Hello MIMS Family!

What a year it has been. This newsletter is an opportunity for us to update our community. Despite the pandemic, economic downturn and fires, we are still here to support you. MIMS has been challenged by the pandemic. We had to pivot and create a unique virtual internship without shadowing and field trips. This allowed us to strategize on our mission and look again at what student’s value from MIMS — the mentorship! Thus, we are growing virtual and one-on-one mentorship opportunities, webinars with experts for students at a variety of stages, expanding training on our mental health curriculum, that is really needed now, and virtual support rooms for students to support one another through peer mentoring. There are so many new opportunities for students and our alumni to engage. Please keep in touch and let us know how and where you are. We are hopeful that you and your families are healthy and happy, that you are more intentional about rest and exercise so you can be your best. May you laugh often, use your innate gifts wisely and be a blessing to those around you. We look forward to seeing you soon.

A LOOK BACK:
SUMMER INTERNSHIP 2020

The Summer Internship is traditionally a four (4) week, full-time program where MIMS students are immersed into direct patient observation, shadow mentors in patient care settings, interact with a broad spectrum of health professionals/staff and attend daily skill/leadership development seminars. COVID-19 caused us to pivot to a three (3) week hybrid program consisting of in-person workshops/activities along with virtual presentations. Thanks to the generous support of Kaiser Permanente and the Oakland Fund for Children and Youth, we hosted thirty one (31) participants. Participants ranged in age from 16 to 28 years old, with students from eighteen high schools and post-secondary institutions. We remain one of the few organizations in the Bay Area that engages both high school and post-secondary students in one program, allowing for quality tiered mentorship to occur throughout the program. Despite the changes we had to institute due to Covid, we were still able to offer an engaging and impactful program based on a strong foundation of mentorship, career exposure and leadership development.
M IS FOR MENTOR: OUR 2020-2021 MENTOR PROGRAM KICKS OFF NEXT MONTH

The Mentoring in Medicine & Science Mentor Program provides quality individualized mentorship and support to aspiring health professionals over a 6-month period. The program prioritizes students who will be applying to health professional school in the next 6-12 months. Mentees are expected to check-in with their mentor at least twice during the 6-month period. Shadowing opportunities are currently on hold during COVID, but we hope to bring that program component back when it is safe to do so. We also provide webinars on a host of topics for participants and the larger community. In the past couple of years these webinars have covered topics including choosing a residency program and surgery subspecialties.

If you are interested in applying to participate please complete the application by October 16th http://www.mimscience.org/2020-2021-application.html.

If you are a current health professional or health professional student interested in serving as a mentor, please complete the interest form by November 6th.

https://healthpipeline.wufoo.com/forms/wzef21h0fwkel2/. Questions or concerns? Please contact Denae Reed, PA-C at dreed@mimscience.org.

MENTOR SPOTLIGHT - Denae Reed, PA-C

“...” - Denae Reed, PA-C

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https://smile.amazon.com/ch/27-3263074
Name: Asha Vitatoe  
**Role at MIMS:** Director  
**Educational background:** BA in African-American Studies from Emory College in Atlanta. After a long hiatus from school, I am currently pursuing an MPH from UCLA  
**What motivated you to work with MIMS?:** MIMS has given me so many amazing opportunities to learn and grow in my past 5 years with the organization. I have been able to support so many aspiring health professionals of color and have discovered my own passion for public health. In the past 5 years, we have established new programs, initiatives and partnerships and it has been an honor to be a part of all that we have been able to accomplish with our amazing network of students, staff, board members, volunteers and supporters.  
**What do you enjoy doing when you are not working:** Try to sneak in a nap or read a good book.

Name: Maritza Gomez  
**Role at MIMS:** Program Coordinator  
**Educational background:** UC Berkeley, Class of 2018  
**What motivated you to work with MIMS?:** As a MIMS alum, this organization allowed me to get my bearings within healthcare and further explore my passion for community health. Now as a lead coordinator, I feel fortunate to have the opportunity to collaborate with a diverse group of professionals and work together to make an impact on youth and young adults seeking to enter the health field.  
**What do you enjoy doing when you are not working:** Practicing my cooking skills, watching too much true crime television and hanging out with friends.

**ALUMNI SPOTLIGHT**

Mark Hernandez is a member of our newest group of alumni. As a participant in the 2020 Summer Internship, Mark and 30 other aspiring health professional students engaged in a 3-week hybrid model program.  
**Name:** Mark Hernandez  
**Educational Background:** University of California, Merced. I graduated with a Bachelor’s Degree in Human Biology and a minor in Psychology  
**What led you to apply to the MIMS Summer Program?** As I was finishing my degree, one of my great friends told me about MIMS and I thought it was a great opportunity for me to meet other individuals that want to go into a healthcare career. I was confused on what I wanted to do after college and MIMS was a great way to stay focused and motivated on my goals.
Tell us about your experience. What about the program was most impactful? My time at MIMS was brief, but it was a great experience. I got to network with medical students and the MIMS staff. Networking is something I needed a lot of help with and MIMS helped with that so much! During the MIMS internship I thought to myself as networking as a spider-web, the bigger the web is spun the more opportunities will present themselves. Also, working on our interviewing skills was a plus. Because of the strategies that we learned during the internship I was able to get my first job after college and during a global pandemic.

Where are you currently working? I am working for Pacific Eye Associates in San Francisco, CA as an Ophthalmic Technician.

Any advice for students considering applying to the program? Always keep an open mind and always be willing to step out of your comfort zone. Also, never be afraid to be wrong because you will learn so much from being wrong. Finally, make sure to keep the MIMS staff updated on life events and keep them close.

Calling all alumni!

Apply for the MIMS Alumni in Action Book Scholarship

We are pleased to announce our inaugural MIMS Alumni in Action Book Scholarship! The $500 Scholarship will be awarded to one MIMS alumni who is currently pursuing an undergraduate or graduate degree. We are excited to support our alumni during our programs and beyond!

Apply today by completing these steps:
- Follow @MIMScience on Instagram
- Like our recent Alumni Spotlight post
- Complete our brief check-in survey linked [here](https://healthpipeline.wufoo.com/forms/w1sf123j1kuj052/)

All submissions are due by November 6th, 2020. The winner will be chosen by our advisory board and announced on Instagram and notified via email on November 18th, 2020.

Don't worry, high school students! All high school students who complete the steps above will be entered in a raffle for a $100 Visa Gift Card.
COVID CORNER

Purple Tiers and Orange Zones for air quality. All these colors are confusing! What we do know is that California is slowly improving overall in its response to Covid and outcomes. Less people are being diagnosed with Covid each day (daily new cases), fewer people overall are testing positive and fewer people are being hospitalized. Thus, many Bay Area counties, for example, have moved from the purple tier to the red tier. This allows, in addition to the permissible outdoor activities, more businesses to open at reduced capacity and schools to open with a waiver. The success of this transition depends on complying with masks at all times out of the home and social distancing. Our health departments are walking a fine line of wanting to reopen safely without increasing cases yet wanting citizens to get back to work, children to be in school and those who are isolated to be able to have social interaction. Eating outdoors has been found to be safer as well as outdoor activities. If you are an essential worker, consider getting a covid test. Covid appears like most viral illnesses. Thus this year, more than any other year, you should consider getting a flu shot. Influenza will be here soon and it presents similarly to Covid. How will you know if it’s the flu or covid? Getting the flu vaccine won’t prevent everyone from contracting the virus, but it does help tremendously. Stay safe, MIMS family! Remember to wash your hands often, and thank you for stopping by the Covid Corner.

THANK YOU

Like all of you, we have had to make changes to adjust to this new "normal". While this process has not been without challenges, we are so grateful to

Alvin Tang, MD
Aminta Kouyate
Andres Turner, MD
Angela White, MD
Bakare Awakoiye
Benjamin Lerman, MD
Bianca Carson, MD
Brissa Santacruz Gutierrez
Cody Schultz, MD
Dantia Hudson, MPH
Denae Reed, PA-C
Erika Walker, EdD
Estell Williams, MD
Glenda Newell-Harris, MD
Jeremiah Cross, MD
Jose Mejia
John Marshall
Jose Silva-Villanueva
Justin Moore, MD
Kelsey Lyles
Michael Pham
Mike Gibson, MPA
Nailah Thompson, MD
Nelly Gonzalez-Lepage, MD
Olivia Madison
Owen Garrick, MD
Quenton Bubb
Sequoia Hall, MPA
Tara Benesch, MD
Tinebetan Mekennon, D PA
Willard Osibin III, DDS
Xavier Harris, RN
Yolanda Fuentes
Yuki Burton, M. Ed
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Kaiser Permanente - East Bay Physicians
Kaiser Permanente - Northern California Community Benefits Program
Oakland Fund for Children and Youth
Stanford - School of Medicine
The MIMS Advisory Board
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UCSF Benioff Children’s Hospital - Oakland CHAMPS
UCSF School of Medicine - PRIME Program
UCSF School of Medicine - PRIME Program - 1st Year SOM Students

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