



NACS News

*A Tradition
of Caring*

October 2023
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Native American Community Services of Erie & Niagara Counties, Inc.

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October is Breast Cancer Awareness Month

submitted by George T. Ghosen, Editor

No matter who you are or where you live, breast cancer may touch your life. It's necessary to understand the warning signs of breast cancer, your risk of breast cancer and what's normal for you so you can take action if there are any changes in your breasts or underarm areas.

Since 1989, Susan G. Komen has helped drive down mortality rates from breast cancer thanks to our focus on early detection and improvements in treatment. However, that progress may be in jeopardy. During the COVID-19 pandemic, many people delayed their regular breast cancer screening. The pandemic disrupted treatment and research progress.

And more progress is still needed. Through research, growing knowledge about breast cancer has led to new therapies and targeted treatments that improved outcomes for many people. It is research that brings hope to people facing this disease, especially those living with MBC. We need to ensure more treatment options are available for all people facing breast cancer, especially when treatments stop working.

The COVID-19 pandemic also highlighted the inequities in breast cancer treatments for under-resourced communities across the country, as well as the inequity in treatment between Black and white women. Black women in the U.S. are about 40% more likely to die from breast cancer than white women.

That's why Susan G. Komen encourages you to dedicate this October as a time of action - both for yourself and others.

Get Screened

Breast Cancer Awareness Month underscores a pivotal message: Self-care isn't selfish, it's essential. Every woman's health journey matters. Remember, scheduling your annual mammogram isn't just routine - it's a proactive step towards well-being.

While the hustle and bustle of life often pushes self-care to the sidelines, this month serves as a reminder that prioritizing oneself isn't a mere luxury. It's a crucial commitment to health and

longevity. Scheduling your mammogram is a vital step in that journey.

Breast Cancer Awareness Month controversy

Although many people feel supported by the month's events, activities, and pink merchandise, others - especially those diagnosed with metastatic breast cancer - intensely dislike Breast Cancer Awareness Month. The ubiquitous pink ribbons and celebratory atmosphere can seem like a distraction from the very real need for a greater understanding of the disease and more research leading to better treatments.

Many people are also offended by what's become known as pinkwashing - companies using pink ribbons to promote products or services that may actually increase the risk of breast cancer, or sponsoring pink-ribbon promotions that raise large sums of money with only a small portion going to breast cancer research or supporting people during their breast cancer treatment. Think Before You Pink is a campaign designed to improve awareness of pinkwashing and to

(Continued on page 2)

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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

(Continued from page 1)

help people donate in the most effective way to the cause.

Learn more at: [The Think Before You Pink Project](#)

Metastatic Breast Cancer Awareness Day

October 13 is nationally recognized in the United States as Metastatic Breast Cancer Awareness Day. About 30% of early-stage breast cancers eventually metastasize (spread to parts of the body away from the breast), and the day is intended to drive awareness of the need for more research about metastatic disease.

Men's Breast Cancer Awareness Week

Although breast cancer is much more common in women, breast cancer affects men, too. In 2021, U.S. President Joe Biden designated October 17 to October 23 Men's Breast Cancer Awareness Week. About 2,710 American men this year are expected to be diagnosed with breast cancer, and about 530 are expected to die from the disease. But lack of awareness and

Domestic Violence Awareness Month

Domestic violence takes place in our nation every minute of every day, occurring just about every 15 seconds. Most Americans don't realize just how real domestic violence is and how many lives are affected by it.

Most of these cases are left behind closed doors. That's why the Domestic Violence Awareness Month was introduced to not only educate and raise that awareness but bring the support and strength that domestic violence victims need.

DVAM

Domestic violence awareness month

stigma can be barriers to detection and care. Some men, trans men, and non-binary people choose to call their cancer chest cancer.

Breast cancer risk factors

Just being a woman and growing older are the two biggest risk factors for breast cancer. Those factors are difficult to change, but you can change other risk factors, such as smoking, drinking alcohol, and not exercising regularly.

Things to do this Breast Cancer Awareness Month

If you delayed your annual mammogram because of COVID-19, schedule your appointment now and encourage your friends and family to do the same.

Learn more about breast cancer and how it affects people's lives from podcasts, videos, and medically reviewed educational content from the sites listed below.

Resources:

- [Susan G. Komen® Organization](#)
- [The Rose](#)
- [BreastCancer.org](#)

was first introduced back in 1981 by the National Coalition Against Domestic violence.

It was created not only to bring more awareness to others but to connect and unify the millions of affected victims that had been battered due to domestic violence. Its hope is to break the chains of violence that currently have such a strong grip on our nation.

Every year, right around 10 million people become victims of domestic violence, which equates to just about 20 people every minute.

(Continued on page 3)

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Those are some pretty big and startling numbers.

It affects not only women, but men and children, of all different races, status, religions, and culture. No one is immune to it.

Domestic violence shows itself in a number of different forms, whether it's punching, slapping, choking, or threatening, manipulating, yelling and many others. No matter the situation, domestic violence is never okay.

Violence Against Women Act

Huge strides have already taken place ever since 1994 when the Violence Against Women Act was put in place.

So many programs, services, and shelters have been made available to domestic violence victims, thanks to the issues that had been addressed to our legislation.

Just between the years of 1993 and 2010, the overall domestic violence rate had dropped dramatically by nearly two-thirds, and that's not all.

State legislation and laws have been reformed to tackle certain issues such as dating abuse in the workplace, employment discrimination, stalking and more.

4 Signs You're Experiencing Abuse

1. Your partner threatens or tries to control you

This can be anything from making you feel inadequate to telling you what to wear or how to look.

2. You partner controls your money

Keeping cash or credit cards away from you, or discouraging you from working is unacceptable.

3. Your partner isolates you

Cutting you off from family and friends makes you even more dependent on your partner and could be a sign of abuse.

4. Your partner physically abuses you

This is a serious crime regardless of your relationship status.

Why National Domestic Violence Awareness Month is Important

A. It inspires change

National Domestic Violence Awareness Month encourages those in abusive relationships to get help. The month isn't just about learning, it's about doing.

B. Victims need our support

Millions of Americans are domestic violence victims. They need our support to move beyond the abuse.

C. It's about facts

The month aims to educate Americans about what is considered domestic violence. It also reinforces a zero-tolerance policy when it comes to abuse.

National Indigenous Women's Resource Center

NIWRC supports the continual efforts of survivors, tribes, grassroots advocates, and communities to increase awareness of and action on domestic violence, a critical issue impacting Native communities across the United States. American Indian and Alaska Native women face some of the highest rates of

domestic violence (DV) in the country and often go without supportive services for safety, justice, and healing. Native women are the targets of violent crimes including domestic violence at much higher rates than other groups. Domestic violence affects everyone in the home, including children.

Domestic violence is not traditional to Native cultures, and it violates the very essence of who Native people are

This violence ends when we reclaim Indigenous values of respect and compassion, and we honor the sacredness of women and children. As relatives, it is our responsibility to speak out against domestic violence and ensure the voices of Native survivors are heard. Offenders must be stopped and held accountable. Hold space for Native survivors of domestic violence by listening to, believing, and supporting them on their journey to healing. Be a good relative by protecting and respecting Native women.

Domestic Violence, Defined

Domestic violence is one or multiple types of abuse, such as physical, emotional/verbal, sexual, financial, cultural, spiritual, or digital abuse aimed at a relative. Intimate Partner Violence (IPV) is a form of domestic violence that happens when a current or former spouse or intimate partner engages in a repetitive, fear-inducing pattern of abuse toward their partner to maintain power and control in a relationship. This pattern of abuse can take place in relationships where couples are

(Continued on page 4)

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dating, married, living together, have a child together, or after the relationship has ended. The vast majority of victims of IPV are women with primarily male offenders. In Indigenous societies, violence is not traditional. Colonization imposes and promotes the domination and ownership of Native women by men, as reflected in violence against Native women seen throughout history since contact, which has laid the foundation for present-day violence.

Overview of Domestic Violence Awareness Month

Domestic Violence Awareness Month (DVAM) evolved from the first Day of Unity observed in October 1981 by the National Coalition Against Domestic Violence (NCADV). NCADV was originally founded in 1978 to provide advocacy and resources for victims of domestic violence with Tillie Black Bear (Sicangu Lakota) serving as a founding mother and board member. Tillie was also a founding mother of the National Indigenous Women's Resource Center. In October 1987, the first Domestic Violence Awareness Month was observed, and

Congress later designated October as Domestic Violence Awareness Month in 1989. Three themes remain a strong focus of DVAM events today: mourning those who have died because of domestic violence, celebrating those who have survived, and connecting those who work to end violence. Each year, NIWRC continually develops culturally-grounded DVAM materials and resources to support tribal grassroots efforts.

Tillie Black Bear 'Women Are Sacred' Day

Tillie Black Bear (Sicangu Lakota), Wa Wokiye Win (Woman Who Helps Everyone) gave hope and healing to generations of Native advocates and inspired allies by helping to lead the initial organizing of the Violence Against Women Movement on a national level. Considered a grandmother of the grassroots movement for the safety of Native women, Tillie stressed the importance of tribal cultures, stories and traditions to address violence in our communities. To honor and celebrate Tillie's life and work, NIWRC is working to

declare October 1st as Tillie Black Bear 'Women Are Sacred' Day.

In the United States, the National Domestic Violence Hotline is **1-800-799-SAFE** (7233); The National Sexual Assault Hotline **1-800-656-HOPE** (4673); Text Hotline "START" to 88788; Common Ground Sanctuary Organization, Toll-Free: **248-456-0909**



Resources:

- DomesticViolence.Org;
- [National Today](http://NationalToday);
- [National Indigenous Women's Resource Center](http://NationalIndigenousWomen'sResourceCenter)

Read More:

- [Frequently Asked Questions about Domestic Violence](#);
- [How Long Do You Have to Report Domestic Violence?](#);
- [Violence Against American Indian and Alaska Native Women and Men](#)

October is LGBTQ+ History Month

submitted by Sandra Roberts, Health Educator

LGBTQ+ History Month is an annual month-long observance of lesbian, gay, bisexual, transgender, and queer history, along with the history of the gay rights and related civil rights movements.

1. When Did It Start?

LGBTQ+ History Month originated in the United States as Lesbian and Gay

History Month and was first celebrated in October 1994. It was founded by Missouri high-school history teacher Rodney Wilson. Wilson, the first openly gay public school teacher in Missouri, originated the idea, served as founder on the first coordinating committee, and chose October as the

month of celebration.

2. Why October?

October was selected to coincide with National Coming Out Day on Oct. 11, which was already established, and the anniversary of the first march on Washington for gay and lesbian rights in 1979. The

(Continued on page 5)

(Continued from page 4)

month now also includes Spirit Day on Oct. 20, on which people around the country wear purple in support of LGBT youth; Ally Week, a week in which allies against LGBT bullying are celebrated; and the anniversary of 21-year-old Matthew Shepard's murder on Oct. 12, 1998, which led to the Matthew Shepard and James Byrd Jr. Hate Crimes Prevention Act in 2009.

3. Why Do We Celebrate It?

The month is meant to highlight and celebrate the history and achievements of lesbian, gay, bisexual and transgender people. The LGBTQ+ community is the only community worldwide that is not taught its

history at home, in public schools or in religious institutions. LGBTQ+ History Month provides role models, builds community and makes the civil rights statement about our extraordinary national and international contributions.

4. How Can I Celebrate?

A small but meaningful way to start is by allies finding ways to feel comfortable to talk about LGBTQ+ identities, queer stories... or even small actions like talking about a TV show that they saw with queer identities or narratives or film, talk about their LGBTQ+ friends, family and topical events. It's about bringing the community and its dif-

ferent identities into everyday conversation and everyday life.

5. Share What You Learn!

Kids still don't learn enough about LGBTQ+ history in schools. In some states, parents are required to be notified if there are any LGBTQ+-inclusive curricula and are allowed to opt their child out of learning it. In others, it's actually illegal to have any discussion of LGBTQ+ identities or sexualities in the school curriculum. Share what you learn with your kids, family, and friends to help spread accurate information and let them know it's okay to talk to you about the LGBTQ+ community!

Student Discovers Virus, Then Finds Her People

Albany College of Pharmacy and Health Sciences, October 11, 2022

Though 18-year-old **Audrey DeGraw's** grandfather was a member of the Onondaga nation, it took a trip to California last week for the ACPHS sophomore to find her tribe. It also took a bona fide scientific discovery to get there – the identification of a novel virus found in a soil sample in Albany's Lincoln Park.

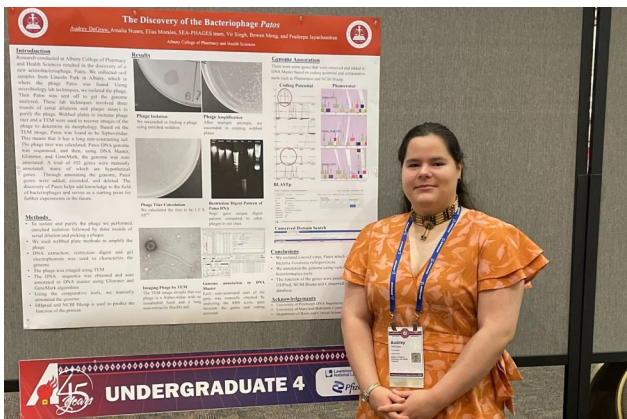
DeGraw, a microbiology student, attended the national conference of the American Indian Science and Engineering Society (AISES) in Palm Springs, Calif., where she presented a poster detailing research she conducted with classmates Amalia Nunes and Elias Morales.

The opportunity came about through DeGraw's participation in the SEA-PHAGES program offered by ACPHS and her long-held interest in attending an AISES conference.

There are two threads to DeGraw's story, both involving genetics. One concerns the sequencing of the genome of a tiny, ubiquitous organism. The other involves a deeply held desire derived from DeGraw's own genetic code.

First, the academics:

DeGraw, Nunes and Morales were among the first group of freshmen to participate in the SEA-PHAGES program at ACPHS, under the supervision of Assistant Professor Pradeepa Jayachandran



(Continued on page 6)

(Continued from page 5)

and Lab Instructor Bowen Meng. The program, developed by the Howard Hughes Medical Institute, is designed to allow first-year students to conduct scientific research at a professional level – worthy of presentation at a national conference.

Through the program, students collect soil samples and search them for bacteriophages – viruses that affect bacteria like the one DeGraw and her team found. SEA-PHAGES stands for Science Education Alliance-Phage Hunters Advancing Genomics and Evolutionary Science.

The ACPHS team learned to isolate and purify the phage through serial dilution and picking a plaque. They then used web plate methods to amplify the phage and later extracted the DNA. After obtaining the DNA sequence, they used various informatics tools to annotate the genome.

The program is suitable for freshman because students do not need the advanced training required to work with pathogens, Jayachandran said. The bacteria and viruses they work with do not cause disease in humans.

The students named their newly found virus Patos, which means “ducks” in both Portuguese and Spanish, the heritages of Nunes and Morales, respectively. The name came from the ducks they saw in Washington Park, where soil they collected was not so bountiful with bacteria as in Lincoln Park, where the bacteriophage was found. Nonetheless, they liked the association, and that the word was the same in both languages – so the Washington Park ducks got a nod.

Patos was then catalogued in an international database of actinobacteriophages. The database will help scientists learn more about the evolution of these ancient, ubiquitous organisms.

For a budding 18-year-old scientist, that’s thrilling.

“Genetics is just something that excites me,” said DeGraw, who described herself as naturally curious. “Any type of research really excites me. I really like hands-on stuff – a lot of the lab techniques that we learned in ‘phage’” – which is what she and fellow students call the class.

Even more amazing is the possibility that the bacteriophages could be used in treatment of diseases that are antibiotic resistant.

In one known case, a 15-year-old cystic fibrosis patient in London who developed tuberculosis was treated with a phage catalogued in the Actinobacteriophage Database, Jayachandran explained. The genetic sequencing of the virus showed that it would attack the bacteria causing the patient’s infection. The results were published in the May 2019 issue of Nature Medicine.

Next, the heritage connection:

Many students who take part in SEA-PHAGES present their research at a scientific conference specifically for program participants, Meng said. But DeGraw wanted something different. She knew about AISES through her aunt, a chemical engineer who once presented research at an AISES conference.

DeGraw’s sense of her indigenous heritage is deep, she said, inherited from her maternal grandfather, who was a member of the Onondaga Nation. She wears jewelry crafted by Native artisans and always wears her hair – a representation of the spirit – long or braided. Braiding, she said, is intentional, something to meditate on while you are doing it.

But because the Onondaga are matrilineal – kinship is defined through the mother – DeGraw, her

(Continued on page 7)

(Continued from page 6)

mother, and her aunt are not considered part of the tribe. By another controversial measure known as “blood quantum,” DeGraw is just one-quarter Native American.

DeGraw is reserved and polite but admitted to a little sting in her lack of recognition. As a researcher, she is hurt that she has no more access to Onondaga Nation resources than any other member of the public.

“I’m still able to learn about my culture, but only what the Nation will let the public know,” she said. “I want to learn the Onondaga language, but I’m not allowed to.”

DeGraw had little connection to indigenous culture outside her own family while growing up in the small Oswego County village of Pulaski, she said. She knew no other people of indigenous heritage. Now at ACPHS, she knows just a few others on campus.

For her, the AISES conference was, of course, an opportunity to network and learn about potential internship experiences or laboratories where she might want to work one day. And it was also about being part of a gathering of her own people – scientific researchers of indigenous heritage.

Last week, as she was preparing to leave for the conference in Palm Springs, she was a little nervous. She has a long history of speaking in public, going back to her debut county fair presentation at age 10 on the life cycle of the butterfly. But she had never presented to other scientists before. She was also apprehensive about flying across the country – her first time on an airplane.

Yet she was also clearly excited about unique aspects of the conference. Following her poster presentation, for example, she would participate in a talking circle – an open conversation in which she would share what she had learned, in Native American fashion, rather than lecturing about it. There was a pow-wow on the agenda with different tribal dances being performed.

“This is a college and career fair, this is a STEM conference, but it’s also an indigenous conference,” she said. “This is for us to come together and celebrate being indigenous or first peoples.”

Ms. DeGraw is currently a Student-Participant with NACS’ Economic Empowerment Program and is a junior at Albany College of Pharmacy & Health Sciences. Her major is Microbiology.

Halloween!

submitted by George T. Ghosen, Editor

Halloween is among the oldest traditions in the world as it touches on an essential element of the human condition: the relationship between the living and the dead. The observance evolved from ancient rituals marking the transition from summer to winter, thereby associating it with transformation, which is still a central theme of the holiday.

Every recorded civilization has created some form of ritual ob-

servance focused on what happens to people when they die, where they go, and how the living should best honor those who have passed or respond to the dead who seem unwilling or unable to move on. Countries around the world today celebrate Halloween in one form or another, from Mexico's Day of the Dead to China's Tomb Sweeping Day. The modern-day observance of Halloween in countries

such as the United States and Canada – where this tradition is most popular – share in this ancient tradition, even though some aspects of the holiday are relatively recent developments and can be traced back to the Celtic festival of [Samhain](#) (pronounced “SOW-in” or “SAH-win”).

Christian groups through the years have routinely attempted to demonize and denigrate the
(Continued on page 8)

(Continued from page 7)

observance, in part by repeating the erroneous claim that Sam Hain was the Celtic god of the dead and Halloween his feast. This error comes from the 18th-century British engineer Charles Vallancey, who wrote on the Samhain festival with a poor understanding of the culture and language, and has been repeated uncritically since. It was actually the Church itself, however, which preserved the Samhain tradition in the West by Christianizing it in the 9th century, setting the course for a pagan Northern European religious tradition's transformation into a worldwide secular holiday which has become the most popular – and commercially lucrative – of the year, second only to Christmas.



ALL SAINTS DAY

All Saints Day

It was May 13 in the year 609 that Pope Boniface IV declared a celebration called All Saints' Day, also called All-hallows or All-hallowmas in Middle English; the day before it was thus known as All-Hallows' Eve, as [History.com](#) explains. The festival was a day to honor Christian martyrs and saints. Later, in the mid-eighth century, Pope Gregory III strategically moved the celebration to November 1, coinciding with the time Samhain would have typi-

cally been held. The homage paid to martyrs and saints who passed closely paralleled the appeasement of ghosts of the dead during Samhain. The church's capitalization on Samhain traditions didn't end there, however; participants in the new version of the holiday celebrated in much the same manner as their Celtic forebears had - with bonfires and costumes that reflected the spiritual and otherworldly. The offerings of food and goods to protect themselves from spirits and ancestral ghosts became offerings of food and drink to the poor, displays of generosity and goodwill. And the tricks and pranks attributed to otherworldly and evil spirits manifested themselves in the spirit of the saints.

In the 17th century, Guy Fawkes Day added a new component to the development of Halloween. On 5 November, 1605, a group of dissident Catholics tried to assassinate the protestant King James I of Britain in an attempt known as the [Gunpowder Plot](#). The attempt failed and one of the group, Guy Fawkes, was caught with the explosives beneath the House of Lords and, although he had co-conspirators, his name attached itself famously to the plot.

Guy Fawkes Day was celebrated by the Protestants of Britain as a triumph over "popery", and 5 November became an occasion for anti-Catholic sermons and vandalism of Catholic homes and businesses even though,

officially, the government claimed it was a celebration of Providence sparing the king. On Guy Fawkes night, bonfires were lit and unpopular figures – most often the Pope – were hanged in effigy while people drank, feasted, and set off fireworks. Children and the poor would go house to house, often wearing masks, pushing an effigy of Guy Fawkes in a wheelbarrow and begging for money or treats while threatening vandalism if they were refused.

Spread to North America

[Lesley Bannatyne](#) and Cindy Ott write that the Anglican colonists in the southern United States and Catholic colonists in Maryland "recognized All Hallows' Eve in their church calendars", although the Puritans of New England strongly opposed the holiday, along with other traditional celebrations of the established Church, including Christmas. Almanacs of the late 18th and early 19th century give no indication that Halloween was widely celebrated in North America.



It was not until after mass Irish and Scottish immigration in the 19th century that Halloween became a major holiday in

(Continued on page 9)

(Continued from page 8)

America. Most American Halloween traditions were inherited from the Irish and Scots, though "In Cajun areas, a nocturnal mass was said in cemeteries on Halloween night. Candles that had been blessed were placed on graves, and families sometimes spent the entire night at the graveside". Originally confined to these immigrant communities, it was gradually assimilated into mainstream society and was celebrated coast to coast by people of all social, racial, and religious backgrounds by the early 20th century. Then, through American influence, these Halloween traditions spread to many other countries by the late 20th and early 21st century, including to mainland Europe and some parts of the Far East.

Further Developments

The jack-o'-lantern is associated with the Irish folktale of Stingy Jack, a clever drunk and con man who fooled the devil into banning him from hell but, because of his sinful life, could not enter heaven. After his death, he roamed the world carrying a small lantern made of a turnip with a red-hot ember from hell inside to light his

way. Scholars believe this legend evolved from sightings of will-o'-the-wisp, swamp and marsh gasses which glowed in the night. On All Hallows' Eve, the Irish hollowed out turnips and carved them with faces, placing a candle inside, so that as they went about "souling" on the night when the veil between life and death was thinnest, they would be protected from spirits like Stingy Jack.

The basics of Halloween were now in place with people going from house to house asking for sweet treats in the form of the soul-cakes and carrying jack-o'-lanterns. Shortly after their arrival in the United States, the Irish traded the turnip for the pumpkin as their lantern of choice as it was much easier to carve. Guy Fawkes Day was no longer celebrated in the United States but aspects of it attached themselves to the Catholic holidays of October, especially vandalism, only now it was indiscriminate: anyone's home or business could be vandalized around 31 October.

Halloween Today

Eventually, All-Hallows' Eve evolved into Halloween, becoming more popular in secular culture than All Saints' Day. The pagan-turned-Christian practices of dressing up in costume, playing pranks and handing out offerings have evolved into popular traditions even for those who may not believe in otherworldly spirits or saints. However, whether Halloween celebrants know it or not, they're following the legacy of the ancient Celts who, with the festival of Samhain, celebrated the inevitability of death and rebirth.

Today, Halloween is celebrated with trick-or-treating, costumes, jack-o'-lanterns and scary movies - all things which would likely be unrecognizable to those who took part in the holiday's earliest forms.

Trick-Or-Treat!

Resources:

- ◆ [World History Encyclopedia](#)
- ◆ [Wikipedia: The Free Encyclopedia](#)
- ◆ [Time](#)
- ◆ [History.com](#)



NACS Staff Commemorate “ORANGE SHIRT DAY”

September 29, 2023

[Orange Shirt Day](#) (September 30th) is a day when we honor the Indigenous children who were sent away to residential schools in Canada. It's also a day to learn more about the history of those schools. [Phyllis Webstad](#) is a survivor of the Residential School experience and she is the Founder and Ambassador of the Orange Shirt Society.

At an event in Williams Lake, British Columbia, in May 2013, the orange shirt was presented as a symbol of Indigenous peoples' suffering caused by residential schools, which operated from the 1830s to the 1990s. The event led to the annual **September 30** Orange Shirt Day as a means of remembrance, teaching and healing.



NACS Staff (L-R) Front: Sarajane Gomlak – Green, Star Wheeler, Asia Hill, Tracy Zachariah, Chelsea Martin. Back: Pete Hill, Hillary Beaudouin, Colleen Casali, Peter Jacobs.



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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

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CLUBHOUSE PERKS

YOUTH HANGOUTS

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 - MOVIE/GAME NIGHTS
 - GUEST SPEAKERS
 - FIELD TRIPS
 - DINNER/SNACKS
 - TRANSPORTATION



CULTURAL IMPACTS

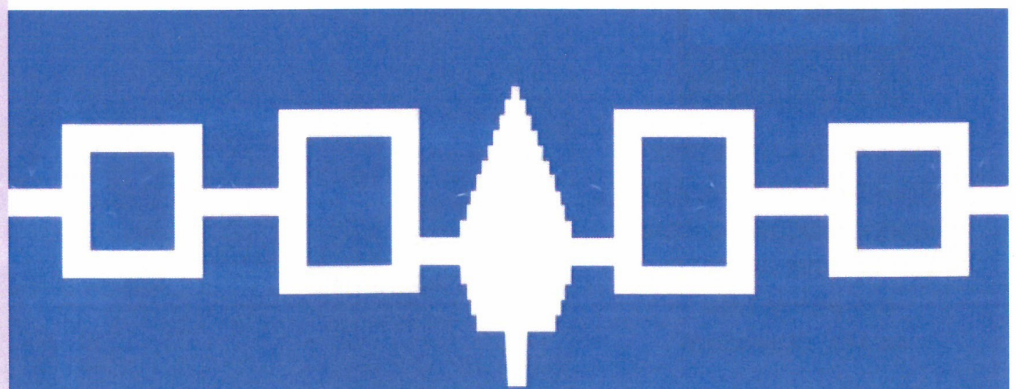
- LANGUAGE PROGRAMMING OPPORTUNITIES
- SOCIAL DANCES / HISTORY OF SOCIAL DANCING
- CULTURAL & EDUCATIONAL WORKSHOPS



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 INVITES YOU TO A

HALLOWEEN PARTY

ON WEDNESDAY, OCTOBER 25, 2023, 6-8PM

**NATIVE AMERICAN COMMUNITY SERVICES
1005 GRANT ST, BUFFALO, NY 14207**

**COSTUME CONTEST FOR ALL AGES,
SCARY STORIES, MOVIES, FREAKY
FOOD CONTEST, AND A 50/50 RAFFLE**



**REGISTRATION PREFERRED BY
FRIDAY, OCT 20TH
SWHEELER@NACSWNY.ORG
OR (716) 874-2797 (EXT. 309)**



FUNDED BY: Erie County Department of Social Services; EC Youth Bureau; Niagara County Department of Social Services; Niagara County Office for the Aging; Office of Addiction Services And Supports; Roswell Park Comprehensive Cancer Center; NYS Office of Children and Family Services; US Department of Labor; NYSDOH/BCAH; NYSDOH/AI; CAI Institute; Community Foundation; NYS Education Department; The Cullen Foundation; as well as businesses, foundations and caring individuals.



NATIVE AMERICAN STUDENT OUTREACH DAY 2023

NOVEMBER 17

9:00am-1:00pm

Student Union Room 145

SIGN UP NOW:

CONTACT: AMANDA CASALI
ALCASALI@BUFFALO.EDU
(716)645-7982

Program Includes:

- Learn about applying to UB
- Learn about the IDS Dept
- Learn about Indigenous Student support and communities
- Meet Indigenous Faculty & Staff
- Meet current UB Students
- Campus Tours
- Breakfast & Lunch Included

 University at Buffalo
Department of Indigenous Studies
College of Arts and Sciences



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 Director Simone Alston** at **716-983-2564** or sshuster@nacswny.org for more information.

All programs can be adapted to meet your group's specific needs

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 11-13	<i>Making Proud Choices!</i>	Evidence-Based Curriculum that provides youth with a comprehensive approach to gain the confidence and skills necessary to reduce their risk of sexually transmitted infections (STIs), HIV and pregnancy.	-Eight, 50 minute sessions -Out-of-school setting
Youth, Ages 13-18	<i>Be Proud! Be Responsible!</i>	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 -In Various settings
YOUTH WORKSHOPS			
<i>*Workshops Available upon request: Financial Budgeting, Effective communication, Barrier Demonstrations, Consent, etc.*</i>			
Youth, Ages 10-18	<i>A Youth's Guide to Adolescent Development</i>	Helps youth understand the changes they undergo during adolescence, and pays special attention to developing one's positive identity, building a strong self-esteem, fostering a healthy body image and encourages respect for racial and ethnic diversity.	-Approximately one 45 minute session -Various settings
Youth, Ages 10-18	<i>Female Puberty: We All Go Through It!</i>	Walks young females through the biological changes they will encounter during puberty with special attention on anatomy, hygiene and menstruation. <i>*Recommended workshop prior to Evidence-Based Curricula*</i>	-Approximately one 45 minute session -Various settings
Youth, Ages 10-18	<i>Male Puberty: What to Expect</i>	Walks young males through the biological changes they will encounter during puberty with special attention to one's anatomy and hygiene. <i>*Recommended workshop prior to Evidence-Based Curricula*</i>	-Approximately one 45 minute session -Various settings
Youth, Ages 10-18	<i>A Youth's Guide to Healthy Relationships</i>	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 - Various settings
Youth, Ages 10-18	<i>Safer Sext: Online Safety, Privacy, and Digital Intimacy</i>	Offers youth helpful tips about safe social media, as they begin to use social media more frequently highlighting the consequences of sexting, sexual harassment, and cyber bullying.	-Approximately one 45 minute session - Various settings
Youth, Ages 10-18	<i>Skills for a Healthy Life</i>	Focuses on the importance of healthy life skills, as they are the building blocks for overall health and wellness. Special attention is paid to decision making skills, interpersonal skills and stress management.	-Approximately one 45 minute session -Various settings
Youth, Ages 10-18	<i>You Have Rights: Minors' Rights to Reproductive Health Care</i>	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 -Various settings
Youth, Ages 10-18	<i>A Youth's Guide to Boundaries</i>	Offers youth the helpful tools to establish consent and create and enforce boundaries in a relationship.	-Approximately one 45 minute session -Various settings

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Continued on Page 16

Youth, Ages 10-18	A Youth's Guide to Anti-Bullying	Allows youth to explore types of bullying and provides insight to its consequences.	-Approximately one 45 minute session -Various settings
Youth, Ages 10-18	Period Care	Offers insight to what to expect throughout menstruation, as well as personal hygiene.	-Approximately one 45 minute session -Various settings
Youth, Ages 10-18	Budgeting	Allows youth to brainstorm ways to reduce spending and discuss the purpose of saving.	-Approximately one 45 minute session -Various settings
Youth, Ages 10-18	LGBTQ Cultural Competency	Explores inclusive ways to talk about sex, gender, and sexual orientation while exploring terminology and concepts within LGBTQ populations.	-Approximately one 45 minute session -Various settings
Youth, Ages 10-18	Clinic Tours	This is an opportunity for youth to receive free scheduled tours and education of their local reproductive health clinics and facilities in order 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 -By Request only-Call for further info. -In clinic setting
	Clinic Transportation	We offer (youth) group's transportation to and from clinics and health care facilities for appointments in order to eliminate obstacles that prevent youth from being healthy.	

Adult workshops available upon request, please contact for more information



Peer Educators Empowering People

Please contact Laura Gugliuzza, lgugliuzza@nacswny.org, to apply or for more information.

- **Peer Mentoring Program:** The Peer Mentoring Program selects 6 high school students, ages 14-18, from Erie and Niagara counties through an interview process. Our Peer Educators work to connect with their communities, lead and assist workshops, and develop personal and professional skills through events, outreach, and trainings.
- **Peer to Peer Workshops:** Our peer educators are available to lead any of the youth workshops offered by the SOLE program.
- **PSA viewing and discussion:** Our peer educators have written and starred in their own series of PSA videos on a variety of topics related to healthy living. The Peer Educators are available to lead discussions on these videos, which include topics of bullying, microaggressions, STDs, pregnancy, communication, condom use, suicide prevention, and many more!



MOCA is a participatory, discussion-based program, developed by our Peer Educators, which aims to provide teens the knowledge, skills, and confidence to make responsible decisions regarding sexual health, understand identities, and empower their peers to do the same. This program consists of a series of 6 discussion sessions and clinic tour.

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



Funded by Native American Community Services, 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.