



MIKE Board of Directors, pictured in back row: Bola Majekobaje, Doug Meyer, MIKE Executive Director Justin Zellinger and Fraser Underwood. Pictured in front row: Suresh Kumar, Tyrell Comeaux, Marc Favreau and Amy Engilis. Not pictured: Brandon Nelson.

MIKE Board of Directors Plan for Exciting Year Ahead

Members of MIKE's Board of Directors spent a Saturday this fall on the campus of Warner Pacific University to engage in planning for MIKE's 20th year. Members began synthesizing the Five Programming Objectives (see chart on the right) to increase MIKE'S impact within underserved communities. Aligned with the state's Healthier Together Oregon and the national Healthy People 2030 guidelines, MIKE's objectives steer the organization toward meaningful goals that address the needs of youth. The objectives also help guide outcome measurements.

Brad Lebowsky of NEA, LLC, facilitated discussions, ideas and strategies with the board members. Members considered the complexities of nonprofit organizations and how to best move forward in the coming year. One member shared, "MIKE does amazing work and I'm happy to be a part of it." Another stated, "It was great to go over current and future plans, and MIKE Program in action at the schools."



One of the highlights of the retreat included a presentation by MIKE Mentor Madeleine Duncan, a third-year medical student at Western University of Health Sciences. As lead mentor for two years, Madeleine began with MIKE's pilot program at Sweet Home High School and helped expand MIKE to two classes with 14 mentors during the second year. She remains committed to MIKE, serving as a consultant for MIKE's third year in the Linn County region. She shared how her time with MIKE helps her better engage with rural populations that she'll use throughout her professional career.

See more about the Board inside.

- Healthy Behaviors
 - Nutrition and Healthy Eating
- Populations
 - Youth Physical Activity
- Workforce Development
 - Healthcare Career Pathways
- Community Health
 - Promote Equity & Justice
- Health Literacy
 - Healthcare Access



What's Happening at MIKE

Justin Zellinger
Executive Director, MIKE Program

Fall is here and that means back to programming in schools for MIKE. We are proud to be returning to many of the same sites with plans to grow services within those schools to impact even more youth in the coming year. All programming and impact assessment will be guided by MIKE's newly updated Programming Objectives. (See the five main objectives featured on the front page.)

And, thank you for your continued support of MIKE's mission. Together, we are moving the needle toward more positive health outcomes for vulnerable youth in our communities.

Welcome New Board Members, Bola and Doug!



Bola Majekobaje

Bola Majekobaje is the Director of Diversity, Equity, and Inclusion at the University of Western States. Bola shares, "I wanted to get back involved with the community and help further the organization's diversity, equity and inclusion work." Bola joined MIKE's Board of Directors in July.



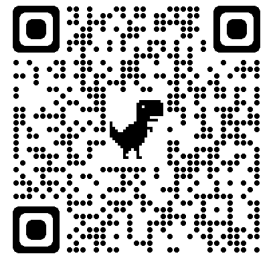
Doug Meyer

Doug Meyer is the Director of Pharmacy at Legacy Health, Meridian Park Hospital. He shares, "MIKE centers around many things that I feel strongly about: providing opportunities for underserved kids, health/well being and community engagement." Doug joined MIKE's Board of Directors in September.

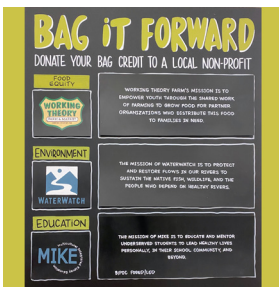
MIKE is in the Willamette Week Give!Guide



Another exciting update is MIKE's participation in Willamette Week's Give!Guide campaign. It's MIKE's first year with this community-based effort and we're looking forward to connecting to new supporters! While this campaign runs during our traditional end-of-year giving, it provides another option for you to give. No matter how you give, 100% of your donation goes to supporting healthy youth. Help spread the word about our Give!Guide participation through social media posts and reaching out directly to your networks. Simply scan the QR code on the right to get started now!



Thanks, New Seasons!



MIKE thanks New Seasons Market and all of the shoppers who used their reusable bags. As part of the Bag it Forward campaign, those five cent contributions really added up and will support our health education programming with local youth.

Board Member Highlight

Although MIKE Treasurer Brandon Nelson could only connect remotely for our recent retreat, his oversight and financial guidance are always welcome and appreciated. Thanks, Brandon!



Brandon Nelson

MIKE Program

9155 SW Barnes Road, Ste. 219
Portland, Oregon 97225
Web: www.mikeprogram.org
Email: info@mikeprogram.org
Phone: 503-296-7055 (message-only)
IRS Tax ID/EIN: 45-0520604

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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1 ONE UP SOLUTIONS NORTHWEST, INC.



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.



Pacific University doctorate student in pharmacology Alison Kachuck inspires students with an array of health insights and skills.



Warner Pacific University health & wellness graduate Brian Boateng engages students through MIKE activities.

MIKE Mentors Thrive Inside the Classroom with Youth

The five amazing volunteers mentoring with MIKE at De La Salle North Catholic High School didn't just sign up for a single session—but three to cover the school's entire freshmen class this semester. Brian Boateng, a recent graduate from Warner Pacific University, returned as a mentor to gain additional skills and experience with youth as he continues in his professional pursuits. MIKE's partnership with Warner Pacific is enriched with two nursing students, Lacey Knutson and Claudine Lee, who guide students through lessons on a variety of health topics, as well as introduce them to a first-hand look into a career in nursing. Pacific University student Eric Soares, a criminal justice major, is gaining insight into working with teenagers as he shares his experiences as a collegiate football player. MIKE provides mentored health education for the entire 9th grade at the school in North Portland to enhance student knowledge and skills toward healthier behaviors.



Warner Pacific University nursing students Lacey Knutson (on left) and Claudine Lee present health topics of interest to students.



Pacific University criminal justice student Eric Soares in class.

- Health Topics: Fall 2022**
- Mental Health
 - Sleep & Stress Reduction
 - Health Information Sourcing
 - COVID-19 & Vaccines
 - Global Pandemics
 - Muscles & Fitness
 - Health & Body Image
 - Nutrition & Foods
 - Brain Functions
 - Addictions & Resources
 - Social Justice & Advocacy

MIKE Expands at David Douglas High School

MIKE Program launched its second year at David Douglas High School (DDHS), which serves more than 2,700 students in East Portland. MIKE focuses on introducing students to a variety of healthcare career options by bringing in guest speakers who represent regional training and career options. Some of this year's guest speakers will include professionals and students in nursing, mental health, medical school, physical training, social work and a variety of medical assistant opportunities. Pacific University student Nicki Dane, who is pursuing her doctorate as a physician assistant, shared her experiences and insights into a variety of healthcare careers. The students kept her busy with questions until the bell rang. More than 130 DDHS students shared their specific career interests with MIKE to help guide recruitment of guest speakers for this year's program that includes students from six DDHS health classes.



Nicki Dane helped launch MIKE at David Douglas High School this year with a presentation on several health careers.



MIKE Program
9155 SW Barnes Rd., Ste. 219
Portland, OR 97225

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

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PrintSync Founder & President Angela Willis (on left) and the PrintSync team.

MIKE is in Willamette Week's Give!Guide

It's our first year to participate in Willamette Week's Give!Guide campaign which runs throughout November and December 2022. MIKE is excited to be part of this community-based giving effort and proud to feature PrintSync, Inc., as our campaign business partner. PrintSync has been a longtime committed supporter of MIKE. We love their exceptional printing services and know you will, too! We'll highlight ways to give through our social media channels, along with some exciting bonus giving days throughout the campaign. Be sure to check out our dedicated page at <https://giveguide.org/nonprofits/mike-program>.

