

@nywusa News

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Mission Statement:

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"The purpose of OMI is to instill resiliency skills through education and developing life skills to "at-risk" youth in hopes that they will become productive members of society.

To provide opportunities that will focus on the entire mind, body, soul and spirit."

Board of Directors:

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Editor: Cecil Bundick

Fareeha Mohammad

Gabby Chong

Joseph Kobeck

Karen Volker

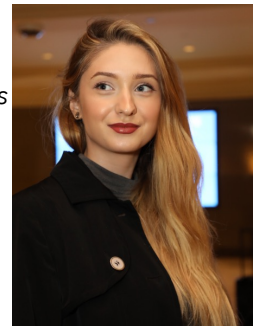
Melody Mashouf

Takoda Wells

Our Teams!

In honor of National Mentoring Month, we are growing and introducing four new teams; Newsletter, Social Media, Technology and Youth.

This team works on creating graphics that give our youth a voice to address challenges youth face and encourages others to join our social platforms.



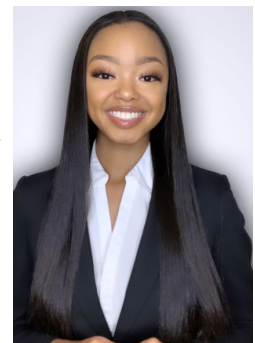
Arijeta Kukaj

This team works on reporting the impact we are having in our communities and highlighting amazing leaders. They also provide articles that give helpful hints and ways to make our youth the best version of themselves.



Cecil Bundick

This team discusses what we should focus on and works on solutions for mental illness and stop homicide and suicide. They are also addressing how young people can overcome the affects of Covid.



Kemia Bridgewater

This team works on our strategy and ensures that we are aligning our mission with emerging technologies to use innovation to save our youth.



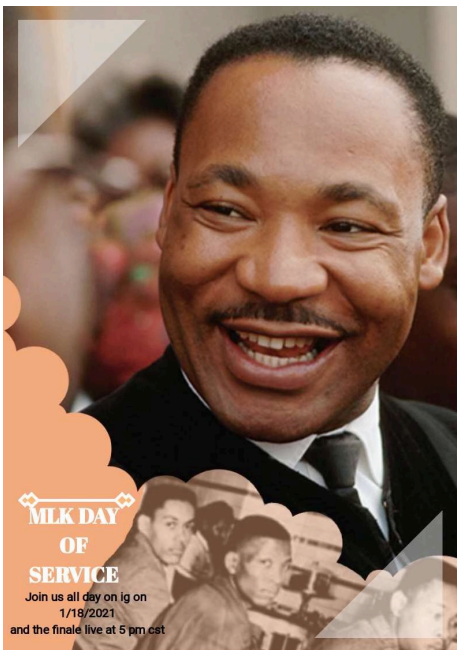
Ray Qasimyar

Note From President:

Lori Hoff



As we kick off 2021, I am reminded of this quote, "Stop being afraid of what can go wrong and start being excited about what can go right". Your thoughts drive your behavior, so as we start this year, do "thought check up". Do my thoughts line up with my vision and purpose? Do my thoughts encourage me to be the best version of myself? Is there hope if I suffered loss and rejection last year? YES!! If plan A doesn't work there are 25 more letters. Never give up. Remember, this is 2021! (Twenty-Two Won)!



Coping with COVID-19

Joseph Kobeck



Many students in American have been thrown into a spiraling event of chaos; they are faced with significant losses such as senior graduations, the school year being online, and many athletes not being allowed to participate in sports. This pandemic has been quite tricky for kids, so this raises the question, how are they coping with all this chaos they now have to adapt to?

1. Exercise: Many kids such as myself have turned to exercise, such as going for walks/runs around our neighborhoods to release some of the built-up stress and anxiety they face with due to the pandemics occurrence.

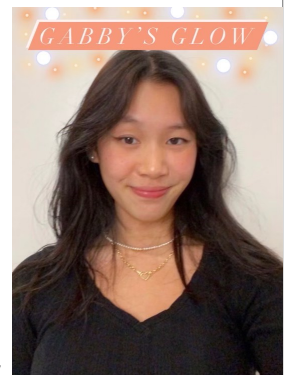
2. Socializing: Hanging out with friends has become quite challenging since the start of the pandemic; however, many kids are doing so virtually! Zoom, Skype, FaceTime calls have now all been utilized for them to have social interactions with their friends and classmates safely.

3. Hobbies: Picking up a new hobby is quite beneficial for kids because it allows them to broaden their horizons. During this pandemic, a new hobby can allow a kid to have that excitement and joy they may have lost due to the pandemic.

Meet Gabby & Gabby's Glow



Hi! My name is Gabby Chong, and I'm a self-care and wellness blogger from New York. My blog is called Gabby's Glow, and it's a platform where I write about managing mental health and practicing self-care. As a high school student myself, I know that school can pose many challenges, so my goal with Gabby's Glow is to help other teenagers and students overcome the obstacles of stress and anxiety and improve their overall well-being. Through sharing the advice I have to offer, I want to help teenagers through tough experiences both during, and beyond high school.



Throughout the year I'll be sharing tips for maintaining a healthy well-being through activities such as exercise, meditation, skincare, and more!