



ALUMNI NEWSLETTER

ISSUE 1 • SEPTEMBER 2020



A MESSAGE FROM THE DIRECTOR'S DESK

FRANK WILLIAMS, JR

We are pleased to welcome you to the launch of our White Plains Youth Bureau Alumni Association Newsletter. This new feature will add updates, announcements and information about alumni members as well as impart stories and Youth Bureau highlights. As we work with younger generations, it's important to have alumni members give back to their White Plains community and contribute their support in helping our youth find their purpose in life. The Cover Story this month is about our 50 Faces Honorees. We are celebrating former Youth Bureau members for their hard work and accomplishments.

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JOIN THE YOUTH BUREAU ALUMNI ASSOCIATION

Click Me

to become a member of the Youth Bureau Alumni Association: Click on the button above to be redirected to the signup form, and fill out the questionnaire.



A LETTER FROM MAYOR ROACH'S DESK

Welcome to the Inaugural Edition of the White Plains Youth Bureau Alumni Newsletter! The newsletter will be published quarterly and is a great opportunity for alumni to connect or re-connect with each other and to share news about their personal and professional successes, as well as their lives today. Youth Bureau Alumni understand the impact the Youth Bureau has on the youth it serves, as well as on our community at large. For this reason, we are asking Alumni to serve as a resource for the next generation of White Plains youth – as mentors, colleagues, and friends. Congratulations to the White Plains Youth Bureau on the establishment of its Alumni Association and for producing this Alumni Newsletter!



50 FACES HONOREE:

Dr. Angela X. Ocampo



Angela was born in Colombia and migrated to White Plains at the age of 12. During high school, she was involved in various Youth Bureau programs. She was a mentor for the ACE program and a member of the Mayor's Youth Council. Angela received a Bachelor of Arts with Honors in Ethnic Studies and International Relations in 2010 from Brown University. Upon graduating, Angela returned to White Plains and continued to be involved with the Youth Bureau. She was appointed to serve on the Mayor's Youth Board from 2010-2012. Angela also mentored students through the Youth Bureau's Mentoring Program. In 2012, Angela moved to California to pursue a PhD. Angela teaches and conducts research in the field of American politics with a focus on race, ethnicity and immigration.

Her dissertation won the 2019 American Political Science Association Best Dissertation Award in the field of Race, Ethnicity and Politics. Angela is also the recipient of multiple awards including the MSPA Women's Caucus Graduate Student Award, UCLA's Swarr Prize for Best Graduate Student Paper and the MPSA Latina/o Caucus Best Graduate Student Paper. Her research has been published in various journals and her work has been featured in *The Monkey Cage* by the Washington Post.

Angela owes much of her intellectual curiosity and success to her early days at the Youth Bureau, where she was empowered to become an engaged community member. This allowed her to experience first-hand the power behind community building and civic engagement. The opportunity to sit on the Mayor's Youth Council at such a young age ultimately shaped Angela's perspective on how political actors and institutions can grapple with a changing and diversifying population.

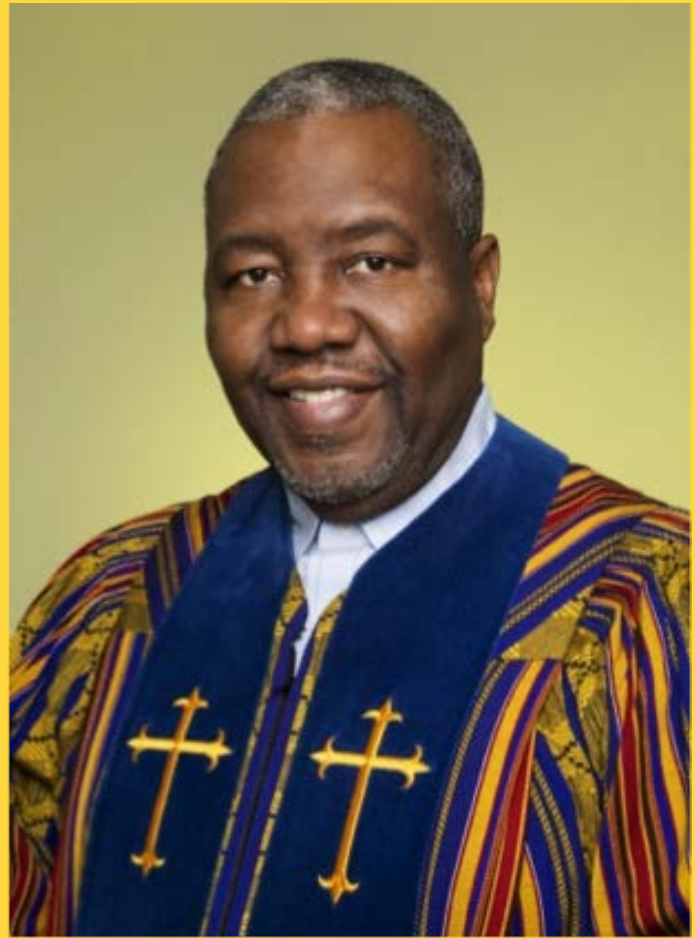
50 FACES

HONOREE:

Reverend Dr. Tyrone H. Robinson

Reverend Dr. Tyrone H. Robinson was born in White Plains, NY and graduated from the WPHS 1977. He participated in numerous scholastic activities in high school and received his varsity letter in basketball. In addition, the White Plains Youth Bureau enhanced Dr. Robinson's early learning through its youth activities, trips and summer employment programs.

Dr. Robinson attended college at the State University of New York at New Paltz, where he received his BA. Upon graduation, he entered the New York State Police Academy and was employed for the next 21.5 years by the New York State Police. He retired from the NYSP in June 2003.



While a public servant to our community through his work for the State Police, Dr. Robinson also served his community through his church, Calvary Baptist Church of White Plains. At Calvary, he served as a Sunday School Teacher, Associate Minister and Youth Pastor. Dr. Robinson also taught religion as a member of the Theological Department, at Rice High School, a Catholic school in Harlem, New York. He received his Master's in Divinity May of 2000 and in 2007, Dr. Robinson received his Doctor of Ministry in Pastoral Care and Counseling from Drew University in Madison, NJ.

Dr. Robinson was called to Pastor the First Community Baptist Church of Greenburgh in 2012. He has received many community awards, including the Servant of the Year Award from Calvary Baptist Church, the Man of the Year Award from Mount Hope AME Church and the Guardian of the Year Award from the Westchester-Rockland Guardians Association, Inc. Dr. Robinson is married to the Honorable Lady Nadine Hunt-Robinson, Esq. and is the proud father of a son, Mali K.H. Robinson. His creed is "a servant is as a servant does."

COPING WITH THE CORONAVIRUS PANDEMIC: A MENTAL HEALTH PERSPECTIVE

Dr. Allana M. Brown DNP



Dr. Allana Brown grew up in the city of White Plains and during her adolescent years she was actively involved in programs offered by the Youth Bureau. Dr. Brown is now a board-certified psychiatric-mental health nurse practitioner.

All throughout the nation individuals, families and communities have been contending with the impact of the coronavirus (COVID-19) pandemic since its outbreak early this year. Many have suffered a great deal of loss, discomfort, and inconvenience as a result of this global health issue. During these times of uncertainty, feelings of insecurity, frustration, anger, fear, sorrow, and loneliness appear to be a common trend. The thought of not knowing where to turn, or who to seek out for support and guidance seems especially burdensome. Be assured that there are steps each of us can take to help cope with the different types of stress surrounding COVID-19.

Since stress can have a negative impact on our bodies, thoughts, mood, and behaviors, we need to take good care of every aspect of our health and deal with any form of stress at its onset. It is important that we maintain good sleep patterns, healthy eating habits, and regular physical activity. These basic lifestyle practices can help reduce the risk of acquiring preventable illnesses and improve our overall health. Some strategies for keeping our mental health well-intact include being self-aware, identifying ways to remain hopeful, staying connected, and asking for help. Perform daily self-checks for stress-related symptoms such as persistent sadness, anxiety, trouble thinking, changes in sleeping or eating patterns, increased drug, alcohol or tobacco use, and conflicts with others. Be kind to yourself, remain future-focused, and draw upon positive things in your life. Keep in touch with family and friends. Utilize supports such as community- and faith-based organizations when feeling overwhelmed. Also, take breaks from watching the news. Repeated exposure to media coverage on COVID-19 can be upsetting. Know that stress reactions are a normal response to adverse events or circumstances, and not a sign of weakness. Be sure to follow healthcare precautions and guidelines to help prevent and slow the spread of COVID-19. This includes wearing a facemask, washing your hands, and practicing social distancing.

If you become ill, seek the attention of a healthcare provider. Take care of yourselves and each other. Be well and stay safe.

COPING WITH THE CORONAVIRUS PANDEMIC: A PHYSICIAN'S PERSPECTIVE

Dr. Sajith Matthews MD

Dear Youth Bureau family,
As we have embarked on a time like no other during these last 6 months, I was asked to write a few words on coping with COVID-19. It has certainly not been an easy time for any of us as we have had found ways to navigate the terrain of the unknown, both in terms of the severity of the disease and the political decisions to tackle the disease. To say that some of these turns since March have been anxiety provoking would be an understatement. One thing we can say for certain is that, it is not a disease that can be taken lightly as we have not seen a virus that has swept through the world with such dramatic effects in recent days. Nevertheless, we also have decades of experience in the knowledge of coronaviruses and the preventive measures designed to stop them. My hope is that we don't become so overwhelmed with information that we stop living! Life still goes on and we will find a way to get beyond this. In the meanwhile, I would like to highlight some things we can do to manage these times.

It goes without saying that the science behind social distancing is well established and we would serve ourselves well by maintaining adequate distance (6 feet) when possible. It is also highly advisable to limit gatherings to less than 100 people (preferably outdoors).



Sajith Matthews was a member of the White Plains Youth Council from 1998-2000. He served as its president during his senior year in high school from 1999-2000. He is currently a member of the faculty in the Department of Internal Medicine at Wayne State University, where his duties include research and teaching. He is also the newly appointment medical director of the clinical lab at Integrative Biosciences Center.

COPING WITH THE CORONAVIRUS PANDEMIC: A PHYSICIAN'S PERSPECTIVE (CONTINUED)

Dr. Sajith Matthews MD

Masks have showed benefit in observational studies for SARS-1 and MERS in disease transmission and therefore, we may want err on the side of caution while randomized control trials are being conducted for masks in SARS-2. This is especially pertinent if you have been exposed or have symptoms. We are certainly showing a good response to the mitigation strategies that were implemented, but it is essential to persist until the virus has finished the course throughout our country.

Feelings of loneliness and social isolation have been common during these times, with many having symptoms of depression or anxiety. Much of it results from the fear of the unknown. The media coverages accumulate news updates that at times result in more concern rather than less. Some of these fears are well based, as we are still unwrapping the short and long term implications of COVID-19. Some have lost loved ones to this disease and are dealing with grief. The added challenges of homeschooling and working from home have been challenging to maintain for long periods of time. However, it is imperative that good antidotes to worry and anxiety are in place. It is strongly encouraged to maintain daily routines, outdoor exercise and to maintain social connection in a safe and reasonable manner. For many, practicing spirituality (i.e. prayer, meditation) has also been a great source of strength to deal with anxieties of these times. These means of deliberate self care need to be in place until we are back to normalcy.

Above all, we need to remember that we are a community of Americans that have faced many challenges in the past. As New Yorkers, there was never a more glorious hour than 9/11 when we rallied to show our character, with courage and selflessness. COVID 19 is no different. It tests our mettle and we will rely on each other to push through these times. The spirit of community will be a great strength to us as we look to each other to bear one another's burdens. One day we will look back with smile on our face and remember these times. Until then, let's strengthen our hearts with faith knowing that this too shall pass.

Alumni Association First Induction

Ceremony Recap

The White Plains Youth Bureau held its Alumni Induction Ceremony via ZOOM honoring recent high school graduates and former White Plains Youth Bureau participants on Thursday, July 23rd.

This year's highschool graduates were honored at the ceremony and inducted as the first class of the White Plains Youth Bureau Alumni Association: Ashley Brown, Angela Mathews, Bhakti Kulkarni, Daniel Cooke, Ashlen Chevalier, Elijah Akinsanya, Destiny Crooks, Jade Balarezo, Jared Villa, Joseph Kennedy, Julezzy Reyes-Martinez, Juliette Ribauda, Justan Rodríguez, Krista Andrade, Louis Melendez, Marcello Capello, Nicholas Granderson, Noe DeFranc, Priyanka Unni, Savannah Williams, Saheed Baize, Sean Patterson, Sky Harper, Timothy Dubois, Tyler Prophile.

Chair of the Board of the White Plains Youth Bureau, City Councilman Justin Brasch, shared some words of encouragement during the ceremony for the recent Highschool graduates. Councilman Brasch noted that the White Plains Youth Bureau is the second largest Youth Bureau in the country, and that the Alumni Association will only come to strengthen the organization's vast positive impact.

The keynote speaker for the Alumni Induction Ceremony was Judith Watson, Chief Executive Officer of the Mount Vernon Neighborhood Health Center, Inc.. Watson fondly recounted her time involved with Youth Bureau programming and the significant impact the organization had on the direction and success of her life. She encouraged graduates with the message that the hardest times in one's life are some of the most important moments in positively shaping one's future.

White Plains Mayor Tom Roach also participated in the event and remarked, "The White Plains Youth Bureau has a proud history of working with our City's youth to achieve positive results that last a lifetime. Their valuable work within the White Plains community has helped change lives and has had a positive effect on our whole community."

