



# MAYO CLINIC CARES

CAREER ADVANCEMENT, RESEARCH, AND EDUCATION SUMMER



Arizona Program



## 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 Program will be 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 of Mayo Clinic CARES  
Medical Director, Global Professional Development,  
Medical Director, Supply Chain Management  
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 Diversity has sought to accomplish for a long time; to now have the chance to do that with high school students via this program is fantastic. We look forward to meeting the outstanding Mayo CARES students and learning from them during the 5 weeks of the program.”

Barbara L. Jordan, MA  
Administrator, Mayo Clinic College of Medicine and Science

## Mission:

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

## Goals:

- Enable high school students to gain exposure to career opportunities across the healthcare industry (emphasizing diversity, health equity, underserved, and special populations)
- Strengthen students’ academic potential
- Motivate and prepare high school students for college application process and to become the leaders of the future workforce

Medical Director: Cuong C. Nguyen, MD, AGAF, FACG, FASGE  
Diversity Director: Chara A. Chamie, MPH

## Steering Committee Members

Brynn Goldberg MSN, RN, ONC, Manager Department of Orthopedic Surgery, Instructor in Orthopedics, College of Medicine

Vicki Hochstetler, MEd, Operations Manager, Mayo Clinic School of Health Sciences and Mayo Clinic Graduate School of Biomedical Science

Barbara L. Jordan, MA, Administrator, Mayo Clinic College of Medicine and Science

Cassandra Rickertsen, Research Technologist, Department of Neurologic Surgery

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

Stephani Wolfe, LCSW, Academic Success Advisor, Mayo Clinic College of Medicine and Science

## Advisory Council

Adebisi (Bisi) Alli, MD, Senior Associate Consultant, Community Internal Medicine

Caleta Beards, Administrative Assistant, Office for Diversity & Quality Academy

Ruth Bello, MA, Operations Manager, Mayo Clinic School of Health Sciences

Judy Cimochofski, Education Administration Coordinator, Mayo Clinic School of Health Sciences

Lynda Christel, MC, Operations Manager, Neurosurgery

Yonas Geda, MD, Consultant, Psychiatry

Marion Kelly, Community & Business Relations Director

Yerronda Lewis, Team Lead, Operations Administrative Assistant

Jay Maningo-Salinas, PhD, RN, Nurse Administrator, Department of Nursing

Giovanna Moreno Garzon, MS, Senior Program Research Coordinator

Nicole Nfonoyim-Hara, MSc, Diversity Director, Office for Diversity

Brittane Parker, MD, Senior Associate Consultant, Hospitalist

Kenneth Poole, Jr., MD, MBA, Consultant, Community Internal Medicine

Ryan Prigge, MEd, Operations Specialist-Education, Mayo Clinic School of Health Sciences

Alyx B. Porter MD, Consultant, Neurology

John M. Tokish, MD, Senior Associate Consultant, Orthopedic Surgery

James Tompkins, PT, DPT, Associate Dean, Mayo Clinic School of Health Sciences

Brandon Yancey OTD, OTD, Manager, Physical Medicine & Rehabilitation

Jolene Young, Admissions Recruiter, Recruitment Enrollment Operations

## Important Information

*Mayo Clinic Hospital:* 5777 E. Mayo Blvd, Phoenix, Arizona 85054 = **BLUE**

*Mayo Clinic – Clinic:* 13400 E. Shea Blvd, Scottsdale, AZ 85259 = **GREEN**

- Please arrive 10 minutes before start time – program begins promptly at 10am each day and ends at 3pm
- You may park in Visitor Parking lots. See maps on pages 10-11
- Program Subject to Change
- In most cases, full faculty titles only shown once throughout program for space considerations

# Meet our Students



## **Shreya Chandak**

I am a senior in the Bioscience CREST Program at Paradise Valley High School and I am a Bollywood Dance Instructor.

Paradise Valley High School  
Paradise Valley Unified School District



## **Matthew Fernandez**

I am very involved with my community and I am currently studying to become a Certified Medical Assistant.

La Joya Community High School  
Tolleson Union High School District



## **Ashton Foster**

I am very interested in eventually becoming a nurse anesthetist and I'm hoping this program gives me some experience and exposure to help me with my decisions about colleges and future careers. I'm super excited about this opportunity!

Xavier College Preparatory



## **Pragnya Karlapudi**

I will be a senior this coming school year at Paradise Valley High School - CREST and that I have been a competitive swimmer for over 6 years.

Paradise Valley High School  
Paradise Valley Unified School District



### **Roshan Pillai**

I'm passionate about helping my community and I can speed solve the Rubik's cube! I'm excited and looking forward to the program!

BASIS Scottsdale  
Scottsdale Unified School District



### **Ethan Register**

I love to learn and I love to serve others.

BASIS Scottsdale  
Scottsdale Unified School District



### **Amarilis Rios**

I love working with kids and I would really want to be a pediatric nurse practitioner. I am super excited to have the opportunity to be in this program!

Mountain Ridge High School  
Deer Valley Unified School District

# Program Agenda

## Week 1

### Tuesday (June 11th) Phoenix

#### Welcome & Overview of Day

10:00-10:15am  
Chara Chamie, MPH  
*Diversity Director*

#### Leadership Welcomes

10:15am-12:00pm

#### Welcome & Opening Remarks

Cuong C. Nguyen, MD, AGAF, FAGG, FASGE  
*Medical Director, Mayo Clinic CARES*  
*Medical Director, Global Professional Development*  
*Medical Director, Supply Chain Management*

#### Welcome & Career Journey

Richard Zimmerman, MD  
*Consultant and Professor in Neurosurgery*  
*Dean of Education - Arizona*

#### Welcome and Program History

Brynn Goldberg MSN, RN, ONC  
*Manager Department of Orthopedic Surgery*  
*Instructor in Orthopedics, College of Medicine*

#### Kickoff Special Lunch: Inspiration & Resiliency Panel

12:00-1:00pm

Grace Knuttinen, MD, PhD  
*Consultant and Associate Professor in the*  
*Division of Vascular and Interventional Radiology*  
*Program Director of the Mayo Clinic Medical*  
*Sciences Shadowing Program*

Stacey Jones, MBA, RN  
*Vice Chair of Research and Administrator of the*  
*Mayo Clinic Arizona Cancer Center Clinic Practice*

Giovanna Moreno Garzon, MS  
*Research Program Coordinator*

Shubhang K. Bhatt  
*Medical Student*

Michael Sarvi  
*Medical Student*

Facilitator:

Lynda Christel, MC  
*Operations Manager of Neurosurgery, Instructor*  
*in Healthcare Administration, Administrator of*  
*Arizona Diversity and Inclusion Subcommittee*

#### Photos: Group and Individual

1:00-1:30pm

#### Humanities in Medicine: Exploring Your Why

1:30-2:30pm

Katherine C. Kough, M. Admin  
*Program Director - Mayo Clinic Center for*  
*Humanities in Medicine*

#### Debrief of Day & Journaling

2:30-3:00pm

Kit Kough, M. Admin  
*Program Director - Mayo Clinic Center for*  
*Humanities in Medicine*

Stephani Wolfe, LCSW  
*Academic Success Advisor*  
*Mayo Clinic College of Medicine and Science*

### Wednesday (June 12th) Phoenix

#### Welcome – Overview of Day

10:00-10:15am  
Stephani Wolfe, LCSW  
*Academic Success Advisor*  
*Mayo Clinic College of Medicine and Science*

#### Mayo Clinic Values

10:15-10:45am  
Stephani Wolfe, LCSW

#### Strength Finders and Learning About Your Best Self

10:45am -12:00pm  
Stephani Wolfe, LCSW

#### Lunch

12:00-1:00pm

#### Strength Finders and Learning About Your Best Self

1:00-2:30pm  
Stephani Wolfe, LCSW

#### Debrief of Day & Journaling

2:30-3:00pm  
Stephani Wolfe, LCSW

### Thursday (June 13th) Phoenix

#### Welcome – Overview of Day

10:00-10:15am  
Chara Chamie, MPH

#### Pharmacy 101

10:15am-12:00pm  
Travis Shelton, PharmD, BCPS, BCOP  
*Pharmacy Supervisor*

Eric Nelson, RPh  
*Director of Pharmacy*

#### Lunch

12:00-1:00pm

#### Wellness, Balancing Health, Activities

1:00-2:30pm  
Stephani Wolfe, LCSW  
*Academic Success Advisor*

Maria Mangione, PsyD  
*Mental Health Clinician*

Keith Jones  
*Mayo Clinic Wellness Coach & Volunteer*

Brian Chong, MD  
*Consultant - Radiology and Neurological Surgery*

#### Debrief of Day & Journaling

2:30-3:00pm  
Stephani Wolfe, LCSW

## Week 2

### Tuesday (June 18th) PHOENIX

**Welcome – Overview of Day**  
10:00-10:30am  
Chara Chamie, MPH

**The Commitment to Service Here and Beyond**  
10:30-11:00am  
Alyssa Chapital, MD, PhD  
*Hospital Medical Director*  
*Associate Professor of Surgery, Department of Critical Care Medicine*

**Supply Chain Integration & Innovation**  
11:00-12:00pm  
David Reidy, MBA  
*Logistics Manager*  
*Supply Chain Management*

Stacey Bailie  
*Logistics Team Lead*  
*Supply Chain Management*

**Special Lunch – Spirituality in Healthcare**  
12:00-1:00pm  
Pastor Ermanno Willis, M Div, BCC  
*Chaplain*

**The role of a medical social worker: handling the non-medical needs of patients with compassion**  
1:30-2:45pm  
Nicole R. Schuren, LMSW  
*Pediatric/Adolescent Social Worker*

**Debrief of Day & Journaling**  
2:45-3:00pm  
Chara Chamie, MPH

### Wednesday (June 19th) PHOENIX

**Welcome – Overview of Day**  
10:00-10:15am  
Chara Chamie, MPH

**Journey of Being a Doctor & How the Kidney Works**  
10:15-12:30pm  
Brittane Parker, MD  
*Senior Associate Consultant - Hospital Internal Medicine*

**Lunch with Leaders**  
12:30-1:30pm

**Radiology Overview**  
1:30-2:30pm  
Kerry Knodel, RT (R) (CT)  
*Tech Educator*  
*Radiology*

Morgan Bruggeman  
*Radiology*

**Debrief of Day & Journaling**  
2:30-3:00pm  
Chara Chamie, MPH

### Thursday (June 20th) SCOTTSDALE

**Welcome – Overview of Day**  
10:00-10:30am  
Chara Chamie, MPH

**Student Mentorship Discussions**  
10:30am-12:00pm  
Cuong C. Nguyen, MD, AGAF, FACG, FASGE  
Stephani Wolfe, LCSW  
Chara Chamie, MPH

**Medical School 101 and Lunch**  
12:00-1:00pm  
Susan Misztal  
*Education Coordinator – Admissions*  
*Mayo Clinic Alix School of Medicine*

Devika Das  
*Medical Student*  
*Mayo Clinic Alix School of Medicine*

Terence Meyerhoefer  
*Medical Student*  
*Mayo Clinic Alix School of Medicine*

Marisa Salazar  
*Medical Student*  
*Mayo Clinic Alix School of Medicine*

**Community Engagement & Health Equity in Research and Practice**  
1:30-2:30pm  
Jenny T. Ho, MHSA, MPH  
*Operations Administrator, Ophthalmology and Research*

Marion Kelly  
*Community & Business Relations Director*  
*Public Affairs*

Farhia Omar, MPH  
*Program Manager*  
*Center for Community Engagement and Health Equity Research*

Isabel Santana  
*Research Program Coordinator*  
*Center for Community Engagement and Health Equity Research*

**Debrief of Day & Journaling**  
2:30-3:00pm  
Stephani Wolfe, LCSW

**Week 3**

**Tuesday (June 25th)  
SCOTTSDALE**

**Welcome – Overview of Day**  
10:00-10:30am  
Brynn Goldberg MSN, RN, ONC  
*Manager Department of Orthopedic Surgery  
Instructor in Orthopedics, College of Medicine*

**Journey of Becoming an Orthopedic Surgeon-  
Two very different paths**

**Orthopedics Oncology**  
10:30-11:00am  
Krista Goulding, MD, MPH  
*Senior Associate Consultant  
Assistant Professor of Orthopedics, College of  
Medicine*

**Orthopedics Sports**  
11:00-11:30am  
Anikar Chhabra, MD, MS  
*Consultant, Department of Orthopedic Surgery  
Associate Professor of Medicine, Mayo Clinic  
College of Medicine  
Team Orthopedic Consultant, Arizona State  
University*

**Orthopedics-Journey of Becoming Physician  
Assistant**  
11:30-12:00pm  
Donald Dulle PA-C  
*Orthopedic Surgery-Sports Medicine*

**SHORT Lunch**  
12:00-12:30pm

**Special Lab Activities**  
12:30-2:30pm  
Brynn Goldberg MSN, RN, ONC

**Debrief of Day & Journaling**  
2:30-3:00pm  
Chara Chamie, MPH

**Wednesday (June 26th)  
PHOENIX**

**Welcome – Overview of Day**  
10:00-10:30am  
Chara Chamie, MPH

**Central Services**  
10:30-11:30am  
Bradley M. Haase, MS, BSN, RN-BC, CNOR  
*Nursing Education Specialist – Education and  
Professional Development  
Program Director – Fellowship in Perioperative  
Nursing – MCSHS  
Instructor in Nursing – College of Medicine*

Robert Bell, CRCST  
*Coordinator, CSPD Education*

**Health Systems Engineering: Building things  
that help people**  
11:30-12:00pm  
David Upjohn, MS  
*Operations Manager  
Instructor in Health Care Systems Engineering*

**Lunch with Leaders  
GLOW MERG**  
12:00-1:00pm  
Tina Sauber, OTD, OTR/L, BCPR  
*Director of Occupational Therapy  
Supervisor of Therapy Services*

**Rehabilitation Therapy: Physical,  
Occupational, Speech, and Recreational**  
1:00-2:30pm  
Tina Sauber, OTD, OTR/L, BCPR

John Sisk, COTA  
*Certified Occupational Therapy Assistant*

Sofia Abrate, PT, DPT  
*Director of Physical Therapy*

Sharon Edwards, MS CCC-SLP  
*Speech and Language Pathologist*

Chelsea Rodriguez, CTRS  
*Certified Recreation Therapist*

**Debrief of Day & Journaling**  
2:30-3:00pm  
Chara Chamie, MPH

**Thursday (June 27th)  
SCOTTSDALE**

**Welcome – Overview of Day**  
10:00-10:15am  
Chara Chamie, MPH

**Dermatology**  
10:15-11:00am  
Michael Lehrer, MD  
*Resident PGY-3*

**Histotechnology**  
11:00-11:30am  
Michelle Nelsen, MS, HTL(ASCP)CM  
*Program Director  
MCSHS Histology Technician Program*

**Histotechnology Lab Tour**  
11:30-12:00pm

**Lunch with Leaders: Deciding a Major, College  
& Career  
eMERGING Leaders**  
12:00-1:00pm  
Janina Hogans, MHA  
*eMERGING Leader's Chair, Senior Specialist – ATS*

Luqing Lu, MS  
*Senior Health Systems Engineer*

Ceirra Reis  
*Physical Medicine and Rehabilitation Technician*

**Journey of Becoming a Doctor**  
1:00-2:00pm  
Kenneth G Poole, Jr, MD, MBA, CPE, FACP  
*Medical Director of Patient Experience, Mayo Clinic  
Arizona  
Chair, Health Information Coordinating  
Subcommittee, Mayo Clinic  
Assistant Professor of Medicine, Mayo Clinic Alix  
School of Medicine  
Consultant, Division of Community Internal  
Medicine, Mayo Clinic Arizona*

**Debrief of Day & Journaling**  
2:30-3:00pm  
Stephani Wolfe, LCSW

## Week 4

### Tuesday (July 2nd) SCOTTSDALE

#### Welcome – Overview of Day

10:00-10:30am  
Chara Chamie, MPH

#### Inside the heart with Echocardiography

10:30am-11:30am  
Rochelle (Shelly) Tyler BS, RDCS, FASE  
*Academic/Clinical Coordinator MCSHS AZ  
Echocardiography Program  
Assistant Professor of Medicine, Mayo Clinic  
College of Medicine and Sciences*

#### The Power of Volunteering and Community Service

11:30-12:30pm  
Kairin Whiteside, CAVS  
*Director Volunteer Services and Gift Shops*

Tish Mailloux, CAVS  
*Coordinator-Phoenix Campus*

Jackie Barr  
*Coordinator-Scottsdale Campus*

#### Lunch with Leaders

12:30-1:30pm

#### Mayo Research Shield: The Roles Researchers, Veterinarians, Physicians, and Allied Health Staff Play in Biomedical Research

1:30-2:30pm  
Naomi Gades, DVM, MS  
*Consultant, Comparative Medicine  
Assistant Professor of Epidemiology, College of  
Medicine*

#### Debrief of Day & Journaling

2:30-3:00pm  
Chara Chamie, MPH

### Wednesday (July 3rd) PHOENIX

#### Welcome – Overview of Day

10:00-10:15am  
Chara Chamie, MPH

#### Nursing Opportunities: Acute care, ambulatory, community-based care, and simulation-based nursing in academia and practice

10:15am-12:00pm  
Mary Sue Dumas, MSN, RN-BC  
*Nursing Lead Arizona - Mayo Model of  
Community Care,  
ASU Adjunct Faculty*

Katherine A. Markiewicz, MSN, RN, CHSE  
*Nursing Education Specialist  
Assistant Professor in Nursing, College of  
Medicine*

Leslie Barnum MSN, RN  
*ASU Adjunct Faculty*

#### Diversity & Inclusion Lunch

12:00-1:00pm  
Alanna Rebecca, MD  
*Division Chair – Plastic and Reconstructive  
Surgery  
Chair – Arizona Diversity and Inclusion  
Committee*

Alyx B. Porter MD, FAAN  
*Medical Director - Early undergraduate pipeline  
program  
Vice Chair- Diversity and Inclusion Committee.*

Lynda Christel, MC  
*Operations Manager, Neurosurgery  
Site Administrator, Arizona Diversity and  
Inclusion*

Marion Kelly,  
*Community & Business Relations Director*

#### Nursing Leadership and Research: Lessons from the Trail

1:30-2:30pm  
Jay Maningo-Salinas, PhD, RN, NE-BC,  
CPHQ, FACHE  
*Nurse Administrator, Department of Nursing  
Assistant Professor of Nursing, College of  
Medicine*

#### Debrief of Day & Journaling

2:30-3:00pm  
Chara Chamie, MPH

### Thursday (July 4th)

Not meeting due to holiday

## Week 5

### Tuesday (9th) SCOTTSDALE

#### Welcome – Overview of Day

10:00-10:30am  
Chara Chamie, MPH

#### A Week in the Life of a MD/PhD Researcher

10:30-11:00am  
Ping Yang, MD, PhD, MPH  
*Professor of Epidemiology  
Health Sciences Research*

#### Journey of Being a Doctor Community Internal Medicine

11:00am-12:00pm  
Bisi Alli, DO, MS, FACP  
*Lean Six Sigma Black Belt  
Assistant Professor, Mayo Clinic College of  
Medicine  
Assistant Professor, University of Arizona College  
of Medicine  
Senior Associate Consultant, Division of Community  
Internal Medicine*

#### Lunch with Leaders

12:00-1:00pm

#### Training the future generation of health care professionals and scientists of diverse backgrounds at Mayo Clinic College of Medicine and Science

1:00-2:00pm  
Yonas Geda, MD  
*Professor of Neurology and Psychiatry  
Consultant, Departments of Psychiatry &  
Psychology and Neurology  
Associate Dean for Diversity and Inclusion, Mayo  
Clinic College of Medicine and Science*

#### Program Reflections

2:00-3:00pm  
Stephani Wolfe, LCSW

### Wednesday (10th) PHOENIX

#### Welcome – Overview of Day

10:00-10:30am  
Cassandra Rickertsen  
*Research Technologist  
Department of Neurologic Surgery*

#### Laboratory Professionals: Who are they? Exploring Careers in the Medical Laboratory (Human Cell Therapy Lab & DLMP tours in hospital)

10:30am-12:00pm  
Pamela Green, MBA, MT(ASCP)SM  
*Education Coordinator  
Laboratory Medicine*

Sarah Malakian, MS, MT (ASCP)  
*Supervisor, Technical Lab  
HCT Laboratory*

#### Lunch with Leaders

12:00-1:00pm

#### Precision NeuroTherapeutics Innovation Program: Neurosurgical Innovations + Mathematical NeuroOncology Lab tour

1:00-2:30pm  
Bernard R. Bendok, MD, MSCI  
*Chair, Neurological Surgery in Arizona  
William J. and Charles H. Mayo Professor  
Professor of Neurosurgery*

Matthew Welz, MS  
*Research Technologist  
Clinical Studies Unit - Neurosurgery*

Kristin Swanson, PhD  
*Co-Director, Precision Neurotherapeutics  
Innovation Program  
Director, Mathematical NeuroOncology Lab  
Professor and Vice Chair of Research,  
Neurosurgery, Mayo Clinic - Phoenix, AZ  
Professor, Mathematics, Arizona State University  
- Tempe, AZ*

Cassandra Rickertsen  
*Research Technologist*

**Program Debrief**  
2:30-3:00pm  
Chara Chamie, MPH

### Thursday (11th) PHOENIX

#### Welcome – Overview of Day

10:00-10:15am  
Chara Chamie, MPH

#### Celebration Day: Leadership Remarks

10:15-11:30am  
Cuong C. Nguyen, MD, AGAF, FACG, FASGE  
*Medical Director, Mayo Clinic CARES  
Medical Director, Global Professional  
Development,  
Medical Director, Supply Chain Management*

Yonas Geda, MD  
*Professor of Neurology and Psychiatry  
Consultant, Departments of Psychiatry &  
Psychology and Neurology  
Associate Dean for Diversity and Inclusion, Mayo  
Clinic College of Medicine and Science*

Barbara L. Jordan, MA  
*Administrator, Mayo Clinic College of Medicine  
and Science*

Diane Jelinek, PhD  
*Dean for Research, Mayo Clinic in Arizona  
Professor of Immunology  
Consultant, Department of Immunology and  
Division of Hematology  
Gene and Mary Lou Kurtz Professor of Multiple  
Myeloma Research*

James Tompkins, PT, DPT  
*Associate Dean, Mayo Clinic School of Health  
Sciences*

#### Celebration Lunch – Faculty, Students, & Families

11:30am-1:00pm

#### Graduation & Honor Ceremony

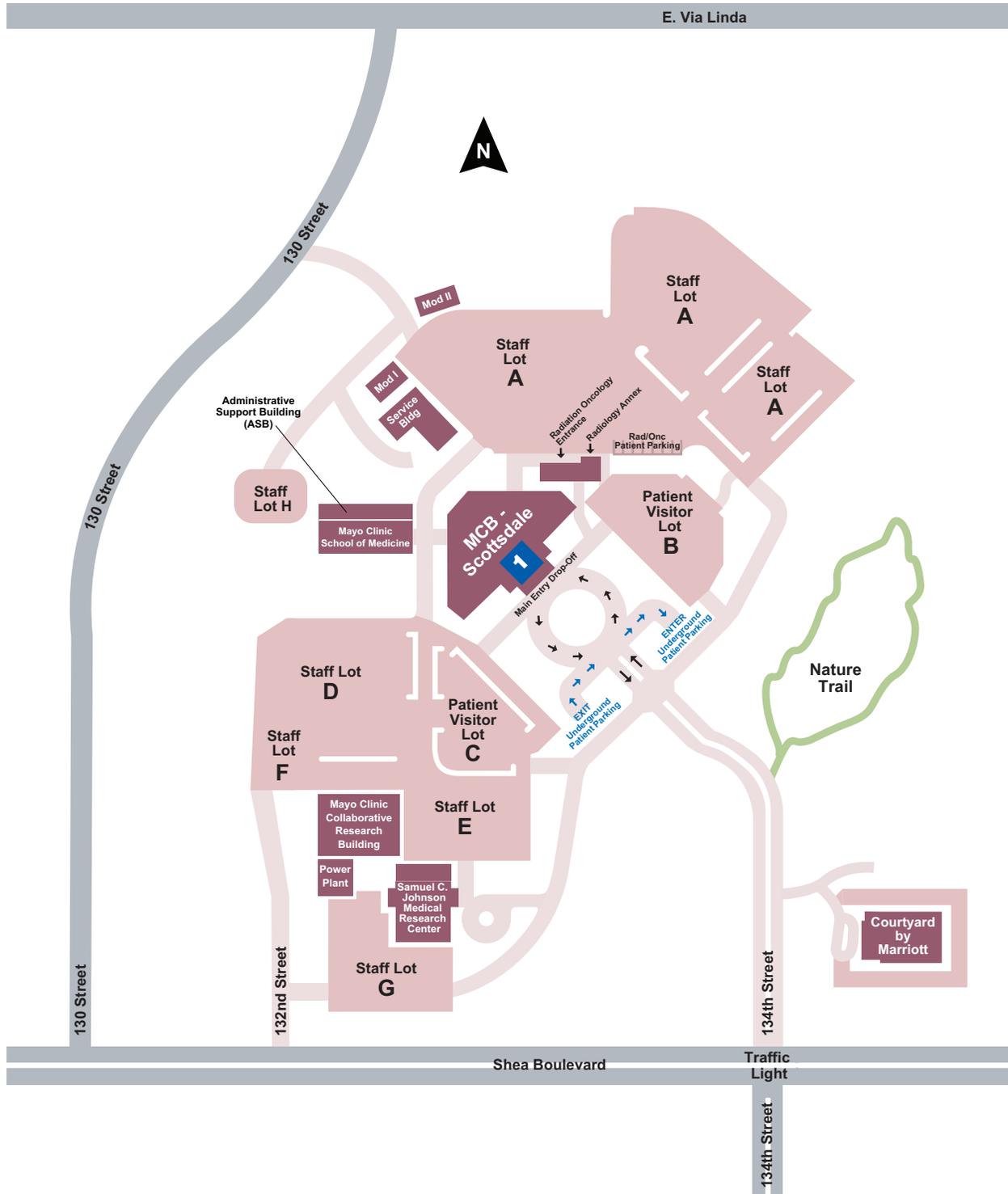
1:00-1:30pm  
Cuong C. Nguyen, MD, AGAF, FACG, FASGE  
*Medical Director, Mayo Clinic CARES*

Marion Kelly  
*Community & Business Relations Director*

Chara Chamie, MPH  
*Diversity Director*

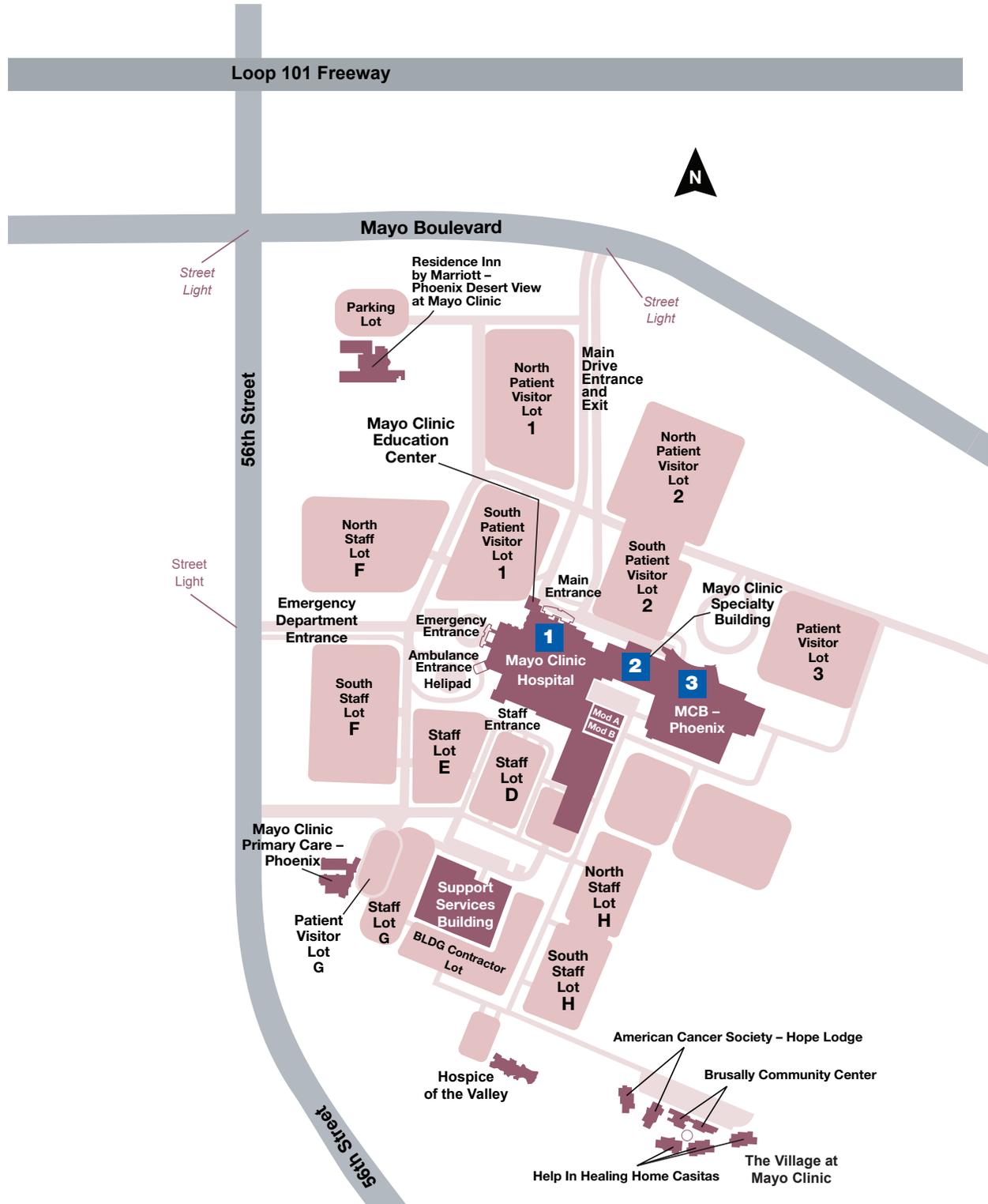
# Scottsdale, Arizona

## [SCT] Scottsdale Campus Map



# Phoenix, Arizona

## [PHX] Phoenix Campus Map



# Notes



