



Mayo Clinic CARES



Career Advancement,
Research & Education
Summer

ARIZONA PROGRAM 2022

Mayo Clinic College of Medicine and Science
Office for Education Diversity, Equity and Inclusion

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Foreword

It's exhilarating to see Mayo Clinic and the community joining hands to bring forward our best generations. A critical pathway to build the groundwork for further advancement of medical sciences. Mayo Clinic CARES is a mutually enriching experience for us all, and, more importantly, it is a wonderful way to build strong and enduring relationships with our learners and the community.



Cuong C. Nguyen, MD, AGAF, FACG, FASGE
Medical Director, Mayo Clinic CARES
Medical Director, Supply Chain Management
Associate Dean, Global Professional Education
Associate Professor of Medicine, College of Medicine

We are thrilled to be able to provide health care career exploration opportunities to high school students in the Valley. Providing access to health careers to all learners is something that the Office for Education Diversity, Equity, and Inclusion has sought to accomplish for a long time. This program is fantastic.



Barbara L. Jordan, MA
Administrator, Office for Education Diversity, Equity and Inclusion
Mayo Clinic College of Medicine and Science

Mayo Clinic CARES Leadership Team

Medical Director:

Cuong C. Nguyen, MD, AGAF,
FACG, FASGE

OEDEI Leadership:

Shannon Laughlin-Tommaso, MD
Barbara Jordan, MA

Mayo Clinic CARES Course Directors

Maria Molina, MS

Vicki Hochstetler, MEd

Chara Pruszynski, MPH

Mayo Clinic CARES Steering Committee

This program would not be possible without the hard work and dedication of the following steering committee members:

Cuong C. Nguyen, MD, AGAF, FACG, FASGE Medical Director of Mayo Clinic CARES, Consultant, Gastroenterology and Hepatology, and Associate Professor of Medicine

Barbara Jordan, Administrator, Mayo Clinic College of Medicine and Science

Nicole Billingsley, MBA, Operations Manager, Mayo Clinic Alix School of Medicine

Anikar Chhabra, MD, Orthopedic Consultant, Department of Orthopedic Surgery, Associate Professor of Orthopedic Surgery

Blake Davisson, Operations Manager, Experiential Learning - Arizona

Mary Sue Dumas, MSN, RN, AMB-BC, Nursing Lead Arizona, Mayo Model of Community Care, Mayo Clinic Arizona, Instructor in Nursing

Marcia Edwards, RACR, Diversity Recruitment Specialist

Brynn Goldberg, MSN, RN, Manager, Department of Orthopedic Surgery, and Instructor in Orthopedics

Diana Guebara, Supervisor, Office of Access Management: Executive, Development, International, and Medallion

Vicki Hochstetler, MEd, Operations Manager, Mayo Clinic School of Health Sciences

Janina Hogans, MHA, Clinical Operations Program Manager, Special Collaborations and Contracts

Yoshi Ikeda, Education Administration Coordinator

Keith Jones, Program Manager, Office of Joy and Well-being

Katherine C. Kough, MA, Program Director, Mayo Clinic Center for Humanities in Medicine

Shannon K. Laughlin-Tommaso, MD, Consultant, Chair, Division of Gynecology, Associate Professor of Obstetrics-Gynecology, Mayo Clinic College of Medicine, Associate Dean of Office for Education Diversity, Equity, and Inclusion

Yerronda Lewis, Supervisor, Administrative Support Professionals, Instructor in Health Care Administration, College of Medicine

Maria Molina, MS, Program Director-Diversity, Equity and Inclusion, Office for Education Diversity, Equity, and Inclusion

Farhia Omar, MPH, Program Manager, Center for Health Equity and Community Engaged Research, Instructor in Healthcare Administration

Chara Pruszynski, MPH, Operations Manager, Office for Education Diversity, Equity, and Inclusion, and Assistant Professor of Health Care Administration

A. Patricia Rodríguez, MS, Admissions Coordinator, Mayo Clinic Alix School of Medicine

Nicole Schuren, MSW, LMSW, Pediatric/Adolescent Social Worker, Program Manager

Sharon Torres, Program Director-Diversity, Equity and Inclusion, Office for Education Diversity, Equity, and Inclusion

Kairin Whiteside, CAVS, Director of Volunteer Services and Gift Shops

*Operations and funding provided by the
Mayo Clinic College of Medicine and Science.*

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About Mayo Clinic CARES

Mission

To introduce, prepare, and inspire high school students of various backgrounds and potentials for a career in the health care industry in a summer program with continuing, longitudinal mentorship.

Goals

- Enable high school students to gain exposure to career opportunities across the health care industry (with special emphasis on diversity, health equity, underresourced, and special populations)
- Strengthen students' academic potential
- Motivate and prepare high school students for the college application process and to become the leaders of the future workforce

Website

<https://college.mayo.edu/academics/diversity-and-inclusion/programs/mayo-clinic-cares/>

Social Media

https://linktr.ee/Mayo_OEDEI

Mayo Clinic

[Mayo.edu/MayoClinic](https://www.mayo.edu/MayoClinic)

[YouTube/MayoClinic](https://www.youtube.com/MayoClinic)

[LinkedIn/MayoClinic](https://www.linkedin.com/company/mayo-clinic)

[Facebook/MayoClinic](https://www.facebook.com/MayoClinic)

[Instagram/MayoClinic](https://www.instagram.com/MayoClinic)

With special thanks and in collaboration with The Links, Incorporated – Phoenix Chapter



Programs

The Links, Incorporated has a long tradition of promoting and engaging in educational, civic, and inter-cultural activities that enrich the lives of members of the Black community at large. The cornerstone of our service is our five programming facets — Services to Youth, The Arts, National Trends and Services, International Trends and Services, and Health and Human Services. Through our facets, we implement programs and initiatives that address the most critical needs of underserved communities. Annually, we impact the lives of more than 3 million people at home and abroad.

Health and Human Services

The Links, Incorporated established the Health and Human Services facet in response to the chronic health disparities that persist in black communities and result in the decreased life expectancy of African Americans and other people of African ancestry. The goal of HHS is to promote and facilitate programs that support the maintenance of good health and the elimination of chronic health disparities in communities of color through education, health advocacy, and optimal utilization of health resources. Community education about health risks is crucial, and The Links, Incorporated plays a significant role in providing it. For questions, please contact Dr. Victoria Jones at victoriajones7@sbcglobal.net and visit: <https://www.phoenixlinksinc.org/>

Mayo Clinic CARES Class of 2022



Caitlyn Benally

Hi, my name is Caitlyn Benally and I am going to be a junior at Seton Catholic Preparatory. In my spare time, I practice and study my favorite sport, basketball. And lastly, I am very interested in pursuing a healthcare career.



Shankar Chakker

My name is Shankar Chakker. I go to BASIS Phoenix and am going into 12th grade. I want to work in the field of medicine as a doctor or medical researcher. Some of the extra-curricular activities I participate in are speech and debate which I have done for the past 4 years and band, where I have been playing trumpet for the past 7 years. A couple of hobbies of mine are playing sports especially tennis and basketball, rock climbing, and working out in the gym. I also like to travel to different places and sample their unique foods.



Richa Chirravuri

My name is Richa Chirravuri, and I will be a senior at Hamilton High School in the fall. Some of my extracurricular activities include community service through organizations like Red Cross and Sparrow. In the future, I hope to pursue a career in the medical field with an emphasis on research.



Venezia Figueroa

My name is Venezia Figueroa and I am seventeen years old. I will be a senior at Bioscience High School this fall. My interests include art, music, videography, medicine, video games, and cats. I like to keep busy and seek opportunities that will help me achieve my goals in life, including to go to medical school.



Carter Henderson-Cole

My name is Carter Henderson-Cole. I am a Sophomore at Brophy College Prep High School. I aspire to be either a traveling nurse or a telemetry nurse. Something I like to do is gardening. A fun fact about me is that I have six chickens in my backyard.



Isabella Hineman

My name is Isabella Hineman, and I attend Glendale Preparatory Academy in Peoria, Arizona as a rising junior. I am interested in obtaining a MD/JD degree. I have a special interest in liberal arts studies, and recently completed a Philosophy and Christian Morality program through Princeton and the Witherspoon Institute. I am a competitive swimmer with Scottsdale Aquatic Club and have been swimming since I was four years old. I enjoy spending time with children and volunteer at Christ Church of the Valley (CCV), coaching fourth graders every week; and volunteer with Project Streetlight in Phoenix.



Nikhil Johnson

My name is Nikhil Johnson and I am a rising senior at North High School. As a student, my impact may be local, but I hope to create a snowball that inspires global change. By combining my passion for fostering a strong community and my childhood interest in medicine, I hope to pursue possible career options in anesthesiology, biomedical engineering, or research regarding infectious diseases. I love to dip my feet in a wide variety of hobbies, but currently, I have been infatuated with film (watching and producing), guitar, and cooking!



Ashley Maddox

Hello! My name is Ashley Maddox. I am a senior at Williams Field High School. A few of my hobbies include running, cycling, and reading. I also enjoy spending time with my family and volunteering at organizations in and around the community. I have always had a passion for helping others which has inspired me to pursue a career in the medical field. The healthcare profession I am most interested in becoming is an emergency medicine physician.



Sabrina Manero

Hi, my name is Sabrina Manero and I'm a rising junior at Scottsdale Preparatory Academy. In my spare time, I enjoy playing volleyball, attending concerts, and volunteering at my local animal shelter. I'm beyond excited to be a part of this program and I'm looking forward to learning new things that could assist me in my pursuit towards medical ingenuity. Currently, I am most intrigued by the field of neuroscience and hope to conduct research pertaining to this subject in my future.



AlexZis Masso

My name is AlexZis Masso. I am currently in my junior year of high school attending Hope High School Online. My interests in careers are nursing, business management, and photography. In my free time I like to spend time with friends and family, travel, and do self-maintenance. One fun fact about me is I moved from Illinois to Arizona during the pandemic.



Apache Miller

My name is Apache Miller. I am 17 years old. I attend Dobson High School in Mesa, AZ. I will be in 12th grade this coming school year. I am interested in engineering or being in the medical field or both. I like to hang out with my friends and play basketball or video games. I also take a great interest in getting to know about my Apache culture and language. My recently deceased father had given me my name after a nickname he received while serving in the Marine Corps.



Diya Nath

My name is Diya Nath and I am a senior in Arizona College Prep High School. I love to cook, bake, research topics and ask questions, sing, and play video games. I am incredibly passionate about connecting my love of food with my love for science to become a culinary neurologist, a scientist researching the connection between food and brain health. I plan to take my research and implement it in my own restaurant that will be based on the cuisine of my mother state: Assam, India.



Mischa Norton

My name is Mischa Norton, and I am going into my junior year of high school at Herberger Young Scholars Academy. I have been interested in medicine from a very young age. I am currently President of my school's National Honor Society and recently proposed establishing a new chapter of Mu Alpha Theta Math Honor Society. In my free time, I love to read, specifically dystopian fiction, and I also write short stories. I'm working towards fluency in Spanish and hope to become a bilingual doctor. I'm very excited to participate in this program!



Garrett Pirretti

My name is Garrett Pirretti and I am a Junior at ACP high school. I love to run and I participate in Cross Country and Track. I want to have a career in medicine or computer science but am still exploring what I want to study. A fun fact about me is that I'm 6 foot 6.



Mushfiqur Rahman

Hello, my name is Mushfiqur Rahman, I'm a rising junior, and I attend Bioscience High School. I like watching mystery shows that get my curiosity going. A few hobbies of mine are cooking, badminton, basketball and stitching. Some of my career interests are surgeon, biomedicine, and biotechnology. My interest in the medical path started when I started taking care of my grandpa. He needed countless medicines daily, which led me to question how medicine helps or treats a human body.



Sophia Roe

My name is Sophia Roe, and I am going into 11th grade at Saguaro High School. I hope to study something in the field of medicine in the future. I am interested in becoming a registered nurse or a therapist as a career path. I love playing tennis for my school, and one of my hobbies during the summer is swimming. I also am very involved in the orchestra program at Saguaro, and I have played the violin for almost ten years.



Jade Rojas

My name is Jade Rojas I am in 10th grade and I attend Red Mountain High School. My career interests are a Veterinarian for Exotic and Domestic animals, or a forensic criminologist with a minor in sociology and psychology. In my free time I love to write and make music, I also love to take care of my chinchilla to make sure she is healthy. I also enjoy studying about mental health and how i can help my peers around me.



Sukulya Somyoo

I am Sukulya Somyoo where my name derives from is Thailand. I just finished my 11th grade academia and am currently in 12th grade. I go to ASU prep digital and have attended for the past year now. My professional interests are getting into the health care system and helping impoverished and underprivileged communities and to help the injured get back on their feet. Some hobbies I enjoy are writing, learning new subjects, arts and crafts, and reading.



Manasi Vegesna

Hello! My name is Manasi Vegesna and I'm a rising junior at Hamilton High School. I'm interested in becoming a cardiac surgeon or oncologist, as I enjoy learning about the heart and about new technologies that can combat tumor growth. My hobbies include playing tennis and violin. I also read and watch my favorite Netflix shows in my free time.



Avery Zunker

Junior
San Tan Foothills High School
Queen Creek, AZ

Mayo Clinic CARES

Monday, July 11

Program subject to change

Leadership Team Welcome

10:00 am

Cuong C. Nguyen, MD, AGAF, FACG,
FASGE

Medical Director, Mayo Clinic CARES

Medical Director, Supply Chain
Management

Associate Dean, Global Professional
Education

Associate Professor of Medicine,
College of Medicine

Shannon Laughlin-Tommaso, MD

Associate Dean of Diversity, Equity,
and Inclusion

Division Chair, Gynecology

Mayo Clinic College of Medicine and
Science

Barbara L. Jordan, MA

Administrator, OEDEI

Mayo Clinic College of Medicine and
Science

Chara Pruszynski, MPH

Operations Manager, Office for
Education Diversity, Equity, and
Inclusion

Mayo Clinic College of Medicine and
Science, MCCMS

Maria Molina, MS

Program Director-Diversity, Equity &
Inclusion

Office for Education Diversity, Equity,
and Inclusion, MCCMS

Vicki Hochstetler, MEd

Operations Manager

Mayo Clinic School of Health Sciences,
MCCMS

Real Colors

10:30 am

Jamie Herget

Real Colors Facilitator

Placement Coordinator

Department of Laboratory Medicine
and Pathology

Lunch (on your own)

12:30 pm

Professional Development:

Presentation Skills

1:00 pm

Keith Jones

Program Manager

Office of Joy and Well-Being

Katherine C. Kough, MA

Program Director

Mayo Clinic Center for Humanities in
Medicine

Debrief & Journaling

1:45 pm

End of Day

2:00 pm

Mayo Clinic CARES

Tuesday, July 12

Program subject to change

Welcome

10:00 am

Medical Lab Sciences

10:15 am

Michelle Nelsen, MS, HTL(ASCP)CM
Program Director
MCSHS Histology Technician Program

Wellness break

11:00 am

Physician/Surgeon Careers

11:15 am

Shelley S. Noland, M.D.
Associate Professor, Plastic Surgery,
Orthopedic Surgery, Neurosurgery
Medical Director, Center for
Humanities in Medicine
Medical Director, Peripheral Nerve
Clinic

Lunch (on your own)

12:00 pm

Social Work & Child Life

12:30 pm

Nicole R. Schuren, MSW, LMSW
Program Manager, Medical Social
Worker
Pediatric-Adolescent
Instructor in Social Work
Mayo Clinic College of Medicine and
Science

Jenni Rogers, MS, CCLS, CTRS
Child Life Specialist

Professional Development: College Prep

1:15 pm

Patricia Rodriguez
CME Specialist
Mayo Clinic School of Continuing
Professional Development

Debrief & Journaling

1:45 pm

End of Day

2:00 pm

Mayo Clinic CARES

Wednesday, July 13

Program subject to change

Welcome & Education Leadership Remarks

10:00 am

Frederic B. Meyer, MD
Executive Dean of Education
Professor of Neurosurgery
Alfred Uihlein Family Professor in
Neurologic Surgery

John D. Poe
Chair, Education Administration
Assistant Professor of Health Care
Administration
Mayo Clinic College of Medicine and
Science

Pharmacy Careers

10:15 am

Michael Campbell Jr., Pharm.D.,
BCACP
Mayo Clinic Outpatient Pharmacy

Wellness break

11:00 am

Nursing Professional Roles and Pathways

11:15 am

Leslie Barnum, MSN, RN, CNE
Evidence Based Practice Program
Coordinator
Instructor in Nursing – College of
Medicine
ASU Adjunct Faculty

Mary Sue Dumas, MSN, RN, AMB-BC
Nursing Lead – Mayo Model of
Community Care
Instructor in Nursing – College of
Medicine

Lunch (on your own)

12:00 pm

Humanities in Medicine

12:30pm

Katherine C. Kough, MA
Program Director
Mayo Clinic Center for Humanities in
Medicine

Professional Development: Resume Writing

1:15 pm

Asher E. Kaye, MBA, MHSA
Administrative Fellowship Program

Debrief & Journaling

1:45 pm

End of Day

2:00 pm

Mayo Clinic CARES

Thursday, July 14

Program subject to change

Welcome

10:00 am

Lunch (on your own)

12:00 pm

Echocardiography Careers

10:15 am

Christy Baxter, R.D.C.S.
Academic and Clinical Coordinator
Echocardiography Program
Mayo Clinic School of Health Sciences

Careers in Research

12:30 pm

Dr. Jay Maningo-Salinas, PhD
Vice Chair, Research Administration
Assistant Professor of Nursing
Mayo Clinic College of Medicine

Wellness break

11:00 am

Professional Development:

Interview Skills

1:15 pm

Asher E. Kaye, MBA, MHSA
Administrative Fellowship Program

Physician Assistant Careers

11:15 am

Carrlene Donald, P.A.-C., M.S.
Physician Assistant
Department of Otolaryngology Head &
Neck Surgery

Debrief & Journaling

1:45 pm

End of Day

2:00 pm

Mayo Clinic CARES

Friday, July 15

Program subject to change

Welcome & Inspirational Remarks

10:00 am

Gina Bowser, LMSW
The Links, Incorporated – Phoenix
Chapter

Ruby Meraz, MPH, CHES
Director of Specialized Trainings
Arizona Community Health Workers
Association, Inc.

Arizona Community Engagement Alliance (CEAL) Panel

10:15 am

Facilitator:

Marion Kelly
Community and Business Relations
Director, Mayo Clinic Arizona
Co-Founder, Coalition of Blacks
Against Breast Cancer
Co-Founder, Diversity Leadership
Alliance

Leadership Inspirational Remarks

11:00 am

Jon T. Nordrum, PT, DPT, DSc
Division Chair – Education
Assistant Professor of Health Care
Administration
Instructor of Physical Therapy

Student Presentations, Part 1

11:05 am

Wellness Break

11:50 am

Panelists:

Angela M. Allen, PhD, CRRN
Associate RN Clinical Research
Program Director
Banner University Medical Center

Student Presentations, Part 2

12:00 pm

Closing Remarks

12:45 pm

Wendy Wolfersteig, PhD
Director, Office of Evaluation and
Partner Contracts
Southwest Interdisciplinary Research
Center (SIRC)
Research Associate Professor, School
of Social Work
Arizona State University

End of Day

1:00 pm

