



The Empowered

Empowering Communities. Changing Lives.

Inaugural Issue

May/June 2011

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Message from YPN-ULEM President

Welcome to the inaugural issue of **The Empowered!**

Our publication has been crafted to provide you with updates on YPN-ULEM activities, offer professional development tips, and empower you to Live S.M.A.R.T.!

As I set out to be re-elected last April, I envisioned a revitalization of this chapter, making it the premier young professionals organization of Massachusetts. I believe we are well on our way!

Our chapter has grown exponentially since May 2010 - from 23 members to over 170. This growth is a reflection of not only what we have accomplished over the past year, but also indicative of our chapters trajectory.

Our dynamic membership has facilitated several community service projects and have performed over 700 hours of community service to our affiliate and the community-at-large. Not losing sight of professional development, we have hosted awareness forums that have focused on topics such as redistricting, homelessness, and healthy living. Collaborating has made us effective and we have done so with many organizations.

I invite you to peruse this issue. You will learn more about the diversity of our members, the on-goings of our chapter, and what to expect as we move forward. I am honored to represent the membership and salute the YPNers who have selflessly committed to Empowering Communities and Changing Lives!



Nancy Rachel Rousseau
YPN-ULEM President

I thank you. Stay Blessed!

Yours in the Movement,
Nancy Rachel Rousseau

Public Health Committee Launches S.M.A.R.T. Campaign

As a young professional climbing the corporate ladder, our days can be chaotic! Project deadlines often keep us from eating a healthy lunch. Moreover, our demanding work schedule makes it challenging to schedule routine health exams.

Visiting your doctor for routine health exams and

screenings are important to good health. Your doctor can tell you about your risk factors – the things in your life that increase your chances of getting certain diseases. More importantly, *early detection* is the best way to treat and cure most diseases, while increasing your life expectancy well into your golden years.

Remember going to your doctor is similar to attending a meeting at work – you must be prepared. Bring notes about your family medical history, current medications, immunization record, and health related questions. Talking openly and honestly with your doctor is necessary for the best medical treatment, so don't be afraid to

Public Health Continued.....

speak up and ask questions. Keep track of what screenings or tests you are having, and follow up with your doctor for results. Common screenings you should have annually include: High Blood Pressure, Diabetes, Sexually Transmitted Diseases, Cervical Cancer, Breast Cancer and Prostate Cancer.

If you don't have a doctor, selecting one is really simple! Visit the website of your health insurance provider, and follow the steps to selecting your doctor. You may also want to visit

the following websites to help you with making an informed decision about the cost and quality of the health care you receive. Please visit the [Commonwealth Health Insurance Connector](#) and the [My Health Care Options](#) for more information.

Lastly, talk to your parents, grandparents, other family members and friends and ask them; when was the last time they visited the doctor? If they are over-

due for a visit, simply encourage them to make an appointment with their doctor *today!* It's the first step to **Living S.M.A.R.T.!**

For more information about the S.M.A.R.T. Campaign, email us at ateeshajackson@gmail.com or-



Public Health Co-Chairs
Ateesha Jackson & Jennease Hyatt

Jennease@gmail.com.

YPN-ULEM Kicks off Homelessness and Hunger Awareness Campaign



Young Professionals Network serving at the Women's Lunch Place

Young Professionals Network of the Urban League of Eastern Massachusetts has achieved over **700 hours** in community service! This is **unprecedented** for this chapter. **PHENOMONAL WORK YPNers!!!**

The Homeless and Hunger Awareness Campaign began on October 26th. Our month long drive kicked off with the National Day of Empowerment on October 30th where 10 YPN-ULEM members spent the day volunteering with The Women's Lunch Place.

Throughout the whole month

of November, members had several opportunities to volunteer at Rosie's Place and Saint Luke's-San Lucas Food Pantry/Soup Kitchen. On November 11th, the Community Service Committee hosted a monthly YPN – ULEM General Body Meeting, entitled "Homelessness, Hunger and Veterans: What YOU Can Do To Help". We had a short dramatic presentation on the extremes in differences of hunger in the economic classes. A roundtable discussion with representatives from the Governor's Council on Veterans, The Career Collabora-

tive Center, Pine Street Inn, Healthy Baby, and the Healthy Child Food Pantry followed. We discussed what the root causes are behind the social problems of homelessness and hunger and what we as young professionals can do in our daily lives to help combat and defeat the problem. We were honored to

have over 40 meeting attendees. Our final major event was "YPN Taking It to the Streets", held on November 20th. On a cold Saturday night, 27 YPNers and friends went into the streets and served hot meals to homeless individuals in the Greater Boston area until well after midnight. Armed with 100 donated backpacks, condoms and hygiene kits from the Boston Public Health Commission, employment assistance fliers from the Career Collaborative Center, over 90 pounds of chicken and turkey, 25 pounds of rice and beans, 12

Center, over 90 pounds of chicken and turkey, 25 pounds of rice and beans, 12 pounds of vegetables, and gracious food donations from a local church, YPN-ULEM served over 145 people hot meals. This was an unprecedented event for our chapter, a satisfying donation of time and humbling experience for our members.

A heartfelt **THANK YOU** goes out to every single one of these members for their tireless efforts.

Moving forward, we have many more unique and exciting events in store. The Community Service Committee meets on the last Saturday of the month at 3 PM, locations are determined on a monthly basis. For any questions please feel free to contact committee chairs Kenya Beaman and Rachelle N Villaron via email at ypn@ulem.org.





YPNers for Annual Walk for Haiti

Just as we represent diversity within our chapter, we also reflect the faces of the communities in which we reside. With members from

various professions and diverse backgrounds, we incorporate all the qualities of an inclusive organization prepared to Empower Communities and

Our YPN-ULEM Demographics

Change Lives.

Our members primarily live in Boston, but also represent the south shore and northern areas of Massachusetts such as Winchester, Brockton, Randolph, Everett and Medford. As it concerns the ethnic make-up of our members, 85.7% are Black/Non-Latino; 1.6% are Asian; 1% are Caucasian and the remaining 10.1% label themselves as other.

49% of our chapter hold a bachelors degree; 33% also have a master's degree, and 6% have earned a doctorate.

Professionally, our chapter is largely composed of healthcare professionals, followed by those in the social services field. Members also represent the financial services and banking industry; the education field; the military; the sciences; and elected government.

With regards to household income, 43% earn between \$50-80 thousand and 25% earn between \$20-50 thousand.

MEMBERS! Please see your email to complete the current census survey by May 31.

May Member of the Month: Rachelle Villarson

It was an easy decision to select Miss Rachelle N. Villarson to be YPN-ULEM's 1st member of the month. Miss Villarson joined the Executive Leadership Committee in June and has been representing YPN-ULEM like no other ever since! Serving as the Co-chair for the Community Service Committee, she has been diligently working to provide ample opportunities for our members and friends to give back to the community. Our chapter has truly benefitted, as Miss Villarson has demonstrated what true community service is, while drawing attention to

issues that plague our community. For example, Miss Villarson presented the concept of doing a month-long Hunger and Homelessness Awareness Campaign and followed it through to its execution! During that campaign, much went on including several meal servings at area homeless shelters. This very successful initiative was partly sponsored by Yum! Brands.

Rachelle N. Villarson currently serves as a Finance Supervisor with Partners HealthCare Management Systems in Charlestown,

Massachusetts, a non-profit organization. She has been with Partners HealthCare for five years. Miss Villarson is currently finishing her B.S. in Business Management with the University of Phoenix, Greater Boston Campus. She previously has served as Front of House and Staff Manager for Extended Stay Hotels, LLC. You are welcomed to contact her via email at rachelle2010ypn@gmail.com



Rachelle N. Villarson
Community Service Chair



Community Service Member

Southwest Airlines Ticket Winner

Meet Todd Rodgers our Southwest Airlines ticket winner!

New members to YPN-ULEM were eligible for a drawing for a roundtrip ticket to anywhere SOUTHWEST AIRLINES domestically flies, if the member had (1) joined a our chapter, (2) joined a YPN-ULEM Committee, and (3) attended at least 3 YPN-ULEM events or meetings between Sep-

tember 7 and December 17, 2010.

Join us in congratulating Todd Rodgers in his continued efforts to remain engaged! This can be you! Join YPN-ULEM today to be exposed to the many opportunities and perks available to you for making an impact in your community!

**YPN-ULEM
Leadership Team**

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Nancy Rachel Rousseau

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W. E. David Halbert

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Kenille Daniel

Parliamentarian

Monica Hall-Porter
Shanita Williamson

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Nehemie Cange

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Wynndell Bishop

Public Health

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**Public Relations &
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Nancy Joseph



YPN-ULEM is a
Proud Affiliate of the:



“ Setting the Pace for Tomorrow’s Professionals ”

Young Professionals Network is an auxiliary of the Urban League of Eastern Massachusetts and a chapter of the National Urban League Young Professionals. Our Chapter is one of over 50 throughout the nation. **Celebrating 10 years of service**, YPN-ULEM supports the Urban League Movement through volunteerism, philanthropy, and membership development .

If you not already yet a member, you are out of you're League! Email us at yprn@ulem.org.

Professional Development Tips



Personal branding means you differentiate yourself from the mass of humanity. Branding can impact everyone regardless of age, race, gender or occupation. According to a Forbes Magazine article by Carol Goman, Author of The Silent Language of Leaders, we only have 7 seconds to make a first impression. Thus, the first 7 seconds are crucial because your personal brand is your ticket to opportunities.

To help get you cruising down the path of opportunity, here are Natascha's **5 Tips to creating a crisp personal brand:**

- 1. Materials** (Business Card, Resume/Cover Letters, Thank you notes, Stationary, Brief Case),
- 2. Image** (Clothes/Shoes, Scent, Hair, Smile/Teeth, Hands/Nails),
- 3. Communication** (Grammar, Verbal-30 second pitch, Attitude, Eye Contact, Posture, Hand Shake),
- 4. Reputation** (What stands out about you? Ask friends/family/Co-workers),
- 5. Online** (Where is your online presence? Social Media, Website, LinkedIn, Google, and Portfolio. No online presence? Make one!)

According to common wisdom “Perception is Reality”, so use these tips to check the effectiveness of your personal brand. Review *and* improve each of these five categories, and if you discover that your brand needs assistance, then reach out to the Career Coach for the tools to get you started.

**Natascha F. Saunders, MBA, MS
CEO, The Youth Career Coach Inc..
Member, Young Professionals Network of the ULEM**

SAVE the DATE

- **YPN-ULEM General Body Meetings every 2nd Thursday of the Month**
- **YPN-ULEM Evening of Elegance & Jazz– Saturday June 3rd 2011**
- **NULYP National Day of Service– Saturday, June 11th 2011**
- **National Urban League Conference – July 25th-30th**

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