

MIDWESTERN 19
AND THE

ASDA
FACTORY

ASDA FACTORY RELEASE STATEMENT

Midwestern – IL ASDA Chocolate Factory wanted to make this year **EXTRA** special. With the addition of 65 Oompa Loompas (the most in the history of the Chocolate Factory), our committees worked tirelessly to have the best year yet and potentially win the Golden Ticket! We worked hard at fundraising, raising over 20 **GRAND** with our Vendor Fair, new Bark Madness event, and Faculty Breakfast. The money slipped through our **BUTTERFINGERS** as we sponsored over 74 members to all ASDA District and National Conferences to build leadership skills and gain ASDA Fever! The Membership Committee worked tirelessly to host fun events for our members. They made sure everyone got to know the D1 Class by hosting a party bus and closed down a bar in the city for our members to shake their **LAFFY TAFFY**s all night long! Our Annual Mr. Molar event this year had people talking about it **NOW AND LATER** with our new promo video, 50/50 raffle, and date auction! Our Academic team were a bunch of **NERDS**, working tirelessly with various speakers creating the most Dinner and Learn events our chapter has ever hosted, where our attendees became a bunch of **SMARTIES** by earning CE Credits! Our Wellness team put in **MOUNDS** of hard work, creating events focusing on all aspects of wellness. Our Community Outreach Team were **LIFESAVERS** to thousands of people this year as we hosted various events such as Team Smile, Project C.U.R.E, and Adopt-A-Road, totaling 667 volunteer hours. The Advocacy committee were a bunch of **HOT TAMALES** as they brought a nonexistent committee to life, knocking it out of the **MILKY WAY** with new events such as Bite Night, Popsicles and Politics, and Dracula Donuts. The Pre-Dental Committee worked endlessly to host our first ever Pre-Dental Day for the “Pre-Dental **RUNTS**”. Our **PAYDAY** came as our hard work was acknowledged at District 7 Banquet where our chapter won 2 awards: Most Improved Chapter and Best Newsletter (second year in a row), as well as winning the most prestigious award for an organization at Midwestern: The Spirit of Midwestern! All-in-all, as we look back at the 2019 candy making season, our committees created a **GOOD AND PLENTY** year full of successful events and we cannot wait to see where 2020 takes us!

Jackie Hassenplug, President





OUTSTANDING MEMBERSHIP ENGAGEMENT

Encourages member involvement and has significant participation from members

- We are not an auto-enroll chapter. Received **100% funding** for all students for **chapter membership**.
- Largest student-led organization at Midwestern University.
- **NEW** - District 6/7 award - Won “**Most Improved Chapter**” in **District 7 at the District 6/7 Awards Banquet**
- **NEW** - Spirit of Midwestern Award – won award given to the best “all-around” organization at MWU based on events and improvements the organization has done in the past year.
- **IMPROVED** - District 7 Cabinet - **9** members held positions on the District 7 Cabinet, an **800%** increase and most of any chapter!
- **IMPROVED** - Leadership Expansion - Increased number of members within each committee by **at least 5 members**. **442%** increase in size of leadership team in past two years.
- **IMPROVED** - Committee of the Month - committee is recognized for hard work. Given candy at meeting and recognized on social media
- **NEW** - D1 Committee Liaison - each committee created a position for multiple motivated D1’s to ignite their ASDA fever early
- **NEW** - General Body Meetings - hosted once/quarter to maintain interest and keep all members informed about what we are doing at all three levels of ASDA with ¼ school-wide participation

Organizes a successful membership drive to introduce new students to ASDA

- **NEW** - Welcome to CDMI ASDA email - D1’s introduced to ASDA with “Welcome to CDMI ASDA” email at the start of the 1st quarter.
- **NEW** - D1 Orientation Presentation - **5 ASDA Exec** served as “Orientation Ambassadors” and presented at D1 Orientation Luncheon to teach incoming students about ASDA and answer any questions related to ASDA or MWU. **100% D1 participation**.
- **NEW** - What is ASDA? Dinner and Learn - Explained ASDA to all classes. Inspired students to become active members at all 3 levels. Informed members about membership benefits and incentives.
- **IMPROVED** - School-wide Organization Fair - Presented at fair to recruit new/returning students. Sign-ups for leadership positions available. Members showcased favorite events as well as handing out exciting giveaways. **65% school-wide participation**.
- **IMPROVED** - Welcome BBQ - Hosted annual Welcome BBQ to encourage members to meet D1’s while eating and playing games. Event sponsored by Heartland Dental. **75 members in attendance**.
- **IMPROVED** - bRUSH Week - Events hosted during Fall Quarter to engage and recruit members to participate in ASDA. This year, Pre-Dental, Advocacy, and Community Outreach events were added.
- **IMPROVED** - D1 Welcome Gift - introduced to ASDA with a tackle box to store plastic teeth with a note and new D1 Newsletter!

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

- **IMPROVED** - Chicago Dental Society - **8 members** sit on the CDS cabinet as student representatives
- **IMPROVED** - ADA Lobby Day - **14 members** lobbied alongside the ADA. **180 % increase** from last year.
- **IMPROVED** - ISDS Capital Conference (State Lobby Day) - **6 members** learned about the lobbying process and lobbied alongside local legislators in Springfield, IL. Members were paired with dentists to learn the lobbying process.
- **NEW** - Chicago Dental Society Midwinter Meeting - **75 D3’s and D4’s** worked the CE course registration at Midwinter Meeting
- **NEW** - ISDS Annual Session - Members attended and voted at the ISDS Annual Session in St. Louis, MO.
- **NEW** - ADA and ISDS Signing Day - **120 D4** students signed up as ADA and ISDS Members. Students who signed up to become ISDS members were invited to the ISDS Social with open bar and appetizers.

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

- **NEW** - much emphasis was placed on the Media and Communications Committee to recruit creative and tech savvy individuals to enhance chapter newsletter and increase social media usage.
- **IMPROVED** - Published Newsletter - Published a Winter, Spring, and NEW Welcome Back Newsletter this year with improved content.
- **IMPROVED** - District 6/7 Award - Won “**Best Newsletter**” in District 7 **2nd year in a row** at the District 6/7 Awards Banquet
- **IMPROVED** - Newsletter Theme - All newsletters have a theme with a targeted audience to better catch reader’s attention
- **NEW** - Article Bank - Created an ongoing bank of articles for the newsletter committee to choose from ranging in topics
- **IMPROVED** - Newsletter - Members selected to represent chapter at District and National events are required to write for newsletter about their experience and added to article bank.
- **IMPROVED** - Membership Monday - Every Monday, a member is recognized for their dedication toward chapter. A photo and fun, lighthearted bio are posted on social media platforms
- **NEW** - Faculty Friday - Our Instagram featured the smile of a faculty member. It is up to our students to correctly identify the faculty member based solely on their smile!
- **NEW** - Bark Madness Fundraising Event - Social Media platforms were used in the voting for the best animal to win our Bark Madness fundraising event. The championship round alone brought **415 likes and a total of 1,697 comments on Instagram!**
- **NEW** - Instagram Live Info Sessions - Instagram Live was used to bring awareness on various topics related to Pre-Dental, Advocacy, Wellness, etc.
- **IMPROVED** - Attendee Presentation - Members sponsored to represent chapter at District/National events present at meetings about their experience and what they learned
- **IMPROVED** - Powerpoint/Videos - PowerPoints and short videos are created and presented at committee meetings of events using attendee captured content.
- **IMPROVED** - National Leadership Conference - Sponsored **19 members** to represent chapter, a **172% increase** from last year
- **IMPROVED** - District 6/7 Meeting - Sponsored **15 members** to represent chapter, the most our chapter has ever sent!
- **IMPROVED** - Annual Session - Sponsored **14 members** to represent chapter, a **195% increase** from last year
- **IMPROVED** - ASDA/ADA Lobby Day D.C. - Sponsored **14 members** to represent chapter, a **180% increase** from last year

Uses ASDA branding

- MWU-IL ASDA banner is displayed at all ASDA events.
- **NEW** - MWU-IL ASDA Tablecloth - tablecloth purchased and used at all events requiring a table.
- **NEW** - ASDA Leadership T-Shirts - Leadership team t-shirts created with the MWU-IL ASDA logo to be worn at ASDA events and to spread the word about ASDA on campus.
- **NEW** - ASDA Executive Team Apparel - Exec board apparel created with MWU-IL ASDA logo to be worn at ASDA meetings and events.
- **NEW** - ASDA Pins - Requested and distributed district ASDA pins and Tooth Party pins at various campus events.
- **IMPROVED** - National ASDA Social Media Banners - Utilization of all National ASDA social media banners on chapter social media
- **IMPROVED** - Chapter Logo - MWU-IL ASDA chapter logo printed on all event flyers, documents, and publications.
- **IMPROVED** - Chapter Freebies - Chapter giveaways are imprinted with ASDA chapter logo and distributed at various events throughout the year such as Org Fair, Pre-Dental Day, etc.

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** - Advocacy Dinner & Learn - Hosted an on campus Dinner & Learn with Dr. Philip Fijal DDS, Vice Chair of the ADA Council on Government Affairs, on what advocacy means as a dental professional, why we should be involved, and how to get involved early. A **110% increase in attendance** was noted.
 - **NEW** - Loren Feldner, D.D.S. Donation - In honor of the late Dr. Loren Feldner, \$100 was donated to the American Hero's Fund during this D&L. Loren Feldner was an inspiration to many, especially to MWU-IL ASDA, as he personally came to teach us the true meaning of Advocacy and the "Tooth Party".
- **NEW** - Lounge and Learn - Screening of "Feel at Home on the Hill: ADA Dentist and Student Lobby Day" National ASDA webinar was hosted in theater with popcorn for our members.
- **NEW** - Lobbying 101 Dinner & Learn - Speaker John Potts, an Illinois lobbyist, discussed basic advocacy concepts and topics. Mandatory attendance for all State and DC Lobby Day attendees.
- **IMPROVED** - ASDA Advocacy Molar Bear - Welcomed the Advocacy Molar Bear to MWU-IL ASDA by taking him on a tour of campus and clinic and introducing him to our awesome members! The Molar Bear also took a trip into the city to see various tourist attractions!
- **NEW** - CDCA Mannequin Class III Lesion Testing Center - After working hard with MWU-IL Dean and the CDCA, all 4th year students participated in a trial of the mannequin class III board lesions and provided feedback, taking one step closer to move away from live patient licensure exams.
- **NEW** - Collaboration with Dean to host all Licensure Exams - After listening to student struggles with taking various exams at other schools and not being in the comfort of their own school, our executive board worked with the dean to host all licensure exams at the MWU-IL campus at least once a year, if not more frequently. This was the first year all exams were hosted at CDMI.
- **NEW** - ASDA Bite Night - **6 MWU faculty** were invited to debate the following topics: use of live patients in licensure exams, corporate dentistry, and use of mid-level providers. Faculty members were encouraged to argue a perspective that they did not align with, and also gave their honest opinions on the topics that were debated at the end. **46 students** judged the presentations, making team pro the overall victors. This was the **most successful advocacy event ever hosted at Midwestern** and students are looking forward to another Bite Night!

Attends state or national lobby days or organizes state lobby day

- Chapter sponsored **100% registration fee** for all attendees to attend State and National Lobby Day!
- **IMPROVED** - ISDS Capital Conference - ISDS sponsored **6 members** to travel to Springfield, IL to lobby alongside local legislators and dentists. Members were paired with a dentist to show them how to lobby and the importance of the conference.
- **NEW** - Working with ISDS and CDMI Dean to increase CDMI student and faculty attendance at 2020 ISDS Capital Conference by creating incentives or allowing the day off for students who wish to attend. All attendees will be bussed for free to Springfield for the event.
- **IMPROVED** - ADA Dentist and Student Lobby Day - Chapter sponsored **14 members** to travel to Washington DC on Capitol Hill to lobby alongside ADA dentists regarding issues faced in the dental profession, a **180 % increase in attendance from last year**.

Involved with state and/or local dental society

- All MWU-IL ASDA students have **free membership to the ADA, AGD, ISDS, and CDS**.
- **IMPROVED** - Chicago Dental Society Cabinet Members - **6 members** sit on the CDS cabinet as student representatives to inform MWU about pertinent news. CDS sponsors these members to attend various conferences as well as ADA Dentist and Student Lobby Day.

- **IMPROVED** - ADA National Signing Day - Organized events with ADA to help fourth year students transition into their ADA membership.
 - **93% Participation in the ADA National Signing Day.**
 - **Chapter was awarded \$250 for a successful National Signing Day!**
- **NEW** - Chicago Dental Society Midwinter Meeting -
 - All MWU-IL ASDA students have free attendance to the CDS Midwinter Meeting.
 - D3's and D4's offered CE credit and \$300 to work the Midwinter Meeting. **75 students participated.**
 - All students given days off to attend CDS Midwinter Meeting.
- **NEW** - ISDS Advocacy Dinner - All MWU-IL ASDA Lobby Day attendees were invited to dinner at The Hamilton in Washington DC. Students were dispersed at tables to get to know ISDS dentists and their spouses.
- **NEW** - ISDS Advocacy Drink and Learn - All MWU-IL ASDA Lobby Day attendees were invited to have drinks at the Trump Hotel in Washington DC. Open bar was sponsored by ISDS dentists while students mingled and learned about the lobbying process.
- **COMING SOON** - ADA House Brick - Brick at ADA House in Washington D.C. is being purchased by our chapter. Approval has been given by Dean, waiting on MWU President Approval.
- **NEW** - ISDS Monthly Byte - 2 students received an award for their research presented at the Midwestern Poster Presentation Day. Students were recognized in the ISDS Monthly Byte publication.
- **NEW** - CDS Student - Doctor Mentor Program - we assist with the CDS mentorship program, encouraging students to take part in pairing up with assigned CDS Dentist or specialist mentor. These mentors guide us throughout our dental school careers and serve as great advertisements to continue to become a part of organized dentistry after dental school.

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

- **IMPROVED** - Chicago Dental Society (CDS) - **Two students** from each class are chosen by the CDS to sit as student representatives and attend monthly meetings.
- **NEW** - Illinois State Dental Society (ISDS) - **Two students** from the MWU-IL ASDA executive board were chosen to vote in the ISDS House of Delegates at ISDS Annual Session in St. Louis.

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

- **IMPROVED** - Newsletter - Each member selected to represent chapter at State and National Lobby Day is required to write for chapter newsletter about their experience.
- **NEW** - Instagram Story - Posted on chapter Instagram story various articles published by the ADA regarding advocacy topics throughout the year.
- **NEW** - 5 Dental Congressmen Baseball Cards - Baseball cards were created of each Dental Congressmen with fun facts. Cards were distributed to students and dentists at ADA Dentist and Student Lobby Day. A card was personally delivered to each Congressman's office. **4 of 5 congressmen signed a card for Chapter's showcase.**

Conducts successful ADPAC drives

- **NEW** - Popsicles and Politics - Popsicles were handed out twice this year (4th of July and during bRUSH Week). Each Popsicle came with an Advocacy fact as well as the info to sign up for ADPAC Alerts. **Over 100 students attended!**
- **NEW** - Dracula Donuts - To kick off Advocacy Month, donuts were given out on Halloween with Dracula teeth in the center. Students viewed fun facts on a poster board and info was given to sign up for ADPAC Alerts. A collection jar was on the table for ADPAC donations. **Over 60 students attended!**



OUTSTANDING ACTIVITIES

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

- **NEW** - Administrative Support - ASDA President holds quarterly meetings with Dean and administration to present ASDA initiatives and gain administrative support on major events.
- **NEW** - National/District Events - created policy w/ Admin to excuse absence of national/district attendees for D1/2s and created day off policy for clinic students to increase attendance at events.
- **NEW** - Faculty Friday - A faculty's smile is featured on social media. It is up to students to correctly identify faculty member based solely on smile. Promotes discussion between faculty and students.
- **NEW** - D4 Graduation Banquet with Chicago Dental Society - D4's and a date were invited to a graduation banquet with all CDMI faculty and CDS dentists. Family style dinner and open bar provided.
- **IMPROVED** - Faculty Dinner & Learns - Hosted **double** the amount of Dinner and Learns throughout the year with faculty presentations.
- **IMPROVED** - Community Outreach Events - Faculty volunteered with members at **ALL** community outreach events during the year.
- **IMPROVED** - Mr. Molar Judges - ASDA advisors, clinical and pre-clinical faculty, and TDIC rep sit as judges for Mr. Molar. **7 faculty members** sat on judge's panel, a **75% increase** from last year.
- **IMPROVED** - Faculty Participation - Encouraged faculty member attendance and participation at all events. Faculty participated **in over 50% of events this year, a 233% increase from last year.**
- **IMPROVED** - Faculty Advisor Meetings - Once a month, president hosts meeting with faculty advisors to discuss events and goals.
- **IMPROVED** - Midwestern Class Council Meetings - **4** e-board members attend Council meetings to provide feedback, a **300% increase from last year.**

Develops mentorship programs for members

- **NEW** - D3/D4 Partner Reveal Photo Booth - A D3 and D4 are paired together in clinic. To promote a healthy mentor-mentee relationship, ASDA hosted a Hawaiian photo booth within each suite for all clinic pairs to take photos after meeting each other at the partner reveal!
- **NEW** - Predental Mentorship Program - Predents from Pre-dental Weekend were matched with MWU-IL ASDA Exec members to answer any questions prior to and after predental weekend and mentor throughout the application process.
- **NEW** - Specialty Mentorships/info sessions - After D4's have been accepted into a specialty program, each specialty hosted a dinner and learn to help guide future candidates. D4's offered to discuss personal questions 1-on-1 throughout the rest of the year. After starting specialty, students were asked to come back to speak about their experiences or host an online webinar to provide info.
- **IMPROVED** - D1/D2 Sim Partners - A D1 and D2 share a sim station. To promote a mentor relationship, ASDA invited all D2's to the welcome BBQ to meet their D1 pair and get to know them better.

Organizes vendor fairs and lunch and learns frequently

- **NEW** - D2 Boards Webinar - hosted online informational webinar with B&B Dental to learn about the NBDE Part 1. **102 students** tuned in!
- **IMPROVED** - Vendor Fair - Hosted **28 dental vendors** open to students, faculty, and graduate students. **250 students** in attendance. Amount of prizes raffled off **doubled** since last year. **Profit of \$20,800, a \$5,500 increase from last year!**
- **IMPROVED** - Monthly Dinner and Learns - Hosted on or off campus monthly dinner and learns targeted to all classes. **Average of 35** members in attendance. An average of **2.5** dinner and learns were hosted monthly, a **150% increase!**

Provides social activities

- **NEW** - Leadership Social - Hosted appetizers at local bar for leadership to get to know their fellow committee members and Exec board. **26 committee members** were in attendance.

- **NEW** - D1/D2 Party Bus/Bar - During Brush week, ASDA organized a D1/D2 party bus into the city to help classes get to know each other. A bar was closed for the evening just to the D1/D2 classes. **250 members in attendance.**
- **NEW** - ASDA Thanksgiving - A Potluck Style dinner was hosted for all leadership. Members were able to get to know each other better while sharing delicious food from a variety of cultures!
- **IMPROVED** - Happy Hour Socials - **Quadrupled** the number of Happy Hour Socials hosted this year to spread ASDA Fever
- **IMPROVED** - Annual Welcome BBQ - Hosted BBQ at a new location to meet D1s and socialize with classmates. Provided food, white claws, and beer. **75 students** and **2 faculty members** in attendance.

Organizes events/programs that promote leadership development and professional training

- **NEW** - PDS Business Bootcamp - **25 members** attended a 1-day training on business skills and how to run a dental office.
- **NEW** - Exec Leadership Meeting - As a new e-board, a day was set aside to learn how to be a strong leader as well as how to follow specific protocol set by the university.
- **NEW** - Membership Monday - A member who has gone above and beyond with their outstanding leadership and contribution to our chapter is showcased each Monday on social media to help promote leadership skills among all members.
- **IMPROVED** - Chapter **covered 100% registration fee** for members who attended Annual Session, State and National Lobby Day, and District 6/7 Meeting, **increasing attendance 300%** in the past year. **Holds events with other ASDA chapters in district, if possible**
- **IMPROVED** - District Leadership Retreat - **6 members** attended the D7 Leadership retreat this year, a **500% increase** from last year. Members brought back leadership skills to improve our chapter.

Offers events targeted at different groups

- **IMPROVED** - Dinner and Learns - Hosted Dinner and Learns targeted toward each class as well as various specialties our students are interested in!
- **IMPROVED** - Faculty Appreciation Day - Hosted breakfast social to recognize faculty members to show our appreciation. Attendance increased **150%** from last year.

Organizes activities that are unique and original

- **IMPROVED** - Mr. Molar - Hosted our 6th annual male beauty pageant, Mr. Molar. Contestants showcased a talent, answered a funny Q&A session, recited a dental poem, and were auctioned off to audience. The contestant with the highest bid goes on a "date" after the event sponsored by ASDA. A variety of desserts were provided. A 50/50 raffle boosted sales over 50% from last year. **All proceeds go to Give Kids a Smile, raising \$1,100. 150 members attended, a 175% increase from previous year.**

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

- **NEW** - Bark Madness - **35 pets** were entered into a march madness bracket on our social media pages. Pets (dogs, cats, spiders) entered the bracket to go paw to paw with other contestants. A personalized gift was given to the winner, a \$10 value. **\$180 was raised!**
- **NEW** - Pre-Dental Day - We hosted our first ever pre-dental day! **24 students representing 7 different states** joined us on our campus to tour our facilities, learn about our admissions process, and participate in hands-on activities in the SIM lab using a handpiece. A total of **\$1,895 was raised** for our chapter.
- **NEW** - Faculty Breakfast - ASDA served faculty breakfast before their monthly faculty meeting! **\$183 was raised!**
- **NEW** - Chipotle Dine and Donate - Members attended the Chipotle Dine and Donate during an awful snow storm. 33% of the proceeds went to our chapter. **\$83.00 was raised!**

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

- **NEW** - Power Yoga on Main - **16 attendees** participated in an hour of hot yoga. **A portion of the proceeds went to Operation Smile.** The class was full, and members asked us to host another event!
- **NEW** - Barre Code - **22 members** participated in an hour barre class twice this year. **A portion of the proceeds went to Operation Smile.** The first class was full, so a second class was offered.
- **NEW** - UFC Gym - **16 members** participated in a UFC workout at local UFC gym which included kickboxing and HIIT workouts that left our members breathless. **All proceeds went to Operation Smile.**
- **NEW** - Earth Day Succulent Pot Painting - **12 members** painted pots and planted succulents to celebrate Earth Day! Members got their hands dirty while taking a mental break from dental school.
- **NEW** - Groovin' in the Grove 5K - **13 members volunteered** at Groovin' in the Grove 5K Run. **10 members ran/walked the 5K,** supporting local women and children faced with domestic abuse.
- **NEW** - S.E.A.S.P.A.R Bowling Event - Volunteers served food, kept score, and helped children and adults with special needs bowl in their annual bowling tournament. Volunteers handed out various awards at the end of the event. **A total of 85 service hours.**
- **IMPROVED** - 40th Annual Bank of America Shamrock Shuffle - **10 members ran/walked the Shamrock Shuffle.** Volunteers handed out medals at the end of the race to a total of ~25,000 runners. **3 volunteers** handed out medals for a **total of 15 hours. A 117 % increase in participation from last year.**
- **IMPROVED** - 42nd Annual Bank of America Chicago Marathon - **5 members ran the Chicago Marathon.** Volunteers helped 2 days by handing out race packets, giving directions to runners and spectators, and handing out medals to a total of ~45,000 runners. **10 members volunteered for a total of 120 hours, a 400% increase in participation from last year.**

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

- **NEW** - Running Club - Runners of all levels were invited to join the ASDA Run Club. A group met weekly to train for races or just run together at various locations throughout the Chicagoland area.
- **NEW** - Chicago Spring Half Marathon - members participated in running the Chicago Spring Half Marathon, representing ASDA by wearing ASDA apparel and signing up as a team!
- **NEW** - Breast Cancer Awareness Ribbons - **250 Breast Cancer Awareness Ribbons** were hand made by members and distributed to students and faculty to bring awareness during Breast Cancer Awareness Month. Students and faculty wear ribbons daily.
- **NEW** - Pumpkin Painting - **15 members** attended our Halloween Pumpkin Painting. Members were able to relax from dental school stress and paint pumpkins while socializing with other students!
- **NEW** - Thanksgiving Gratitude Postcards - **50 members** expressed their gratitude towards family and friends they may not see over the holidays. The event was so successful, that we ran out of postcards!
- **NEW** - Ornament Painting - **7 members** painted wood sliced ornaments while de-stressing during the busy holiday season!
- **IMPROVED** - Wellness Month - **Increased wellness month content 67% from last year. Participation in all events increased over 458% from last year.**
 - **NEW** - Yoga in the Quad - As one of our bRUSH week events, **10 attendees** participated in yoga after class on the quad. Instruction by faculty brought body and mind together. Two yoga mats were raffled out to participants.
 - **NEW** - Step-A-Thon - Finishing off Wellness month, **7 members** hit the gym for an hour to see who could get the most steps! Attendees were entered into a raffle for a \$50 credit at the bookstore for a purchase of their choice. Promoted both active movement and school spirit under friendly competition.

- **IMPROVED** - Healthy Breakfast - Provided healthy breakfast and snacks with an educational healthy eating crossword puzzle for all students and faculty before class **Over 200 students and faculty served, a 567% increase from last year.**
- **IMPROVED** - Wellness Month Info Statement - Members explained the importance of maintaining a well-balanced lifestyle to students and faculty in their morning lectures.
- **IMPROVED** - Fox Valley Half Marathon - **6 members** ran 13 miles alongside hundreds of other runners. Runners received a complimentary chiropractic adjustment after the race. **A 200% increase** in participation from last year.
- **IMPROVED** - Naperville Half Marathon - **6 members** ran 13 miles alongside hundreds of other runners in October, a **200 % increase** from last year.
- **IMPROVED** - 2019 Chicagoland Triple Crown - **5 Members** qualified for the Chicagoland Triple Crown because they ran over 3 races in 2019, a **150% increase** from last year.

Informs members on the importance of wellness through educational programs, content in chapter newsletters and websites, on social media and through ASDA's monthly wellness challenges

- **NEW** - Autism Awareness Month Social Media Campaign - **156 members** participated in our Autism Awareness Social Media Campaign. Members were asked to get creative by wearing blue or decorating their suites blue and tagging us in their posts
- **NEW** - World Diversity Day Social Media Campaign - **137 members** participated in National ASDA World Diversity Day Social Media Campaign. We reshared any member posts from the national ASDA page as well as created our own poll of questions for members to share how they celebrate their diversity.
- **IMPROVED** - Wellness Month Info Booth - Hosted a booth before lecture and at the all school org fair where members explained the importance of the five dimensions of health. Opened info booth up to all programs at MWU to bring awareness to all medical professions.

Shares wellness content from district and national meetings with local members

- **NEW** - Dental Student Solidarity Day Ribbons - **520 ribbons** were given to us by District 7 to distribute to all members and faculty. Info sheets were given with ribbons as well as shared on social media for all followers to learn about Dental Student Solidarity Day. Our chapter shared all members posts when tagging our account and using the special D7 hashtag for the event. Students and faculty have continued to wear their ribbons throughout the rest of the year.
- **IMPROVED** - Meeting Attendee Presentation - Members sponsored to represent our chapter at District and National events present at General Body Meetings about their experience and what they learned, including material given about our wellness initiatives
- **IMPROVED** - PowerPoint/Videos - PowerPoints and short videos are created and presented at committee meetings of events using attendee captured content, including material given about our wellness initiatives

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

- Executive Board Member to Oversee Community Outreach Committee - One E-Board Member is required to oversee and help plan all Wellness Events.
- **NEW** - Wellness Predental Committee Members - This year, predental members were given the opportunity to join committees of their choice. 3 predental members joined the wellness committee!
- **IMPROVED** - Wellness Committee Expansion - The Wellness Committee was the 3rd most applied for committee for their top choice. The Wellness Committee consists of **8 active members, a 60% increase** from last year.
- **IMPROVED** - Opportunities to Lead Wellness Events - Each committee member is given a month to plan and lead their own wellness events, **tripling wellness events this year.**

Promotes unity, awareness, and lifelong involvement in community service

- **IMPROVED** - Members volunteered over a total of 667 community service hours! A 234% increase from last year!
- **IMPROVED** - Service Saturday's - members volunteered at community outreach events at least 1-2 Saturday's a month throughout the year at various locations.
- **COMING SOON** - Working with Patients with Multiple Needs Dinner and Learn with Bonnie Jordan - Bonnie Jordan, the executive director of Philip J Rock Center and School, will be speaking on definitions of disability categories and potential impact in a clinical setting, adaptations and modifications that may offer support, spatial awareness, and behaviors.

Organizes events to build the value of community in our profession

- **NEW** - S.E.A.S.P.A.R Bowling Event - Volunteers served food, kept score, and helped children and adults with special needs bowl in their annual bowling tournament. Volunteers handed out various awards at the end of the event. **A total of 85 service hours**
- **NEW** - Easter Fest - Volunteers played "Find the Funny Bunny" with children while giving out OHI goodie bags. **A total of 15 service hours.**
- **IMPROVED** - Oral Hygiene Instruction Event - Hosted booth at school-wide community outreach events throughout local community. Members created arts and crafts projects with children and explained the importance of oral hygiene by demonstrating proper brushing/flossing techniques. Each child and parent is given a goodie bag containing a toothbrush, toothpaste, sand timer, sugar-free lollipop and instruction hand-out.
- **IMPROVED** - Halloween Fest - Volunteers created "Dracula Dentures" cookie crafts with trick or treaters. **A total of 21 service hours, a 125% increase from last year.**
- **NEW** - Salvation Army Angel Tree Program - Sponsored a family by donating toys, clothes, shoes, and gloves in efforts of making a child's holiday wish come true.

Increases awareness of underserved populations

- **IMPROVED** - Dental Care Access IL Free Dental Clinic - D4 members volunteered with the Dental Care Access IL to triage over 100 patients, create quick treatment plans and anesthetize the patients. Organization was very pleased with the outcome. ASDA and the student volunteers were featured in their newsletter for the second year in a row. **A total of 16 service hours, a 200% increase from last year.**
- **IMPROVED** - Team Smile - Members alongside 4 clinical faculty participated in providing free dental care to children at the Chicago Bears Training Camp in Bourbonnais, IL. **A total of 126 service hours, a 210% increase from last year.**

Participates in the ASDA National Week of Service

- **IMPROVED** - Snow Day - Volunteers decorated "Molar Magnets" with kids from the local community while giving out OHI goodie bags. **A total of 16 service hours was noted, a 150% increase in participation from last year.**
- **NEW** - Feed My Starving Children - Volunteers competed against other teams to determine who could package the most food for families in third world countries within an hour! Our members were split into 3 groups and loved the competitive aspect of the event. **A total of 30 service hours noted.**
- **IMPROVED** - Project C.U.R.E. - Volunteers packaged medical supplies and equipment for shipments to hospitals and clinics in need worldwide. Event was hosted multiple times throughout year. **A total of 85 service hours noted, a 184% increase from last year.**

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

- Executive Board Member to Oversee Community Outreach Committee - One E-Board Member is required to oversee and help plan all Community Outreach Events.

- **NEW** - Community Outreach Predental Committee Members - This year, predental members were given the opportunity to join committees of their choice. 3 predental members joined the community outreach committee!
- **NEW** - Opportunities to Lead Service Projects - Committee members are offered the opportunity to lead their own community service projects, doubling community service events this year.
- **IMPROVED** - Community Outreach Committee Expansion - Each committee consists of at least _ active members. The Community Outreach Committee was the most applied for committee for their top choice, with 20 applicants. The Community Outreach Committee consists of 7 active members, **a 133 % increase from last year.**

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

- **NEW** - Misericordia Candy Days - Volunteers assisted Misericordia in raising funds during their Candy Days. Volunteers handed out Jelly Belly packets for donations at the local grocery store. **A total of 15 service hours.**
- **NEW** - Adopt-a-Road - This year, our chapter sponsored a local road with the program DuPage Adopt-A- Highway. We adopted 31st Street, the road right in front of our campus. Volunteers picked up trash 4 times throughout the year for **a total of 18 service hours** with students and faculty volunteering.
- **NEW** - Taste of Midwestern - School-wide event to represent diversity at Midwestern. Volunteers worked the Mexico Booth serving churros to over 200 attendees for a total of **12 service hours.**
- **NEW/IMPROVED** - 40th Annual Bank of America Shamrock Shuffle - 10 members ran/walked the Shamrock Shuffle. This year was the first year we have had volunteers participate. Volunteers handed out medals at the end of the Shamrock Shuffle 8K, handing medals to a total of ~25,000 runners. Volunteers handed out medals for **a total of 15 hours. A 117% increase in participation** from last year.
- **IMPROVED** - West Suburban Community Pantry - Volunteers re-stocked shelves and helped families' grocery stop at a local food pantry in DuPage County. Students and faculty members volunteered for **a total of 32 service hours.** We helped 31 families receive groceries for the month!
- **IMPROVED** - People's Resource Center - Volunteers assisted in food pantry to stock shelves and sort donations at the People's Resource Center. **A total of 22 service hours.**
- **IMPROVED** - 42nd Annual Bank of America Chicago Marathon - 5 members ran the Chicago Marathon. Volunteers helped 2 days by handing out race packets, giving directions to runners and spectators, and handing out medals to a total of ~45,000 runners. 10 members volunteered for **a total of 120 hours, a 400% increase from last year!**
- **NEW** - Groovin' in the Grove 5K - Members volunteered at Midwestern's Annual Groovin' in the Grove 5K Run. 10 members ran/walked the 5K, supporting local women and children faced with domestic abuse. **A total of 39 service hours.**
- **COMING SOON** - Canine Rescue Foundation - Date set for first day of volunteers to walk dogs at the Canine Rescue Foundation. A waitlist has been started for volunteers to participate at various events throughout the year due to the high demand.

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

- **NEW** - Email Recruitment - Emails are sent to all faculty and students bi-monthly to inform members of various events including community outreach events, including links to register.
- **IMPROVED** - Social Media Volunteer Recruitment - Social media platforms were used to recruit and register for ASDA community service events. Facebook events were created for each volunteer event to sign up.
- **IMPROVED** - Volunteers - At each event, photos are taken of the volunteers and posted on chapter social media pages.

RUNTS OUTSTANDING PREEDENTAL INVOLVEMENT

Recruits preidental members for national ASDA membership

- **NEW** - Membership Signup Instruction Forms - all preidental events have national ASDA membership instructions printed for attendees to take home if they are not currently members. At Preidental Day, instructions were given to all attendees in their welcome bags.
- **NEW** - Email Updates on National ASDA Preidental Opportunities and News - sent out emails to all preidental students to promote the value of ASDA membership, available opportunities such as NLC or webinars, and upcoming pre-dental events at all levels of ASDA.
- **IMPROVED** - ASDA CDMI Admissions Input - ASDA members sat in on the admissions process. Our members served on the interview committee as well as a Q&A Panel for interviewees. Members also ate lunch with interviewees to create a more personable experience.
- **IMPROVED** - School-wide Organization Fair - Presented at school-wide org fair to recruit pre-dental members. Sign-up sheets were available for various leadership positions for pre-dental students.
- **IMPROVED** - Recruitment for Membership - Recruited **35** new pre-dental students, a **167% increase** from last year.
- **IMPROVED** - Pre-dental email list - email list created from various schools increased by **56** emails, a **205% increase from last year**.

Introduces preidentals to dental school and organized dentistry (ASDA and ADA)

- **NEW** - Quarterly Webinars - Targeted at all pre-dents, discussing various topics such as the DAT, how to apply to dental school, what dental school is like, etc. **30+ viewers attended each webinar** hosted
- **NEW** - Conference Attendance - All pre-dental committee members were invited to join us at NLC. An invitation will be extended for all district and national events in the future.
- **NEW** - Preidental Club Visits - Our preidental committee visited various local preidental clubs around the Chicagoland area to answer all questions members may have as well as informing students about National ASDA preidental membership and upcoming chapter events. Our committee was able to reach **78 preidental students** this past year by visiting 3 different schools (UIC, Loyola, and DePaul).

Provides leadership opportunities for preidentals

- **NEW** - Preidental Liaison - Position created within pre-dental committee for motivated pre-dental student from MWU Master's program to build connection between preidents and current dental students. The preident provides input to committee about topics for various preidental events hosted throughout the year to better serve our preidental members on what they would like to see.
- **NEW** - Preidental committee members - Preidental members were able to apply to be selected for a committee of choice. Preidental committee members shadow current students to see the planning process first hand while also providing feedback and serving as an ASDA representative within the Master's program.

Organizes a Preidental Day or workshops for preidentals on getting into dental school and hands-on activities

- **NEW** - Chapter Preidental Committee - Created preidental committee to focus on recruiting preident students and planning our first preidental day.
- **NEW** - Preidental Day 2019 - With administrative support, we are happy to host **our first ever preidental day!** Our Preidental Day welcomed **24 preidental students** from around the Midwest.
 - The morning started with registration and complimentary Panera Bread breakfast. Each student received a MWU-IL Preidental bag with a preidental day shirt, MWU IL ASDA tooth pen, coupon codes for DAT study materials, info flyers about MWU, National ASDA Preidental Membership registration, and MWU-IL Preidental Membership information and upcoming events.
 - The first lecture featured an Intro to Dentistry and the CDMI Program by our Academic Dean, followed by an introduction of CDMI ASDA and Organized Dentistry by our preidental co-chairs and advisor.

- Preidents participated in a tour of the dental school.
- Preidents received lecture in basic restorative preps in Simulation Lab followed by drilling and filling multiple manikin teeth and learn-a-prep blocks. Preidents practiced direct and indirect vision with various preparations throughout the morning. Preidents were able to take home all teeth and blocks as a souvenir.
- At lunch, preidents had the opportunity to network with dental students and faculty while asking any questions they had.
- Preidents received a lecture on proper impression taking as well as various demos on dental students as well as mannequins. Preidents were able to take impression and pour them up in dental stone to take home as a souvenir.
- Preidents received a lecture on CAD-CAM technology and the benefits of same day in office crowns! Each preident was able to design their own CAD-CAM crown during a step by step session with our Faculty and our CAD-CAM Super Users.
- Preidental Day ended with a DAT/ dental application info session, followed by a Q&A session and photobooth.
- **IMPROVED** - Health Science Day - Members helped high school students learn more about the dental profession and the steps to becoming a dentist. The students had a hands-on portion which included taking impressions, pouring casts, and waxing. The students also learned about forensic dentistry and CAD-CAM technology.

Offers networking, social and community service events for preidentals

- **NEW** - We identify ASDA events preidents could attend such as all community outreach events, fundraisers, wellness events, and socials, and invite entire preidental and masters email list
- **NEW** - MWU Masters Email List - MWU-IL Masters students have been added to our mass email list. They are invited to all ASDA chapter events.
- **NEW** - Preidental Club Visits - Preidental students and MWU ASDA members networked at all ASDA visits to preidental club meetings
- **COMING SOON** - Preidental Mentorship Social - After meeting their dental student mentor, all preidental master's students are invited to a social at a local bar to get to know their mentor and other dental students better

Serves as mentors to preidentals

- **NEW** - Preidental Mentorship Program - Preidents from Preidental Weekend were matched with MWU-IL ASDA Exec members to answer any questions prior to and after preidental weekend and mentor throughout the application process.
- **NEW** - Preidental Infographic - a simple infographic was created to break down the timeline for undergrads in a preidental track to give a general guideline on when to take specific courses, shadow, take the DAT, etc.
- **IMPROVED** - Preidental Committee Expansion - The Preidental Committee was the second most applied for committee for their top choice. The Preidental Committee consists of **11 active members, a 267 % increase from last year**.
- **COMING SOON** - Preidental Master's Mentorship Program - Members volunteer to mentor preidental students through the MWU Master's Program, dental school application, and interview process. The mentors answer any questions the preidental student may have and gives guidance when needed.
- **COMING SOON** - DAT Donation Drive - Members will be asked to donate old DAT study materials for preidental members to use.

Promotes national ASDA Preidental Month

- **NEW** - Instagram Live Event - Instagram Live Webinar hosted during Preidental Month to discuss National ASDA Preidental Membership, DAT, application process to dental school, what MWU's program is like, etc. Q&A session hosted at end of webinar.
- **IMPROVED** - Social Media Posts - National ASDA preidental month banner and images were posted in support and to recognize national ASDA preidental month on all chapter social media platforms.

FACTORY FAVORITES



OUTSTANDING MEMBERSHIP ENGAGEMENT

Flexible. Flavorful. Funny guy, likes to make fun of you on Membership Monday. D4L really spoke wisdom to us when he sang, "Girl shake that Laffy Taffy." The rest of the song we tuned out. This year we revamped our social media and member shoutout's to be extra "laffy," leading faculty and students alike questioning, who took the time to write that?? Answer: We did. Increased involvement of our chapter nationally and on campus: District 7 Representatives (9), Executive Board (8), Midwestern-IL ASDA Leadership Team (65). Efforts from the Newsletter/Social Media helped us aim a spotlight on our chapter leading us to win 2 District Level Awards: Best Newsletter, Most Improved Chapter.



OUTSTANDING ADVOCACY INITIATIVES

Crunchy, pebbly shape. Probably trying to convince you to advocate for the profession. Did you know that you can only fit 435 nerds in the human mouth at one time? The same number of people in the house of representatives! Just kidding, we have no clue and this varies depending on the individual. This year we totally revamped our promotion of the "tooth party." Brand new events included BITE Night, Popsicles and Politics, Dracula Donuts, etc. Increased ISDS Lobby Day (6) and ADA Lobby Day (14) attendance. Our chapter logo is now proudly displayed on a patio brick at the ADA house.



OUTSTANDING ACTIVITIES

Contains bits of toffee, cookies, and peanuts in milk chocolate. Personally promotes that they might contain a golden ticket for the ASDA factory, but really all you want is a ticket to Mr. Molar. Our contestants brought the heat this year, participating in our first promotional video and themed show. First ever social media fundraiser called "Bark Madness" (35 pets participated). bRush week, Dinner and Learns, Bake Sales, Faculty Breakfasts, and our highest grossing Vendor Fair yet allowed us to entice and sponsor 66 students on national trips in 2019.



OUTSTANDING WELLNESS

A hard candy. A "Jawbreaker." Do not attempt to eat with a weak masseter. Here at the Midwestern ASDA we build not only strong masseters, but strong calves, biceps, and minds. This year we have worked to increase our wellness initiatives to include more than just physical fitness (Cyclebar, Yoga, UFCgym, etc.), expanding our focus to mental health and bringing awareness to those facing more than just the daily trials of dental school (D7 Student Solidarity Day, Awareness Ribbons). The only jaws we want broken are those from turning heads at our ASDA chapter's positivity and rock hard bodies.



OUTSTANDING COMMUNITY OUTREACH

Sweet, sometimes sour. Sour: Waking up at 8am for service on "Service Saturdays"... Sweet: Knowing the impact you've made helping others. Whether its picking up candy wrappers along 31st St. in Downers Grove, IL (Our newly adopted highway) or helping package medical supplies at Project C.U.R.E. our "sweetest" members keep coming back for more.



OUTSTANDING PRE-DENTAL INVOLVEMENT

Colorful. Fruity. Lacks grey hair and eye bags. This summer our chapter hosted our first ever Pre-Dental Day (24 in attendance). We now extend invites to events to our pre-dental Masters students on campus and the Pre-Dental Committee added quaterly Instagram Live Q&A Webinars.

DISTRICT LEADERS

Nine District 7 Leaders

Most in the District



EXECUTIVE BOARD 2019-'2020

Julissa Burgos, Immediate Past President

Jackie Hassenplug, President

Kirsten Farr, President-Elect

Katie Ray, Vice President

Daryl McNeilly, Secretary

Maggie Miller, Treasurer


Justin Song and Syed Nadir, Legislative Liaison

ANNUAL SESSION

Sponsored **14** members to represent the chapter including 5 D1's

Hunger Games Theme: District 7 was the **Lumber District**



ASDA  Building Bridges
ANNUAL SESSION
— PITTSBURGH — FEB. 27 - MARCH 2, 2019 —



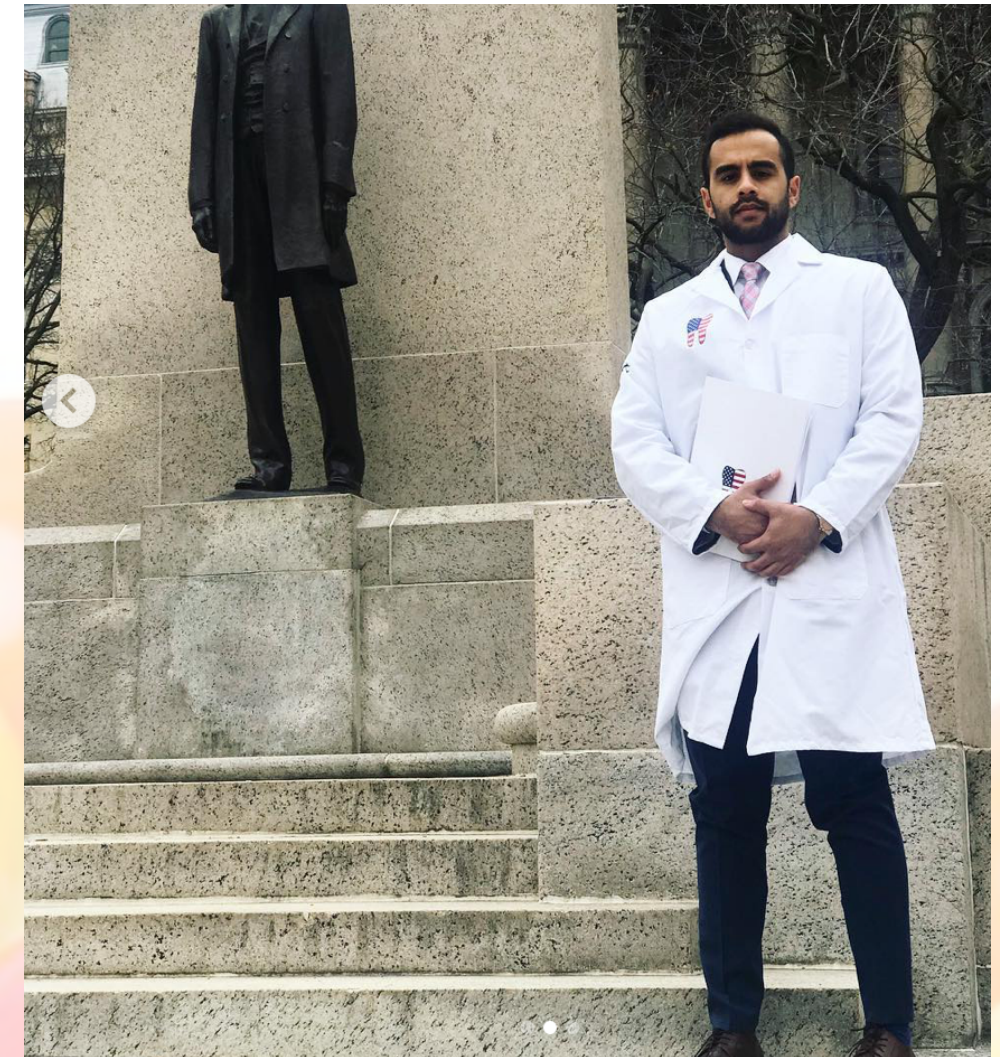
LOBBY DAY

ADA Lobby Day: 14 attendees, **180%** increase

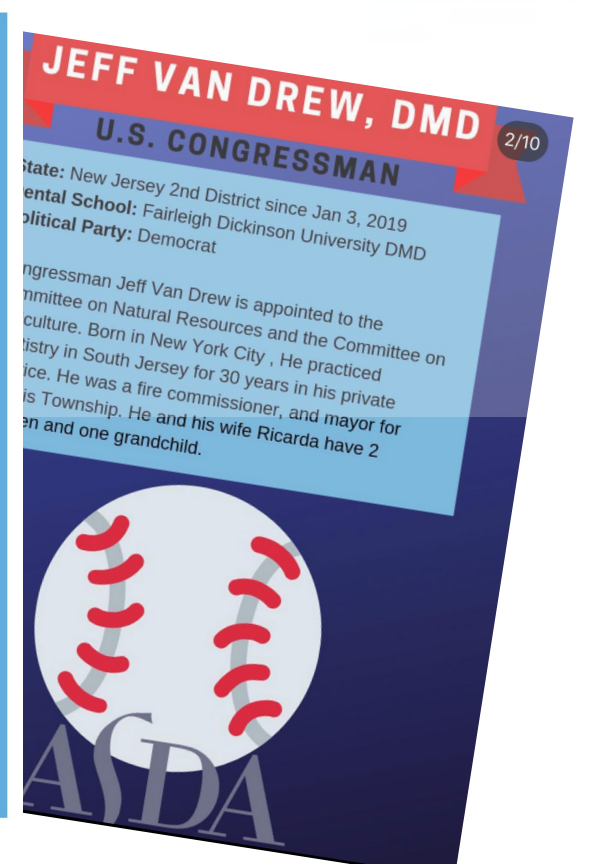
ISDS Lobby Day: 6 attendees



Springfield, Illinois



Washington, D.C.



Baseball Cards were distributed to students featuring our 5 dentist congressmen

DISTRICT 6/7 MEETING

15 members in attendance
ASDA Madness themed



Indianapolis, Indiana

D7 BEST NEWSLETTER



D7 MOST IMPROVED CHAPTER



Best Newsletter 2nd year
in a row!

NEW: Most Improved
Chaper

DISTRICT 6:7 AWARDS

NATIONAL LEADERSHIP CONFERENCE

19 attendees, 171% increase from previous year

First year chapter sponsored stays in onsite hotels

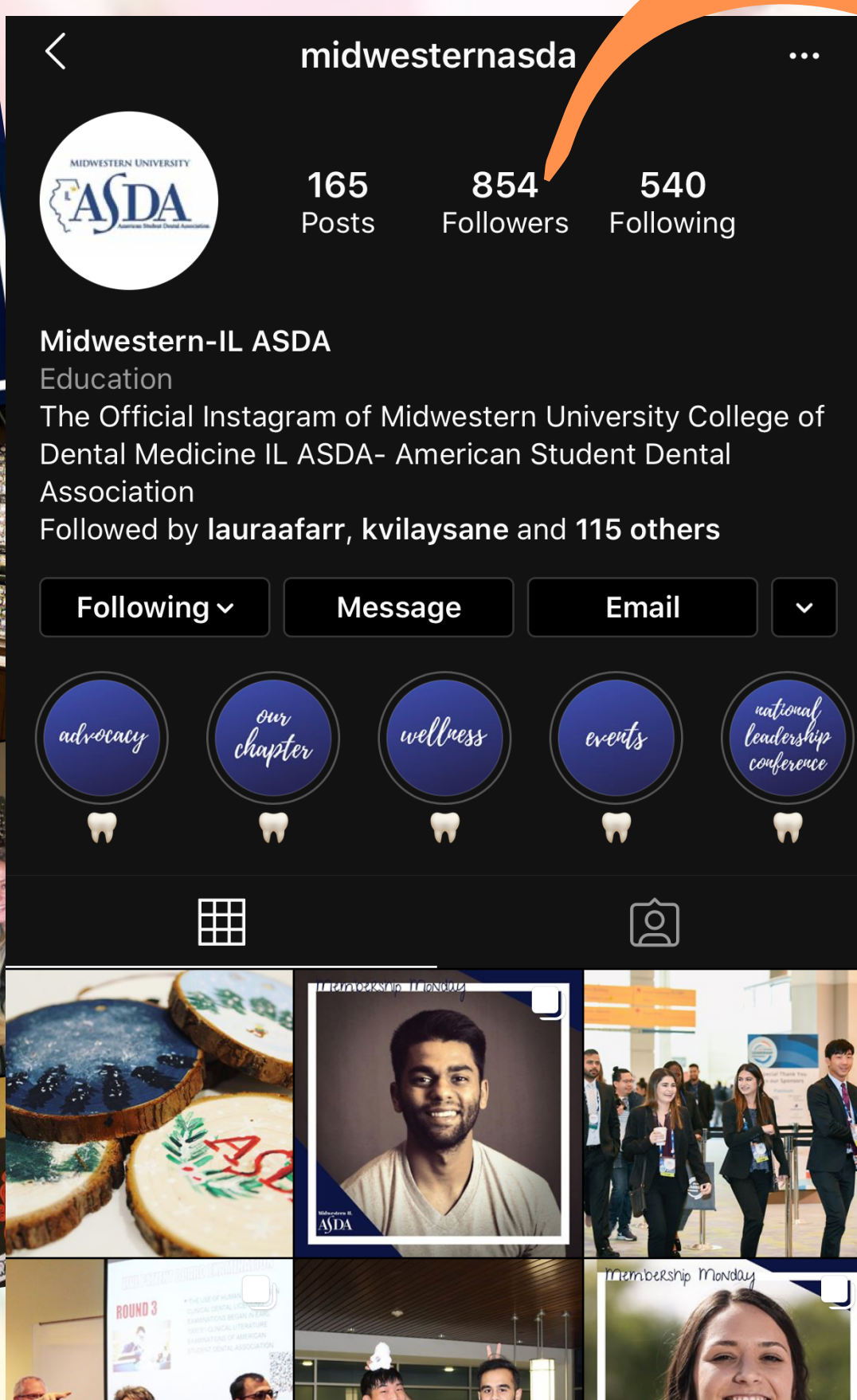


FACEBOOK

366 Likes
375
Followers



@MIDWESTERNASDA



854
Followers

133 NEW
posts

459 NEW
followers

INSTAGRAM

NATIONAL ASDA



TAKEOVER

Participated in the National ASDA Instagram Take-Over with an audience of **2,300** ASDA Members & Predentals. The feature allowed followers to follow along a **"Day-in-the-Life"** of a D1 via a 24 hour story post.

ASDA
American Student Dental Association
@dentalstudents

a day in the life
@girliepodkate

WITH

NAME:

Katie Ray

YEAR:

2022

SCHOOL:

Midwestern University

CITY:

Downers Grove, Illinois

FOLLOW ALONG FOR THE

Around **458**
impressions per
story



PUBLICATIONS

THE MIDWESTERN JOURNAL

- Fall, Spring, & Summer Editions aimed to feature outstanding faculty and students.
- Highlights ASDA's initiatives & ongoings throughout the year.
- Highly regarded by Midwestern Administration.



ASDA Building Bridges
ANNSession
— PITTSBURGH, 27 - MARCH 2, 2019 —

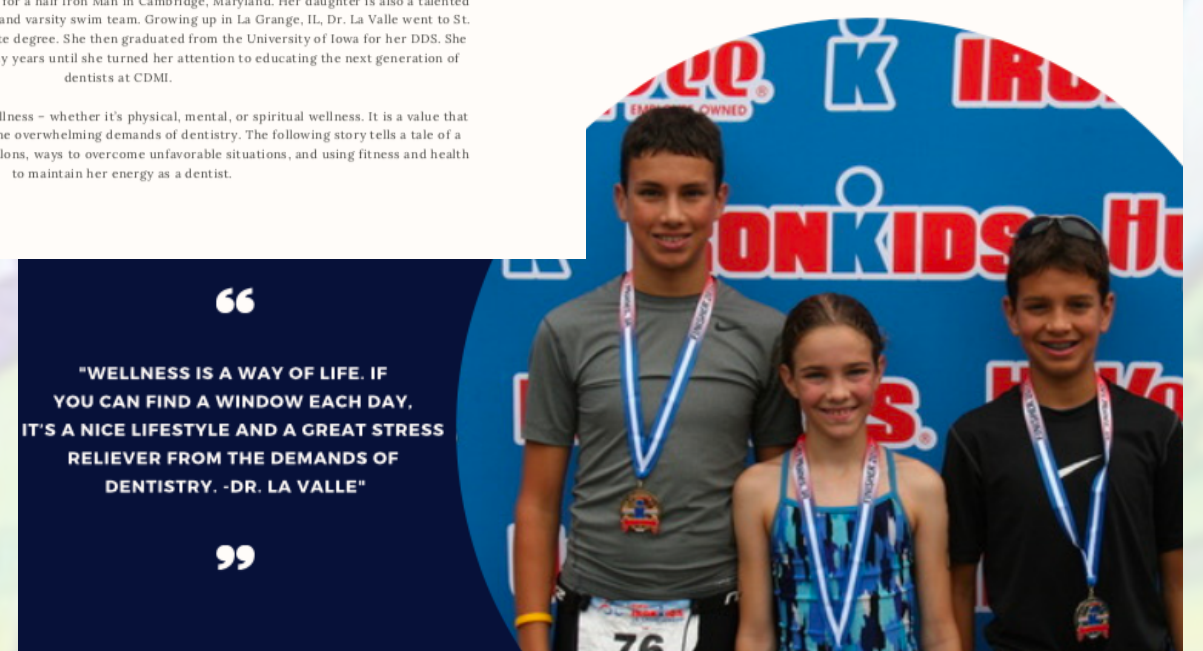


TMJ: What's a typical training regimen like? How do you incorporate a family dynamic in your training?
Dr. La Valle: My husband and I try to train every morning before work. For swimming we would swim with a master group three days a week. When the weather warms up, we would ride and run more outside with a group. I would run more on my own when I have the time to myself.

TMJ: What's your diet like while training for these events?
Dr. La Valle: I usually try to eat healthy all the time. Lots of protein, carbs, fruits and vegetables. As we increase the training sessions, we try to take in nutrition during the work out.

TMJ: Why do you think wellness is important in the world of dentistry?
Dr. La Valle: Wellness ties in so beautifully with dentistry. We try to promote the oral health of our patients and I think it all feeds into itself. We teach people how to take care of our bodies in addition to our mouths. When we're healthy, we have more energy and we end up feeling better. As dentists it's important because our job is demanding physically and mentally, and it's important to have that sustained energy throughout the day.

TMJ: Anything else you would like to share?
Dr. La Valle: Wellness is a way of life. If you can find a window each day, it's a nice lifestyle and a great stress reliever from the demands of dentistry.



MR. MOLAR

- Our **6th Annual** Male Beauty Pageant
- Increase in attendance of more than **200%**
- **First Themed Event:** BayWatch aka BurWatch
- Contestant Date Auction: **100% of Proceeds** went to Give Kids a Smile



BURWATCH



First Ever **PROMO**
Video on NEW
@midwesternasda
youtube account

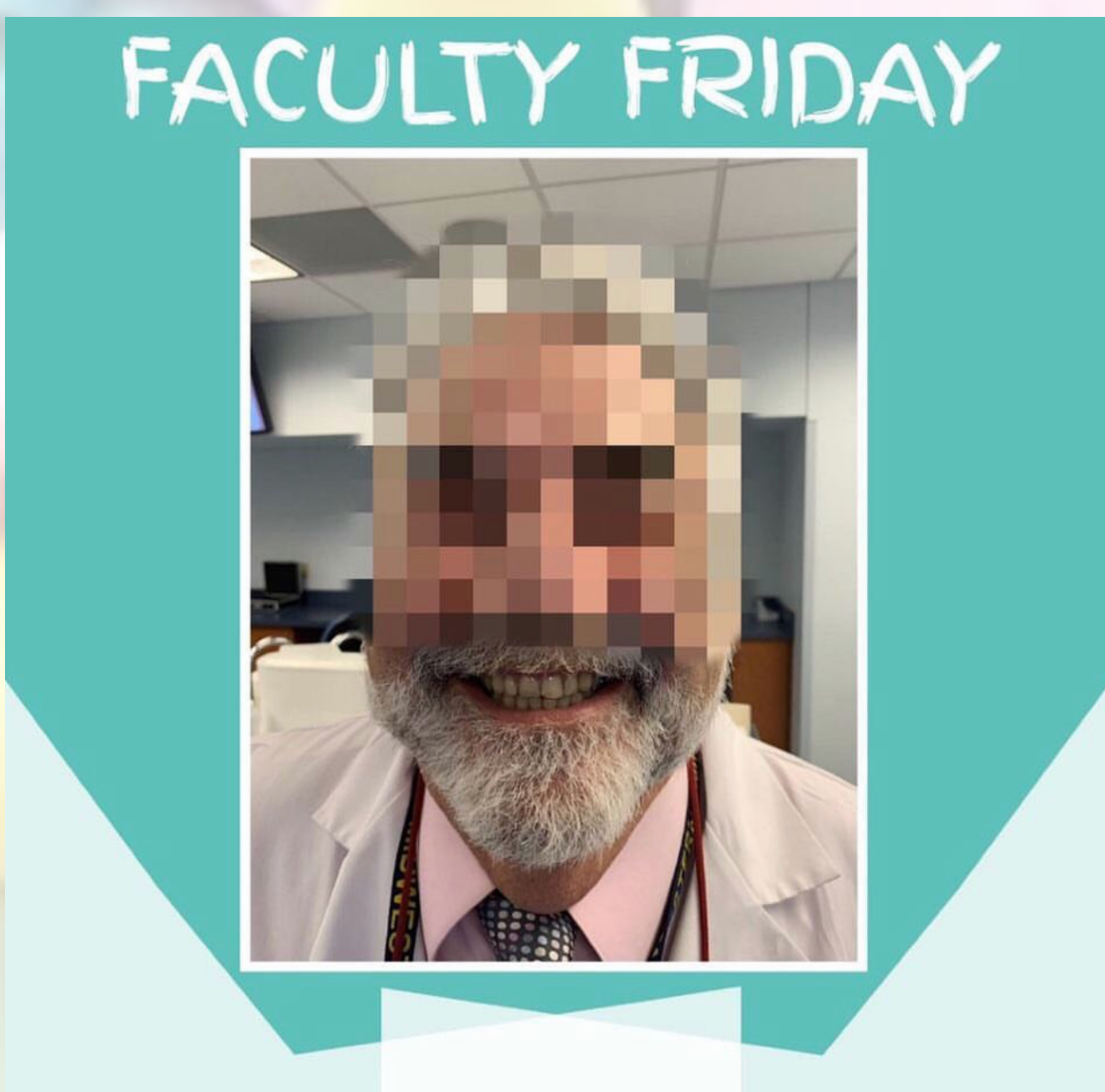


MEMBER MONDAY



Every Monday, a member is recognized for their dedication towards our chapter. A photo and fun, lighthearted bio are posted on social media platforms with hopes of entertaining students and faculty alike.

FACULTY FRIDAY



On Friday's, our Instagram featured the **smile** of a faculty member. It is up to our students to correctly identify the faculty member based solely on their smile!

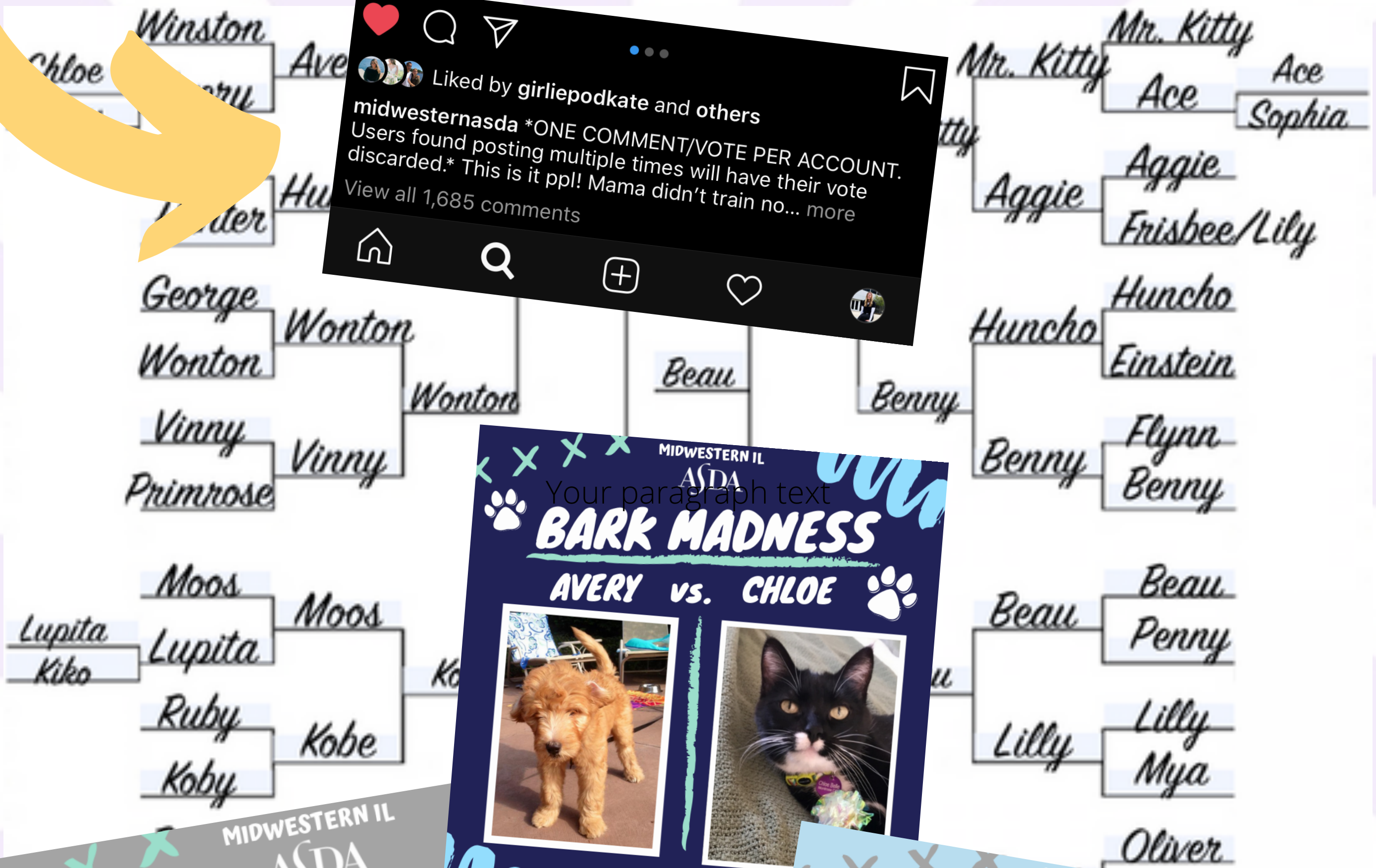
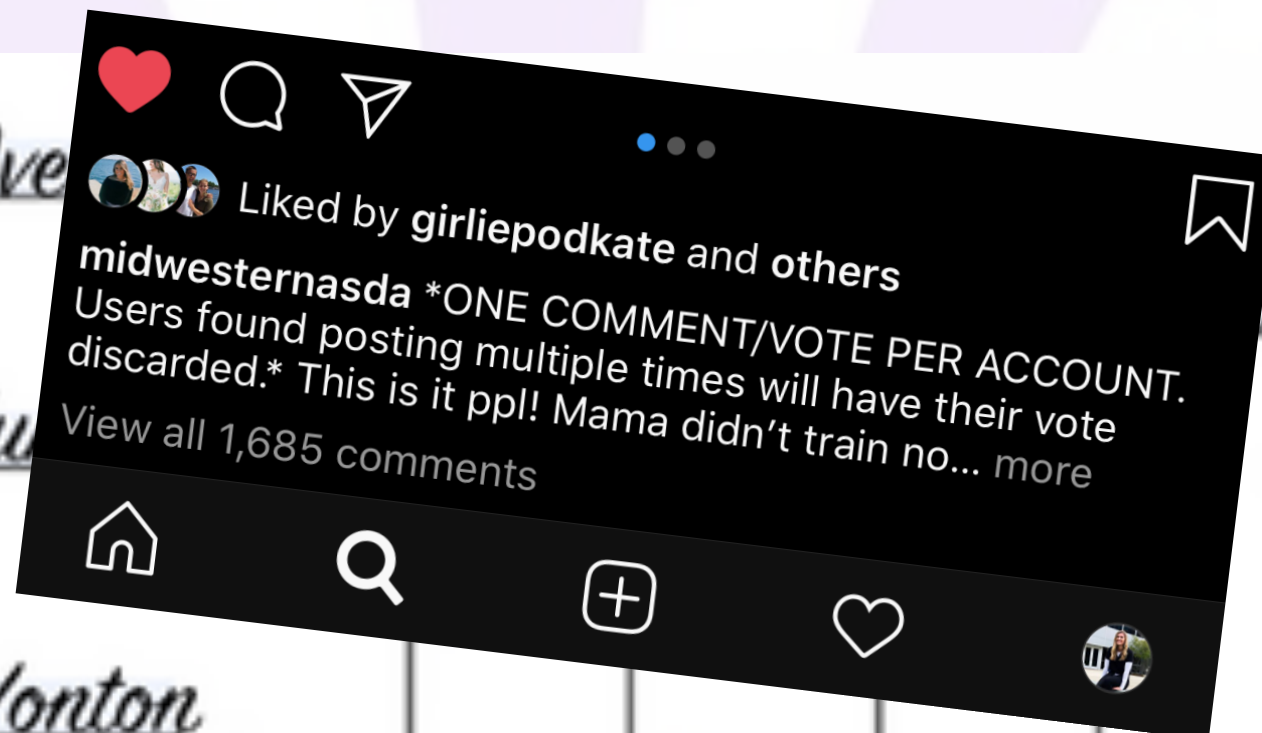
BARK MADNESS

Final Round:

415 Likes

1,685 Comments

Aimed at engaging & drawing attention to our social media accounts by substituting basketball teams with 35 pets in a head-to-head tournament like March Madness



40 Posts on Instagram

BRUSH WEEK 2019

4 Days, 5 Events, spanning 2 weeks welcomed 130 D1's into the opportunities & subdivisions ASDA has to offer.

- **First EVER** General Body Meeting
- Executive, Events, Wellness, & Advocacy Committees were featured.
- Leadership positions **increased to 65** from 45 following elections.



COMMUNITY SERVICE

On and off campus our chapter strives to give back, events this year included...

- Snow Day
- Easter Fest
- Taste of Midwestern
- Adopt-a-Highway
- Dental Care Access Illinois
- West Suburban Food Pantry
- Halloween Fest
- Project C.U.R.E.



MENTAL WELLNESS

NEW Initiative to incorporate mental/other forms of wellness into our **monthly** wellness events.



- Earth Day-Succulent Planting
- Post First Exam Breakfast
- Pumpkin Painting
- Thanksgiving Gratitude Postcards
- Holiday Ornament Painting



STEP CHALLENGE WINNER



A MWU ASDA
Member was
the Week 4
Step Challenge
Winner



PHYSICAL WELLNESS

Monthly wellness events emphasizing physical fitness included...Running Club, Groovin' in the Grove, UFC Gym, Chicago Spring Half Marathon, Step-A-Thon...



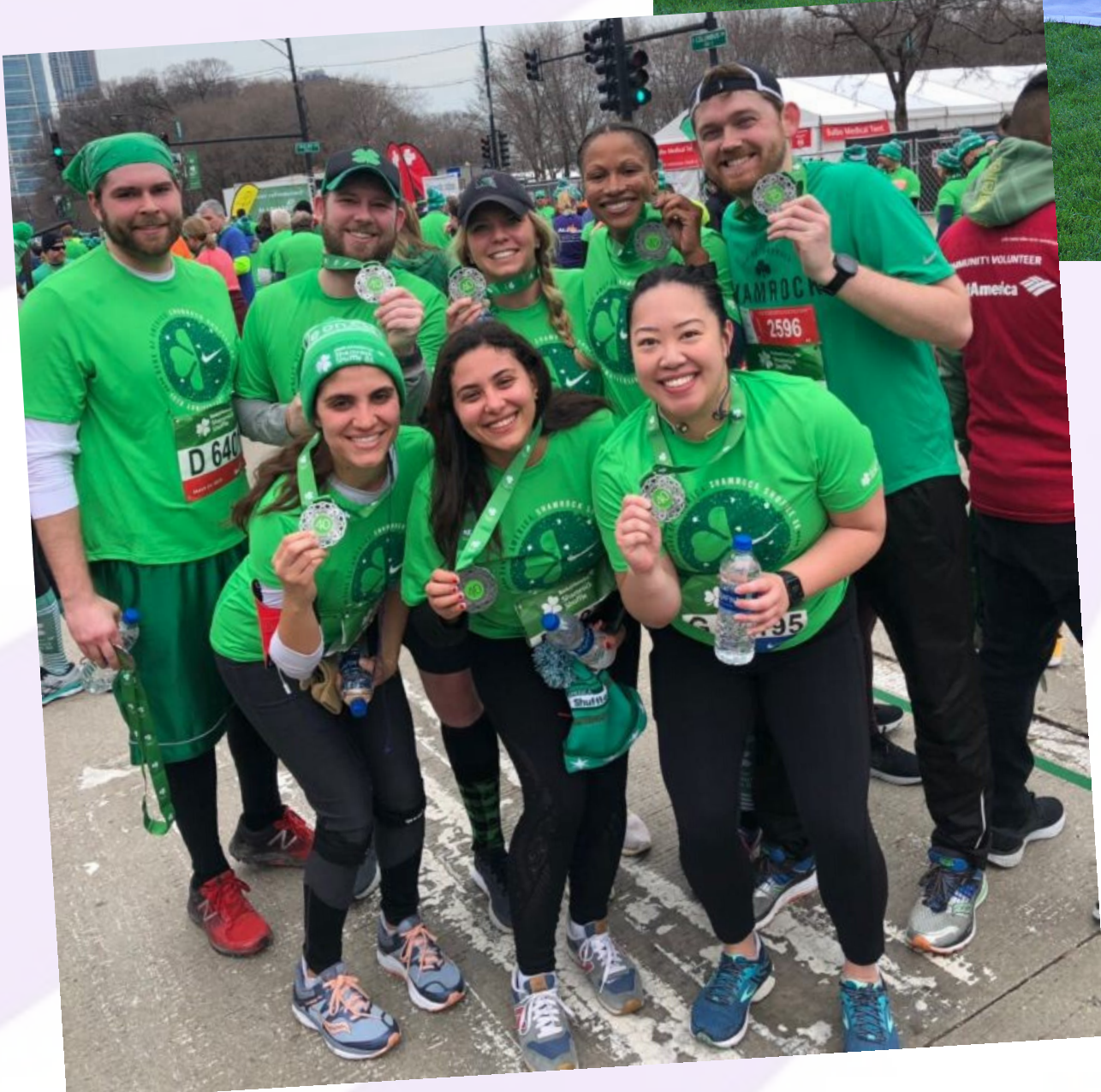
Power Yoga
on Main



Cyclebar



Yoga in
the Quad



Shamrock Shuffle 8K



Barre Code

SPREADING AWARENESS

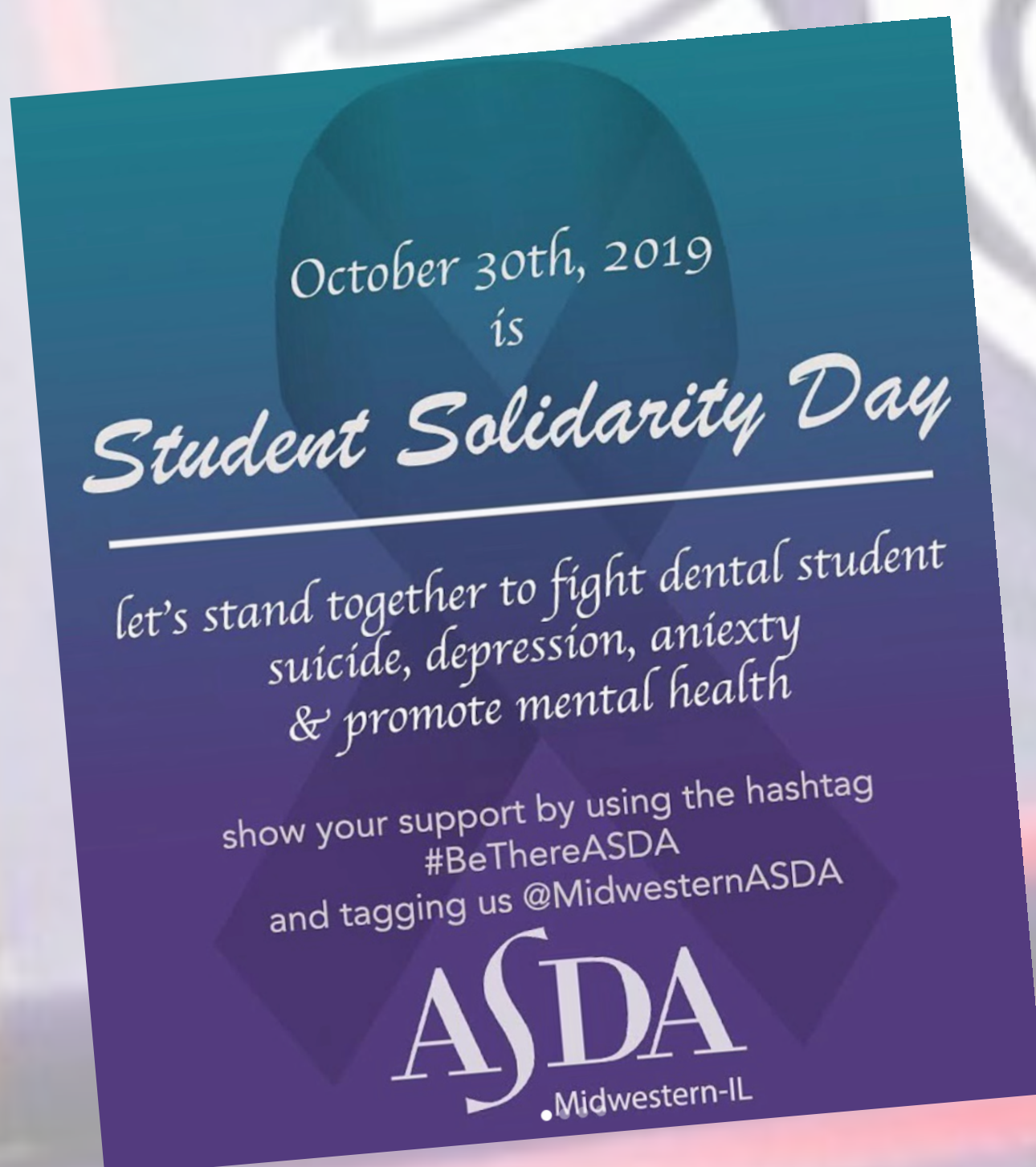


Autism Awareness Day



October was **Breast Cancer Awareness** month

Pink ribbons were passed out to **entire** staff and student body



D7 Student Solidarity Day

Brought into focus students going through **more** than just the trials of dental school



ADVOCACY

Events targeted at spreading enthusiasm for **advocating for the profession** included...

- Popsicles & Politics
- Dracula Donuts & Dental Advocacy
- How to Lobby 101
- Lounge and Learn



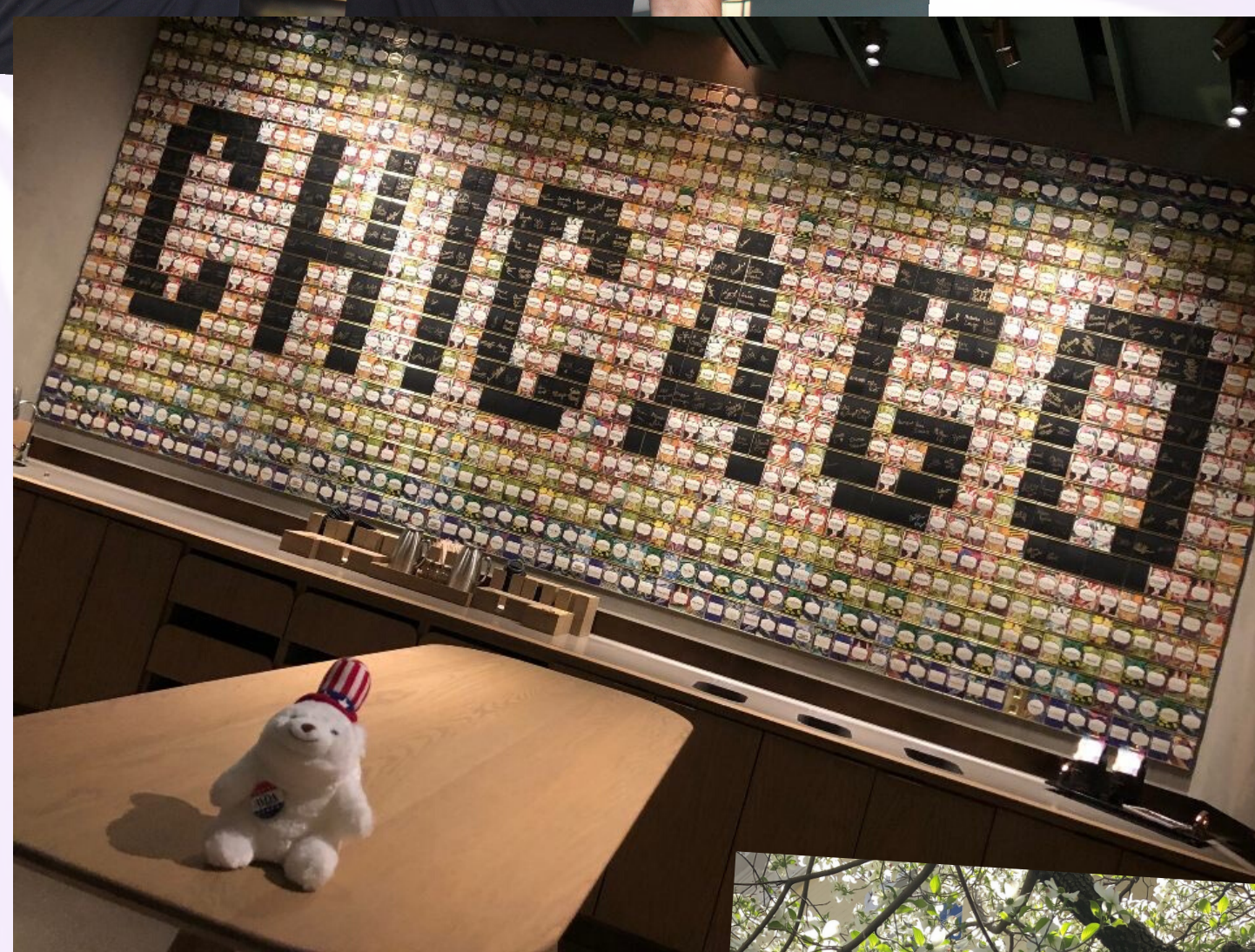
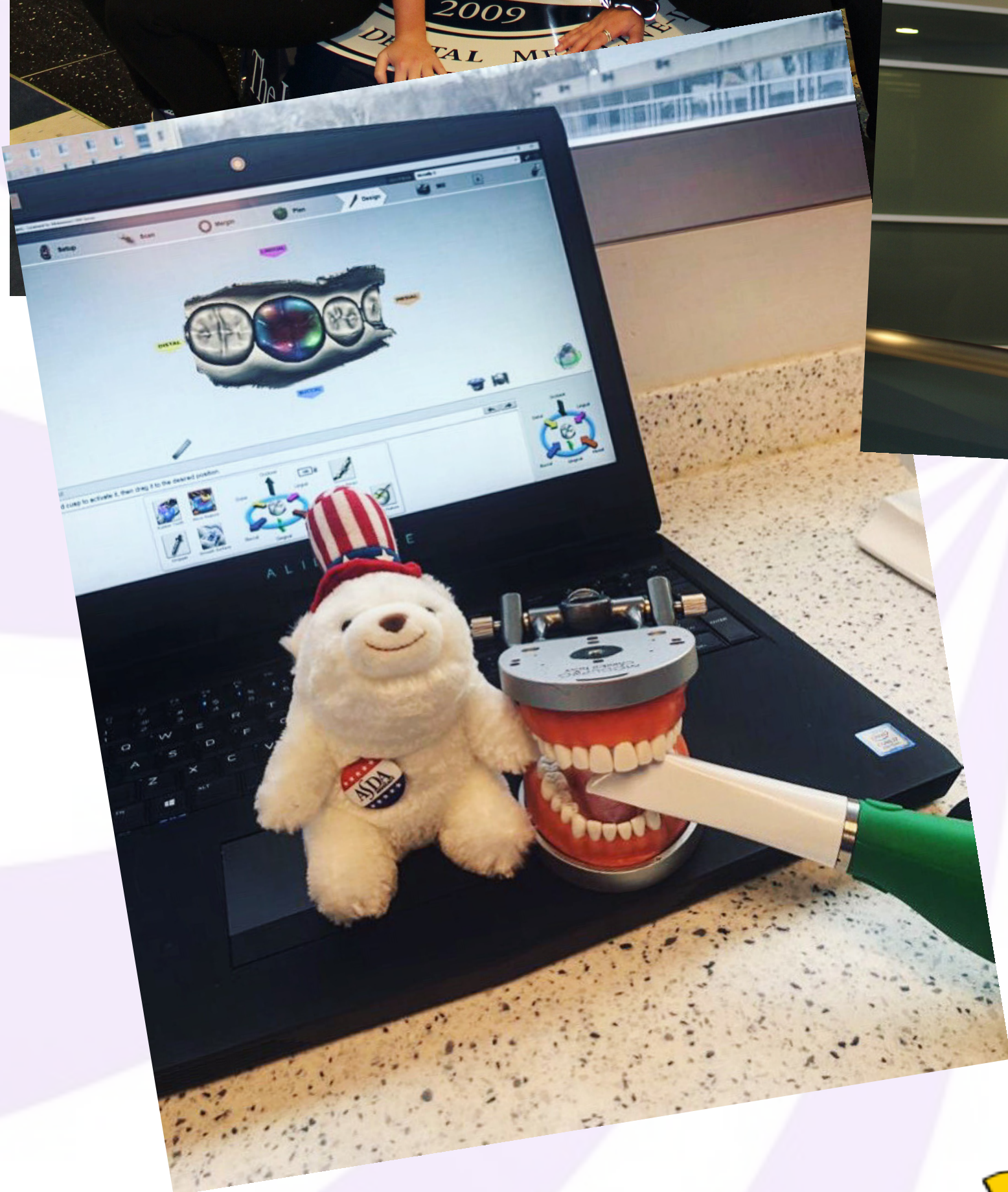
BITE NIGHT



- 6 MWU faculty were invited to debate the following topics: **use of live patients in licensure exams, corporate dentistry, and use of mid-level providers.**
- **46 students** judged the presentations, making team pro the overall victors.
- This was the **MOST SUCCESSFUL** advocacy event ever hosted at Midwestern

MOLAR BEAR

Welcomed the Advocacy Molar Bear by taking him on a tour of campus and clinic. The Molar Bear also took a trip into the city to see various tourist attractions as well as a tour of the ADA office!

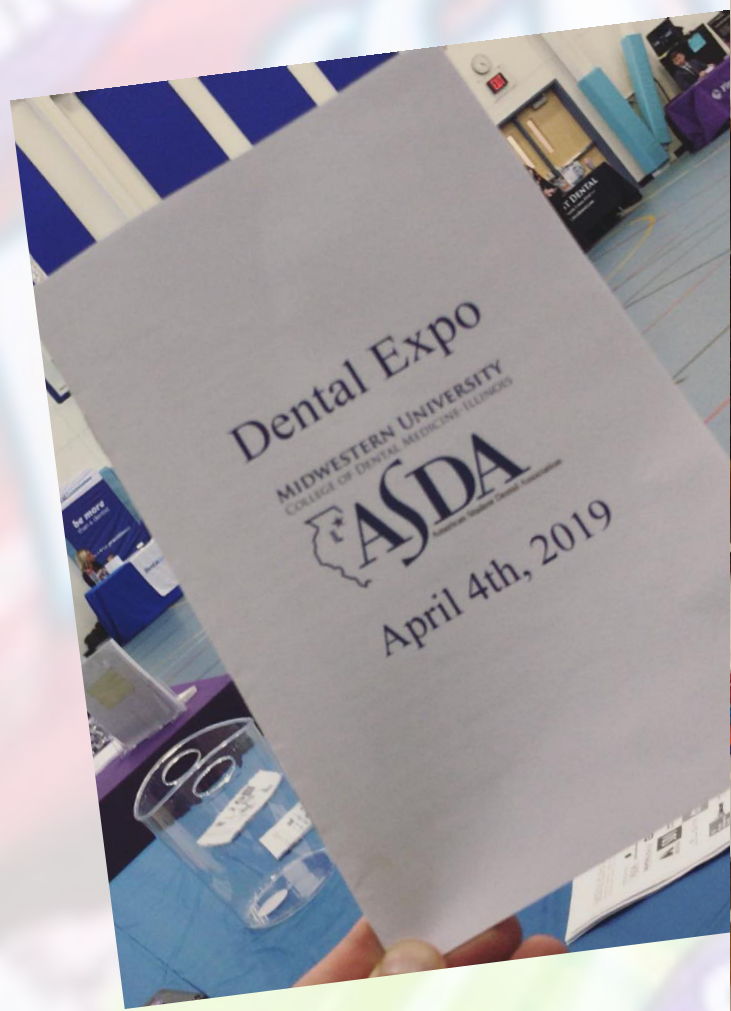


ADA HOUSE BRICK

A brick at the ADA House in Washington D.C. was purchased by our chapter.



FUNDRAISING



- Monthly Faculty Breakfast
- Leadership Apparel
- Chipotle

VENDOR FAIR

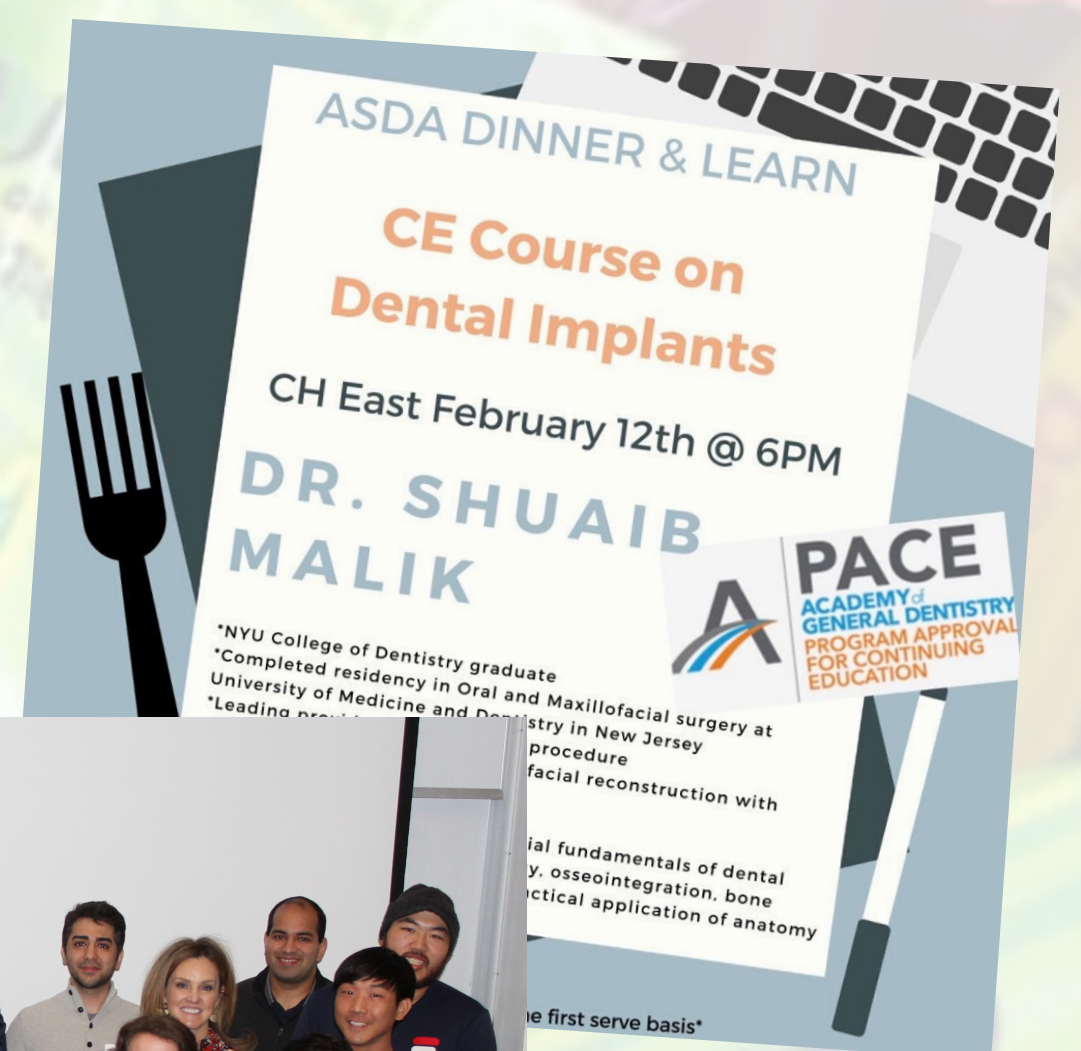
Raised \$20,800

A \$5,500 increase from last year due to the use of a tiered system.

PROGRAMMING

Programming events included CE courses & numerous Dinner & Learns such as...

- Implant CE-Dr. Malik
- Pacific Dental Services Business CE
- Dentists Advantage
- MedPro
- CommonBond
- Treloar & Heisel
- Aspen Dental
- Heartland Dental
- Familia Dental
- Etc.



FIRST EVER PRE-DENTAL DAY

Opportunities to Pre-Dents included...

- Tour of the school, Deans welcome
- Lecture in basic restorative preps
- Drilling and filling multiple manikin teeth and learn-a-prep blocks
- Networking with dental students and faculty at lunch
- Lecture on proper impression taking
- Took impressions and poured them up
- Lecture on CAD-CAM technology
- Designed their very own CAD-CAM crown
- DAT/ dental application info session
- Q&A session
- Photobooth

Attendance: 24



THANK YOU FOR YOUR CONSIDERATION

MOST IMPROVED CHAPTER GOLD CROWN APPLICATION 2019

Our ASDA chapter could not be more proud of the growth we've seen over the past few years. From a leadership team of 12 to 65, with 520 sponsored ASDA members on campus, we would be foolish to say we got here on our own. Huge thanks goes out to our Administration, Dean, and Faculty members for supporting us. We thank our student dentists for their open minds and newly formed #ASDAfever burning through our Chicago campus. Incredibly notable, are our friendly District 7 neighbors to the North and South for sticking it out with us as we got our footing and for all the help we received along the way.

MIDWESTERN UNIVERSITY
COLLEGE OF DENTAL MEDICINE-ILLINOIS

