



## History of MICAH

MICAH Mentoring Program at Oklahoma State University began seven years ago formally in partnership with Ardmore's MICAH Foundation, Inc. and Brenda Merritt, its director. Designed to alleviate emotional poverty, this intergenerational program teaches students mentoring skills to interact with compassion and respect for the elderly. Students play games, have conversations, sing songs, make garden & lawn improvements, read books, form skits, and basically become a friend with elderly in and outside of residential care units.

## What does MICAH require from you?

Students play games, sing songs, have conversations, make garden and lawn improvements, read books, form skits, paint fingernails and basically become a friend with elderly in and outside of residential care units. Students meet at the beginning of each semester to be trained in risk management and elderly etiquette and are assigned to one of six elderly resident housing facilities. They meet with a resident weekly for a total amount of time of at least 24 hours, to build a personal relationship of caring by interacting and providing one-on-one activity enhancement.

## Impact MICAH mentors have made

The MICAH Mentoring program began in Ardmore, OK seventeen years ago and was introduced to OSU as a model program in 2010. Primarily centered at OSU, the program has been initiated in other communities as requested. Students are encouraged to continue the program in their residential communities when they graduate from OSU. The participants are recognized each year for their service to the communities at the OSU President's Leadership and Service Reception.

## TO APPLY:

Email: [volunteer.center@okstate.edu](mailto:volunteer.center@okstate.edu)

Deadline: **Tuesday, January 28, 2020 by 5pm**

## TRAINING SESSIONS:

Wednesday, January 29 | 5-6pm | 205 SU

Thursday, January 30 | 4-5pm | 205 SU



OSU Student Volunteer Center  
211G Student Union, Stillwater, OK 74078  
(405) 744-5145 | [volunteer.okstate.edu](http://volunteer.okstate.edu)

