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Save the Date for Autumn Evening 2019

An Autumn Evening is celebrating its 15th anniversary! Get ready for an exciting lineup of auction packages at MIKE's annual benefit dinner and auction. This year's event will offer something for everyone!

The event will be held on Thursday, October 17, 2019, at the Oregon Zoo. The social hour begins at 5:30 pm with wine and appetizers, during which you'll have ample opportunities to bid on the Wall of Wine and high-value raffle baskets.

Our new caterer, Pacific Wild is serving a plated dinner, offering options for grilled strip steak, pan-roasted chicken breast or portobello napoleon.

We have a new live auction lineup including the excellent Bend Excursion shown on the right!

Get your tickets now and be sure to share the link with your friends and colleagues. You won't want to miss this event! Tickets online: <https://mikeprogram.org/news-events/an-autumn-evening/>.

Live Auction Sneak Peek!



Looking for a weekend getaway in Central Oregon? The Live Auction Bend Excursion Package offers an elegant night at the Riverhouse on the Deschutes; a tour of the Bend Distillery with tastings for two guests; an assortment of Coast rugged outdoor products; and a VIP Tour for up to 15 at Deschutes Brewing.

Program Pride

MIKE Program's closure day for this year was both poignant and festive for MIKE mentors and youth participants. Mentors presented a certificate and t-shirt to their mentees during the closure ceremony. MIKE Mentor Sakina Sheikh enjoyed sharing her best memories with each of the youth.

Jaydiss, one of the young men Sheikh mentored, responded with his view. "You have a great personality, you're caring, you're smart and you are so patient!" he announced to the class.

For Sheikh, the closure ceremony defined her goals with MIKE and the outcomes she hoped for.

"I would like to serve as a role model for these students and inspire them to take an interest in their health as well as the medical field in general," she says.

If Jaydiss' hug was any indication, she succeeded.

(Pictured in photo on right): MIKE Mentor Sakina Sheikh receives a surprise hug from one of her mentees, Jaydiss, at De La Salle North Catholic High School.



MIKE Advisory Board Member Joe Nunn Greets MIKE Youth



(Photo, from left): MIKE Advisory Board Member Joe Nunn greets MIKE Mentor Sang Jimmy Mai and MIKE youth from De La Salle North Catholic High School at Faubion School.

Joe Nunn is no stranger to MIKE Program. In fact, he's been part of the organization since nearly its inception. Nunn has volunteered as a mentor during MIKE's early years, and served on the Board of Directors before transferring to the Advisory Board.

One of Nunn's most prolific efforts is serving as an ambassador for MIKE, both in his community and with MIKE youth. During the recent Health Leadership Projects, Nunn greeted the youth upon their arrival at Faubion School. Nunn, who is the STEAM Coordinator with Concordia University's 3 to PhD program at Faubion, provided the youth with an overview of the school, and even participated in one of the project presentations with the youth.

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Letter from Cheryl Neal, MD

Founder and Executive Director

You're always on my mind...even in the busy, (not lazy, crazy, hazy here at MIKE) days of summer. Not only our purpose, it is our mission to empower youth to be health leaders through education, mentorship and community outreach. Summer is our time to take a deeper look back while ramping up for next fall's mentored health-science educational activities. And, with MIKE's additional man-power, we're offering out-of-school-time programming.

And you are critical!

Could you consider whether you could make a financial donation now? When you contribute, you know you are "walking your talk"—you are part of a lean team where values of respect, inclusion, empowerment and integrity are alive! Please use the enclosed remittance envelope or donate online via MIKE's secure portal: <https://mikeprogram.org/get-involved/donate-now/>.

Changes in our charitable giving patterns have many influences and have broad consequences. In recognition of the vital role charities play in shaping and securing our social fabric under the direction and with the direct support of individuals, the very essence of exercising your privileges in a democracy, there is movement afoot for Oregon to adopt a non-itemized tax deduction. The Nonprofit Association of Oregon has much more on this issue in their public policy alert section: <https://nonprofitoregon.org/>.

MIKE Program News is published 3-4 times per year to raise awareness about chronic disease prevention through the activities and work of MIKE Program. If you wish to join MIKE's electronic newsletter, please email us at info@mikeprogram.org.

Your contributions help fund MIKE's mission to place youth on the path to creating a healthier future. You may return your gift in the enclosed envelope or by donation online at: www.mikeprogram.org.

MIKE Program thanks the following for their on-going investment:

PrintSync Inc. **PROVIDENCE**
St. Vincent
Medical Center

GeffenMesher **1 ONE UP SOLUTIONS**
NORTHWEST, INC.

Printing of this newsletter and other MIKE communications courtesy of PrintSync, Inc. Visit them online at www.printsync.com.

Your Impact with MIKE

Do you have the time to contribute to a diverse volunteer leadership team—serving on either our Board, Advisory Board or Finance, Marketing and Fund Development or Education and Mentoring Committees? Not puff positions, they require thoughtful contribution and deep dedication to our vision of all people meeting their potential participating as members of vibrant good health in a strong vibrant society.

Are you a mentor-in-waiting? Contact us to start your fulfilling your dream of making a difference in the life of youth who need you, as much as you will find you need them!

Are you a social influencer and want to connect others to our vital work? Bring them to An Autumn Evening! Introduce them to the other leaders and dive into MIKE's work while having fun and making a meaningful contribution. Tickets are now on sale on MIKE's website: <https://mikeprogram.org/news-events/an-autumn-evening/>.

I believe that reaching your potential of health should be your right; and I believe that cannot be true for you without being true for all. Thank you for believing with me.

Cheryl

A Living Memorial: Michael Hartnett, MD

MIKE Program serves as a living memorial to Michael N. Hartnett, MD. Dr. Hartnett embodied the best of the wisdom, caring, kindness and convictions of those he left behind.

MIKE Program is a result of the collaboration among his colleagues, friends and family. Dr. Hartnett was the first board-certified nephrologist in Oregon and practiced from 1975 until his retirement in 1998. He died of lymphoma in 2000. He was 58 years old.



MIKE Mentor Highlight: Sang Jimmy Mai

There's a moment that happens often with youth mentored by MIKE volunteer Sang Jimmy Mai—the first time the youth trust in the guidance and care of their mentor. The youth begin to listen to his guidance on a new level and actively engage in the discussions and lessons that are presented each week. From there, these positive relationships both build and reinforce the core of MIKE's mission and programming.

For each of the youth in Mai's mentoring groups, that moment comes early and is sustained throughout MIKE's semester-long program.

When Sang Jimmy Mai applied to be a MIKE mentor one year ago, he already had years of experience in mentoring youth. He began mentoring children toward the benefits of exercise in an afterschool program at Crater Elementary School in Newburg, Oregon. As he grew older, Mai expanded his outreach into the community, becoming a leader with the My Future My Choice organization, then mentoring with the RDSC Club at Newburg High School.

By the time he graduated from the Oregon Institute of Technology with a degree in radiologic sciences, Mai had added volunteering



MIKE Mentor Jimmy Mai at De La Salle North Catholic High School.

with OHSU, Operation Nightwatch, Meals on Wheels and the Ngoc Son Buddhist Temple.

One of his more pronounced activities has been with the White Lotus Lion and Dragon Group in Portland. Mai has perfected his skills in the Vietnamese cultural dance tradition to become a leader with the youth group to expand the tradition with his younger peers. The group regularly performs around Portland and throughout Oregon at a variety of events.

Each of his experiences helped form a broad foundation which he drew from during his time with MIKE. Over the past year, Mai has mentored with four youth groups at De La Salle North Catholic High School. He has guided each group through the programming to advance the skills and knowledge he sees as vital to living a healthy life.

"This opportunity allows me to help mentor youth about something I'm passionate about—health," says Mai. "And, it is allowing me to continue to develop my skills in communication, teamwork, and leadership."

Mai works at the Portland VA Medical Center and is planning to enter medical school next year. Even with the summer break, he continues to fill his time volunteering with MIKE and other organizations. Mai joined MIKE's Education and Mentoring Committee, providing an intimate lens into the experiences of mentoring with MIKE. Guests of MIKE's An Autumn Evening on October 17 will get the chance to hear Mai's full story.



Photo, from left: David Mickola, health teacher at De La Salle North Catholic High School, joins MIKE mentor Sang Jimmy Mai with his group of youth during a lesson in nutrition this spring.



(Pictured): Sandra, a ninth grader at De La Salle North Catholic High School, was one of four youth in MIKE Mentor Jimmy Mai's group for the morning session during the Spring 2019 semester.

One MIKE Youth Team takes on Cooking to Encourage Younger Peers to Eat Healthy

Inspired by many of the cooking shows on television, one group of MIKE youth from De La Salle North Catholic High School wanted to produce their own cooking demonstration for a classroom of second graders at Faubion School in Portland.

The team selected one of their favorite MIKE snacks for the demonstration—a rice cake topped with sunflower seed butter and sliced bananas.

Donning chef hats and aprons, the team described why they chose the ingredients as they proceeded with creating their mini masterpieces.

Many of their younger peers were unsure about the sunflower seed butter, so the teens explained how the alternative spread is a good choice, especially for anyone with nut allergies.

The youth had to coax a few of the second graders to try the unfamiliar spread, but once they did, sounds of “yum” confirmed their choice.

“It was a lot of fun to take my favorite part of MIKE—the snacks—and teach how to make them with the little kids,” said Sandra.

MIKE Youth in Hillsboro Present a Kidney Collage in School

When it comes to sharing information about kidney health, it can seem complicated and daunting for many youth. So when one group of MIKE youth at Hillsboro Big Picture School wanted to help their peers understand the importance of maintaining healthy kidneys they decided to convert the information into a creative paper collage filled with information on nutrition, exercise and basic steps to take in support of healthier lifestyles.

“We thought it would be cool to communicate what we learned in MIKE through art instead of lecturing or teaching,” said Iridia.

Her teammate added, “We know that people learn in many different ways so we hope our kidney collage will help visual learners become more aware of kidney health.”

The collage was the outcome of the team’s Health Leadership Project this spring. MIKE equips youth to create a health project they can share with others.

“We’re hoping that by displaying our kidney in the hallway of our school, students will see it and have a daily reminder for making healthy choices.”



(Photo, from left): MIKE youth Iridia stands with her mentor Sierra Paola during a presentation of a kidney collage for Hillsboro Big Picture in June.

MIKE Youth Focus on Heart Rates to Introduce 5th Graders to the Importance of Exercise

After one team of MIKE youth connected how heart health is increased by exercise, they were determined to convey the message to their younger peers. Guided by their MIKE mentor Jimmy Mai, the team of four devised a simple way to introduce heart rates to 5th graders at Faubion School.

Without any complicated props, the teens presented the basic steps for anyone to measure their pulse. Then the team spread out around the classroom to guide each fifth grader through the technique. The young students were amazed that they could feel the blood pulse through their veins. One boy jumped up and exclaimed, “This is the first time I felt my own heart!”

For the next stage, the teens guided the students through a brief series of jumping jacks to increase their heart rates, then proceeded with the basic technique to feel their newly-elevated pulse.

“The MIKE students were GREAT!,” Teri Griffin, a fifth grade teacher at Faubion School said. “I love having the older students come in to teach my fifth graders engaging lessons.”



(Pictured): MIKE youth Katy gently guides a fifth grader at Faubion School through the basic steps of finding a pulse.

MIKE Youth in Tigard Host Open House to Recruit New Members

Ramping up for MIKE’s first summer program, youth at Community Partners for Affordable Housing (CPAH) in Tigard hosted an open house on June 18 to invite new members. The program serves youth 13-18 who live in the CPAH facility.

One of the founding youth members, Brendan, says he was interested in MIKE because it aligns his interest in the environment with health.

“I want my community to be a healthy environment for everyone,” says Brendan. “With MIKE, I can encourage others to keep our community clean.”

Brendan and his youth co-founder, Gabe, plan to host their first clean-up project in July, then prepare healthy snacks for the National Night Out Barbeque on August 6.

Brendan and Gabe say MIKE’s approach to developing leadership skills is an added bonus, which will help in school. Both will attend Tigard High School in the fall.

The CPAH program was launched in May and will continue as an afterschool program through the rest of the year.



Brendan wears the MIKE t-shirt he and youth co-founder Gabe designed to help motivate participation in the program at their housing facility.

Advisory Board News

Harmon Laurin of Mercer Advisors, Inc., (formerly SIGMA Investment Management) hosted a gathering of MIKE's Advisory Board members in downtown Portland in May.

Members gathered to discuss preparations for MIKE's annual benefit dinner and auction, An Autumn Evening, and to review a variety of organization updates. MIKE's Advisory Board plays a key role in building support and enthusiasm for the annual fundraising event, both as professional resources, and as ambassadors within each of their communities. This year, members are looking forward to increasing attendance for the event.

MIKE's newest member of the Board of Directors, Dianna Lacey, Assistant Vice President, Oregon Campus, Western University of Health Sciences, and Meghan Pollard of Stumptown Development, also attended.

Members attending the meeting included: **Joseph Badolato**, DO, CPE, CHCQM, Executive Medical Director, Provider Partnership Innovation and Quality, Cambia Health Solutions; **Susan Bagby**, MD, Professor of Medicine and Physiology/Pharmacology, Department of Medicine of Oregon Health & Science University (OHSU), and the Bob and Charlee Moore Institute of Nutrition and Wellness; **Emily Bradford**, CPA, CFE, PI, Senior Manager, Geffen Mesher & Company; **Kathrine Helms** (via phone), Student Loan Underwriter, First Tech Federal Credit Union; **Harmon Laurin**, Senior Vice President, Mercer Advisors, Inc.; **Joe Nunn**, STEAM Coordinator, Concordia University 3 to PhD; **Micah Thorp**, DO, MPH, FACP, FACN, Nephrologist, Associate Medical Director of Business Affairs, Northwest Permanente; and three new members (pictured on the right).

Members unable to attend include: **William Bennett**, MD, Medical Director of Transplantation and Director of Renal Research, Legacy Good Samaritan Medical Center; **Kim Filla**, MSW, LSCW, Director of Family Outreach & Community Programs, Rosemary Anderson High School/POIC, and Exhale Counseling; **Bernie Foster**, President, The Skanner News Group; **Jan Kelly**, ANP, Nurse Practitioner, Northwest Renal Clinic; **Katherine Krogsgaard**, Ermineskin Schools of the Miyo Wahkohtowin Education Authority, Alberta, Canada; **Whitney Jonske**, Digital Product Manager and Strategist, Prudential Financial; **Michael Reyes-Andrillon**, MPH, Community Engagement Officer, Northwest Health Foundation; **Thomas Wood**, MD, MACP, Nephrologist, Anchorage, Alaska.



Photo: (from left) Advisory Board Members Susan Bagby, MD, and Emily Bradford.



Photo: (from left) Micah Thorp, Di Lacey, Joe Nunn, Harmon Laurin, Cheryl Neal, Meghan Pollard, Susan Bagby, MD, and Emily Bradford.

MIKE Welcomes New Members to the Advisory Board



Michael Parks
Carr Auto Group



Mark Williams
First Republic Bank



Tim Wachter, JD
Duffy Kekel, LLP.

MIKE President Tyrell Comeaux Serves up Fun

MIKE President Tyrell Comeaux showcased his culinary expertise for a group of delighted guests from PrintSync, Inc in May. The event was one of the live auction packages offered in MIKE's An Autumn Evening benefit gala last October.

PrintSync owner and principal Angela Willis bid on the package as a way to celebrate with her company employees.

Comeaux presented and served two full-course dinners, complete with appetizers and dessert. As the food manager for Legacy Mt. Hood Medical Center, Comeaux is well versed in preparing food for large audiences. This opportunity offered him a chance to demonstrate his skills on a more intimate scale.



Photo (from left): Tyrell Comeaux demonstrates his cooking techniques to PrintSync's Adam Hepp, Cathi Spratlen and owner and principal Angela Willis at the Fred Meyer 20th Place Workshop in May. The professional kitchen provided multiple viewing options as Comeaux prepared a variety of side dishes, along with Pan-Seared Salmon with Crisp Chili Salad and Filet Mignon with Chimichurri Sauce.

MIKE Board Members in Action

Di Lacey of Western University of Health Sciences Joins MIKE's Board of Directors

MIKE's Board of Directors welcomed the newest member, Dianna Lacey, in May. "Di" Lacey is the Assistant Vice President at the Oregon Campus, College of Osteopathic Medicine of the Pacific COMP-Northwest for Western University of Health Sciences. She brings a wealth of healthcare management and healthcare education expertise to the Board.

Lacey is actively learning all about the organization, including meeting with members of MIKE's Advisory Board. She's looking to add her energy and support to MIKE's mission, as well as to An Autumn Evening 2019.



Photo (from left): Advisory Board member Micah Thorp discusses recent trends in medical education with MIKE's newest Board Member Dianna Lacey at a recent meeting in May.