

MIKE Recognized by Local Kidney Groups

MIKE's work with youth was recognized by the National Kidney Foundation (NKF) and the Portland Kidney Group with the Elizabeth I. Kemble Friends of the Kidney Community Award at Legacy Emanuel Hospital in Portland earlier this month. The award was presented during the annual Patient and Community Education Symposium in recognition of National Kidney Month. This year's event highlighted the importance of healthy lifestyles.

MIKE Founder and Executive Director Cheryl Neal accepted the honor with Tyrell Comeaux, President of MIKE's Board of Directors, and Food Manager at Legacy Health; Micah Thorp, MIKE Advisory Board member, Nephrologist and Associate Medical Director of Business Affairs at Kaiser Permanente; and MIKE Mentor Jimmy Sang Mai, who is a student at Portland State University and x-ray technician at the Portland VA Hospital.

The MIKE panel presented a brief look inside our organization, which mentors youth to become health leaders who advocate and promote health within their communities. MIKE utilizes the kidney as an entry point for conveying health concepts to youth. By using the kidney as a catalyst of health, youth discover how their lifestyle decisions today can affect their entire lives.

The symposium is coordinated by Patty McCormac of the Pacific Northwest regional branch of the NKF. The award is presented in honor of Elizabeth I. Kemble, a vibrant member of the Portland Kidney Group, who passed away in 2015. "The references to Elizabeth and Yasuyo Tsunemine, and including the team in presenting it was all very meaningful," says McCormac. "Elizabeth's mom, Aida, was deeply touched, I know."



Pictured: MIKE President of the Board of Directors Tyrell Comeaux, MS, RDN, LDN, served as one of the speakers for MIKE at the event hosted by the National Kidney Foundation and the Portland Kidney Group at Legacy Emanuel Hospital on March 3, 2019.

MIKE Joins Regional Mentoring Collaborative

MIKE Program is joining a cutting-edge mentoring collaborative to enhance local volunteer mentor training. Funded by the Meyer Memorial Trust, the Collaborative Mentoring Partnership (CMP) will develop mentoring resources for nonprofit organizations serving youth throughout the Portland-metro region.

Family of Friends Mentoring, based in Gresham, is taking the lead in the CMP. Michelle Kosta, executive director of Family of Friends Mentoring, looks to form a network of nonprofits dedicated to improving the skills and knowledge of volunteers working with youth from historically-marginalized populations.

In addition to MIKE, the collaborative will include the Institute for Youth Success; Urban Nature Partners; Marathon Scholars; Big Brothers, Big Sisters CNW; Holla Mentoring; Self Enhancement, Inc.; and Squires PDX.

The CMP will develop culturally-responsive mentor training and coaching to enhance diversity, equity and inclusion (DEI) within core youth-mentoring populations.



Pictured from left to right: Tyrell Comeaux, MS, RDN, LDN; Aida, mother of Elizabeth Kemble; Cheryl Neal, MD; Micah Thorp, DO, MPH, FACP, FASN; and Jimmy Sang Mai gather at event hosted by the National Kidney Foundation and the Portland Kidney Group on March 3, 2019.

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Letter from Cheryl Neal, MD

Founder and Executive Director

Spring is finally here and with it new growth—both outdoors and with MIKE! Meet MIKE's newest Board Member, Brandon Nelson, and staff, Amy Sommers.

On the back page, there's a sneak peek at MIKE's 15th Anniversary of An Autumn Evening. To celebrate, we are planning some exciting changes. Stay tuned!

MIKE youth are gearing up for field trips to a dialysis clinic and grocery store. By early June, they'll be prepared to present their Health Leadership Projects.

We appreciate your support in providing MIKE youth with the knowledge and skills to promote health in their communities.

Cheryl

Brandon Nelson

Welcome MIKE's New Board of Directors' Member

Brandon Nelson is a manager of finance and sales with Hood to Coast, the annual 199-mile relay race from Mt. Hood to Seaside, Oregon. He is a graduate of Oregon State University with a degree in business management and was a member of the Phi Kappa Psi Fraternity. He is a member of OSUNEXT which provides opportunities, life-skills, and feedback to OSU graduates. He loves staying active by backpacking, snowboarding, and hiking. Nelson joined MIKE Program's Board of Directors in January 2019 and serves as Secretary/Treasurer for the Board.



Brandon Nelson



Amy Sommers

Amy Sommers

Meet MIKE's New Education & Outreach Coordinator

Amy Sommers joins MIKE as the Education and Outreach Coordinator. Her professional experience includes developing and coordinating programming at Columbia University Medical Center (CUMC). She served as an AmeriCorps Health Corps Teen Health Specialist in Healdsburg, California; and as a VISTA Coordinator of Service Learning in Columbia, South Carolina. She graduated with a bachelor's degree in community and nonprofit leadership from the University of Wisconsin-Madison in 2010 and a master's of public health, focusing on population and family health from Columbia University in 2014.

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:



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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.



From Coats to Careers

MIKE Introduces Youth to Health Careers

Each time MIKE hosts a blood pressure clinic, most of the youth scramble for the white lab coats and stethoscopes. The objects serve as teaching devices, as well as prompt discussions about health careers.

MIKE provides youth with hands-on learning that includes authentic medical devices in order to demystify medical procedures and introduce youth to a variety of health professionals who demonstrate their functions.

All of MIKE's mentors for Spring 2019 are either training for or working in healthcare occupations. While the mentors serve as guides and role models, they also help demonstrate career options available for the youth.

Yemane, a ninth grader at De La Salle North Catholic High School, is eager to learn more about health careers.

"I want to visit a hospital and see what people do there," he said. "I can't wait to see all the medical stuff and learn how my body really works."

Yemane's classmate Anthony, who's mentor is preparing for medical school, says he likes how MIKE brings in near-age mentors who are studying health, as well as health professionals to his school.

"I get to ask them questions directly," says Anthony. "It helps me know how I can prepare for a medical career."



Pictured from left: Nuhamin and Taylor don white lab coats and stethoscopes during a MIKE blood pressure clinic at De La Salle North Catholic High School. Both eagerly took part in the clinic and proudly showcased their newly-trained skills before the classmates. Volunteers for the blood pressure clinic included MIKE mentors: Jimmy Sang Mai, Christina Spires, Mani Woodward, Sakina Sheikh, Siva Ho and Lisa Hancock. Other volunteers included Sequoia Lockhart and Jeff Rott.

MIKE's Super "Health" Heroes Come to the Rescue in School

Captain Marvel may be focused on saving the planet, but on Earth MIKE has its super heroes of health. Each week MIKE mentors join youth at De La Salle North Catholic High School to promote healthier lifestyles. The youth gain knowledge and skills as they develop healthy relationships with these super role models.

This month, mentors and other health professionals visited the youth for a blood pressure clinic. The youth slipped medical white coats and strapped on stethoscopes and blood pressure cuffs in a quest to measure their blood pressure.

"I think that the youth at this age are the perfect audience to learn about health since they are so malleable," MIKE mentor Siva Ho says. "When I was 14, I didn't know about healthy behaviors."

"Now I am very passionate about health," says Siva. As she prepares to complete her degree in biochemistry at the University of Portland this spring, Siva says her experience with the youth is a super way to begin her career.



Youth at De La Salle North Catholic High School jump into action for measuring blood pressure with a hands-on activity guided by MIKE mentors and visiting health professionals.

MIKE Mentor Report: Lisa Hancock

"The students seem interested in trying the new snacks each week. One student made a comment that a friend told him he would 'love this class'. It's great to see that they are so eager to learn."



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An Autumn Evening A Benefit Dinner & Auction for MIKE Program

Thursday, October 17, 2019

Oregon Zoo - Cascade Ballroom

Doors open at 5:30 pm.

Save the date for MIKE's 15th Anniversary of our Benefit Dinner and Auction, An Autumn Evening.

This year we're excited to announce a new location, new menu and some fun new additions to our event. The Oregon Zoo provides an updated venue, while still offering easy parking for our guests. The enticing menu will share some of the Pacific Northwest's finest cuisine. Look for our menu inside the event invitations and on our website in the coming months.

