



NACS NEWS

*A Tradition
of Caring*

April 2024
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Native American Community Services of Erie & Niagara Counties, Inc.

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

Celebrate National Poetry Month

submitted by George T. Ghosen, Editor

Native American Poetry: Tradition, Resilience, and Truth

by Lucille Lang Day

The first thing to recognize about the Indigenous poetry of North America is that it is neither monolithic nor homogeneous. When Europeans first arrived as traders and colonists, North America was already fully populated with Native nations. Today, there are still 573 officially recognized Native nations in the United States and 634 in Canada, where they are called First Nations. The 634 in Canada are in addition to the Métis and Inuit peoples of Canada. Just as inaccuracies would arise by lumping together the poetry of all of the countries of Europe under the rubric of "European poetry" and making generalizations, so it is a simplification to lump together all of the poetries of the diverse Native nations of North America.

Each Native nation has its own culture and its own language. That being said, there are some common threads in the traditional Indigenous cultures of North America. These include an identification with and belief in the sacredness of the land, belief in the value of families and in working together to

provide the necessities of life, and participation in ceremonies to connect with the spirit world and celebrate the cycle of the seasons and one's own life. All of this is reflected in Native American poetry.

Poetry existed in the Native cultures of North America long before the Europeans arrived. Contemporary Native American poets are influenced both by their traditional poetry and cultures and by contemporary issues and experience, as well as by the broader body of American poetry written in English.

Traditional Native American poetry was presented orally and included songs, such as lullabies, love songs, complaints, laments, curses, war cries, and death songs. It also included songs embedded in narratives that were performed by storytellers at dramatic or emotionally charged moments. Finally, traditional poetry included ritual poems that were used, for example, in ceremonies to bring about healing, affirm a political victory, or appeal to a deity. All of these types of poems continue today,

evolving to meet current needs.

Repetition and parallel structure are used extensively in traditional Native American poetry. Here's a brief Pima song that uses both:

Bear Song

*I am the Black Bear. Around
me*

*You see the clouds swirling.
I am the Black Bear. Around
me*

You see the dew fall.

This song was transcribed around 1889. Typically, a song like this would be repeated more than once. Along with many other traditional and contemporary songs and poems, "Bear Song" can be found in *Native American Songs and Poems: An Anthology* (1996), edited by Brian Swann.

Traditional Native American songs and poems can be philosophical as well as driven by images. The following song, first published in 1890, is described as a famous Pawnee song in *The New Princeton Encyclopedia of Poetry and Poetics* (1993):

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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

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Let us see, is this real

Let us see, is this real

This life I am living?

I think we can all relate to that! In addition to being either imagery-driven or philosophical (or a combination), a traditional song or poem can be either short, such as these two examples, or long and involved.

“Luiseño Songs of the Seasons” is a longer traditional work in Native American Songs and Poems, but the people who wrote these songs do not call themselves Luiseños. Luiseño was a name bestowed by the Spaniards who colonized California. The Luiseño’s name for themselves is Payómkawichum. Many Native nations have two names. One name is what the European settlers called them; the other is their true name, i.e., what they call themselves.

These are the Luiseño, or Payómkawichum, songs:

I. *The ant has his season;
he has opened his house.*

When the days grow warm he comes out.

The spider has her house and her hill.

*The butterfly has her enclosure.
The chipmunk and squirrel have their hollowed logs for acorns.*

It is time for the eagle to take off.

It will soon be time for the acorns to fall from the trees.

II. *In the north the bison have their breeding grounds,
and the elk drops her young.*

*In the east the mountain sheep
and the horned toad have their young.*

In the south other animals give birth.

*In the west the ocean is heaving,
tossing its waves back and forth.*

Here, at this place, the deer sheds his hair

and the acorns grow fat.

*The sky sheds, changing color,
white clouds swept away.*

III. *The Milky Way lies stretched out on its back,
making a humming sound.*

*From the door of my house I recognize in the distance
Nahut, the stick used to beat Coyote, and Kashlaphish,
the ringing stones. I look up.*

Look: Antares is rising.

Altair is rising. The Milky Way,

Venus is rising.

The Payómkawichum songs are nature poems, and I find them every bit as compelling as modern nature poems. Attitudes toward nature are embedded in cultures. Needless to say, the environment is a very important issue for Native Americans and other Indigenous people worldwide, and it is not a new issue for them. Historically and culturally, Indigenous people have revered the Earth.

In her anthology *When the Light of the World Was Subdued, Our Songs Came Through: A Norton Anthology of Native Nations Poetry (2020)*, U.S. Poet Laureate Joy Harjo, a member of the Mvskoke (Muscogee) Nation, included excerpts from a speech that Chief Seattle gave in 1854. This is just a bit of what he had to say: “Every part of this country is sacred to my people. Every hillside, every valley, every plain and grove has been hallowed by some fond memory or some sad experience of my tribe. // Even the rocks which seem to lie dumb as they swelter in the sun along the silent seashore in solemn grandeur thrill with the memories of past events connected with the lives

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of my people.” In Chief Seattle’s worldview, the Earth was sacred and even the rocks were permeated with a kind of consciousness.

Chief Seattle was a great orator. Indeed, he could be called a poet. His worldview was very different from the one expressed in the Bible, one of the foundational books of Western civilization. In the Revised Standard Version, the first page of the Bible (Genesis, chapter 1, verses 27 to 29) says the following: “So God created man in his own image, in the image of God he created him; male and female he created them. And God blessed them, and God said to them, ‘Be fruitful and multiply, and fill the earth and subdue it; and have dominion over the fish of the sea and over the birds of the air and over every living thing that moves upon the earth.’ And God said, ‘Behold, I have given you every plant yielding seed which is upon the face of the earth, and every tree with seed in its fruit; you shall have them for food.’”

Chief Seattle saw the Earth itself as divine, whereas the Bible can be interpreted as saying that the divine is separate from the Earth, and that the Earth and its creatures were created to serve people. Unfortunately, I believe, this underlying assumption of Western culture has served to promote environmental plunder and devastation and is now contributing to global warming.

You can read this article in its entirety at:
Sisyphus.com - <https://>

sisyphuslitmag.org/2021/10/native-american-poetry-tradition-resilience-and-truth/

Joy Harjo

Joy Harjo was appointed the United States poet laureate in June 2019, and is the first Native American poet laureate in the history of the position. Born in Tulsa, Oklahoma, on May 9, 1951, Harjo is a member of the Mvskoke (Muscogee)/Creek Nation and belongs to **Oce Vpofv** (Hickory Ground). She received a BA from the University of New Mexico before earning an MFA from the Iowa Writers Workshop in 1978.

“As the first Native U.S. Poet Laureate, I decided that my signature project should introduce the country to the many Native poets who live in these lands. Our communities innately shared and share poetry from before the founding of the United States to the present...”

Harjo is a poet, musician, and playwright. She is the author of numerous books of poetry, including *Weaving Sundown in a Scarlet Light: 50 Poems for 50 Years* (W. W. Norton, 2022); *An American Sunrise* (W. W. Norton, 2019); *The Woman Who Fell From the Sky* (W. W. Norton, 1994), which received the Oklahoma Book Arts Award; and *In Mad Love and War* (Wesleyan University Press, 1990), which received an American Book Award and the Delmore Schwartz Memorial Award. Her memoir *Crazy Brave* (W. W. Norton, 2012) won the 2013 PEN Center USA literary award

for creative nonfiction. Harjo has also published collections of interviews and conversations, children’s books, and collaborative art texts.

In 2015, she received the *Wallace Stevens Award* for proven mastery in the art of poetry from the Academy of American Poets. About Harjo, Chancellor *Alicia Ostriker* said:

“Throughout her extraordinary career as poet, storyteller, musician, memoirist, playwright and activist, Joy Harjo has worked to expand our American language, culture, and soul. A Creek Indian and student of First Nation history, Harjo is rooted simultaneously in the natural world, in earth—especially the landscape of the American southwest—and in the spirit world. Aided by these redemptive forces of nature and spirit, incorporating native traditions of prayer and myth into a powerfully contemporary idiom, her visionary justice-seeking art transforms personal and collective bitterness to beauty, fragmentation to wholeness, and trauma to healing.”

Harjo delivered the 2021 Windham-Campbell Lecture at Yale, part of the virtual Windham-Campbell Prize Festival that year. That lecture was the basis for *Catching the Light*, published in 2022 by Yale University Press in the Why I Write series.

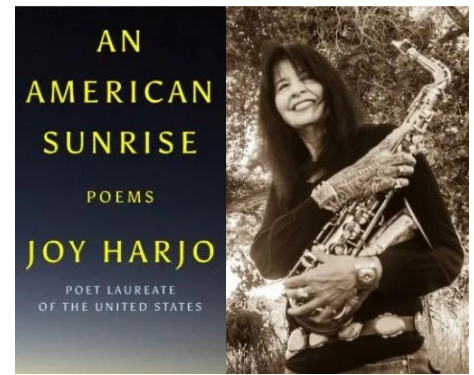
As a musician and performer, Harjo has produced seven award-winning music albums including her newest, *I Pray for My Enemies*. She served as Executive Editor of the anthology *When the Light of the*

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[World was Subdued, Our Songs Came Through: A Norton Anthology of Native Nations Poetry](#) and the editor of [Living Nations, Living Words: An Anthology of First Peoples Poetry](#), the companion anthology to her [signature Poet Laureate project](#).

She is a chancellor of the Academy of American Poets, served as Board of Directors Chair of the Native Arts & Cultures Foundation, and is the first Artist-in-Residence for Tulsa's Bob Dylan Center. She lives in Tulsa, Oklahoma.



An American Sunrise

*We were running out of breath, as we ran out to meet ourselves. We
Were surfacing the edge of our ancestors' fights, and ready to Strike.
It was difficult to lose days in the Indian bar if you were Straight.
Easy if you played pool and drank to remember to forget. We
Made plans to be professional—and did. And some of us could Sing
When we drove to the edge of the mountains, with a drum. We
Made sense of our beautiful crazed lives under the starry stars. Sin
Was invented by the Christians, as was the Devil, we sang. We
Were the heathens, but needed to be saved from them: Thin
Chance. We knew we were all related in this story, a little Gin
Will clarify the dark, and make us all feel like dancing. We
Had something to do with the origins of blues and jazz
I argued with the music as I filled the jukebox with dimes in June,
Forty years later and we still want justice. We are still America. We.*

(From [An American Sunrise: Poems](#) by Joy Harjo. Copyright © 2019 by Joy Harjo)

Without

*The world will keep trudging through time without us
When we lift from the story contest to fly home
We will be as falling stars to those watching from the edge
Of grief and heartbreak
Maybe then we will see the design of the two-minded creature
And know why half the world fights righteously for greedy masters
And the other half is nailing it all back together
Through the smoke of cooking fires, lovers' trysts, and endless
Human industry—
Maybe then, beloved rascal
We will find each other again in the timeless weave of breathing
We will sit under the trees in the shadow of earth sorrows
Watch hyenas drink rain, and laugh.*

(This poem originally appeared in The New Yorker (October 4, 2021). Copyright © 2021 by Joy Harjo. Used with the permission of the poet.)

[Also read:](#)

[Native American Poems for Kids](#)
[Sisyphus: The Democracy Issue](#) -
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[Resources:](#)

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April Is Earth Month

submitted by George T. Ghosen, Editor

Earth Month takes place during April every year. It's a time to raise environmental awareness and create consciousness around the issues that affect mother nature during this time of crisis. Every April, leaders, and environmental activists from all over the world join hands to create sustainable development and offer climate solutions, to minimize our carbon footprint and prevent further harm to our planet's natural resources. It's increasingly important to observe this month as Earth starts to unravel the harmful effects of climate change which not only poses a threat to our existence but is irreversibly damaging all forms of life. Learn more about how you can participate this Earth Month.

History of Earth Month

Earth Month started as a movement to resist the abusive and negligent consumption of leaded gas by Americans. This climate crisis started about by the emissions of massive, inefficient automobiles. In 1962, Rachel Carson published the book *Silent Spring*, which became a New York Times bestseller, that raised awareness of the effects of pollution on all living organisms. Besides being a huge commercial success, selling over 500,000 copies in 24 different countries, the book was the turning point in people's environmental consciousness.

In January 1969, several witnesses saw a massive oil spill in Santa Barbara, California,

which caused major destruction to the environment. This captured the attention of senator Gaylord Nelson who wanted to use students' passion and energy for anti-war protests for ecological activism, particularly regarding air and water pollution. This idea inspired a group of activists to dedicate themselves to encouraging all Americans to be proactive and environmentally conscious. They named their initiative Earth Day, which immediately caught the attention of the media and since a day isn't enough to achieve the desired results regarding climate solutions, Earth Month was created. This was first celebrated on April 4, 1970.

By 1990, Earth Month became a global event after 200 million participants from 141 countries joined the initiative. By 1992, the United Nations became actively involved too which further enhanced the organization's visibility. Today, Earth Month is widely recognized as one of the most important month-long observances in the world.

In Another Part Of The World...

In 1968 a Marine Biologist who taught science at a junior high school in Fredonia, New York USA, took a personal interest in a few of his students' advancement. One of the advancing students was **Brad Follett**. In April of 1968, a project for cleaning up a small portion of the Canadaway Creek in Fre-

donia, N.Y. of debris and trash commenced; then the arranging spawning areas, the taking of water, sediment, and embankment soil samples for testing took place. Later that June, a whole week on the creek project with students from Fredonia State University enlarged the scope of the project.

On the last day of the project Saturday, June 29th, 1968, it was realized by Brad that it was a lot of fun but yet very hard and rewarding work with much more to do, not only on the creek but on a global scale. That young junior high school student made a statement to his peers to the effect "...this will take a month of Sundays to do". He then inquired of his teacher "...but the whole earth needs to be cleaned up doesn't it?" The teacher empathically stated yes, as the student responded "...there should be a global cleanup month". This is when the term **global clean-up month** was coined, but never became fertile as desired or needed. Little did Brad know then of the real world around him and what lay ahead over many years. (This was 22 months before Earth Day)

Brad had worked on projects for several years now and by April 1970 he was a freshman at Fredonia High School. He had knowledge of the oil spill off the coast of Santa Barbara California as well as the burial ground for hazardous waste at Love Canal in Niagara Falls.

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N.Y. which was visited. He knew of the efforts of Senator Gaylord Nelson from Wisconsin State, and that Denis Hayes was selected as the National Chairman organizing the event called a “**national teach-in**” to be held on Wednesday, April 22, 1970. This was to be called **Earth Day** and to be held every year on April 22nd.

After a couple of years on environmental projects, the Canadaway Creek once again came up for its clean-up and associated project work. While on the project Saturday, April 4, 1970, Brad reflected back on his previous statement towards global clean-up month and on the personal knowledge gained related to environmental events and science. He stated to his peers that Global Clean-Up Month was ok and that Earth Day was going to be great, but wouldn't it be great to have it for a full month? This was the founding of **Earth Month** as it was then.

Earth Month is non-political, is not a holiday and no flag is to be made of it. It is a month to develop momentum for one year worth of work. Our slogan is **"Earth Month is Every Month."**

Earth Month 2024 - Water Security

April 4, 2024, is the 54th Anniversary of Earth Month, the original Earth Month. Globally evidence has shown the dramatic consequences of Global Warming and Climate Change on our water sources and agriculture. This has brought us into a new era of "Water Security". leaving us with the problematic issue of "Water Security

ty Now and For Our Future".

We will address various threats to water supply, physical security of infrastructure, and cyber security and their impact.

It is hoped that open dialogue and movement toward addressing countless issues can provide in part a curing. This by no means is an easy task as a curing of these many issues can be accomplished.

People from all over the globe shared their input on this year's theme. Many from all age groups and backgrounds have one common thread to share: with all the advancements over 54 years we still have many of the same problems and some are even worse than before, especially with the pending war in Ukraine.

Still, many are living in the dark as to our total environment; lacking simple awareness of issues and a positive direction to take. This is in part due to the increase in population density, industrialization, climate change, and apathy, but most assuredly by greed.

For these and many more reasons, the Earth Month Network has continued and developed this year's theme as:

"Water Security Now and For Our Future"

It is an important time globally to bring awareness to the need for potable water as well as enough water. When

water tables drop it increases contaminates in the water. Here in the USA, we have at least 56% of water supplies have contaminants in them. If we count Chlorine and fluoride compounds only approximately 2% of the water supply is potable. Clean water is a Human Right....what are you drinking?

We will expand and identify and examine various forms of environmental issues that not only plague the United States but globally, their history, where we are in the stream of time, and our future, as the pending war affects everything globally - thus our water supply and the diminished quality of water.

As a result, a global response continues as businesses, corporations, industries, and governments are reluctant to act to protect human life, and as such take a posture of emphatic greed during this global crisis.

EarthDay.Org - Our Legacy

The first Earth Day in 1970 mobilized millions of Americans from all walks of life to birth the modern environmental movement. Since then, Earth Day has evolved into the largest civic event on Earth, activating billions across 192 countries to safeguard our planet and fight for a brighter future.

EARTHDAY.ORG is unwavering in our commitment to end plastics for the sake of human and planetary health, demanding a 60% reduction in the production of **ALL** plastics by 2040. Our theme, **Planet vs. Plastics**, calls to advocate for widespread awareness on the

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health risk of plastics, rapidly phase out all single use plastics, urgently push for a strong UN Treaty on Plastic Pollution, and demand an end to fast fashion. Join us as we build a plastic-free planet for generations to come!

[Discover More](#)

Babies vs. Plastics

Governments and NGOs from around the world will gather in Ottawa to continue negotiating the terms of the United Nations Global Plastic Treaty this Earth Day, 2024. Plastics pose serious health risks to life on Earth. BABIES VS. PLASTICS, the first of five such reports, offers an over-view of some of

the latest research studying the impacts of microplastics on the health of young babies and children.

[Read More](#)

Climate Education

Climate and environmental literacy, coupled with strong civic education, will create jobs, build a green consumer market and allow citizens to engage with their governments in a meaningful way to address the climate crisis.

[Advocate for Climate Education](#)

The Great Global Cleanup

Get involved and help us create a waste-free world.

[Find a cleanup near you](#)

[Find out more](#)

The Power of Collective Action

Our environmental legacy is a testament to the power of collective action, and it calls upon individuals, businesses, governments, and the private sector to join hands in safeguarding our planet. Now, more than ever, we must step up our efforts to combat climate change, protect biodiversity, and preserve our ecosystems. Join us today and fight for a sustainable and thriving future.

Resources:

[National Today](#)
[Earth Month.Org](#)
[Earth Day.Org](#)

National Minority Health Month 2024

submitted by George T. Ghosen, Editor

April is National Minority Health Month, and this year the U.S. Department of Health and Human Services (HHS) Office of Minority Health (OMH) and its partners are highlighting the important role individuals and organizations can play in helping to reduce health disparities and improve the health of racial and ethnic minority and American Indian/Alaska Native communities.

The theme for this year's National Minority Health Month is **Give Your Community a Boost!** The theme focuses on the continued importance of COVID-19 vaccination, including boosters, as one of the strongest tools we can use to protect communities from COVID-19, which has disproportionately affected communities of color. [CDC data show that some racial and ethnic minority groups](#) — particularly Black or African American, Hispanic or Latino, and American Indian or Alaska Native people are at increased risk of getting sick, having more severe illness, and dying from COVID-19. **Give Your Community a Boost!** also supports the many other efforts happening in communities across the country to advance health equity.

GET INVOLVED

OMH invites you to **#BoostYourCommunity** by using, sharing, and attending these National Minority Health Month (NMHM) resources and events with your organization, communities, and network!

Visit the [National Minority Health Month Events](#) page to view a list of upcoming events.

<https://www.minorityhealth.hhs.gov/nmhm>

History of National Minority Health Month

The health and well-being of minorities are not just a modern-day concern. It had its roots many years ago when Booker T. Washington established the National Negro Health Week. Born on a slave plantation, he rose to become a leading African American educator. Washington believed that the key to the progress of African Americans was rooted in the connection between poverty and poor health. He advocated for economic progress not just through education but through improved

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living conditions that included better sanitation as well as access to healthcare.

In recent times, this has evolved into what is now known as National Minority Health Month. Launched by the National Minority Health Month Foundation, it strives to lessen the health disparities experienced by minorities in the U.S. Health disparities are the imbalance in the quality of health and health care experienced by groups based on their environmental condition, and their social, racial, ethnic, and economic status. These are often caused by inequalities based on income, as a poor person might not be able to seek the same medical care as someone with a higher income. Discrimination also contributes to this by prioritizing one group over another. The environment plays a part as well; people can't eat healthy food if they have no access to it.

Now more than ever, minorities make up a huge part of the U.S. population. Taking their need to access proper health care seriously ensures that they can contribute not just to economic growth, but enrich the country with their cultural contributions as well.

National Minority Health Month FAQs:

Why is National Minority Health Month important?

It is vital to improve the health of racial and ethnic minorities and reduce health disparities.

What is health equity?

Health equity is the absence of unfair and avoidable differences in health among population groups.

How is health equity achieved?

It is when everyone is given an equal chance to attain the highest possible standard of health.

How to Observe National Minority Health Month:

1. Walk to boost your health

Need to run an errand close by? Ditch the car and walk. You not only reduce pollution, but you are also getting your heart pumping and those feet stepping towards better health.

2. Set goals to adopt healthy living

It can be as simple as drinking more water, sleeping early, or adding more fruit and vegetables to your diet. Take this opportunity to add one healthy habit to your daily life and stick with it. In the long run, you'll be glad you did.

3. Move your community

Get the neighborhood ladies together for a jog or an outdoor Zumba dance class. Host an active playdate for the kids at the playground or local pool. Organize a group run or bike route every weekend. Participating in group physical activities is more fun - and can add to your motivation!

5 Fast Facts About Booker T. Washington:

1. His middle name was Italian

The 'T' stands for Taliaferro, which in Italian means 'iron-cutter.'

2. He had to clean to enter college

Hampton Institute school principal Miss Mackie asked him to clean a recitation room before he was admitted.

3. He had a great sense of humor

Honed by years of public speaking, he could not only tell a good joke but was prone to one-liners that ironically used racial stereotypes that would be deemed inappropriate today.

4. He hated his first autobiography

Writer Edgar Webber collaborated with him on "The Story of My Life and Work," but Washington thought it was poorly written so he wrote "Up from Slavery" with Max Thrasher the year after.

5. He spent years making rich friends

Due to his commitment to improving African American education plus his knack for fundraising, he

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was able to receive personal contributions from wealthy friends like J.P. Morgan and John D. Rockefeller.

Why National Minority Health Month is Important

♥ **It champions equality**

Everyone deserves equal access to good health and medical care. This is regardless of a person's race or gender, or social standing.

♥ **It focuses on groups not just individuals**

It aims to provide programs that improve health standards for everyone. While individuals benefit from these programs, we like the focus on groups.

♥ **Healthy communities build a healthy nation**

When communities are healthy, they can live and work better. This will lead to economic growth which is good for the entire country.

Resources:

[National Forum for Heart Disease & Stroke Prevention](#)

[National Today](#)

[National Minority Quality Forum](#)

Turtle Preservation Updates

submitted by Michael Martin, Executive Director

The Niagara Falls City Council did not agree to designate the Turtle Building as a local historic landmark. But the group "Friends of the Turtle", which includes NACS, is not deterred. In fact, they're maybe even more determined to try to develop a reuse plan for the building that will not only be successful, but sustainable. Efforts continue on many fronts, including development and design of the different elements that could be part of a "reawakened" Turtle and exploring fund-raising options that could fund it. The Friends of the Turtle coalition is working to establish 501(c)(3) status to begin fundraising.

In the meantime, to stay up to date on coalition activities, please join the "Friends of the Turtle" Facebook page:

<https://www.facebook.com/groups/savetheturtle/>

In case you missed it, here is some of the media coverage:

<https://www.youtube.com/watch?v=CiMPtNArz5o>

https://www.youtube.com/watch?v=d_hBTyq-o38

<https://www.youtube.com/watch?v=scxxq5fUoGM>

Finally, we are working with the Niagara Falls High School Native Student Club to co-host a Social on Earth Day – Monday, April 22nd – at the NFHS, starting at 6pm. We are going to tie into the theme of Saving the Turtle, so feel free to come out and support these amazing students' efforts!!

Nya:wëh (Thank you),

Michael

Welcome Arriana Smith!

Hello! My name is Arriana Smith. I'm 24 and Tuscarora Turtle Clan. I was just hired as the HROOTS Project Specialist. I'll be assisting in planning and developing a three-year project design that infuses cultural teachings, and activities that will focus on strengthening cultural self-sufficiency of local Native American communities. These teachings and classes will be offered in the Buffalo, Niagara Falls, Rochester and Syracuse areas. The programs hope to include traditional cooking, traditional medicines, corn husk dolls and beading, among other topics. Speakers will also be brought in to help educate about traditional rolls/responsibilities, storytelling, creation story and the importance of stages of life. I look forward to meeting more community members and help spread cultural knowledge.

April is Alcohol Awareness Month

submitted by Star Wheeler, Health & Wellness Director

What is Alcohol Awareness?

Some research suggests that over 60% of American adults consume alcohol. Because alcohol has become such an ingrained part of our culture, it's easy to look past its impact on our daily lives. And without us realizing it, we may be sweeping drinking-related issues right under the carpet.

Alcohol awareness is the process of conscious and continual reflection on our drinking habits. Alcohol awareness doesn't only bring possible drinking problems to light, but it also encourages us to be mindful of our alcohol consumption—even if we do not drink much or often.

Any level of drinking, in this sense, can affect our personal life, relationships, work, and health. Maybe the sip of wine you have before bed throws off your sleep cycle at night. Or perhaps, weekend night outs usually leave you with a nasty hangover on Monday mornings.

When we begin to assess the impact of our alcohol consumption on these different areas, we become aware of problematic habits. This opens up the space for us to start building more mindful drinking practices.

Why Should You Be Mindful of Your Alcohol Intake?

You might not be ready to give up drinking for good. But at the same time, you probably do not want to drink at a harmful level.

Rather than having an all-or-nothing mindset, you can consider practicing mindful drinking instead. Mindful drinking sits somewhere in the middle of the spectrum. This middle-ground approach empowers you to build healthier drinking habits without having to abstain entirely from alcohol.

Alcohol awareness and mindful drinking go hand-in-hand simply because mindful drinking encourages you to be continually aware of the impact of alcohol in your life and reflect on the reasons you imbibe.

- ◇ Mindful drinking is tethered to a host of benefits, such as the following:
- ◇ Greater clarity and focus
- ◇ Better quality sleep at night
- ◇ Supports healthy weight management
- ◇ Healthier and more youthful-looking skin
- ◇ Lower blood pressure and other heart-healthy benefits
- ◇ Extra money saved

For more information and resources, visit:

www.oasas.ny.gov

<https://www.niaaa.nih.gov/alcohols-effects-health/niaaa-middle-school/helpful-resources>

<https://www.samhsa.gov/find-help/national-helpline>

Native American Community Services

COMING SOON!

ROOTS Program

**Rediscovering Our Onkwehón:we
Traditions**

**Exciting program that will include
Cultural Presentations, Arts & Crafts
Classes, Youth/Elder Information
Exchange , Community Socials and a
Native American Marketplace**

Location to be determined

**Check your emails, our Facebook pages , and our
NACS newsletter for upcoming events, dates,
times, and locations.**

<https://www.facebook.com/NACSWorkforceDevo>

<https://www.facebook.com/profile.php?id=100064942141680>

Funding provided by the Administration for Native Americans ANA



Native American Community Services

SAGE Program

Supporting Assets, Growth and Economics

DAY

Thursdays

TIME

12:00pm - 2:00pm

PLACE

1005 Grant St., Buffalo, NY 14207

For Native American community members aged 50 and over.

The program will feature craft classes, guest speakers, estate planning, expert presenters, and community choice.

Contact Colleen Casali for more information @ 716-548-1348

Funded by Niagara County Office for the Aging, Five Star Bank and LifeSpan



Save the Date!



“Witness to Injustice (Blanket) Activity”

followed by an

“All Our Relations Racial Healing Circle”

**Saturday, April 13, 2024
10:00 am – 3 pm**

At NACS’ Buffalo office
1005 Grant Street, Buffalo NY 14207

New date!

*(Rescheduled
from Sat.,
March 23rd!)*

Anticipated Agenda

10 am - “Witness to Injustice (aka, Blanket) Exercise”

12:30 pm – lunch

1 pm - “All Our Relations Racial Healing Circle”

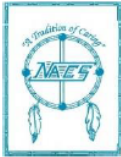
*** Please watch for registration details, as there will be a limited seating.**

For more information, please contact Pete Hill via call or text at (716) 574-8981,
or by email at phill@nacswny.org.

This program is supported by the Community Foundation for Greater Buffalo, as well as
businesses, foundations, and caring individuals, like you!

Nyah-weh! Thank you!

Native American Community Services of Erie & Niagara Counties, Inc. (NACS)
and
Kleinhans Music Hall



Cordially Invite You to

SAVE THE DATE!



**All Our Relations Racial Healing Circle
and
Multicultural Dance Celebration!**

**Sunday, April 28, 2024
12:30 – 6 pm**

**At Kleinhans Music Hall
3 Symphony Circle, Buffalo NY**

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

Tentative Agenda:

**12:30 – 3 pm – All Our Relations Racial Healing Circle
3 pm – break, announcements, & refreshments
3:30 pm – Cultural Dance Performances & Sharing**

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

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

Nyah-weh! Thank you!



Who Can Foster

- Singled/Married
- Working/Retired/Stay at home parent
- 21 and Over
- Rent/Own
- Adequate Income
- Stable Home
- Reside in Erie/Niagara County

Greatest Needs

- Racially & Ethnically Diverse Children
- Sibling Groups
- Various Age Groups Birth -18 Years Old
- LGBTQ+ Youth

**BE THE DIFFERENCE, BE A FOSTER PARENT
TAKE THE FIRST STEP AND CONTACT US AT**

☎ (716) 574-8940

✉ jfrappa@nacswny.org

NATIVE AMERICAN COMMUNITY SERVICES



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 or to book programming.

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

Adult workshops available upon request, please contact for more information

Target Population	Program Name	Program Description	Implementation Guidelines
EVIDENCE-BASED CURRICULA FOR YOUTH			
<i>*These curricula have undergone rigorous scientific evaluations that have shown their effectiveness*</i>			
<i>*Ask about our other Evidence Based Programs*</i>			
Youth, Ages 13-18	<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
YOUTH WORKSHOPS			
<i>*Other Workshops available: Unhealthy Relationships, Barrier Demonstrations, 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 understanding changes, anatomy, and encourages respect for sexual orientation and gender diversity. <i>*Recommended workshop prior to Evidence-Based Curricula*</i>	-Approximately one 45 minute session
Youth, Ages 10-18	<i>Female Puberty: We All Go Through It!</i>	Walks young females through the biological changes they will encounter during puberty with special attention to anatomy, hygiene, menstruation, and developing coping strategies.	-Approximately one 45 minute session
Youth, Ages 10-18	<i>Male Puberty: What to Expect</i>	Walks young males through the biological changes they will encounter during puberty with special attention to anatomy, hygiene, and developing coping strategies.	-Approximately one 45 minute session
Youth, Ages 10-18	<i>A Youth's Guide to Puberty & Hygiene</i>	Walks young people of all genders through the biological changes they will encounter during puberty with special attention to hygiene and developing coping strategies.	-Approximately one 45 minute session
Youth, Ages 10-18	<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
Youth, Ages 10-18	<i>Safer Sext: Online Safety, Privacy, and Digital Intimacy</i>	Offers youth helpful tips about safe internet use as they begin to use social media more frequently, highlighting the consequences of sexting, sexual harassment, and cyber bullying.	-Approximately one 45 minute session
Youth, Ages 10-18	<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 stress management, time management, and goal-setting.	-Approximately one 45 minute session
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

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

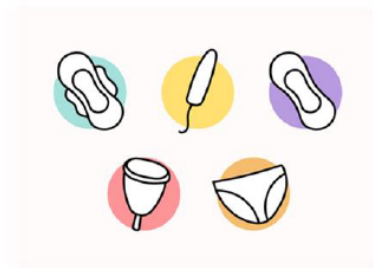
Continued on page 17

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



Condom Availability Program

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



Period Pouch Program

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

Social Media



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

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

"INTRODUCTION TO NATIVE AMERICAN CULTURAL COMPETENCY"

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

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

INTRO TO NATIVE AMERICAN CULTURAL COMPETENCY & TRAUMA-INFORMED BASICS

Wednesday, May 1, 2024, 9 – 10 am, Register at:
<https://us06web.zoom.us/meeting/register/tZcrcO-prTstHteoXqhQy74qoVdPdysVJ8Xg>

Thursday, July 11, 2024, 3 – 4 pm, Register at:
<https://us06web.zoom.us/meeting/register/tZwodu2vrz4rGNWt9FvyWv9hgBVU6BPcqsWV>

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

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

Tuesday, April 23, 2024, 11 am – 12 pm, Register at:
<https://us06web.zoom.us/meeting/register/tZUkdOyapjopGtzXbSCmMqx2ajcVm9Ks-td>

Friday, June 7, 2024, 1 – 2 pm, Register at:
<https://us06web.zoom.us/meeting/register/tZclcu6qrzsrGNQO-pTMVyo9BaXCrxhtBhy->

Wednesday, August 14, 2024, 11 am – 12 pm, Register at:
<https://us06web.zoom.us/meeting/register/tZAvfuGtjkvGNUg0-EnQmwJjdONXZitogT3>

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



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



These trainings by Native American Community Services are supported by the New York State Office of Addiction Services and Supports (OASAS) and the NYS Department of Health/AIDS Institute.

WNY VA HEALTHCARE SYSTEM

VA Health Care Benefits and Enrollment Overview



Reasons to Enroll?

- VA health care meets the minimum essential coverage requirements under the Affordable Care Act
- Medical care rated among the best in the U.S.
- No open season or waiting period for health care coverage. Veterans can apply for VA health care enrollment at any time.
- No enrollment fee, monthly premiums or deductibles.
- Many Veterans have no out-of-pocket costs. Some Veterans may have to pay copayments for health care or prescription drugs.
- More than 1,700 VA medical facilities are available. Enrolled Veterans who are travelling or spending time away from their preferred facility can obtain care at any VA services, if electing to be seen under that benefit.

- Freedom to use other plans with your VA health care, including Medicare, Medicaid, or private insurance.
- TRICARE and CHAMPVA can also be used for VA services, if electing to be seen under that benefit.
- VA offers a comprehensive medical benefits packet that is generally available to all enrolled Veterans.

Contact

Questions, please call 716-834-9200 ext. 8829 or 716-862-8829



Applications Now Open for Free, Nine-Day Grand Canyon Excursion for Native Youth

By *Native News Online Staff*, March 19, 2024

The Grand Canyon Regional Intertribal Intergenerational Stewardship Expedition (RIISE) invites Native youth from ages 16-20, identifying as members of affiliated tribes of the Grand Canyon, to apply for its third annual, free, nine-day Colorado River rafting excursion through the Grand Canyon, from July 15-23.

Organized by the Grand Canyon Trust and Grand Canyon Youth, with support from Arizona Raft Adventures and Grand Canyon Expeditions, this immersive journey will accommodate up to 18 young leaders, offering them the opportunity to explore the Grand Canyon alongside Indigenous knowledge keepers, river guides, and environmental advocates.

“Our goal is to bring young Native leaders back to their ancestral lands to learn from their elder tribal relatives the histories and stories of the Grand Canyon,” said trip facilitator Amber Benally of the Grand Canyon Trust, in a press release. “Our people were forced from their homelands to make room for Grand Canyon National Park, and too often I hear our young people say, ‘there’s nothing there for me’ or ‘I don’t belong here.’ But we do belong here. We are still here. And sharing knowledge and connecting with the canyon and with each other is an important way to remember who we are as Indigenous people.”



Through storytelling and dialogue, participants will gain insights into the past, present and future of the Grand Canyon. Benally stresses that while the journey promises adventure, its primary objective is to empower Native youth to shape the Canyon’s future effectively.

Participants should be comfortable with outdoor activities such as camping and hiking. The expedition covers all expenses, including transportation, meals, rafting gear, and camping equipment. Participants will undergo six weeks of pre-trip online education, preparing them for the expedition while delving into environmental justice issues specific to the Grand Canyon region.

“The canyon has taught me that challenges are part of the journey,” said 2023 RIISE participant Tryston Wakayuta (Hualapai and Hopi) in a press release. “Locations and situations constantly change but the mission has always been the same: to keep changing and growing and learning different perspectives. Trips like this remind me to be great through our cultures and traditions.”

Applications for RIISE 2024 are open until May 4, 2024. Interested individuals can find further details and access the application [here](#). Accepted applicants commit to six weeks of pre-trip online learning and the full river trip from July 15-23, 2024.



ERIE AND NIAGARA YOUTH CLUBHOUSES

Clubhouse Locations (select days):

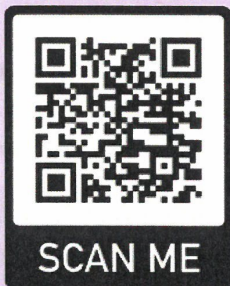
Erie County: 1005 Grant Street, Buffalo, NY 14207

Niagara County: 1522 Main Street, Niagara Falls, 14305

ABOUT NACS CLUBHOUSE:

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

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



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



POSITIVE OUTLETS

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

CLUBHOUSE PERKS

YOUTH HANGOUTS

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



CULTURAL IMPACTS

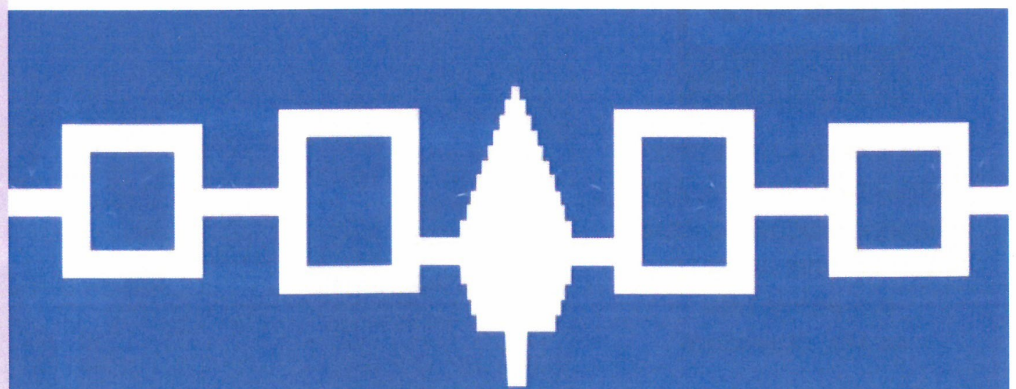
- LANGUAGE PROGRAMMING OPPORTUNITIES
- SOCIAL DANCES / HISTORY OF SOCIAL DANCING
- CULTURAL & EDUCATIONAL WORKSHOPS



For more information, please contact:

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

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





CLUBHOUSE CORNER



APRIL EDITION

*"There is no limit to what we, as women, can accomplish."
— Michelle Obama*

EXPLORING THE ROCHESTER MUSEUM OF SCIENCE



Last month our NACS Youth Clubhouse for both Erie and Niagara county explored the Rochester Museum of Science!

To join us for our next outing event, please contact:

NACS Clubhouse (Erie County) Manager, Hillary: 716-449-6472

NACS Clubhouse (Niagara County) Manager, Kashmir: 716-449-6405



SNAPSHOTS OF OUR GIRL'S NIGHTS - RISING ABOVE & REACHING OUR POTENTIAL



A few glimpses of our fond memories and crafts that our youth have curated!



YOUTH SPOTLIGHTS

ERIE COUNTY SPOTLIGHT: ACE



Ace has been a member of our clubhouse since October 2023. They are kind, intelligent, and have a passion for creating crafts! Ace really enjoys cooking & has helped our Clubhouse staff with cooking dinners for their peers!

NIAGARA COUNTY SPOTLIGHT: AFTANN



Aftann has been a member of the clubhouse since October 2023. While shy at first, her personality quickly came to light. She is a little bit goofy and a little bit sassy. She makes both her peers and staff laugh and always has a smile on her face. She has been working hard in school recently and we are so proud of her!

STAY UPDATED ON OUR CLUBHOUSE EVENTS WITH SOCIAL MEDIA!



NACS CLUBHOUSE CORNER - APRIL 2024

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

ON-CALL HOURS



**HAVE A QUESTION? NEED RESOURCES?
JUST WANT TO CHAT? HERE'S YOUR
CHANCE!**

**EVERY MONDAY, 2-5 PM
TEXT OR CALL HILLARY - (716) 449 6472
OR SEND DMS TO OUR INSTAGRAM
@NACS_CLUBHOUSE**

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

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

ON-CALL HOURS



**HAVE A QUESTION? NEED RESOURCES?
JUST WANT TO CHAT? HERE'S YOUR
CHANCE!**

**EVERY MONDAY, 2-6 PM
TEXT OR CALL KASHMIR - (716) 449 6405
OR SEND DMS TO OUR INSTAGRAM
@NACS_CLUBHOUSE**

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

**ATTENTION NATIVE YOUTH AGES 12-17,
PLEASE JOIN US FOR:**



BANDITS GAME

**WHEN: SATURDAY, APRIL 13TH
TIME: 5-9:30 PM**

TO ATTEND, PLEASE CONTACT:

**NACS CLUBHOUSE (ERIE COUNTY)-HILLARY: (716) 449 6472
NACS CLUBHOUSE (NIAGARA COUNTY)-KASHMIR: (716) 449 6405**

**SPOTS AND TRANSPORTATION LIMITED
ON A FIRST COME, FIRST SERVE BASIS**

NACS YOUTH CLUBHOUSE IS FUNDED BY: NYS OFFICE OF ADDICTION SERVICES & SUPPORTS (OASAS)
AND THE UNITED WAY OF GREATER NIAGARA



ATTENTION NATIVE YOUTH AGES 12-17:



**SPOTS LIMITED
FOR
TRANSPORT**

KARAOKE & GAME NIGHT

WHERE: NACS CLUBHOUSE - ERIE COUNTY

WHEN: THURSDAY, APRIL 18TH

TIME: 5-7 PM



TO ATTEND, PLEASE CONTACT:

NACS CLUBHOUSE (ERIE COUNTY)-HILLARY: (716) 449 6472

NACS CLUBHOUSE (NIAGARA COUNTY)-KASHMIR: (716) 449 6405

NACS YOUTH CLUBHOUSE IS FUNDED BY: NYS OFFICE OF ADDICTION SERVICES & SUPPORTS (OASAS)
AND THE UNITED WAY OF GREATER NIAGARA



ATTENTION NATIVE YOUTH AGES 12-17:

GIRL'S NIGHT

RISING ABOVE AND ACHIEVING OUR POTENTIAL

• DIY SCRUNCHIES •



WHEN: WEDNESDAY, APRIL 17TH

TIME: 5-7 PM

WHERE: NACS YOUTH CLUBHOUSE (NIAGARA COUNTY) - 1422 MAIN STREET, NIAGARA FALLS

TO ATTEND, PLEASE CONTACT:

ERIE COUNTY CLUBHOUSE-HILLARY: (716) 449 6472

NIAGARA COUNTY CLUBHOUSE-KASHMIR: (716) 449 6405



INDIGENOUS
JUSTICE CIRCLE

IMAGEN™



Indigenous Adolescent Girls'
Empowerment Network

PICNIC

**AT DELEWARE
PARK**

Join us for a picture-perfect day filled with sunshine, laughter, and a delightful picnic in the park.

FRIDAY, APRIL 26TH

TIME: 5-7 PM

**** TRANSPORTATION LIMITED ****



**TO ATTEND, PLEASE CONTACT:
ERIE COUNTY CLUBHOUSE-HILLARY: (716) 449 6472
NIAGARA COUNTY CLUBHOUSE-KASHMIR: (716) 449 6405**

NACS YOUTH CLUBHOUSE IS FUNDED BY: NYS OFFICE OF ADDICTION SERVICES & SUPPORTS (OASAS) AND THE UNITED WAY OF GREATER NIAGARA

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

ON-CALL HOURS



**HAVE A QUESTION? NEED RESOURCES?
JUST WANT TO CHAT? HERE'S YOUR
CHANCE!**

**TODAY, 4-8 PM
TEXT OR CALL ASHLEY (YOUTH ADVOCATE)-
(716) 574 3384
OR SEND DMS TO OUR INSTAGRAM
@NACS_CLUBHOUSE**

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: Workforce Development Specialist

Type: Full-Time Hourly / Non-Exempt

Salary/ Range: \$17.00-\$19.50 / 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.

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 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

BENEFITS:

- 403 (b) Retirement Plan
- Health & Dental Insurance
- Life Insurance
- Employee Assistance Program
- Flexible Spending Account
- 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
960 James Street ● Syracuse, NY 13203 ● (315) 322-8754

Equal Opportunity Employer

Position: Family Preservation Caseworker – Erie County

Type: Full-Time Hourly / Non-Exempt

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

Office: 1005 Grant Street, Buffalo NY, 14207

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)

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Office: 76 West Ave., Lockport NY, 14094

Summary

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- Interpersonal skills to work cooperatively and effectively with individuals, groups, and diverse populations.
- Knowledge of local Native American communities.

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

Equal Opportunity Employer

Position: Erie County Clubhouse Youth Leader – 3 openings

Type: Part-time Hourly / Non-Exempt

Salary/ Range: \$16.00- \$17.00 / hour

Office: 1005 Grant Street, Buffalo, NY 14207

Summary

The Youth Leaders assist the Clubhouse Manager in providing a safe, supportive, culturally appropriate, alcohol and drug free environment for all members. The Clubhouses welcome self-identified Native American youth and young adults ages 12-17. Leaders will provide transportation, supervision, and leadership. Recruitment through outreach and attending and participating in weekly staff meetings will also be required. Leaders must be available for non-traditional hours, meaning evenings, and weekends. The Clubhouses are open 25 hours per week both in-person and virtually. 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

- Supervise, provide leadership, and be a positive role model for youth.
- Deliver workshops and activities in a confident, organized manner.
- Ensure youth programming utilizes a percentage of evidence-based prevention models.
- Provide safe transportation and/or supervision of youth to and from clubhouse activities.
- Recruit youth through local outreach efforts.
- Adhere to data collection and performance measurement requirements determined by contractual obligations.
- Maintains necessary documentation and ensures the timely completion of all necessary recordkeeping.

EDUCATION, QUALIFICATIONS, SKILLS

- Bachelors or associates degree in human service or related field of study preferred.
- Experience working with community and group settings. Work experience may replace some of the education requirements at the discretion of the Executive Director.
- Have knowledge and understanding of substance use, and experience with at-risk youth.
- Must be flexible to evening and weekend hours as needed.
- Must pass all background checks and pre-hire requirements.
- Must have clean and valid NYS driver's license and carry minimum auto liability coverage of \$100k/\$300K.
- Familiarity with and sensitivity toward local Native American communities.
- Interpersonal skills to work cooperatively and effectively with individuals and groups.
- Effective problem solving, organization, time management, and communication skills.

BENEFITS

- Paid Time Off (PTO)
- Employee Assistance Program

For consideration send Resume to: humanresources@nacswny.org

Job Posting



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100 College Avenue, Suite 200 ● Rochester, NY 14607 ● (585) 514-3984
960 James Street ● Syracuse, NY 13203 ● (315) 322-8754

Equal Opportunity Employer

Position: Niagara County Clubhouse Youth Leader – 3 openings

Type: Part-time Hourly / Non-Exempt

Salary/ Range: \$16.00- \$17.00 / hour

Office: 1522 Main Street, Niagara Falls, NY 14305

Summary

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- Effective problem solving, organization, time management, and communication skills.

BENEFITS

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- Employee Assistance Program

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!!

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Address

City / State / Zip Code

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

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