

Teens Explore Healthy Foods in Hands-on Lesson

From the curious looks of customers in one Portland grocery store, it's an unusual occurrence to have teens scurrying through the aisles in search of healthy foods. For MIKE Program, it's one of the life lessons in empowering youth toward healthy behaviors. MIKE equips youth with the knowledge and skills to analyze food labels and nutrient content to make better decisions about the foods they consume.

MIKE youth from De La Salle North Catholic High School enjoy exploring the grocery store for healthy options. As Kiah sums up the experience, "I enjoyed this activity because it makes me think about my health from a different perspective."



MIKE Youth take in a Compelling View of Kidney Failure

The team at Fresenius Kidney Care Rose Quarter eagerly hosted MIKE youth at their clinic to provide an insightful look at the causes and effects of kidney failure this month. As part of MIKE's programming, the study of the kidney helps youth understand the importance of long-term health, as well as the impact of chronic diseases that lead to kidney failure.

The Fresenius team presented the youth with an overview of their jobs and why youth could consider entering into any of their various career fields. Ben Spencer expressed how nursing became a passion for him as a career change. Patric D'haem detailed his knowledge of nutrition as a renal dietician and Nakayah Kennerly invited the youth to consider entering the health care field as a patient care technician. "The training is very extensive, but it's all paid by Fresenius," she told the youth. "I love everything about my job—from the patients and my co-workers to the hours."



Fresenius Kidney Care Rose Quarter team, from left: Ben Spencer, nurse; Patric D'haem, renal dietician; and MIKE Board of Directors member Steve Kelley, social worker.

MIKE Board of Directors member Steve Kelley, who is the social worker at the clinic, has hosted dozens of tours for MIKE youth over the years. He tells the youth that his job is important as it helps people transition into dialysis, which is a life-long process without a kidney transplant. "I like to be with people on their journeys," he says. "I become part of their lives as I work with them to connect them to resources. It's an emotional time, especially at the beginning. So if I can lighten their day, I feel good about that."

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Letter from Cheryl Neal, MD

Founder and Executive Director

This fall, I have the honor of introducing to you Caitlin Everett, the newest Director on MIKE's Board. Caitlin is the Beaverton School District Teacher on Special Assignment, where she directs the science and STEM programs. She also serves on the district Equity Leadership Team. With nine years of middle and high school science teaching experience, she is the former Professional Development and Projects Coordinator for Portland Metro STEM Partnership and a lead developer of the Patterns High School Science Curriculum, an open-source curriculum currently used in approximately one third of Oregon's high school science classrooms.

Caitlin writes: *I support MIKE's mission because the health of our society hinges on the health and wellbeing of its citizens. Health disparities are a risk to the economic and social wellbeing of our historically underserved communities.*

As an educator, I have seen the impacts of poor health and wellbeing first-hand. Three years ago, I learned that a young woman I had taught, just one year after she graduated, died of complications from Type II diabetes. Her death was tragic and preventable.

In thinking deeply about my role as an educator, and my role as a potential ally to underserved youth, I felt compelled to do more to promote health, and empower youth who may otherwise feel that diabetes, high blood pressure, and all the complications that come with those diseases, are inevitable. I believe MIKE has the mentoring, education, and organizational power to improve outcomes for the youth it serves. That is why I joined the Board.

Please join me in welcoming Caitlin. And happy holidays to each and everyone!

Cheryl

MIKE Partners with Bottle Drop for Redeeming Beverage Containers

Want an easy way to gather your used beverage containers, protect the environment and support MIKE? Now you can with Bottle Drop. There are two ways to participate.

1. If you have a Bottle Drop account, you can simply transfer any amount from your account to MIKE Program. Visit <https://my.bottledropcenters.com/Give/View/377334> to donate directly to MIKE Program.
2. Visit MIKE for a blue bag or email MIKE with your name and address at info@mikeprogram.org to request a bag. Then fill the bag with redeemable beverage containers and drop it off at a designated Bottle Drop location.



Buying a car? Consider donating your used vehicle to support MIKE. Call CARS at 1-855-500-7433 or visit <https://mikeprogram.org/get-involved/vehicle-donation/for> details and instructions.

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:



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

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's 15th Anniversary of An Autumn Evening Sparkled

We've got all the photos on MIKE's Facebook Page:

<https://www.facebook.com/MIKE-Program-120951278618/>

Top right photo: MIKE Board of Directors member and immediate past president Lori Fedje, newly retired from Legacy Health (on left) with Nancy Lynett, Mary Carney and Claudia Kreft.

First photo in lower row: MIKE Advisory Board member Joe Badolato, DO, CPE, CHCQM, with Gold Sponsor Regence Blue Cross/Blue Shield of Oregon (on right) and his wife Nancy Badolato.

Second photo: John Barry, MD, surgeon and professor of urology and surgery at OHSU Division of Urology.

Third photo: MIKE Advisory Board members Bernie Foster, president of Bronze Sponsor The Skanner News (on left) and Kathrine Helms of First Tech Federal Credit Union.

Fourth photo: MIKE Board of Directors member Suresh Kumar, MBA, with Bronze Sponsor Kaiser Permanente (on right) with his wife Priscilla Glovatsky.



MIKE Mentors Take Many Small Steps to Build a Big Picture

A dedicated team of MIKE mentors volunteers each week to guide youth at Hillsboro Big Picture toward healthier behaviors. The school, formerly Miller Education Center West, serves as an options school for youth in Hillsboro. Each mentor serves to bridge health, education and career information to the youth, while building leadership and relationship guidance.



As HBP Principal Tiffany Mosqueda explains, "Not only do our students receive personal and educational enrichment through MIKE Program participation, their participation is tied to credit expansion or recovery. MIKE Program is especially valuable because of the multiple introductions to healthcare careers, coupled with relationship-building, as well as their emphasis on best-practices of education: social-emotional learning, project-based learning and service-learning."



MIKE Mentors at Hillsboro Big Picture

Top left: Rachel Greim is a graduate student in the Portland State University/Oregon Health Science University Public Health program.

Lower left: Mikayla Whitley (on left) is a graduate of PSU in biochemistry, pursuing a medical degree.

Top right: Alysia Hill (center) is set to graduate with a bachelor's degree in nursing from Linfield College School of Nursing in December.

Lower right: Tina John (on left) is in her senior year at Pacific University, studying public health and Japanese.





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Community Partnerships Expand MIKE Program's Reach

MIKE Program's success is founded on individuals, organizations and foundations in a multi-faceted approach to equipping youth with the knowledge and skills to embrace and promote healthy behaviors. MIKE thanks the following grant foundations for their support.

**the autzen
foundation**

The Autzen Foundation helps support MIKE's efforts in improving health equity.

First Tech
federal credit union

First Tech Federal Credit Union helps support MIKE— with their employee "5 for \$500" campaign in recognition of community involvement.

Genentech
A Member of the Roche Group

Genentech Foundation helps support MIKE's programming at HBP by overcoming barriers to health knowledge.

Juan Young
TRUST

Juan Young Trust helps support MIKE's mentoring program in tangent with empowering youth.



St. Philip the Deacon Episcopal Church helps support MIKE's mission through their Tree of Life community member giving program.

 **KAISER PERMANENTE**

Kaiser Permanente Gives Volunteer Grant helps support MIKE's work for equitable health outcomes through a grant recognizing Robert Winthrop, Suresh Kumar, Micah Thorp, Katie Sandvick and Rosemary Clark.

 **The Portland Clinic
FOUNDATION**

The Portland Clinic Foundation helps support MIKE's youth programming.



The Reser Family Foundation helps support MIKE's efforts in health promotion around youth education.

Ronald W. Naito MD Foundation

The Ronald W. Naito MD Foundation helps support MIKE's youth programming addressing health disparities.