



Photo: A 9th-grade student at De La Salle North Catholic High School engages with MIKE Mentor Derek Yatsu, a nursing student at Warner Pacific University, during health class. MIKE is embedded in three of the school's health classes to inspire students toward healthier lifestyles.

## MIKE Program Partners with Warner Pacific University



The royal blue scrubs are easy to recognize in the hallways of De La Salle North Catholic High School (DLSNC) this fall. On Fridays, ten students from Warner Pacific University (WP) dressed in their professional uniforms make their way to Room 106 for Health and PE Teacher David Mickola's classes. Once inside the classroom, the WP students experience an exuberant academic environment of ninth graders.

The WP students are part of MIKE's partnership with WP's Department of Nursing. The program launched this year provides an opportunity for WP students in the university's Bachelor of Science in Nursing (BSN) degree program to gain real-world experience working with a diverse group of teenagers. The WP students gain adaptive skills as they develop competencies in interacting with young people, all the while inspiring them toward healthier behaviors. Nine of the WP students are in the BSN program. The tenth WP student is interning with MIKE for his health and wellness degree program. *Meet our WP mentors on page 3 of this newsletter.*

### MIKE to Launch our Second Year in Sweet Home

The amount of responsibilities required for medical students is daunting. Yet, seven second-year medical students (OMS II) at Western University of Health Sciences, College of Osteopathic Medicine of the Pacific Northwest (WUHS) in Lebanon, Oregon, are returning to launch the second year of the MIKE Health Club at Sweet Home High School. They are excited to share their insights and dedicate their time with the students in Sweet Home Science Teacher Michelle Snyder's Anatomy & Physiology class. They are also inspiring the next group of WUHS mentors.

Lead mentor, Madeleine Duncan, OMS II student at WUHS, coordinated recruitment for eight first-year WUHS medical students to join MIKE at Sweet Home. The OMS II students will mentor the first-year students to transition into their MIKE mentor roles when they shift to full-time clinicals in the spring. That way, they're building a pipeline for mentors to sustain the program at Sweet Home. The OMS II students hosted their first introduction session to Sweet Home students during the class this month. The MIKE Health Club will launch in November.



**Madeleine Duncan**



# A Healthy Dose of News

Justin Zellinger  
Executive Director, MIKE Program

MIKE relies on the support of the community to achieve our mission. This is true in every aspect of our work, including mentor recruitment partnerships with local higher education institutions. MIKE partners with several universities to recruit the mentors who work directly with students in our program. Over the last few months MIKE has been fortunate to grow a relationship with Warner Pacific University. Warner Pacific serves one of the most diverse student bodies in the state of Oregon. That, coupled with their focus on healthcare education, makes them an ideal partner for MIKE. We look forward to continuing our work with Warner Pacific and growing partnerships with other institutions.

As another school year progresses, I am thankful for the support of all our partners and individual supporters. It has been reinvigorating to return to in-person programming this fall, and see firsthand the impact MIKE is having for the youth we serve. The need for MIKE’s work remains as important now as ever. Champions, like you, are moving the needle toward increased health equity in our communities.

There are many ways to get involved with MIKE. Please reach out to learn more about how you can help vulnerable youth who need your support. I would love to hear from you. Email me at [justin@mikeprogram.org](mailto:justin@mikeprogram.org).

## MIKE Welcomes New Board Members



Fraser Underwood

Fraser Underwood is the Vendor Specialist for New Seasons Market/New Leaf Community Markets. He has worked as a professional chef in the U.K., Australia, New Zealand, Canada and the U.S., including Michelin-starred restaurants. He also has managed vendors and distribution systems, events and workforce training. Fraser has volunteered with FEAST PDX, Habitat for Humanity and is a member of the local advisory council at New Seasons Market.

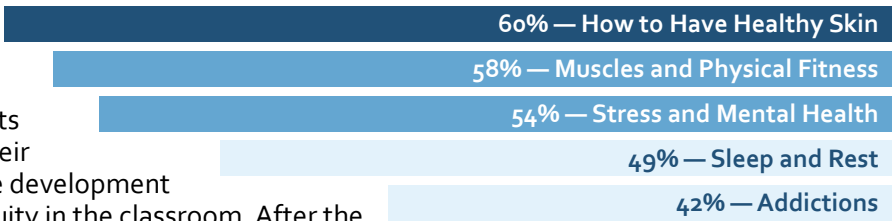
Amy Engilis is the Associate Professor of Sports Medicine at Warner Pacific University. She holds a Master’s Degree in Kinesiology from San Jose State University and a Bachelor’s Degree in Kinesiology from San Diego State University, and is a Certified Athletic Trainer. Amy has authored numerous studies, including research in functional performance deficits in female collegiate athletes, an epidemiologic study of male collegiate basketball players, and risk factors with collegiate soccer players. She teaches courses in health, nutrition, exercise science and sports medicine.



Amy Engilis, MA,  
LAT, ATC

## MIKE Gives Students a Voice in Developing Program Content

MIKE surveyed the entire 9th grade class at De La Salle North Catholic High School to explore which health topics most interest them. It’s an important step in providing students with a voice to advocate for issues that affect their lives. By bringing diverse student voices into the development process of programming, MIKE is expanding equity in the classroom. After the students revealed their choices, MIKE responded by incorporating the top topics into lesson plans. MIKE also expanded the roles of mentors in curriculum development. Mentors are guided through collaborative activities to research, design and present student-focused content. Each class ends with a set of reflection questions to measure the impact.



### MIKE Program

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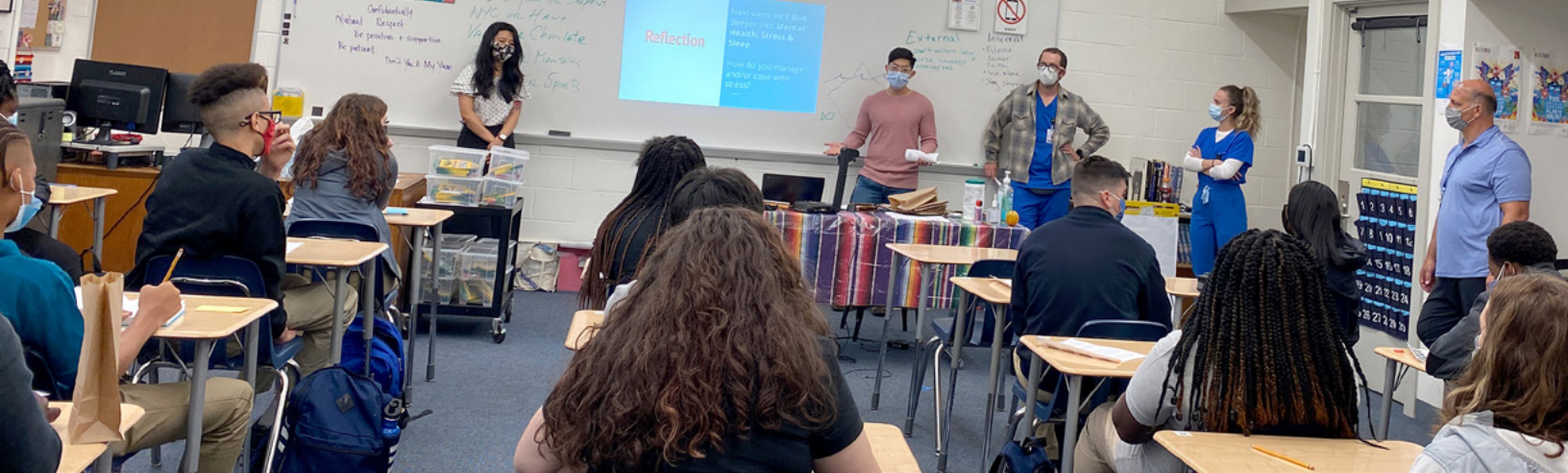
MIKE Program publishes its newsletter two to three times each year to highlight programming, volunteers and organization news. To sign up for the print version, email or write to MIKE.

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We invite you to use the enclosed envelope to donate to MIKE. Your donation will support health education programming. You may also donate online via our secure website.



Photo, from left standing: Linda Nguyen, MIKE Programs Coordinator; Sang Jimmy Mai, MIKE Lead Mentor; Sam Cravens and Mack Ancien; and David Mickola, De La Salle North Catholic High School Health & PE Teacher.

## Student Nurses Discover Multiple Benefits of Mentoring

Dev Sabundo has volunteered to help others for most of her life. In high school, she mentored her peers in tennis. She continued finding opportunities to help others while she was attending Mt. Hood Community College and working as a certified nursing assistant (CNA). So when the option to mentor with MIKE was offered through her nursing program at Warner Pacific University (WP), she eagerly applied. For Dev, mentoring is a way to develop skills while inspiring others.

"I love helping people and mentoring," says Dev, who is mentoring with MIKE at De La Salle North Catholic High School (DLSNC). "I plan to share my experiences and hopefully improve their life skills." Dev and her WP peers are teamed with ninth graders in their health classes on Fridays. Led by returning MIKE mentors, Sang Jimmy Mai and Tiffany Blair, the WP students are collaborating to develop student-focused lessons on a variety of health topics.



**Sang Jimmy Mai**  
Lead Mentor

Dev and her WP peers take turns designing and presenting activities for DLSNC Health and PE Teacher David Mickola's three health classes. The process offers them experience in forming meaningful communication skills with a diverse, younger audience, as well as building leadership skills which will benefit their professional goals.

The experience has redefined how they interact with others. Dev and her peers have noticed how some students find it difficult to share their thoughts and ideas. Through their MIKE experiences, the mentors learn how to create safe and caring spaces for students to feel more at ease to talk. Those moments are building blocks for greater inclusion. It's one of the skill sets each mentor will be able to utilize with their future patients.



**Tiffany Blair**  
Lead Mentor



**Mack Ancien**



**Brian Boateng**



**Sam Cravens**



**Shaylee Harwood**



**Emily Le**



**Belle Lin**



**Gabby Navarro**



**Emma Okoth**



**Dev Sabundo**



**Derek Yatsu**



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*MIKE is educating and mentoring underserved students to lead healthy lives personally, in their school community, and beyond.*

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# Spring Planting Event

March 10, 2022

Planting Seeds for a Future of Healthy Youth