

# 2019

## Racing for a Gold Crown University of Kentucky







# Announcement from the Race Caller

Come one, Come ALL! Let's take a closer look at what the UK ASDA Horse Races have to offer! As the Race Caller I am placing my bets on these award-winning horses (aka award categories we are applying for), and let's see their highlights throughout 2019.

**I Have A Dream (Most Improved):** UK ASDA has improved in so many ways in 2019. Some of the biggest highlights of the year are: the leadership retreat being extended to two days long to allow for proper officer transition, and understanding your role in ASDA. The implementation of BaseCamp, to help regulate officer communication and task lists. The Wellness Committee went full force all year long with wellness initiatives that were brand new! Social media usage has increased tremendously, and our newsletter design and content is more specific and attention-grabbing.

**Mingle More (Outstanding Membership Engagement):** Overall increased participation at conferences from UK; Implemented the very first StacheBash and had 22 male members entered their mustaches into the competition; Overall high participation in all social and philanthropy events; A 10% increase in membership enrollments this year; Implementation of inviting all faculty, staff, and residents to all events; Implementation of events that are tasteful to different groups such as a Malibu Jacks social; Major increases in social media usage, including a 116% increase in number of posts on Instagram. Implementation of a google calendar for all members to see events; Implementation of BaseCamp for officer communication; Created a new website; usage of the ASDA logo through fundraising initiatives

**Above and Beyond (Outstanding Activities):** Higher amount of faculty, staff and residents going to ASDA hosted events ever; New officer positions created for D1s; Major increase in lunch and learns; Number of vendors attending ASDA Day Vendor Fair increased by 50%; Extending the Leadership Retreat to a two day event and inviting PDS to give mini seminars; Revamping the Wine Tasting Silent Auction event after major setbacks in venue location; UK ASDA went full force with new fundraising ideas including: Compliment Candygrams, ornaments, coozies, UKCD wardrobe, and SMC T-shirts

**War Admiral (Outstanding Wellness):** UK ASDA has revamped their wellness initiatives completely! UK has an entire week of wellness in each semester, one being during September. Throughout the week, there are workout classes every evening, and breakfast every morning. During lunch time, we had several different activities ranging from puppy time, to a lunch and learn about ergonomics! That's not it! Throughout the year we had many wellness initiatives including our Facebook compliment page, Student Solidarity Day or events to raise awareness about testicular and prostate cancer.

**Justify (Outstanding Community Outreach):** In 2019, ASDA was able to move Saturday Morning Clinic back to the dental school which was able to triple the number of patients seen every month. SMC was able to continue advertising to the community by making a T-shirt for everyone to see. In 2019, it is estimated that this initiative gave **\$31,000 of free dental care** to children. It is estimated that about 35 students per month had volunteered their time to this initiative. Not only is this a wonderful opportunity to give back to the community, but it is a brilliant experience to be able to expand our comfort with working with children. A SMC coordinator successfully made How-To-Guides for every procedure in pediatric dentistry. We were able to continue our relationship with the free community dental clinic, Mission Lexington. We successfully added one more day per month dedicated to volunteering at this clinic, therefore, **doubling the amount of patients seen**.

These are some of the best horses I've seen in years! I bet we will see a Triple Crown Winner!





# Membership Engagement

## Encourages member involvement and has significant participation from members

- **NEW!** 5 District Cabinet members from UK for 2019-2020
- **IMPROVED!** Funded an additional 4 students to attend Lobby Day 2019 for a total of 12 attendees.
- **IMPROVED!** Funded an additional 2 students to attend District 7 Meeting 2019 for a total of 12 attendees.
- **IMPROVED!** National Leadership Conference 2019 attendees **doubled** from last year for a total of 8 attendees.
- **NEW!** Wellness officers introduced wellness tips during dental school during the introductory week for D1s (**100% D1 involvement**)
- **NEW!** Hosted philanthropy event StacheBash for the first time. **22 ASDA mustaches entered the competition!**
- **IMPROVED!** Halloween Party attendance was 117/152 members. **77% member attendance!**
- **IMPROVED!** Wine Tasting Silent Auction philanthropy event attendance was 104/152 members. **68% member attendance!**
- **IMPROVED!** Keeneland Tailgate attendance was 91/152 members. **60% attendance!**
- **IMPROVED!** 242 students (**93% of student body**) attended the annual ASDA Day which involves a speakers, awards, and vendor fair.

## Organizes a successful membership drive to introduce new students to ASDA

- **IMPROVED!** Hosted an ASDA Fever Week at the beginning of the school year to get new students excited about ASDA!
- **IMPROVED!** Membership increased to 152 members from 138 in 2018! We are not an auto-enroll school. (**10% increase!**)
- **IMPROVED!** Hosted a lunch and learn during ASDA Fever Week for **ENTIRE** first year class. **92% of first years attended!**
- **IMPROVED!** Hosted annual ASDA picnic at a retired faculty member's farm to introduce new students to other classes (**44 years strong!**)
  - 18 first years, 26 second years, 14 third years, 26 fourth years, 2 international students, 3 advanced standing students
  - 4 faculty members, 5 staff members, 1 sponsor
  - Resulted in 18 new first year ASDA memberships (**100% of first year attendees signed up**)
- **NEW!** Lunch and Learn with Kentucky Dental Association during ASDA Fever Week to introduce advocacy at the local level
- **IMPROVED!** Held Welcome Back Party for all classes with the "ASDA Goes Wild" theme.
- **IMPROVED!** Brand new information board was made for Student Organization Fair with "ASDA Goes Wild" theme. (**100% D1 attendance! 8 new memberships!**)
- **NEW!** Introduced a Wellness Day in our ASDA Fever Week that included a healthy breakfast and a workout class in the evening.

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

- **NEW!** Welcome back picnic had 2 international students and 3 advanced standing students attend.
- **NEW!** Newsletter spotlights non-traditional students who have children or had children in dental school.
- **NEW!** Invited ASDA members and their families to recreational center Malibu Jack's for bowling social event.
- **IMPROVED!** Began extending invitations to all UK specialty residents for all ASDA social and philanthropy events.

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

- **NEW!** Lunch and Learn with Kentucky Dental Association during ASDA Fever Week to introduce advocacy at the local level for D1-D4s.
- **NEW!** Lunch and Learn for D4 Class to introduce Signing Day with KDA and ADA.
- **IMPROVED!** Sent 2 ASDA Officers to attend KDA meeting.

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

- **IMPROVED!** Usage and number of followers on social media platforms
  - Instagram:
    - # of posts per year: **116% increase from PY!**
    - Instagram followers: **42% increase from PY!**
    - Average photo likes on: **12% increase from PY!**
  - Facebook
    - # of per posts year **25% increase from PY**
    - Overall page followers: (**15% increase from PY**)
    - 2019: average of 416 people reached per post with **record of 1707** in one day.
- **NEW!** Implemented an online application process for selection of students to be funded for National ASDA conferences, ASDA Day registration for vendor fair, and Lunch and Learn signups.
- **NEW!** Implementation of a productivity application "Basecamp" for easier officer communication regarding tasks and deadlines.
- **NEW!** A Google Calendar available to all dental students to display upcoming ASDA events.
- **NEW!** Created brand new website due to last website having access issues (**100% of current ASDA officers photos taken and uploaded!**)

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

- **IMPROVED!** Officer retreat is now 2 days long!
- **NEW!** Implementation of a productivity application "Basecamp" for easier officer communication

## Creatively distributes content from district and national meetings to local membership

- **NEW!** ADEC had a presentation on ergonomics at Annual Session and was brought to Wellness Week at UK.
- **IMPROVED!** Hosted an Annual Session and Lobby Day Wrap Up Lunch and Learn.
- **NEW!** Emailed ASDA Members after Annual Session to discuss new National Leaders.

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

- **NEW!** Flyers made for each day of wellness week with ASDA logo.
- **IMPROVED!** Flyer for Wine Tasting Event was revamped with ASDA logo!
- **NEW!** Webinar session with Brandon Rensch, VP of ASDA to talk about National Positions in ASDA at leadership retreat!
- **NEW!** Sold ornaments with ASDA logo during the Christmas season. (35 sold)
- **NEW!** Coozies sold with ASDA logo for Keeneland Tailgate kickoff (91 sold)
- **NEW!** Saturday Morning Clinic T-shirts were made with ASDA logo. (88 sold)
- **NEW!** ASDA Fever Week Flyer with ASDA logo



# Advocacy Initiatives

- **Holds legislative lunch and learns and other legislative events to inform members of ASDA's policies on issues such as licensure reform, student debt, barriers to care and mid-level providers**
  - **IMPROVED!** Had a Lobby Day and Annual Session Wrap up lunch and learn.
  - Had a Molar Bear Social Media Campaign during Advocacy Month
  - **NEW!** Lunch and Learn from the KDA to introduce Signing Day with the KDA and ADA.
- **Attends state or national lobby days or organizes state lobby day**
  - **IMPROVED!** Had 2 members go to the Kentucky Dental Association Legislative Day.
    - 2018: 0 members, 2019: 2 members
  - **IMPROVED!** Increased the amount of ASDA members who went to National ADA and Student Lobby Day. **(2018: 8 members, 2019: 12 members)**
- **Involved with state and/or local dental society**
  - **NEW!** 1 member sat on the KDA Executive Board
  - **NEW!** 1-2 members attended monthly KDA meetings.
- **Voting representation in the state dental society House of Delegates and representation on councils**
  - **NEW!** 1 member sat on the KDA Executive Board and has voting representation.
- **Contributes legislative articles to local or national ASDA publications or other state society publications**
  - **NEW!** 1 member wrote an article *Sparking a Passion* in the KDA Today Magazine.
- **Conducts successful ADPAC drives**





# Activities

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

- **NEW!** Offered two lunch and learns with the Kentucky Dental Association to learn more about advocacy at the local level
- **IMPROVED!** Had a **NEW** speaker Dr. Christian Piers, at annual ASDA Day where faculty, and dentists in the area can come for CE credit.
  - **8 faculty and dentists in the Lexington area attended.**
  - Changed location of ASDA Day. Saving \$10,000 in venue alone
- Faculty and Staff Appreciation Day: students write thank you letters to our faculty & staff and ASDA provides coffee and donuts for them.
- **IMPROVED!** Faculty & staff are invited to every ASDA hosted event.
  - Welcome Back Picnic: **9 faculty and staff members**
  - Halloween Party: **2 staff members**
  - Wine Tasting: **13 faculty and staff members**

**Develops mentorship programs for members**

- **NEW!** During ASDA Fever Week members helped first years organize their new instruments.
- **NEW!** Officer opportunities to get involved with ASDA as a D1 such as a Design Consultant (new position) and D1 representative.

**Organizes vendor fairs and lunch and learns frequently**

- **IMPROVED!** 23 L&L's held in 2019 (**in comparison to 5 in 2018, 360% increase!**) covering a multitude of topics (insurance, DSO's, dental products, ergonomics, community service opportunities, financial advisors, state dental associations, loupes, etc.)
  - **Average of 2 L&L's/month on a 10-month school year.**
- **IMPROVED!** Annual Vendor Fair hosted during ASDA Day, number of vendors **increased by 50%**!
  - 2018: 24 vendors, **2019: 33 vendors**
  - Student attendance: **93% of the entire student body**
- **IMPROVED!** Hosted a L&L during ASDA Fever Week for **ENTIRE** first year class. **92% of first years attended!**
- **IMPROVED!** Changed the Loupes Fair into a tiered system where vendors can pay for both vendor fairs in one payment.
  - **Total of 5 vendors**
  - **88% D1 attendance**

**Provides social activities**

- **NEW and IMPROVED!** ASDA is UK's **largest** student organization, and has the highest student participation in all of our events. Ex. of events: Seniorinco De Mayo, Dr. Langes Picnic, **Welcome Back ASDA Goes Wild Party**, Halloween Party, **Wine Tasting Silent Auction**, Mr. Molar, **Malibu Jacks Social**, **Keeneland Tailgate in the Fall and Spring**, **StacheBash**, **Flag Football Game**, **Leadership Retreat Social**
- **IMPROVED!** The old venue for the Wine Tasting Silent Auction was no longer an option. Found an entirely new venue within our budget & created a charcuterie table for the first time and decorated the entire venue with Christmas decorations.
- **NEW!** This was our very first StacheBash. **Raise \$285 to the Movember Foundation. 22 mustaches were entered into the competition.**
- **NEW!** The annual flag football game against Louisville was revived. Our male flag football team took home the trophy.
- **NEW!** Our Leadership Retreat was extended to two days. It included a social event on the first day that involved a brewery, cidery, and distillery tour, along with dinner afterwards.

**Organizes events/programs that promote leadership development and professional training**

- **NEW!** Educational and interactive programs given to ASDA members at the Leadership Retreat given by Pacific Dental Services.
  - Building a High-Performing Team, Marketing, Branding, & Advertising, Interactive Team Building called *Doc's Diner*, and Top 10 Surprises Out of Dental School.
- **IMPROVED!** Had a **NEW** speaker Dr. Christian Piers, at ASDA Day.
- **IMPROVED!** We have sent more students to conferences year round.
  - Lobby Day attendees **increased by 4 students**. Total: 12 attendees.
  - District Meeting attendees **increased by 2 students**. Total: 12.
  - NLC attendees **doubled** from last year. Total of 8 attendees.

**Holds events with other ASDA chapters in district, if possible**

- **NEW!** Revived the men's and women's flag football game with UofL.
- Socialized with UofL dental students at our bi-annual Keeneland Tailgate.

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

- **NEW!** Malibu Jacks Social for students to relax after a long week of school. This social was targeted for students who have families.
- **IMPROVED!** Wine Tasting is an event for students, faculty and staff to mingle and participate in a silent auction in a non-dental setting.
- **NEW!** Revived the Flag Football game with UofL. This event is targeted for dental students who love playing sports.

**Organizes activities that are unique and original**

- **NEW!** Philanthropy event called StacheBash to promote testicular and prostate cancer awareness. Students spent entire month of Nov. growing their mustaches into different themes. Many categories including: The Imitator, The Handlebar, The Bluegrass Horseshoe, The Featheredge, The Toothbrush, and The Faux mustache.
  - **Raised \$285 for the Movember Foundation**
  - **Had 22 mustaches enter the competition**
- Mr. Molar is a philanthropy event that raises money for a local dental clinic, Mission Lexington. Dental students enter a male pageant, and money can be thrown on stage to support your classmates. The different sectors in the competition include: best legs, lip sync, and dental trivia
- **IMPROVED!** Wine Tasting Silent Auction event raised money for Mission Lexington. This event involves wine tasting, light dinner with a charcuterie board, and a silent auction supporting many small businesses in Lexington.
- **IMPROVED!** Keeneland Tailgate involves tailgating before going into the horse races and betting on your favorite horse.
- Seniorinco De Mayo is Send-Off Party for D4 class just before they graduate. It is Cinco De Mayo themed, there are photo stations, senior superlatives, and themed drinks.

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

- Mr. Molar - **raised \$860 For Mission Lexington**, a dental clinic that provides free dentistry to the underserved community.
  - **NEW!** StacheBash - raised \$285.59 for the Movember Foundation
  - **IMPROVED!** Wine Tasting - raised \$1460 for Mission Lexington.
  - **NEW!** Candy Compliment-grams were initiated during Wellness Week to send compliments to your classmates, faculty, or staff. (135 sold)
  - **NEW!** Sold ornaments during the Christmas season. (35 sold)
  - **NEW!** Coozies sold for Keeneland Tailgate kickoff (91 sold)
  - **NEW!** Saturday Morning Clinic T-shirts were sold. (88 sold)
- Bi-annual clothing sale for UKCD gear to earn money for chapter events



# Wellness

**Held one Wellness Week per semester packed full of events including:**

- Physical:
  - **IMPROVED!** One free workout class per day at local gyms (**Total participations: 216!!!**)
    - Orange Theory: 30 members participated in Spring '19
    - CycleBarre at SweatLex: 20 members participated in Spring '19
    - Sterling Hot Yoga: 30 members participated in '19
    - Crossfit Maximus: 30 members participated in '19
    - Barre at SweatLex: 30 members participated in '19
    - Everybody Fights: 53 members participated in Fall '19
    - BodyFit Punch: 23 members participated in Fall '19
  - **NEW!** Healthy breakfast every morning such as parfaits, or power shots.
- Emotional:
  - **NEW!** Brought in puppies in training during lunch for stress relief.
  - **NEW!** Social media challenge "Friendship Friday" to encourage friendship
  - **NEW!** Emotional: sold compliment candygrams where students sent anonymous compliments along with candy in order to promote well-being and confidence (**sold 135!**)
- Occupational:
  - **NEW!** A-dec lunch and learn about ergonomics and how to stay healthy as a dentist
- Intellectual:
  - **NEW!** Social media challenges "Motivation Monday" to post what motivates you in dental school
  - **NEW!** "Thankful Thursday" to post what you are thankful for
- Environmental:
  - **NEW!** Social media challenge "Thirsty Thursday" to promote staying hydrated and reducing plastic waste by using reusable water bottles
- **NEW!** Physical and Occupational: UK vs Louisville flag football game to promote exercise and sportsmanship between colleagues
- **NEW!** Environmental: sold reusable UK Dentistry Tervis tumblers
- **NEW!** Emotional: passed out ribbons to students and faculty for Student Solidarity Day which serves to fight dental student suicide

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

- **NEW!** "Wellness Wednesdays" on chapter instagram account where a post is made regarding an aspect of wellness
- **NEW!** Held one Wellness Week per semester packed full of events supporting all parts of wellness

**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**

- **IMPROVED!** Newsletter both semesters have wellness articles, wellness week recap, and healthy recipes including overnight oats and cauliflower taco bowls
- **NEW!** Posted Student Solidarity Day info on chapter instagram, and district instagram
- **NEW!** Wellness officers introduced wellness during dental school orientation week with **100% D1 involvement**
- **NEW!** College wide "UKCD Compliments" Facebook page where students could submit anonymous compliments to classmates to encourage each other and focus on mental health (with 35 compliments posted in 2019)
- **NEW!** Stachebash mustache contest to raise awareness about testicular and prostate cancer

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

- **NEW!** Invited A-dec speaker from Annual Session to speak at UK about ergonomics and preventing neck/back pain throughout your career
- **NEW!** Handed out District 7 Student Solidarity Day ribbons and showed support by organizing student picture in the shape of a ribbon

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

- Wellness committee with 5 officers





# Community Outreach

## Promotes unity, awareness, and lifelong involvement in community service

- Saturday Morning Clinic (SMC) is a monthly, student run, free dental clinic for children in Fayette County and Central Kentucky
- SMC serves as a dental home for many children in Kentucky who are from underserved backgrounds, uninsured, or underinsured.
- Students, faculty, and staff are encouraged to volunteer their time
- **NEW!** Designed a T-shirt to promote and raise money for SMC, allowing the community to learn about receiving free dental care.
- Mission Lexington is community dental clinic where patients of low socio-economic status can receive dental care at a reduced rate or free of charge. The clinic is run on a volunteer basis, with many UKCD dental students and faculty giving their time.
- **NEW!** Mission Lexington service nights are now offered **two times per month**, doubled from the previous year
- Mission Lexington promotes lifelong community service as dental students volunteer alongside dental professionals to provide free dental care to underserved and impoverished populations

## Organizes events to build the value of community in our profession

- **IMPROVED!** Wine Tasting Silent Auction is a philanthropy event to raise money for Mission Lexington, a free dental clinic in our area. This year we **raised \$1,460 for Mission Lexington**.
- Mr. Molar is a comical male beauty pageant and talent show that features our very own dental students to raise money for Mission Lexington. This year we **raised \$860 for Mission Lexington**.
- **NEW!** Created a DanceBlue team to participate in the UK student run 24-hour nonstop dance marathon to raise money for the Golden Matrix Fund to support the children in the Hematology/Oncology Clinic at the Kentucky Children's Hospital
- **NEW!** In the state of Kentucky, children must be seen by a dentist prior to the start of kindergarten. SMC has been able to fill this need and serve families new to the area.
  - **NEW!** 55 Children at had paperwork completed.
- **NEW!** Held a book drive within the dental school to gather DAT study materials for the UK Pre-Dental Society.
- **NEW!** Revived the men's and women's flag football game with the UofL Dental School.
- **NEW!** Candy Compliment-grams were initiated during the Spring Wellness Week to send compliments to classmates, faculty, and staff. **135 Compliment-grams** were sent!
- **NEW!** UKCD ASDA Compliment Facebook group was initiated to thank fellow classmates throughout the year anonymously.
- **IMPROVED!** A retired UK faculty member, partners with ASDA to host a traditional picnic at his farm to help get new students acquainted with other classes, faculty and staff (**44 years strong!**).

## Increases awareness of underserved populations.

- **NEW!** Hosted a Mission Lexington Lunch & L&L to inform members of volunteer opportunities at the dental clinic providing care to uninsured and impoverished residents of Fayette county.
- **IMPROVED!** SMC L&L to teach the incoming D1s about SMC

- **NEW!** Marketed the SMC dates each month on our Facebook page and approved fliers sent to local schools. Word of mouth also goes a long way too, which is the greatest compliment!
- During ASDA Day 2019, the **ASDA Student Volunteerism Award** was presented to Cassidy Wolfe, who dedicated herself to giving back to the community through SMC and Mission Lexington
- **IMPROVED!** Spotligthted Mission Lexington during ASDA Day to recognize the achievements that the clinic has made to help the underserved population of Fayette County. In 2019, **ASDA donated \$5,400 to Mission Lexington Dental Clinic.**

## Participates in the ASDA National Week of Service

- **NEW!** Spotligthted Mission Lexington on Instagram

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

- **IMPROVED!** SMC committee grew by one committee member to aid in the growth of SMC and number of children being seen month
- Saturday Morning Clinic is fully organized and ran by students
- Philanthropy Committee creates events to raise money for community outreach projects.

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

- **IMPROVED!** In 2019, SMC has provided over **\$31,000** in free dental care to underserved children in Fayette County and Central Kentucky
- **NEW!** SMC moved back to UKCD dental school from Turfland, a UK satellite campus
- **IMPROVED!** SMC is consistently treating between **12-37 patients** each month (in comparison to 8-10 patients from previous year at Turfland)
- **IMPROVED!** In 2019, SMC saw and treated **101 new patients!**
- **IMPROVED!** SMC consistently has 35 students, 5 faculty, 3 orthodontics residents, 3 pediatric dentistry residents, 5 support staff members, and 15 pre-dental students volunteering each month
- **IMPROVED!** Mission Lexington treats on average 8 patients at each clinic session with 8 dental student volunteers and 1-2 dental faculty volunteers. (**100% increase in # of patients seen due to doubling the amount of service days**)

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

- **NEW!** Saturday Morning Clinic on the District ASDA Instagram story
- **IMPROVED!** Posted on our Instagram and Facebook to spotlight the volunteers for every SMC
- **NEW!** SMC Clinic recap email is sent the Monday after to thank volunteers for their time, report the number of children who were able to receive free care and a survey for volunteers to provide feedback and improve SMC for future months
- **NEW!** One of our SMC coordinators, Spencer Laufer, was a spotlight feature on District 7's Instagram and Facebook page
- **IMPROVED!** Posted on our Instagram and Facebook to spotlight the volunteers for every Mission Lexington



# Predental Involvement

## **Promotes national ASDA Predental Month**

- **NEW!** Q&A with UK ASDA members. We answered questions asked by predentals on UK ASDA's Facebook and Instagram

## **Introduces predentals to dental school and organized dentistry & Recruits predental members for national ASDA membership**

- **NEW!** President and President-elect of UK ASDA's chapter spoke at UK Predental Society meeting to educate members about ASDA
  - **2 predental members joined ASDA**
- **NEW!** 9 UK ASDA members participated in a Q&A session for the UK Predental Society, and several others sat on another Q&A panel for all preprofessional students at UK
- **NEW!** Visited Western Kentucky University to speak to predentals about ASDA and build relationships with predental students of surrounding schools

## **Provides leadership opportunities for predentals**

- **NEW!** Provided powerpoint to WKU and UK predental students about national and district predental consultant positions.

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

- **NEW!** Opened registration to predentals for ASDA Day for the following year for the first time

## **Offers networking, social and community service events for predentals**

- **IMPROVED!** UK's Saturday Morning Clinic, held 8 times a year, allows predentals to sign up to volunteer/shadow student doctors provide dental care for children
  - **15 predentals every session!**
- **NEW!** Held a book drive within the dental school to gather DAT study materials for the UK Predental Society.

## **Serves as mentors to predentals**

- **NEW!** Opened up mentorship opportunities via Facebook

## **Promotes national ASDA Predental Month**

- **NEW!** Spoke to UK Predental Society during ASDA Predental Month about gaining membership in ASDA





		<b>President:</b> Daphne Salazar	
<b>Vice President:</b> Kassidy Wolfe	<b>Treasurer:</b> Erin Pilling	<b>Secretary:</b> Cameron Ainslie	<b>President-Elect:</b> Kasey Lammrish
<b>Mighty Molars</b>	<b>Persuasive Premolars</b>	<b>Creative Canines</b>	<b>Influential Incisors</b>
<b>Licensure Chair (1):</b> Jonathan Barry	<b>Lunch and Learn Committee (3):</b> Shiv Pruthi	<b>Wellness Committee (5)</b> Celene Steele Katie McCrary Brent Harney Victor Daza Elizabeth Le	<b>Pre-Dental Committee (4):</b> Daniel Crain Becca Blair Ryan Kennedy Tyler Slate
<b>Legislative Liasion (1):</b> Varun Nigam	<b>Social Committee (3):</b> Mackenzie Brindley Miles Marquette Justin Wise Kali Gupton	<b>Photography/Video Editor (1):</b> Kyle Whiteside	<b>Philanthropy Committee (4):</b> <b>(1/class)</b> Katie McCrary Macy Epperson Ryan Kennedy Gabby Westerman Jacob Gribb
<b>Gold Crown Committee (2):</b> Aliah Fueller Lucas Pepper	<b>Fundraising Committee (2):</b> Elizabeth Mechas Joe Pierro Jacob Deming	<b>Newsletter Editor (1):</b> Erica Vetter	
<b>SMC Committee (5)</b> <b>2 rising third years</b> <b>3 rising fourth years</b> Spencer Laufer Allison Stump Sandra Onekhena Sarah Chhadh Ivan Huynh	<b>ASDA Day Committee (3):</b> Chad Davidson Jenna Doyle Jessie Zhu	<b>Social Media Chair (1):</b> Ashley Wettstain	<b>Class Reps (1/class)</b> Jessica Nguyen Miles Marquette Will Axtel Grant Palmer
		<b>Website Editor (2):</b> Josh Brown Joseph Lee	
		<b>Design Consultant (1):</b> Krysten Murphy	

**For a D1**





## District 7 Cabinet Members



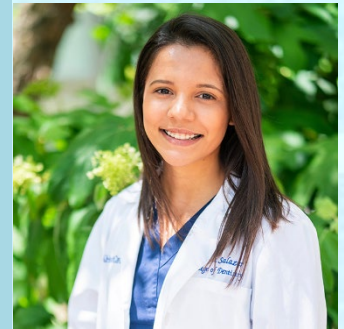
**Treasurer:**  
**Brent Harney**  
Kentucky '21



**Social Media**  
**Cameron Ainslie**  
Kentucky '21



**Blogger**  
**Jenna Doyle**  
Kentucky '22



**Daphne Salazar**  
Chapter President  
President's Council



**Kasey Strand**  
President-Elect  
Presidents Council



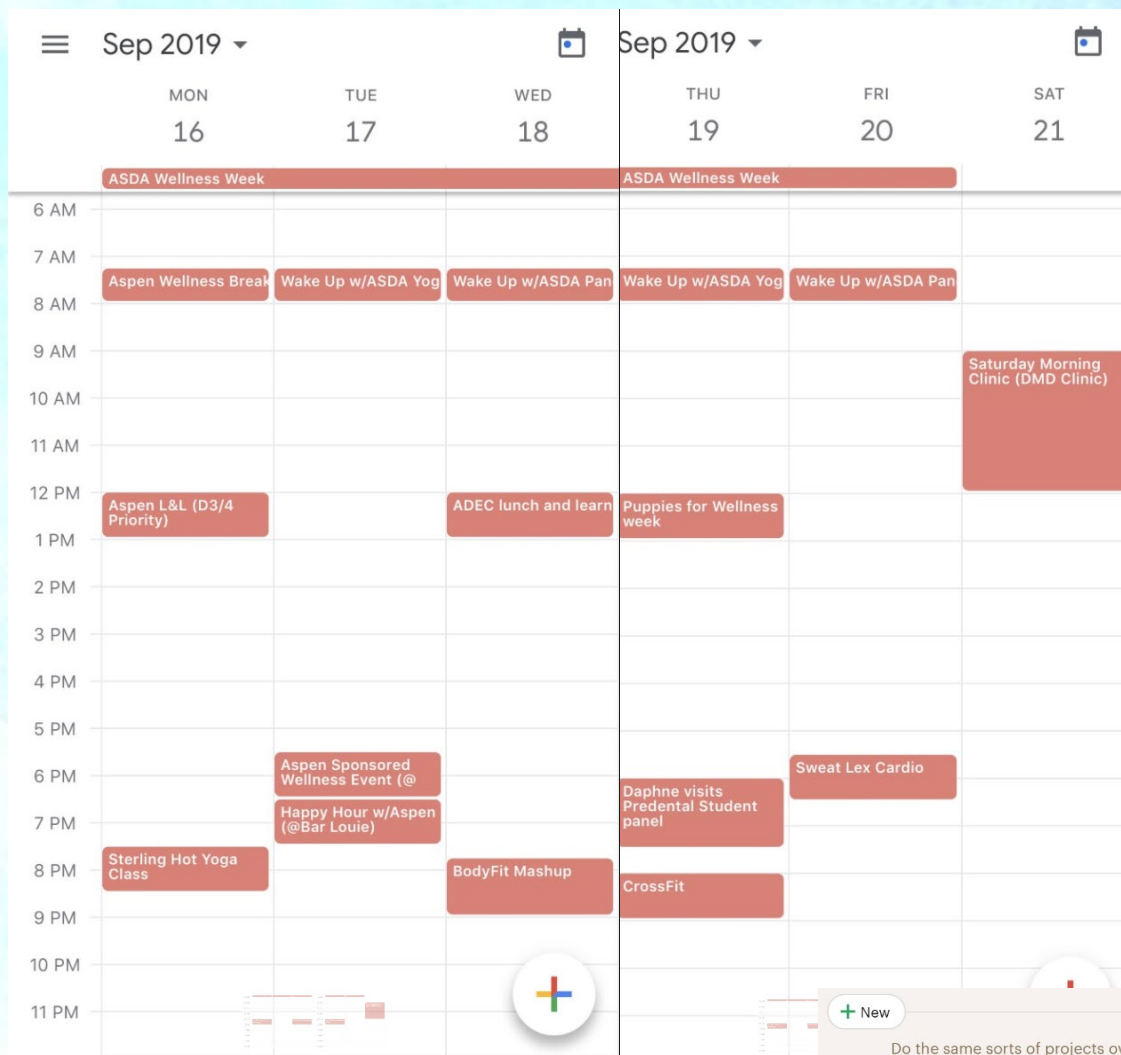
**Lobby Day '19**

**District 6/7 Meeting '19**



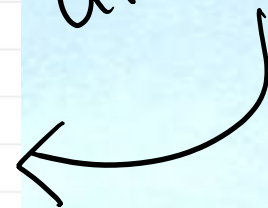
- 🦷 UK ASDA is devoted to building leaders up from day one! A vision of ours was to send more individuals to conferences to catch the ASDA Fever and be devoted to advocating for our profession for a lifetime!
- 🦷 Doubled the number of attendees at NLC from 2018 to 2019
  - 🦷 Increased attendees at Lobby Day by 4 people
  - 🦷 Increased attendees at District Meeting by 4 people





**NEW**

ASDA  
Google  
Calendar  
for  
all members



**NEW**



**Basecamp®**



**UK**  
Company-wide announcements  
and stuff everyone needs to  
know.

CA DS EP KL KW VN

+ New

Teams

**Creative Canines**

AW BH CA CS DS EL 10

**Influential Incisors**

BB DC DS GW GP JG 10

**Mighty Molars**

AF AS DS IH JB KL 10

**Persuasive Premolars**

CD DS EM EP JD JD 10

+ New

Projects

Do the same sorts of projects over and over? [Make a reusable template](#) to save yourself time.

**ASDA Day**

CD DS EP JD JZ KL

**DanceBlue**

DS GW JG KL KW KE 12

**Fall Fundraising**

DS EM EP JD JP KL KM

**Flag Football**

DS EP JW KG MB MM SL

**Gold Crown Awards**

AF DS KL KW LP

**Halloween Party**

DS EP JW KG KL MB MM

**Keeneland with Aspen**

DS EP JW KG KL MB MM

**Malibu Jacks**

DS EP JW KG MB MM

**Mr. Molar**

DS GW JG KL KE ME RK

**Pre-Dental Day**

BB DC DS KL RK TS

**StacheBash**

DS GW JG KL KE ME RK

**Surgery on Sundays  
workout marathon**  
30 People one hour Raised over  
the years: 21k 37k 41k Loc...

AW DS KL KE ME

Wellness Week - Fall

Wine Tasting

Increased efficiency of  
communication between officers!



Resulted in 10% increase in membership!



## ASDA's Welcome Back Picnic

Where: Dr. Lange's Farm  
1101 Walnut Hill Road  
When: August 15th at 6PM

There will be BBQ food, hotdogs, drinks, volleyball, and other outdoor activities! Bring your kids, family, dogs, and friends!

#ASDAgoesWild Welcome Back Party!  
Wildcat Saloon @ 9 PM on August 16th

Get ready for karaoke and drink specials!  
Dress up in your best "wild" themed outfit!



### Monday

Yogurt Parfaits 7:30 AM - 8 AM @ Basement Lounge  
ZONE Fitness Workout 6:30 PM

### Tuesday

"What is ASDA?" Lunch and Learn for first years.

### Wednesday

KDA Lunch and Learn  
(First 45 people to sign up!)

### Thursday

ASDA's Welcome Back Picnic  
6:00 PM @ 1101 Walnut Hill Road

### Saturday

#ASDAgoesWild Welcome Back Party @ Wild Cat Saloon  
(Jungle/Safari/Wild thieved outfit!)



## Motivation Monday of ASDA Fever Week (8/12)!

-Yogurt Parfaits at 7:30AM  
in the Student Lounge

-ZONE Fitness at 6:30 PM  
301 East Vine St



# ASDA FEVER WEEK

## Student Organization Fair



Brand new information board & 100% D1 attendance



AT&T 7:01 PM 37%

uk\_asda

ASDA UNIVERSITY OF KENTUCKY

758 Posts 1,162 Followers 1,097 Following

University of Kentucky College of Dentistry-  
American Student Dental Association

[lookaside.fbsbx.com/file/Fall%202019%20.pdf?token](https://lookaside.fbsbx.com/file/Fall%202019%20.pdf?token)  
Followed by mel.drab, ignitedds and 109 others

Following Message

Philanthropy Advocacy NI C '19 Pre dental Distri

ASDA - University of Kentucky @UKASDA

Home About Photos Events Videos Posts Community Promote Visit Ad Center

Add More Information to ASDA - University of Kentucky  
You're missing some details for your Page. Help people discover and learn about your Page by adding more information.  
Get Started

ASDA - University of Kentucky

Liked Following Share

Create Live Event Offer Job

Create Post

Suggested Groups  
EKU Class of 2023 1K Members Join  
Lex Flow

<https://ukasda.net/gallery>



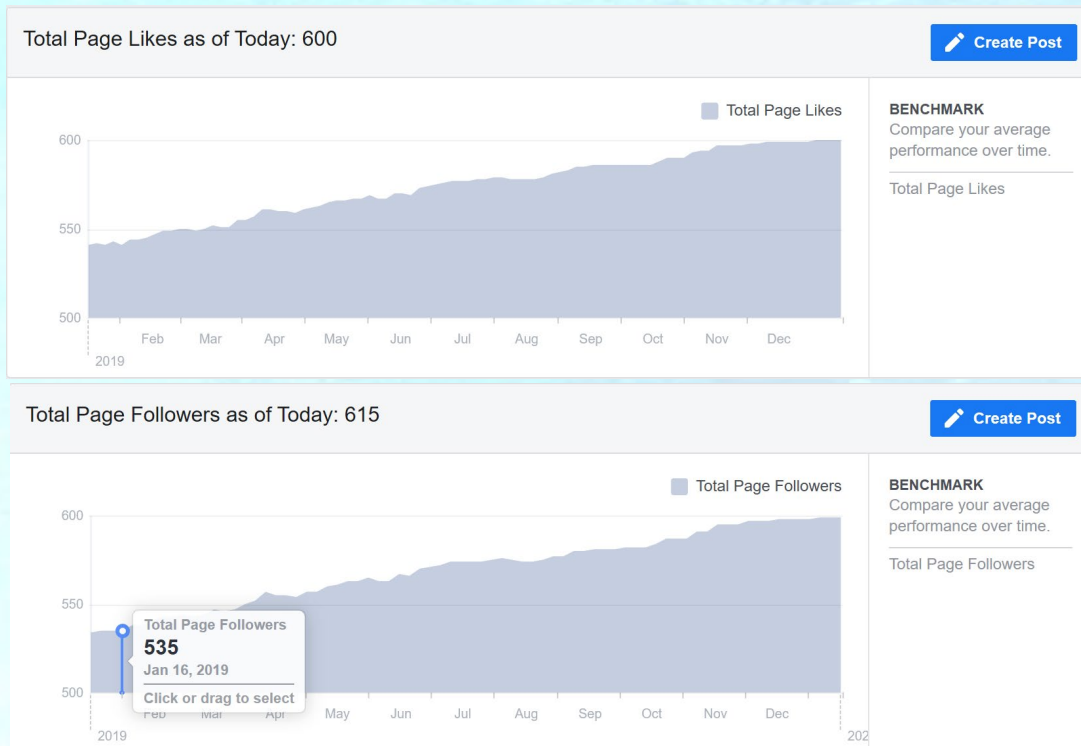
HOME ABOUT EVENTS SMC LUNCH AND LEARN MISSION LEX GALLERY RESOURCES

★ NEW WEBSITE!





# Facebook Charts



## IMPROVED Instagram

	2016	2017	2018	2019
# of Posts per Year	87	193	151	327
Instagram Followers	486	unknown	821	1162
Average Likes on Instagram per photo	32	unknown	60	67

← 116% increase from PY

← 42% increase from PY

← 12% increase from PY

## IMPROVED Facebook

	2018	2019
# of Posts per Year	86	101
Page Followers	534	615
Average # of Reaches per post	unknown	416

← 25% increase from PY

← 15% increase from PY

Record of 1707 in one post



# SMC

## *Saturday Morning Clinic*

The University of Kentucky College of Dentistry



### What is SMC and who does it serve?

The University of Kentucky College of Dentistry's ASDA chapter has a rich history in giving back to the people of Lexington and Central Kentucky. One of the unique ways is by organizing monthly, student run, free dental clinics for children ages 4-12. Saturday Morning Clinic (SMC) started over 40 years ago by UK dental students who wanted to promote good oral health, along with a way of giving back to the community. This clinic serves as a dental home for children of Lexington and Central Kentucky who are from underserved backgrounds, uninsured, or underinsured.

One Saturday a month, the student clinic is open for children ages 4-12 in our community to receive free dental care. SMC serves as a dental home for many children of Lexington and Central Kentucky who are from underserved backgrounds, uninsured, or underinsured. The University of Kentucky College of Dentistry (UKCD) students provide dental treatment to the kids under supervision of the pediatric dentistry residents and dentists. First and second year DMD students perform new patient exams, cleanings, fluoride varnish, and sealants, while the third and fourth years provide treatment such as restorations, stainless-steel crowns, pulpotomies, extractions, and



nitrous sedation, when necessary. The SMC environment is inviting for underclassman DMD students to work alongside upperclassman DMD students in the clinic to serve as mentors and partners in treating patients.

SMC has five coordinators, three fourth year dental students and two third year dental students, who are elected by their ASDA peers every year. The coordinators are responsible for selecting the dates, coordinating with faculty and staff, and running the clinic. In addition to treating patients, the coordinators are able to gain experience on the management and operations side of running a clinic. Having a coordinator position significantly improves communication and leadership skills as they interact regularly with faculty, residents, and parents.

We believe SMC makes our UKCD ASDA chapter very unique and provides a wonderful service, free of charge, to children in need in our community and surrounding counties. After a long week of school, nothing is more rewarding than being able to provide free dental care to kiddos in our community!



### 🦷 Changes to SMC?

In 2018, SMC was relocated back to the dental school. In years prior, SMC was at Turfland, a satellite location for the University of Kentucky. Having SMC back at the dental school allows us to treat more children and families, as we have more chairs and access is easier for the families and the volunteers. In addition, the bays are more open to allow children to feel comfortable with siblings close by and by utilizing the in-op TVs for the kids to watch.

We have experienced nearly a **200% growth** in the past year to year and a half. Over the last year, we are treating 30-35 kiddos each month. We have been able to market the SMC dates each month on our Facebook page and through approved fliers sent to local schools. Word of mouth also goes a long way, which is the greatest compliment! In the state of Kentucky, one requirement to start kindergarten is to have been seen by a dentist prior to matriculation. We are able to fill this need and serve families new to the area to complete the exam, cleaning, treatment and appropriate paperwork.





## Successes!

In 2019, UKCD ASDA has been able to provide over Lexington and Central Kentucky.



in free dentistry to children in

SMC serves as an awesome platform to connect our current dental students with pre-dental students. Each month, we invite 15 pre-dental undergraduate students and high school students who are considering a career in dentistry to attend SMC. The pre-dental students have the ability to observe the dental students and get a better feel of what to expect in dental school and how UKCD's clinic works. This allows pre-dentals to network and ask questions with their peers, current DMD students, residents, and faculty members.

In September, we held a SMC T-shirt fundraiser to raise money for SMC supplies. This was a great way for us to raise additional funds while also creating a sense of community for all of our volunteers who support SMC.



The following is a story of one family in particular that holds a special place in our SMC heart:

“During my D2 year, I first saw this little patient for a new patient exam, cleaning, and bitewings. My 6-year-old patient and his family were commuting over an hour to receive care at our clinic. Upon exam, several carious lesions were present, requiring him to have dental treatment in all 4 quadrants. I vividly remember discussing the proposed treatment with the patient's mom. She requested that I treated her child. Unable to provide all the restorative needs to this patient, as I was only a D2, I found a D4 student, who has been a mentor to me since I started dental school,

and had applied for a pediatric residency, to provide the care. Over a series of 3 additional Saturday Morning Clinics, I assisted my D4 colleague, who was able to provide all the restorative needs for this patient, which included several pulpotomies, stainless-steel crowns, and extractions. It was so rewarding to be a part of his treatment from start to finish, to see this patient transform, and to witness his family's commitment to travel over an hour several months in a row to receive and meet all his dental needs, free of charge."

SMC allows UKCD students to be service minded and give back through providing quality dental care. SMC is such an amazing community service event each month, allowing our DMD students to have some fun treating kiddos and escape the chaotic routine of dental school. Our ASDA chapter truly believes we have a responsibility to help those less fortunate, if we are capable, and Saturday Morning Clinic is a great outlet to make this a reality.

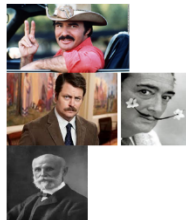






Raised \$285 for Movember Foundation  
(a charity that promotes men's health)  
22 mustaches participated in this  
competition

- **The Imitator:** Just like you aim to cut that perfect prep from the powerpoint, whether your final product is clinically acceptable or not—choose any iconic 'stache to emulate!



- **The Handlebar** (petit and classic): Once sported by Doc Holliday (the legendary American gambler, gunfighter AND DENTIST) —this is a classic 'stache that has graced the faces of many legends! No time for the classic? We'll be welcoming your petit renditions as well!



- **The Bluegrass Horseshoe:** Be the horse with the golden shoe! Grow a 'stache people are willing to bet money on and take home the triple crown of mustaches! (Or Like the bite fork of mustaches! Keep this one as long as you'd like without any repercussions!)



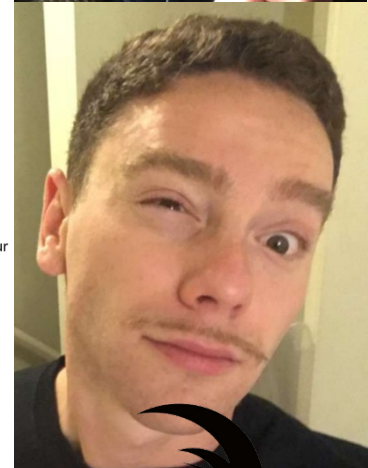
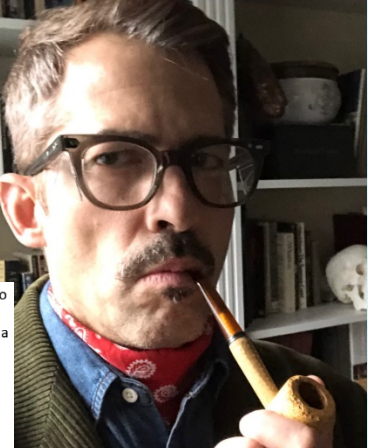
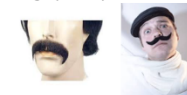
- **The Feather Edge:** Late start or working with pubescent growth grates? This is our most conservative approach, with light wisping of the upper lip!



- **The Toothbrush:** Whether you go with the recommended soft bristled or want to get wild with a hard bristled 'stache, this one pays homage to one of the most unsung (and often neglected) heroes of oral hygiene!



- **The Faux:** Ladies (and gentlemen)—if you can't grow a 'stache and still want to rock your favorite fake mustache, this category is for you!



**NEW EVENT!** StacheBash

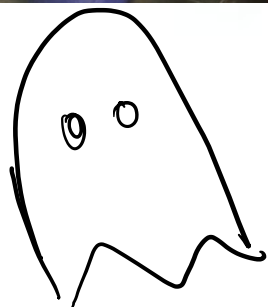




# HALLOWEEN



# PARTY



77% member attendance

