



PRESENTS

COMMUNITY WELLNESS & EDUCATION

Graduate Health Careers Students visit Payson



The Center for Excellence in Rural Education (CERE) was excited to host a group of 18 health-related graduate students hailing from various corners of Arizona in Payson this month. These students are enrolled in a diverse array of programs, spanning Medicine, Physical Therapy, Public Health, Nurse Midwife, Pharmacy, Nurse Practitioner, and Physician Assistant specialties. As part of the Rural Health Profession Program, each of them is dedicated to honing their skills and knowledge with a specific focus on serving in rural areas. Their choice to participate in the Arizona Area Health Education Center Scholars Program (ASP Scholars) underlines their commitment to rural education. This cohort's program is led by Dr. Alan Michels, who serves as their Faculty Mentor.



Throughout their visit to the Payson area, these students had unique opportunities to immerse themselves in the local community. They explored the town, engaged with residents, participated in enlightening round-table discussions with community leaders, and savored the rich offerings of local restaurants and attractions. This experience served as a catalyst for these students to embark on a vital community health needs assessment. Their findings from this endeavor will culminate in a scholarly article and a poster presentation that they will deliver at the upcoming Arizona Rural Health Professions Program conference next spring.



The partnership between CERE and the ASP Scholars program extends over two years per annual student cohort, during which time, during which time the students will return to Payson for a total of four weekend immersion events. This close interaction with the community and mentorship from Dr. Michels and the CERE team will equip these promising future professionals with an enriched perspective on rural healthcare. It will also empower them to devise and execute a meaningful service project tailored to address the distinct needs of the local community.



Should you happen to encounter these dedicated individuals during one of their visits, we encourage you to extend the warmest of welcomes to them. Their unwavering commitment to rural healthcare and education makes them not only visitors, but valued partners in the betterment of our community.

FREE

23rd Annual Community Health & CARE FAIR

Donation of non-perishable food items requested

SATURDAY, NOVEMBER 4TH, 2023

8am-12pm @ Julia Randall Elementary Gym

FREE HEALTH SCREENINGS

FREE BLOOD TESTS CBC & A1c

(No fasting required)

Sponsored by Banner Health

“Ask the Doc” - Banner Payson Medical Center

Blood Pressure • Oxygen Saturation • Body Mass Index (BMI) • Dermatology

Myofascial Release • Dental • Oral Cancer Screening and many more for all ages!

**screenings subject to change*





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Fun, new tradition continues this year at PHS



In November 2022, Payson High School embarked on a heartwarming initiative known as "Classroom Callouts," a program that has since become a beloved tradition in this tight-knit community. Every two weeks, the school surprises random classrooms with special treats, demonstrating their unwavering support for local students. What began as a pilot program initiated by MHA Foundation and Principal Simon has now evolved into a community-driven endeavor supported by various local businesses and organizations, showcasing the profound unity that binds the school, the students, and the town.

After the initial Classroom Callouts began, the community's involvement set the stage for something truly fun and unique. Local businesses eagerly embraced the initiative, ensuring it continued to brighten the lives of students and faculty alike. These surprise visits from local businesses deliver a variety of fun treats, ranging from pizzas and donuts to milkshakes and more. The surprise factor adds excitement and anticipation, making each callout a memorable experience for all involved.

What truly sets this program apart is the incredible sense of community it fosters. Not only do Classroom Callouts make the students feel appreciated and cherished, but they also bring the faculty and the community together. The collective support and enthusiasm from the town is palpable during these heartwarming events.

Principal Jeff Simon plays a pivotal role in conveying the significance of Classroom Callouts to the students. He uses this effort to gather students to remind them that the dedicated faculty and the community value them. This program, which utilizes no taxpayer dollars, transcends the walls of Payson High School, extending a reassuring hand to students facing the challenges of academic life. It reminds them that they are not alone and that the town is firmly behind them, ready to offer support and encouragement.



Highline Trail Event Update

From Trevor Creighton | Rim Country Mountain Biking Association



Another successful event in the books! This year, we had over 130 riders participate and over 30 sponsors for the 3rd Annual Highline Hold 'em ride. Restoration crews have completed Phase 1 of the Highline Restoration from Pine to Washington Park and are already starting on Phase 2, east of Washington Park, towards the fish hatchery. Phase 3 will be from the Fish Hatchery to the 260 trailhead. We are very thankful for MHA's support in providing signage and benches at the various trailheads along the route for our riders and hikers.

The Highline Hold 'em aims to raise money and awareness for the Highline Restoration Initiative. The Highline Trail at the base of the Mogollon Rim is a National Historic Trail that shares 21 miles with the iconic Arizona Trail. Through the work with the US Forest Service, the National Forest Foundation, and many other local, state, and national partners, we are working to bring this trail back to life and make it a world-class destination. When completed, the Highline will boast over 61 miles of continuous single track through some of Arizona's most picturesque scenery.

Thank you to all who participated and sponsored this event! See you next year!



Photos: Greg Lennon



LEARN MORE ABOUT MHA FOUNDATION AT WWW.MHAFOUNDATION.COM