

Joining Together for Spring Planting 2022



MIKE Program thanks everyone who made our annual fundraising event, Spring Planting 2022, a great success. The event, held at the Mountain Park Clubhouse in Lake Oswego, was an inviting space to gather together in support of healthy youth. The evening's entertainment was provided by the Lincoln High School Jazz Quartet featuring: Milo Jenkins-Law, Paddy Jenkins-Law, Miles Reed and Lucas Valdovinos. Volunteers for the evening included seven team members from Starbucks, led by Casey Walsh, district manager for Starbucks in Wilsonville, Oregon City, Milwaukie, Canby & Tualatin. *More on page 2.*



A Healthy Dose of News

by Justin Zellinger, Executive Director, MIKE Program

2022 is off to an exciting start for MIKE. I truly believe this will be our most impactful year yet. As you'll read in this newsletter, MIKE is launching new programs at sites like David Douglas High School in Portland's eastside with more conversations in progress with additional potential school partners. We continue to work with existing partners across the Portland metro area and throughout the Willamette Valley to customize programming that meets their specific needs.

MIKE exists because of the generous support of our amazing community. That support was on full display at our Spring Planting Annual Event which returned to an in-person format for 2022. Thank you to all the individuals and organizations who donated and attended. You can view highlights from the Event at MIKE's YouTube channel and Facebook page. Find those links on our website.

I am always happy to hear directly from you. Please email or call anytime (justin@mikeprogram.org). We can chat about the many ways to get involved with MIKE as a volunteer, and I welcome your feedback and questions about our work.

Justin Zellinger

MIKE Welcomes New Funding Partnership

Bring Your Bag And Bag It Forward for MIKE!

MIKE is excited to announce our new partnership with New Seasons Markets. We'll participate in New Seasons Markets' Bag It Forward program at the **Progress Ridge** (Beaverton) and **Nyberg Rivers** (Tualatin) locations. Twice a year, employees at each store vote to highlight one local nonprofit that represents one of each of New Seasons' three missions: food equity and access, neighborhood education programs, and environmental action and justice. We're honored to be chosen!

Each reusable bag you use when shopping earns money for the three nonprofit organizations. So, bring your reusable bags and bag it forward for MIKE!



Justin Zellinger at the New Seasons Market in Progress Ridge.

MIKE's Annual Fundraising Event Spring Planting 2022 continued (from page 1)

Hosting the event in-person and on Facebook Live helped us connect with our community in many ways. We produced an event video with all the highlights on MIKE's YouTube channel, in addition to a video with our inspiring keynote speaker Hector Olvera-Alvarez, PhD, PE, Professor and Associate Dean for Research, OHSU.

Our amazing event emcee was Amy Lewin, Vice-President, Brands & Strategic Partnerships, The Oregonian Media Group. MIKE Board of Directors President Tyrell Comeax, Manager of Weight and Diabetes Institute, Legacy Good Samaritan Medical

Center, presented a moving introduction to kick off the evening event. Watch his video on MIKE's YouTube channel.

MIKE thanks all our sponsors (see page 4), with additional support from PrintSync, Inc., One Up Solutions Northwest, David S. Chapman Accounting, and Providence Health & Services. We were proud to feature Dregs Vodka, Willamette Valley Vineyards and Oakshire Brewing, which paired nicely with the evening dinner cuisine by Dalton's Catering.

MIKE raised nearly \$65,000 during the event in support of our mentored health education programming. Together, we are building a healthy future for youth.

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.

PrintSync Inc. **David S. Chapman Accounting**

1 ONE UP SOLUTIONS NORTHWEST, INC.

PROVIDENCE Health & Services

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.

MIKE Program — Expanding the Impact of Mentored Health Education



DDHS is located in East Portland.

MIKE Launches Pilot Program at David Douglas High School

MIKE is thrilled to launch programming with its newest partner, David Douglas High School (DDHS). MIKE will embed a pilot program in the high school's Health Sciences I class, introducing students to a variety of healthcare career options. DDHS serves more than 2,700 students speaking 44 languages, with almost all qualifying for free/reduced lunches—the defining line for poverty. Based on student surveys, MIKE will bring in healthcare professionals as guest speakers to provide the students with healthcare career information of greatest interest. By establishing this partnership at DDHS, MIKE is expanding our services to introduce more underserved communities into healthcare career options.



MIKE'S Expanded Programming Addresses Mental Health Themes for Students in Beaverton

One of the most effective impacts of MIKE is providing mentored health education that addresses and meets the needs of the students we serve. That's why we build curriculum and programming around the school and students' interests. At the Merlo Station Community School in Beaverton, we surveyed the students to find that they were most interested in covering a comprehensive approach to mental health issues and the impact of tobacco, drugs and alcohol. MIKE's Programs Coordinator Linda Nguyen collaborated with Health Teacher Mark Lea, MIKE Education and Mentoring Committee member and past mentor, Madeleine Takahashi, and current mentor Natasha Astrakhan to develop relevant content for the students. The mentors lead students through discussions and guide them toward resources so they can make more informed decisions about their health.



Pictured: MIKE Programs Coordinator Linda Nguyen (in center) with MIKE Mentors Madeleine Takahashi and Natasha Astrakhan.

Sweet Home Students Envision Health in Their Community

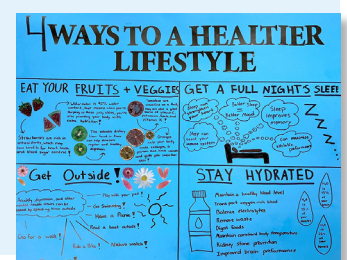
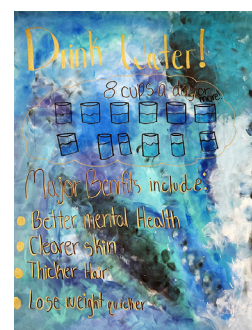
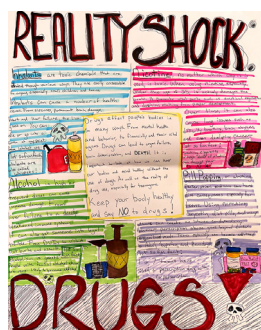
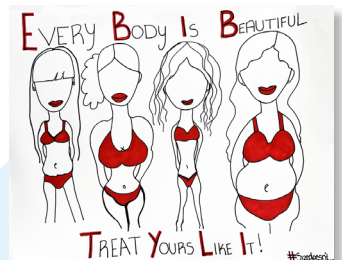
MIKE has long known that high school students offer innovative thinking about health. So, what better way to capture those ideas than with a "My Healthy Sweet Home" poster contest. MIKE created the contest for students in Sweet Home High School's Anatomy & Physiology class as a way to explore health advocacy in their local community. Their poster ideas span an array of ways to encourage their fellow students to lead healthier lives—so we wanted to share!

As we go to print, the entire high school is voting on which posters influence them the most. Following the student vote, a group of Sweet Home health and academic leaders will judge the posters for impactful messaging, design and health content. The distinguished panel of judges include Di Lacey, RT, M RDMS, Associate Vice-President, Western University of Health Sciences, Oregon, along with fellow Sweet Home Community Health Committee member, Larry Horton, PhD, Sweet Home City Council and former Sweet Home School District Superintendent, Juliette Asuncion, DO, of Samaritan Health Services, and MIKE's Executive Director, Justin Zellinger. Coordinating student efforts at SHHS include Kristin Adams, Sweet Home High School Success Coordinator, and Michelle Synder, Sweet Home High School Science Teacher.

The poster winners will be announced during an in-person event at the school later this spring. MIKE will feature the winners in our social media channels and on our website, so stay tuned!



First and second-year medical students at Western University of Health Sciences in Oregon serve as MIKE mentors for the program at SHHS.





MIKE Program
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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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Thank you Spring Planting 2022 Sponsors!

MIKE is proud to feature our sponsors for this year's event. Please join us in thanking each one in support for planting seeds for a future of healthy youth.



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