



Photo of first-year medical students at Western University of Health Sciences, COMP-NW. On the left, Madeleine Duncan, lead mentor. Top row, from left: Benjamin Buchalski, Nadav Menashe, Megan Ewens, and Halley Egnew. Bottom row, from left, Hannah Graham, Samir Fakhri, Sol Khaitas, and Antonio Moldonado-Liu. (Not pictured: Joe Wang)

## Medical Students Take Mentoring Beyond Clinicals

First-year medical students at Western University of Health Sciences (WUHS) take on daunting schedules in their training to become physicians. Yet for ten students, they also wanted to connect to their local community. Their enthusiasm and commitment to mentor youth became the foundation for MIKE's newest program, the MIKE Health Club at Sweet Home High School (SHHS).

Launched in November 2020, the club brings together high school students in grades 9-12 to meet with the WUHS

medical students during their Wednesday lunch time. All the mentors agree it's their favorite time of the week. The mentors invite exciting guest speakers from various medical professions (see highlights on page 3), or prepare a presentation based on MIKE's programming guides.

The youth have the opportunity to meet medical professionals and consider a host of healthcare career options through the program. We can't wait to bring this exciting program in-person next year.



## MIKE Presents to Sweet Home Health Committee

MIKE gave a presentation about the MIKE Health Club at Sweet Home High School to members of the Sweet Home Community Health Committee on April 19, 2021. Dr. Larry Horton, member of the committee and former Sweet Home School District Superintendent, invited MIKE to the meeting to showcase the success and impact of the MIKE Health Club in their local community. MIKE mentors and students each shared how impactful the health club has been for them.

Photo, top row from left: Sol Khaitas, WUHS; Madeleine Duncan, WUHS; Maren, SHHS; middle row: Kristin Adams, SHHS; Michelle Synder, SHHS; Justin Zelling, MIKE; bottom row, members of the Sweet Home Community Health Committee; Di Lacey, WUHS.



# A Healthy Dose of News

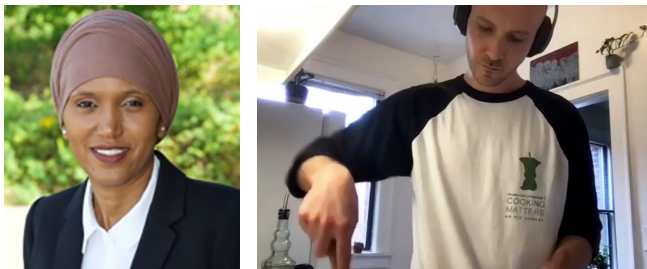
Justin Zellinger  
Executive Director, MIKE Program

As we wrap up programming in schools for the academic year, I am so proud of what MIKE accomplished. Despite pandemic-related restrictions, MIKE launched programming at multiple new sites and began community partnerships for mentor recruitment. We are hopeful to return to in-person programming next fall and will follow guidance from the state when making that decision. I am eager for us to reintroduce some of the hands-on elements of our programming as well as field trips to local markets or clinics.

We know youth will face many challenges as things return to "normal" next school year. MIKE is proud to support students, schools, and teachers by providing programming that is relevant, engaging, and worthwhile. We look forward to impacting even more local youth, and their communities, in the coming year. MIKE's commitment to health equity remains at the forefront of everything we do. You can view MIKE's Statement On Equity on our website. Speaking of the website, we plan to introduce a brand new site later this summer to better serve our community. Thank you for supporting MIKE's mission.

## MIKE Launched Two Exciting Cohorts in Beaverton

MIKE developed responsive programming to meet the needs of the youth at Merlo Station Community School. MIKE recruited a host of healthcare professionals as guest speakers to engage directly with the youth. The talks were informational and inspiring!



### GUEST SPEAKERS

**Top row from left:** Yemaly Alexander, Patient Care Coordinator, Pacific University & Familias en Acción; Joanna Sprenger, Nursing Student, Concordia University. **Bottom row from left:** Nafisa Fai, Washington County Commissioner; Chris Pickens, Certified Health Education Specialist.

### Empowering Young Parents

MIKE introduced students to nutrition, healthcare career options and tips for grocery shopping during the first year with the Continuing Education for Young Parents (CEYP) program at the Merlo Station Community School. One of the highlights was a cooking series with Chris Pickens, who demonstrated how to prepare four dishes, each featuring a major food group. The students received a bag with the ingredients each week to cook along with Chris as they developed their skills.



Avery Esau  
MIKE Mentor,  
Student at Oregon  
State University

### Exploring Healthcare Careers

High school seniors at the Merlo Station Community School were able to meet and talk with a variety of healthcare professionals each week during their MIKE online learning sessions. MIKE brought in guest speakers who covered career options for becoming a physician, dietitian, nurse, medical administrator, imaging technician, medical researcher, public health official, care facility technician and health advocate. The information proved so valuable that other teachers had their classes join in!



Sahra Sheikhnur  
MIKE Mentor,  
Graduate of the  
University of  
Portland

## MIKE Program

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MIKE Program publishes its newsletter three to four 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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## Guest Speaker Highlights

Western University of Health Sciences medical students who mentored with MIKE arranged for an exciting lineup of guest speakers for the MIKE Health Club at Sweet Home High School:



**Edward Junkins, MD, MPH, FAAP**  
*Senior Associate Dean, Assessment and Outcomes*  
**Topic:** Sourcing Credible Health Information



**Hendrik Szurmant, PhD**  
*Associate Professor of Microbiology*  
**Topic:** COVID-19 Vaccinations & How They Work



**Vicki Wedel, PhD**  
*Associate Professor of Anatomy*  
**Topic:** Understanding Pain Management



**Edie Sperling DPT**  
*Vice-Chair & Assistant Professor of Anatomy*  
**Topic:** Physical Therapy & Careers



**Edward Barnes, II, MD, FACP**  
*Associate Dean, Academic Innovation; Associate Professor of Internal Medicine; and Chief, Division of Nephrology & Hypertension*  
**Topic:** Kidney Health

MIKE expands its community engagement with exciting additions this year.

# Welcome New Members

## Marc Favreau, MBA

*MIKE Board of Directors*

Marc Favreau is an enterprise supplier management director with the Indirect Global Procurement Team at Nike. He previously served as a global procurement manager in strategy and operations with Nike. Prior to Nike, Marc was a supplier quality engineer following an operations leadership development position with Lockheed Martin. Marc earned his Master's degree in Business Administration and a Bachelor's degree in manufacturing engineering from Brigham Young University in Utah.



Marc Favreau

## Casey Stowell, MBA

*MIKE Advisory Board*

Casey is the Regional Vice President in the Pacific Northwest for Fresenius Medical Care of North America, overseeing 56 clinics throughout Oregon and Washington. She first started as a secretary at Fresenius when she moved to Salem, Oregon, and progressed through the company to her current role. Casey has a Master's degree in Business Administration from the University of Phoenix, and a Bachelor's degree in Sociology from the University of Idaho.



Casey Stowell

## Julie Tank, MD

*MIKE Advisory Board*

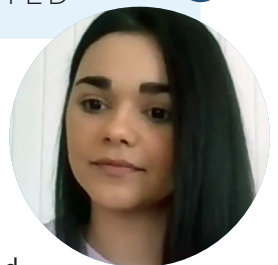
Julie is a nephrologist at Northwest Renal Clinic in Oregon. She is a graduate of Oregon Health & Science University (OHSU) in Portland, Oregon; and Amherst College in Amherst, Massachusetts. She is board certified in internal medicine and nephrology. Julie serves as medical director to Fresenius Kidney Care Home Dialysis and on the Medical Advisory Board of Fresenius Kidney Care. She is a member of the American Society of Nephrology, American College of Physicians, Oregon Medical Association, Renal Physicians Association, Women in Nephrology and Physicians for Social Responsibility.



Julie Tank

## DIVERSITY IN HEALTHCARE SURVEYED

Delving into the underlying attitudes of diversity in healthcare is no easy task. Yet, Jordan Hammock, a psychology student at the University of Portland, took on the project to address the issues impacting communities of color. Her project required partnering with a community organization that was working to increase diversity in healthcare—and MIKE was selected. Jordan's initial findings, from surveying more than 760 individuals, revealed the benefits of mentoring, especially in underserved communities. We'll feature more about this exciting data in future news.



Jordan Hammock

**Diversity Checkup: A Study of Multicultural Medicine**  
 Jordan Hammock & Dr. Sarina Saturn  
 Department of Psychological Sciences | PSY 498AA Senior Capstone: Applied Projects

**Project Questions**  
 What are the underlying attitudes on diversity in healthcare? What is the role of diversity in the healthcare we give and receive? What can be done to increase diversity in healthcare?

**Background**  
 MIKE Program is a non-profit organization in Portland, Oregon, focused on increasing diversity among underserved and underserved patients in the Pacific Northwest. The program provides opportunities for minority students that allow them to engage in their own health care experiences and helping them to be effective role models in their communities. MIKE supports medical students through various learning activities, such as conferences, and networking opportunities to encourage and inspire students to become healthcare professionals.

**Method**  
 Data was collected through a survey, one for each group of participants: healthcare students, college students, high school students and patients. Each survey had a combination of 20 questions with open-ended questions, including demographics, personal and career experiences, and mental attitudes/opinions on diversity in healthcare. At the end of each survey participants were also invited to share their thoughts on the survey. The survey was distributed to participants via email and a separate survey only. Open-ended questions were analyzed to a separate survey only. Open-ended questions that asked about general attitudes and beliefs on healthcare diversity. Of the 767 responses, 333 belonged to healthcare students, 23 belonged to college students, 10 belonged to high school students, 10 belonged to other students, 10 belonged to other students, and 10 belonged to other students.

**Results**  
 The survey results revealed that not only are diversity and equity issues a concern for healthcare students, but they are also concerned about the healthcare profession. The presence of diversity was the most significant factor in the Oregon healthcare system from varying perspectives and we saw these results to increase diversity in healthcare.

**Discussion**  
 The survey results revealed that not only are diversity and equity issues a concern for healthcare students, but they are also concerned about the healthcare profession. The presence of diversity was the most significant factor in the Oregon healthcare system from varying perspectives and we saw these results to increase diversity in healthcare.

**References**



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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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## GRANTS UPDATE



### Building Stronger Connections for Health Improvement in Youth

MIKE introduced new ways to engage youth in health education through distance learning with support from the PacificSource Foundation for Health Improvement. When many programs were faltering due to school closures this past year, this funding helped MIKE launch new programming that expanded to cover a host of health topics and issues. Students benefited from engaging in conversations and activities that addressed their interests and needs, including cooking and nutrition, the impact of COVID-19 in their communities, options for a variety of careers in healthcare and ways technology can improve access to healthcare.

*Thank you to these wonderful organizations whose support makes our mission possible.*

### Launching Exciting Leadership Program with Medical Students

Continuing in the second year of Legacy Health Foundation's Community Health Grant, MIKE established a partnership with Western University of Health Sciences to bring in first-year medical students to mentor high school students at Sweet Home High School. The mentors also developed leadership skills that will help them succeed in their future medical careers.



### Supporting Mentored Relationships to Increase Health Knowledge in Youth

Funding from Juan Young Trust provided MIKE with support to feature some fun and tangible learning activities for youth at the Merlo Station Community School. MIKE mentors were able to take an innovative approach to presenting demonstrations in nutrition, training in healthcare careers and skills to increase health outcomes.