



NACS News

*A Tradition
of Caring*

February 2024
Volume 25, Issue 2

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

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- 960 James Street, Syracuse, NY 13203, (315) 322-8754

February Is National Heart Healthy Month

submitted by George T. Ghosen, Editor

Each year, National Heart Health Month is observed in February. According to the World Health Organization (WHO), cardiovascular disease is the world's number one cause of death, killing over 17 million people every year. The month is a very important period during the year. Awareness is created about the various heart conditions, and it goes a long way to help reduce the rate at which heart-related diseases are taking the lives of people. We need to use this month to take extra care of our heart health and help those who already suffer from heart diseases.

Do you know how to keep your heart healthy? You can take an active role in reducing your risk for heart disease by eating a healthy diet, engaging in physical activity, and managing your cholesterol and blood pressure. This is a great chance to start some heart-healthy habits!

History of National Heart Healthy Month

The human heart is a vital organ that pumps blood throughout the body via the vessels of the circulatory system, supplying oxygen and nutrients to the tissues and removing carbon

dioxide and other metabolic wastes. It is the first functional organ to develop and starts to beat and pump blood about three weeks after an embryo is formed. Humans have been aware of the heart since ancient times, even though its exact function and structure were not clearly understood from the onset.

Diseases relating to the heart and the blood vessels are generally referred to as 'cardiovascular diseases.' Their risk factors include high blood pressure, obesity, smoking, and high cholesterol levels. The majority of them are noncommunicable and related to lifestyle and other factors, becoming more prevalent with age. The diseases frequently do not have clear symptoms and can grow for months unnoticed; until after diagnosis is done through the taking of medical history, ultrasound, and listening to the heart sounds with a stethoscope.

People, families, and organizations are encouraged to actively participate in the activities of this month, from preparing heart-healthy meals

to setting up online support groups to encourage one another to eat healthier, work out, and mainly develop healthier habits. Having a proper understanding of heart conditions is quite complex, but that is just what the month has been set aside for. With proper commitment and attention, we all can effectively learn about this vital organ and how best to keep it in perfect working condition.

National Heart Healthy Month FAQs

Does smoking affect the heart?

Yes, the chemicals in tobacco smoke can harm your blood cells. They can also damage the effective functioning of your heart and blood vessels.

Can exercise reduce heart blockage?

Cardiovascular exercise improves the pumping and circulation of blood, which may help reduce the chances of developing blockages or clots in the arteries.

What is the size of the heart?

For kids, the heart is about the same size as their fist, and for adults, the same size as two fists.

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NATIVE AMERICAN COMMUNITY SERVICES

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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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How to Observe National Heart Healthy Month

1. Improve your health habits

Beginning with the kinds of foods you eat to how well you exercise, make a conscious effort to be better with the habits that directly impact your health. Over time, you will benefit from the reward of a healthy heart and whole body.

2. Spread information about heart health

Either through direct talk or from your social media platforms, share important facts and tips about how best to keep the heart in the best form. By doing so, you will be helping many people.

3. Help people quit unhealthy habits

Habits such as smoking and overeating ultimately harm the heart. Create platforms to assist people with these kinds of poor habits to change for the better.

5 Facts About The Human Heart That Will Amaze You

It supplies blood to every cell

Apart from the cornea, every cell in the human body gets blood from the heart.

It works really hard

In a day, the heart beats around 100,000 times and pumps around 1.5 gallons of blood per minute

It is spiritually significant

The heart is an emblematic symbol in many religions, signifying truth, conscience, or moral courage.

It has its own electrical impulse

Due to this, the heart can continue to beat even when separated from the body, as long as it has an adequate supply of oxygen.

It is psychologically influenced

Happiness and a strong sense of emotional vitality help lower the risk of heart disease.

Reclaim Your Health

For American Heart Month, the AHA and other organizations reinforce the importance of heart health, the need for more research and efforts to ensure that millions of people live longer and healthier.

Here are just a few examples of how you can reclaim your health:

- ♥ **Doing at least 150 minutes of moderate-intensity physical activity a week (or, just getting started and working your way there!)**
- ♥ **Eating healthy (the AHA's Heart-Check mark can guide you in the grocery store)**
- ♥ **Not smoking or vaping**
- ♥ **Maintaining a healthy weight**
- ♥ **Controlling blood sugar, cholesterol and blood pressure**
- ♥ **Getting regular checkups**
- ♥ **Learning Hands-Only CPR**
- ♥ **Following COVID-19 safety protocols**
- ♥ **Finding ways to relax and ease your mind, such as meditation**

Taking care of your heart is good for your brain. That's because many of the risk factors for heart disease, including high blood pressure, diabetes and obesity, are also related to brain diseases such as stroke, Alzheimer's disease and other dementias, experts note.

For nearly a century, the AHA has worked to encourage people to live healthier and longer, free of heart disease and stroke. But the first American Heart Month didn't come until 1964.

President Lyndon B. Johnson, among the millions of people in the country who'd had heart attacks, issued the first proclamation for American Heart Month in 1964 to spotlight heart disease. Since then,

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U.S. presidents have annually declared the federally designated event for February.

The first Friday of American Heart Month, Feb. 2, is also National Wear Red Day as part of the AHA's Go Red for Women initiative.

Coast to coast, landmarks, news anchors and neighborhoods go red to raise awareness and support the fight against heart disease – the No. 1 killer of women, causing 1 in 3 deaths. That's more than all forms of cancer combined.

For more information on the event and other activities during the month, visit goredforwomen.org.

Cardiovascular Disease is the No. 1 Killer of Women. Since 2004, the American Heart Association's signature women's initiative, Go Red for Women, has addressed the awareness and clinical care gaps of women's greatest health threat, cardiovascular disease (CVD). We are prepared to meet the evolving needs of women now, and at every age, every stage and every season of their lives as their trusted, relevant source for credible, equitable health solutions.

- ♥ Nearly 45% of women ages 20+ are living with some form of cardiovascular disease.
- ♥ Less than half of women entering pregnancy in the U.S. have optimal cardiovascular health.
- ♥ Women experience unique

life stages, such as pregnancy and menopause, that can put them at an increased risk for CVD.

Research Goes Red

Historically, clinical studies haven't included enough women, particularly women of color. As of 2020, women represent only 38% of research participants. We need women to be equally represented, allowing us to understand their specific risks, symptoms, diagnosis and treatment.

Go Red for Women and Verily's Project Baseline have joined forces to launch Research Goes Red, an initiative calling on women across the United States to contribute to health research. The vision for Research Goes Red is to create the world's most engaged and largest women's health registry and platform for research.

Both healthy women and those with an episodic or chronic health condition are encouraged to participate in research. The more we know about women and their overall health and well-being, the better we can treat, beat and prevent cardiovascular disease.

Know Your Numbers - They could just save your life.

You can't manage what you don't measure, which is why knowing your risk is critical to preventing cardiovascular disease. And knowing your risk starts with knowing your numbers.

Talk to your healthcare pro-

vider today to learn about your Blood Pressure, Cholesterol, Blood Sugar and BMI (Body Mass Index). Your heart depends on it.

Ideal numbers for most adults are:

- ♥ Blood Pressure - 120 / 80 mm Hg
- ♥ Body Mass Index (BMI) - 25 kg / m²
- ♥ Fasting Blood Sugar - 100 mg / dL

Total Cholesterol / HDL (Good Cholesterol) - **Get your cholesterol checked and talk to your doctor about your numbers and how they impact your HDL (good) cholesterol and your overall risk.**

Why National Heart Healthy Month is Important

1. It helps us value the heart

Not everyone is aware of just how complex the heart is and how much work it does. This Heart Health Month helps us realize this and take better care of it.

2. It helps spread love

Besides the fact that the heart symbolically represents the emotion of love, this month helps us collectively show love to others by caring enough to help them have better heart health. This ultimately makes us better human beings.

3. It unites us for a good cause

Through the common cause of advancing heart health, people all around the world are united. This is encouraged and should happen continuously.

Resources:

[National Today](#)

[American Heart Association](#)



You're invited!

MEN'S MENTAL HEALTH & WELLNESS SYMPOSIUM: IT'S OKAY NOT TO BE OK!

SATURDAY, FEBRUARY 17, 2024 | 11AM-3PM | NORTHLAND WORKFORCE TRAINING CENTER | 683 NORTHLAND AVE. | BUFFALO, NY 14211 |

The Mental Health & Wellness Initiative for men of color through the Buffalo Fatherhood Initiative and Breaking Barriers aims to create brave & safe spaces for fathers, boys and young men of color to build, bond, and talk about mental health. It's time to take better care of ourselves gentlemen! USE THE QR CODE TO REGISTER!!!



FOOD PROVIDED, YOGA, FITNESS BOOT CAMPS, PANEL DISCUSSION, DJ, PHOTO BOOTH, WORKSHOPS & SAWUBONA HEALING CIRCLES!!!



National Girls & Women in Sports Month

submitted by George T. Ghosen, Editor

The month of February is designated as National Girls & Women in Sports Month in the United States. The month of celebration was established by the Women's Sports Foundation in 1987. This year, we celebrate 37 years of girls and women making progress in sports!

The Women's Sports Foundation is a nonprofit organization dedicated to advancing the lives of girls and women through sports and physical activity. Established in 1974, it was the first national philanthropic organization dedicated to women's athletics.

The organization established February as National Girls & Women in Sports Month in 1987 to raise awareness about the importance of physical activity for girls and women. Over time, this goal has expanded to include promoting equal access to educational opportunities, fostering self-esteem and confidence, preventing eating disorders (especially among female athletes), and reducing sexual harassment towards girls and women on all levels of sports participation.

Girls who play sports are more likely to graduate from high school, have higher self-esteem, have better communication skills, and develop a strong work ethic.

The benefits of playing sports are endless. Whether you're an athlete or not, getting involved in sports can help you grow as a person.

◆ Girls who play sports are

more likely to graduate from high school, have higher self-esteem, have better communication skills and develop a strong work ethic.

- ◆ When young women play on teams together with other girls their age, they gain confidence that leads them into adulthood by helping them navigate difficult situations later on in life with ease because they've already experienced them before (i.e., changing schools after graduation). This also applies to adult women who are active while working hard at full-time jobs!

Female athletes set a powerful example for their peers and younger students, helping to encourage participation from future generations.

"Female athletes are role models for younger girls," says Susan Wetmore, executive director of the Women's Sports Foundation. "They demonstrate that women can be both physically and emotionally strong. They show how girls can set goals and achieve them through hard work, determination, and perseverance."

Wetmore adds that female athletes help to encourage participation from future generations as they inspire young people to get involved in sports.

"Female athletes serve as mentors and motivators for

all ages," said Laura Schwechler, CEO of the National Girls & Women in Sports Day Foundation (NGWSD). "They provide inspiration because they have overcome so many obstacles while achieving success at their sport; they lead by example."

Girls have come a long way in sports participation, but there's still work to be done.

While women's participation in sports has skyrocketed over the past several decades, barriers still exist for female athletes. For example, women are underrepresented in sports leadership roles and female journalists continue to be a minority in sports media. Recent studies indicate that girls are also underrepresented as hosts and analysts on major networks such as ESPN, Fox Sports 1, NBCSN and CBS Sports Network.

In 2020-2021,

- ◆ 41% of women's NCAA teams had a woman head coach. (NCAA Sports Sponsorship and Participation Report)
 - ◆ 6% of men's NCAA teams had a woman head coach. (NCAA Sports Sponsorship and Participation Report)
 - ◆ 14% of all college athletes are BIPOC¹ women. (NCAA Race and Gender Demographics Database)
- ¹BIPOC is an acronym that stands for "Black, Indigenous, and People of Color."

The Gender Dream Deficit in Sport

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- ◆ 29% of girls dream of reaching the top in sport, compared to 52% of boys
- ◆ 35% of girls feel they are not expected to be good at sport, compared to 4% of boys

National Girls and Women in Sports Day – February 7, 2024

National Girls and Women in Sports Day, abbreviated as N.G.W.S.D., is observed on February 7 this year and it is all about breaking the gender stereotypes built around the sports industry. Have you ever felt sidelined from some kind of a sport due to the fact that you are a girl? N.G.W.S.D. is all about the narrative that women belong in every aspect of sports. Keep supporting, celebrating, and inspiring others by being fearless and playing like a girl, because what better way is there to play?

Support yourself or other women find scholarships in sports or many other fields and encourage them about learning, Scholaroo² has a researched list of scholarships from around the globe to find you your best suited scholarship. (²Scholaroo is a scholarship search platform that helps you access aid for college.)

National Girls and Women in Sports Day FAQs

[Who was the first female to win a gold medal in the Olympic Games?](#)

Hélène de Pourtalès from Switzerland was the first woman to compete in the Olympic Games of 1900 and became the first female Olympic champion. She was a member of the winning team who won the

sailing competition in the 1–2 ton category.

[Who was the first woman to play in a pro-sports league?](#)

On September 23, 1992, ice-hockey player Manon Rheaume became the first woman to play in any of the four major North American pro-sports leagues when she played as a goalkeeper for the Tampa Bay Lightning team during an exhibition game against the St. Louis Blues.

[Who is the highest-paid female athlete?](#)

In 2020 Forbes announced that the 22-year-old Japanese-American, Naomi Osaka had overtaken tennis legend Serena Williams as the highest-paid female athlete in the world (*in tennis*).

5 Facts About National Girls And Women In Sports Day

1. [Women couldn't even watch the Olympic Games](#)

During ancient times, women were not even allowed to be part of the audience at the Olympic Games.

2. [Women couldn't participate in the Olympic Games](#)

The first modern Olympic Games was held in 1896 and women were not allowed to participate in it.

3. [Plato was a feminist](#)

Plato supported equal access for women in gymnastics in his books “Republic” and “Laws.”

4. [Women were underestimated](#)

Medical authorities dating as far back as Aristotle declared that women have a limited amount of energy and that much of it is de-

pleted during the menstrual cycle, therefore women shouldn't take part in sports.

5. [Sport was seen as a fertility threat](#)

In 19th century America, sports were considered to be a threat to female fertility.

Why National Girls and Women in Sports Day is Important?

A. [It breaks the gender stereotypes](#)

At least 75% of girls have heard derogatory remarks about girls in sports. National Girls and Women in Sports Day reiterates the narrative that women belong in all sports.

B. [It inspires girls and women to be active](#)

The celebration of National Girls and Women in Sports Day helps convey the importance of being physically active and encourages women to realize their full potential.

C. [It honors the achievements of female athletes](#)

While discussing the history of women's achievements, the role of sports in women's social emancipation is usually ignored. National Girls and Women in Sports Day appreciates the achievements of female coaches and athletes and acknowledges the role of sports to help unlock the boundless potential of women.

Resources:

[Women In Sport Soroptimist](#)
[National Today](#)

Audrey Shenandoah Named to SUNY Potsdam President's List

submitted by Rebecca Waterman, Economic Empowerment

January 16, 2024

Audrey Shenandoah of Nedrow, NY, was recently named to the President's List at The State University of New York at Potsdam.

Shenandoah, whose major is Childhood/Early Childhood Education, was among 809 students who were honored for academic excellence in the Fall 2023 semester. SUNY Potsdam President Dr. Suzanne Smith recognized the students for earning top marks.

To achieve the honor of being on the President's List, each student must have satisfactorily completed 12 numerically-graded semester hours, with a grade point average of 3.5 or higher.

Audrey is a Junior at SUNY Potsdam. She is a member of the Mohawk Nation, Bear Clan. She is a student participant with NACS' Economic Empowerment Program.

Great work Ms. Shenandoah!

RAISE HOPE & FOSTER DREAMS

Become a Foster Parent



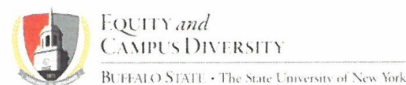
**Native American Community Services
of Erie and Niagara Counties
More information call 716-574-8940**

Native American Community Services of Erie & Niagara Counties, Inc. (NACS)
and
Buffalo State University & the Office of Equity & Campus Diversity



Cordially Invite You to

SAVE THE DATE!



All Our Relations Racial Healing Circle
and the return of
NACS' Multicultural Dance Celebration!

Saturday, March 9, 2024
1 – 6 pm

At the Student Union at Buffalo State University

The Dance Celebration will feature five groups sharing traditional dances representing various Native American, African American, Hispanic/Latine, Asian, and European cultures!

Tentative Agenda:

1 – 3 pm – Racial Healing Circle
3 pm – break, announcements, & refreshments
3:30 pm – Cultural Dance Performances & Sharing

- Please watch for the full flyer with registration information and details coming soon!
- For more information, please contact Pete Hill, NACS' Special Initiatives Director at phill@nacswny.org or 716-874-2797 ext. 348.

This event is supported by NACS' All Our Relations Racial Healing Circle Project, funded by the Community Foundation for Greater Buffalo.

Nyah-weh! Thank you!



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

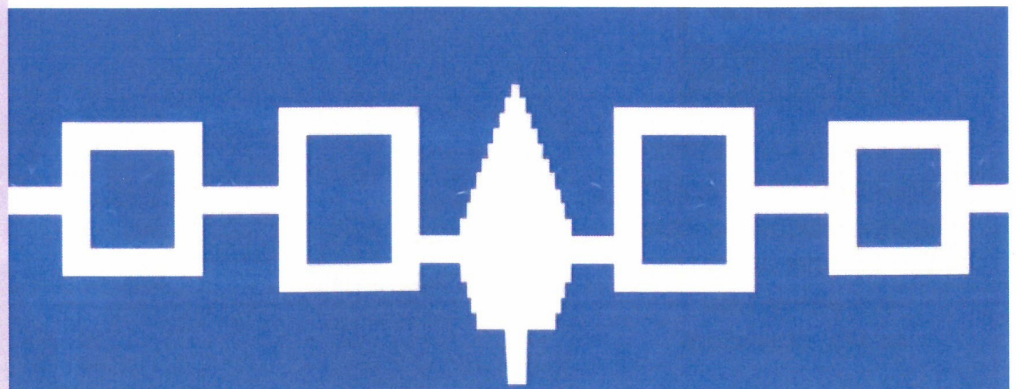


For more information, please contact:

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



CLUBHOUSE CORNER



FEBRUARY EDITION

"When we listen and celebrate what is both common and different, we become wiser, more inclusive, and better as a community."
- Pat Wadors

NACS CLUBHOUSE ON ICE!



Last month our youth clubhouses for both Erie and Niagara county gathered together and enjoyed an evening of ice skating at Rotary Rink! Although the weather was cold, our youth were able to bond over hot chocolate and warm laughs!

To join us for our next outing event, please contact:
Erie County Clubhouse Manager, Hillary: 716-449-6472
Niagara County Clubhouse Manager, Kashmir: 716-449-6405

EXPLORING THE AKG ART MUSEUM



For the past few months, our clubhouse youth of both Erie and Niagara county have been attending the AKG Art Museum's community days sponsored by M&T Bank! We got to explore exhibits, learn about the meaning behind paintings, and attend art and crafts sessions!

YOUTH SPOTLIGHTS

ERIE COUNTY SPOTLIGHT: ANALIA



Meet Analia! She has been a member of our NACS Clubhouse of Erie County since September 2023! Analia is graduating high school a year early and looks forward to attending college this upcoming fall! Additionally, she has achieved high honor roll status! CONGRATS!

NIAGARA COUNTY SPOTLIGHT: MACHIAS



Machias has grown out of her shell since joining clubhouse! She is very artistic, a caring personality, and provides our clubhouse with a great sense of humour.

STAY UPDATED ON OUR CLUBHOUSE EVENTS WITH SOCIAL MEDIA!



NACS CLUBHOUSE CORNER - FEBRUARY 2024

**ATTENTION NATIVE BROS AGES 12 TO 17:
JOIN US FOR,**

BOY'S NIGHT!

**AN EVENING OF FUN
ACTIVITIES WITH PETE HILL**

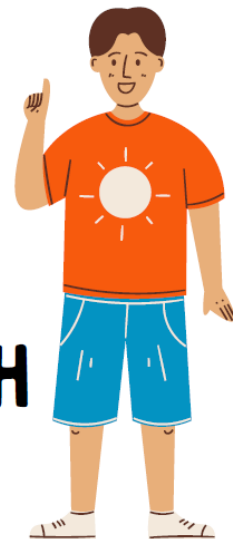
**WHEN: FRIDAY FEBRUARY 16TH
5 PM TO 7:30 PM**

WHERE: ERIE COUNTY CLUBHOUSE

TRANSPORATION PROVIDED, SPOTS LIMITED

HILLARY- ERIE COUNTY: (716) 449 6472

KASHMIR - NIAGARA COUNTY: (716) 449 6405

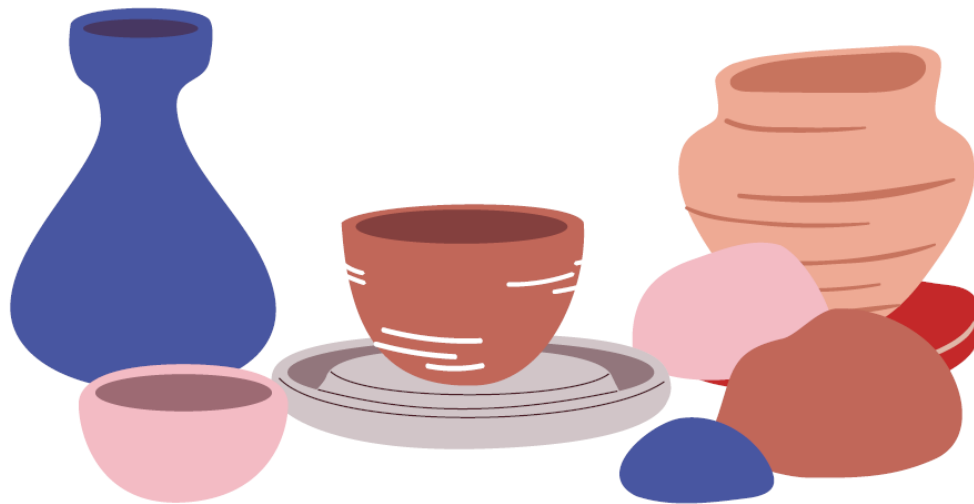


NACS Youth clubhouse is funded by nys: office of addiction services & supports (oasas)

**ATTENTION NATIVE YOUTH AGES 12-17
OF ERIE COUNTY**

POTTERY WORKSHOP

**CHANNEL YOUR CREATIVITY AND JOIN US FOR
OUR POTTERY WORKSHOP LED BY A SKILLED
POTTERY ARTIST, BRENNEN!**



WHEN: TUESDAY, FEBRUARY 20TH 1-5PM

WHERE: ERIE COUNTY CLUBHOUSE - 1005 GRANT ST

**** SPOTS ARE LIMITED ****

PICK UPS BEGINS AT 11:30 AM

TO RSVP TO ERIE COUNTY CLUBHOUSE, PLEASE CONTACT

HILLARY: 716-449-6472

ASHLEY: 716-574-3384

NACS YOUTH CLUBHOUSE IS FUNDED BY NYS: OFFICE OF ADDICTION SERVICES & SUPPORTS (OASAS)

**ATTENTION NATIVE YOUTH AGES 12-17:
THE NACS CLUBHOUSE PRESENTS**

PAINT & CHAT WORKSHOP



RSVP BY: WEDNESDAY, 2/26

JOIN US FOR AN EVENING OF CREATIVITY AND FUN!

WHEN: TUESDAY FEB 27TH, 5-7 PM

TRANSPORATION PROVIDED, SPOTS LIMITED

HILLARY- ERIE COUNTY: (716) 449 6472

KASHMIR - NIAGARA COUNTY: (716) 449 6405

NACS YOUTH CLUBHOUSE IS FUNDED BY NYS: OFFICE OF ADDICTION SERVICES & SUPPORTS (OASAS)



SEEKING PARENTS OR GUARDIANS

American Indian/Alaska Native Parenting & Health Research Study

Eligibility

- ▶ Self-identify as American Indian or Alaska Native & live in urban area
- ▶ Primary caregiver of American Indian or Alaska Native youth age 12-17

REGISTER NOW

Contact information:
(716) 874-4460



Your family could be eligible to receive up to \$200 in gift cards

ASU Global Center for Applied Health Research
Arizona State University

The "Strengthening Our Resilience" (SOR) Program of Native American Community Services of Erie and Niagara Counties, Inc. (NACS)
Proudly Announces a New Training Series of

"INTRODUCTION TO NATIVE AMERICAN CULTURAL COMPETENCY"

All sessions will be held virtually and last 60 minutes, and there are TWO OPTIONS for Addressing Trauma-Informed Care:

*Are you NEW to Trauma-Informed Care?
These are for you!*

INTRO TO NATIVE AMERICAN CULTURAL COMPETENCY & TRAUMA-INFORMED BASICS

Wednesday, March 20, 2024, 12 – 1 pm, Register at:

<https://us06web.zoom.us/j/zoommeeting/tz0H-qpbqDspH9frOErNclseUQLqlcu2W37>

Wednesday, May 1, 2024, 9 – 10 am, Register at:

<https://us06web.zoom.us/j/zoommeeting/tzCzCO-prTstHteoXghQY74qoVdPdysV8Xg>

Thursday, July 11, 2024, 3 – 4 pm, Register at:

<https://us06web.zoom.us/j/zoommeeting/tzWodu2vrz4rGNWt9FvWv9hdBVU6BPcassWV>

*Are you already trained in Trauma-Informed
Care? These are for you!*

INTRO TO NATIVE AMERICAN CULTURAL COMPETENCY & THE RESIDUAL IMPACTS OF HISTORICAL TRAUMA

Tuesday, April 23, 2024, 11 am – 12 pm, Register at:

<https://us06web.zoom.us/j/zoommeeting/tzUkdOvqpiopGtzXbSScmMqxx2qicVm9Ks-td>

Friday, June 7, 2024, 1 – 2 pm, Register at:

<https://us06web.zoom.us/j/zoommeeting/tzClcu6qrzsrGNQO-pTMMVvo9BaXCrxhtBhv->

Wednesday, August 14, 2024, 11 am – 12 pm, Register at:

https://us06web.zoom.us/j/zoommeeting/tzAvfuGtqikvGNuq0_EnQmwJidONXXZitogT3

Please watch for announcements of in-person and more trainings in the spring of 2024 & more!

For more information, please contact Pete Hill, NACS' Special Initiatives Director
at phill@nacswny.org or 716-874-2797, ext. 348.

These "Strengthening Our Resilience" trainings by Native American Community Services are supported
by the New York State Office of Addiction Services and Supports (OASAS).



Empower Youth

A trauma-informed and healing-centered approach to giving justice-involved youth the tools and resources to regain control of their lives, including:

- Peer Mentoring
- Linkage to Service Providers
- Intensive Case Management
- Educational Assistance
- Job Readiness
- Cognitive Behavioral Therapy Groups



WHAT IS IT?

EMPOWER YOUTH PROGRAM

This strength-based, advocacy-oriented program exists to help high-risk young people avoid future involvement with the criminal justice system and overcome barriers to successful community reentry. In addition to intensive case management, clients undergo leadership development with a focus on education and job readiness training to help them understand themselves and participate in civic engagement and restorative justice opportunities.

WHAT WE DO

HOW WE ARE DIFFERENT

Our program is unique with our direct partnerships with Buffalo Public Schools, Erie County Probation, East Ferry Detention Center, and Erie County Family Court. With these partnerships, this program works to encompass every aspect of transition and adjustment for justice involved-youth and their families. This is done through linkage to community resources such as education, workforce development, substance use/mental health treatment and more.

OUR SOLUTIONS THE DETAILS

Our Empower Youth coordinators maintain caseloads small enough to provide intensive case management. After meeting a youth's basic needs (food, clothing, shelter), they are then paired with the programs and services they need to heal and grow. We also offer the support, resources, and tools to empower clients and their families with the skills to rebuild their lives and relationships and give back to their community. Among other needs, we ensure our clients have access to: legal assistance, medical care, vocational training, transportation, government-issued ID, peer mentoring, job-readiness skills, substance abuse and mental health counseling, clothing closet, and educational resources.

For more information on these and other Peaceprints of WNY initiatives, contact Director of Community Programs, Lindsey Allen at lallen@peaceprintswny.org

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
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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

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
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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: ROOTs (Rediscovering Our Onkwehón:we Traditions) Project Specialist

Type: Full-Time Hourly / Non-Exempt

Salary/ Range: \$17.23- \$19.23 / hour

Office: 1005 Grant Street, Buffalo NY 14207

Summary

The ROOTs Project Specialist will assist in planning and implementing goals and objectives of the ROOTs project. The ROOTs Project will provide cultural education programs and resources for the community. 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

- Assists in planning and developing a three-year project design that infuses cultural teachings, and activities, focusing on strengthening cultural self-sufficiency of the local Native American communities.
- Collaborate with the Community and Cultural Services Director on developing strategies for strengthening the cultural knowledge of the Native American community.
- Implement and plan weekly programming in areas such as but not limited to: Haudenosaunee teachings, cultural presentations, practices, life skills, advocacy, leadership, and business opportunities.
- Create and maintain a cultural resource guide for the program, NACS, and community members.
- Recruit participants for the ROOTs program through outreach events and materials.
- Maintains proficiency in areas related to Haudenosaunee teachings and cultural practices.
- Fosters and maintains community partnerships relating to the design and implementation of the project.
- Travels to all NACS' office areas (Buffalo, Niagara Falls, Lockport, Rochester, and Syracuse) as necessary for programming.
- Maintain necessary documentation and ensures the timely completion of all necessary recordkeeping, including the utilization of database systems.
- Ensures the project remains compliant with all contractual obligations and requirements.

EDUCATION, QUALIFICATIONS, SKILLS

- Bachelor's degree in human service or related field of study preferred.
- Experience working with community and group settings. Work experience may replace some of the education requirements at the discretion of the Executive Director.
- Knowledge of local Native American communities and teachings.
- Must be flexible to evening and weekend hours as needed.
- 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.
- Computer skills and understanding of office applications including MS Office Suite.
- Interpersonal skills to work cooperatively and effectively with individuals and groups.
- Effective problem solving, organization, time management, and communication skills.

BENEFITS

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

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; New York State Department of Health/AIDS Institute, as well as businesses, foundations and caring individuals.