Mentoring in Medicine & Science

Winter 2014 Newsletter

MIMS Family,

Happy New Year, Prospero Año, 新年快乐

The new year reminds us of all we have to be thankful for, and the MIMS family has much to celebrate and reflect on. Some of our students and our staff lost family members in 2013. We remember all that they taught us and try to achieve our purpose with confidence and exuberance.

In this issue we highlight the work of the Healthy Ambassador Program and share a few stories from our alumni. We hope all of you will recognize the gifts each of you have improve your overall mental and physical health as well as those in our community.

Have a prosperous and blessed new year.

Dr. Jocelyn Freeman Garrick

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Healthy Ambassador Program 2013-2014

A new year. A new beginning. A new adventure.
A powerful impact.

This year's Healthy Ambassadors Program started out with a big bang! It was a competitive process, we had 119 applicants and only 30 were selected.. In August, the ambassadors met one another at a fun retreat that included kayaking in Lake Merritt and a program orientation. Their first workshop in September took place at Highland Hospital. The ambassadors learned about disaster preparedness and a variety of health careers.. A panel of health professionals spoke about their journeys. Thank you to Dr. Cristina Martinez, PA Denae Reed, PA Lisa Monroe, and NP Calisha Cobb for speaking to our students.

At their second workshop, Dr. Dri Wang from the Alameda County Behavioral Health Services led the substance abuse training. Dr. Wang spoke about how drugs affected a person's brain, body, and life. After the presentation, Kaiser Permanente Asian and Pacific Islander Association hosted a Networking Dinner. Special thanks to Dr. Alvin Tang for coordinating the networking dinner. In the spring, the Ambassadors will teach disaster preparedness, mental health, substance abuse, sexual health, and nutrition to K-12 students in Oakland.

Before the HAP Program started, the Ambassadors went on a retreat to get to know each other better. They went kayaking together at Lake Merritt. After talking to each other, everyone was more comfortable and excited to start the Healthy Ambassadors Program.

Kaiser Asian and Pacific Islander Association Networking Dinner

In October of 2013, Kaiser Permanente Asian/Pacific Islander Association (KPAA) hosted a networking dinner with a variety of health professionals to speak with the Healthy Ambassadors about their careers and advise them on their career path. The professionals ranged from researchers, nurses and physicians to sales department manager and educators. As the night went on, each ambassador had the opportunity to network with diverse health professionals and learn more about different health fields. It was a very upbeat and informative dinner.

MIMS Alumni Survey Report

This past summer, we sent out a survey to our alumni to see where they are in their career paths and what they have accomplished since their involvement with MIMS. MIMS has 198 alumni from the Healthy Ambassador, Clinical Exposure and Summer Internship programs. One hundred and five (105) alumni completed the survey. The survey reported that 67 MIMS Alumni respondents participated in the Healthy Ambassador's Program (HAP), 33 participated in the Clinical Immersion Summer Internship at Alameda County-Highland Hospital, and 24 completed the Clinical Exposure Program (CEP). Twenty (20) alumni are now completing their undergraduate education at a variety of colleges and universities such as Cal State East Bay, Sacramento City College, and UC Berkeley.. Forty-eight (48) respondents are post-graduate and seventeen (17) are medical students at schools such as Howard University, Harvard University, and UC Davis. A few alumni have become physician assistants or nurses. Four (4) of our alumni are getting their Master's in Public health two (2) are obtaining their PhD in Biomedical Engineering, and one (1)is obtaining her Master's degree in Cellular Molecular Biology. Some of our alumni decided that a health career was not for them and are pursuing a career in another field.

For current work, fifty-eight percent (58%) of our students are working in research and medical fields. Forty-three percent (43%) of our alumni are interested in joining a MIMS Alumni group to help form a network. Sixty-two percent (62%) of students sought to continue mentorship after completion of their programs. Many of them found jobs, scholarships, internships, research positions, and more after being involved with MIMS because they found opportunities through our listserv and constant communication. Many students enjoyed being a part of the MIMS family and thought that completing one or more of our programs helped them further their interest in the health field and obtain their goal. We want to congratulate all of our alumni for accomplishing so much! We are proud of you!

"People I met through the internship really gave me the encouragement to apply to medical school and refueled my desire to be a doctor and work with the underserved."

-Karen Wong
2011-2012 Healthy Ambassador Program (HAP) Participant

"I really like how MIMS is invested in their students throughout the entire process of applying to medical school even after finishing one of their programs. If I make it, I too want to help the next wave of students on their path into a healthcare profession."

-Maria Miranda
2010-2011 Clinical Exposure Program (CEP) Participant

"MIMS has taught me to not only believe in my own potential but has also challenged me to want to become the best future physician I can possibly be."

-Anael Rizzo
2012-2013 Healthy Ambassador Program (HAP) Participant

HAP Life Coaching and Mental Health

On November 15th, 2013, Dr. Valerie Street led a life coaching session and Robert Ratner spoke to healthy ambassadors about mental health. Dr. Valerie Street went over a variety of topics on what it means to be in the health field and how it is important to learn to love ourselves. "*To love others, one has to love ourselves first. Life brings you down, but you have to get back up and be positive!*"

Dr. Robert Ratner, from Alameda County Behavioral Services spoke about the importance of mental health. He discussed anxiety, substance abuse, and schizophrenia. It was a very informative lesson on how mental health affects people's lives. MIMS would like to thank Dr. Valerie Street and Robert Ratner for their wonderful workshops and for supporting our HAP program!

Alumni Spotlight: Anita Chanana

> "MIMS provided me a unique, in-depth clinical exposure in an exhilarating environment, the ED. I observed physicians first-hand working together to understand patient symptoms and determine diagnoses."
>
> -Anita Chanana

Anita graduated from UC Berkeley in 2012. She recently applied to medical schools this past cycle and has been accepted into two programs thus far. She hopes to start medical school in August 2014. Anita participated in the MIMS Summer Internship Program at Highland Hospital. She was very glad to have participated in the MIMS Program because it taught her more about the medical field. She quotes, "The program also exposed me to the beneficial impact medicine can have on patients; this experience affirmed my passion for medicine. It allowed me to learn from enthusiastic physicians and work with driven peers working towards higher education." Anita was not anticipating on becoming a physician because of her financial hardships, but through the MIMS Program and her clinical research at the Children's Hospital Oakland Research Institute studying treatment and prevention of basal cell carcinomas, she saw that anything was possible with hard work. Anita looks forward to what the future will hold for her. She wants to give back to her community with her new knowledge in medicine.

MIMS Involvement: Summer Internship at Highland Hospital
Current Status: Applying to medical programs
Next Steps: Starting Medical School in August 2014

Alumni Spotlight: Margarita Cobian

Margarita is currently attending UC Berkeley after transferring from Laney and Berkeley City College. She hopes to earn her Medical Degree (MD) as well as her Masters in Medical Humanities or History of Medicine. Margarita attended meetings and events held by MIMS even with her busy schedule. She said that, "MIMS provided the framework and mentorship that I needed at a time in my life where I felt very discouraged and defeated in my pre-med track. There will be detours, and even a point where you have reached the seeming end of a road, but MIMS taught me to defer from the roadblock and forge my own path around it." Overcoming many obstacles, Margarita is a hardworking young lady with many dreams and a passion for medicine. Not only does she work full time to support herself financially, but is also a Peer Advisor for the Biology Scholars Program where she gives back to her community by serving as a mentor. Margarita wants to become an E.R. physician. She also said she wanted to "teach a course that intersects the disciplines of medicine and the humanities, as well as mentor other young minds."

MIMS Involvement: Attended MIMS meetings and events
Current Status: 5th year at UC Berkeley
Next Steps: Graduate College and apply for Medical School

"MIMS helped me realize that the road to being a physician is not linear. Success is the summation of a series of failures and perseverance."

-Margarita Cobian

HAP SEXUAL HEALTH AND NUTRITION WORKSHOP

Jessica Brown, a public health expert from the California Public Health Department with Gianna Le and Griselda Velasquez, UCSF PRIME medical students, gave a wonderful presentation on sexual health. They covered the different types of sexually transmitted diseases, both female and male anatomy and sexual physiology, safe sex practices, and STI prevention. After the presentation, Jessica led an interactive fun activity with the Healthy Ambassadors to learn more about sexually transmitted infections. The students learned specific symptoms and treatments of the sexually transmitted infections. They also learned how to prevent sexually transmitted infections. It was a very fun and interesting activity enjoyed by the healthy ambassadors.

Lindsay Orbeta, a registered dietitian from the Alameda County Public Health Department, gave a presentation on nutrition and how to stay healthy. She introduced the new food pyramid called the food plate. The food plate represents the different nutrients that a person should eat in each meal. Lindsay also talked about diabetes and how many are affected by it today because of their poor diet. The healthy ambassadors did a small skit where they acted as food and insulin and showed what happens to a healthy person and a diabetic person when digesting foods with a lot of sugar. She also covered hypertension, risk factors, and ways of preventing hypertension.

UCSF PRIME Medical Student Networking Dinner

UCSF PRIME hosted a networking dinner with our Healthy Ambassadors this past December. MIMS is very grateful to have the support of UCSF PRIME. Eight (8) UCSF PRIME medical students spoke about their experiences and journey to medical school. The Healthy Ambassadors networked with the students and were thankful to get advice from current students. Thank you to UCSF PRIME, Aisha Queen-Johnson UCSF PRIME Manager, and the UCSF PRIME medical students for a wonderful networking event!!

NEW MIMS Pre-Health Resource Library

We are excited to announce the launch of our pre-health resource library! Our intern Charlotte Floria created a pre-health resource library for MIMS students and alums. Special thanks to Charlotte! The resource library has numerous documents for students interested in medicine, nursing, dentistry, physician assistant, nurse practitioner, public health, and pharmacy careers. The resource library includes school requirements, timelines, statistics, scholarships, resume writing, extracurricular opportunities, GRE, MCAT, DAT, and PCAT prep. Also MIMS is collecting valuable resources such as test prep books that our students can borrow. If you would like to donate your test prep materials or have valuable information we can add to our resource library please contact us at jmurillo@mimscience.org. Thank you for your generous support, future MIMS students will definitely benefit!

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Donation Information

Please consider supporting MIMS and becoming a sponsor. All donations are tax-deductable. $10 helps provide healthy snacks at our workshops! To learn more about our sponsorship levels and benefits, please contact Julieta Murillo at (510) 875-1747 or jmurillo@mimscience.org.

Donation Form
Please cut and enclose with Donation

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