



NACS NEWS

*A Tradition
of Caring*

September 2023
Volume 24, Issue 9

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

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September is Healthy Aging® Month

submitted by George T. Ghosen, Editor

Healthy Aging® Month is celebrating its 30th year. The annual observance month focuses national attention on the positive aspects of growing older, particularly among adults ages 45-plus. The mission is to encourage everyone to take personal responsibility for their health.

The month was created in 1992, 30 years ago, by Carolyn Worthington, publisher of the Healthy Aging® multi-media platform and president of the non-profit Educational Television Network, Inc.

“Our goal in creating the month was to draw attention to the positive sides of growing older. We felt there needed to be a second time during the year in addition to May is Older Americans Month. September was chosen because so many people feel they can “get started” more easily then. Maybe the back-to-school routine never really goes away.”

Now, after three decades, Worthington sees the national interest in continuing healthy lifestyles well into older ages has never been stronger.

“When we started September is Healthy Aging® Month back in

the 90s, not many people really wanted to talk about growing older. Not that we do now, but the focus is loud and clear that there are many ways to maintain a healthy lifestyle well into later years,” Worthington said. “Aging is no longer a taboo subject. It’s almost become trendy to be an active older adult.”

About September is Healthy Aging® Month

Healthy Aging® Month is an annual observance month designed to focus national attention on the positive aspects of growing older.

The mission of Healthy Aging® Month is to encourage local-level Healthy Aging® events that promote taking personal responsibility for one’s health... be it physically, socially, mentally, or financially.

“Since we kicked off the observance month,” Carolyn Worthington, president of Healthy Aging®, the multi-media platform promoting the month, said, “the myths of aging have been chipping away.

“Of course, there are still ste-

reotypes about older adults. Perhaps the baby boomers embracing aging like no other generation before them started turning the tide. Today, it is not unusual to see people in their 80s and 90s doing spectacular things.”

It wasn’t that long ago that 105 year old, Julia “Hurricane” Hawkins set a world record in the 100-meter Senior Games track race. <https://healthyaging.net/fitness/105-year-old-julia-hurricane-hawkins-sets-new-track-and-field-world-record/>

Recently, 93-year-old Everett Kalin, a retired professor, climbed Yosemite National Park’s Half Dome at 8,800 feet.

Successful aging is not limited to physical feats.

Forbes magazine even started a [“50 Over 50” annual list](#) three years ago. Some of those on the current list include Peggy Whitson, 63, who was the first woman to head up a private mission to the International Space Stations; Cynthia Chavez Lamar, 51, became director of the National Museum of the American

(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)

Indian; Joy Harjo, 68, 23rd Poet Laureate of the United States.

Healthy Aging Tips for the Older Adults in Your Life

If you have older family members or loved ones, you may worry about their health as they age. Aging increases the risk of chronic diseases such as heart disease, type 2 diabetes, arthritis, cancer, and dementia. The good news is that adopting and maintaining a few key behaviors can help older adults live longer, healthier lives. As a family member, it's important to encourage healthy lifestyle behaviors in your loved ones - it's never too late to start!

Healthy behavior changes can help older adults live more independently later in life. That's important both for their quality of life and for yours. If a family member loses independence - whether it's due to disability or chronic disease - you may find yourself in a caregiving role earlier than expected, which can affect family dynamics as well as finances.

So, what can you do to help the older adults in your life manage their health, live as independently as possible, and maintain quality of life as they age? Read on to learn about four ways to help support and promote healthy habits in your older loved ones' lives.

Prevent social isolation and loneliness

As people age, they often find themselves spending more time alone. Poor health, the death of a partner, caring for a loved one, and other situations that are more likely as people age can all lead to being socially isolated or feeling lonely.

Although they sound similar, social isolation and loneliness are different. Loneliness is the distressing feeling of being alone or separated, while social isolation is the lack of social contacts and having few people to interact with regularly. Increased social isolation and loneliness are associated with higher risks for health problems, such as depression; heart disease; and cognitive decline, which is a decrease in the ability to think, learn, and remember.

As a family member, you can play an important role in helping the older adults in your life to stay socially connected. Here are some ways you can help:

- Schedule daily, weekly, or bi-weekly phone calls or video chats.
- Encourage them to seek out others with shared interests, such as through a garden club, volunteer organization, or walking group.
- Search the Eldercare Locator or call 800-677-1116. The Eldercare Locator is a nationwide service that connects older adults and their caregivers with trustworthy local support resources.

Find additional tips to help your loved one [stay socially connected](#).

Promote physical activity

There are lots of reasons to make physical activity a part of daily life. Exercise can help reduce levels of stress and anxiety, improve balance and lower risk of falls, enhance sleep, and decrease feelings of depression. Most importantly, people who exercise regularly not only live longer, but also may live better - meaning they enjoy more years of life with less pain or disability. On

(Continued on page 3)

(Continued from page 2)

the other hand, lack of physical activity can lead to increased visits to the doctor, more hospitalizations, and increased risk of certain chronic conditions.

Encouraging the older adults in your life to exercise may not be easy - it can be difficult to get someone to start a new activity - but the rewards are worth the effort. Following are some suggestions to help encourage exercise or other daily movement:

- Help your loved ones aim for a mix of activities, including aerobics, strength training, balance, and flexibility. This could include walking around the neighborhood, lifting weights, gardening, or stretching.
- Discuss how much activity is recommended and brainstorm ways to work it into their daily lives. Experts recommend at least 150 minutes per week of moderate-intensity aerobic exercise, and muscle-strengthening activities at least two days each week.
- Help them shop for appropriate clothing and equipment for their exercise activities. Remember, many activities don't require expensive equipment. For example, they can use filled water bottles as weights for strength training or walk outside or at a mall rather than on a treadmill.
- Share your favorite activities that get you moving. Are there any you could do together? If so, that's a bo-

nus because you're not only helping promote physical activity but also helping to prevent loneliness and social isolation.

Learn more about the [different types of exercises and find examples to help get started](#).

Encourage healthy eating

Healthy eating is an important part of healthy aging. As with exercise, eating well is not just about weight. Having a healthy diet can help support muscles and strengthen bones, which can help with balance and independence. A nutritious diet involving a variety of fresh fruits and vegetables, whole grains, healthy fats, and lean proteins also can help boost immunity and lower the risk of certain health problems such as heart disease, high blood pressure, obesity, type 2 diabetes, stroke, and some cancers.

While it can be meaningful to share meals based on traditional family recipes, in some cases, those favorite dishes can be loaded with unhealthy fats and sugars. Changing long-held habits can be tough, but before you know it, there may be some new favorite foods on the table! Consider these tips to help incorporate a healthy diet in your loved ones' routines:

- Take them on a trip to the grocery store and pick out healthy options.
- Discuss their favorite traditional recipes and talk about whether you can make them healthier; for

example, by substituting olive oil for butter, or yogurt for sour cream.

- Visit them once a week and make a healthy meal together. Consider cooking extra and packaging leftovers so they have individual servings to enjoy later in the week.
- Look inside their fridge and pantry when you visit. You can check for healthy options, and also ensure they aren't eating expired food or drinks.
- Encourage them to talk with their doctor or pharmacist about their diet and any vitamin and mineral supplements they may need.

Learn more about [healthy eating patterns and ways to create a nutritious meal plan](#).

Schedule regular check-ups with a doctor

It's important for your older loved ones to have regular health exams and medical screenings. Visit MedlinePlus to learn about health screenings for women and men. Checking in with doctors annually, and possibly more often, depending on overall health, may help reduce risk factors for disease such as high blood pressure and cholesterol levels. Regular check-ups can also help catch concerns early and improve the chances for effective treatment.

Some people visit their doctors routinely, while others avoid these types of appointments at all costs. Here are some ways to support your family mem-

(Continued on page 4)

(Continued from page 3)

bers' visits with health care providers:

- Encourage them to reach out to their doctor immediately if they're experiencing pain or any new symptoms.
- Ask about their upcoming visits to doctors, including any specialists. Do they have the appropriate appointments scheduled and marked on a calendar? Do they need any help scheduling appointments?
- Offer to drive them to the appointment, or even go with them and take notes.
- Ask about communication with their health care providers. Are the doctors responsive to their questions?
- Help them manage medications if needed. Make sure they maintain a current list of their medications, including both prescription and over-the-counter medications and any supplements, and are sharing this list with their health care providers.
- Ask your older family member if they'd feel comfortable

allowing you or another family member access to their medical records and permission to talk with their doctors. This could help them stay on top of their appointments and medications.

Find tips to help [prepare for a doctor's appointment](#).

How can I encourage healthy behaviors from afar?

Even if you don't live close to your parents or other aging family members, you can still help promote healthy habits in their lives. Schedule phone calls to check in and ask about their daily meals, how active they are, and if they're taking their medications properly. After your discussion, if needed, you can gently talk with them about ways to incorporate healthier approaches. If your family member uses video technology for visits with health care professionals, you could join them to help take notes and

ask questions. If you can't visit your loved ones frequently, ask a trusted family member or friend who is close by to check in on them.

Learn more about [long - distance caregiving](#).

Behavior changes can be difficult and take time. If you're committed to helping your older loved ones adopt healthier lifestyles, try to be patient. If something isn't working right away, stick with it or try a different approach. Your support and encouragement can make a difference!

Resources:

[HealthyAging.net](#)

[National Institute on Aging](#)



September is Suicide Prevention Month

submitted by George T. Ghosen, Editor

In recognition of September as National Suicide Prevention Month, the American Foundation for Suicide Prevention (AFSP), a leading suicide prevention organization in the U.S., is empowering the public by recommending key actions that everyone can take to help save lives in their communities.

While suicide prevention matters every day of the year, National Suicide Prevention Month shines a light on this leading cause of death to connect people with support and to spread the hopeful message that help is available.

These efforts are more important than ever. After two years of decline, deaths by suicide increased in the U.S. in 2021, and provisional data from the CDC point to further increases in 2022. Suicide is the 11th leading cause of death in the U.S., but research shows it can be prevented.

"AFSP's efforts to save lives are making a difference," said AFSP CEO Robert Gebbia. "We see progress in the legislation passed at the state and federal levels, the growth in knowledge about pre-

(Continued on page 5)

(Continued from page 4)

vention from research, the rooms filled with people eager to learn how to support others at our educational sessions and in the strength of our survivor community gathering to heal across the country. Our work to bring suicide prevention to every corner of the nation is only possible because of dedicated people like you—we need your voice to let others know they're not alone and that help is available.”

The more that we openly, honestly, and directly talk about suicide, the more we can help to prevent it. In spring 2023, AFSP launched a campaign called [Talk Away the Dark](#) that features a [public service announcement](#) that shows the impact of a simple, direct dialogue about suicide and how to initiate those conversations to save lives.

There are countless ways to Talk Away the Dark including initiating conversations about mental health, [learning the warning signs](#) and [risk factors](#), speaking up and making sure more people know what research reveals about how to prevent suicide, lighting the way for those in distress to feel comfortable asking for help, and knowing what to say to support survivors of suicide loss.

Risk factors, protective factors, and warning signs

While there is no single cause for suicide, there are risk factors and warning signs which may increase likelihood of an attempt. Learning them can save lives.

What leads to suicide?

There's no single cause for suicide. Suicide most often occurs when stressors and health issues converge to create an experience of hopelessness and despair. Depression is the most common condition associated with suicide, and it is often undiagnosed or untreated. Conditions like depression, anxiety, and substance problems, especially when unaddressed, increase risk for suicide. Yet it's important to note that most people who actively manage their mental health conditions go on to engage in life.

Risk factors

Risk factors are characteristics or conditions that increase the chance that a person may try to take their life.

Health

- Mental health conditions
 1. Depression
 2. Substance use problems
 3. Bipolar disorder
 4. Schizophrenia
 5. Personality traits of aggression, mood changes and poor relationships
 6. Conduct disorder
 7. Anxiety disorders
- Serious physical health conditions including pain
- Traumatic brain injury

Environmental

- Access to lethal means including firearms and drugs
- Prolonged stress, such as harassment, bullying, relationship problems or unemployment
- Stressful life events, like rejection, divorce, financial crisis, other life transitions or loss
- Exposure to another person's suicide, or to graphic or sensationalized accounts of suicide

Historical

- Previous suicide attempts

(Continued on page 6)

(Continued from page 5)

- Family history of suicide
- Childhood abuse, neglect or trauma

Protective Factors

- Access to mental health care, and being proactive about mental health
- Feeling connected to family and community support
- Problem-solving and coping skills
- Limited access to lethal means
- Cultural and religious beliefs that encourage connecting and help-seeking, discourage suicidal behavior, or create a strong sense of purpose or self-esteem

Warning signs

Something to look out for when concerned that a person may be suicidal is a change in behavior or the presence of entirely new behaviors. This is of sharpest concern if the new or changed behavior is related to a painful event, loss, or change. Most people who take their lives exhibit one or more warning signs, either through what they say or what they do.

Talk

- If a person talks about:
 - Killing themselves
 - Feeling hopeless
 - Having no reason to live
 - Being a burden to others
 - Feeling trapped
 - Unbearable pain

Behavior

Behaviors that may signal risk, especially if related to a painful event, loss or change:

- Increased use of alcohol or drugs
- Looking for a way to end their lives, such as searching online for methods
- Withdrawing from activities
- Isolating from family and friends
- Sleeping too much or too little
- Visiting or calling people to say goodbye
- Giving away prized possessions
- Aggression
- Fatigue

Mood

People who are considering suicide often display one or more of the following moods:

- Depression
- Anxiety
- Loss of interest
- Irritability
- Humiliation/Shame
- Agitation/Anger
- Relief/Sudden Improvement

What to do if you are concerned

If you are concerned about someone in your life, learn more about the ways you can [get help](#) and discover tools you can use today to have a [#RealConvo](#) about mental health.

(Continued on page 7)

(Continued from page 6)

988 Lifeline Chat and Text

988 Lifeline Chat and Text is a service of the 988 Suicide & Crisis Lifeline (formerly known as the National Suicide Prevention Lifeline), connecting individuals with crisis counselors for emotional support and other services via web chat or texting 988.

All chat and text centers in the 988 Lifeline network are accredited by either the American Association of Suicidology or the International Council for Helplines. 988 Lifeline Chat and Text is available 24/7 across the U.S. and certain territories.

The 988 Suicide & Crisis Lifeline is committed to providing individuals in emotional crisis with support, which can include connection to specialized services for different populations. [Click here to learn more about these options.](#)



Resources:

[The American Foundation for Suicide Prevention \(AFSP\)](#)

[The 988 Suicide & Crisis Lifeline](#)

Hispanic Heritage Month

submitted by George T. Ghosen, Editor

For over 50 years, Hispanic Heritage Month has been an annual celebration of the history and culture of the U.S. Latino and Hispanic communities. Hispanic Heritage Month 2023 will last from Friday, September 15, 2023 through Sunday, October 15, 2023. The event commemorates how those communities have influenced and contributed to American society at large.

Origins of Hispanic History Month

The term Hispanic or Latino (or the more recent term Latinx) refers to a person's culture or origin—regardless of race. On the 2020 Census form, people were counted as Hispanic or Latino or Spanish if they could identify as having Mexican, Mexican American, Chicano, Puerto Rican, Cuban, or "another Hispanic, Latino, or Spanish origin."

Hispanic Heritage Month actually began as a commemorative week when it was [first introduced](#) in June of 1968 by Cali-

fornia Congressman George E. Brown. The push to recognize the contributions of the Hispanic community had gained momentum throughout the 1960s when the civil rights movement was at its peak and there was a growing awareness of the United States' multicultural identities.

Brown, who represented East Los Angeles and a large portion of the San Gabriel Valley—both heavily populated by members of the Hispanic and Latinx communities—wanted to recognize the role played by those communities throughout American history.

On September 17, 1968, Congress passed [Public Law 90-48](#), officially authorizing and requesting the president to issue annual proclamations declaring September 15 and 16 to mark the beginning of National Hispanic Heritage Week and called upon the "people of the United States,

especially the educational community, to observe such week with appropriate ceremonies and activities." President [Lyndon B. Johnson](#) issued the first Hispanic Heritage Week presidential proclamation the same day.

Why the Date of Hispanic Heritage Month Is Important

The timing of Hispanic Heritage Month coincides with the Independence Day celebrations of several Latin American nations. September 15 was chosen as the kickoff because it coincides with the Independence Day celebrations of five "Central American neighbors," as Johnson called them—Costa Rica, El Salvador, Guatemala, Honduras and Nicaragua. Those five nations declared their independence from Spain on September 15, 1821.

In his proclamation, Johnson also acknowledged Mexico, which declared its independence from Spain on September 16, 1810. Although not mentioned specifically by

(Continued from page 7)

Johnson, Chile also celebrates its independence during that week (September 18, 1810 from Spain) and Belize, which declared its independence from Great Britain on September 21, 1981, was subsequently added to the list of nations specifically celebrated during what is now Hispanic Heritage Month.

Hispanic Heritage Expands From a Week to a Month

From 1968 until 1988, Presidents Nixon, Ford, Carter and Reagan all issued the yearly proclamations, setting aside a week to honor Hispanic Americans. In 1987 U.S. Representative Esteban E. Torres of California proposed the expanding the observance to cover its current 31-day period. Torres wanted more time so that the nation could “properly observe and coordinate events and activities to celebrate His-

panic culture and achievement.”

In 1988, Senator Paul Simon (D-Illinois), submitted a similar bill that successfully passed Congress and was signed into law by President Ronald Reagan on August 17, 1988. And on September 14, 1989, President George H.W. Bush (who had been a sponsor of the original Hispanic Heritage Week resolution while serving in the House in 1968) became the first president to declare the 31-day period from September 15 to October 15 as National Hispanic Heritage Month.

“Not all of the contributions made by Hispanic Americans to our society are so visible or so widely celebrated, however. Hispanic Americans have enriched our nation beyond measure with the quiet

strength of closely knit families and proud communities,” Bush said.

In the decades since, National Hispanic Heritage Month proclamations have been made by every sitting president of the United States.

Largest Minority (July 1, 2019)

The Hispanic population of the United States totals 60.6 million people, making it the largest ethnic minority.

What is the difference between Hispanic and Latino?

The simplest way to remember the difference between Hispanic and Latino is that Hispanic refers to Spanish-dense populations and Latino refers to Latin American countries.

Resources:

[History.com](https://www.history.com)

[The National Today](https://www.thenationaltoday.com)

Youth Clubhouse – Bills Game

The NACS Youth Clubhouse members attended the Buffalo Bills open practice on August 4!

This opportunity was made possible by the Buffalo Bills Community Ticket Program. It certainly was a memorable experience for our group!





NACS' ERIE & NIAGARA YOUTH CLUBHOUSES

OPEN NOW!!

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

Native youth are welcome to join our **drop-in** days. The clubhouses are open select times in the summer and evenings during the school year!
 Limited transportation provided.
 Follow us on Instagram for updates & current schedules.

Clubhouse locations:

Buffalo: 1005 Grant St. (select days)

Niagara Falls: 1522 Main St. (select days)



POOLTABLE
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 GAMES
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 FIELDTRIPS



POSITIVE OUTLETS!

- Make your voice heard!
- You'll have a chance to speak with someone one on one for support and guidance



YOUTH HANGOUTS!

- Safe & supportive environment
- Guest speakers, workshops, and fun activities!



IMPACT YOUR COMMUNITY!

- Build awareness on substance use prevention
- Cultural based activities
- Weekly challenges
- Weekly check-ins!



Follow us on Instagram
 nacs_clubhouse

FOR MORE INFO CALL OR TEXT

ERIE COUNTY: 716-449-6472

NIAGARA COUNTY: 716-449-6405

Funded by: The Office of Addiction Services & Supports, foundations, business and caring individuals

Welcome Our Newest Employee!

My name is **Hillary Beaudouin** and I am originally from Long Island, NY. I have lived in Buffalo for 2 years now and I am a proud cat mom of 3 cats. I graduated from my alma mater, SUNY Potsdam, where I received a Bachelor of Arts in political science. I am continuing my education through SUNY Potsdam to obtain my Master of Science in Public Health!

I have often found myself in a career or volunteer work that promotes youth development, health, and wellness within communities of color. I am excited for my new position as the Youth Clubhouse Manager and most looking forward to meeting the youth, figuring out their interests, and finding creative ways to promote health and wellness for the youth in the community!

NATIVE AMERICAN COMMUNITY SERVICES



Become A Foster Parent

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

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

Community Events

Tift Nature Preserve

1200 Fuhrmann Blvd
Buffalo NY 14203
716-825-6397

Dates: 9/14, 9/21, 9/28
Time: 10am-12pm

Drop by Tift Nature Preserve every Thursday and join us for a casual volunteer-led tour of the preserve completely FREE! Donations are greatly appreciated. Please call to confirm walk will take place.

Buffalo & Erie County Botanical Gardens: Feed The Fish

2655 South Park Ave
Buffalo, NY, 14218
716-827-1584

Dates: 9/9, 9/16, 9/30
Time: 9:30-10:00

Get up close and personal with our family of koi fish with this unique Gardens Exclusive! Enjoy early access to the Botanical Gardens before we open to the public with a special learning experience that's fun for all ages. Each participant receives a cup of koi fish food and time to help feed our fishy friends! Regular admission for the day is included, so you can explore the conservatory after the feeding! This special encounter is limited to 15 people per experience. All tickets must be purchased ahead of time online. Every person must have a ticket! *Member discounts, promotional discounts, and guest passes do not apply.*

Old Falls Street Niagara Falls

101 Old Falls Street
Niagara Falls, NY, 14303
Dates: 9/1, 9/2, 9/3, 9/4

Labor Day weekend festival

Come celebrate Labor Day on old falls street with food trucks, live music, & more at our Labor Day weekend street festival.

Friday: 5-9pm

Saturday & Sunday: 12-10pm

Monday: 12-6pm

Burchfield Penney Art Center

1300 Elmwood Ave
Buffalo, NY, 14222
716-878-6011

Free Docent-led tours of the Burchfield Penney art center.

Guests can enjoy docent-led tours every Thursday, Saturday, Sunday beginning at 2pm. These public tours are FREE with admissions & allow guests to learn more about the artwork, the artist, and the building. Perfect for all ages!

Continued on page 12

Buffalo Museum of Science: Bubble Fest

1020 Humboldt Parkway

Buffalo, NY, 14211

716-896-5200

Date: 9/4-9/15

Our annual celebration of bubble science is back! At bubble fest, participate in family friendly bubble activities and demonstration bubble crafts and much more! From Bubble windows, bubble tools, bubbles in nature, frozen bubbles and bubble pools, this event bubbles over with fun every year! Special guest buffalo foam parties will over bubbletastic experience for all to enjoy! Plus, don't miss the bubble man, Doug Rougeux! Using the science of popping bubbles and the art of bubble sculpture, bubble mania will amaze you with bouncing bubbles, bubble cubes and bubble stretching over 25 feet long! Advanced bubble mania reservations strongly encouraged; only a limited number of tickets will be available at the door.

Bubble mania shows will be held throughout the day at

10:30, 11:30, 1pm, 2pm, 3pm (\$6 per person)

Central Rock Gym Buffalo

55 Chicago Street

Buffalo, NY, 14204

Dates: 9/9, 9/10, 9/13, 9/16,
9/17, 9/20, 9/23, 9/24, 9/27, 9/30

Climbing club and homeschool climbing club is designed for kids ages 7-13 who want to climb and have fun while doing so. Participants should expect an active fitness experience that introduces beginners to the sport of climbing while also providing an opportunity for recreation climbers to advance. Through games, creative challenges and skill building activities, participants will learn and develop basic climbing skills/technique, improve kinesthetic sense, and increase self-confidence. Climbing club will always include warm-up exercises, bouldering, top rope climbing along with a variety of movement challenges, obstacles course & team building activities.

Overall climbing club aims to further develop individual climbing and movement skills in a supportive & fun-filled environment. Parents can purchase a \$10 day pass to climb or use the fitness facility during practices.

Please arrive 15 minutes early to allow time to check in at the front desk.



NATIVE AMERICAN
COMMUNITY SERVICES



GLOBAL CENTER FOR APPLIED
HEALTH RESEARCH



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

TO REGISTER

- ✉ pjacobs@nacswny.org
- 716-339-1831/
- 716-874-4460

SIGN UP NOW

- Child Care Provided
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- Learn how to address 'High Risk' behaviors in teens
- Engaging Workshops with fun activities
- 10 week cycle commitment 1 x per week

By Participating, your family becomes eligible for up to \$200 in gift  cards!



Empower yourself by Empowering others



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 15

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 Clinic Transportation	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! 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.	-Groups of 5 or more -Approximately one-two hours -By Request only-Call for further info. -In clinic setting

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.

BEADWORK CONFERENCE 2023

Sept. 22nd - 24th

at the Seneca Allegany Administration
Building, SNI Allegany Territory
& Seneca Iroquois National Museum

\$100 registration fee

\$109/night at host hotel

Host Hotel: White Pine
Lodge, 779 Board St.,
Salamanca, NY
Phone: 716-945-7600

Group code: Beadwork
Conference



Register at: www.otsiningo.com/tbc-2023/

Sponsored by Iroquois Studies Association
For more info, contact: 607-729-0016

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.
MICHAEL N. MARTIN, EXECUTIVE DIRECTOR

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

JOB POSTING

Equal Opportunity Employer

Position: Foster Care Director

Type: Salary / Exempt

Salary / Range: Negotiable

Office: Erie & Niagara Counties (Buffalo, Niagara Falls, Lockport)

Summary

Incumbent is responsible for overseeing the coordination of the day-to-day operations of the Foster Care casework and homefinding programs and ensuring quality of service provision by the respective staff. 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 adhering to principles of Trauma Informed Care (TIC).

ESSENTIAL DUTIES AND RESPONSIBILITIES

- Develops, implements, and achieves component goals and objectives for foster care services.
- Ensures compliance with all regulatory requirements under NYS OCFS.
- Continually keeps informed of foster care service developments and issues as well as changes to contractual obligations.
- Maintains accurate records of all fiscal transactions, including monitoring expenditures to ensure appropriate budget management.
- Oversees Group Presentation (MAPP) and Deciding Together classes for foster families.
- Prepares necessary documentation to present for audit requirements.
- Ensures all NACS' policy and procedures are adhered to by all staff during completion of job duties.
- Reviews and approves all data entered by Foster Care staff into the reporting software systems.
- Maintains necessary documentation and ensures the timely completion of all necessary recordkeeping.

QUALIFICATIONS, SKILLS, AND ABILITIES

- Bachelor's degree in human service or related field of study, with experience in child welfare including supervision and program management required. Master's degree preferred.
- Knowledge of ICWA, ASFA, Federal and State regulations, as well as mandated reporting requirements.
- Effective program solving, organization, time management, and communication skills.
- Knowledge of local Native American communities
- Intermediate computer skills; ability to use Microsoft Office Suite.
- Must have clean and valid NYS driver's license and carry minimum auto liability coverage of \$100k/\$300k.

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: Family Preservation Caseworker

Type: Hourly / Non-Exempt

Salary/ Range: \$19.23 / hour

Offices: Erie & Niagara Counties (multiple open positions)

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).

GENERAL RESPONSIBILITIES: This position description is not intended to be all-inclusive but to give a general outline of duties to be performed.

- 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 per agency standards and all applicable codes of ethics
- Other duties as assigned

EDUCATION, QUALIFICATIONS, SKILLS

- Bachelor's degree in human service or related field of study preferred, with experience in child welfare required.
- Knowledge of ICWA, ASFA, Federal and State regulations, as well as mandated reporting requirements.
- Must be able to work remotely and in-person and 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.
- Ability to become certified in CPR and First Aid
- Must be able to lift minimum of 30 lbs.
- Must be able to perform in a smoke-free environment.

ForConsideration: 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.