

Monthly Newsletter

September 2025



Here's what has happened in the last month and what's to come!

Welcome back to our 2025-2026 Youth Advisory Council (YAC) newsletter! We are happy to share what happened at our last meeting and what's to come in future meetings.

Firstly, we would like to thank everyone for attending our monthly meeting on October 15, 2025. Dr. Alicia Primus, Daryle Adams, Jonathan Helms, and Yara Quezada- Miller participated as panelists for our Future Orientation discussion.

Our members continued their service-learning journey by voting on the need that will be addressed this year and brainstorming potential projects.

We also started brainstorming what to do for our Youth Enrichment Activity. This was scheduled for December 10, but will be moved to a different day. More details will be shared in the coming weeks.

There are plenty of other updates included in this newsletter, so please read through it in its entirety.

Do not hesitate to reach out if you need anything. Enjoy this month's newsletter!

Sincerely,

*your
YAC team*

In this newsletter you can expect:

Welcome

Upcoming Opportunities

Member Spotlights

Where we've been

Where we're going

Reminders

Upcoming Opportunities

We still have a few opportunities available from CHA's Healthy Living Team! There is also a new opportunity sponsored by the Concord Chapter of The Top Ladies of Distribution, Inc.

If any of these opportunities are of interest to you, please reach out to a YAC Staff member as soon as possible.

Diabetes Prevention Classes

Members will have the chance to shadow members of the Healthy Living Team while they facilitate Diabetes Prevention Classes.

Classes will take place on Tuesdays and Thursdays from 6:00 pm - 7:00 pm via Zoom.



Kid's Cooking Classes

Members will help with class flow and assist the Healthy Living Team in leading the class. If you would like, you could also take the lead on a recipe. We still need another person for the November date and two members for the December class.

November 3rd

December 1st

All classes will take place from 6:00 pm to 7:30 pm. Set-up and clean up will also be required



The Top Ladies of Distinction, Inc., Concord Chapter's top priority is mentoring teenagers and creating future leaders. An interest meeting will be held on Sunday October 26th at 7:00 pm. Visit www.zoom.com, meeting ID 861 6615 1035, and password 991607.

Here are 5 reasons to join Top Teens of America

1. Belonging & Friendship
2. Leadership Development
3. College & Career Readiness
4. Community Service & Impact
5. Fun, Style, and Pride

Contact Lady Sherina Latimer if you have questions at concordtta@gmail.com

**Top Teens of America
CONCORD CHAPTER**

Membership Interest Meeting

Sunday, October 26, 7PM

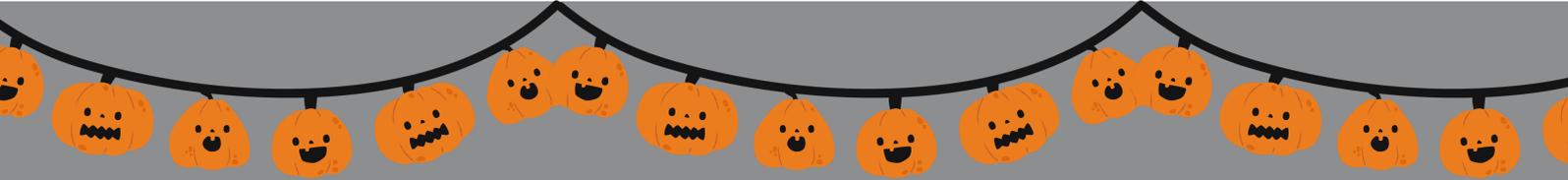
Zoom Meeting
ID: 861 6615 1035
Password: 991607
Ages: 13-18

Parental Attendance Required



Member Spotlights

Earlier this month, six members had the opportunity to tour the WBTV offices, learn about potential careers in local news, and film a video discussing peer pressure and bullying in adolescents.



Laasya P., Denisse G., Janiya P., Ananya P., Purvi B., Hannah B.



WHERE WE'VE BEEN

Our Future Orientation Panelists spoke to members about their experiences, how youth can make meaningful impacts in their communities, and how to make strides in their future endeavors.



“Run to the things that make you afraid”
- Dr. Primus

“Find what you’re passionate about and go for it”
- Daryle Adams

“There’s always a way to change your path”
- Jonathan Helms

“Cast your net wide” - Yara Quezada-Miller

From left to right: Dr. Alicia Primus, Daryle Adams, Jonathan Helms, Yara Quezada-Miller



Below are a list of resources mentioned during the presentations

- Mental Health resources: counseling at the Boys & Girls Club, Behavioral Health at CHA
- Community Support Opportunities: school-based programs like Beta Club, National Honor Society, other groups for community service and connection
- Job Preparedness: Portrait of a Graduate (<https://www.dpi.nc.gov/districts-schools/operation-polaris/portrait-graduate>)



WHERE WE'RE GOING

Next month we will hear from CHA'S Environmental Health Team. More information will be provided in the coming weeks!

REMINDER

Doors open at 5:45 pm and close at 6:00 pm. If you're going to be late, please let a staff member know.

Be sure to routinely check your email! An RSVP link will be sent out prior to the meeting. Lastly, you are only allowed to miss two meetings before membership is affected.

Birthday Shoutouts

Happy Birthday to our members with October Birthdays!



Manaswini Ganta
Nailah Courtney

TOPIC	DATE
ORIENTATION	Aug. 20
TOBACCO PREVENTION	Sept. 17
FUTURE ORIENTATION	Oct. 15
ENVIRONMENTAL HEALTH	Nov. 19
ENRICHMENT ACTIVITY	Dec. 10

TOPIC	DATE
SOCIAL AND EMOTIONAL WELLBEING	Jan. 21
REPRODUCTIVE HEALTH + HEALTHY RELATIONSHIPS	Feb. 18
PUBLIC HEALTH POLICY	Mar. 18
HEALTHY LIVING + NUTRITION	Apr. 15
EOY CELEBRATION	May 16



AUGUST							SEPTEMBER							OCTOBER							NOVEMBER							DECEMBER							JANUARY						
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							30	31																				27	28	29	30	31			24	25	26	27	28	29	30

Monthly Meeting
Backup/Potential Makeup Day



980-369-8733



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