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COMPLETE

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**Q1**

Iowa

Select your chapter.

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**Q2**

District 8

Select your district

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**Q3**

Your Name

Elise Amerongen

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**Q4**

Chapter Position

IASDA Secretary

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**Q5**

Your Email

eamerongen@uiowa.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.)

IASDA Fever Week was a week filled with membership engagement with eight events packed into one week. An event that highlighted member engagement was our class breakfast. This event reached members of all classes and garnered participation from members who are typically not as active. Donuts, gluten free muffins, fruit, coffee and hot chocolate were passed out to over one hundred members. It was encouraging to see so many of our members show up early before morning lecture to engage with an IASDA event and take a moment to have a conversation with their fellow members. The membership breakfast also had an innovative advocacy element as well. The day before the breakfast, the coffee cups and lids were picked up from the Dunkin Donuts in order to be customized with advocacy facts. Ten different ASDA advocacy facts were selected such as different bills ASDA supports, how to access local legislator scorecards on the "ASDA Action" page, and information about State Lobby Day. These fun facts were printed and cut out. On each of the 120 coffee lids, a fun fact was taped on the top of the lid so the student would see the advocacy fact before opening the stopper on their lid. This event had wider spread attendance than many of our other events and reinforced the spirit of community amongst classes at the College of Dentistry. It also gave a baseline introduction to dental advocacy to members without any prior introduction to the topic.

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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.)

IASDA recently hosted a joint charity auction with our medical school to raise funds for the National Alliance on Mental Illness (NAMI), a local mental health organization. We reached out to local businesses and faculty from both schools to donate a variety of items, bringing students, faculty, and friends together for an enjoyable evening of bidding in support of a vital cause. Thanks to the generosity of our community, we raised nearly \$5,000, which went directly to NAMI to support their essential mental health services. As healthcare students, we understand the significant impact mental health has on both clinicians and patients. This event not only provided much-needed financial support but also highlighted the importance of mental well-being in our field. By supporting NAMI, we aimed to raise awareness, reduce stigma, and promote mental health resources for those in need. The auction also reminded students of the importance of self-care in the demanding healthcare environment, where mental health often takes a backseat. Overall, the event not only benefited NAMI but also reinforced the need for mental wellness among students, future clinicians, and the broader healthcare community.

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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.)

IASDA has had another record-breaking year for our advocacy involvement. Our chapter continues to foster a collaborative relationship with the Iowa Dental Association to educate our members about current advocacy goals for our state legislature and why organized dentistry is important outside of dental school. In January of 2024 we took our largest group of students to Des Moines Iowa to participate in our State Lobby Day. At this event, students were paired with participating dentists and had small group conversations with their local representatives. This year, we focused on legislation involving virtual credit card reimbursement and other insurance reforms. Two bills were passed into law during the most recent legislative session thanks to our efforts. IASDA is incredibly proud of our advocacy efforts, and we plan to continue growing our membership involvements in our next State Lobby Day in January of 2025.

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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.)

This year, Iowa's ASDA chapter has hosted multiple wellness events in collaboration with local gyms and fitness studios to help our students manage the physical and mental challenges of dental school. These events have combined high-energy group workouts with mindfulness techniques to offer our members more balanced approaches to stress relief. In addition to our wellness events, IASDA organizes weekly Wellness Wednesday runs, providing a consistent outlet for stress relief while also promoting a sense of community for our students. Recognizing the importance of mental health, our Wellness-focused Lunch and Learns bring in experts who guide us on stress management and mental well-being throughout our dental journey. The impact is clear, with an average of 20 students attending our workout classes and 45 participating in our wellness lunches.

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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.)

This year during IASDA's fever week, the chapter hosted a tailgate with Iowa dental alumni as a chance to network. This event allowed students to engage with current, practicing dentists and gain insight on what it is like to adjust to life after dental school. From the business side of practice ownership, how to be a leader in the office, how to stand out on applications, and building connections in the community. This event allowed students to gain insight on those topics which are typically not covered in dental school curriculums. There was a decent turnout considering the event was at the end of the week and hosted in the morning, in total around fifty people attended. Events like this help students develop communication and leadership skills that are not taught directly in the classroom. This event has been around for many years, and thanks to IASDA's dedication to helping students develop professionally, events like these will continue to happen.

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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.)

Our communication this year consisted of both emails and usage of our social media platforms. Our socials is where we have excelled this year. We implemented a link tree in our bio of our Instagram that provided members access to fundraising links, sign ups for events, and a weekly calendar portraying all the events each week! We also utilized our Instagram stories more this year, giving members reminders as well as showcasing the different events that have gone on. All of this activity has increased our member involvement and outreach. Since the beginning of September we have had a 3.1% increase in our followers, 41,113 views of our posts, and had 316 accounts interact with our posts via likes, comments, and shares. One of our most notable achievements has been the viewership of our Instagram reels, with many earning 2K views, our highest being 2.4K on our reel recapping the auction event we put on with Carver College of Medicine. The increasing trends of our viewership, being up 122% in the last 90 days has translated to our members being well informed and engaged with our many events and meetings.

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**Q12**

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

**Gold%20Crown%20Award%20-%20Social%20Media.pdf (577.1KB)**

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**Q13**

Respondent skipped this question

Add your communication piece link below.

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**Q14**

Submit your chapter's YouTube video link.

<https://youtu.be/1ef-T2iOTes>

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**Q15**

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

[https://iowa-my.sharepoint.com/:v:/g/personal/jnhannon\\_uiowa\\_edu/EcaYHE0eTdROvSsrQz2MSuoBFf9TGehPegFJ16Rz150mDg?nav=eyJyZWZlcnJhbEluZm8iOnsicmVmZXJyYWxBcHAIoiJTdHJIYW1XZWJBcHAIiLCJyZWZlcnJhbFZpZXciOiJTaGFyZURpYWxvZy1MaW5rliwicmVmZXJyYWxBcHBQbGF0Zm9ybSI6IldlYilsInJlZmVycmFsTW9kZSI6InZpZXcifX0%3D&e=bAAs6e](https://iowa-my.sharepoint.com/:v:/g/personal/jnhannon_uiowa_edu/EcaYHE0eTdROvSsrQz2MSuoBFf9TGehPegFJ16Rz150mDg?nav=eyJyZWZlcnJhbEluZm8iOnsicmVmZXJyYWxBcHAIoiJTdHJIYW1XZWJBcHAIiLCJyZWZlcnJhbFZpZXciOiJTaGFyZURpYWxvZy1MaW5rliwicmVmZXJyYWxBcHBQbGF0Zm9ybSI6IldlYilsInJlZmVycmFsTW9kZSI6InZpZXcifX0%3D&e=bAAs6e)

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