

IDEAL ASDA AMERICA



**GOLD CROWN APPLICATION - A RECIPE TO IDEAL
MARQUETTE DENTAL SCHOOL**

MEMBERSHIP & Communications

Encourages member involvement & has significant participation

- Marquette ASDA is auto-enroll, and has 100% chapter membership
- **NEW**-Used data from student surveys to determine what people want at the General Body meetings. Changed the meeting format and have **tripled attendance at monthly General Body Meetings**.
- **IMPROVED- Leadership**- Bi-monthly executive board meetings & 7 members on District cabinet (most of any chapter and 75% increase)
- **National Leadership Interest- 4 students applying for national leadership**
- **IMPROVED- Conference Attendance** (pg. 43-45)- We have seen a **250% increase in conference attendance applications** through marketing and explanation of conference details at meetings
 - 38 attendees at MU Leadership Retreat in August, including 6 incoming D1's and 2 pre-dentals (pg. 26-27)
 - 20 attendees at Annual Session in Anaheim, **250% increase from 2017**

Organizes successful membership drive to introduce new students to ASDA

- **NEW**- The President and President-Elect served on the student panel during admissions interview days and introduced potential students to the importance of ASDA membership before they even enter dental school.
- **Welcome to ASDA Lunch and Learn**- The EC and all committee leaders presented the benefits of ASDA membership and how to get involved
- **IMPROVED- Org Fair**- showcase of membership videos and distribution of flyers with committee descriptions, perks of membership and dates for all fall ASDA events -90% of D1s signed up for more info
- **IMPROVED- Teach Me How to Dentist**- D2 ASDA leaders presented tips and tricks to survive D1 year. **The event was so successful that D1s requested an additional presentation second semester.**
- Integrated ASDA into school's Orientation, ASDA President served as "Orientation Ambassador" with purpose of introducing students to ASDA & promoting Fall events
- **IMPROVED**- 10 D1's at District Meeting in Columbus (pg. 45)
- **IMPROVED**- Every D1 was introduced to ASDA with a "Welcome to Marquette ASDA" email and letter one month prior to beginning of fall semester that included ways to easily learn more about Marquette ASDA via social media.
- **NEW- "ASDA Classifieds"** are sent via email on a monthly basis advertising roles and tasks that interested students can do to easily get involved in any and every committee. This enables students to learn how they can get involved even if they miss a General Body Meeting.

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

- **NEW** – Developed **survey for D4 students** to determine what ASDA programming they would find helpful for transitioning to post-graduation life. The survey results are informing our 2019 programming.
- **ADA Signing Day 2018- 100% D4 Attendance**
- Marquette ASDA leader serves on WDA Editorial Advisory Board
- **IMPROVED- Engage Competition**- competition between classes introduced to send letters to state representatives & increase organized dentistry awareness

Uses many communication vehicles

- **NEW- "ASDA Classifieds"** are sent via email on a monthly basis advertising roles and tasks that interested students can do to easily get involved in any and every committee. Students can easily sign up via a Google Document.
- **NEW**- Use of ASDA event Facebook profile banner to promote events including 'Stache Bash and Amazing Dental Race.
- **NEW**- Use of ASDA Advocacy Facebook profile banner to promote November focus
- **NEW**- Advocacy Videos formatted to 1 minute for Instagram publication
- **NEW**- National ASDA Snapchat takeover 3 times.
- **Class representative** assigned responsibility of passing along ASDA announcements through email and GroupMe
- **IMPROVED- Calendar** – highlights sent out monthly and current calendar always available on chapter website
- **IMPROVED- Marquette ASDA Facebook** (pg. 21-22): 889 likes – up 37% since 2017.
- **IMPROVED- Marquette ASDA Instagram**: 1,091 followers- **up 165% in the last year and a half**
- **IMPROVED- Marquette ASDA YouTube** (pg. 23): Most popular video has **over 1 million views** with 1,306,372
- **IMPROVED**- User-friendly web page that is updated weekly: MarquetteASDA.org (pg. 24)
- **Consistently active chapter blog**- Blog on MarquetteASDA.org with 3-4 new posts per month.

Publishes a chapter newsletter at least 3 times per school year

- **NEW**- The Newsletter Committee very actively recruited D1 writers for the fall newsletter and had **14 D1 writers, a 1300% increase**.
- **NEW**- The Blog Master actively recruited D1 writers and had **D1 writers wrote 38% of the blog articles in the fall**.
- Our Newsletter serves as a great resource for students and faculty sharing information about anything and everything.
- **Best of the Blog publication**- newsletter featuring the best blog posts from the past year
- **Photography team**- New photography team takes high quality photos at all events to improve our publications
- **IMPROVED**- Themes to each newsletter create a more enticing publication
- **IMPROVED**- Increase in sponsorship connection through the WDA, increased number of newsletter prints
- **IMPROVED**- Committee members from each class create a well-rounded publication

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

- **NEW- How To Guides**- Guides created for how to plan lunch and learns, how to run a successful vendor fair, and how to set committee goals and create strategic plans are housed in a committee Google Drive that provides easy idea sharing and smooth leadership transitions.
- **IMPROVED- 3rd Annual Marquette ASDA Leadership Retreat** (pg. 25-27)- Modeled after National Leadership Conference, we focused on organization, teamwork, and high quality presentations
 - Held in Madison, Wisconsin with 38 Marquette ASDA committee leaders and EC in attendance
 - "Frolic and Seek" social throughout the downtown involved teamwork and increased **ASDA Fever** with silly ASDA-themed challenges
- **IMPROVED**- Based on survey results from last year's participants, we tweaked the format to include more structured collaboration time between committees.
 - Professional & Leadership Development: Leadership, Purpose and Trust, SMART Goal Setting, Building High Performance Teams, Planning for the Year**
- **IMPROVED- Goal Setting & Strategic Plan** (pg. 28)- After elections, the EC identified Marquette ASDA's strengths and weaknesses and set **SMART goals** accordingly. We also created a strategic plan for the chapter to reach our goals. Each committee created an individual plan to help the chapter reach those goals as well as created additional goals for their committee. Follow-up meetings with each committee and the Executive Committee are scheduled for January and May to track progress.
 - EC goals for 2018-19 that were then broken down into SMART goals include:
 - Increase communication between the EC and committee leaders and committee leaders amongst themselves, increase pre-dental and D1 involvement, build a stronger relationship with Marquette administration
- **Semester Committee Meetings** - 3 meetings throughout the year with each committee: all EC, past chairs, chairs, co-chairs & associates in attendance to follow-up on goal progress & strategic plan updates
- **IMPROVED- D1 Associates**- All committees required to create a D1 position with specific tasks and responsibilities
- **IMPROVED: Transitional Leadership Strategic Plan**: D4's are past committee chairs, D3's are chairs, D2's are associate chairs, and D1's are associates to facilitate leadership transition. Chairs are required to identify their D1 leaders in January.

Creatively distributes content from District & National meetings to local membership

- **Blog and Newsletter** (pg. 21-22)- Each student selected to represent our chapter at District or national meetings is required to write for the newsletter and/or blog sharing their experiences
- **Class Representatives**- Elected representatives from each class compiled information learned at meetings from attendees and sent an email to their respective classes

Uses ASDA branding & communicates national ASDA initiatives & events to its members

- **NEW**- ASDA banner is displayed at all events & is included in photos
- **NEW**- National ASDA webinars advertised on our Snapchat.
- **NEW- D1 Orientation**- ASDA branding used at D1 orientation table & flyers with branding distributed to students monthly with upcoming events
- **NEW**- Pre-dental students given MUSoD ASDA pins during Pre-dental Committee school visits.

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- ASDA Legislative Introduction Meeting-** We hosted a lunch meeting for D1s and others interested in our committee to facilitate interest in our committee. **About 30 people attended the event.**
- **NEW- Voting 101 Dinner and Learn** - Informed students on the basics of government, how initiatives are entered into the House and Senate, and become law. Twenty students attended.
- **NEW- Donut Forget to Vote!** Provided a voting registration drive in the atrium of the dental school where students could register to vote and ask questions about voting in mid-term elections. **50 students registered to vote** both in-state and out-of-state.
- **NEW- Advocacy Molar Bear Host.** Hosted the Advocacy Molar bear at MUSOD. Helped spread awareness of legislative issues while increasing student interest in our legislative committee..
- **NEW – Lobby Day Videos:** Created short whiteboard style videos to help break down and help students understand the issues lobbied for at the ASDA/ADA Lobby Day
- **NEW – “The Grass is Greene-er” Organized Dentistry Post-Grad Lunch and Learn.** Hosted former National ASDA president and current pediatric dentist, Colleen Greene, to discuss the importance and tangible benefits of being involved in organized dentistry post dental school graduation.
- **IMPROVED- WDA Student/Dentist Lobby Day-** All D2 and D3 students attended a Lobby Day in the state capital, Madison, during Advocacy Academy week and were encouraged to invite their WDA mentors
- **Advocacy Academy** – Hosted a series of Lunch and Learns from well-regarded speakers such as WDA Director of Government Service, Mr. Matt Rossetto, and Wisconsin Legislative Representatives JoCasta Zamarripa & Cory Mason, as well as student presenters to inform students on legislative issues
- **“Policy for Dummies” Short Video Series-** Continued this video series with videos to educate chapter members on important topics before Annual Session. Topics included Parliamentary Procedure, A Resolution Rundown, and the ASDA Budget.
- **ADA Success Program Lunch and Learn-** Hosted Dr. Tanner McKenna, DDS to teach students about “The State of the Dental Profession” and his experiences as a dental professional post dental school
- **Engage Competitions-** Hosted Spring and Fall ASDA Engage Competitions. **With over 40 participants**, we were able to send letters to legislators using ASDA Engage during each competition.

Attends state or national lobby days or organizes state lobby day.

- **IMPROVED - ASDA National Lobby Day-** Marquette ASDA sent a delegation of 12 students to ASDA's National Lobby Day to lobby 10 Wisconsin legislators for our 5 bills and followed up with personalized emails and thank you cards. **We were able to invite 3 additional students compared to the previous year!**
- **IMPROVED- Collaboration with WDA Dentists at National Lobby Day-** 8 WDA dentists were sent along with the Marquette delegation to the combined ADA/ASDA National Lobby Day in 2018. Students lobbied along side WDA dentists and attended a dinner with the WDA dentists and WI Representative Mike Gallagher.
- **ASDA- WDA Liaison-** Continued the position of ASDA-WDA Liaison to be held by the student who holds the WDA District 6 trustee position.
- **WDA Mentor Program-** We assist with the WDA Mentor Program, encouraging students to take part in pairing up with an assigned WDA dentist or specialist mentor. These mentors are encouraged to attend the state lobby day with their student mentee..
- **Collaboration with WDA Director of Governmental Affairs-** Formed relationship with WDA Director of Governmental Affairs to keep Marquette students informed on the latest issues in Wisconsin politics. Since we are the only dental school in the state of Wisconsin, our chapter's relationship with the Wisconsin Dental Association is very important.

Involved with state and/or local dental society (WDA or Wisconsin Dental Association)

- **NEW -WI Oral Health Coalition Presentation** - The Marquette ASDA President and Ryan Twaddle, Speaker of the House, presented on ASDA's stance on licensure at the WI Oral Health Coalition Conference.
- **NEW - WDA Journal Articles-** Marquette student Emma Roy wrote an article for the WDA Journal “Students Contribute to WIDPAC” detailing how Marquette students learned about and raised money for WIDAPC.
- **Marquette WDA student representatives-** Every year, one student from each class is elected to serve a 4-year term as the WDA representative. The D4 student serves as the official trustee on the Board of Trustees for the WDA.
- **WDA House of Representatives- Continued our strong relationship with the WDA by continuing to send four representatives to take part in voting on legislature.** Subsequently, they are able to share updates on Dental issues in Wisconsin with students at Marquette.
- **ASDA- WDA Liaison** - Continued the position of ASDA-WDA Liaison to be held by the student who holds the WDA District 6 trustee position.
- **WDA involvement with Advocacy Academy-** We teamed up with the WDA for our Advocacy Academy to enlighten the students and faculty on current advocacy and legislative efforts and bring state legislators to the school.
- **WDA Mentor Program-** We assist with the WDA Mentor Program, encouraging students to take part in pairing up with an assigned WDA dentist or specialist mentor. These mentors continue to guide us throughout our dental school careers and serve as great role models to continue to become a part of organized dentistry.

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

- **Marquette WDA student representatives** - The D4 WDA student representative serves as the official trustee on the Board of Trustees for the WDA and has the ability to vote.
- **IMPROVED - WDA Committee Involvement-** Five Marquette ASDA members currently sit on WDA committees. (Membership Committee, Legislative Committee, and Editorial Advisory Board)

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

- **NEW - WDA Blog Articles** - Marquette students Ryan Dodge and Emma Roy wrote for WDA blog series on legislative topics: “You've Been Given a Voice - Now Use It!” and “Where Does the Time Go?”
- **IMPROVED- Advocacy Minute Video Series-** Continued the Advocacy Minute video series with topics including “The Transition of Power,” “How to Advocate,” and “The Benefits of ASDA and the ADA.” & worked on increasing video viewership

Conducts successful ADPAC drives

- **IMPROVED- WIDPAC Fundraiser + Packer Watch Party-** WIDPAC fundraiser included “Guess the Final Score.” About 75 individuals participated with an increase of individuals attending the Packer watch party. Current WDA dentists participated in the score competition and attended the watch party. **Raised \$800 for WIDPAC with a 300 percent increase in student participation.**
- **Rock Paper Scissors Tournament/ ADPAC Fundraiser** - This year we combined our annual Rock Paper Scissors with our ADPAC Fundraiser to increase attendance for both events. We hosted this at a local brewery and **over 50 students attended.**

ACTIVITIES & Events

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

- **NEW- Humans of MUSODs** social media posts every Friday highlight our faculty members that make Marquette special. These posts were our most liked and shared posts on Facebook and Instagram.
- **IMPROVED- WIDPAC Fundraiser + Packer Watch Party**- WIDPAC fundraiser included "guess the final Score." About 75 individuals participated with an increase of individuals attending the Packer Watch Party. Current WDA dentists participated in score competition and attended watch party. Raised \$800 for WIDPAC with a **300 percent increase in student participation**.
- **WDA Student/Dentist Lobby Day**- All D3 and D4 students attended a Lobby Day in the state capital during Advocacy Academy week and were encouraged to invite their WDA mentors.
- **IMPROVED- Mr. Molar**- Our annual male pageant raised \$1,000 for charity. Students donated money to one of two faculty's charity of choice and the faculty with more votes wore a tooth fairy costume to the event. Faculty, Staff & Sponsors formed the judges panel.
- **ADA Success Programs**- Dr. Tanner McKenna presented at Lunch n' Learns featuring "State of the Dental Profession."

Develops mentorship programs for members

- **NEW- Committee Kick-Off Meetings** – Committees are required to host a kick-off meeting in September or October to give D1s the opportunity to learn more about their committee and how to become an active member.
- **D1 Committee Ambassadors**- Committees are now required to feature at least one D1 position with specific responsibilities to foster young leadership and increase D1 involvement
- Advertised for WDA mentor program. Over 95% student participation.
- **NEW- Pre-Dental Partners Program**- Pairs pre-dental ASDA members with Marquette ASDA members for guidance through the admissions process. 108 pre-dental participants.
- **NEW- Specialty Sub-Committees (pg. 40)**- Our specialty committee formed an additional sub-committee for Oral Surgery and maintained the existing Endo, Perio, Pedo, & Ortho sub-committees to allow D4's applying for residency to mentor younger students interested in a future specialty.
- **NEW- Created Community Service Subcommittees** to create leadership opportunities in heading community outreach events.

Organizes Vendor Fairs and Lunch n' Learns Frequently

- **NEW - Profited an additional \$200** at vendor fair per vendor this year by offering Gold Sponsors the opportunity to give a 3 minute speech in front of all attendees during the raffle.
- **NEW- Created a Vendor Fair Booklet** for attendees that included descriptions of each company that attended Vendor Fair.
- **NEW- Loupes Lunch and Learn** for D1 students hosted by upperclassman to answer questions about their loupes experiences.
- **IMPROVED- Vendor Fair**- Hosted 48 vendors, and netted a profit of **\$31,000**. Attendance included over 425 students, faculty, staff, and graduate residents.
- **IMPROVED- Loupes Fair**- Hosted 8 vendors, up from 6 last year. Over 200 students & residents attended.
- **Partnership with Oral-B and Sonicare** to provide free toothbrushes to D1's and D2's- 100% student attendance
- **Student-led Lunch and Learns**- averaging 2-3 a month covering a variety of topics. All are completely student led including ordering food and scheduling, and often feature students presenting.

Provides social activities

- **IMPROVED- Stache Bash** - Annual fundraiser for the Movember Foundation; guys battle for awards in multiple mustache categories. This year we received our first sponsorship for the event to cover venue and catering costs in order to donate more money from ticket sales to charity. **We had 119 attendees this year and donated \$500 to the Movember Foundation.**
- **Winter Gala**- Partnered with the D4 class to put on the annual winter formal known as "Dental Prom"
- **IMPROVED- Amazing Dental Race** - This year we doubled participation with **44 D1 students** racing around campus and Milwaukee completing challenges during their first month of school. This event ended with a social with free pizza for all contestants and event volunteers.
- **Vendor-Sponsored Socials**- We hosted over 10 socials with vendors off-campus at sporting events and dinners to help expose dental students to other career options and financial products in dentistry. Our administration does not allow us to host vendors for events at the dental school.

Organizes events/programs that promote leadership development and professional training

- **IMPROVED- Professional Development Series** - Our monthly general body meetings now feature presentations on resources **professional development** topics such as podcasts, professional development reading lists, etc. The topics presented are based on survey feedback from students.
- **IMPROVED- 3rd Annual Leadership Retreat** - This year **38 Marquette ASDA leaders, 6 incoming D1's, and 2 pre-dentals attended our annual Leadership Retreat**. Along with goal setting and a social, this year we focused on professional development and featured presentations on networking, leadership communication styles, and SMART Goals.
- **IMPROVED- Personal Finance Committee**- Added a seminar series with a financial advisor and small group discussions.

Holds events/programs with other ASDA chapters in District

- **District 6/7 Meeting (pg. 36-37)**- We sent **24 students to District 6/7 Meeting** in Columbus, Ohio
- **IMPROVED- District 7 Cabinet**- We have **7 members on District cabinet**, the most of any chapter and a 75% increase from last year.

Offers events targeted at different groups

- **Vamos MUI-** Committee to help students better serve their Spanish-speaking patients. This committee participates in bi-monthly conversation groups for students to practice their Spanish and discuss topics related to serving the Hispanic community.
- **IMPROVED- Thriller at Miller**- At our annual softball game against the Medical College of Wisconsin, ASDA hosted a bag toss tournament for family and spectators and had over 50 participants.

Conducts Health & Wellness Activities

- **NEW- Sunset Beach Yoga** offered as the first workout class of the new school year.
- **IMPROVED- Fresh Fruit Friday**- The Health & Wellness committee provided fresh fruit for all students to give them a healthy start to their day. This year students could pick out a handwritten positive thoughts message when choosing their fruit.
- **IMPROVED- Improved variety of workout classes** offered including Zumba, pilates and resistance training.
- **IMPROVED- Yoga**- We host monthly yoga classes hosted by a certified yoga instructor. This year we included specialty yoga classes including Candle Light Yoga.

Organizes activities that are unique and original

- **Rock Paper Scissors Tournament/ ADPAC Fundraiser** - This year we combined our annual Rock Paper Scissors tournament at a local brewery with our ADPAC Fundraiser to increase attendance for both events- **over 80 students attended**.
- **NEW- Promoted in-school recycling** with an **all-new original recycling video** starring Mr. Molar Second Runner Up.
- **NEW- Personal Finance Google Drive** created with easily accessible resources like podcasts, YouTube videos, online articles, books to allow students to learn about personal finance at their own pace.
- **NEW- Voting 101 Dinner and Learn** - Informed students on the basics of government and how initiatives are entered into the House and Senate and become law. 20 students attended..
- **NEW- Lunch Club** - Lunch Club meets weekly in pot luck style meals and has created a recipe book compiling all the recipes. **Grew from 24 to 42 this last year, including 21 D1 members.**
- **IMPROVED- Annual Music Video** - Our 2018 ASDA music video "Marquette University School of Dentistry's Day Off". We blocked the video to include more small groups to give more students a chance to be in the spotlight.
- **IMPROVED- Family Feud** - 2nd Annual Family Feud event **doubled** the number of students and teams participating from the year before.
- **IMPROVED- Book Club** - The Book Club holds 3 discussion meetings a year that included food and drinks, and this year **attendance increased from 7 members to more than 30.**



WELLNESS *Involvement*

This year we wanted to focus on a more holistic approach to wellness by incorporating a heavier focus on mental health. **This commitment is exemplified by an ASDA EC member sitting on the school's new Mental Health Committee.** In the past year, ASDA's Health and Wellness committee has worked hard to ensure students have access to resources that promote better emotional, physical, intellectual, occupational, and environmental well-being. One of our other goals was to focus on welcoming the new D1 students and increasing the involvement in our committee. We also wanted to raise participation in our events. By offering raffles at all of our classes, we were able to accomplish this goal and **increase our participation from about 7-8 students to about 25-30 in attendance.** Our goal is to help dental students become the best versions of themselves, which will result in better patient care.

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

- **NEW WELLNESS MONTH** - Since September is National ASDA's Wellness Month, we wanted to really implement this into our Marquette Chapter. The following events are all new and we had one or two events per week during the month:
 - NEW - Sunset Beach Yoga** - Since September still has beautiful weather in Milwaukee, we wanted to really enhance our environmental wellness as well as physical and emotional. We took our yoga class outside to the local beach and had a beautiful and relaxing Sunset Beach Yoga session. It was a huge hit and we had about 30 students practicing their downward dog poses on the beach!
 - NEW CE with Physical Therapist** - MUSoD hosted two physical therapists to talk about ergonomics and good exercises for dentists. We helped promote the event and encourage students to attend such an important and informative topic for our occupational wellness.
 - Brigg's and Al's Run** - This is a 10K race that helps raise money for the Children's Hospital of Wisconsin. We partnered with the Special Care Dental Association at Marquette to participate in the race!
 - NEW Mindfulness Session** - As the semester begins to get going, stress levels start to rise. In order to help students decompress, we organized a mindfulness meditation session. Students were able to relax, take some time for themselves, and learn techniques to combat stress.
 - IMPROVED - Fresh Fruit Friday** We created colorful signs to promote our event, and provided more fruit so students had access to healthy snacks throughout their stressful days! **This event was repeated bimonthly throughout the year.**
 - NEW Massage-a-thon** - We invited Marquette Physical Therapy students to come to the dental school over our lunch period to give neck and shoulder massages in a relaxing room we set-up for the event. We had spa music and dim lights to enhance relaxation and improve students emotional and occupational well-being. **We hosted this event for THREE DAYS over lunch!** It was a great success and we hope to continue to partner with the Physical Therapy students in the future.
 - Resistance Training** We coordinated another AB BLASTER class taught by a D1 certified fitness instructor, Ashley Chen, and it was a great success!

- We also hosted a Wellness Week after Christmas Break, which included these events:

- NEW** - We printed out colorful positive quotes and placed them (along with a piece of dark chocolate!) on every person's lab bench to start their days out on a happy note!
- NEW** - In order to promote Wellness Week, we also printed out colorful schedules with the events of the week and placed them at every student's lab bench.
- NEW - Mindfulness Session** - We invited a yoga instructor to lead the students in a mindfulness session to start the week. We learned tips and tricks to quiet our mind and slow our breath during moments of stress.
- IMPROVED - Resistance Training Class** - A fitness instructor led an "AB BLASTER" class to help students burn off the calories we packed on over Christmas Break. We had an amazing turnout with 25 people!

- IMPROVED - ZUMBA** - To focus more on cardio training, we hosted a high-energy and Latin-flavored Zumba class! We had a turnout of 22 students.
- IMPROVED Volleyball Tournament** We coordinated a Volleyball Tournament for the students to channel some competitive energy! **It was an all-time high participation record of 70 people!**

- NEW** - To promote participation we raffled off prizes such as yoga mats, foam rollers, 10 Days Unlimited Yoga at a local hot yoga studio, and gift cards to local coffee shops or healthy restaurants at all our events..

- IMPROVED - Fresh Fruit Friday**

- NEW Promotion of our Committee** - We created a "Wellness Week" video to commemorate the amazing week we had

- **NEW Study Snacks** - Since Fresh Fruit Friday is always a hit, we decided to bring in some healthy study snacks for the students. We provided granola bars in our Student Services office to grab on the go!
- **NEW - Spreading Valentine's Love** - For Valentine's Day, we placed positive quotes and dark chocolates at every student's lab bench.
- **IMPROVED Candlelight Yoga** - Instead of regular yoga, have hosted a relaxing "Candlelight Yoga". This was a huge hit with the students and we had a great turnout of 23 people!
- **NEW Workout Programs** Three detailed workout programs were made and shared with students to specifically focus on physical fitness for dentists..

Inform 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 Blog Post** - One of our ASDA Health and Wellness Co-Leaders, Madeline Carney, wrote a blog post about Mindfulness for our blog called "Connection through Disconnection." It was one of the most-read blogs on our website and won "The Best Article in Newsletter" at the Gold Onlay awards at the District Meeting in the fall.
- **NEW CE with Physical Therapist** - MUSoD hosted two physical therapists to talk about ergonomics and good exercises for dentists.

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

- **Social Media** posts on Instagram and Snapchat directly link students to district and national ASDA wellness content. Also national webinars have also been advertised.

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

- **NEW Increasing D1 Participation** - After our ASDA Leadership Meet and Greet session, we had a sign-up sheet for interest in our committee. We spent a few hours and put together some goodie bags for the interested students! The goodie bags included healthy energy bites with the recipe attached.
- **Wellness Leadership Team:** The Wellness Committee is led by two co-chairs, as well as associate chairs. The team is overseen by the Membership Chair, who sits on the Executive Committee.
- **NEW Mental Health Committee** A member of the Executive Committee sits on the dental school's new Mental Health Committee.

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

- **Emotional** - mindfulness sessions, Massage-a-thon, positive quotes, candlelight yoga, goodie bags
- **Physical** - **1-2 fitness classes every month**, Fresh Fruit Friday, Brigg's and Al's Run, CE with physical therapists, volleyball tournaments, study snacks, workout programs
- **Intellectual** - mindfulness sessions, Mental Health Committee
- **Occupational** - CE with physical therapist, Massage-a-thon, workout programs
- **Environmental** - We have a committee solely focused on environmental wellness, the Sustainability Committee. Some of their activities include:
 - NEW - All-new original recycling video** starring Mr. Molar Second Runner Up to promote in-school recycling
 - NEW - School Garden** - Dental school vegetable garden by students
 - ASDA Adopted highway** with bimonthly cleanups



COMMUNITY *Outreach*

Promotes unity, awareness and lifelong involvement in community service.
Organizes events to build the value of community in our profession:

- **NEW** - Habitat for Humanity Partners (pg.35) - Each semester, students have the opportunity to serve with Habitat. Events have included "Rock the Block", painting and finishing homes, and landscaping in the greater Milwaukee area. 5-10 students have attended each event.
- **NEW** - Knitting for the Needy - Students gather regularly to knit and crochet clothing items for lower income residents of the community in Milwaukee. The handmade garments including hats, mittens, scarfs, and blankets, are donated to local charities.
- **NEW** - Share the Cheer (pg.34) - Partnered with Journey House to adopt low income families. Each of the five pre-doctorate clinics adopted one family to provide gifts for the holiday season including household items, clothes, toys, and other necessities.
- **NEW** - Box Top Competition - Through the Seasonal Events sub-committee, each of the 5 pre-doctorate clinics raise box tops to be donated to Box Tops for Education. Competition information will be sent out in January and drive will last throughout the Spring.
- SUMMIT Tutoring - Partnering with SUMMIT tutoring, MU ASDA members D1 through D4 tutored youth in the Milwaukee area weekly.
- Financial Literacy - Personal Finance committee volunteered for SecureFutures WI to provide financial literacy presentations to high school students in Milwaukee.
- Adopt-A-Highway Cleanup (pg. 40)- Adopted a highway and held monthly volunteer cleanups with the Sustainability Committee.

Increases awareness of underserved populations:

- **NEW** - Guest House (pg.35) -The Guest House of Milwaukee provides shelter, education and services to Milwaukee's homeless. Our committee volunteered at an event on 11/8 to provide OHI with an emphasis on nutrition and helped individuals find a dental home based on insurance.
- **IMPROVED** - City on a Hill - Three students give OHI and find dental homes monthly for impoverished members of the community. Additional students perform screenings for qualified individuals at CDC-North clinic later that month.
- Vamos MU! - Bimonthly meetings are held to help students better serve their Spanish-speaking patients. This committee engages in conversation groups for students to practice their Spanish and discuss topics related to serving the Hispanic community.

Provides leadership opportunities for organizing community outreach efforts within the chapter leadership structure:

- **NEW** - Subcommittee Chairs- This year, the three community service chairs introduced **nine** subcommittee chair positions, one for each community service outreach initiative: service with the elderly, service with the homeless, military outreach, habitat for humanity, knitting for the needy, service with animals, City on a Hill, seasonal events, and service with children and teens. This was done to facilitate increased outreach and easier future leadership transitions.

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

- **IMPROVED** - Stache Bash (pg. 29)- Annual fundraiser for the Movember Foundation; male students battle for awards in multiple mustache categories. This year, we received our first sponsorship for the event to cover venue and catering costs in order to donate more money from ticket sales to charity. We had **119** attendees this year and donated **\$500** to the Movember Foundation.
- **IMPROVED** - Mr. Molar (pg. 29)- Our annual male pageant raised **\$1000** for charity. Students voted to donate money to one of two faculty's charity of choice. The faculty with more votes wore a tooth fairy costume to the event. This year, we had over **400** people in attendance.
- Give Kids a Smile (pg.34) - MU ASDA recruits participants to provide free dental care to children in Milwaukee. This year the event helped over **130** children to receive exams, cleanings, and other treatment needs.

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

- **IMPROVED** - Social Media Platforms - This year, there was a stronger emphasis on promoting community service events by posting Instagram and Facebook stories -prior to events to increase attendance and to showcase event highlights.



PREDENTAL *Involvement*

Recruits predental members for national ASDA membership

- **NEW- Marquette ASDA on Admissions Panel-** This year ASDA had a role in the admissions process. Our Marquette ASDA President and President-Elect served during interview days and discussed the benefits of ASDA membership on a student panel.
- **IMPROVED- Pre-dental Weekend-** This year we presented benefits of ASDA membership & available resources and encouraged pre-dentals to join.
- **NEW- Application Preparation Day-** Discounted attendance was offered for predental ASDA members and students who applied for membership at registration received a refund for their event fee.

Introduces pre-dentals to dental school & Organized Dentistry (ASDA & ADA)

- **IMPROVED- Leadership Retreat Pre-dental Attendee-** At our third annual MU ASDA Leadership Retreat we gave our pre-dental contacts the opportunity to apply to attend the weekend fully funded. We received many applications and selected two pre-dental students to attend alongside our MU ASDA leaders. **We doubled our predental attendees.**
 - The pre-dental attendee assisted our pre-dental committee throughout the weekend in setting goals and a strategic plan, and now serves as an active liaison to the committee.
 - The pre-dental students attended all retreat functions and networked at the social.
- **IMPROVED- UW-Milwaukee PreDental Society Visit-** Several ASDA members presented on the dental school application process & DAT preparation.
- **IMPROVED- UW-Madison PreDental Society Visit-** Several members traveled to Madison to present on life at Marquette Dental School & answered all of the pre-dentals questions.
- **IMPROVED- Marquette PreDental Society Visit-** Several members, including a D1 student, attended a regular pre-dental society meeting at Marquette and participated in a panel to answer all questions the pre-dentals had about dental school and the application process.
- **IMPROVED- "Welcome to Marquette ASDA" Resource Distribution-** After December 1st, national dental school acceptance day, our ASDA Pre-dental Committee distributed a list of resources to pre-dental students accepted to Marquette Dental School
 - The resources included information on dress code & scrub orders, where to live, the city of Milwaukee, and the Marquette campus.
 - The resources also included information on Marquette ASDA and our upcoming events.

Provides Leadership Opportunities for Pre-dentals

- **IMPROVED - Leadership Retreat Pre-dentals -** **Two pre-dental students received leadership & professional development training at our Leadership Retreat.** They provided insights to our Pre-dental Committee throughout the weekend.

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

- **IMPROVED- Pre-dental Weekend-** Our 2018 Pre-Dental Weekend welcomed 13 predental students from around the Midwest.
 - Friday morning featured an Introduction to Dentistry and ASDA, a presentation on the dental school application process, as well as an address from the Marquette Dental School Director of Admissions.

-At lunch, pre-dentals had the opportunity to network with dental students and faculty and ask questions.

-In the afternoon, pre-dentals participated in tours of the dental school, mock interviews with ACTUAL Marquette Dental School admissions questions, and a session in the radiology department where pre-dentals learned how to take dental radiographs on manikins.

-After Saturday morning breakfast, pre-dentals received a lecture on basic restorative preparations in the Simulation Lab.

-After the lecture pre-dentals had the opportunity to drill and fill a manikin tooth as well as take impressions and pour them up in dental stone

-The Pre-dental Weekend ended with a lunch and Q&A panel with Marquette dental students and faculty.

- Improvements in the Pre-dental Weekend were made based on the results of an anonymous survey.

- **NEW- Application Preparation Day-** This year Marquette ASDA added a pre-dental day to introduce the dental school application process and guide them through the steps necessary to earn acceptance to dental school. **The first annual day had 37 attendees and a total of 6 presentations including an overview of the application, dental school life, interviewing, DAT preparation, how to become a strong applicant and how to transition from undergraduate life to being a D1.**

-At lunch, pre-dentals were able to chat with current students and ask any questions they had.

- **Pre-dental Post-Bac Program-** Marquette added a Pre-dental Post-Bac Program and our ASDA chapter has worked closely with program directors to provide presentations and workshops as an introduction to dentistry.

Offers networking, social & community service events for Pre-dentals

- **NEW- We identified ASDA events pre-dentals could attend & invited the Marquette pre-dental post-bacc students via a monthly email.**
- **IMPROVED- Pre-dental Weekend Social-** This year, pre-dentals and Marquette ASDA members networked at a Milwaukee Brewers baseball game at Miller Park.
- **NEW- Application Preparation Day Social-** Pre-dentals and dental students participated in a networking dinner at a local restaurant after the conclusion of the event
- **Pre-dental Society Visits-** Pre-dental students and Marquette ASDA members networked at all ASDA trips to pre-dental society meetings.

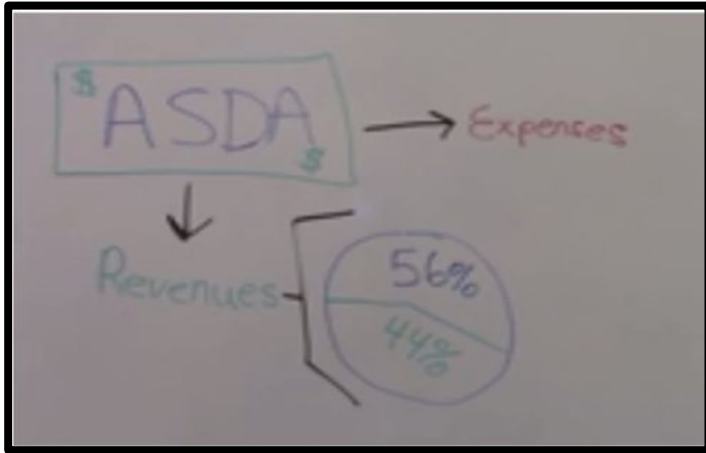
Serves as mentors to pre-dentals

- **NEW- Pre-dental Partners Program-** The Pre-dental Committee created a new program to match up pre-dentals from the Pre-dental Weekend and from around the Midwest with Marquette dental students to answer any questions & mentor through the application process. **The participation in the program has quadrupled with 108 participants from ten states and three countries.**
- **NEW- Pre-dental Partners Program Emails-** Mentors are provided with a templated email each month that provides pertinent info to their mentee about the application process and dental school. Mentors are encouraged to personalize the email. **The email template helps improve consistent communication between mentors and mentees.**

Participates in national ASDA Pre-dental Week

- Our chapter continues to participate in ASDA's Pre-dental Week & hold events on our campus.

ADVOCACY MINUTE *Videos*

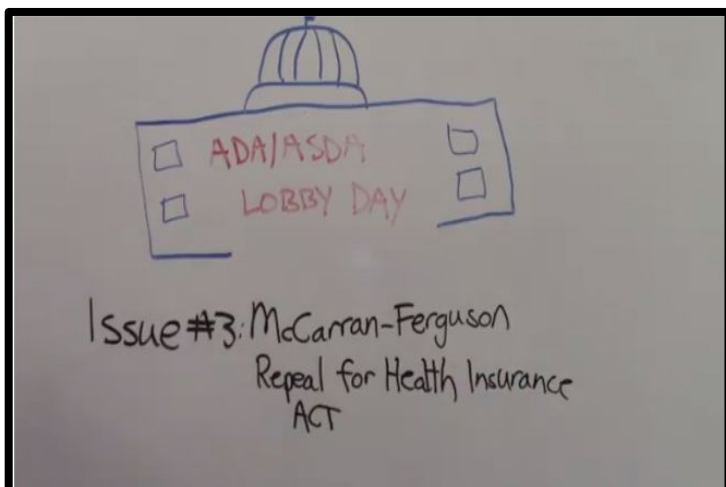
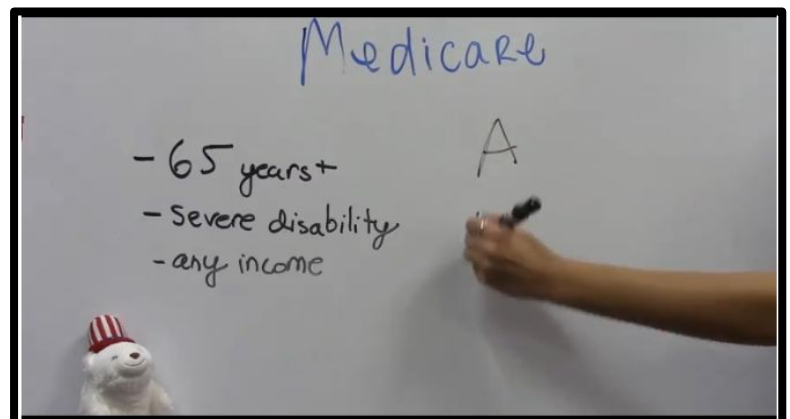


Advocacy videos were produced this year in order for dental students to better understanding of legislative issues!

The topics of these videos included:

- Student Debt
- "DOC" Access Act
- McCarran-Ferguson Antitrust Issues
- Medicaid and Medicare 101

These tasty videos can be found on YouTube or the Marquette ASDA Instagram!





NATIONAL & STATE *Lobby Day*



ASDA/ADA National Lobby Day- 12 students from MUSoD participated in lobbying



Marquette students collaborated with WDA dentists and staff to lobby in Washington- 2018

LUNCH AND *Learns*



Monthly Lunch & Learns on topics including:

- Intro to Advocacy
- Medicaid 101
- Midterm Election Info Session
- Medicaid Work Rules Update
- Medicaid Pilot Program



ADVOCACY *Academy*



The recipe for this great week of Advocacy included:

- Legislative updates with Matt Rossetto, Director of Government Affairs WDA
- Lunch and Learn about Barriers to Dental Care
- Question and Answer session with Wisconsin Representative Evan Goyke
- An information session providing an update on Live Patient Licensure with a special guest appearance by Dean Lobb



Goyke



ADVOCACY *Engagement*

MU ASDA
students holding a
“Doughnut”
Forget to Vote
Drive for the
2018 Midterm
election.

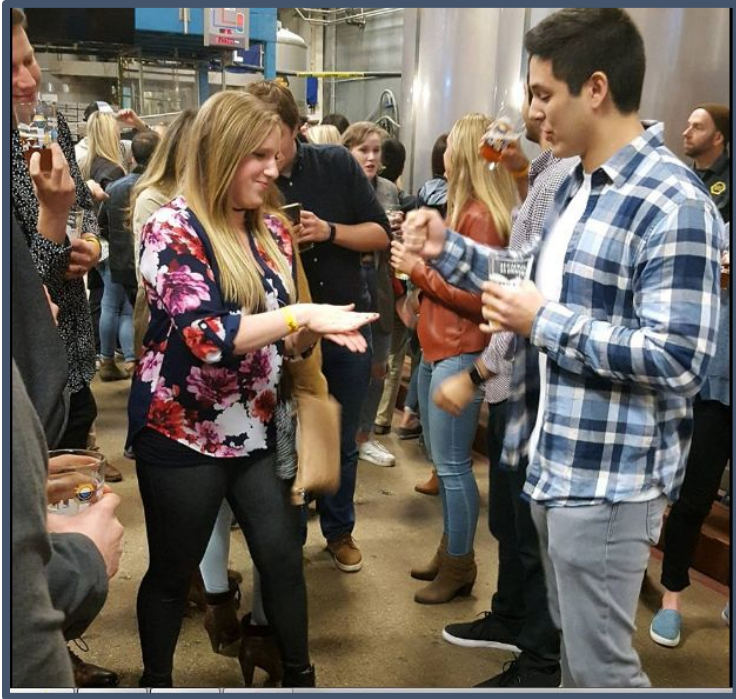


The ASDA Molar Bear
made a stop in
Milwaukee to help
bring attention to
advocacy!

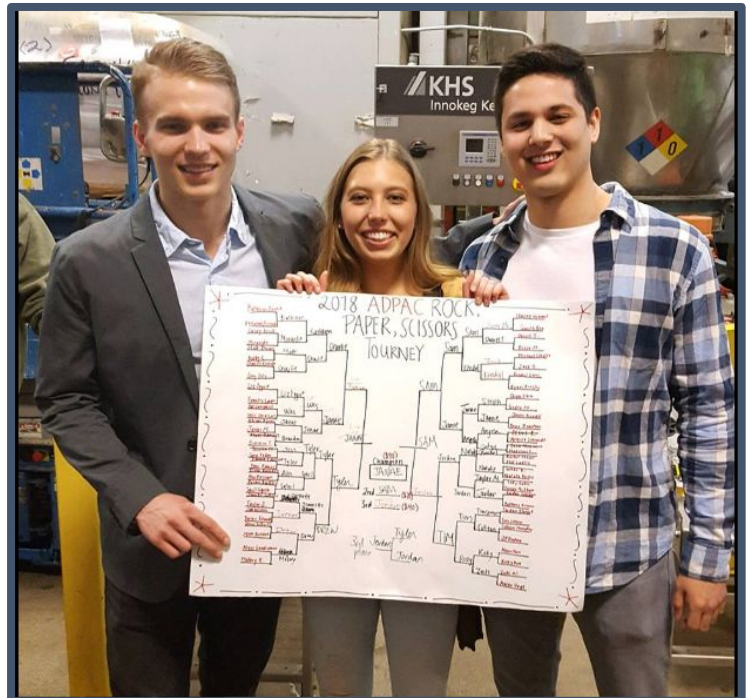


ADPAC DRIVE

Rock, Paper Scissors Tournament

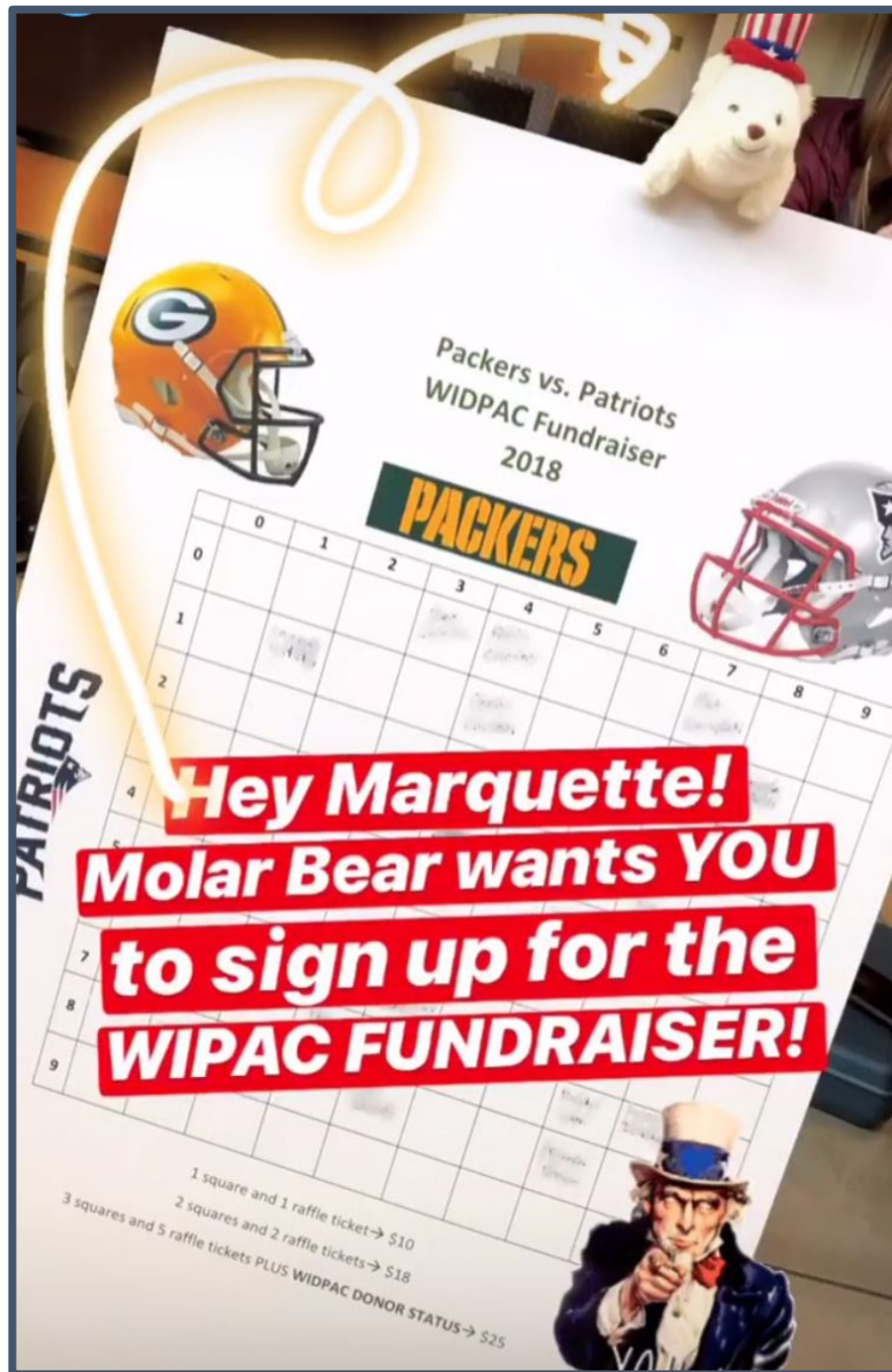


A full 64 player Rock, Paper, Scissors Tournament was hosted to raise money for ADPAC. The tournament was hosted at The Milwaukee Brewing Company with a thrilling championship match. The advocacy committee was very excited that participation increased so tremendously!



WIDPAC

Drive & Fundraiser



With the help of the Molar Bear, the Marquette Advocacy committee organized a “Guess the Score”, competition for the Packers vs. Patriots game in the fall of 2018. All proceeds of the fundraiser went directly to the Wisconsin Dental Political Action Committee. Even though the Packers lost, the fundraiser was a great success with a significant increase of participation.

PREDENTAL *Day*

Marquette hosted 37 predental students in January for an informative day that included presentations about the application process, DAT prep, dental school life, how to become a stronger applicant, and the transition from undergrad to D1 year!





PREDENTAL *Weekend*

Marquette hosted predental students for a fun-filled summer weekend including presentations about applying and DAT prep, a school tour, mock interviews, taking radiographs on manikins, and doing sim lab activities!





Pre-dentals enjoyed having a chance to chat with dental students and watch a Milwaukee Brewers baseball game for the Pre-Dental Weekend social! This event took place at the Miller Park baseball stadium.

PREDENTAL *Outreach*

Marquette students traveled to three universities in Wisconsin to give brief presentations on ASDA and answer pre-dental students' questions.

The Pre-Dental committee also collaborated with the Social Media team to keep pre-dental students updated and informed.





PREDENTAL *Partners*

Involvement in the Predental Partners digital mentorship program nearly quadrupled! 108 pre-dental students from 10 states and 3 countries were paired with 88 current Marquette dental students. Mentors were encouraged to contact their pre-dental partners at least monthly with pertinent pre-dental information.

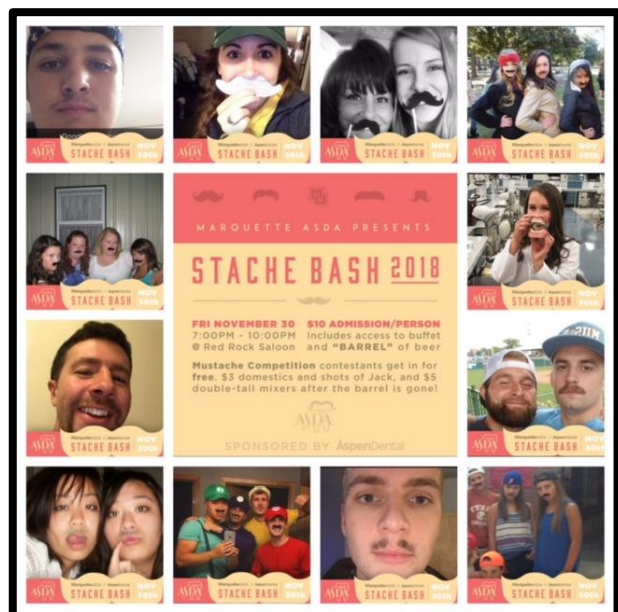
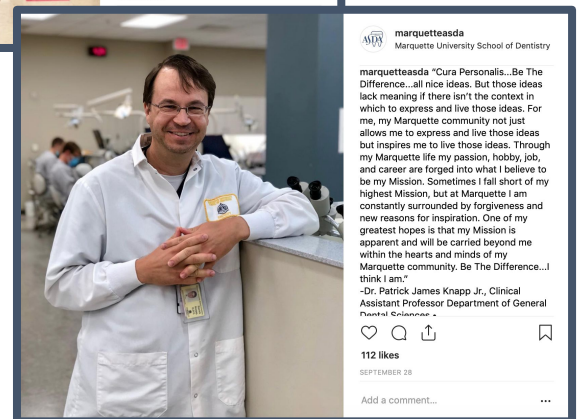
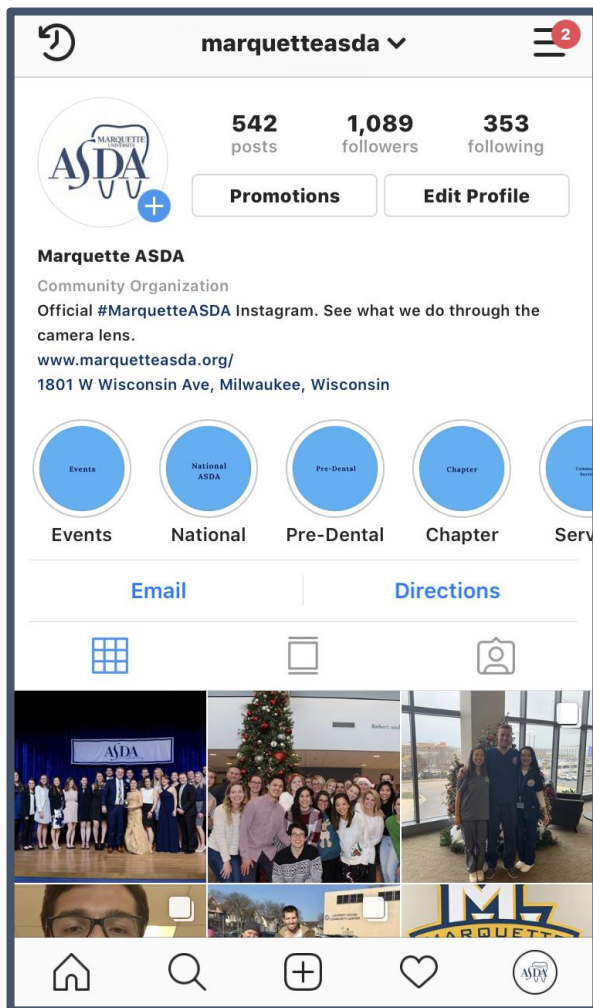


SOCIAL MEDIA *Spread*

We started a new Social Media feature, “Humans of MUSoD” this year to highlight our faculty at Marquette.



Instagram





Our ASDA members write weekly blog posts which can be found on our website's blog.

Marquette Moment Blog

A FAST-PACED AND REGULARLY UPDATED PUBLICATION INTENDED TO GLANCE INTO THE LIVES OF MARQUETTE STUDENTS, ASDA LEADERS, AND DENTAL PROFESSIONALS AS A WHOLE. YOU CAN EXPECT TO SEE TOPICS FROM EVENT RECAPS TO BIOMATERIALS REVIEW (AND EVERYTHING IN THE MIDDLE)

Academics

advocacy

App

Book Club

Conferences

Executive

Finance

Gold Crown

Hobbies

Insurance

lunch and learn

National Resources

Networking

Policy

Research

August 07, 2018

Connection Through Disconnection

Written by: Madeline Carney

Madeline is MU ASDA's Health and Wellness Co-Chair. Continue reading below to see how you can stay mindful during busy times!

How are you feeling in this moment? Do you feel stressed? Is your brain yearning for a break from constant stimulation? Tired of the go-go-go lifestyle we all have? So am I. Let's take a deep breath together.

With what little free time we have in dental school, I did not think it was possible to lead a mindful life until I decided to take a new approach. To me, mindfulness refers to being in tune with your surroundings, body, breath, and emotions. For the past two years, I have been searching to find joy, peace, and happiness in the craziness of dental school. By taking breaks, practicing gratitude, and disconnecting from technology, I have begun to incorporate mindfulness into my everyday life.

August 28, 2018

A Friendly Welcome From Our Blogmaster

Written by: Christine Shi

Christine is a member of the Class of 2021 and MU's ASDA Blogmaster for the 2018-19 school year. Continue reading below to read her back-to-school blog post.

As we enter the 2018-19 school year, I thought I would introduce myself, as well as the ASDA blog, to give our viewers a glimpse of what we're all about and the fun things to look forward to this upcoming school year!

To begin, here are a few fun facts about myself:

1. I grew up in Brookfield, WI and attended University of Wisconsin-Madison, where I majored in biology and received a certificate in entrepreneurship. (On Wisconsin)
2. I competitively swam from the age of 7 up until senior year of high school. My favorite events were the 100 breaststroke and the 200 individual medley.
3. Although I was born and raised in the United States, I grew up in a Mandarin speaking household, so I am fluent in Mandarin Chinese.
4. I constantly have the travel bug! My dream vacations include the Maldives, Switzerland and Australia.
5. Currently, my favorite bur is the 330.

marquette Impressions

new beginnings—fall 2018

Photo Credit: Kevin Doncaster: Seedling

Advice to incoming classes, new staff interviews, changes in the dental school, & more inside this issue

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Why did you choose Marquette?1

What are you most looking forward to in dental school?2

Guess Who? - Fun Facts about D1s3

Advice for D1s4

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Advice to D2s7

Going digital8

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Who's new in radiology?14

marquette IMPRESSIONS

annual session supplement—2018

ASDA

Marquette wins "ideal ASDA" award

Ryan Twaddle, Tyler Roberts and Stephanie Zbin new roles in ASDA

& more inside this issue

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MU is the 2018 "ideal ASDA"3

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MU Impressions Newsletter

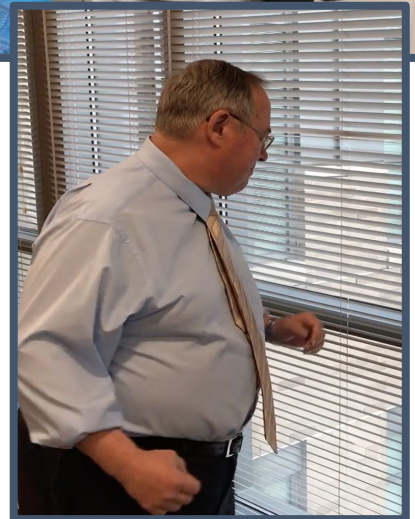
LET YOUR CREATIVE JUICES TAKE OVER AND SPEND SOME QUALITY TIME CHECKING IN WITH MARQUETTE ASDA

Our Newsletter committee creates three newsletters a year.

20

MUSIC *Videos*

This year's annual music video was to the song "Twist and Shout" by The Beatles! We had fun with some inspiration from "Ferris Bueller's Day Off" parade scene.



MU ASDA Website

Events

The popular Loupes Fair, Lunch and Learns and Vendor Fair (45 vendors and even more prizes?) starts right here with our VR team.



Loupes Fair



Vendor Fair



Lunch and Learns

Photos

SNAP SHOTS OF ASDA'S FAVORITE EVENTS AND MEETINGS



HOME SUGGESTIONS EVENTS BLOG PHOTOS COMMITTEES COMMUNICATIONS VENDORS NATIONAL ASDA



WE ARE Marquette ASDA

OUR MISSION

Marquette ASDA is a platform for self-growth that affords students an opportunity to enrich their dental school experience and become better healthcare providers. We are an organization built on the pillars of Advocacy, Leadership, Health and Wellness, Networking and Education. As a student branch of the American Dental Association (ADA), we introduce students to lifelong engagement in organized dentistry, while also giving students a voice to protect the rights and well-fare of all dental students. At Marquette ASDA we aim to get everyone involved through our 14 unique committees. From Community Service to Practice Management to Health and Wellness, our organization can peak anyone's interest!

UPCOMING EVENTS

General Body Meeting

Jan 9, 2019

General Body Meeting

Feb 5, 2019

Annual Session in Pittsburgh, PA

Feb 27, 2019 – Mar 2, 2019

IDEAL ASDA 2018 WINNER!

Marquette ASDA was recognized as the nation's best and most well rounded ASDA chapter as the 2018 Annual Session in Anaheim, California. We are so grateful to our members, leaders, and supporters.

[VIEW OUR APPLICATION VIDEO](#)

Suggestions

REACH OUT OR STOP BY TO FIND OUT MORE.

Home Base

1801 West Wisconsin Avenue Milwaukee, WI 53233





LEADERSHIP *Retreat*



This year's retreat featured leadership training with three presentations from Pacific Dental Services centering around building our mission, vision, and goals, creating purpose and trust, and maintaining a high performing team.

We had 37 attendees at our third annual MU ASDA Leadership Retreat.



The attendee list included four incoming D1's as well as two pre-dental students to instill ASDA fever early on in the next generation of students.



The retreat also featured student led presentations such as “What is ASDA?,” “Setting Goals” and “How to Plan an Event” that helped everyone to get on the same page before the year ahead.

THINGS TO KEEP IN MIND

- ❖ Date to start selling tickets
- ❖ Food order deadlines
- ❖ Venue reservations deadline
- ❖ Date to begin marketing the event on social media
- ❖ When to reserve room/put on student activities calendar
- ❖ Check in committee meetings
- ❖ Assign who is doing what task

How to Plan an Event

Goal Writing

- **S** – specific
- **M** – measurable
- **A** – achievable
- **R** – relevant
- **T** – time based



To help our leaders get a jump start on reaching their goals for the year, we set aside intentional time for committee breakout sessions that included goal setting and event planning.





**LET'S
BREAK THE ICE!**

The retreat included many opportunities for networking such as icebreaker activities and a social called Frolic and Seek that took randomized teams across the city of Madison for a giant scavenger hunt!



These activities helped create a better sense of community among our leaders so that we could better reach our goals together throughout the year.



COMMITTEE FOLLOW UP

Meetings



After elections each committee met with the EC & past committee leaders to set goals and create a strategic plan for the year.



Each committee includes an immediate past chair, chair, co-chair, and associate for smooth transition of leadership.



Follow-up committee meetings are now planned each semester to check-in on goal progress and to update the strategic plan. We also started hosting a happy hour once a semester to keep up morale and a sense of community among our leaders.

PROFESSIONAL *Development*

This year we designed a survey to get feedback on our monthly General Body Meetings. We used the feedback to develop mini presentations on members' professional development interests.

Resume! Why care now?

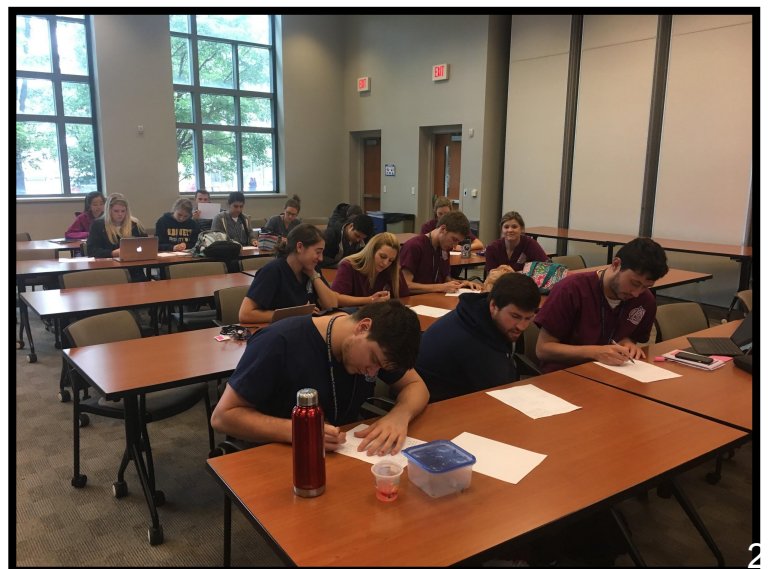
- Goal - create compelling version of yourself on paper so the reader wants to MEET YOU
- Best opportunity to showcase your best attributes, accomplishments and experiences

Annual Session Resolutions

Topics discussed thus far have been professional development reading lists, disability insurance, problem solving, resume building, ASDA policies, etc.



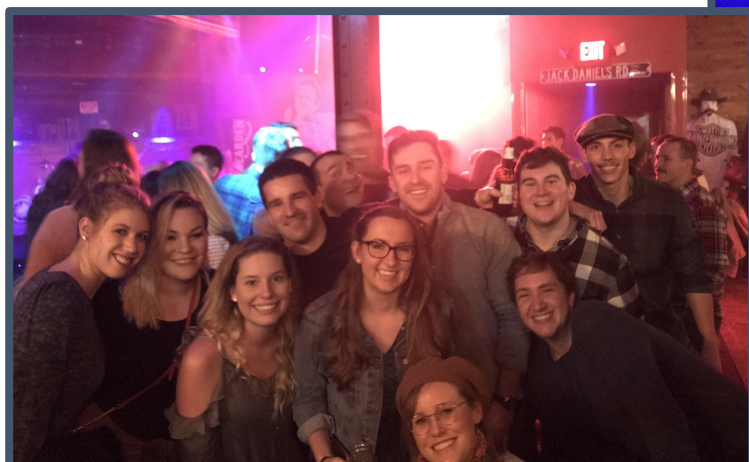
These presentations have helped both our committee chairs and general members to develop new skills and learn about resources available to them.



Gold Crown *Activities*



Four contestants gave their best impressions as they competed for the hearts of MuSOD in one of the most widely attended dental school events, Marquette ASDA's annual Mr(s). Molar pageant.



Our annual Stache Bash celebrated the month-long perseverance of ASDA's hairiest members, all while successfully raising \$500 for the Movember Foundation.



Marquette ASDA's Family Feud is our very own version of the popular Steve Harvey TV show bringing together "dental families" to compete against one another



The Amazing Dental Race brought together 11 teams of D1 students in a challenge to introduce and conquer Marquette's campus and Downtown Milwaukee



LUNCH CLUB

MUSoD Lunch Club Fall 2018

Brownie Batter Dip	1
Crockpot Chili	2
Crockpot Lasagna	3
Dill Dip	4
Favorite Quinoa Salad	5
Fiesta Bean Salad	6
Greek White Bean Salad	7
Maple-Glazed Cinnamon Chip Bars	8
Mediterranean Pasta Salad	9
Mexican Pinwheels	10
Pumpkin Fluff Dip	11
Pumpkin Spice Muffins	12
Veggie Alfredo Pasta	13
Wildfire Chopped Salad	14

Lunch Club participation and enthusiasm was at an all time high this year with 100% of members preparing meals to share. Members also went above and beyond to diversify their dishes.

A new addition to Lunch Club this semester was a recipe book comprised of the various dishes members prepared throughout the year.

Mexican Pinwheels

Submitted by: Abby Schabel



Prep Time: 15 minutes

Total Time: 15 minutes

Serves 24 people

151 calories

Ingredients

- 8 oz. cream cheese, room temperature
- 1 ½ tsp. dried oregano
- ½ tsp. garlic powder
- ½ tsp. ground cumin
- 1 cup shredded cheddar or Colby/jack cheese
- 1 cup cooked & shredded chicken breast (approx. 1 breast)
- ½ cup of your favorite salsa
- 3 Tbsp. fresh cilantro, chopped
- ½ green bell pepper, seeded and diced
- ½ red bell pepper, seeded and diced
- 3 - 10 in. flour tortillas

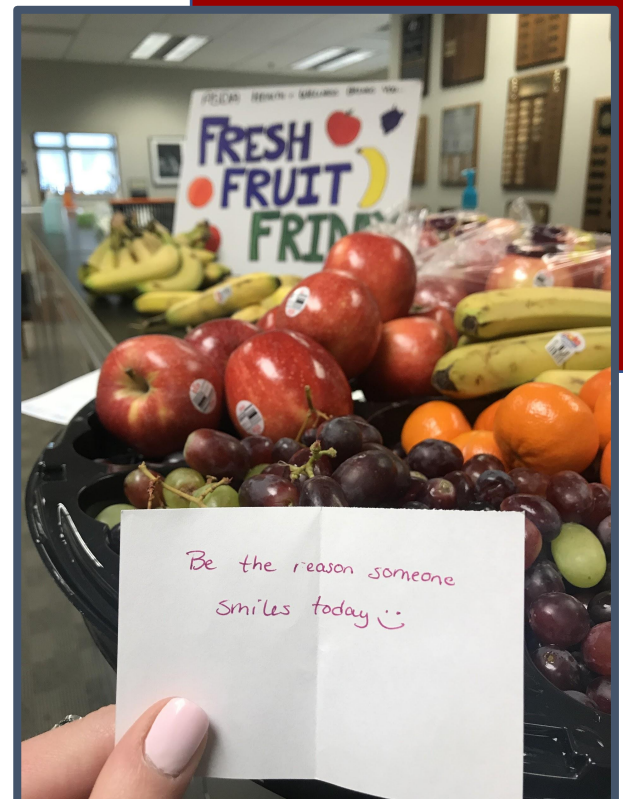
Preparation

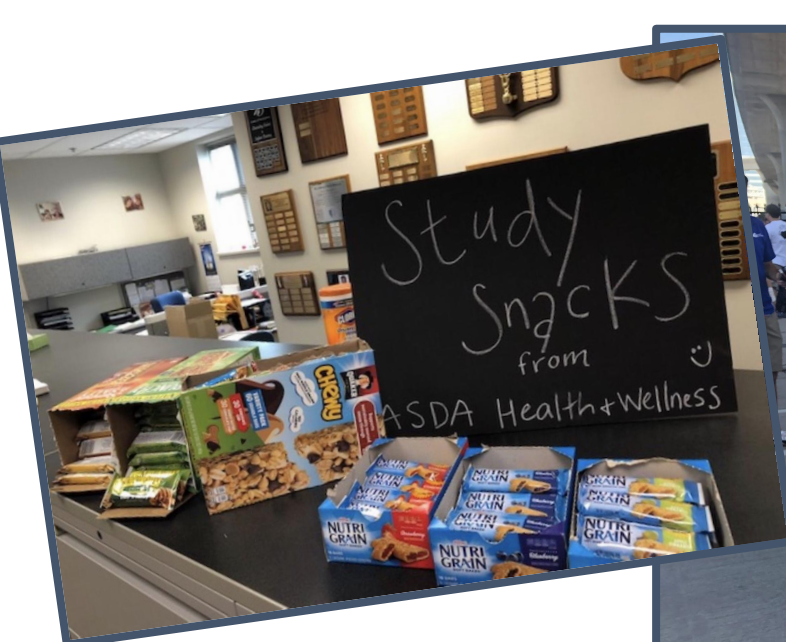
1. To a large mixing bowl, add the cream cheese, oregano, garlic powder, and cumin. Use a spoon or spatula to mix everything together until evenly combined.
2. Add the cheese, chicken, and salsa to the cream cheese mixture. Stir together until evenly combined.
3. Add the cilantro and bell peppers to the filling. Stir until incorporated.
4. Lay one tortilla flat on a cutting board. Place ½ of the filling in the center of the tortilla. Use the back of a spoon or a spatula to spread the filling evenly over the tortilla. (You don't need to go all the way to the sides as they will be discarded later). Carefully roll up the tortilla, starting with the side closest to you, until you create a log shape.
5. Repeat filling and rolling the remaining two tortillas, using ½ of the filling for each.
6. Use a sharp knife to cut the end off of one of the rolled tortillas so that your next cut is where the filling starts. Cut the tortilla into ¼-inch to ½-inch slices. (You should get about 8 pinwheels per tortilla).
7. Place the pinwheels on a serving plate.
8. Serve immediately, or cover with plastic wrap and refrigerate until ready to serve.

WELLNESS *Corner*



Health & Wellness has done some big things this year! Wellness Week, Mindfulness Sessions, Fresh Fruit Friday, Wellness Month, Massage-a-Thon, and Sunset Yoga are just a few examples!



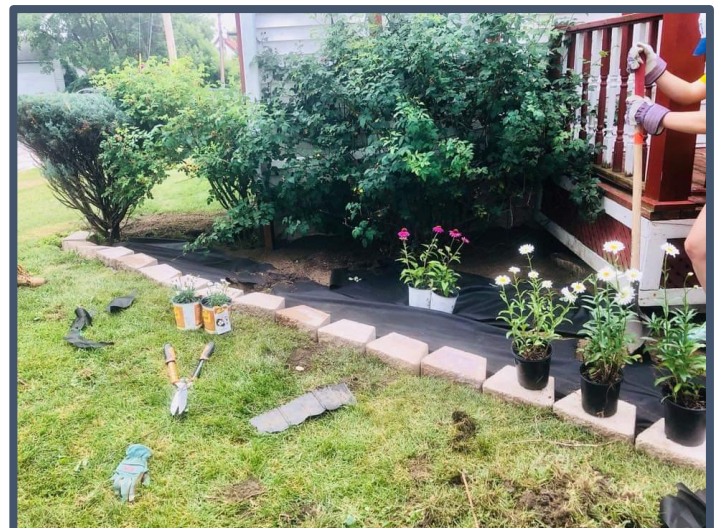




Marquette ASDA
Community Service held a
Share the Cheer event and
adopted five local families
during the holiday season
and also volunteered at Give
Kids A Smile day.



COMMUNITY *Service*



Marquette ASDA
Community Service has been
busy serving the greater
Milwaukee area through
helping to build homes and
landscape with Habitat for
Humanity and teaching oral
hygiene at City on a Hill.



PERSONAL *Finance*



Every semester, ASDA's Personal Finance Committee hosts a "Lunch and Learn" to educate students on various financial topics, such as school loans, disability insurance, budgeting, and more!

Members of the committee are continuously adding financial resources (podcasts, videos, books, and more) to a shared online folder. This allows all students to learn financial literacy, but at their own pace and level.



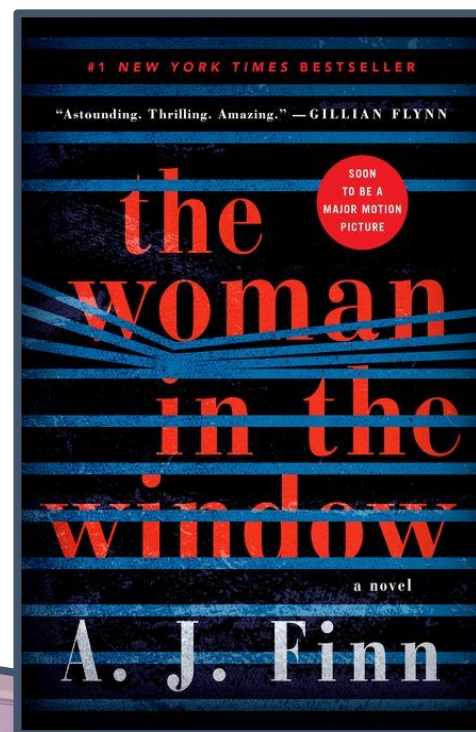
A financial advisor leads small group sessions twice a semester for students who are especially interested in learning about investment strategies, wealth management, and the stock market.



BOOK *Club*



Book Club brings together over 30 students a semester to discuss a book and enjoy great food and friends.



PRACTICE *Management*

The White Coat Investor

The Practice Management committee meets monthly in small groups to have discussions about podcasts, books or article the member have studies over the last month.



THE
DENTALPRENEUR
PODCAST
WITH DR. MARK COSTES

WHY ARE YOU WORKING HARDER
AND MAKING LESS MONEY?
11 HABITS
OF HIGHLY
SUCCESSFUL
DENTISTS

The committee has led trips to successful local dental offices and also maintains an updated list of practice management resources.

START
HOW GREAT LEADERS INSPIRE
EVERYONE TO TAKE ACTION
WITH
SIMON SINEK
New York Times bestselling author of Leaders Eat Last and Together Is Better
WHY
MORE THAN
ONE MILLION
COPIES SOLD

Y: DR. JOHN MEIS

The DentalHacks

Podcast



Marquette ASDA's Sustainability Committee runs a clinic plastics and floss container recycling program, partakes in the Wisconsin Adopt-a-Highway program, grows veggies in a community garden and hosts an annual Sustainable Living Fair.

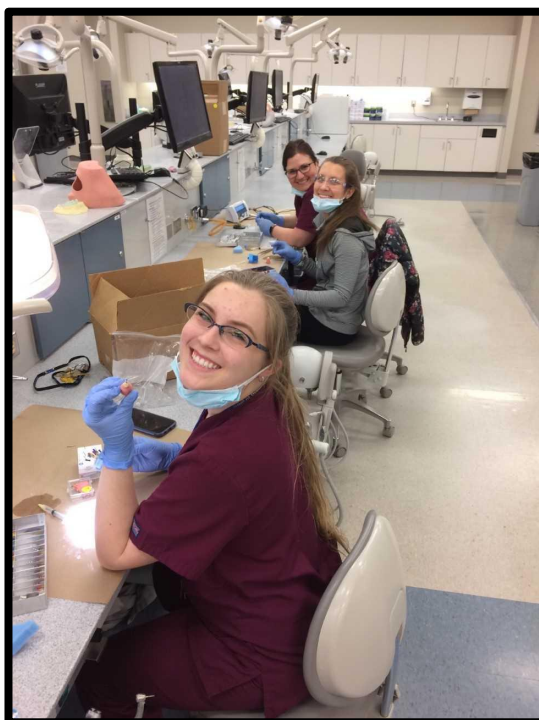


SPECIALTY

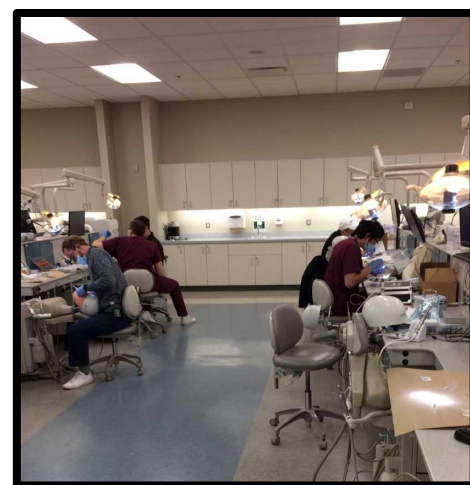
Committee



Pedo Club celebrating
National Kid's Day



Endo RCT Event:
To help those who
have not done
their first RCT to
get some practice
and tips from the
current residents



Marquette ASDA's
Specialty Committee
expanded in 2018 to
include a club for
students interested
in Oral Surgery in
addition to the
existing Pedo, Endo,
Ortho, and Perio
Specialty clubs.

VENDOR *Fair*



The 2018 Vendor Fair was the best one yet with 48 vendors and a **profit of of \$31,000!**

Over 425 students, graduate students and staff attended.

This year we created a Vendor Fair Booklet for everyone in attendance that included the company logos and descriptions of each company that attended the Vendor Fair.



LOUPES *Fair*



This year we increased our number of loupes vendors from 6 to 8. Over 200 D1 students and graduate student residents attended!

We also implemented a new Q&A with the D1 class and upperclassman prior to the loupes event so students were knowledgeable about the different loupes companies and could get feedback on the positives/negatives of different types of loupes.



ANNUAL *Session*



22 Marquette ASDA Members
attended!



Phantom of The Opera theme? Whoops,
we heard **FANTA** of the Opera!

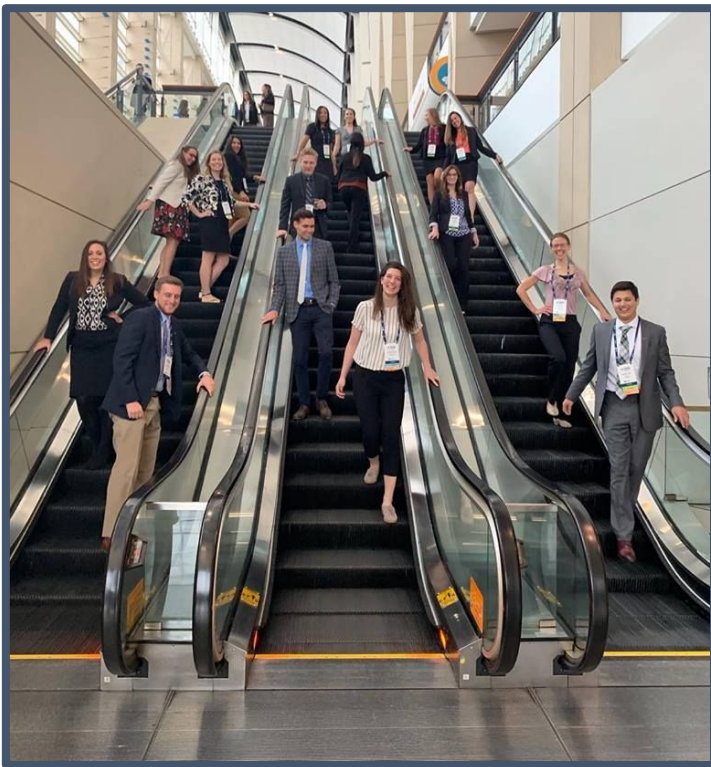


In 2018, Marquette ASDA hit gold! After winning **IDEAL ASDA**, Marquette celebrated the only way they knew how: going to **Disneyland**!



NATIONAL *Leadership*

This year we more than doubled our National Leadership Conference attendees with 20 people from Marquette. We purposefully brought 4 D1 students so they'd catch ASDA Fever early in their D1 year!



Our attendees also included 3 of our 4 members that are applying for National ASDA positions.



DISTRICT *Meeting*



Columbus, Ohio was the wild destination for this year's District 6&7 Meeting safari trip. Many lions, tigers and bears were seen at both the Columbus Zoo and the Gold Onlay Awards.



The adventure-filled weekend ended with several awards brought back home to MUSoD, including Kaitlin Jasper's Outstanding Contribution to District 7, Best Website and Best Article in Newsletter..