

# ADELANTE FORWARD

*A multicultural magazine dedicated to the health, education, and welfare of Mid-Michigan area residents.*  
*Una revista multicultural dedicada a la salud, a la educación y al bienestar de los residentes del área de Mid-Michigan.*

WINTER  
2024

 Sparrow  
&  
MICHIGAN MEDICINE

**MOVING FORWARD TOGETHER**



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# MOVING FORWARD TOGETHER

One of Margaret Dimond's proudest accomplishments – and there have been many during a long career in healthcare – was helping to spearhead Henry Ford Health System's involvement in opening a health center in Southwest Detroit to provide care to a largely Latino population.

Dimond is putting the same emphasis on serving the community now as regional system president of University of Michigan Health, overseeing all operations at Sparrow Health System and University of Michigan Health-West in Grand Rapids.

When she was vice president of ambulatory services for Henry Ford, she oversaw regional medical centers similar to the 48,000-square-foot clinic on Fort Street in Detroit in 2012. Henry Ford Health System partnered with the Community Health and Social Services Center (CHASS), which serves close to 11,000 patients a year, 70 percent of whom are Spanish speaking. Henry Ford Health System physicians were the center's healthcare providers.

Dimond said Michigan Medicine's emphasis on diversity and inclusion is one of the things that excites her most about Sparrow's new partnership with University of Michigan Health.

"Michigan Medicine has one of the most ambitious and forward-thinking diversity programs in the country, and Sparrow and our community can only benefit from our partnership with them," she said.

University of Michigan Health is part of Michigan Medicine, whose diversity mission includes honoring the "well-being, individuality and dignity of all who work, learn and heal" there and diversifying the next generation of physicians, nurses, health professionals and scientists.



“One of the many opportunities of our relationship with University of Michigan Health is to tap into their knowledge on diversity, equity and inclusion,” Dimond said. “They just have a wealth of resources around DEI from an organizational standpoint and from their community equity work.”

She also noted University of Michigan-West has been on a similar journey as Sparrow and now has a nationally recognized DEI program.

Dimond became regional president of University of Michigan Health on Sept. 1, just four months after being named president of E.W. Sparrow Hospital. In her short time at Sparrow and UM-Health she has made diversity a priority. She views diversity and inclusion as a central part of the organization’s leadership responsibility to the community.

“We’re here as a community health care provider and the Latino community is an essential cultural segment of our population,” Dimond said.

She said she’s humbled that Sparrow is among the few local employers represented on the board of the Lansing Latino Health Alliance. Sparrow’s Debbie Lopez was recently named to the board.

Sparrow has worked closely with the Alliance for years and has co-sponsored the organization’s annual Outstanding Latino Caregiver Award, which seeks to encourage Latinos to consider careers in healthcare. Sparrow is now seeking nominations of Sparrow caregivers for the 2023 award. You can find more information at Sparrow.org.

The Alliance is among many prominent partners Sparrow works with to promote diversity and inclusion, including Cristo Rey Community Center, NAACP, and the Michigan Diversity Education Center.

***Sparrow truly believes that the health system is better positioned to succeed when its leaders and caregivers reflect the communities it serves.***

Sparrow truly believes that the health system is better positioned to succeed when its leaders and caregivers reflect the communities it serves. That’s why it views it as an imperative to hire people from diverse backgrounds who will add different perspectives, new information and world views that will make Sparrow stronger in delivering the best patient care.

Dimond has distinguished herself as an advocate and mentor for female leaders. She was part of the founding team of the Michigan State University Women’s Leadership Institute.

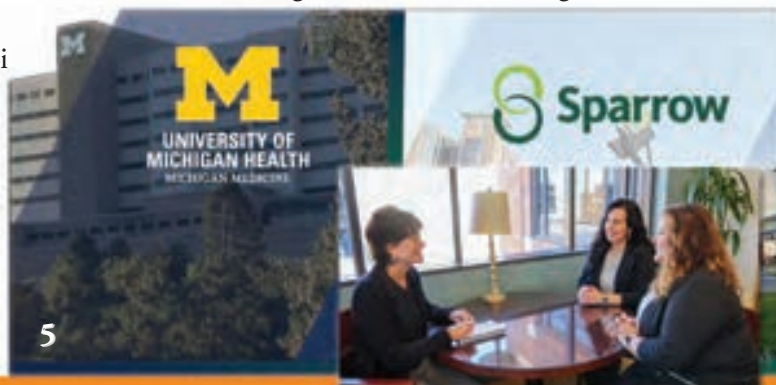
She became president of E.W. Sparrow Hospital on May 2, 2023, and was the first woman to hold that position in the hospital’s 127-year history.

Dimond has deep roots in Michigan, having begun as a pre-teen helping in her father’s medical office in Dearborn. She has held numerous executive healthcare positions in Michigan, including serving as President and CEO of McLaren Oakland Hospital in Pontiac; President and CEO of Ascension Crittenton Hospital in Rochester; President and CEO of Karmanos Cancer Hospital; President and CEO of McLaren Medical Group; Vice President and COO of Henry Ford Hospital Warren campus; and Vice President of Ambulatory Services for Henry Ford Hospital in Detroit. She most recently served as Chief Administrative Officer of Naples Community Health Physician Group in Naples, Fla.

She also has strong roots with MSU, having served as Assistant Dean of the MSU College of Human Medicine. She received her doctorate in Philosophy from MSU, while earning a master’s degree in Public Administration from the University of Michigan, a master’s in Social Work from Boston College, and a bachelor’s degree from St. Mary’s College, Notre Dame, Ind.

Dimond recently received the Distinguished Alumni Award from MSU’s College of Social Science.

“I am incredibly pleased to be back in the Lansing area and to work with our community to provide world-class patient care to Lansing and all of Mid-Michigan,” she said.





# ***A successful community starts with the Lansing Schools Education Association!***



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# 2024

## A Year of Good Health!



By Rona Harris, Community Outreach Specialist

### JANUARY

#### *Set New Goals!*

The beginning of a new year can be a great time to set new health goals for yourself and your family. Take the month of January to think about your new goals, how to achieve them, what supports you will need (for example, talking to family or friends about your new goals) and creating tactics for avoiding setbacks. Your next step is to just get started!



### FEBRUARY

#### *Eat Healthy/Be Active!*

Although the weather may be cold outside, don't let that stop you from being active outdoors. Find fun ways to stay active during the winter months by trying something new like ice skating or sledding with your kids, or take a quick walk outside most days of the week. Also, make the choice to try some new varieties of fruits and vegetables to keep mealtimes interesting and to keep you from eating unhealthy junk food when you snack.



### MARCH

#### *Wash Hands Often!*

The harsh winter weather may be ending and the temperatures rising, but keeping your hands clean all year will help you to avoid getting sick and spreading germs to others. Wash your hands frequently with soap and clean running water for at least 20 seconds. If soap and water are not available, use a hand sanitizer that contains at least 60% alcohol.

### APRIL

#### *Get Check-ups & Vaccines!*

Health exams and screenings can help find health problems early or before they start. In addition, vaccinations are safe and effective, and help to protect you, your loved ones and your community against vaccine preventable diseases. Schedule a visit with your health care provider today to make sure you are up-to-date on your vaccines.



### MAY

#### *Make Time to Sleep Well!*

Make sure you get enough sleep - 10 to 12 hours of sleep each night for children, and adults need 7 to 8 hours of sleep. When adults and children are well rested, they are more alert and ready for a more productive day to work and learn.

### JUNE

#### *Be Smoke Free!*

Avoid smoking and breathing other people's smoke. If you smoke, quit today. If you need help quitting smoking, call **1-800-QUIT-NOW** or talk to your healthcare provider for more tips and resources.





# 2024

## *¡Un año de buena salud!*

### JULY

#### *Practice Safety at Home!*

Injuries from falls and fires can occur in and around your home. Use step stools instead of furniture when hanging decorations or doing home maintenance projects. In addition, keep candles away from children, pets, walkways, trees and curtains. Avoid injuries and burns at home from fireworks, by attending professional community firework events.

### AUGUST

#### *Protect Against the Sun!*

While summer means fun in the sun, make sure you're not getting too much. Avoid the consequences of overexposure to the sun like sunburns, premature aging of the skin, wrinkling, and skin cancer, including melanoma by practicing proper sun protection. Wear clothing and hats to protect exposed skin, and apply sunscreen when outdoors.



### SEPTEMBER

#### *Get Kids Ready for School*

What happens before a child arrives at school sets the stage for making them ready to learn at school. Good health leads to top performance in the classroom. Adopt healthy, regular habits and routines to be a good role model to your children, so that they can succeed this school year.



### OCTOBER

#### *Play it Safe on Halloween!*

Prepare your trick or treaters with safety items such as flashlights, reflective tape or strips applied to costumes and candy bags. Make sure you and your children walk on sidewalks and with a large group or with responsible adults. Make sure costumes fit well to avoid blocked vision and to help prevent trips and falls. Eat only factory-wrapped treats. If you have any doubts about the safety of a treat, throw it out.



### NOVEMBER

#### *Handle/Prepare Food Safely!*

As you prepare holiday meals, keep your friends and family safe from foodborne-related illness. Wash your hands and surfaces often. Avoid cross-contamination by keeping raw meat, poultry, seafood and eggs (including raw meat juices) away from ready-to-eat foods and eating surfaces. Cook foods to their proper temperature, and then refrigerate them promptly after eating.



### DECEMBER

#### *Manage Stress!*

The start of the holiday season can be filled with many fun activities, and also a lot of over-commitments to family and friends. This can cause stress for some people. Remember to not let this take a toll on your health. Make sure to balance work, home, and holiday fun by keeping a positive attitude, prioritizing your commitments, and also by getting plenty of rest.

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# W H A R T O N



## FUNNY GIRL

FEB 6-11

Welcome to Musical Comedy Heaven! Featuring one of the greatest musical scores of all time, this love letter to the theatre is the story of the indomitable Fanny Brice, a girl from the Lower East Side who dreamed of a life on the stage.



## STEP AFRIKA!

MAR 9, 7:30PM

Step Afrika!'s signature performance shares the step tradition of audience participation and closes with a complex, polyrhythmic percussive symphony that brings audiences to their feet.



## MOULIN ROUGE! THE MUSICAL

APR 2-14

Enter a world of splendor and romance, of eye-popping excess, of glitz, grandeur, and glory! Directed by Tony Award® winner Alex Timbers, *Moulin Rouge! The Musical* is a theatrical celebration of Truth, Beauty, Freedom, and—above all—Love.



## CATHERINE RUSSELL

APR 16, 7:30PM

Featuring an eclectic song selection, sparkling acoustic swing, and incredible vocals, Catherine Russell has joined the ranks of the greatest performers of the Great American Songbook.



PODCAST

# ¿Qué Onda Michigan?

## LISTEN ON WKAR RADIO!

Saturdays at 9:45AM & Sundays at 8AM  
102.3 FM & AM 870



News that focuses on the people and the issues **most important to Michigan's Latinx community.**  
*Hosted by Michelle Jokisch Polo.*

### New Episodes Releasing Monthly

Free on the NPR One App, Spotify, npr.org, at [wkar.org](http://wkar.org) and podcast services.



## LATINX PROGRAMMING

### ¿QUE ONDA MICHIGAN?

Saturdays at 9:45AM & Sundays at 8AM | 102.3 FM & AM 870

### ALT.LATINO

Saturdays at 9AM & Sundays at 8:30AM | 102.3 FM & AM 870

### PULSO DE LA TARDE

Weekdays at 5PM | 102.3 FM & AM 870

### LATINO USA

Saturdays at 8AM & Sundays at 9AM | 102.3 FM & AM 870

### FIESTA!

Sundays at 4 p.m. | 90.5 FM

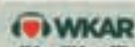
### LINEA ABIERTA

Weekdays at 4PM | 102.3 FM & AM 870

### EDICION SEMANARIA

Saturdays at 9:30AM and Sundays at 8:15 AM | 102.3 FM & AM 870

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## ¡Sintoniza en la radio de WKAR!

Sábados a las 9:45AM y Domingos a las 8AM  
102.3 FM & AM 870



Noticias en español con un enfoque en las personas y los problemas más importantes para la comunidad Latina de Michigan.  
Presentado por Michelle Jokisch Polo

### Lanzamiento de Nuevos Episodios Mensualmente

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## PROGRAMACIÓN LATINA

### ¿QUE ONDA MICHIGAN?

Sábados a las 9:45 AM y Domingos a las 8 AM | 102.3 FM y AM 870

### ALT.LATINO

Sábados a las 9AM y Domingos a las 8:30AM | 102.3 FM y AM 870

### PULSO DE LA TARDE

Laborables a las 17:00 | 102.3 FM y AM 870

### LATINO USA

Sábados a las 8AM y Domingos a las 9AM | 102.3 FM y AM 870

### ¡FIESTA!

Domingos a las 16 hs. | FM 90.5

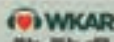
### LINEA ABIERTA

Laborables a las 16:00 | 102.3 FM y AM 870

### EDICIÓN SEMANARIA

Sábados a las 9:30 y Domingos a las 8:15 | 102.3 FM y AM 870

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**#139**

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**120**

MICHIGAN STAFF



**#11**

TOP MIDWEST DESIGN FIRM (ENR)

## OFFICE LOCATIONS



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[WWW.DLZ.COM](http://WWW.DLZ.COM)







## MICHIGAN STATE UNIVERSITY PROGRAMS FOR

# (CHILDREN <sup>DNA</sup> YOUTH

### SPARTAN YOUTH PROGRAMS (SYP)

Looking for fun programs or summer camps? Browse the SYP website for activities and programs for pre-kindergarten children through 12th grade students.

[spartanyouth.msu.edu](http://spartanyouth.msu.edu)

### GIFTED AND TALENTED EDUCATION (GATE)

Is your middle or high schooler looking for an academic challenge? Learn about the GATE accelerated courses and summer programs.

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### MSU SCIENCE FESTIVAL

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[sciencefestival.msu.edu](http://sciencefestival.msu.edu)



## MICHIGAN STATE UNIVERSITY PROGRAMAS PARA

# NIÑOS Y JÓVENES

### PROGRAMAS PARA JÓVENES (SYP, SIGLAS EN INGLÉS)

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[spartanyouth.msu.edu](http://spartanyouth.msu.edu)

### EDUCACIÓN DOTADA Y DE TALENTO (GATE, SIGLAS EN INGLÉS)

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WTC está preparando a estudiantes para su vida más allá de la escuela superior. Casi 80% de nuestros estudiantes continúan su educación después de dejar la escuela superior, ya sea mediante aprendizaje de oficio, capacitación avanzada o títulos universitarios de dos o cuatro años.

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# LANSING **BWL** 1<sup>st</sup> STEP

## School-to-Training & Employment Program



The **Lansing Board of Water and Light** had the privilege of taking 19 local high school seniors on a tour of our facilities. During the morning of the tour and interview day, almost two dozen high school seniors (pictured above) were able to visit the **Customer Service Building**, the **Purchasing and Warehousing Department** and the **Dye Water Conditioning Plant**, as well as the **REOtown Cogeneration Plant**.

However, the student's day was not finished when we returned from the tours.





## 15th Annual Tour & Interview Day

During the afternoon, these same high school students interviewed for **1st STEP** positions here at the **BWL** in Lansing.

By the end of the day, these 19 high school students were very excited about the next step in the **1st STEP** program...

*Through **1st STEP**, the **BWL** partners with local high schools to offer seniors a "paid work-based learning experience" where they learn about skilled trades and the utility industry.*

*Upon successful completion of the **1st STEP** program and high school graduation, students are awarded a \$2,000 scholarship to attend a Michigan college of their choice.*





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- Oscar de la Renta

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12/23

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- Oscar de la Renta

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every step of the way.



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12/23





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1. Signed and dated W-9 form;
2. Commodity codes to identify the business category;
3. Certificate of Insurance if applicable.



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**ALAN FOX,**  
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# INGHAM COUNTY TREASURER

----- Invierno  2024 -----

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TESORERO DEL CONDADO DE INGHAM

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[ENGLISH]

"La Cosecha isn't a program where you come in, you teach, you leave. We ask 'What is your problem?' and we bring the expertise to them, so they are learning something for their good. To our farmers, MSU people are valued problem-solvers."

Professor David Mota-Sanchez,  
Program Director, La Cosecha  
MSU Department of Entomology



La Cosecha agronomists Juan Pedro Solorio (right) and his daughter Angelica Solorio Mendez support hundreds of farmers across West Michigan. Photographs by Nick Schrader.



Blueberry farmer Pedro Bautista earned his GED at MSU, and two of his five children are Spartans.

As the College of Agriculture and Natural Resources trains today's Latino/a farmers, we plant seeds of success for future generations.

Over 200 of Michigan's first-generation farmers have benefitted from La Cosecha, a bilingual educational program. From building custom low-cost irrigation systems to developing fertilizer blends and pest-management schedules, MSU's agronomists, educators and researchers work alongside farm families to help them build profitable farming operations.



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and Natural Resources  
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# CAPITAL AREA K-12 ONLINE

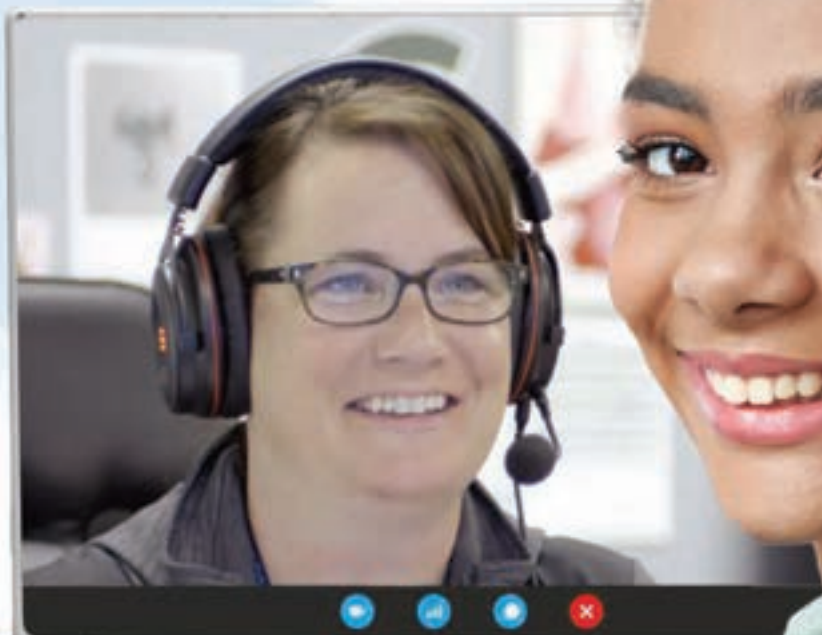
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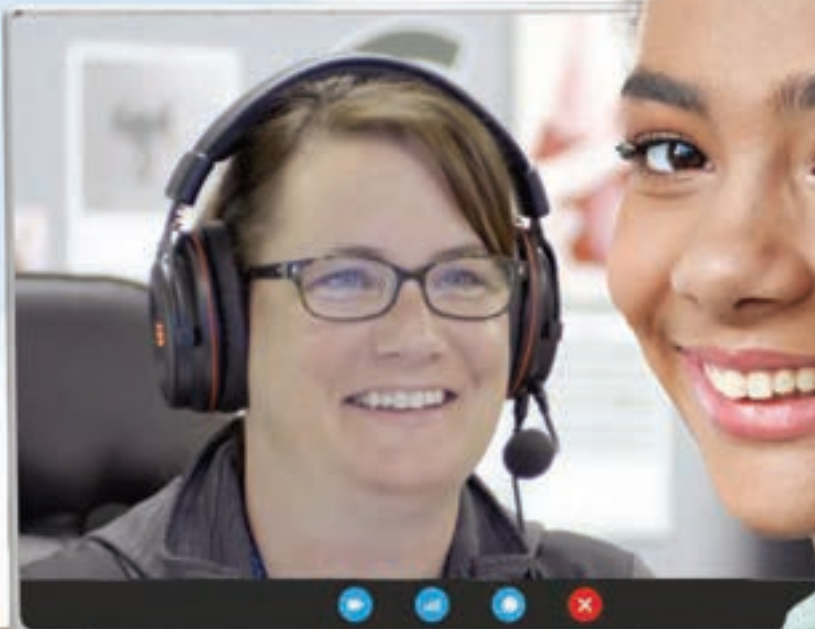
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# Dé a su hijo una ventaja competitiva en la vida con Universal PreK GRATIS en Lansing School District



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GRATUITA**  
PARA TODOS LOS  
ESTUDIANTES DE  
LANSING

## ¿Qué escuelas ofrecen Universal PreK?

### Opciones de preescolares especializados

**Chinese  
Immersion**  
Post Oak  
2320 Post Oak Ln.

**Montessori**  
Wexford  
Montessori  
5217 Wexford Rd.

**Spanish  
Immersion**  
Lewton  
2000 Lewton Pl.

### Escuelas ofreciendo preescolar tradicional

**Averill**  
3201 Averill Dr.

**Gier Park**  
401 E. Gier St.

**Reo**  
1221 Reo Rd.

**Cavanaugh**  
300 W. Cavanaugh Rd.

**Kendon**  
827 Kendon Dr.

**Riddle**  
221 Huron St.

**Cumberland**  
2801 Cumberland Rd.

**Lyons**  
2901 Lyons Ave.

**Willow**  
1012 W. Willow St.

**Forest View**  
3119 N. Stoneleigh Dr.

**Pattengill**  
815 N. Fairview Ave.

## Información de Registro

### Su hijo DEBE:

- Ser residente del distrito o tener unadirección de Lansing\*
- Tener cuatro años el o antes del 1 de diciembre de 2022.

### Al registrarse, por favor traiga:

- Certificado de nacimiento,
- Registro de vacunas,
- Prueba de residencia,
- Y prueba de ingresos.

\* Se da prioridad a los residentes de Lansing School District.

DOS FORMAS DE  
**REGISTRO**



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Seleccione "Universal Preschool"



# Give your child the competitive edge in life with **FREE Universal PreK at the Lansing School District**



## What schools offer Universal PreK?

### Speciality Preschool Options

**Chinese Immersion**  
Post Oak  
2320 Post Oak Ln.

**Montessori**  
Wexford Montessori  
5217 Wexford Rd.

**Spanish Immersion**  
Lewton  
2000 Lewton Pl.

### Schools Offering Traditional Preschool

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**Reo**  
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**Cavanaugh**  
300 W. Cavanaugh Rd.

**Kendon**  
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**Cumberland**  
2801 Cumberland Rd.

**Lyons**  
2901 Lyons Ave.

**Willow**  
1012 W. Willow St.

**Forest View**  
3119 N. Stoneleigh Dr.

**Pattengill**  
815 N. Fairview Ave.

## Registration Info

### Your child **MUST**:

- Be a resident of the district **OR** have a Lansing address\*
- Be four years old on or before Dec 1, 2022

### When registering, please bring:

- Birth certificate,
- Immunization record,
- Proof of residency,
- **AND** proof of income.

\* Priority given to Lansing School District residents.

**TWO WAYS TO REGISTER**



**In-Person M-Th**  
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or



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Click "Universal Preschool"





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## SERVICIOS VASCULARES

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McLaren- área de Lansing es el primer hospital en el medio oeste en implementar tecnología de inteligencia artificial aumentada (AI, siglas en inglés) para reparar aneurismas. Al utilizar esta tecnología inteligente resulta en un plan de procedimiento más preciso incluyendo un 50% de reducción en exposición a radiación y avances en general en los resultados del procedimiento.




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SUV COMPACTA NÚMERO UNO DE 2022 EN CALIDAD DE  
NUEVOS VEHÍCULOS — J.D. POWER, 2022

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IN NEW VEHICLE QUALITY<sup>1</sup>  
— J.D. POWER, 2022



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Ellery Sosebee, Chief

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Learn more at [aarp.org/YouEarnedIt](https://aarp.org/YouEarnedIt)





## ***Increasing our Understanding of the Impacts of COVID-19***

# **UPCOMING LOCAL EVENTS FOR THE LATINO COMMUNITY**

The COVID-19 pandemic clearly has made its devastating mark far and wide. The data published during the two initial years of the pandemic focused principally on its effects on physical health, hospitalizations and deaths. One serious effect noted during those years, but not broadly developed, was the barriers created by adverse effects of COVID-19, specifically the psychological impact on individuals and their mental health.

Researchers have reported recently that “many challenges contribute to disparities in mental health outcomes for Latinos, including cultural and language barriers, acculturation stress, discrimination, stigma, immigration status, socioeconomic status, and lack of access to mental health services.”



Some of these points were also volunteered by Latino participants in focus groups and Town Halls held in the Greater Lansing Area in 2022-23. Misconceptions and myths surrounding mental health and mental health care are yet another “challenge” or “barrier” exacerbated by COVID-19. According to a national survey, Latinos were more likely to report an increase in psychological distress than whites or Blacks during the pandemic.

In view of multiple effects of the pandemic on mental health, the Lansing Latino Health Alliance (LLHA) was awarded a grant through the Ingham County Health Department and the regional Health Equity Council to help the community understand further some of these challenges.

### **Specifically and at no charge to participants, the LLHA will:**

- Hold focus groups for the Latino community to better understand barriers to optimal mental health;
- Develop materials on mental health and mental health services for Latino teens and adults;
- Engage the Latino community in two Town Hall discussions, led by mental health professionals, to combat myths and misconceptions about mental health and to decrease barriers to access mental health services.

***Want to participate in a focus group or help with one of the events  
about Latino mental health? Let Us Know!***

**[LansingLatinoHealth@gmail.com](mailto:LansingLatinoHealth@gmail.com)**

***These events will be announced widely  
and will take place January through May 2024***



## ***Aumentando nuestra comprensión de los efectos de COVID-19***

# **PRÓXIMOS EVENTOS LOCALES PARA LA COMUNIDAD LATINA**

La pandemia de COVID-19 ha dejado claramente su destructora huella en todas partes. Los datos publicados durante los dos años iniciales de la pandemia se centraron principalmente en sus efectos sobre la salud física, las hospitalizaciones y las muertes. Un efecto grave observado durante esos años, pero sin amplio desarrollo, fueron las barreras creadas por las consecuencias adversas de la COVID-19, específicamente el impacto psicológico en la salud mental de las personas.

Algunos investigadores han informado que "muchos desafíos contribuyen a las disparidades en los resultados de salud mental de los latinos, incluidas las barreras culturales y lingüísticas, el estigma, el estatus migratorio, la discriminación, la situación socio-económica y la falta de acceso a servicios de salud mental."



Varios participantes latinos en grupos focales celebrados en el área metropolitana de Lansing en 2022 y 2023 voluntariamente mencionaron estos mismos puntos. Los conceptos erróneos y mitos que rodean la salud mental y la atención de la salud mental son otro "desafío" o "barrera" más de la COVID-19. Según una encuesta nacional, los latinos tenían más probabilidades de informar un aumento de la angustia psicológica que los blancos o los negros durante la pandemia.

En vista de los múltiples efectos de la pandemia en la salud mental, la Lansing Latino Health Alliance (LLHA) ha conseguido una subvención a través del Departamento de Salud del Condado de Ingham y el Consejo de Equidad en Salud para ayudar a la comunidad a comprender mejor estos desafíos.

Con ese fin, específicamente *sin costo alguno para los participantes*, la LLHA hará:

- Realizar grupos focales para que la comunidad latina comprenda mejor las barreras para tener salud mental óptima;
- Desarrollar materiales educativos sobre salud mental y servicios de salud mental para adolescentes y adultos latinos;
- Involucrar a la comunidad latina en dos reuniones comunitarias dirigidas por profesionales de la salud mental, para destruir mitos y conceptos erróneos sobre la salud mental y disminuir las barreras de acceso los servicios mentales.

¿Le gustaría participar en un grupo focal o ayudar en un evento dedicado a la salud mental de los latinos? Escribanos a [LansingLatinoHealth@gmail.com](mailto:LansingLatinoHealth@gmail.com)

***Estos eventos se anunciarán ampliamente  
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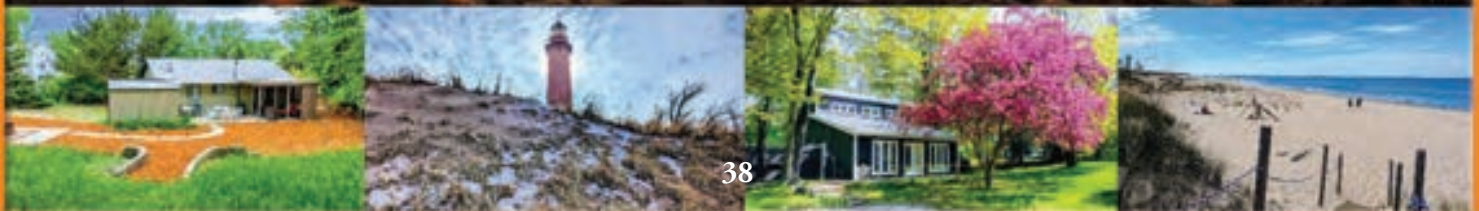


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# ADELANTE FORWARD

A multicultural magazine dedicated to the health, education, and welfare of Mid-Michigan area residents.  
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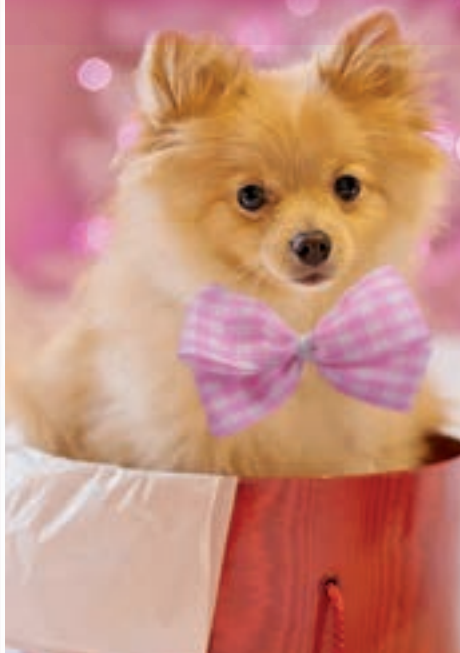
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IF YOU CAN.

- DIANA ROSS



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gratitude to our riders  
and partners.





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TOCA LA DE ALGUIEN.  
TRANSFORMA  
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EN UN LUGAR  
MEJOR  
SI PUEDES. ”

- DIANA ROSS



CATA celebra más de 50 años de servicio a nuestra comunidad, con gratitud hacia nuestros pasajeros y colaboradores.





# Lansing Promise Perspectives

## My generation is ready to change the world



*Story by Niko Quesada*

*My name is Niko Jose Quesada and I'm proud to be a Lansing Promise scholar. I grew up on the Westside of Lansing and graduated from J.W. Sexton High School in 2023. I am the grandson of Juan Jose Quesada, Sr., a man who gave so much to the Hispanic community here in Lansing. I'm trying to continue his legacy as I start this new chapter of my life.*

As a Promise scholar, I am doing my schooling at LCC. When all is said and done, I hope to get my Master's in Social Work from Michigan State University. I also currently work for the Lansing Promise as a scholar advocate, helping the Promise try to figure out what students are thinking and experiencing and what we can do to earn their trust in order to really help them find success.

My own high school experience was interesting. I thought I was going to go into high school and get straight A's. However, I did not. I struggled, but I didn't give up. I graduated from high school after four strenuous years.

When I went into 9th grade, I did not know what I wanted to go into after graduation. It wasn't until my senior year that I knew what I wanted to do — and that's okay. Many students like me don't decide until our senior year. However, I wouldn't trade it for the world! The experiences I've had, the friends I've made, the people I've gotten to love and lose: those are what define my future and I've gained so many of those people who helped make high school amazing.

What I've learned from choosing my college path is that it's okay to change your mind and your major—and that students like me need support around those kinds of decisions. We need adults who would do anything for us and that means giving us space and wisdom.

I learned this because I was told that social work was not a good career. I was told that I wouldn't make any money or I would eventually wish I wouldn't have done it. That was not a good feeling and I wish my elder family members would have respected my choice.

We need family members that can tell us it's okay to go into trade school, especially family members we respect. When we have people who belittle our choices, it does nothing to help us. What we need to thrive is love and respect from our family members about our education and career choices.

In early 2023, I got the chance of a lifetime. A man named Justin Sheehan offered me an internship at the Lansing Promise. I had asked and asked and asked until he had no choice but to give me a job! Now he's giving me the opportunity to help students exactly how he helped me. I want to help kids who may have never had a father figure realize that they can still make it, they don't have to give up, they can continue and that they can make something with their life.

The Promise is helping our community and world by giving students all kinds of opportunities. Opportunities like internships at different companies or scholarships to college or connecting with trade schools, all helping students give our future a chance. Promise is helping families by giving them resources to expand their minds and opportunities, and to change the way they think about and do school.

The Promise has helped me understand that I got to where I am by being persistent and not taking no for an answer. If I get an inch of opportunity, I always take a mile. I never stop asking questions—all it takes is for someone to offer an answer. And from what I've seen with my classmates, I'm not alone.

I believe that this generation is like no other. We all have amazing dreams. There is no reason to think differently. My generation is ready to change the world. But we need your love and respect. We need you to believe in us. We need you to offer opportunities we might not get anywhere else. We need our families and communities to see us for who we are and who we want to be.

*My generation is the future.*

*Photos include Niko and (next page) Niko with his sister (Bella), and with his father (Juan) and brothers (Luis and Juan)*





# Perspectivas de la Promesa de Lansing

## Mi generación está preparada para cambiar el mundo



Me llamo Niko José Quesada y estoy orgulloso de ser un becario de la Promesa de Lansing. Crecí en el lado oeste de Lansing y me gradué de la escuela superior J.W. Sexton en 2023. Soy nieto de Juan José Quesada, Sr., un hombre que dio tanto a la comunidad hispana aquí en Lansing. Estoy tratando de continuar su legado al comenzar este nuevo capítulo de mi vida.

Como becario “Promise”, estoy cursando mis estudios en LCC. Cuando todo esté dicho y hecho, espero obtener mi maestría en Trabajo Social de la Universidad Estatal de Michigan. También trabajo actualmente para la Promesa de Lansing como defensor de los becarios, ayudando a la Promesa a tratar de averiguar lo que los estudiantes están pensando y experimentando y lo que podemos hacer para ganarnos su confianza con el fin de ayudarles realmente a encontrar el éxito.

Mi propia experiencia en el instituto fue interesante. Pensaba que iba a ir al instituto y sacar calificaciones sobresalientes. Sin embargo, no fue así. Tuve dificultades, pero no me rendí. Me gradué en el instituto después de cuatro años agotadores.

Cuando entré en 9º grado, no sabía qué quería hacer después de graduarme. Hasta el último año no supe lo que quería hacer, y eso está bien. Muchos estudiantes como yo no se deciden hasta el último año. Sin embargo, ¡no lo cambiaría por nada del mundo! Las experiencias que he tenido, los amigos que he hecho, la gente a la que he llegado a querer y a perder: eso es lo que define mi futuro y he ganado a muchas de esas personas que me ayudaron a hacer que el instituto fuera increíble.

Lo que he aprendido al elegir mi carrera universitaria es que no pasa nada por cambiar de opinión y de especialidad, y que los estudiantes como yo necesitamos apoyo para tomar este tipo de decisiones. Necesitamos adultos que hagan cualquier cosa por nosotros y eso significa darnos espacio y sabiduría.

Aprendí esto porque me dijeron que el trabajo social no era una buena carrera. Me dijeron que no ganaría dinero o que acabaría deseando no haberlo hecho. No me sentí bien y ojalá mis familiares mayores hubieran respetado mi elección.

Necesitamos familiares que nos digan que está bien estudiar un oficio, sobre todo familiares a los que respetemos. Cuando hay gente que menosprecia nuestras opciones, no nos ayuda en nada. Lo que necesitamos para prosperar es el amor y el respeto de nuestros

familiares hacia nuestra educación y nuestras opciones profesionales.

A principios de 2023, tuve la oportunidad de mi vida. Un hombre llamado Justin Sheehan me ofreció unas prácticas en la Promesa de Lansing. Le había pedido y pedido y pedido hasta que no tuvo más remedio que darme un trabajo. Ahora me está dando la oportunidad de ayudar a los estudiantes exactamente como él me ayudó a mí. Quiero ayudar a los niños/as que nunca han tenido una figura paterna a darse cuenta de que aún pueden lograrlo, que no tienen que rendirse, que pueden continuar y que pueden hacer algo con su vida.

La Promesa ayuda a nuestra comunidad y a nuestro mundo ofreciendo a los estudiantes todo tipo de oportunidades. Oportunidades como prácticas en diferentes empresas o becas para la universidad o la conexión con las escuelas de comercio, todos los estudiantes que ayudan a dar una oportunidad a nuestro futuro. La Promesa está ayudando a las familias dándoles recursos para expandir sus mentes y oportunidades, y para cambiar la forma en que piensan y hacen la escuela.

La Promesa me ha ayudado a comprender que he llegado a donde estoy siendo persistente y no aceptando un no por respuesta. Si tengo una pulgada de oportunidad, siempre aprovecho una milla. Nunca dejo de hacer preguntas, lo único que hace falta es que alguien me ofrezca una respuesta. Y por lo que he visto entre mis compañeros/as, no soy el único.

Creo que esta generación es como ninguna otra. Todos tenemos sueños increíbles. No hay razón para pensar de otro modo. Mi generación está preparada para cambiar el mundo. Pero necesitamos su amor y respeto.

Necesitamos que crean en nosotros. Necesitamos que nos ofrezcan oportunidades que quizás no tengamos en ningún otro sitio. Necesitamos que nuestras familias y comunidades nos vean como somos y como queremos ser.

*Mi generación es el futuro.*

*Por Niko Quesada*





# Sí, se puede en MSU.



**"MSU no es un campus donde entras, aprendes y te vas. Preguntamos a los estudiantes '¿de dónde son?' y les brindamos la experiencia, para que aprendan algo para su propio beneficio. Para nuestros estudiantes, MSU es un lugar de aprendizaje que los lleva a encontrar soluciones a los problemas de nuestro mundo."**

**FLORENSIO HERNANDEZ**

ASSISTANT DIRECTOR OF DIVERSITY, EQUITY, AND INCLUSION,  
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