance to improve their social or mental engagement skills, dental students involved in ASDA that seek to strive for mental AND physical wellness continue to astound members with their fearless drive and desire to become the best clinicians that they can possibly be. Ducking dodgeballs means more than dodging a little dodgeball!!

-Jake Holtzmann '22, Colorado ASDA Events Associate Chair

SPECIAL OLYMPICS HARVEST FESTIVAL

October 26th

Dear Diary,

Part of the reason I joined ASDA was to give back to the dental community, as well as the community around our campus. ASDA Community Outreach has allowed me to participate in both of these endeavors. Whether we are teaching children how to take care of their teeth or applying fluoride varnish to patients in underserved areas, there is always a new way to give back. This year, we had the opportunity to work with the Colorado Special Olympics. In late October, a group of dental students volunteered at the Special Olympics Harvest Festival.

During the festival, students served concessions, organized fall-themed crafts and games, and interacted with the child athletes and families. It was an incredibly rewarding experience to be a part of an event that meant so much to the Special Olympics community. I am grateful to have these opportunities throughout dental school, and I feel very lucky that ASDA continues to better our community with each passing year.

Best,
Lauren Mendicino '22, Colorado ASDA Community Outreach Associate Chair



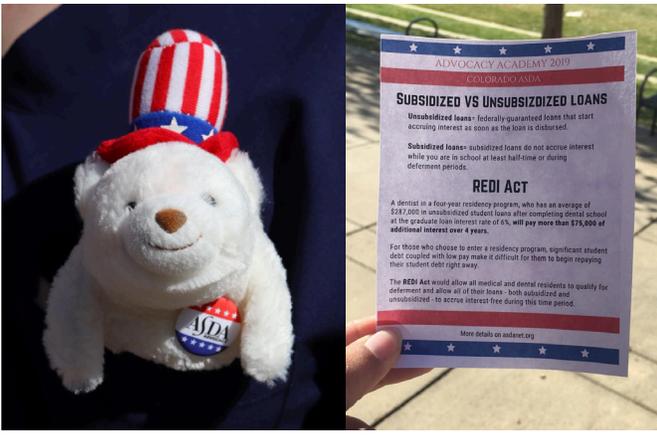
NATIONAL LEADERSHIP CONFERENCE

November 3rd

Dear Diary,

Since it was my first time at the National Leadership Conference, I wasn't sure what to expect. During the few days that we were in Chicago, I learned a lot about myself and how I see myself growing personally and professionally in the future. I was going into this weekend drained from school, mentally exhausted, and had no idea where dentistry was going to take me. After leaving the conference I was refreshed, motivated and determined to set goals for myself. I believe these events are incredibly powerful and eye opening. Conferences like NLC support dental professionals to stay driven, educated, and optimistic. We all have a chance to be the best provider we can be, it is just a matter of getting out there and putting effort in to do that. I feel so fortunate to be a part of an incredible organization that creates opportunities for students to help them grow into knowledgeable and caring dentists.





ADVOCACY WEEK- STUDENT DEBT

November 5th

Dear Diary,



One of my biggest concerns is how I am going to pay back my student debt. It cost so much money to go to dental school and when you're over \$200,000 in debt it's hard to see the big picture of life after school! When I started dental school, I was embarrassed by the loans I was taking to pay for school, but after talking with classmates I realized most students are in the same boat. I think being open about student debt and being willing to talk about the burden it places on students opens the conversation about student loan reform. Being members of Colorado ASDA gives students at the University of Colorado School of Dental Medicine a louder voice regarding how student debt affects us and proposed ways we would like legislation to change in favor of students. I am thankful for the platform Colorado ASDA gives students and the work our organization does on a state and national level advocating for student debt reform! I hope one day soon that student debt in America will change for the better!

Until next time,

Caroline Hinds '21, Colorado ASDA Group Function Chair





COLORADO ASDA'S THANK YOU CARD

November 25th

Dear Diary,

Today marks the end of our thank you card project. I honestly think we should call it our moment of gratitude or making the foggy pathway clear. At first, I wasn't sure how I could possibly think of something to be grateful for with so many faculty members. However, the more I wrote, the more I wanted to write. There were so many reasons to be grateful and numerous blessings seemed to appear out of nowhere. I feel the stress of life lifted as I focused more on others and what they are doing to help.

Of course the experience would not have been complete without the immense joy from delivering the cards and the treats. We delivered cupcakes to faculty and cookies to all other staff. I feel so blessed to have benefitted from the increased relationship with faculty and the peek into the reality of the intricacy of a dental school. It was amazing to see all of the people that help make the school run so I can focus on my education and dentistry. I feel the number of friends I have around the school has increased and feel more included in the dental community due to this project.

Here's to another year full of more gratitude and increased relations with all employees at the school.

-Natalie Newton '21

COLORADO ASDA LUNCH & LEARN RECAPP

Dear Diary,

I love being the Lunch & Learn Coordinator. But the truth is, I haven't always. I have served in this position now for almost 7 months! I am going to be honest- when I transitioned into L&L Coordinator in April of this year, I was extremely overwhelmed. The Lunch & Learn Coordinator before me did an incredible job- word on the street is that she never repeated a lunch choice... the entire year! I had big shoes to fill. The first L&L I planned... It did not exactly go well. The sandwich company I ordered from put bacon on all 100 sandwiches- many students were unable to eat due to religious/dietary restrictions and I felt AWFUL. I remember thinking to myself "I don't think I can do this." It is very difficult to balance planning 1-2 L&Ls a week and school. I am proud to say that 7 months later I have gotten the hang of it. There are days that are hard- when I am literally running from an appointment with a patient to meet the delivery guy outside, days when I overhear fellow students complaining about the food selection. I will say- this position has taught me a lot. I have learned to reply to emails immediately/punctually. I have learned to communicate and make conversation with vendors who I have little in common with. I have learned how to communicate with fellow classmates after they take a lunch and try to leave. I have grown as a leader through this position, and I am so grateful that I was given this opportunity.



Best wishes,

-Justine Gullia '21, Colorado ASDA Lunch & Learn



COLORADO ASDA EARNING ADVOCACY POINTS

Dear Diary,

I was shocked when our President Jillian Stacey told me that I was in the top five in the country for ASDA advocacy points earned by dental students. I couldn't believe it! I have always been interested in American history and politics. I believe that we live in the most incredible country in the world- as U.S. citizens we are afforded freedoms and luxuries that those in other countries can only dream of. Therefore, when I won the raffle for a free trip to Washington D.C. to go to the ADA's annual Lobby Day I was so excited- I had never been to D.C. before! The reason I won the trip was because I signed up for ADPAAC. Colorado ASDA was offering a raffle ticket for a free trip to Lobby Day in D.C. to anyone who signed up for AADPAC. I was shocked when I won. Little did I know, I earned Advocacy point for signing up too! After that, I started looking into other ways I could get more involved in advocacy. I started realizing that events I was already attending and actively involved in were earning me more advocacy points. Right now I have 5 advocacy points:

1. Participated in a chapter or district advocacy event: Colorado ASDA Advocacy (Dental License Lunch & Learn/Panel hosted 8/21/19.
 2. Participated in a chapter or district advocacy event: Met with House Representative Jason Crow about Student Debt with other ASDA members.
 3. Participated in a chapter or district advocacy event: University of Colorado School of Dental Medicine L&L.
 4. Joined ADPAC between Jan. 1, 2019 and Jan. 31, 2020.
 5. Attended 2019 ADA Dentist and Student Lobby Day.
-

I am so proud of the Colorado Chapter of ASDA and everything we do every day to Advocate for dental students. I am proud to be in this profession, and above all I am proud to be an Americana. Each and every right and opportunity we have as Americans is because of those who advocated before us. I am involved in advocacy because I want to give a voice for future generations of dentists.

Best wishes,
-Justine Gullia'21, Colorado ASDA Lunch & Learn Coordinator

YOGA CLASSES

Dear diary,

I am writing this entry in a coffee shop on campus after teaching a sunrise yoga class and can't help but reflect on the effect that yoga has had on our chapter in the last few months. When I introduced monthly yoga classes to our ASDA members, I had no idea what the response would be. Month after month, I find myself amazed at the turnout at 6:50am despite many of us having exams, patients, and other stressors pulling us in every which direction (not to mention, it has snowed a few mornings and has been prime sleep-in-and-snuggle weather). More surprising, I feel like my students are teaching me just as much as I do when I guide them in meditation and postures. My motivation to begin this ongoing project stemmed not only from the desire to share something I love

with others, but to reach an audience that doesn't always take the time to address their own physical and mental health: rising medical professionals. Yoga teaches us that amidst the bustle of whatever goes on in our days spent in clinic and the classroom, peace can be found within us. It gives us a non-judgmental community, a place of acceptance, a challenge when we ask for it, and a teacher of life when we don't always ask for it but definitely need it. Asanas (poses) are only a small fraction of the equation. Yoga has given our chapter a chance to take a breath in the middle of what can be chaotic day to day life as well as focus on our posture and ergonomics for happy, healthy life-long dental practice.

Yours truly,
Sierra Rose'22, Colorado ASDA Wellness Chair



SOCIAL MEDIA POSTS

Dear diary,

I started school in January 2019 as the first-year dental student at International Student Program and joined Colorado ASDA as social media chair in March 2019. I always believed that words and photographs are very powerful tools of expression and in today's world social media lends them a platform for reaching to people. To put that emotions in a photograph or a piece of work is something that I have always looked forward to, worked for and enjoyed in life. Being the social media chair, I got the opportunity to gather and post the content on social media and make others aware of the events happening on and around the campus. I am a hobbyist photographer and I put that skill to the best of use through the social media posts. I felt like having a sense of responsibility as to what and how things need to be posted that can create an impact, increase involvement from the students and make them part of the on goings. Some of the events, I personally supported and enjoyed working for social media were the Health and Wellness month, ASDA Fever week, Mental health awareness campaign, National Leadership Conference and the most recent was ASDA Advocacy month. Seeing the increasing enthusiasm and involvement from the dental students in various segments, I believe the purpose behind this position has been well-served and I feel a sense of accomplishment.

Samidha Patel ISP-2020, Social Media Chair-Colorado ASDA

Everything is better on the Rocks.. We mean YOGA,
Yoga is better on the Rocks... 🧘🏻‍♀️ 🧘🏻‍♂️
Fresh air, between the mountains, surroun... See More



You, Amanda Ta and 15 others 3 Shares

Like Comment Share

1,182 people reached >

Boost Post

#coloradoasda #bewellasda #bewellcoloradoasda
#health&wellness #CUAnschutz #CUSODM



Jillian Stacey and 11 others 2 Shares

Like Comment Share

2,310 people reached >

Boost Post

This week we had a very special guest at the school
for the Advocacy week 2019.. MOLAR BEAR.. 🐻
This cute little guy came in like a celebrity... See More



Jillian Stacey and 17 others 1 Comment

Like Comment Share

422 people reached >

Boost Post



MULTIMEDIA DESIGN

Dear Diary,

Designing flyers, logos, and starting new multimedia projects for our Colorado ASDA events has given me the opportunity to bring my creativity and the events we host to life. I believe that the designs I make can have a strong effect on our organization's representation. Especially knowing that our Colorado ASDA chapter has an outstanding national presence in media, it makes me motivated to produce the best work possible. I also find my role incredibly rewarding. I work with other members of different furcations to try to create something close to what they have envisioned for their event. For example, the Colorado ASDash 5K logo was my favorite project so far. The team that helped organize the event inspired me to push my limits in the knowledge of design. I took the time and learned more about the different tools and techniques on Adobe Illustrator so I can create something that not only I, but the rest of the team are proud of.

Best,

Yanyan Leong '22, Colorado ASDA Multimedia and Marketing Chair

