

# #13

**COMPLETE**

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**Q1** **Colorado**

Select your chapter.

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**Q2** **District 9**

Select your district

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**Q3**

Your Name

Natalie Anderson

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**Q4**

Chapter Position

President

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**Q5**

Your Email

natalie.j.anderson@cuanschutz.edu

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**Q6**

Describe one member engagement and value event or chapter member benefit program aimed at increasing member engagement and value. This excludes the submission of multiple events that are part of a single week-long or month-long challenge e.g., the discussion of various events during a chapter's Fever Week. (250 word limit. Responses longer than 250 words will be cut.)

Casino Night was held in January and attracted 148 students, welcoming members of the International Class of 2025 and providing opportunity to network with DS1-4 classes. This event fostered connections across the student body and was a way to have some fun before the Spring semester starts! We played classic casino games without the stress of gambling real money. The event created a relaxed, inclusive environment for students to get to know one another. Beyond the games, the evening served as an engaging introduction to the mission and values of ASDA. Attendees learned about organized dentistry, advocacy, and how they can make a difference in the profession. Our chapter emphasized speaking to international students about how they can find their voice in organized dentistry and contribute to the dental community. Casino Night also provided a unique networking platform, allowing students from diverse backgrounds and experience levels to share insights, advice, and encouragement. The event sparked an increase in engagement from international students, as more applied to be on the executive board this year than ever before. As a result, we now have more international students on the board, further enhancing the diversity and representation within Colorado ASDA.

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**Q7**

Describe one chapter community service event that creates connections with our communities. This excludes the submission of multiple events that are part of a single week-long or month-long challenge (250 word limit. Responses longer than 250 words will be cut.)

Our Green Valley Elementary outreach was one of many community-centered events designed to educate and inspire healthy oral hygiene habits in children and families. The program, led by 16 Colorado ASDA volunteers, reached 100 adults and 107 kindergarten through fifth grade students. The event featured two engaging 25-minute presentations, blending education and fun. Volunteers led interactive demonstrations on proper flossing techniques, giving children hands-on practice. Using stuffed animals as brushing models, we created a playful, memorable way to teach essential skills and make oral healthcare fun. Parents and families participated in discussions about the importance of oral health and practical strategies for maintaining it at home. By combining visual demonstrations with advice, the presentations broke down our oral health advice into bite-size pieces that were easily digestible by parents and their kids. This outreach helped exemplify the importance of oral health education, starting at a young age. Green Valley Elementary Outreach, along with our multiple other elementary school outreach events, allowed us to impact hundreds of children and families. By fostering awareness and cultivating healthy habits, we provided families with the tools to create a healthy lifestyle for their children.

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**Q8**

Describe one chapter advocacy event that educates and involves members in ASDA's advocacy and legislative priorities. This excludes the submission of multiple events that are part of a single week-long or month-long challenge (250 word limit. Responses longer than 250 words will be cut.)

Our Lunch and Learn with Dr. Leah Schultz, 2024 Colorado Dental Association President, was an outstanding advocacy event that brought together over 150 attendees. Together with students, staff, faculty, and periodontists, members had an engaging discussion about a current pivotal topic in dentistry: a proposed state bill exploring whether dental assistants should be permitted to perform scaling procedures in Colorado. Dr. Schultz provided an insightful overview of the bill, and explained its potential impact on patient care, dental practices, and the broader field of dentistry. The open-discussion format allowed attendees to ask questions, voice concerns, and exchange perspectives, making this event an incredible learning opportunity for everyone involved. The session not only educated participants on the legislative process but also emphasized the importance of advocacy and staying informed about changes that shape the dental profession. Faculty and periodontists shared their expert opinions, while students actively contributed to the dialogue, creating an atmosphere of collaboration and mutual respect. This event exemplified our commitment to fostering professional development and encouraging engagement with critical issues in dentistry. The lunch and learn helped empower our students and faculty to realize their importance in our field and how their voice can make a difference!

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**Q9**

Describe one chapter wellness event that educates members and involves members in ASDA's Five Dimensions of Wellness. This excludes the submission of multiple events that are part of a single week-long or month-long challenge (250 word limit. Responses longer than 250 words will be cut.)

The ASDash 5K to Beat Tooth Decay is our annual health and wellness event that garners the highest participation, allowing us to give back to our school in a meaningful way. With 105 participants, the race showcased our support for oral health, physical health, and veterans! Through registration fees and generous donations, we raised over \$3,500 for the Heroes Fund at the University of Colorado SDM. This contribution reflected our dedication to honoring and supporting those who have served our country by providing veterans at our school with access to affordable care. Participants at the run came from the Children's Hospital, the dental school, community, and a bunch of family and friends! Whether running, walking, or cheering from the sidelines, everyone played a role in making the ASDash 5K a memorable experience. At the end of the race, we gave out prizes donated by our sponsors to three winners in both women and men's divisions along with multiple free giveaways! Therefore, in addition to donating to the school's veterans fund, we supported some healthy competition among participants.

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**Q10**

Describe one chapter event that develops professional and leadership skills of chapter members. (250 word limit. Responses longer than 250 words will be cut.)

We were honored to host Dr. Kessler, 2024-2025 President of the American Dental Association, for an engaging discussion to an audience of over 150 students and faculty. Dr. Kessler's talk emphasized the importance of patient-centered care by looking at the patient as whole and taking their systemic health into consideration. Through recognizing the connection between oral and overall health, he challenged us to elevate the standard of care we provide to patients, addressing their unique needs holistically. In addition to his clinical insights, Dr. Kessler explored the growing influence of Medicare and other insurance programs on dental practice. He highlighted how evolving reimbursement models and policy changes can impact treatment planning and patient relationships. This provided our students with a better toolset for navigating these challenges while maintaining high-quality care. Dr. Kessler outlined the importance of advocacy and being involved in organized dentistry both during and after dental school. He is inspiring to listen to, as he is not afraid to speak about personal stories with everyone and show how organized dentistry has impacted his life throughout his years practicing. We love having Dr. Kessler speak to us and are thankful to have such a close relationship with him!

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**Q11**

Describe one chapter communication (such as an enewsletter, the chapter website, or chapter social media campaign) that keeps members informed about ASDA. (250 word limit. Responses longer than 250 words will be cut.)

This year, we had significant growth on our Instagram page. We have dedicated the time to create multiple reels, posts, and engaging content that have reached people both inside and outside of the University of Colorado SDM. In just the last 90 days, we have had over 90,000 views on our account and reached almost 15,000 accounts. Our most viewed reel was about our 2024 Pre-Dental Weekend, which had 4,250 views. This has helped to promote our future pre-dental events and highlighted how exciting each specific event is every year. Although these reels and posts had much success, one of our most exciting campaigns is our Member Spotlight on Instagram. Each Monday, we post one of our ~400 ASDA members who have been anonymously nominated by other students to recognize their impact on the school and their classmates. Each student who is nominated is recognized and appreciated for their efforts to positively impact their environment, which is what organized dentistry is about! The Instagram is an avenue for updating our members and prospective students to stay informed on current and upcoming events, as well as creating a collection highlighting the fun and supportive environment we foster within Colorado ASDA.

**Q12**

Respondent skipped this question

Upload the communication piece your chapter described in the communications category as a PDF or link below.

**Q13**

Add your communication piece link below.

[https://www.instagram.com/coloradoasda?utm\\_source=ig\\_web\\_button\\_share\\_sheet&igsh=ZDNIZDc0MzIxNw==](https://www.instagram.com/coloradoasda?utm_source=ig_web_button_share_sheet&igsh=ZDNIZDc0MzIxNw==)

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**Q14**

Submit your chapter's YouTube video link.

<https://www.youtube.com/watch?v=AU0b-5u3Lr8>

**Q15**

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

[https://drive.google.com/file/d/12zJuYJ5C\\_cM7vPdEend9iS-qVPF1RZ\\_1/view](https://drive.google.com/file/d/12zJuYJ5C_cM7vPdEend9iS-qVPF1RZ_1/view)