

MIKE Partners with Rosemary Anderson–East Campus

MIKE is thrilled to launch programming for multiple cohorts of students at Rosemary Anderson High School - East Campus, an alternative community high school in East Portland with a majority of students of color. "This school serves students where they are," says Justin Zellinger, MIKE Executive Director, "and we're proud to partner with RAHS." Many of their graduates complete diplomas or GEDs after age 19 due to the effects of unstable family situations and homelessness. MIKE, along with a small team of dedicated mentors, provides health education programming for students to explore health information, physical activity and nutrition, stress management and mental health, opportunities for careers in healthcare and much more.



MIKE's Justin Zellinger (on left) leads the bi-weekly mentored health education programming at RAHS for two of Health Teacher Tony Melson's (pictured above on right) student cohorts.



MIKE Mentors introduced a delicious activity for students to analyze food nutrition labels, inspired by the Oregon Dairy Nutrition Council. Students compared two chocolate milk options for added sugar, protein and calcium.

Sweet Home Students Explore Human Body at Western University

Inspired by last year's success, 23 medical students at Western University of Health Sciences (WUHS) are volunteering to be mentors for MIKE at Sweet Home High School (SHHS) this year. They began with an introductory session at SHHS in early October, then hosted a compelling tour of the WUHS campus and Anatomy Lab a few weeks ago. The medical students served as station hosts to guide their younger peers through many facets of the human body. Three-quarters of the SHHS students reported that they thought the visit was fascinating, 68% said it helped them understand more about the lives of medical students and 58% said it helped them understand anatomy more. More than half of the SHHS students said they were interested in a career in healthcare because of their experience with the WUHS students.

SHHS student Keeley shared, "The medical students were very caring and sweet, they kept on making sure I was okay, and what I learned was amazing." Sam commented, "I learned a lot more about the human nervous system and found that aspect really interesting. I didn't know that spinal fluid was created in the brain, and it gave me a lot of insight into some medical problems I have heard of lately that I didn't understand." And Colin added, "It was interesting to really see how the human body functioned without looking at a computer screen or a book and getting the real thing." MIKE mentors also hosted other activities for students to explore on campus.





What's Happening at MIKE Program

By Justin Zellinger
MIKE Executive Director

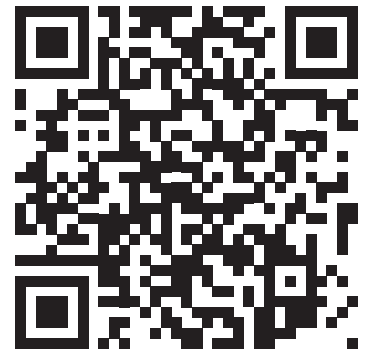
The new school year kicked off with a flourish as MIKE has been delivering impactful health education programming at multiple schools in the Portland metro area and Willamette Valley. I've had the privilege of taking a more active role with our newest programming site, Rosemary Anderson High School - East Campus. You can find detailed information about this program in this newsletter. It's been truly rewarding to witness our mentors engaging with the students and having the opportunity to join in as they delve into the health topics that matter to them.

I've also dedicated time to making connections with potential new partners for MIKE Program. This encompasses like-minded organizations with whom we intend to collaborate on programming, fundraising, and other valuable community partnerships. Furthermore, I'm actively seeking to engage with individuals and groups committed to advancing health equity in our communities. Please don't hesitate to reach out if you have any recommendations or introductions in this area. We will do great things together in 2024, all in support of MIKE's mission and the youth we serve!

Mercer Advisors Joins MIKE in Willamette Week's Give!Guide



MIKE is proud to announce Mercer Advisors as our business partner for this year's campaign in Willamette Week's Give!Guide. Following last year's inaugural success with partner PrintSync, we're looking forward to our second year in raising awareness and funds through this annual opportunity. Mercer Advisors will match all donations \$25 and above up to a total of \$3,000. The Give!Guide runs from November 1 through December 30, 2023. Watch MIKE's social media channels for 12 special give days to be entered in drawings for extra prizes.



To donate through the WWG!G, visit: <https://giveguide.org/nonprofits/mike-program> or scan the QR code.

MIKE Launched its First Summer Health Camp in Sweet Home

The Sweet Home community came together with MIKE to launch a summer health camp for foster and other underserved youth this past summer. Sweet Home High School Science Teachers Laura Parrish (on left) and Michelle Snyder (on right) joined Western University of Health Sciences, COMP-NOW, medical students led by Madeleine Duncan to develop the three-day learning activities for the camp. Also providing experiential sessions were the Sweet Home Family Medical Clinic and the Sweet Home Fire Department volunteers, who showcased multiple career options for the youth.



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-three times each year to feature programming, volunteers and organization news. To sign up for the print version, email or write to MIKE.



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.

MIKE Brings Health Mentors to David Douglas High School

MIKE expanded its mentored health education programming at David Douglas High School (DDHS) this year. Three of the four mentors volunteering at DDHS also mentor at MIKE's new program at Rosemary Anderson High School-East Campus on alternating weeks. MIKE Mentors include Warner Pacific University (WP) students Ramon Cuevas Palma (criminal justice/social work), and Ashley Hawkins (sports management), both pictured in the photo to the right. Also mentoring at both schools is Uriel Uribe (public health), who is pursuing his graduate degree at Pacific University (photo below on right). Joining them for mentoring at DDHS is Shruti Burma, a graduate of Portland State University, who is preparing for medical school (photo on left), and Meranda Taylor, a Kinesiology major at WP. Pictured in the center below is DDHS Health Teacher Julie Caverly.



MIKE will provide healthcare focused career exploration sessions for DDHS students during the Spring 2024 semester.

Warner Pacific Nursing Students Inspire 9th Graders in Health



Four nursing students with Warner Pacific University's Nursing School (WP) volunteer to mentor three sessions of 9th grade health classes each week at De La Salle North Catholic High School (DLSNC). In addition to mentoring, Coby Ravida, Marissa Morris, Antonio Campa and Ann Vo also help develop lessons and activities to strengthen their capacities for health communications. The WP students guide their younger peers toward healthier behaviors, leadership skills and career exploration.

MIKE mentors from top left, clockwise: Coby Ravida (center), Marissa Morris, Antonio Campa (on left), and Ann Vo (on left). All four mentors volunteer for three class sessions at DLSNC each week during Fall 2023.



MIKE's Annual Event is Coming Soon

MIKE is preparing for our annual spring fundraising event, so mark your calendars! We'll return to the Mountain Park Club House in Lake Oswego on Thursday, March 14, 2024. We welcome our early sponsors Northwest Renal Clinic, Legacy Health, Mercer Advisors, the Oregonian Media Group and Deerwood Ranch. We look forward to seeing you in March 2024!

Do you have an item or service that you think would be a great addition to our raffle packages?

Contact MIKE's Executive Director Justin Zellinger to discuss how to donate items and/or services at justin@mikeprogram.org.



MIKE Program | 9155 SW Barnes Rd., Ste. 219, Portland, OR 97225 | info@mikeprogram.org | www.mikeprogram.org

MIKE Program
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 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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