



Mayo Clinic CARES AZ Program

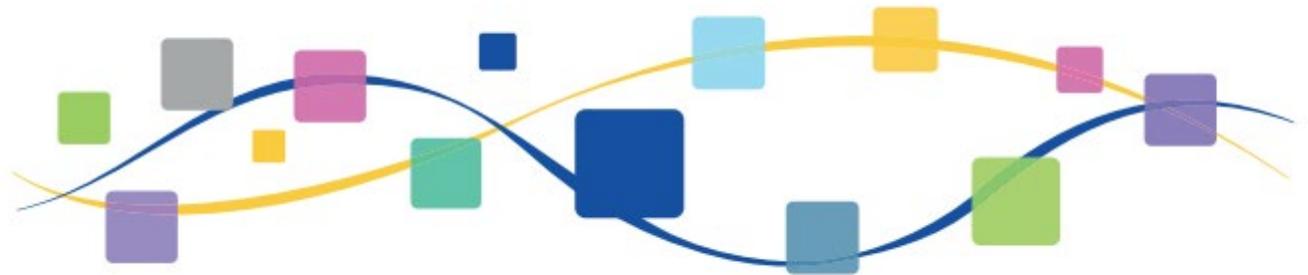


June 3-26, 2025

Office of Education Engagement and Outreach
Mayo Clinic College of Medicine and Science



Mayo Clinic Values



The needs of the patient come first

- **Respect:** Treat everyone in our diverse community including patients, their families and colleagues with dignity.
- **Integrity:** Adhere to the highest standards of professionalism, ethics and personal responsibility, worthy of the trust our patients place in us.
- **Compassion:** Provide the best care, treating patients and family members with sensitivity and empathy.
- **Healing:** Inspire hope and nurture the well-being of the whole person, respecting physical, emotional and spiritual needs.
- **Teamwork:** Value the contributions of all, blending the skills of individual staff members in unsurpassed collaboration.
- **Innovation:** Infuse and energize the organization, enhancing the lives of those we serve, through the creative ideas and unique talents of each employee.
- **Excellence:** Deliver the best outcomes and highest quality service through the dedicated effort of every team member.
- **Stewardship:** Sustain and re-invest in our mission and extended communities by wisely managing our human, natural and material resources.

For more information about the Mayo Clinic Values, please visit values.mayo.edu

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Mayo Clinic CARES Leadership Team

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
Consultant, Gastroenterology and Hepatology
Associate Dean, Global Professional Education
Associate Professor of Medicine, College of Medicine



Shannon K. Laughlin-Tommaso, MD, MPH
Professor and Consultant, Obstetrics & Gynecology
Associate Dean, Office of Education Engagement
and Outreach
Mayo Clinic College of Medicine and Science



Lori K. Bratvold, MEd
Administrator, Office of Education Engagement
and Outreach
Mayo Clinic College of Medicine and Science
Assistant Professor of Medical Education



Maria L. Molina, MS
Program Director, Office of Education Engagement
and Outreach
Mayo Clinic College of Medicine and Science
Instructor in Health Care Administration



Chara A. Pruszynski, MPH
Manager, Office of Education Engagement
and Outreach
Mayo Clinic College of Medicine and Science
Assistant Professor of Health Care
Administration

Mayo Clinic CARES Steering Committee

This program would not be possible without the hard work and dedication of our steering committee.

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

Shannon K. Laughlin-Tommaso, MD, MPH, Professor and Consultant, Obstetrics & Gynecology, Associate Dean, Office of Education Engagement and Outreach, MCCMS

Lori Bratvold, MEd, Assistant Professor of Medical Education, Administrator, Office of Education Engagement and Outreach, Mayo Clinic College of Medicine and Science

Leslie Barnum, MSN, RN, CNE, Nursing Education Specialist, EBP Coordinator

Carlos Bravo, MEd, Admissions Recruiter, Office of Strategic Student Recruitment and Outreach, MCCMS

Anikar Chhabra, MD, Chair, Division of Sports Medicine, Associate Chair of Clinical Practice, Department of Orthopedic Surgery, Consultant and Professor of Orthopedic Surgery

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

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

Yoshika (Yoshi) Ikeda, MA, Education Administration Coordinator, Office of Education Engagement and Outreach

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

Asher Kaye, MHA, MBA, Operations Manager, Experiential Learning, Arizona

Kit Kough, MA, Program Director, Mayo Clinic Center for the Humanities in Medicine

Yerronda (Ronda) Lewis, MBA, Program Director, Office of Education Engagement and Outreach, Instructor in Health Care Administration

Ron Mack, Talent Solutions Specialist, Workforce Development

Maria L. Molina, MS, Program Director, Office of Education Engagement and Outreach, Instructor in Health Care Administration

Giovanna G. Moreno Garzon, MSE, Manager, Office of Core Shared Services- Research Administration

Farhia Omar, MPH, Manager, Community Outreach and Engagement Research Services (COERS), Instructor in Healthcare Administration

Chara A. Pruszynski, MPH, Manager, Office of Education Engagement and Outreach, Assistant Professor of Health Care Administration

A. Patricia Rodriguez, MS, CME Specialist, Mayo Clinic School of Continuing Professional Development

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

Sharon Torres, Program Director, Office of Education Engagement and Outreach

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

About Mayo Clinic CARES

Mission

The Mayo Clinic CARES (Career Advancement, Research and Education Summer) Program began in 2019 and since then has grown and expanded with great success. Its mission is to introduce, prepare, and inspire high school students of various backgrounds and potentials for a career in the health care industry with continuing, longitudinal mentorship.

Goals

- Enable high school students to gain exposure to the broad range of career opportunities across the health care industry.
- Strengthen students' academic potential through interactive learning, the discovery of personal strengths, teamwork, networking, and public speaking.
- Motivate and prepare high school students for the college application process and to become the leaders of the future health care workforce.

Social Media Guidelines

- It is critical to protect patient and visitor confidentiality. Do not take selfies or pictures while in hospital rooms or hallways. There will be designated times when you can take pictures.
- When sharing information on your social media accounts, please uphold the Mayo Clinic values (i.e. respect, integrity, excellence, etc.).



Program Dates and Locations

Daily Meeting Location: Main Lobby of Mayo Clinic Phoenix Campus, Building 1 (5777 E. Mayo Blvd, Phoenix, AZ 85054)

Daily Meeting Times (listed below and vary by date): The 9:30 am meeting times are for dates when shuttles will transport students to a different building on the hospital campus. The 9:45 am meeting times are for dates when students will walk from the lobby to the designated classroom.

WEEK 1

June 3 – 9:30 am

June 4 – 9:45 am

June 5 – 9:45 am

WEEK 2

June 10 – 9:45 am

June 11 – 9:45 am

June 12 – 9:30 am

WEEK 3

June 17 – 9:45 am

June 18 – 9:30 am

June 19 – 9:30 am

WEEK 4

June 24 – 9:45 am

June 25 – 9:30 am

June 26 – 9:30 am

Student Drop-Off & Pick-up

- Please arrive to the hospital at the meeting times indicated above (9:30am or 9:45am).
- For students who are driving in, park in the Patient/Visitor parking area near Building 1. A permit is required; please complete the designated form and place the permit on your rearview mirror.
- Mayo Clinic CARES staff members will meet students in the lobby and escort them to the classroom each day, and this will require either walking or taking a shuttle from one building to another.
- The program begins at 10:00am and ends at 3:00pm. Staff members will escort students back to Building 1 lobby at the end of each day, either walking or via a shuttle when needed.

Ground Rules

- Arrive on time; arriving early is preferred. We will be sure to end on time.
- Please dress professionally each day. Wear comfortable dress shoes for walking (no sneakers).
- Turn your phones on vibrate or silent when participating in the program.
- Walk quietly and respectfully through the hallways when transitioning through hospital buildings.
- Demonstrate kind and professional behavior towards your classmates, staff and guest speakers.

Program Partner

With special thanks and in collaboration with:

The Links, Incorporated–Phoenix Chapter



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 their service is their five programming facets — Services to Youth, The Arts, National Trends and Services, International Trends and Services, and Health and Human Services. Through their facets, they implement programs and initiatives that address the most critical needs of underserved communities. Annually, they impact the lives of more than 3 million people at home and abroad.

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. Teresa Malcolm at tmalcolm.md@gmail.com or visit: <https://www.phoenixlinksinc.org/>.

Mayo Clinic CARES Class of 2025

First Name	Last Name	High School	City
Ximena	Acedo-Moreno	Canyon View High School	Wadell
Cristopher	Baez	Academies at South Mountain	Phoenix
Annette	Bell	Arizona Virtual Academy	Glendale
Manuel	Castillo	Maricopa High School	Maricopa
Evan	De Melo	Perry High School	Gilbert
Maritza	Dominguez Robles	Academies at South Mountain	Phoenix
Mónica	Garcia	Academies at South Mountain	Phoenix
Ayanna	Gayles	Verrado High School	Buckeye
Kameela	Jimale	Gateway Early College Highschool	Phoenix
Mia	Lopez	Cesar Chavez High School	Phoenix
Aiden	Miguel	Saguaro High School	Scottsdale
Erica	Munoz	Camelback Highschool	Phoenix
Emmanuel	Otero	Desert Vista High School	Phoenix
Ashley	Perez	Barry Goldwater High School	Phoenix
Zitlaly	Pineda Ramirez	Metro Tech High school	Phoenix
Saniya	Reveron	BASIS Mesa	Mesa
Zoe	Reyes	Gilbert Classical Academy	Gilbert
Malachi	Vaughn	Chandler Preparatory Academy	Chandler

Scholar Bios



Ximena Acedo-Moreno

Hello, my name is Ximena. I'm a 16-year-old Mexican student at Canyon View High School in Wadell. I love to volunteer whenever I can, my favorite being in my church. I love to help out in my church, serving food to others and welcoming guests. Along with volunteering, I've always loved to help others, which is why I have an interest in pursuing nursing. When I'm at home, I love to paint, watch TV, and play with my sisters. A fun fact about me is we have pet chickens.



Cristopher Baez

My name is Cristopher Baez, and I am driven to work in the medical field. I want to be part of a community that cares for people and be involved in a change in this world. I'm a good listener and helper, hardworking, motivated, and passionate about what I want to do. I want to work in the medical field because I just want to be there for people who think that no one is there and give peace to people knowing they will be safe in a hospital or pharmacy. My hobby is playing soccer, going to the gym, and sometimes drawing a bit. Fun facts about me are that I been playing soccer since a kid. Another fun fact is that I got an award from phoenix when I promoted from 8th grade.



Annette Bell

My name is Annette and I'm 15 years old. I'm interested in forensic pathology, and I want to start working on my career as early as possible. Aside from my aspirations in the medical field, I have been drawing my entire life. I love the visual arts like fashion and illustration, but I think all forms of art are beautiful. I also enjoy the performing arts, even if I've only been in a few musicals myself.



Manuel Castillo

I'm Manuel Castillo, an upcoming high school senior with a passion for service, medicine, and civic engagement. I started Unity Club (a community service club) and Sports Medicine Club at my high school; both focused on building community and making a difference on campus. Through Citizen University's Youth Collaboratory, I learned how young people can influence real change. I plan to become an anesthesiologist and later work in politics to help make healthcare more accessible. I'm always looking for ways to grow; whether it's taking on challenges, hiking with friends, going to the gym, or picking up random skills like making cotton candy and balloon dogs.



Evan De Melo

My name is Evan Phillip De Melo. I am a freshman at Perry High School's STEM Scholar Program. I have a strong passion for the medical sciences, and I am particularly drawn to the study of anesthesiology as I envision it as my career path. I have been the captain of my scouting club unit for two years and, while in middle school, I was a member of the National Junior Honors Society. My hobbies include creating Lego stop-motion videos, editing videos, making short films and skits, watching science related educational videos, playing soccer, developing games, creative writing and storytelling, playing the piano, and producing YouTube videos. A fun fact about myself is that I am an expert açai bowl maker and a piña colada enthusiast.



Martiza Dominguez Robles

My name is Maritza Dominguez and I'm planning to pursue a Bachelor of Science in Nursing after high school to work toward becoming a registered nurse. I'm a member of the National Honor Society and have completed over 50 volunteer hours through various community service projects. I serve as a Link Crew Leader, where I help support incoming freshmen, and I'm also involved in HOSA through my pharmacy class. In my free time, I enjoy reading and writing. A fun fact about me is that I love spending time in bookstores and could stay in one for hours.



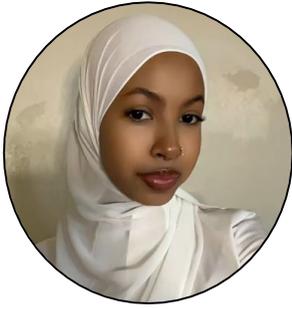
Monica Garcia

My name is Monica, and I am a junior in high school. I'd like to become a pediatric nurse, then continue my education to be an anesthesiologist nurse. I'm vice president of my school's HOSA club, in National Honors Society, and Be a Leader Club. For community service, I've volunteered at St. Vincent for serving the homeless and other community service with Be a Leader, such as going to the senior center. As for my hobbies, I like to color, read, and dance. A fun fact about me is my favorite animals are jelly fish.



Ayanna Gayles

My name is Ayanna, and I am diving into the world of healthcare to discover my passion. As a sports medicine aide, I am gaining hands-on experience in patient care and making connections. I'm also on the board of HOSA as the historian, where I help document our club's achievements. In student government, I serve as the community outreach coordinator, connecting our school with local organizations. Additionally, I participate in nSTEM, where I serve as secretary. Outside of these activities, I enjoy reading books of all genres. A fun fact about me that I can play the flute.



Kameela Jimale

Hello, my name is Kameela Jimale. Currently, I am a sophomore at Gateway Early College High School and my favorite classes are Biology and Algebra. Since elementary school, I have known I want to pursue a career in medicine. As for now I am interested in becoming a Physician Assistant or Medical Doctor. As for leadership, I really value helping others, so I help tutor classmates and younger family members. I volunteer at the Science Center where I interact with kids by doing science related activities with them. As for hobbies, I really enjoy reading and writing in my free time, especially about science related topics.



Mia Lopez

Hi! My name is Mia Lopez, and I am seventeen years old. I plan on becoming a neonatal nurse or a pediatric nurse! The reason I want to peruse this job is because i feel like I have enough empathy to connect and work with babies including their family who will need a lot of support. I also understand it comes with hard days, and I know I am strong enough to get through those tough days. When I'm not in school, I love making friends and connecting with others through the same hobbies. My favorite hobby is painting while listening to music, preferably with my friends or family! Fun fact: I have a pocket pit bull named Rocket!



Aiden Miguel

My name is Aiden Miguel, and I am a junior. My career goal is to become a physician assistant and become a provider for the local reservation Salt River Pima Maricopa Indian Community. I am a student at Saguaro High School, and I am involved in the Saguaro Native American Club and Mentor Ambassador Program. Outside of school, I am a member of Young River Peoples Council (YRPC) for Salt River. After the program, I will start my Medical Assistant Program at East Valley Institute of Technology and will complete it when I graduate High School to kickstart my path towards becoming a PA! I enjoy traveling to different places to explore how the world and society differ from my hometown. A fun fact is that my sister and I are twins for one month!



Erica Muñoz

Hi, my name is Erica, and I am interested in pursuing a career in science and medicine. I'm currently thinking of dermatology, but still considering my options. I am part of Link Crew at my school where I help make freshmen feel welcomed and supported. I help plan events and new students with anything they're struggling with. Helping others is big for me, whether it's donating to my community or doing random acts of kindness. I also create cards and drawings for kids in the hospital to put a smile on their faces. When I have free time, I enjoy writing stories and reading books. A fun fact about me is that I love penguins.



Emmanuel Otero

My name is Emmanuel Otero, and I am an upcoming junior at Desert Vista High School. My career aspirations are to become an Anesthesiologist. I completed the Camp O'Connor Civics Program, which focuses on developing leadership skills. I was a member of the National Junior Honor Society in eighth grade. I am also on the Desert Vista swim team and have been a member since my freshman year. In the past, I have volunteered at events supporting the Hispanic community in Phoenix. Some of my hobbies include cooking, spending time with friends, and working out. A fun fact about me is that I was born in Canada, even though my parents are from Colombia and the Dominican Republic.



Ashley Perez

Hello, my name is Ashley Perez, and I am a 17-year-old Hispanic American upcoming senior attending CARES. I have always had a strong interest in medicine because all I've ever wanted is to help others, a quality I took inspiration from my mother. Some areas where I helped in my school are being a HOSA officer and a Swim Team captain. I am also a part of the NHS as a treasurer, and I am hoping to extend my need to help to the community there. Some of my hobbies include roller skating, dancing, swimming, and going to exercise whenever I can. One fun fact about me is that I have a huge interest in learning about neurological disorders, such as Creutzfeldt-Jakob disease.



Zitlaly Pineda Ramirez

My name is Zitlaly Pineda Ramirez, and I am living proof that Jesus saves lives. I believe He has given me a purpose: to care for the next generation. I aspire to become a pediatric registered nurse, and I hope to then become a pediatric doctor. I serve in a leadership role at my church as part of the audio and technology team and assist in monitoring lyrics during worship time. I am a member of "Hope Club" where I share God's wonderful love through acts of service. A hobby of mine is making bracelets with my father, who taught me the way he used to make them as a child. A fun fact is that I have a twin brother! We look nothing alike, but I'm only one minute older, and I never let him forget that fact.



Saniya Reveron

My name is Saniya Reverón and I'm a sophomore at BASIS Mesa. I serve as Vice President of the Pre-Med Club, where I lead medical simulations and coordinate community initiatives such as blood drives. I also started a Youth Alive club, a Christian Bible study at my school. I serve as President of the National Honor Society and am an active member of the debate team and Multicultural Coalition. I also serve as Teen Treasurer for the Sun Valley Chapter of Jack and Jill of America, Inc. With aspirations of becoming a trauma surgeon, I am especially passionate about addressing healthcare disparities in minority communities. I'm a dedicated volunteer at Hospice of the Valley and a committed track and field athlete. In my free time, I enjoy painting and exploring new foods with my family.



Zoe Reyes

My name is Zoe Reyes, and I am a passionate and driven high school student with a strong interest in the medical field. I currently serve as captain of my school's volleyball team, where I've learned the importance of leadership and collaboration. I'm a member of the Tri-M Music Honor Society and Bring Change to Mind, a mental health awareness club at my school. I also volunteer with Impact One, a nonprofit that supports women battling breast cancer, where I help distribute care packages and raise awareness. In my free time, I enjoy dancing, playing percussion, and listening to music. A fun fact about me is that I have a growing vintage Star Wars collection.



Malachi Vaughn

Hello, my name is Malachi Vaughn. I am 15 years old and attend Chandler Preparatory Academy. I am passionate about pursuing a career in psychology, which is inspired by my desire to help others understand and improve their mental health. As Vice President of the Phoenix Kappa League, I've developed my leadership skills while engaging in meaningful community service, such as the 'Shop With a Kappa' Christmas gift program and volunteering at my church to support the unhoused. I enjoy playing the bass guitar and recently joined a band, which has been an exciting new hobby. In my free time, I like working on wood and metal projects, as I am mechanically inclined. I also love building with Legos and I once built a safe, complete with locking mechanism, out of Legos!

Day 1: Tuesday, June 3

Program Kick-off Day

IERB, First Floor, Room 216

10:00 am: Welcome & Opening Remarks

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

Welcome Video

Richard Gray, MD
Chief Executive Officer, Mayo Clinic in Arizona
Vice President, Mayo Clinic

Roshanak (Roshy) Didehban
Chief Administrative Officer, Mayo Clinic in Arizona

10:10 am: Leadership Message

M-Grace Knuttinen, MD PhD
MCSHS Associate Dean of Admissions, Belonging and Outreach
Professor of Radiology

10:20 am: Office of Education Engagement and Outreach

Shannon K. Laughlin-Tommaso, MD, MPH
Professor and Consultant, Obstetrics & Gynecology
Associate Dean, Office of Education Engagement and Outreach
Mayo Clinic College of Medicine and Science (MCCMS)

Lori Bratvold, MEd
Assistant Professor of Medical Education
Administrator, Office of Education Engagement and Outreach, MCCMS

10:30 am: Mayo Clinic CARES Alumni Panel

Panelists: Class of 2024

Amous Price
Elizabeth Siemiawski
Kaden Richardson

Panel Facilitators:

Chara Pruszynski, MPH
Assistant Professor of Healthcare Administration
Manager, Office of Education Engagement and Outreach, MCCMS

Maria Molina, MS
Program Director, Mayo Clinic CARES Program
Office of Education Engagement and Outreach, MCCMS

11:30 am: Lunch with UPS+ Program Scholars

12:00 pm: Inspiration & Resiliency Panel

Toiya N. Turknett, MD
Attending Hospitalist, Internal Medicine
Associate Medical Director, Undergraduate Plummer Scholars Program
Instructor in Medicine

Eryberto Martinez, MD
Resident, Anesthesiology

Stephanie Hernandez
Representative, Medical School Class of 2026
Co-President, Latino Medical Student Association
Mayo Clinic Alix School of Medicine

Panel Facilitators:

Maria Molina, MS

Ronda Lewis, MBA
Program Director, Undergraduate Plummer Scholars Program
Office of Education Engagement and Outreach, MCCMS

1:00 pm: Mayo Clinic College of Medicine and Science Educational Programs

Carlos Bravo, MEd
Admissions Recruiter
Mayo Clinic College of Medicine and Science

1:30 pm: Your Path to a Career at Mayo Clinic

Ron Mack
Talent Solutions Specialist
HR - Workforce Development

2:00 pm: Mindfulness in Medicine Journey

David M. Melville, MD
Joy & Well-Being Advocate, Department of Radiology, Mayo Clinic Arizona
Assistant Professor, Mayo Clinic Alix School of Medicine

2:40 pm: I Am Poems

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

3:00 pm: End of Day

Day 2: Wednesday, June 4
Personal & Professional Development – Day 1

Main Hospital - Building 1, Rooms 226 & 227

10:00 am: Teambuilding

Mayo Clinic CARES Team Introductions

Maria Molina, MS

Program Director, Mayo Clinic CARES Program

Office of Education Engagement and Outreach, MCCMS

Susan Misztal

Education Administration Coordinator

Education Shared Services

Chara Pruszynski, MPH

Assistant Professor of Healthcare Administration

Manager, Office of Education Engagement and Outreach, MCCMS

Pre-evaluation survey

10:30 am: Humanities in Medicine

Katherine C. Kough, MA

Program Director, Mayo Clinic Center for Humanities in Medicine

12:00 pm: Lunch & ID Photos

12:45 pm: Real Colors

Sarah Shtylla, MS, SHRM-CP

Senior HR Analyst, Program in Professionalism and Values

2:45 pm: Reflection & Journaling

3:00 pm: End of day

Day 3: Thursday, June 5
Personal & Professional Development – Day 2

Main Hospital - Building 1, Rooms 226 & 227

10:00 am: Teambuilding

10:15 am: Journey to Becoming a Doctor

Jonathan D'Cunha, MD, PhD
Consultant, Thoracic Surgery
Professor of Surgery
Chair, Cardiothoracic Surgery

11:15 am: Tutor.com Orientation

Anna Richmond
Customer Success Specialist
K12 Educational Partnerships
The Princeton Review, tutor.com

12:00 pm: Lunch

1:15 pm: Wellness Session

Keith Jones, MA
Program Manager, Office of Joy & Well-being

2:00 pm: Resume Writing

Jason Jaimes
Risk Analyst, Mayo Clinic Arizona

2:45 pm: Reflection & Journaling

3:00 pm: End of day

Day 4: Tuesday, June 10
Allied Health Careers – Day 1

Main Hospital - Building 1, Rooms 226 & 227

10:00 am: Teambuilding

Mayo Clinic CARES Team Introduction

Caleta Beards

Education Administration Coordinator

Office of Education Engagement and Outreach

10:15 am: Medical Lab Sciences

Jessie Listar-Guest, MLS (ASCP)^{CM}

Education Specialist, Department of Laboratory Medicine & Pathology

11:00 am: Break

11:15 am: Radiology and Imaging

Alana Ward, RT. (R)

Program Director, Mayo Clinic School of Health Sciences

Tech Educator, Department of General Radiology

12:00 pm: Lunch

1:00 pm: Physician Assistant

Adrijana Anderson, PA-C

Hospital Internal Medicine & Critical Care

1:45 pm: Break

2:00 pm: Pharmacy

Christi Jen, PharmD., BCPS, BCEMP, FASHP, FAzPA

Clinical Pharmacy Manager, Department of Pharmacy

Assistant Professor of Pharmacy, Mayo Clinic College of Medicine and Science

2:45 pm: Reflection & Journaling

3:00 pm: End of Day

Day 5: Wednesday, June 11
Nursing Careers Day

SSB Building 1, Rooms 103 & 104
Nursing Lab: SSB Room 723

10:00 am: Teambuilding

10:15 am: Welcome and Intros

Leslie Barnum MSN, RN, CNE
Nursing Education Specialist
EBP Coordinator

Susan Newton EdD, MSN, RN
Nursing Education Specialist

Alan Heft MSN, RN
Nursing Education Specialist

Nursing Opportunities: Professional Roles and Pathways

10:30 am: Activity: A Day in the Life of a Nurse

11:00 am: Patient Care Skills Practice

11:45 am: Lunch Break

12:45 pm: Patient Care Skills Practice

2:00 pm: Presentation Skills

Erick T. Garcia, MHA
Advisor, Mayo Clinic Office of Belonging

2:45 pm: Reflection & Journaling

3:00 pm: End of Day

Day 6: Thursday, June 12
Experiential Learning Day

IERB - CPI Lab

10:00 am: Teambuilding

10:15 am: Introduction to CPI

Nicole A. Callisen, MS
Program Manager
Experiential Learning, Center for Procedural Innovation

10:30 am: Skill Station #1

11:00 am: Skill Station #2

11:30 am: Skill Station #3

12:00 pm: Skill Station #4

12:30 pm: Lunch

1:00 pm: Stop the Bleed Workshop

Nicole A. Callisen, MS
Program Manager

Shiloh Danley, APRN, CNP, DNP, MSN
Nurse Practitioner

2:00 pm: Interviewing Skills

Asher E. Kaye, MHA, MBA
Manager, Experiential Learning, Arizona

2:45 pm: Reflection & Journaling

3:00 pm: End of day

Day 7: Tuesday, June 17
Allied Health Careers – Day 2

Main Hospital, Building 1, Rooms 226 & 227

10:00 am: Teambuilding

10:15 am: Physical Therapy/Occupational Therapy

Julie Sigler, PT, DPT, GCS

Physical Medicine and Rehabilitation

11:00 am: Break

11:15 am: Nurse Practitioner

Karen Drechsel, APRN, CNP, MSN

Family Practice NP

12:00 pm: Lunch

1:00 pm: The Role of Medical Social Worker

Nicole R. Schuren, MSW, LMSW

Program Manager, Medical Social Worker

Pediatric-Adolescent Medicine, PATH Program

Instructor in Social Work, Mayo Clinic College of Medicine and Science

1:45 pm: Break

2:00 pm: College Prep Session 1

A. Patricia Rodriguez

CME Specialist

Mayo Clinic School of Continuing Professional Development

2:45 pm: Reflection & Journaling

3:00 pm: End of Day

Day 8: Wednesday, June 18

Physician Careers Day

IERB Second Floor, 234A

10:00 am: Teambuilding

10:15 am: Journey to Becoming an Emergency Medicine Physician

Douglas Rappaport, MD

Assistant Dean of Career Advising- Arizona, Mayo Clinic Alix School of Medicine

Associate Chair for Education, Department of Emergency Medicine

Associate Professor of Emergency Medicine, Mayo Clinic College of Medicine and Science

11:00 am: Break

11:15 am: Journey to Becoming a Radiation Oncology Physician

Sarah E. James, MD, PhD

Assistant Professor & Consultant

Breast & Gyn Service Leader

Department of Radiation Oncology

Mayo Clinic Arizona

12:00 pm: Lunch

1:00 pm: Journey to Becoming an Internal Medicine Physician

Nathan Delafield, MD, FACP

Senior Associate Consultant, Community Internal Medicine

Associate Program Director, Internal Medicine Residency

Assistant Professor of Medicine, Mayo College of Medicine

Associate Chair of Belonging- Department of Medicine

1:45 pm: Break

2:00 pm: College Prep Session 2

A. Patricia Rodriguez

CME Specialist

Mayo Clinic School of Continuing Professional Development

2:45 pm: Reflection & Journaling

3:00 pm: End of Day

Day 9: Thursday, June 19
Orthopedic Surgery Day

IERB – CPI Lab

10:00 am: Teambuilding

10:15 am: Welcome & Intros

Brynn Goldberg, MSN, RN

Department of Orthopedic Surgery Operations and Nursing Manager

Icebreaker

11:15 am: Orthopedic Oncology Surgeon

Krista Goulding MD, MPH

Assistant Professor of Orthopedics

Mayo Clinic College of Medicine and Science

12:00 pm: Lunch and Learn

Vladne Cortez, Ortho Tech Intern

1:00 pm: Adult Reconstruction Orthopedic Surgery

Joshua Bingham, MD

Assistant Professor of Orthopedics

Mayo Clinic College of Medicine and Science

1:45 pm: Interactive Presentation A&P of the knee and orthopedic demonstration

2:45 pm: Reflection & Journaling

3:00 pm: End of day

Day 10: Tuesday, June 24

Research Careers Day

Main Hospital - Building 1, Rooms 226 & 227

10:00 am: Teambuilding

10:15 am: Genetics 101 and DNA Extraction activity

Anna Ford

Technical Specialist

Kara Mangold, DNP, RN

Senior Education Specialist

11:00 am: Research Careers Panel

Dr. Victor E. Ortega, MD, PhD, ATSF

Consultant

Professor of Medicine and Quantitative Health Sciences

Department of Internal Medicine, Division of Pulmonary Medicine

Department of Quantitative Health Sciences, Division of Epidemiology

Associate Director, Center for Individualized Medicine in Arizona

Director of Omics Research and Translation, Department of Internal Medicine

Meka D. Simmons

Senior Project Coordinator

Giselle Avila

Technical Specialist

Katie Kunze, PhD, MA

Principal Biostatistician

Karalyn Folmes, PhD

Senior Clinical Research Coordinator

11:45 am: Lunch

12:15 pm: Biorepository Tour

Daniel Gil

Supervisor, AZ BioRepository

Giovanna G. Moreno Garzon, MSE

Manager, Office of Core Shared Services- Research Administration

1:00 pm: Community Outreach and Engagement Research Services (COERS)

Farhia Omar, MPH

Manager

Nuwanthi Heendeniya, MBA

Program Manager

Idali Cuellar, MPH

Senior Program Coordinator

Claudia Valles Duarte, MS

Program Coordinator

1:45 pm: Break

2:00 pm: From Learner to Elder: Rethink your Past, See your Present, and Envision your Future

Sharon Torres

Program Director, Office of Education Engagement and Outreach

Mayo Clinic College of Medicine and Science

2:45 pm: Reflection & Journaling

3:00 pm: End of Day

Day 11: Wednesday, June 25

Community Service Day

IERB, First Floor, Room 216

10:00 am: Teambuilding

10:15 am: Dress for Success Session

Elizabeth Pulido
Mobile Unit Manager

12:00 pm: Lunch with Mayo Clinic CARES Alumni

1:00 pm: Service Project with Alumni

2:00 pm: Mentoring/Coaching & Next Steps

Maria Molina, MS
Program Director, Mayo Clinic CARES Program

2:30 pm: Post-program evaluation

2:45 pm: Reflection & Journaling

3:00 pm: End of Day

Day 12: Thursday, June 26
Graduation Day

IERB, First Floor, Room 216

10:00 am: Welcome and Opening Program Leadership Remarks

Cuong C. Nguyen, MD, AGAF, FACG, FASGE
Medical Director, Mayo Clinic CARES

10:05 am: Keynote Address

Stacey T. Jones-Brown, MBA, BS, RN
Vice Chair in Research

10:15 am: Program Partner Message

Teresa Malcolm, MD, FACOG, MBA, PCC
System Vice President, Impact & Belonging, Dartmouth Health
Chapter Liaison, The Phoenix Chapter of The Links, Incorporated and Mayo Clinic CARES Program

10:20 am: Steering Committee Member Spotlights

10:30 am: Student Presentations (Part 1)

11:30 am: Lunch

12:00 pm: Student Presentations (Part 2)

12:45 pm: Presentation of Certificates

12:50 pm: Congratulatory Video Message

Devyani Lal, MD
Division Chair, Rhinology
Professor of Otolaryngology
Medical Chair, Education

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

12:55 pm: Closing Congratulatory Remarks

Cuong C. Nguyen, MD, AGAF, FACG, FASGE
Medical Director, Mayo Clinic CARES

1:00 pm: End of Program

Photos with students, families, staff

Campus trail map

Phoenix, Arizona



Nature trails

- A** 1 mile (20 minutes)
The Kim Trail
- B** 1.1 mile (22 minutes)
The Bell Trail
- C** .45 mile (9 minutes)
The Hearst Foundations Trail
- D** .6 mile (12 minutes)
- E** .75 mile (15 minutes)

- Concrete surface
- ... Fine gravel surface
- Trail bench

Gardens

- F** Coonly Garden
- G** Getz Garden
- H** Heritage Plaza
- I** Hillstone Desert Garden
- J** Legacy Park
- K** Elbeck Serenity Garden

Campus

- Patient care building
- +** Emergency Department
- Ⓜ** City bus stop (valleymetro.org)
- Ⓜ** Stoplight

Please note

- Water is not provided along the trails or in gardens
- Please do not litter
- For your safety, stay on the trails and avoid wildlife

