



NACS News

*A Tradition
of Caring*

December 2023

Volume 24, Issue 12

Native American Community Services of Erie & Niagara Counties, Inc.

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Universal Human Rights Month

submitted by George T. Ghosen, Editor

For some cultures, December marks the season for holidays. Christmas, Hanukkah, Kwanzaa, and sometimes even [Milad un Nabi](#) are just a few of the celebrations that American citizens will commemorate this month – not to mention the closing of the calendar year.

But December is also observed for another, lesser-known reason: it is the Universal Month for Human Rights.

This December, we mark Universal Human Rights Month. Established in 1948, the Universal Declaration of Human Rights outlines the rights and fundamental freedoms to which all human beings are entitled. This document is a cornerstone of international human rights law, and it reaffirms our shared commitment to upholding the dignity of every person. Despite this declaration, many people around the world still face discrimination and persecution because of their race, national origin, sex, gender, religion, age, language or other status. During this month-long holiday season, let us recommit ourselves to fighting for the universal human rights of all people.

This happened after the Second World War, because the U.N. wanted to prevent the atrocities that had occurred. They created the document as a way to properly define what human rights would be protected universally.

The very first article of this declaration makes it clear what the purpose is. It states:

All human beings are born free and equal in dignity and rights. They are endowed with reason and conscience and should act towards one another in a spirit of brotherhood.



The rest of the document lists out what these rights are. It emphasizes how important it is to work towards protecting freedom for all in order to keep peace.

How can you observe the

Universal Month for Human Rights?

There is a lot of turmoil in the world. Open up any newspaper or look on any Facebook or Twitter feed and see the many challenges our planet is constantly facing.

One of the most important things you can do throughout the course of this month – and even beyond – is to find common ground with the people around you. We must remember that all human beings were born into the same world we were and that, despite our differences, we must learn to function here together. Human Rights Month is about acknowledging that people of different races, religions, cultures, and beliefs are still just that: people. We must be careful of differentiating ourselves from others so much that we forget this.

Take the time to learn about another culture that is different from yours – perhaps a culture that makes you nervous or uneasy. Research their history or perhaps make a new friend that is a member of that culture. You'll start to see quickly how similar all people really

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Star Wheeler

MOVING/CHANGE OF ADDRESS?

If you are planning on moving or changing your address, please contact NACS so we may update our mailing list. Send an email to Newsletter Editor:

gghosen@nacswny.org

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are. You'll start to see just how important it is that everyone be treated with dignity and respect.

Use #UniversalHumanRights, #HumanRights, and #StandUp4HumanRights to post on social media. The [Dignity & Respect Campaign](#) says the best way we can celebrate Universal Human Rights Month is by working to find common ground with those around us who may not have the same background as we do. Their advice is to remember that we were all born into the same world, we are all humans, and our different races, religions, beliefs, and cultures shouldn't divide us. This December, take a little time out of your schedule to educate yourself. If another culture makes you anxious or apprehensive, learn more about their history and why they do things the way they do. Chances are, it'll humanize them and help you understand that they aren't people to be "afraid" of, or to dislike. This month, you can also:

- Read a book about the Declaration of Human rights, or about human rights in general
- Spread the word on social media
- Go out of your way to treat everyone with respect, kindness, and equality
- Teach others about why human rights for everyone are so important

Commemorating the 75th Anniversary of the Universal Declaration of Human Rights

"The [Universal Declaration of Human Rights](#) is a miraculous text," said [Volker Türk](#), UN High Commissioner for Human Rights. "At a time when the world emerged from cataclysmic events, the Declaration set out universal rights and recognized the equal worth of every person."

On Human Rights Day (10 Decem-

ber), UN Human Rights will launch a year-long campaign to promote and recognize the 75th anniversary of the Universal Declaration of Human Rights (UDHR 75), which will be celebrated on 10 December 2023. The year-long campaign will showcase the UDHR by focusing on its legacy, relevance and activism using the slogan, "Dignity, Freedom, and Justice for All."

"The Declaration – which was drafted by representatives from all over the world – embodies a common language of our shared humanity, a unifying force at the heart of which lies human dignity and the duty of care we owe each other as human beings," Türk said.

It is the global blueprint for international, national, and local laws and policies. The Declaration is also a foundation of the 2030 Agenda for sustainable development, which promotes an economy that invests in human rights and works for everyone.

The UDHR 75 campaign will increase global awareness of the UDHR by showing how the Declaration has guided the work of the Office. It will then promote the universality of human rights and empower everyone, especially young people, to stand up for human rights.

Since the adoption of the UDHR in 1948, human rights have been more guaranteed and recognized around the world including improvements in the rights of women, children, and young people, of indigenous people to guard and maintain their land and culture, and the abolition of the death penalty in many countries.

But the promise of the UDHR, of dignity and equality in rights, has

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been under attack. The world is facing a climate crisis, the COVID-19 pandemic, increasing conflicts, economic instability, misinformation, racial injustice, and global setbacks on women's rights. People are frustrated and have lost trust with what's being seen as the inaction and irrelevance of governments and institutions in protecting human rights. Young people don't feel heard

or know the existence of the Declaration.

"Even as the 30 articles of the Declaration have sparked transformation in all areas of our lives, the embers of racism, misogyny, inequality, and hatred continue to threaten our world," Türk said. "The language and spirit of the Declaration have the potential to overcome division and polarization. It can

make peace with nature, our planet, and point the way to sustainable development for future generations."

Resources:

[My Ches Co](#)

[Dignity & Respect Campaign](#)

[National Day Calendar](#)

[United Nations Human Rights](#)

[Universal Declaration of Human Rights](#)

"Expressing Our Gratitude to Nichols School: A Heartwarming Thanksgiving Collaboration!"

submitted by Anna Miller, Director of Clinic Services

In the spirit of unity and generosity, we extend our heartfelt appreciation to Nichols School for their incredible support. Native American Community Services received a thoughtful donation from the Nichols Black Student Union's turkey drive. Their upper and middle school community rallied together, donating 5 turkeys and raising an additional \$500, allowing us to purchase a total of 25 additional turkeys.

With this joint endeavor, Nichols School and Native American Community Services were able to spread the joy of Thanksgiving, sharing 30 turkeys with children and families in our community. We extend our special gratitude to Dr. Ramone Alexander, advisor of the Nichols' Black Student Union, and the dedicated leadership team of the Black Student Union for their instrumental role in ensuring the success of this initiative.

This captured moment, featuring our dedicated staff, Kashmir Bowser (left), and the gracious turkeys, along with Mya Miller (right), co-president of the Nichols' Black Student Union, reflects the warmth and compassion shared during this season of gratitude. Together, we celebrate the spirit of giving and the bonds that strengthen our community.



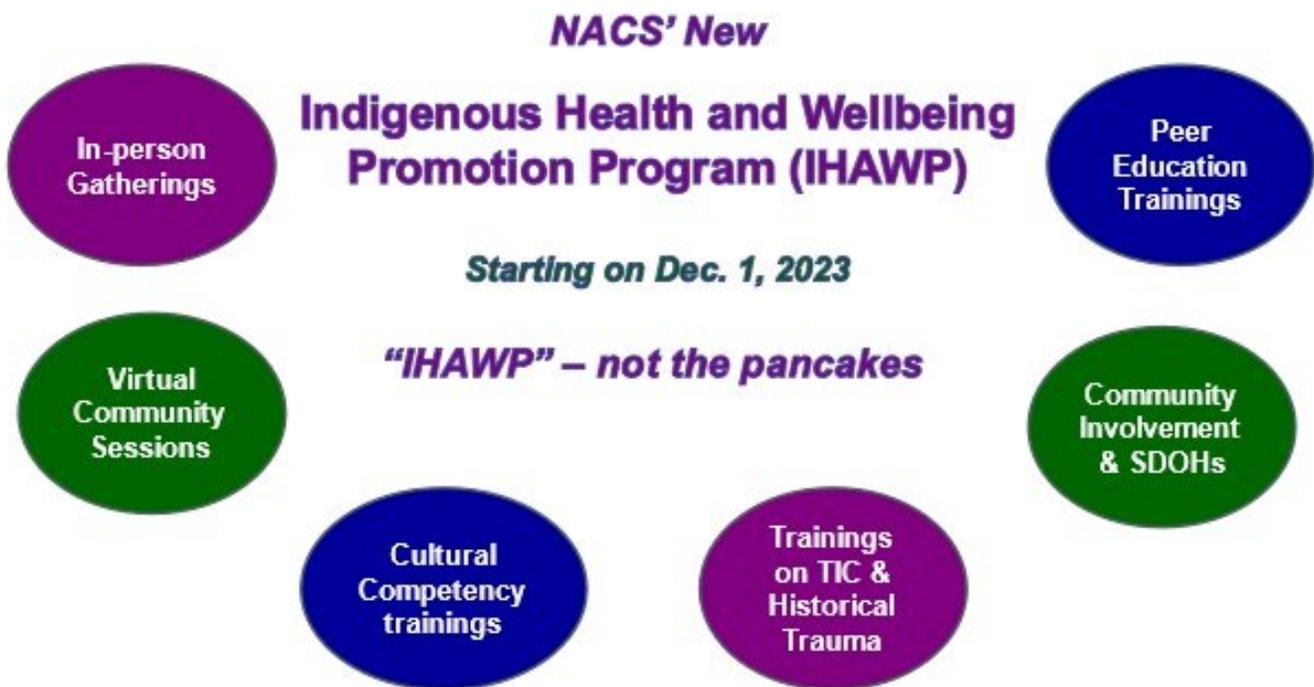
“NACS Special Initiatives Component – Special Announcement!!”

submitted by Pete Hill, NACS’ Special Initiatives Director

Greetings & Good Wishes to All! On behalf of the Special Initiatives component at NACS, it is our pleasure to introduce a new, exciting program here at NACS, as well as providing some updates on continuing efforts.

First, the Indigenous Health and Wellbeing Promotion Program (IHAWPP) is scheduled to start on December 1, 2023 and will provide support for a five-year program designed to help improve the health and wellness of Native persons, families, and communities. The IHAWPP Program will feature an enhancement of many NACS’ previous efforts, including the Gathering of Good Minds, the Seasons Program, the All Our Relations Project, and many more.

The new Indigenous Health and Wellbeing Promotion (IHAWPP) Program will focus on several areas as shown in the following diagram and we invite everyone to please stay tuned for the announcements and details of this new, exciting initiative at NACS. (In the diagram below, “TIC” refers to the Trauma-Informed Care perspective and theory, while “SDOHs” stands for Social Determinants of Health. Both TIC and SDOHs will be discussed throughout the program.)



Please watch for announcements for the new IHAWPP Program at NACS, the Indigenous Health and Wellbeing Promotion Program, coming soon!

Additionally, we are continuing to develop and offer more programs such as the All Our Relations Racial Healing Circles, Indigenous Peer Education Project, “Weaving Our Web” Digital Equity Project, and the Community Health Workers Program support.

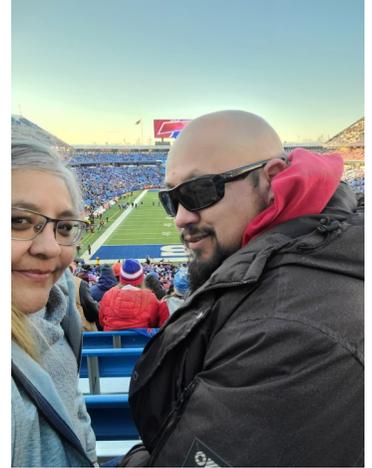
Please also watch for upcoming announcements for all these efforts in the very near future! And of course, please feel free to contact us at phill@nacswny.org or (716) 574-8981 for more information.

Nyah-weh!

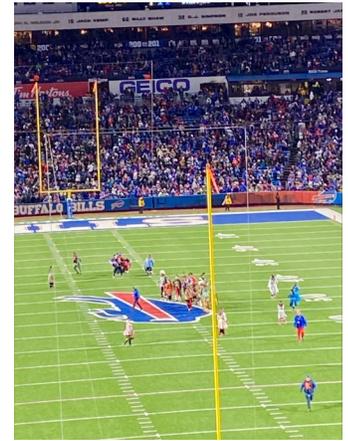
Highmark & The Buffalo Bills Honor Native American Heritage Month

Highmark and the Buffalo Bills Community Relations donated tickets to NACS for the Sunday, November 19th Native American Heritage game vs. the NY Jets at 4:25pm. This gave members of the NACS community to attend this special occasion honoring the culture and contributions of Native People.

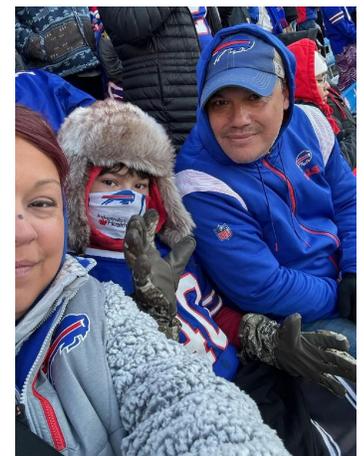
For some, it was the first-ever Bills game they attended. Here are just some of the attendees pictured here:



Pictured above (l-r): Mya & Anna Miller; Anna; Holley Boots & Awenahawi Lazore.



Pictured above (l-r): Lisa Latocha; ; Lisa, Cavan & Carl Jacobs; Native Dancers on the field.



Pictured above: John Szabo, Gladys Henry & Jace.

In The Amazon, Indigenous Women Bring A Tiny Tribe Back From The Brink Of Extinction

JUMA INDIGENOUS TERRITORY, Brazil (AP) - At night, in this village near the Assua River in Brazil, the rainforest reverberates. The sound of generators at times competes with the forest, a sign that there are people here. Until recently, the Juma people seemed destined to disappear like countless other Amazon tribes decimated by the European invasion.

In the late 1990s, the last remaining family was made up of three sisters, Boreá, Mandei, and Maytá and their father, Aruká, in his 50s. In 2021, Aruká died of COVID-19, prompting obituaries like the one in The New York Times that said the “[last man of his tribe](#)” was gone, pushing the Juma, a patriarchal society, closer to extinction. Or so it seemed.

The sisters and their father had another plan.

“I became interested in trying to gather more strength,” said Mandei Juma. “So, I started taking on the role of the leader, the first woman to do so. My sisters and my father encouraged me to assume the position.”

In fact, she was the first woman to become a chief in this part of the Amazon. On her left arm is a tattoo of her father’s bow and arrow. The actual bow and arrows are in her home, shown with pride to a visitor.

During a forced relocation earlier in their lives, Mandei and her sisters made the decision to marry men of other tribes, maintaining their people's lineage, despite a patrilineal tradition.



Juma Indigenous sisters from left, Mandei Juma, Mayta Juma and Borea Juma pose for a picture at their community, near Canutama, Amazonas state, Brazil, Sunday, July 9, 2023.

Today, against long odds, the Juma are making a comeback. In their territory, a two-hour boat trip from the nearest road, their village is full of life.

Children of varied ages play in the river. People fish with nets and rods, throwing back the small fish. Women grind cassava into flour, manually, preserving scarce fuel for the generators at night. Others are out hunting.

Throughout the day, people gather at a soaring maloca, or common building, designed in the traditional Juma way, to eat, tend their macaws and parrots, lounge on hammocks during the warmest hours, pound cassava, and check WhatsApp messages on their cellphones, connected to the internet by a dish antenna.

Aruká, the women's father, is buried under the maloca.

Mandei has been Juma chief for more than a decade now, recently stepping down in favor of her older sister, Boreá. She left behind long ago her initial adjustment to travel and leadership.

“Because we were few, people didn’t recognize us, didn’t respect us,” she said. “There had never been a woman leader before, and then people came to tell me, ‘You shouldn’t have assumed it because you’re a woman.’”

At first, that hurt, she said. Then she stopped caring. “I adapted to seek solutions for our people,”

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she said.

The Juma Indigenous Territory, roughly the size of Las Vegas, is covered by old-growth Amazon rainforest. A top priority is to protect their territory, located in the south of Amazonas state, a hotspot of land-grabbing and illegal deforestation.

Mandéi fears they could be invaded the same way as the Uru-eu-wao-wao village where she grew up. Once immersed in the forest, it is now surrounded by pasture illegally planted by non-Indigenous invaders. “I went back there for a visit, and the forest...” she trailed off, weeping. “It’s very painful; this is what we don’t want to happen here.”

The planned paving of a highway next to the territory increases the likelihood of being invaded by land-grabbers. Cattle farming and soybean crop expansion across the region are palpably changing the environment and having a negative impact on their traditional way of life.

“The river doesn’t fill with water as it used to ... The water shouldn’t dry up so much like this. It’s much hotter, it wasn’t like this before. Our concern is this: Why is this happening? Because of deforestation,” she said.

To protect against this, young men, including Mandéi’s nephew Puré, patrol the territory by boat. They use drones donated by a local Indigenous non-profit, Kaninde, to monitor the most remote areas against loggers, poachers and fishermen.

“I kind of broke the anthropology rules and followed my mother’s lineage,” 22-year-old Puré proudly told the AP in an interview in the maloca. “If I don’t identify myself as Juma, who else will?”

His mother, Boreá, married a man from the Uru-Eu-Wau-Wau. Following a tradition among Indigenous Brazilians, he was registered with his tribe father’s name as his surname. But when he was 15 years old, he went to Brazil’s Indigenous bureau, Funai, and demanded to add his mother’s tribe. Now his full name is Puré Juma Uru-Eu-Wau-Wau.

Two of his cousins adopted Juma as a last name, too: Ana Índia and Shakira, the latter named after the Colombian singer.

The Juma most likely numbered a few thousand before contact, but they resisted non-Indigenous invaders and suffered several massacres in reprisal. The last one happened in 1964, on the order of local trader, as described in a book by German missionary Günter Kroemer.

An estimated 60 people were killed, including children. Aruká, one of the few survivors, lost his father. His mother would die years later of malaria, a disease introduced in the Amazon by non-Indigenous people.

In 1998, as the six remaining Juma were struggling to survive, Brazil’s Indigenous bureau, Funai, transferred them to an Uru-Eu-Wau-Wau village, located a few hundred miles away.

Despite sharing the same language, Kawahíva, the elders struggled to adapt. A few months after the arrival, Aruká’s sister and her husband died of sadness, according to an account on the Amazonia Real news website.

Aruká, unhappy and restless, pressured Funai to return to his home village, with his first three daughters, the place that would eventually become officially recognized as Juma and return to life.

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For Mandei, her people's language has also been key to this survival. She invited a linguist, Wesley dos Santos, to visit in 2019. As part of this collaboration, a multimedia dictionary was created for cellphones, along with an online collection of [digital archives](#) with traditional narratives, monologues, and songs in the Juma language.

Kawahiva is a severely endangered Amazonian language, spoken by approximately 560 people with 8 variations, including Juma, explains Santos, a graduate student at the University of California at Berkeley.

Despite all these recent achievements, Mandei remains concerned - a word she repeated ten times during the interview - about the future of Juma. The 24 inhabitants of their village are still very few, and there are not enough Juma men to increase their population, she reckons. More than ever, the three women are grappling with how to pass down Juma's traditions to the next generations.

"The largest responsibility I share with my sisters is to not lose Juma culture as taught by our father," Mandei said.

Resource:

[Yahoo News](#), Updated 12/4/23

NATIVE AMERICAN COMMUNITY SERVICES



Become A Foster Parent

HELP ERIE AND NIAGARA COUNTY YOUTH WHO NEED A SAFE
AND LOVING HOME BY BECOMING A FOSTER PARENT

FOR MORE INFORMATION:
CONTACT JENNIFER FRAPPA (716) 574-8940

Holiday Safety Tips

By Rob Gabriele, Managing Editor & Home Security Expert, SafeHome.org, June 11, 2023

“Safety first,” goes the old adage, but how many of us have accidentally left the stove on, or left a window open, or forgotten to lock the door on the way out?

Let’s face it: We humans are a distracted lot. This is no more evident than around the holidays – with the parties for hosting and the marshmallows for toasting and ... well, you know the rest. In this most wonderful time of the year, it’s easy to forget one very important step: Keeping your home safe.

To that end, we’ve compiled a few key holiday safety tips to ensure a safer holiday season, whether you’re staying home this year or traveling elsewhere. Because as much as we know the holidays can be stressful, we also know that dealing with an accident, burglary, or some other calamity in the middle of it all can be downright devastating.

If you’re traveling, be careful who you tell.

We’re surely not the first to tell you not to post your travel plans on social media. But seriously, don’t! We strongly advise against publicizing details about your holiday travel, especially where you’re going and how long you’ll be gone – with the exception of that friend or neighbor you trust and who has agreed to look after your place while you’re gone.

Which brings us to our next tip.

Entrust a friend or neighbor to look after your place while you’re gone.

A trusted friend can really prove useful when you’re out of town. When a big snowstorm hit one year while we were back east visiting family, we asked the teenage son of our trusted next-door neighbor to shovel our walkway and driveway for us (with pay, of course). Not only does this clear space for us when we return, it also sends a message to a potential intruder that someone is home. We call that a win-win.

Once you’ve established that relationship, it’s up to you whether you want to give them a house key, or the code for your smart lock or alarm keypad.

***Did You Know?** Electronic or “smart” door locks let us skip the hassle of finding that house key we keep losing. Does this sound like you? Check out our [smart locks buying guide](#) for more benefits to this setup.*

If you don’t have a security system, consider getting one.

Security systems have been giving us an ongoing gift as long as we’ve been homeowners: Peace of mind. It’s why we recommend that homeowners invest in a good home security system. To get started, we always steer folks toward our [best home security systems](#) list, as you really can’t go wrong with those options.

Protection aside, the convenience of modern systems, with cameras and sensors and remote monitoring and two-way audio and the like, allow us to enjoy our time away without worrying we’ll miss something. A full-service system like SimpliSafe might really suit you; check out our hands-on [SimpliSafe review](#) to find out more.

Likewise, we truly appreciate having the option of using our system’s two-way audio to spook anyone who doesn’t belong there ... and we can’t forget the visual deterrence, too. Did you know that about 60% of in a study indicated that the presence of some alarm or security equipment would cause them to abort their plan and seek another target?

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And now, the homebound revelers:

Don't Get Too Ambitious in the Kitchen

Between 2012 and cooking was the leading cause of reported home fires, and the second leading cause of home fire deaths. And not surprisingly, the risk heightened considerably around Thanksgiving and Christmas.

If you remember nothing else, remember this: Never keep food unattended while you're cooking. This goes for any cooking, but especially for a big, traditional meal like Thanksgiving or Christmas.

Pro Tip: *If you're planning a turkey dinner, keep in mind that deep-frying turkey is riskier than roasting. So if you've never gone the deep-fry route before, you might want to check out FEMA's safety guidelines on turkey*

Going further, here are some quick tips to make sure all your merrymaking isn't thwarted by potential thieves:

Other Holiday Safety Tips:

- ★ Automate your smart lighting and set timers
- ★ Keep a car parked in the driveway so it looks like someone's home
- ★ Bring potted plants inside
- ★ Pick up any mail or newspapers around your mailbox
- ★ Make sure all decorations you're planning to hang outside are approved for outdoor use (extension cords, too!)

As homeowners, we don't embark on any vacation without taking these essential steps to protect our property. The holidays are chaotic enough without a break-in, a fire, or something worse. Stay protected, and enjoy the season.

**We wish you all to have a Happy and Safe Holiday Season
and a Healthy and Prosperous New Year!**

from the NACS Board of Directors, Administration and Staff



*NACS Erie County
Community Christmas
Party, 12/9/23*



ERIE AND NIAGARA YOUTH CLUBHOUSES

Clubhouse Locations (select days):

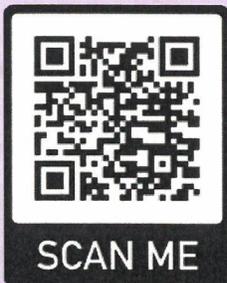
Erie County: 1005 Grant Street, Buffalo, NY 14207

Niagara County: 1522 Main Street, Niagara Falls, 14305

ABOUT NACS CLUBHOUSE:

NACS Youth Clubhouses are an alcohol and drug free space for Native youth ages 12-17.

Native youth are welcome to join our drop-in days. The clubhouses are open in the evenings during the school year. Snacks and dinners are provided for youth!



FOR UPDATES ON EVENTS, UPDATED SCHEDULES, AND CURRENT SCHEDULES SCAN OUR QR CODE OR FOLLOW OUR INSTAGRAM! @NACS_CLUBHOUSE



POSITIVE OUTLETS

- MAKE YOUR VOICE HEARD
- ONE ON ONE SUPPORT AND GUIDANCE
- SAFE AND INCLUSIVE ENVIRONMENT
- LEARN FINANCIAL RESPONSIBILITY WITH CLUB BUCKS!

CLUBHOUSE PERKS

YOUTH HANGOUTS

- ALL NACS CLUBHOUSE LOCATION PROVIDES:
- POOL TABLE
 - DARTS
 - MOVIE/GAME NIGHTS
 - GUEST SPEAKERS
 - FIELD TRIPS
 - DINNER/SNACKS
 - TRANSPORTATION



CULTURAL IMPACTS

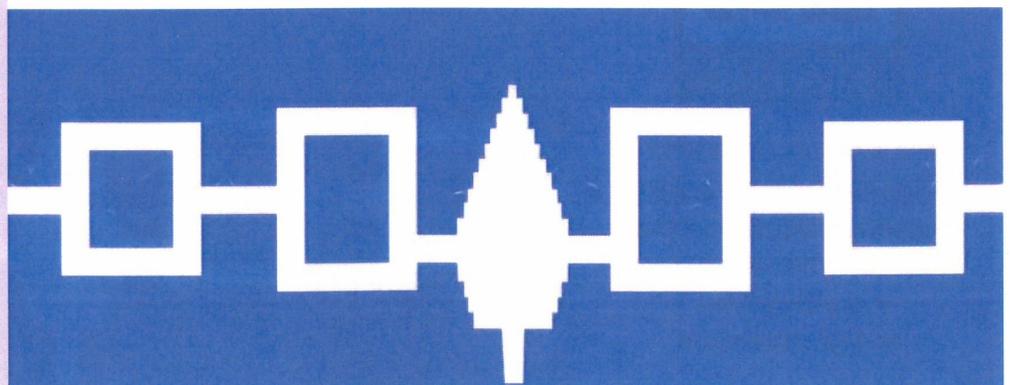
- LANGUAGE PROGRAMMING OPPORTUNITIES
- SOCIAL DANCES / HISTORY OF SOCIAL DANCING
- CULTURAL & EDUCATIONAL WORKSHOPS



For more information, please contact:

Hillary Beaudouin, Erie County Clubhouse Manager: (716) 449-6472
Kashmir Bowser, Niagara County Clubhouse Manager: (716) 449-6405

Funded By: The Office of Addiction Services and Supports, foundations, businesses, and caring individuals





Native American Community Services Program Offerings through the Stages of Life Empowerment (SOLE) Program



The following programs can be conducted throughout a variety of venues in **Erie and Niagara Counties** for FREE, including but not limited to schools, youth programs, family nights, parent events, etc. Please contact **SOLE Program Coordinator Simone Alston** at **716-983-2564** or sshuster@nacswny.org for more information or to book programming.

All programs can be adapted to meet your group's specific needs, and programs can be created on other topics by request

Adult workshops available upon request, please contact for more information

Target Population	Program Name	Program Description	Implementation Guidelines
EVIDENCE-BASED CURRICULA FOR YOUTH			
<i>*These curricula have undergone rigorous scientific evaluations that have shown their effectiveness*</i>			
<i>*Ask about our other Evidence Based Programs*</i>			
Youth, Ages 13-18	Be Proud! Be Responsible!	Evidence-Based Curriculum that provides youth with a comprehensive approach to gain the knowledge, motivation and skills necessary to change their behaviors in ways that will reduce their risk of sexually transmitted infections (STIs), HIV and pregnancy.	-Seven 50 minute sessions
YOUTH WORKSHOPS			
<i>*Other Workshops available: Unhealthy Relationships, Barrier Demonstrations, etc.*</i>			
Youth, Ages 10-18	A Youth's Guide to Adolescent Development	Helps youth understand the changes they undergo during adolescence, and pays special attention to understanding changes, anatomy, and encourages respect for sexual orientation and gender diversity. <i>*Recommended workshop prior to Evidence-Based Curricula*</i>	-Approximately one 45 minute session
Youth, Ages 10-18	Female Puberty: We All Go Through It!	Walks young females through the biological changes they will encounter during puberty with special attention to anatomy, hygiene, menstruation, and developing coping strategies.	-Approximately one 45 minute session
Youth, Ages 10-18	Male Puberty: What to Expect	Walks young males through the biological changes they will encounter during puberty with special attention to anatomy, hygiene, and developing coping strategies.	-Approximately one 45 minute session
Youth, Ages 10-18	A Youth's Guide to Puberty & Hygiene	Walks young people of all genders through the biological changes they will encounter during puberty with special attention to hygiene and developing coping strategies.	-Approximately one 45 minute session
Youth, Ages 10-18	A Youth's Guide to Healthy Relationships	Allows youth to explore the basics of healthy relationships (romantic and platonic) and provides insight to keep their current relationships healthy.	-Approximately one 45 minute session
Youth, Ages 10-18	Safer Sext: Online Safety, Privacy, and Digital Intimacy	Offers youth helpful tips about safe internet use as they begin to use social media more frequently, highlighting the consequences of sexting, sexual harassment, and cyber bullying.	-Approximately one 45 minute session
Youth, Ages 10-18	Skills for a Healthy Life	Focuses on the importance of healthy life skills, as they are the building blocks for overall health and wellness. Special attention is paid to stress management, time management, and goal-setting.	-Approximately one 45 minute session
Youth, Ages 10-18	You Have Rights: Minors' Rights to Reproductive Health Care	Provides an overview of minors' rights in accessing sexual and reproductive health care services in New York State. Many youth are unaware that they do not need parental consent to receive these services.	-Approximately one 45 minute session
Youth, Ages 10-18	A Youth's Guide to Consent	Walks youth through the elements of consent, allows them to practice strategies for giving and receiving consent, and identifying its presence or absence.	-Approximately one 45 minute session

Funded by: NYS Department of Health/Bureau of Child & Adolescent Health; as well as businesses, foundations, and caring individuals.

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Youth, Ages 10-18	A Youth's Guide to Effective Communication	Compares different strategies of communication, allowing youth to identify the most effective strategies, practice them, and identify them.	-Approximately one 45 minute session
Youth, Ages 10-18	A Youth's Guide to Boundaries	Offers youth the helpful tools to establish consent and create and enforce boundaries in all relationships.	-Approximately one 45 minute session
Youth, Ages 10-18	A Youth's Guide to Anti-Bullying	Allows youth to explore types of bullying, develop skills to prevent bullying, and provides insight into its consequences.	-Approximately one 45 minute session
Youth, Ages 10-18	Period Care	Offers insight to what to expect throughout menstruation, as well as information on menstrual products and personal hygiene.	-Approximately one 45 minute session
Youth, Ages 10-18	Budgeting	Allows youth to brainstorm ways to reduce spending and discuss the purpose of saving.	-Approximately one 45 minute session
Youth, Ages 10-18	LGBTQ+ 101	Introduces youth to common terminology and concepts of LGBTQ+ communities, exploring inclusive ways to talk about and understand sex, gender, and sexual orientation.	-Approximately one 45 minute session
Youth, Ages 10-18	All About Abortion Access	Introduces youth to the concept of abortion and abortion options, discusses who has abortions and why, compares myths and facts about abortion, and details abortion access and laws in New York State.	-Approximately one 45 minute session
Youth, Ages 10-18	Clinic Tours	This is an opportunity for youth to receive free scheduled tours and education about their local reproductive health clinics and facilities to reduce any associated stigma with receiving services. We pick you and your youth group up and drop you off!	-Groups of 5 or more -Approximately one-two hours
	Clinic Transportation	We offer (youth) groups transportation to and from clinics and health care facilities for appointments to eliminate obstacles that prevent youth from accessing care.	-By request only -Call for Info -In clinic setting



Condom Availability Program

Free condoms and other barrier methods are available for you or your organization, provided via pick up or drop off. Contact Simone Alston or contact us on our social media for availability.



Period Pouch Program

Free Period Starter Pouches are available for you or your organization, provided via pick up or drop off. Contact Simone Alston or contact us on our social media for availability.

Social Media

 NACS HEALTH AND WELLNESS
  @NACS_SOLE
  NATIVE AMERICAN COMMUNITY SERVICES

Funded by: NYS Department of Health/Bureau of Child & Adolescent Health; as well as businesses, foundations, and caring individuals.

WORKFORCE DEVELOPMENT SERVICES



A Tradition of Caring

Services we provide:

- ⇒ Case management/career counseling
- ⇒ Job search and placement assistance
- ⇒ Assistance in identifying employment barriers
- ⇒ Occupational skills training/skills upgrade
- ⇒ Interview preparation
- ⇒ Resume writing assistance
- ⇒ Educational resources and information
- ⇒ Resources for entrepreneurs
- ⇒ Referrals and Linkages to other services
- ⇒ Status card/Tribal documentation assistance

Funding Available to Eligible Native Americans for:

- * Work Experience Positions
- * On-the-job Training
- * Tuition/Books/Educational Support
- * Work Clothes/Tools
- * Training/Certification Programs
- * Other Supportive Services

For more information and/or
to make an appointment, contact:
Native American Community Services

Buffalo Office
716-574-9731

Rochester Office
585-514-3984

Syracuse Office
315-322-8754

We have offices in
Buffalo, Niagara Falls, Lockport,
Rochester and Syracuse

Counties we serve:

Erie, Niagara, Orleans, Genesee,
Wyoming, Monroe, Livingston,
Wayne, Ontario, Yates, Seneca,
Cayuga, Oswego, Onondaga,
Cortland, Oneida, Madison

Funded by the US Department of Labor

Native American Community Services Workforce Development Services



Native American Community Services has a workforce development program that offers employment and education services to the Native American community in Erie and Niagara Counties. The following is a list of services that are available to eligible participants which includes limited financial assistance related to...

Services provided to eligible participants:

• Case Management related to workforce activities	• Educational resources and information
• Assistance in identifying barriers to employment	• Tuition/Book assistance
• Career counseling/exploration	• Entrepreneurial/small business technical assistance training information
• Job search and placement assistance	• Follow-up services
• 6-week work experience program	• Referral and linkage services
• Resume/Cover letters and interview assistance	• Status Card/Tribal documentation assistance
• Occupational skills training/Skills upgrade	• Supportive Services
• On-the-job training	• Supplemental Youth Services

The following are requirements needed to qualify as an eligible participant:

- | | |
|---|--|
| <ul style="list-style-type: none"> ❖ 14 years of age or older ❖ Reside on/off the reservation in our service area ❖ Native American, Alaska Native or Native Hawaiian ❖ Tribal documentation of enrollment in a federal or state recognized tribe | <ul style="list-style-type: none"> ❖ Males 18+ have registered with Selective Service ❖ Unemployed or under-employed ❖ Laid-off, furloughed or dislocated workers ❖ Veteran or Spouse of Veteran ❖ Meet all WIOA eligibility guidelines |
|---|--|

We provide these services to Native Americans living in the following counties of New York State:

- | | |
|--|--|
| <ul style="list-style-type: none"> • Erie • Niagara • Orleans • Genesee • Wyoming • Livingston • Monroe • Wayne • Ontario | <ul style="list-style-type: none"> • Yates • Seneca • Cayuga • Oswego • Onondaga • Cortland • Oneida • Madison |
|--|--|

Native American Community Services
1005 Grant Street, Buffalo, NY 14207
(716) 874-4460

Food Pantry Guidelines

OPEN:

Tuesday 10:00am – 1:00pm

Wednesday 10:00am – 1:00pm



Required Documents:

- Must live in the [14207 or 14216](#) zip code
- Must have [Picture ID](#)
- Must have [ID for everyone](#) in household
- Must have [proof of address](#) (current utility bill)



*****If you are a NEW client you must come in before 12 noon*****

*****Please note that clients may come to the pantry one (1) time each calendar month and they may receive service from ONLY one (1) food pantry.*****



Our organization is here to provide families with a supplemental food base. These supplemental items, when combined with your own provisions, help stretch each family meal. We provide service for numerous families each month and strive to treat each client with fairness and respect. We appreciate your cooperation and understanding of our policies.

Job Posting



NATIVE AMERICAN COMMUNITY SERVICES OF ERIE & NIAGARA COUNTIES, INC.

1005 Grant Street ● Buffalo, NY 14207-2854 ● (716) 874-4460 ● Fax (716) 874-1874
1522 Main Street ● Niagara Falls, NY 14305 ● (716) 299-0914 ● Fax (716) 299-0903
76 West Avenue ● Lockport, NY 14094 ● (716) 302-3035 ● Fax (716) 302-3037
100 College Avenue, Suite 200 ● Rochester, NY 14607 ● (585) 514-3984
960 James Street ● Syracuse, NY 13203 ● (315) 322-8754

Equal Opportunity Employer

Position: Family Preservation Caseworker

Type: Full-Time Hourly / Non-Exempt

Salary/ Range: \$19.23 / hour

Office: Erie County

Summary

The Family Preservation Caseworker works in conjunction with the Local County Department of Social Services (LCDSS /DSS) and is responsible for providing prevention services to families referred from DSS. Incumbent helps children remain safely in their homes and prevent placement outside of their home. All efforts will be performed with understanding of and in accordance with Good Mind principles, while also adhering to the principles of Trauma Informed Care (TIC).

ESSENTIAL DUTIES AND RESPONSIBILITIES

- Provide effective and efficient case management for assigned families.
- Maintain strong communication with the family working toward stabilizing and strengthening the family unit, with regular face-to-face contact.
- Make use of appropriate counseling, parent training, home management, support, and advocacy services.
- Work collaboratively with referral sources, community service providers, and family members to meet goals.
- Produce accurate, thorough, and timely progress notes in CONNECTIONS.
- Ensure all court mandated or recommended services are applied and supported.
- Provide transportation for meetings, services, and appointments in a safe, reliable vehicle, as necessary.
- Maintain confidentiality and sensitive information.

EDUCATION, QUALIFICATIONS, SKILLS

- Bachelor's degree in human service or related field of study required with experience in child welfare.
- Knowledge of ICWA, ASFA, Federal and State regulations, as well as mandated reporting requirements.
- Must be flexible to evening and weekend hours.
- Must pass all background checks and pre-hire requirements.
- Must have clean and valid NYS driver's license and carry minimum auto liability coverage of \$100k/\$300K.
- Intermediate computer skills and understanding of office applications including MS Office Suite.
- Interpersonal skills to work cooperatively and effectively with individuals, groups, and diverse populations.
- Knowledge of local Native American communities.

BENEFITS

- 403 (b) Retirement Plan
- Health & Dental Insurance
- Life Insurance
- Employee Assistance Program (EAP)
- Flexible Spending Account (FSA)
- Paid Time Off (PTO)

For consideration send Resume to: humanresources@nacswny.org

Job Posting



NATIVE AMERICAN COMMUNITY SERVICES OF ERIE & NIAGARA COUNTIES, INC.

1005 Grant Street ● Buffalo, NY 14207-2854 ● (716) 874-4460 ● Fax (716) 874-1874
1522 Main Street ● Niagara Falls, NY 14305 ● (716) 299-0914 ● Fax (716) 299-0903
76 West Avenue ● Lockport, NY 14094 ● (716) 302-3035 ● Fax (716) 302-3037
100 College Avenue, Suite 200 ● Rochester, NY 14607 ● (585) 514-3984
Syracuse Office: TBD

Equal Opportunity Employer

Position: Workforce Development Specialist

Type: Hourly / Non-Exempt

Salary/ Range: \$19.00 / hour

Office: Buffalo (Travel Required)

Summary :

The Workforce Development Specialist assists in planning and implementing goals and objectives of the Workforce Development Component as well as ensuring quality of service provision to clients. Incumbent will be flexible to evening and weekend schedules. All efforts will be performed with understanding of and in accordance with Good Mind Principles, while also adhering to the principles of Trauma Informed Care (TIC).

ESSENTIAL DUTIES AND RESPONSIBILITIES:

- Conducts Initial intake and comprehensive testing to determine client eligibility and needs.
- Develops an Individual Employment Plan (IEP) with client.
- Develops and provides workshops to clients in such areas of academic, life skills, and technical areas.
- Keeps abreast of current trends in the local job market.
- Establishes an effective support network and provides referrals for clients.
- Attends and participates in weekly component staff and other required meetings.
- Maintains necessary documentation and ensures the timely completion of all necessary recordkeeping.
- Develops an outreach action plan to successfully recruit and retain participants and employers into the program.
- Conducts outreach to academic entities, unions, coalitions, service providers, and other individuals/agencies to promote services, develop linkages, build network opportunities and advocate for issues in the Native American Community.
- Develops and nurtures relationships with employers for on-the-job training agreements and work experience opportunities for clients.
- Other duties as assigned

EDUCATION, QUALIFICATIONS, SKILLS

- Bachelor's degree in human service or related field of study preferred, with three (3) years' experience in workforce development including supervision and program management, or a combination of education and work experience
- Knowledge of local area service providers
- Must be able to work remotely and in-person
- Must pass all background checks and pre-hire requirements
- Must have clean and valid NYS driver's license and carry minimum auto liability coverage of \$100k/\$300K
- Intermediate computer skills and understanding of office applications including MS Office Suite
- Interpersonal skills to work cooperatively and effectively with individuals, groups, and diverse populations
- Knowledge of local Native American communities
- Must be able to lift minimum of 30 lbs.
- Must be able to perform in a smoke-free environment

For Consideration: Send Resume to:

humanresources@nacswny.org

Native American Community Services
of Erie & Niagara Counties, Inc.
1005 Grant Street
Buffalo, New York, 14207

Please share this newsletter with family, friends and co-workers. If you know of anyone who would like to receive NACS News monthly by email, please have them send their first and last name and current email address to:

gghosen@nacswny.org

You can also look for our newsletter on our website:
http://www.nacswny.org/news_and_events.html

YES, I'D LIKE TO HELP NACS CONTINUE ITS TRADITION OF CARING!!

Please accept my contribution of:

\$5 \$10 \$25 \$50
 \$100 Other: _____

I'd like to volunteer my time. I can...

Name

Address

City / State / Zip Code

Phone

Please add me to your mailing list!

Please detach and return to:

Native American Community Services of Erie & Niagara Counties, Inc.
1005 Grant Street, Buffalo, New York 14207

FUNDED BY: Erie County Department of Social Services; Erie County Youth Bureau; New York State Office of Children & Family Services; New York State Office of Alcoholism & Substance Abuse Services; Community Foundation for Greater Buffalo; Niagara County Department of Social Services, Niagara County Office of the Aging; US Department of Labor; Administration for Native Americans (ANA); Jessie Smith Noyes Foundation; The Oishei Foundation; Erie County Department of Mental Health; NYS Research Foundation for Mental Health; NYS Medicaid Program 29-I; Western New York Foundation, as well as businesses, foundations and caring individuals.