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Post-COVID Back to School Tips

Takoda Wells

- **Time to Socialize:** It's important to make time to socialize! Schedule days throughout the week to hangout and spend time together.
- **Keep the Germs Away:** One thing the pandemic taught us was how to be clean. Returning to school may be daunting for some, so carry hand sanitizer for those sticky moments in class!
- **Mental Health Matters:** Starting school again can be nerve racking, so plan self-care time every week that allows you to take a break and relieve stress.
- **Mark Your Calendar:** Last year might have been unpredictable, so make sure to write down important tasks and to-dos to stay organized.



2021 Scholarship Recipients

Fareeha Mohammad

Our scholarship winners submitted a video discussing their experience with Conflict, Anger, or Self-Esteem which aligns with our CASE mission. We had 5 winners; [click here](#) to hear from them.

Congratulations to our winners: **Cecil Bundick, Kayla Dabroski, Lotus Le, Matthew Knerr, and Rushangi Patel!**

MISSION STATEMENT:

"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."

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Improving Your Communication

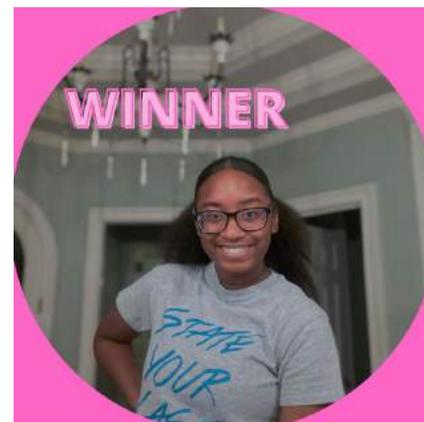
Gabby Chong

Being open and communicating with your friends and family is the best way to form strong relationships with them. Communication includes expressing your feelings and being honest so that your friends and family can really understand who you are and the



emotions you are experiencing. If a loved one has upset you in any way, it is important to approach them about it, because bottling up your feelings will ultimately harm your relationship.

Confrontation can often be hard or risk the stability of your relationship, but the upside definitely overshadows the potential consequences. Building a deeper connection with someone can also involve talking to them when you're feeling down. While you might want to keep your feelings to yourself, sharing them with someone else can help you process them. Receiving advice or just having a friend or family member who is there to listen can improve your well-being and your connection to that person.



**Winner of the
Spread the
Word
Challenge:
Paris
Pettiford!**

NOTE FROM THE PRESIDENT

This month's theme is relax and have fun. The dictionary says: "to relax is to make or become less tense or anxious," and anxious means experiencing worry, unease, or nervousness, typically about an imminent event or something with an uncertain outcome. We still don't know when life will be back to normal, so we still need to be careful, but this month I choose to relax and have fun. I relax by reading a good book, getting a massage, or going for a hike. I have fun anytime I spend time with my friends, family, and my baby Zacki. How do you relax and have fun?



Activity of the Month:

Relax and have fun! Post your fun summer picture on social media and tag us at @nywusa! Here is some of our team having fun!

